



Professional Safety Consulting

PO Box 369

Kimberling City, MO 65686

800-659-3025

www.professionalsafetyconsulting.com

Friday Safety Brief

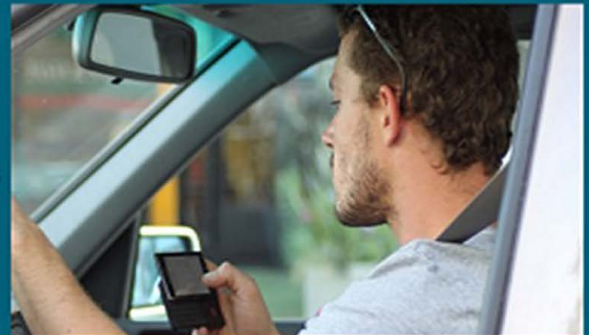
April 18th, 2025

Driver awareness Month

Distracted Driving

Definition: Is any activity that could divert a person's attention away from the primary task of driving. Any and all distractions endanger multiple people to include the driver, passengers and even bystanders.

Some types of distractions include texting, using a cell phone, eating/drinking, talking to passengers, personal grooming, reading a map, utilizing navigation systems, watching videos and adjusting various music players such as radio or CD players.



There are **three** main types of distractions:

1. **Manual** : taking your hands off the wheel. **Texting** takes your eyes off the road for 4.6 seconds. At 55 MPH, that's like driving an entire football field blindfolded.
2. **Visual** : taking your eyes off the road. Reading a map, adjusting navigation systems while driving.
3. **Cognitive** : taking your mind off driving. Could include any distraction that requires you to take your mind off the road.

April is Distracted Driving Awareness month, so keep your mind on the road & drive safe!

STAY FOCUSED

