

Dear valued partner,

Workplace safety can keep your employees safe, reduce your claims and help your business thrive. That's why your Rockwood partners are committed to providing the resources you need to enforce smart safety strategies. This month, we're focusing on [Distracted Driving & Material Handling](#).



The National Safety Council designates April as Distracted Driving Awareness Month.



WHY DISTRACTED DRIVING SAFETY IS SO IMPORTANT

- Believe it or not, distractions by passengers can be more dangerous than talking on the phone.
- Distracted driving can affect the driver, the reputation of the company and others on the road.
- According to the National Safety Council (NSC), **at least eight people a day are killed** in distracted driving crashes.
- Rockwood Auto Claims totaled \$5.47 Million in 2022



SAFETY TIPS FOR DISTRACTED DRIVING

- **Tool Box Talks from Rockwood Casualty**
 - Distracted Driving Tool Box Talk (attached)
 - Defensive Driving Tool Box Talk (attached)
 - You can find additional resources for Distracted Driving safety at [Rockwood Casualty Loss Control page](#).
- **National Safety Council Information**
 - Keep Your Eyes on the Prize [Poster](#)

- Distractions Inside the Car [Poster](#)
- What Aren't You Seeing? [Poster](#)
- How to Set Up Your Drive [Video](#)
- The National Safety Council has a [Policy/Position statement](#) which recommends:

All employers should enact a distracted driving policy that prohibits all employees from using electronic devices, including hands-free and voice-command systems, while driving on or off the job except in emergencies.

- *Employers should also drive culture change by banning device-based meetings and other communications with employees while they are driving, affirming that their employees' lives are more valuable than any call, email, or text that arrives while they are focused on the drive.*
- *Employers are encouraged to explore technology options to ensure compliance with their distracted driving policies. For example, IT departments can ensure electronic devices are equipped with apps that stop transmission of texts and calls to the driver while the vehicle is in motion. Also, the National Institute of Occupational Safety and Health has issued in-vehicle monitoring technology best practices.*
- *Employers should communicate to employees that violations of this policy may result in disciplinary action, up to and including termination.*

Learn more about Distracted Driving safety 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.

Watch Streamery's video on Distracted Driving:

SKU: 1900 - "Distracted Driving: At What Cost?" (13 minutes)

SKU: 3668 - "To the Point About: Defensive Driving" (10 minutes)

There are many more available at <https://learn.streamery.co>

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.

Thank you for your continued partnership,

Rockwood Loss Control Team

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Toolbox Safety Talks

Distracted Driving

- 1) What is distracted driving?
 - a. Distracted driving is the act of driving while engaging in other activities which distract the driver's attention away from the road.
- 2) What are the three categories of distracted driving?
 - a. **Visual or audible distractions** are things that can take your eyes or attention off the road
 - I. Looking at GPS, checking kids in rear view mirror etc., conversations etc.
 - b. **Manual distractions** are things that cause you to take your hands off the wheel or your feet off the pedals
 - I. Searching in bag/glove box, eating/drinking, grooming etc.
 - c. **Cognitive distractions** are things that you are thinking about or feeling that cause you to take your mind off the task of driving
 - I. Fatigue, personal issues etc.
- 3) What controls can you take to avoid distracted driving?
 - a. **Pre-Trip:**
 - I. Make any adjustments to mirrors, temperature, seat etc. before driving
 - II. Ensure that any loose objects are secured. These can cause a distraction while driving.
 - III. Turn off your cell phone.
 - IV. Plan your route. If using a GPS, set it up before you leave.
 - V. Ensure that you are well rested and in the right frame of mind to be behind the wheel.
 - VI. Give yourself ample time to get where you are going. If you will need to eat, give yourself enough time to stop along the way.
 - b. **While Driving:**
 - I. Do not use any hand held devices.
 - II. Keep noise to a minimum. Noises, such as loud music, can be a distraction.
 - III. Keep your eyes on the road ahead.
 - IV. Obey the rules of the road





Toolbox Safety Talks

Distracted Driving

Date Presented: _____

Presented By: _____

Attendance Sheet



Rockwood Casualty Insurance Company (Rockwood) may provide safety management services to its insureds in order to reduce the risk of loss that may lead to insurance claims. The information and advice we provide is not intended to include all possible safety measures and controls. Rockwood does not warrant that losses and claims will be avoided or mitigated if our recommendations are followed. The safety management services we provide do not relieve the insured of its own duties and obligations with regard to safety matters, nor does Rockwood guarantee to the insured or others that the insured's property and/or operations are safe, healthful, or in compliance with applicable laws, regulations or standards. The insured remains responsible for its own operations, safety practices and procedures and should consult with legal counsel and safety professionals, of its own choosing, as it deems appropriate.



Toolbox Safety Talks

Defensive Driving

1) What is defensive driving?

- a. The ability to reduce the risk of accident or collision by anticipating dangerous situations, despite adverse conditions and the actions or mistakes of others.



2) What are some tips to be a defensive driver?

- a. Do a walk around of your vehicle to identify any potential faults prior to getting on the road (Ex. Tire pressure, Fogged Windows, Burned out lights)
- b. Make a plan that includes exactly where you're going, the route you'll take, where you're stopping and when you will arrive. Use controlled intersections as much as possible.
- c. Ensure cargo is secured (if applicable)
- d. Always assume other vehicles, motorists, cyclists or pedestrians may not see you.
- e. Keep your eyes moving, constantly looking at your side and rear-view mirrors, up, behind and to both sides of the vehicle. Maintain a visual of two to three car lengths in front of you.
- f. When changing lanes, engage your turn signal, then physically turn your head to check your blind spot, followed by checking your side and rear-view mirrors.
- g. Leave at least two car lengths between you and the car in front of you. During inclement weather, increase this to at least five car lengths.
- h. Always give yourself an out. Avoid remaining next to other vehicles, move ahead or drop behind them to allow yourself room for maneuvering in case something happens.
- i. Stop prior to stop signs and then roll forward slightly to get a better look in each direction.
- j. Always use signal lights and be sure to signal ahead of time to communicate your intentions with other drivers.
- k. Avoid using a cell phone, eating, drinking and other similar distractions.
- l. Always follow the speed limit and pay attention.



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