

let's **talk** safety

The Health & Safety Institute (HSI) delivers a suite of products and services to help businesses, emergency services and individuals improve safety, health and compliance through scalable, technology-powered solutions to fit any organization.

train

Emergency Care
Teaching and Training

act

Workplace Training
and Compliance Tools

learn

Continuing Education
for EMS Professionals

know

Chemical Compliance
and Management Services

What is Distracted Driving

Distracted driving is doing anything that diverts your attention from driving, including talking or texting on the phone, eating, drinking, talking to people in your car, fiddling with the stereo or navigation system.

“Anything that takes your attention away from driving”

TEXTING

Sending or reading a text takes your eyes off the road for 5 seconds. At 55 mph, that's like driving the length of an entire football field with your eyes closed



660,000

During daylight hours, approximately 660,000 drivers are using cell phones while driving

3 Types of Distraction

VISUAL

Taking your eyes off the road

MANUAL

Taking your hands off the wheel

COGNITIVE

Taking your mind off driving

DISTRACTED DRIVING KILLS

Each day in the United States, approximately 9 people are killed and more than 1,000 are injured in crashes that are reported to involve a distracted driver



AMERICAN SAFETY & HEALTH INSTITUTE | MEDIC First Aid

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Contact Us Today: P: 855-280-4258 | E: sales@hsi.com | www.hsi.com



Sources

<https://www.nhtsa.gov/risky-driving/distracted-driving>

https://www.cdc.gov/motorvehiclesafety/distracted_driving/index.html