

Safety Talk



These programs offered by the Utah Safety Council offer practical strategies to reduce collision related injuries and fatalities on Utah roadways.

5 MINUTE SAFETY TALK: DISTRACTED DRIVING

This safety talk can be used along with the corresponding PowerPoint presentation or on its own. The bolded items are additional pieces of information not included on the slides.

Title Slide- NETS: Distracted Driving

Slide 2

How many people are killed each day as a result of distracted driving?

Slide 3- The Facts

- 15 people are killed every day due to distracted driving with an additional 1,200 people injured.
- Of the distracted driving incidents in 2009, approximately 1,000 deaths and 24,000 injuries included cell phone use as the major distraction.
- Talking on your cell phone while driving makes you 4 times more likely to crash, and texting make you 23 times more likely.

Slide 4- What is Distracted Driving?

- Doing another activity that takes your attention away from driving.
- Three types:
 - Visual: taking your eyes off the road.
 - Manual: taking your hands off the wheel.
 - Cognitive: taking your mind off what you are doing.

Slide 5- Types of Distractions

- Texting; **it's so dangerous because it involves visual, manual, and cognitive attention.**
- Talking on a cell phone
- Eating or drinking
- Talking to passengers

Slide 6- Types of Distractions

- Shaving, putting on makeup, combing your hair, etc.
- Reading, including maps or directions
- Using a navigation system
- Adjusting audio systems
- **Can you think of any other distractions?**

Safety Talk



These programs offered by the Utah Safety Council offer practical strategies to reduce collision related injuries and fatalities on Utah roadways.

Slide 7- Prevention Tips

- Let friends and family know that you will not answer their calls or texts while driving. **Additionally, tell them to not text or call you when they know you are driving. Likewise, do not text or call your friends and family when they know they are driving.**
- Let your voice mail take all calls or pull over if you must respond. **Include an “I’m driving” message in your voice mail.**
- Eat breakfast beforehand and pull over to eat snacks.
- Don’t engage in emotional or heated conversations with passengers, and **try to limit all other conversation.**

Slide 8- Prevention Tips

- Perform all grooming either before leaving for or after arriving at your destination. You will look far worse after a crash; it’s just not worth it.
- Know exactly how to get to your destination or pull over to read directions.
- Pre-set navigation and audio systems and all other electronics. **If you’re riding with passengers, allow them to be the DJ.**

Slide 9- Remember...

- It may not be convenient, but it could save your life!