

Preventing Distracted Driving

Use this guide to lead a discussion with employees about the hazards of distracted driving. It can help them understand the different types of distractions, the risk they cause, and how to reduce their risk. Use any of the suggested key points in your talk. Use the form on Page 3 to record meeting details. Consider printing this guide and giving it to drivers.

Why is this topic important?

Key points

- Distracted driving is more than just using your phone
- Anytime your attention is away from the road you are distracted
- Drivers need to prepare their vehicle to reduce distractions before they get behind the wheel
- Work-related motor vehicle crashes are the leading cause or traumatic workplace fatalities in BC

What is distracted driving?

Key points

Distracted driving is anything that reduces your ability to focus on the road. It includes:

- Taking your hands off the wheel
- Taking your eyes off the road
- Losing focus on driving
- Losing the ability to hear what's around you

Phones are one of the most common distractions. But there are many others, including:

- Smart watches
- Food and drink
- Loose items in your vehicle

- Loud music
- Passengers
- A vehicle's touch-screen display

Why is distracted driving dangerous?

Key points

When you're distracted, you don't see everything happening around you. Your reaction time is slower and you're more likely to cause or be involved in a crash.

ICBC says you're five times more likely to crash if you're on your hand-held phone

How to prevent distracted driving

Key points

The most important thing is to set yourself up for success before getting behind the wheel. This includes:

- Being familiar with all your vehicle's controls
- Pairing your phone with your vehicle's Bluetooth. Just remember, hands-free does not mean distraction-free. Hands-free devices are no safer than handheld devices
- Putting your phone away and out of sight if Bluetooth is not available
- Eating and drinking before you drive. If you need a snack, pull over and park somewhere safe

- Cleaning your vehicle so you avoid visual distractions or items that may bother you
- Properly securing anything inside your vehicle
- Scheduling breaks during longer trips so you can eat and drink and get a state change to avoid fatigue
- Responding to a dispatcher only when you feel it is safe to do so

Tailgate meeting activities and resources

- Use a real example from your workplace to explain a distraction, its consequences, and its solutions
- Ask employees to share their distracted driving experiences. What were the circumstances? What did they do? What would they do differently?
- Challenge your drivers to take our [Distracted Driving Quiz for Drivers](#). Discuss questions and answers, especially the ones most people got wrong
- Review our no-cost webinar [Distracted Driving – More than Just Phones](#)
- Review our [Distracted Driving Tool Kit](#). It includes a distracted driving policy

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Tailgate Meeting Guide



Tailgate meeting record form:

Date:	Time:	Location:
Supervisor:	Discussion leader(s):	
Topic:		
Handouts:		
Discussion:		
Follow-up item:	Completion date:	
Follow-up item:	Completion date:	
Follow-up item:	Completion date:	
Follow-up item:	Completion date:	
Follow-up item:	Completion date:	

Notes:

Tailgate meeting participants:

Name	Signature