

The use of handheld mobile devices while driving is restricted to hands-free devices only, as permitted by law. This includes making calls, texting, or any activity that requires holding the device. Instead, drivers can use hands-free devices that are voice-activated or designed for single touch or swipe operation, allowing them to keep their hands on the steering wheel. **Texting while driving can increase your crash risk by 23 times.**

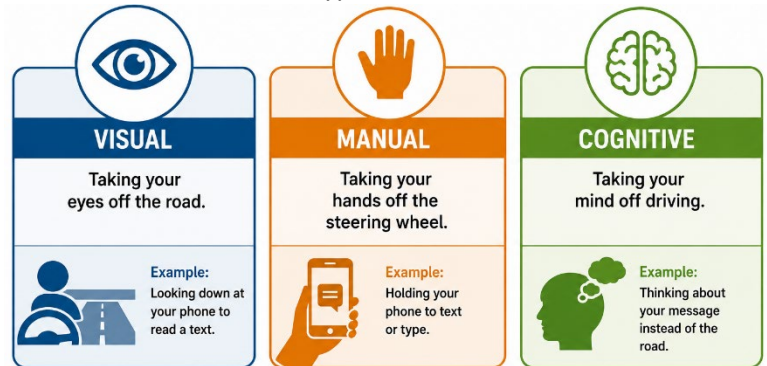
The Facts:

Texting is the most dangerous form of distracted driving because it combines all three types of distractions:

- **Visual:** Taking your eyes off the road.
- **Manual:** Taking your hands off the steering wheel.
- **Cognitive:** Taking your mind off driving.

Eyes on The Road

- When you look away from the road to read or send a text, it takes roughly 4.6 seconds. At 55 mph, that equals driving the length of an entire football field entirely blindfolded.



FMCSA Regulations

- **No Texting Rule:** The Federal Motor Carrier Safety Administration (FMCSA) strictly prohibits drivers from engaging in texting while driving.

Hands-Free Doesn't Mean Risk Free

- While hands-free devices eliminate the manual distraction of holding a phone, conversations can still create cognitive distraction. According to the National Safety Council (NSC), hands-free phone conversations may delay reaction time by approximately 50%.

Actionable Prevention Strategies

Before putting a vehicle in gear, apply these safe-driving steps to stay fully focused on the road:

- **Park to Text:** Complete all manual texting, emailing, or reading messages before hitting the road. If you need to send or respond to a message, safely pull over to a truck stop, rest area, or other safe location. When appropriate, use voice commands (such as Siri or Google Assistant) to make hands-free calls or send messages.
- **Use Hands-Free Equipment:** Whenever possible, use a phone mount, Bluetooth headset, or your vehicle's Bluetooth system to keep your hands on the wheel and your attention on the road.
- **Turn On "Do Not Disturb While Driving":** Enable your phone's driving mode to automatically silence notifications while you're in motion.
- **Pre-plan Your Route:** Program your GPS, adjust your climate controls, set your radio, and complete any other setup before you begin driving.

Remember: **Every call can wait. Every text can wait. Your life—and the lives of others—cannot.** Keep your eyes on the road, your hands on the wheel, and your mind on driving.





Toolbox Talk Attendance Form

Supervisor / Project Manager: _____ Date: _____

PRINT NAME	SIGNATURE