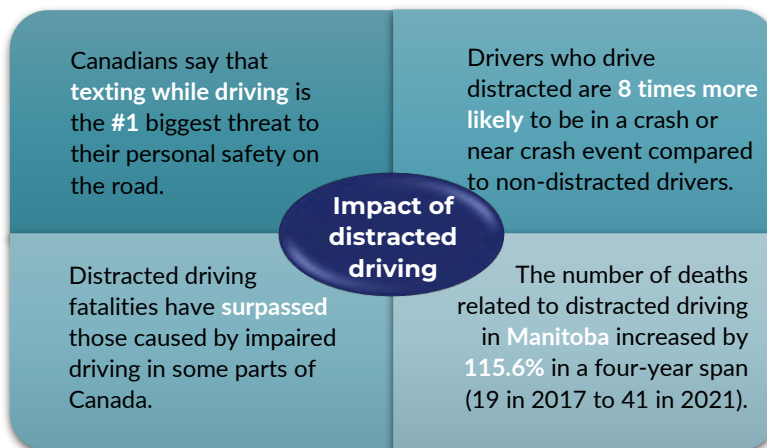


Distracted Driving

Approximately 25% of traffic fatalities are the result of distracted driving, making it one of the major causes of collisions, automobile-related injuries, and deaths on Canada's roads. Statistics show that Manitoba is one of Canada's most negatively affected provinces, ranking second with 32.3% of road deaths caused by distracted driving.

What's the Danger?

The risk of collision increases when the eyes and attention of the driver are taken away from the road. Distractions affect performance and reduce driver awareness, making the driver slower to notice any changes on the road and less able to react safely to critical situations.



Common Distractions drivers should be aware of include but are not limited to:

In-Vehicle Distractions

- Mobile devices
- Passengers and conversations
- Listening to music too loudly
- Locating addresses and setting GPS
- Smoking while driving
- Personal grooming
- Eating and drinking
- Adjusting the vehicle controls

Out-of-Vehicle Distractions

- External events - roadside incidents, emergency vehicles, construction work
- Pedestrians and cyclists
- Other drivers' behavior and actions
- Billboards and advertisements
- Animals and wildlife
- Scenic views

Safe driving requires your full attention! Minimizing distractions can help reduce the risk of collision and keep everyone on the road safer.

Safety Tips

- ✓ Familiarize yourself with the vehicle's controls before driving and set up your GPS in advance. If you need to make adjustments, do so only when the vehicle is stopped in a safe location.
- ✓ Use hands-free options for phone calls if necessary but try to keep conversations to a minimum while driving. Stop at a safe location for important phone calls, texts, emails, etc.
- ✓ Avoid engaging in intense or emotional conversations with passengers that may take your mind off driving.
- ✓ Stay focused on the road ahead and avoid lingering glances at external events.
- ✓ Be aware of pedestrians, cyclists, and wildlife, especially in areas prone to such encounters.
- ✓ Eat and drink before or after driving or pull over to a safe location if you need to.
- ✓ Take breaks as necessary to avoid grooming and smoking while driving.

Demonstrate

Identify any situation related to your job where you drive on company time.

Review the possible controls that can be implemented before starting to drive to reduce distractions.

Discussion

What are examples of good practices that you use to avoid distractions while driving?

Share an example of a distracted driving situation in which you have been involved. What was the lesson learned?

DID YOU KNOW?

In Manitoba, it is illegal to use hand-operated electronic devices while driving. If caught violating this law, you will receive:

- 3-day license suspension for a first offence.
- 7-day suspension for subsequent offences.
- \$672 fine.
- Move five levels down the Driver Safety Rating (DSR) scale.

Manitoba Workplace Safety and Health Act and Regulation

Part 2 - General Duties

Workers Involved in this Safety Talk

Date: _____

Name	Signature

Name	Signature

Notes
