



SAFETY MEETING PLANNER & AGENDA

AVOID DISTRACTED DRIVING!

Meeting Leader:

- Prepare in advance to make this meeting effective.
Go to the Thinking Driver website for instructions on how to best use this information. (http://www.thinkingdriver.com/thinking_driver_tailgate_topics.php)
- Print & read over this agenda.
- Think about how you want to lead the meeting.
- Is there anything that is specific to your company or operation that you can include to personalize the information?
- Review the video for this session.
- Save the link to the video in your favourite folder on your browser for easy access.
- Open and then minimize the viewer just before the meeting to make the video introduction smooth.



Avoid Distracted Driving - Tailgate Topics & Tips

<http://vimeo.com/117203070>

NOT A SUBSCRIBER YET? You will see a watermarked sample. Get the 'clean' video for your meeting now by visiting the [Tailgate Topics & Tips page](#) on the Thinking Driver website to get the order form and fax/email to Thinking Driver (kristy.gittens@thinkingdriver.com). We will send you a link to the non-watermarked video.

START YOUR MEETING!

Opening Statement:



Did you know...

- Distraction is a factor in 20 – 30% of all vehicle crashes;
- You are 23 times more likely to be involved in a crash if you are texting!

The Questions for this Meeting:

Q: What is the definition of a driving distraction?

Answers:

A distraction is defined as:

A diversion of attention from the driving task not related to impairment from alcohol, fatigue or medical conditions.

Diversion occurs because the driver is temporarily focusing on an object, task, event or person not related to the driving task.

Diversion reduces a driver's situational awareness, decision making and/or performance which increases the risk of:

- Collisions
- Near-collisions
- Necessary corrective action



Q: How many distractions can you identify?

Answers could be:

- Cell Phones
- Eating
- Pets
- Passengers
- Events outside the vehicle unrelated to driving:
 - Billboards
 - Pedestrians
 - Storefronts
 - Fires or other emergencies
 - Accidents



- GPS or other navigational aids like maps
- Sound systems
- Videos!!
- Make-up and personal grooming like shaving
- How many more???

The biggest culprit currently is the mobile device.

Traffic Injury Research Foundation Sept 2011 survey:

- 36.3% of Canadian Drivers admit to using cell phones in last 7 days while driving
 - 62.2% used them for 10 minutes or less (2011)
- 20.5% used them in 2001
 - 57.5% used them for 10 minutes or less (2001)
- More people are using phones but for shorter time periods.



Q: Is mobile use prohibited in your area? If so, what is the penalty for mobile device use in your jurisdiction?

(Leader check before session)

For United States legislation:

http://www.ghsa.org/html/stateinfo/laws/cellphone_laws.html

For Canadian legislation:

<http://distracteddriving.caa.ca/education/distracted-driving-laws-in-canada.php>

(If your organization has policies regarding this issue, discuss them now.)



Tailgate Tips:

It doesn't matter how good a driver you are, you cannot manage all the tasks already associated with driving safely with added distractions.

Try these strategies:

- If you are unable to ignore your mobile device, turn it off or put it in the glove-box or trunk until you reach your destination. Then even if your initial good intentions are challenged by a ringing phone or text message, you will be unable to surrender to temptation.
- Don't cheat or fool yourself that checking the texts while stopped at a red light is okay.
- Change your voicemail message to one noting that you may be driving and will return the call later.
- Plan to eat before leaving and set aside enough time.
- Take a break and walk into a fast food outlet instead of doing the drive thru.
- Program your GPS before leaving and use the voice directions so that you minimize screen time.
- Put on your makeup, shave and finish getting ready for work BEFORE you leave home, not on the way!



- Focus on the driving task and not unrelated events, scenery or attractions.
- Plan to **STAY FOCUSSED** on driving even when other distractions compete for your attention
- How many more can you identify? What is your personal solution?

Introduce the Video:

Spencer McDonald discusses the importance of avoiding distractions while driving.

Practical Challenge:



For this week, turn off your mobile device as you get in your car and ensure that it remains off whenever you are on the road.

Refrain from other distracting activities or observations.