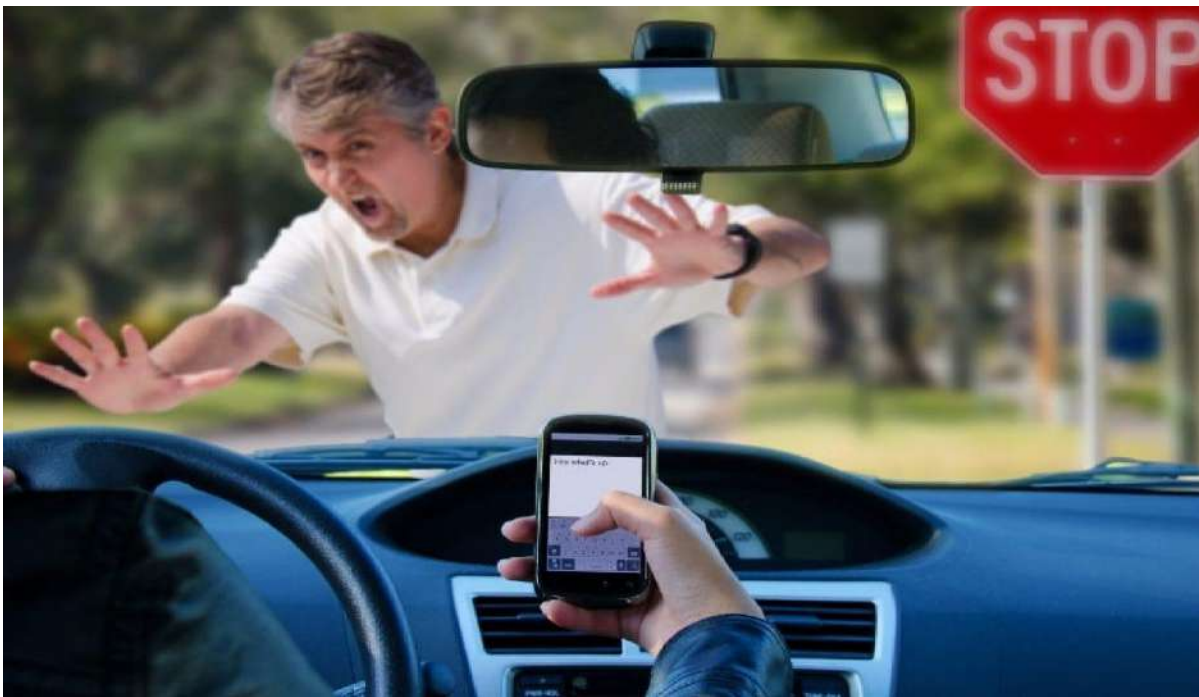


## Toolbox Talk: Cellphone Distraction While Driving – Hang Up and Drive

### 📌 Why This Talk Matters

Distracted driving is one of the leading causes of vehicle accidents, injuries, and deaths. The most common distraction? Cellphones.

Texting, calling, or using apps while driving takes your eyes and mind off the road—and that can be deadly.



### 📌 Types of Driving Distractions

1. **Visual** – Taking your eyes off the road.
2. **Manual** – Taking your hands off the wheel.
3. **Cognitive** – Taking your mind off driving.

👉 **Using a cellphone involves all three**—making it the most dangerous distraction.

### 📌 Key Facts

- Texting while driving is **6x more likely** to cause an accident than drunk driving.
- At 55 mph, taking your eyes off the road for 5 seconds is like driving the length of a football field blindfolded.
- Over 3,000 people die every year in the U.S. due to distracted driving (NHTSA).

### 📌 Common Cellphone Distractions

- Texting or messaging
- Making or answering phone calls
- Using GPS without hands-free mode
- Scrolling social media or emails
- Taking photos or videos
- Streaming music or changing playlists

### ✓ Safe Driving Tips

## Do This

- ✓ Set GPS before you drive
- ✓ Use hands-free options
- ✓ Silence or turn off your phone
- ✓ Pull over to a safe spot
- ✓ Lead by example

## Why It Helps

- Avoid fiddling with directions mid-trip
- Keep your hands and eyes on the road
- Avoid temptation to check alerts
- Handle texts or calls only when stopped
- Set a safety standard for coworkers & family

## ● Company Policy

- **No texting or phone use while driving company vehicles.**
- **Hands-free only** if a call must be taken—and only when safe.
- Disciplinary action may apply for violations—**your safety is the priority.**

## ● Discussion Questions

1. Have you ever been tempted to check your phone while driving?
2. What are some ways to manage calls/texts during work travel?
3. How can we support each other in avoiding cellphone distractions?

## □ Final Reminder

Your life, and the lives of others, are worth more than a quick text or call.

**Put your phone away—and keep your focus on the road.**

**No call or message is worth a crash.**

