

# CSDA Best Practice for Sawing and Drilling Operations

Title: Distracted Driving

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The risk of a vehicular crash increases when sawing and drilling employees engage in distracted driving. This includes any activity that has the potential to distract employees from their primary task of driving or increase the risk of crashing and decrease the opportunity to avoid the accident altogether. According to the National Highway Traffic Safety Administration, 5,474 people died in 2009 in crashes involving a distracted driver, while an estimated 20% of 1,517,000 injury crashes were reported to have involved distracted driving. Of those drivers reportedly distracted during a fatal crash, the 30 to 39-year-old drivers were the group with the greatest proportion distracted by cell phones. Cell phone distraction was reported for 24 percent of 30 to 39-year-old distracted drivers in fatal crashes.

Here are some simple steps employers and employees can take to avoid distracted driving.

## Employers

1. Prohibit employees from texting while driving and encourage the idea that work vehicles are “text-free zones.”
2. Establish procedures and rules that avoid the necessity for employees to text while driving to carry out their duties. This should include safe times and places for employees to contact managers or customers.
3. Set up a distracted driving policy that includes, but is not limited to, answering or making calls, texting and reading or sending emails.
4. Train workers to recognize and avoid the three types of distracted driving:
  - Visual – taking your eyes off the road
  - Manual – taking your hands off the steering wheel or controls
  - Cognitive – taking your mind off driving
5. Train workers to understand that while all distractions can endanger drivers’ safety, texting with a mobile device is the most dangerous because it involves all three types of distractions. The University of Utah reports that using a cell phone while driving, whether hand-held or hands-free, delays a driver’s reactions as much as having a blood alcohol concentration at the legal limit of .08 percent.
6. The policy should cover vehicles that are company-owned, company-leased, company-rented or are private vehicles being used for company business.

## Employees

1. Avoid distracted driving activities, including:
  - a. Using a cell phone or other hand-held electronic device to make calls or send texts
  - b. Responding to a call or text from a supervisor, customer or co-worker

- c. Eating and drinking
  - d. Talking to passengers
  - e. Grooming
  - f. Reading, including maps or other work or non-work related materials
  - g. Using a PDA or navigation system to find jobsites
  - h. Watching a video
  - i. Changing the radio station, CD or MP3 player
  - j. Daydreaming or focusing on surrounding scenery
2. Know your route to and from the jobsite.
  3. Do not send or read text messages while driving.
  4. Do not use a cell phone or other hand-held electronic device while driving.
  5. Hold the steering wheel with both hands and keep adjustments to the radio or other dashboard controls to a minimum.
  6. Pull the vehicle over to a location where it is safe to remain stationary to refer to a map or reroute a navigation system.
  7. Have a passenger make phone calls, adjust dashboard controls or read a map whenever possible.
  8. Try and keep a clear head while driving and focus on the journey ahead.
  9. Understand that vehicles driven by concrete cutters are often larger and heavier than standard vehicles and take more time to stop therefore maintain awareness at all times.

Remember to follow the company’s policy for distracted driving and applicable state and local laws pertaining to the use of cell phones while driving. For a list of states that restrict cell phone use and texting while driving, visit <http://www.iihs.org/laws/maptextingbans.aspx>.