



AVOIDING DISTRACTED WORK

Distractions caused by cell phones, social media and text messages contribute to injuries and damage! Drivers, operators and other construction workers are distracted with their cell phones while working, running machines or driving. Distractions are a top cause of motor vehicle crashes in Missouri and many employees are also injured on jobsites because of cell phone use while working. Please review this document with employees and require limited distractions while driving and working.

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- Never drive any vehicle while distracted by a cell phone.
- Never operate a machine, excavator or tools while using your cell phone.
- Never use smart phone features that take your eyes off the road, hands off the steering wheel and mind off driving.
- Store your phone completely away from arms' reach. Only use Bluetooth to receive calls when it is safe to do so. Pull your truck over and stop beforehand if you need to use your cell phone, text, or use a smart phone feature.
- According to the National Safety Council, there are three types of distractions that negatively affect driver safety:
 1. Visual distractions take your eyes from the road. This includes texting, dialing a cell phone, using smart phone apps, reading or programming GPS units.
 2. Manual distractions take your hands off the steering wheel. These distractions include eating, drinking, using a hand-held cell phone or dialing a phone or using smart phone features.
 3. Cognitive distractions take your mind off the driving task. These distractions can include daydreaming, stress, having intense conversations or cell phone conversations.
- Cell phones are dangerous because they combine all three types of distraction while working or driving.
- Investigators can confiscate your cell phone after a crash and analyze its data. Truck electronic control module (ECM) data can also be investigated. Together, data could show that a driver was distracted and driving too fast, contributing factors to a major crash. Civil and criminal penalties could result if it's determined that your actions contributed to a crash.
- When on a jobsite, highway work zone or parking lot—do not use your cell phone. Never use your cell phone for personal reasons in a safety-sensitive work environment.
- Always follow your company's distracted driving/distracted work policy.
- Horseplay that could escalate to injury is prohibited at work.



Never back a truck while using a cell phone. Do not use a cell phone when working near moving equipment.



Distractions could lead to a catastrophe. Stay aware of overhead powerlines!



Distractions contribute to terrible rear-end collisions.

These advisory materials have been developed from national standards and sources believed to be reliable, however, no guarantee is made as to the sufficiency of the information contained in the material and Missouri Dump Truckers Association assumes no liability for its use. Advice about specific situations should be obtained from a safety professional. 08-09-19 by MW