



RISK REMINDER

April 2023

Name: _____ Company: _____

AVOID DISTRACTIONS WHILE DRIVING



Each day in the United States, there are over 1,000 injured in crashes including fatalities that are reported to involve a distracted driver. Driving while distracted can cause a delay in our reaction time, for some individuals the time required to react could double. April is Distracted Driving Awareness Month. Below are some tips to reduce the chance of distractive driving. MTRMA members are encouraged to have policies in place outlining prohibited distracted driving behaviors.

Before driving, organize your cab area by:

- Turn off your cellphone or place it in a holder and engage your hands-free Bluetooth device
- Type any directions you may need into your GPS
- Set your music and climate controls
- Clear objects that may obstruct your view and secure all items from shifting
- Eat before you drive
- Complete all grooming procedures at home

While driving:

- Keep both hands on the wheel
- Keep the music at a low volume
- Avoid emotional conversations that could be upsetting
- If you must eat, stay away from messy foods that can be difficult to handle

QUIZ: What are acceptable activities to do while driving?

- A. Putting the charging cable on your phone
- B. Picking up your phone to make a call
- C. Turn up the volume because you love that song
- D. All of the above
- E. None of the above

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