

Toolbox Talk

Distracted Driving

2025

April Is Distracted Driving Awareness Month

Your phone dings and you take your eyes off the road to grab it from the console. You may not think much of it, but those seconds when your eyes are off the road could have deadly consequences. According to the National Highway Traffic Safety Administration (NHTSA), five distracted seconds at the speed of 55 mph is the same as driving the entire length of a football field with your eyes closed. In 2022, 3,308 people were killed in distraction-affected crashes.

April is recognized as Distracted Driving Awareness Month by the National Safety Council and the National Highway Traffic Safety Administration (NHTSA). These organizations aim to highlight the dangers of distracted driving and encourage drivers to focus on the road and avoid distractions.

Distracted driving awareness campaigns often focus on the dangers of texting, talking on the phone, eating, drinking, or engaging in other activities that take a driver's attention away from the road. If you have employees driving on behalf of your company, or to/from jobsites, it is important to discuss tips for safe driving.

Types of Distracted Driving:

- Visual: Taking your eyes off the road.
- Manual: Taking your hands off the wheel.
- Cognitive: Distractions that take your mind away from driving.

Tips for Distraction-Free, Safe Driving:

- Pull over to send or receive texts or make calls.
- Establish a "designated texter" to handle messages while driving.
- Avoid scrolling through apps while driving.
- Put cell phones out of reach until you arrive at your destination.
- Focus on the road and avoid all distractions.
- Plan your trip in advance and program GPS systems, set mirrors and climate controls, etc., before you begin driving.
- Familiarize yourself with features of your vehicle's equipment before you hit the road.

Employee Signature:

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Foreman Signature: _____

Date: _____