



Work-related Driving & Distractions

Distractions while driving can create significant risks to the safety of your workers. If workers drive as part of their work, employers have the same duty to protect them from this hazard as from any other workplace hazard.

To protect workers from hazards related to distracted driving, employers should have a safe-driving policy and procedures for their company and communicate it to all workers.

Risk Assessment/Hazards

In general, there are 4 types of distractions that can cause potential hazards:

Visual

- looking at billboards or scenery
- looking at a map while driving
- texting while driving
- sun glare



Audible

- talking with a passenger
- talking on your cellphone
- listening to the car radio
- paying attention to noises outside of the vehicle

Physical

- drinking or eating while driving
- reaching for something near to you
- adjusting an electronic device
- problems with your vehicle

Psychological

- thinking about something other than work
- stress
- exhaustion

Control Measures/Safeguards

Understand, reduce and eliminate distractions your employees may face on the road by taking the following steps:

Before Driving

- educate your workers about the dangers caused by distractions
- allow plenty of time for travel
- be well rested before driving
- perform a pre-trip inspection ensuring vehicle is in good driving condition
- map out your route
- ensure comfort by adjusting the temperature controls, mirrors and steering wheel
- documents, bags, tools, and other equipment or materials should be stored properly and restrained in case of sudden braking or a collision
- buckle up any time you operate a vehicle or a piece of mobile equipment
- try not to drive during bad weather

While Driving

- use hands-free devices - in Manitoba it is against the law to use hand-held communication and entertainment devices
- direct staff not to accept calls or texts while driving
- eat and drink before you travel
- encourage staff to take breaks when traveling over long distances to eat or make business calls
- stay relaxed and alert
- if visibility is poor because of heavy snow or rain, pull off the road immediately and wait for it to pass
- when there's a possibility of ice on the road, slow down

Thought Provoking Questions

Ask workers if they have any concerns about driving as part of their job. Ask if they have received training in defensive driving. Discuss what they learned in the course.



SAFETY TALK

Print and review this talk with your staff, sign off and file for COR™ / SECOR audit purposes.

Date: _____

Supervisor: _____

Performed By: _____

Location: _____

Name & Number of Safety Talk

Employee Name:

Employee Signature:

Concerns:

Corrective Actions:
