

ENVIRONMENTAL HEALTH AND SAFETY

FACILITY AND OCCUPATIONAL SAFETY

DISTRACTED DRIVING



Look Alive, Stay Alive

Did you know?

The average time it takes to send or read a text is just 5 seconds. At even moderate speeds this is more than enough time to swerve, veer or not see the person ahead breaking.

-National Highway Traffic Safety Administration

Additional Resources

[Distracted Driving | Distracted Driving | CDC](#)



Administrative Operations

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Practice Safe Driving & Defensive Driving Habits

- Make sure everyone wears a seat belt for safety
- Use your turn signals
- Follow the speed limit
- Check your blind spots before changing lanes
- Avoid phone distractions
- Avoid drowsy driving
- Never drive impaired
- Pay attention to bad weather conditions
- Watch out for pedestrians
- Be mindful of school bus stops, new student drivers, cyclists and motorbikes

