

Safety Resource



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

DISTRACTED DRIVING AWARENESS

Use this activity with family and friends. As a passenger in a vehicle, observe the driver until the destination is reached. Every time you catch the driver performing a distracting activity while the car is in motion, place a tally mark in the column next to the activity. Put a tally mark in the same column each time the driver repeats the activity. When the driver reaches the final destination, add up your tally marks and report your results to the driver. Then share with them the attached 5 Minute Safety Talk to increase their knowledge of the dangers of distracted driving and how to prevent it.

DISTRACTION	TALLY MARKS
CELL PHONES	
Dialing a cell phone	
Answering a cell phone	
Reading a text message	
Writing a text message	
EATING/DRINKING	
Preparing to eat or drink (unwrapping food, unscrewing cap on bottle, etc.)	
Eating	
Drinking	
Spilled drink or dropped food	
Cleaning up after eating or drinking	
AUDIO/NAVIGATION SYSTEMS	
Turning on/off the system	
Changing radio stations, CDs, songs on iPods, etc.	
Inputting addresses or other information	
Adjusting volume or other controls	
OTHER	
Talking with people in the car	
Distracted by pets, kids, things outside of the vehicle, etc.	
Adjusting temperature controls	
Reading or writing	
Grooming	
TOTAL	

Source: Purdue University



Safety Talk



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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 1

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

Slide 2 - 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 3 - What is Distracted Driving?

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

Slide 4 - 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 5 - 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?**

Slide 6- 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 you know they are driving.
- Let your voicemail take all calls or pull over if you must respond. Include an "I'm driving" message in your voicemail.
- 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.



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Slide 7- 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 8- Remember...

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