

Dear valued partner,

The month of April is Distracted Driving month! Due to the life-threatening and life-altering hazards posed from distracted driving, this was the perfect opportunity for us to extend some practical and important information on the topic.

What are the three kinds of distracted driving identified by the CDC?

- According to the CDC, which of the following is not identified as one of the three kinds of distracted driving:
  - a) Visual Distractions
  - b) Manual Distractions
  - c) Digital Distractions
  - d) Cognitive Distractions

*Answer at the end of the email.*



## **Bonus Topic:** MSHA's Final Rule: Safety Programs for Surface Mobile Equipment

(Missed a previous email? [Click here](#) to see an archive of previous month's safety emails on Rockwood's Loss Control website.)



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## WHAT IS Distracted Driving?

Usually, our minds go directly to texting and driving, which certainly can have a huge impact on our concentration, but cell phones are not the only thing that can distract us when operating heavy machinery. **Anything that takes your attention away from the task of safe driving such as eating and drinking, talking to people in your vehicle, fiddling with the stereo, entertainment or navigation system are all additional things that may distract us when we operate vehicles.** Cars, trucks, and motorcycles are not the only pieces of machinery we must worry about. This topic also applies to forklifts, excavators, utility vehicles and really any other piece of heavy machinery you or your coworkers may be operating.

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### According to the CDC there are three kinds of Distracted Driving:

1. **VISUAL DISTRACTIONS** that cause you to take your eyes away from the road. This can include using a GPS, looking at a billboard, rubbernecking an accident, checking out the scenery or even looking at other cars surrounding you instead of those directly in your path and adjacent to you.
2. **MANUAL DISTRACTIONS** that cause you to remove your hand from the **wheel**. Behaviors such as eating while driving, using your phone, changing the radio station or reaching for something in the vehicle are all examples of manual distractions.
3. **COGNITIVE DISTRACTIONS** that take your mind off driving. Singing, talking, daydreaming or worrying all fall into this category.



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## SAFETY TIPS FOR PREVENTING Distracted Driving Accidents



### BEFORE YOU DRIVE:

#### Prepare Before You Drive

- **Inspect your vehicle.**
  - **Set essential controls.**
  - **Review your route.**
  - **Secure your pets or contents.**
  - **Manage your time:** Rushing tends to promote distraction, road rage, and taking unnecessary risks.
  - **Prep at home:** Get ready for work before getting in your car. Putting on deodorant, makeup, and shaving are much easier and safer when done in your own bathroom.
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	<p><b><u>ON THE ROAD:</u></b></p>	<ul style="list-style-type: none"> <li>• <b>Drive thru, pull over:</b> Park while you eat.</li> <li>• <b>GPS adjustments:</b> Pull over to adjust your route.</li> <li>• <b>The buddy system:</b> An adult passenger riding next to you can share your awareness of the driving situation, and reduce the risk of collision, according to the NSC. Make it a habit to stick with light conversation topics. Heated discussions can pull your attention away from the road.</li> <li>• <b>Save it for later:</b> Suspend phone conversations in heavy traffic and bad weather, even if you're using handsfree talking. You need your full attention on the road to anticipate and react to hazardous road conditions.</li> </ul>
	<p><b><u>CLASSROOM:</u></b></p>	<ul style="list-style-type: none"> <li>• <b>Take a refresher:</b> Take a defensive driving class or review the latest information to stay on top of leading metrics.</li> </ul>

**Rockwood Resources:**

- [April 2023 - Distracted Driving Email | Rockwood Casualty](#)
- [Toolbox Talks](#) | Rockwood Casualty
- [Safety Tips | Rockwood Casualty Insurance Company](#)– Scroll down to “Driving”
- You can find additional Rockwood Toolbox Talks [here](#).

**MSHA, OSHA and other Resources:**

- FREE [Webinar](#) at National Safety Council on April 23, 2024, 2PM
- National Safety Council | [Distracted Driving Resources](#)
- NIOSH | CDC | [Distracted Driving at Work](#)
- MSHA | [Mobile Equipment at Surface Mines](#)
- Forbes | [Distracted Driving Statistics & Facts In 2024 – Forbes Advisor](#)
- Utility Contractor Magazine | [The Impact of Distracted Driving While Operating Heavy Machinery](#)
- AEM & MSHA | [‘DISTRACTED DRIVING’ SAFETY ALERT](#) – “Powered haulage is the leading category of fatalities in metal and nonmetal mining. [From 2011-2016], there have been 29 fatalities in powered haulage.”
- The Pennsylvania Bureau of Workers' Compensation, Health & Safety Division offers numerous FREE safety webinars. To access the PATHS Training Calendar visit [www.dli.pa.gov/paths](http://www.dli.pa.gov/paths)



**Learn more about [Distracted Driving on Streamery](#)**

Every Rockwood policy includes access to Streamery, a vast safety library with videos, quizzes and more resources to help you promote safety in your workplace. If you don't

have access, contact us to get a username. Enter the SKU number below to find the recommended video.

Watch [Streamery](#) videos on **Distracted Driving**

- **Distracted Driving:** 18 min / SKU: 5402 / English
- **Distracted Driving: Real Accidents, Real Stories:** 15 min / SKU: 2532 / English
- **Texting & Driving – The Facts:** 8 min / SKU: 2936 + 2936-S / English & Spanish
- **Many more on Streamery**



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## BONUS MATERIALS:

### 1. MSHA – Safety Program for Surface Mobile Equipment – Written Plan and Training DUE July 17, 2024

MSHA's [final rule](#) requires mine operators to have written safety programs for surface mobile equipment (excluding belt conveyors) at surface mines and surface areas of underground mines. The safety programs must include input from miners and their representatives and identify hazards and risks. Training on each of the hazards must also be completed by the July 17, 2024 deadline.

Resources:

[Surface Mobile Equipment Safety Program \(Presentation\)](#)

[Compliance Assistance: Templates and Other Resources](#)

[Frequently Asked Questions](#)

### 2. SEAT BELT COVERS



Don't forget that Rockwood Casualty is providing **FREE** high visibility seatbelt covers to our insured to assist in enforcement of seatbelt use by employees. Please contact [safetysolutions@rockwoodcasualty.com](mailto:safetysolutions@rockwoodcasualty.com) to make a request for your company and specify orange or yellow.



**Questions? Feel free to reach out:** As always, your Rockwood partners are available to answer your questions and help you promote safety in the workplace. Contact Rockwood Loss Control for any support you need.

- **ANSWER: According to the CDC, which of the following is not identified as one of the three kinds of distracted driving:**
  - e) Visual Distractions
  - f) Manual Distractions
  - g) Digital Distractions**
  - h) Cognitive Distractions

*While digital distractions such as cell phones can certainly be a distraction when operating vehicles, they are not identified as one of the three kinds of distractions by the CDC. Digital distractions would fall under Manual Distractions.*



#RockwoodSafetySolutions #LossControl #SafetyTips

Thank you for your continued partnership,

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