saif
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Delivery drivers:
distractions from handheld devices

Takeaways

- Distractions from handheld devices continue to be a leading cause of injuries and fatalities on the road.

- Removing the distraction could save you from a serious injury.

- Use a set time, like your breaks or lunch, to look at your phone.

- Let your friends and family know that you only check your phone at certain times to help reduce the number of calls/ texts they send your way.

- When making your delivery, be sure and look at the order scanner before leaving the vehicle.

- Ignoring the call/ text could save your life, or the life of someone else.

Everyone knows that phone use while driving is a leading cause of traffic accidents and injuries, but did you know that **distracted walking** also comes with its own set of hazards and risks?

Delivery drivers often navigate uneven, slippery, or damaged walking surfaces, leading to an increased risk of slip, trip, and fall-related injuries. Adding the distraction of a handheld device makes the risk of a slip, trip, or fall, or even a collision with an object or vehicle even higher.

What's the best way to avoid device-distracted accidents?

- **Stop**, complete the task on your device, put the device away, and then continue walking

- Never use your device when going up or down stairs or crossing streets

- Avoid using headphones to listen to music while working

Take the extra couple of seconds to look out for your own safety, just like you do for pedestrians when driving.

Take action (Complete one or more activities as a team)

A. GROUP DISCUSSION: Review the company policy on device distractions.

B. DEMONSTRATION: Check your phone settings and learn how you can place your device on Forward or Do not Disturb.

C. QUESTION: Why would you use a device while walking? Have you had any close calls? How can you remember to avoid device distractions?

Safety talk sign-in sheet

Record your attendees for compliance.

Instructor's name: _____

Date of training: _____

ATTENDEE NAME (Print)

ATTENDEE SIGNATURE

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