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**Distracted Driving Assessment**

**Three Types of Distracted Driving:**

1. Visual: Taking your eyes off the road
2. Manual: Taking your hands off the wheel
3. Cognitive: Taking your mind off driving

**Mitigation Actions for Distracted Driving:**

* Put the cell phone down while driving.
* Put your cellphone in airplane mode if needed to eliminate distractions as well as the urge to answer a text, call, or email alert.
* If you need to text or call while driving, pull over to a safe area to do so.
* When traveling as a passenger, urge any driver who is using their cellphone to put it down.
* Make sure all loose items are secure in the vehicle prior to starting your first job.
* If there is another driver on the road who is using a phone while driving, maintain a safe distance from them and be a defensive driver. Always leave yourself an out in case of any type of accident occurs around your vehicle.

**Recognizing physical impairments:**

* Medications could cause your reactions to be slower or your vision to be impaired.
* Your concentration may be elsewhere because you’re thinking about how you’re feeling.
* Physically, you may be distracted by sneezing or coughing.
* If you’re tired or drowsy, your reactions will be slower, your thinking could be fuzzy, and your decision-making could be affected.

**Distracted Driving Assessment**

* Trainee understands that per company policy cell phone usage is not allowed while driving.
* Can discuss what Distracted Driving is and what we can do to avoid this.
* Can discuss the three types of distracted driving.

**I certify that I have attended training regarding distracted driving and understand the impact that such driving can have on my individual safety, company assets and my performance.**

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Technician Print Name Date

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Technician Signature Date

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Authorized by Date