

DRIVER TRAINING SERIES



DISTRACTED DRIVING



A background image showing a crowd of people with their hands raised, suggesting a meeting or a public event. The image is slightly blurred, focusing on the hands in the foreground.

AGENDA

Purpose: Raise Awareness

Goal: Eliminate Distraction Related Incidents

OVERVIEW

- Defining distracted driving
- Steps you can take to avoid distractions
- Honest discussion of actual events that have occurred and how they might have been prevented.



FACTS & FIGURES

According to forbes.Com

- About 3,000 people die in auto accidents due to distracted driving every year
- 8% of fatal car accidents are due to distracted driving
- 9 people die every day from distracted driving
- Taking your eyes off the road for 5 seconds at 55 mph is equivalent to traveling the length of a football field without looking





DEFINING DISTRACTIONS

Know the 3 major types of distractions.

- Visual distractions** that cause you to take your eyes away from the road
- Manual distractions** that cause you to remove your hand from the wheel
- Cognitive distractions** that take your mind off driving



VISUAL DISTRACTIONS THAT CAUSE YOU TO TAKE YOUR EYES AWAY FROM THE ROAD

- Using a GPS
- Looking at a billboard
- Rubbernecking an accident
- Checking out the scenery or even looking at other cars surrounding you instead of those directly in your path and adjacent to you.



MANUAL DISTRACTIONS THAT CAUSE YOU TO REMOVE YOUR HAND FROM THE WHEEL

- Eating while driving
- Using your phone
- Changing the radio station or reaching for something in the car
- Reaching for paperwork for your next stop



COGNITIVE DISTRACTIONS THAT TAKE YOUR MIND OFF DRIVING

- Singing
 - Do you sing along with the radio? Wear headphones?
- Talking
- Daydreaming
 - Do you find your thoughts wander while driving?
- Worrying
- Anticipating what you might encounter on the next stop

THE CHALLENGE

IT PAYS TO BE A WINNER

- Rules: Reflect on your driving – not while you are driving. Write a paragraph identifying the distractions you encountered and how they might have been avoided. All participants will then vote for their MVP.
- Prize Announcement

[View Training Videos](#)



LINKS TO RELATED BLOG POSTS

[Eliminating driver distractions is key to improved safety](#)

[Cell phone mounts to reduce driver distractions](#)





ADDITIONAL RESOURCES

SUGGEST A TRAINING:

MARKETING@FLEETISTICS.COM

REQUEST TRAINING:

TRAINING@FLEETISTICS.COM

**MORE INFORMATION ON DASHCAMS, LONE
WORKER, DVIR, ASSET TRACKING, IOT**

SALES@FLEETISTICS.COM

CONTACT US:

CONTACT@FLEETISTICS.COM 877.467.0326

A row of white utility trucks, likely fire trucks or maintenance vehicles, parked on a gravel lot. The trucks are equipped with orange emergency lights on their roofs. The background shows a dense line of green trees. A white rectangular box is overlaid on the center of the image, containing text.

USE THIS LINK TO ACCESS YOUR
NEXT TRAINING CLASS AGENDA