

PestSure Safety Tips

INSURING THE FUTURE OF PEST CONTROL

A five-minute training Series for Pest Management Professionals.

Driver Distractions

All drivers are faced with distractions while operating their vehicles. Cell phones are easy targets but there are many other distractions, which are far more prevalent and more hazardous. Each year an estimated 284,000 distracted drivers are involved in serious crashes, according to a study conducted by the University of North Carolina Safety Research Center.

Adjusting a cd player or radio and talking to other occupants were common distractions. Rounding up the study were adjusting vehicle climate controls, eating or drinking, cell-phone use and smoking. These are all distractions that each of us can relate to.

Six states have started to use information in their driver's license manuals and educational material focused on distractions. Many employers are adopting policies that outline expectations regarding cell phone, pager, and radio use while driving.

Distraction Stoppers

- ❖ Make as many calls as you can before leaving your location.
- ❖ Arrange the items in your cab to allow easy access. Secure everything in the cab in some manner to avoid the chance of objects flying around in the cab should you have to stop suddenly or swerve.
- ❖ Adjust your mirrors, seat, and climate controls before leaving your location.
- ❖ Before starting out for the day, review your route and jot down, in large print on each job sheet, understandable driving directions (i.e. L on Rosewood, R on Murphy). This will alleviate the need to study the map while driving.
- ❖ If you listen to the radio, keep the volume level low and turn it off if you find the content is distracting you from driving tasks.
- ❖ If receiving a call while driving, make it brief and return the call when you are not driving or better yet, allow the caller to leave a message that you can return when safely stopped.
- ❖ Stop for lunch. Use the time to plan the second half of your day, stretch, use the restroom, and make phone calls.

Overall, drivers have to choose to make driving their primary focus when behind the wheel. Each one of us has a personal interest in staying focused and arriving home safely.

