

A five-minute training Series for Pest Management Professionals.

Cell Phone Distraction

Have you read all of the incredibly frightening distracted driving facts and statistics in your newspaper? Do you hear the news reports regarding this epidemic problem? Do you know someone who was involved in an auto crash due to a driver distraction with a cell phone? You see and deal with the mistakes drivers who attempt to multi-task make every day as you complete your routes.

Quit

Is it time you add using a cell phone while driving to your personal list of **"things I will never do"**? Is it the responsibility of your employer to keep track of how employees use their cell phones? Might a better option be for each of us, as responsible people, to employ self discipline where this technology is involved? Your employer may have a very strict cell phone policy but until you, as a driver and cell phone user, make the decision to stay off the phone there is not much anyone can do to protect you.

Why?

According to a Network of Employers for Traffic Safety (NETS) survey, companies with the lowest crashes per million miles (CPMM) issue monthly reports to their employees, track crashes, have safety-oriented messages throughout company statements and training, issue full bans on cell phones while driving and share the details of any accident — whether it involves injury or not — with the entire staff.

Because you're worth it!

If you still have doubts about the negative effects of distracted driving or if you don't believe that distracted driving causes accidents, please visit this website distraction.gov. The site has videos and keeps track of distracted driving accidents and fatalities.

Make a commitment to yourself and your family to pull over and park before using your phone in any manner. Change your voice mail to a message that tells callers that you might be driving and will return their call the moment you can do so safely. Never read or send a text while driving. If you believe the information that is being texted can't wait until your next scheduled stop, pull over in a safe location to read and respond.

TAKE THE PLEDGE www.distraction.gov

The fight to end distracted driving starts with you. Make the commitment to drive phone-free today.

Distracted driving kills and injures thousands of people each year. **I pledge to:**

- Protect lives by never texting or talking on the phone while driving.
- Be a good passenger and speak out if the driver in my car is distracted.
- Encourage my friends and family to drive phone-free.



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Cell Phone Distraction

Name _____

Date _____

- | | True | False |
|---|--------------------------|--------------------------|
| 1. Distracted driving is any activity that could divert a person's attention away from the primary task of driving. | <input type="checkbox"/> | <input type="checkbox"/> |
| 2. <i>All</i> distractions endanger driver, passenger, and bystander safety. | <input type="checkbox"/> | <input type="checkbox"/> |
| 3. Because text messaging requires visual, manual, and cognitive attention from the driver, it is by far the most alarming distraction. | <input type="checkbox"/> | <input type="checkbox"/> |
| 4. The best way to end distracted driving is to educate all Americans about the danger it poses. | <input type="checkbox"/> | <input type="checkbox"/> |
| 5. Drivers who use hand-held devices are 4 times more likely to get into crashes serious enough to injure themselves. | <input type="checkbox"/> | <input type="checkbox"/> |