CrewSigned

Distracted Driving Toolbox Talk

5-minute read-aloud · Last reviewed November 24, 2026

Driving is one of the most dangerous things we do for work. More workers die in motor vehicle crashes than from almost anything else on the job, and that includes driving a pickup to the supply house, not just driving a big rig. A lot of those crashes start with a driver who was looking at something other than the road.

There are three kinds of distraction. Visual is taking your eyes off the road. Manual is taking your hands off the wheel. Cognitive is taking your mind off driving. Texting is the worst because it does all three at once. If you look at a screen for five seconds at highway speed, you travel the length of a football field without seeing anything.

Hands-free is not the same as safe. Even when your hands are on the wheel and your eyes are forward, a phone conversation pulls your attention away. Studies have found that drivers on the phone can miss up to half of what is happening around them. You look at a red light and do not see it.

Here are our rules. Do not text, email or read messages while the vehicle is moving. Do not hold your phone. Set your GPS and music before you pull out. If you need to make a call or look something up, pull over somewhere safe and park first. Put the phone in the glove box or on do not disturb if you know you will be tempted. If I call you and you are driving, do not answer. Call me back when you are parked. Nothing I need is worth a crash.

Other things distract us too. Eating, drinking coffee, reaching for something on the floor, adjusting the radio, arguing with a passenger, or being lost in thought about the next job. Finish those things before you drive or when you stop.

Passengers can help. If you are riding with someone, handle the navigation and the phone for them, and speak up if they start texting.

Wear your seat belt every time, keep to the speed limit, and leave early enough that you are not rushing. Driving is the job while the wheels are turning.

Discussion questions

1. What distracts you most when you drive between jobs, and what can you do about it before you start the engine?

2. If you need to take a call or check a map while driving, what is the safe way to do it?

3. What should a coworker riding with you do if you pick up your phone?

OSHA standard

OSHA Distracted Driving guidance
https://www.osha.gov/motor-vehicle-safety/distracted-driving

SOURCES

NIOSH, Distracted Driving at Work: https://www.cdc.gov/niosh/motor-vehicle/distracted-driving/index.html
NIOSH, Motor Vehicle Safety at Work: https://www.cdc.gov/niosh/motor-vehicle/about/index.html
OSHA Motor Vehicle Safety: https://www.osha.gov/motor-vehicle-safety

This talk does not replace training that an OSHA standard requires. Scripts are based on OSHA and NIOSH publications and rewritten in plain language.

Safety Meeting Sign-In Sheet

TOPIC

Distracted Driving Toolbox Talk

COMPANY

JOB / SITE

DATE

TIME

PRESENTER

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