

Distracted Driving

Distracted driving is dangerous at any time, but especially on the construction site. Inform field teams about this common danger and provide tips for avoiding distractions.

Distracted Driving

Did you know that texting while driving is one of the most dangerous things you can do behind the wheel? In fact, you are six times more likely to crash while texting than you are while driving drunk.

Now, this isn't an endorsement for drunk driving, rather a warning that distracted driving can be just as dangerous, especially while working on a busy construction site.

Why is texting on the construction site such an issue?

Distractions at the workplace have always been an issue since the beginning of time.

However, cell phones—especially smart-phones—have created a whole new level of distractedness. Texting or browsing on your phone while working is an [unsafe act](#) that can affect your productivity on the job, while also placing you at a larger risk for accidents and injuries.

Distracted driving statistics

Those who don't work in the construction industry may be completely unaware how much driving is involved. Of course, you drive back and forth from workplace to workplace, but you also frequently need to drive to transport materials or people.

Texting while driving, especially texting while driving [utility vehicles](#) or [heavy machinery](#), not only places you at risk, but puts everyone around you at risk too.

Here are some statistics about texting while driving:

- The National Safety Council reports that cell phone use while driving leads to 1.6 million crashes each year
- Nearly 330,000 injuries occur each year from accidents caused by texting while driving
- 1 out of every 4 car accidents in the United States is caused by texting and driving
- Texting while driving is 6 times more likely to cause an accident than driving drunk
- Answering a text takes away your attention for about five seconds. Traveling at 55 mph, that's enough time to travel the length of a football field
- Texting while driving causes a 400% increase in time spent with eyes off the road

As you can see, texting while driving increases the likelihood of an accident expeditiously. The same can be said for texting while on the job. Remember, this isn't a desk job. Construction work requires you to be around dangerous tools and heavy machinery that can cause serious injury if not handled with care and attention.

Distracted driving safety tips

Now that it's abundantly clear just how dangerous texting on the worksite can be, let's focus on how can you avoid it.

Here are some of the ways you can avoid distracted driving while on the job for your own safety and for the safety of those around you:

1. Put your cell phone away while on the job

The easiest way to not be on your phone is to not have it on you at all.

2. Put your phone on airplane mode or do not disturb mode when working

Of course, not having your phone at all can be a tough ask. What if an emergency pops up, or what if you need your phone for your work? Putting your phone on airplane mode or do not disturb limits the amount of notifications you get, reducing the chances of you getting distracted.

3. Pull over to respond to a text or answer the phone

If you are driving and you simply can't wait to respond to a text or answer the phone, pull over.

4. Urge the people around you to put their phone away

We know you don't want to nag your coworkers, but remember: You're at risk when they are distracted by their phones. If you see someone on their phone, don't be afraid to ask them to put it away. Doing so is doing your part to [take ownership of safety](#).

5. Avoid other drivers who are on their phone

If you are driving, try to maintain a safe distance from any driver you believe is distracted. This will lower the chances of an accident.

Distracted driving is dangerous driving

Of course, the best option for avoiding distracted driving is not having your phone on you altogether. However, in this day and age, that can be a next-to-impossible task.

That's why we recommend these safety measures to help lower your risk, keeping you and the people around you safer.