



Safety Talk

Distracted Driving

WHAT IS DISTRACTED DRIVING?

Anything that causes you to lose focus while driving is considered distracted driving. Many people think distracted driving is only caused by using your phone, but many things can be a distraction.



Common Distractions While driving

- Eating
- Talking on the phone, even when using Bluetooth, can cause you to lose focus
- Texting
- Using your car's entertainment system



Tips to Reduce Distractions

The most common distraction while driving today is your cell phone. Keep your phone out of reach while driving. Pull over before texting or making a call. Ask a passenger to change radio stations or adjust the entertainment system. Set up your navigation before starting your drive.

The Facts about Distracted Driving

In 2021 Transport Canada attributed 22.5% of fatal Collinson's to distracted driving and 25.5% of serious injuries .



Commit to Safety

Commit to your own safety and the safety of others by reducing your risk of distracted driving. Prepare before you leave or pull over if you become distracted. No deadline is so important that you need to put your safety and the safety of others at risk.

DATE:

FACILITY:

SAFETY TALK LEAD BY:

DEPARTMENT:

DISCUSSION QUESTIONS:

Where do you keep your cell phone when you drive?

Do you pull over to eat your food after going through the drive thru?

EMPLOYEE CONCERNS & IDEAS FOR IMPROVEMENT:

EMPLOYEES PRESENT:

FOLLOW UP ON CONCERNS:

If you have any feedback on the Safety Talks program or a suggestion for a Safety Talk, please contact a member of the Wellness & Safety Team or email healthpeihr@ihis.org

Safety Talks can be found on the Staff Resource Centre at:
<https://src.healthpei.ca/safety-talks>