

DISTRACTED DRIVING

Distracted driving is an activity (including fatigue and illness) that diverts your attention away from driving. Drivers must devote their full attention to driving. Any non-driving activity is a potential distraction and increases your risk of a crash. Read the information below of the types of distractions and defensive techniques, then ask yourself if there are ways you can improve.

RECOGNIZE THE HAZARDS

MENTAL (COGNITIVE) DISTRACTIONS

Mental distractions occur when a driver's mind is focused on something besides driving. Examples include daydreaming, talking to a passenger or on a phone, fatigue, or being preoccupied with a family issue.

VISUAL DISTRACTIONS

Visual distractions can be anything viewed inside or outside of the cab that diverts a driver's focus away from driving. Examples include looking away too long to read a billboard or road sign, gawking at a passing crash scene, or reading a text on your phone.

MANUAL DISTRACTIONS

Manual distractions are a driver using one or both hands to perform a secondary activity while driving, such as texting, eating, drinking, adjusting the radio, reading a map, or reaching for an item that dropped on the floor.

KNOW THE DEFENSE

PUT AWAY MOBILE DEVICES

Before placing the vehicle in motion, silence mobile devices and keep them out of sight. Arrange a time to call your dispatcher and family each day, and let incoming calls go to voicemail. Call back when safely parked.

AVOID EATING AND DRINKING WHILE DRIVING

Eat and drink during breaks, not while driving. Schedule your trip accordingly, in shorter segments, so that you are not distracted by thirst or hunger.

AVOID MENTAL DISTRACTIONS WHILE DRIVING

Do not brood on issues while driving. Resolve problems before leaving or pull over in a safe place to address the issue so you can focus your full attention on driving.

BE ATTENTIVE TO THE ROAD AHEAD

If you have to look away from the road, make it a quick glance, then return your focus to the road. Avoiding distractions allows you to identify hazards faster, react quicker, and provides more time to stop the truck safely.

AVOID FATIGUE

Get plenty of rest and avoid heavy meals before driving. Do not take medications that cause drowsiness before driving. If feeling ill or fatigued, pull over in a safe place to recover.