

# SAFETYFIRST

INFORMATION DEDICATED TO DRIVER SAFETY



AHEAD OF  
THE CURVE



Safety Management  
Services Company, 2010

An affiliate of  
Cottingham & Butler

## Be Safe Out There

*“The only appropriate time to perform any other task that requires you to take your eyes off the road or move your hands from the steering wheel (eating, reading, etc.) is when the vehicle is completely stopped.”*



Cottingham & Butler  
TRANSPORTATION GROUP

## Driver Distractions

### Focus!

Driving a vehicle safely requires the driver to maintain a constant focus on the road and surrounding areas. There are an increasing number of gadgets competing for a driver's attention. This includes cellular phones, navigation systems, in-dash message displays, onboard computer systems, collision detection systems, and more.

Cellular phones, in particular, are falling under intense scrutiny. Navigation systems are also coming into question because of the attention level some units require to operate.

Some common tips for avoiding distractions while driving include:

- Don't let your instrument panel or any other readouts take your attention away from the road.
- Operations such as cell phone calls, changing tapes or compact discs, viewing satellite messages, etc., all usually require that you drive one-handed, which is never a good idea in a moving vehicle. Know your equipment and whenever possible, program the stations/satellites or put in the CDs or tapes that you want to listen to before starting out.
- The only appropriate time to perform any other task that requires you to take your eyes off the road or move your hands from the steering wheel (eating, reading, etc.) is when the vehicle is completely stopped. If you must eat on the go, be sure that you have your food unwrapped and ready to eat before starting out.
- Maps and map-reading can also be a distraction, especially in urban areas. Get your information in advance. When dispatched to a terminal or customer that you have not previously visited, get directions from other drivers who have been there, or get out a map at the terminal and plot your course in advance.
- If you encounter any motorists who appear to be preoccupied with something other than driving, keep a safe distance from them.
- If you need to make phone calls, pull off the road into a safe location and make your calls. That's the way you did it before you had a cell phone.

The secret to overcoming outside distractions is to be aware that they are potentially hazardous and, therefore, you must stay focused on the job of driving.

**Remember . . . report all accidents to the  
safety department immediately!**