



MINDFUL DRIVING

Facilitator:

Adrienne Allam CRSP

February 26, 2020

WELCOME TO THE FEED YOUR BRAIN WEBINAR

Mindful Driving

- The webinar will begin at **9:00 am Eastern Time**
- For audio, please use headphones or ear buds.
- Please note the '**CHAT BOX**' to the right of the screen and feel free to type in your questions at any time during the presentation.
- Questions may be answered during the presentation, but most will be addressed at the end of the presentation.
- Presentation will be emailed to registrants within one business day of the webinar.

ABOUT THE FACILITATOR

Adrienne Allam CRSP

WSN Health and Safety Specialist

- 18 years practice
- Driving history, 31 years

Specialized driver training

- Smith System
- Mission Impossible at Work
- Skid School
- Company sponsored training

Dedicated to being a mindful driver



ABOUT WORKPLACE SAFETY NORTH

Your local health and safety partner

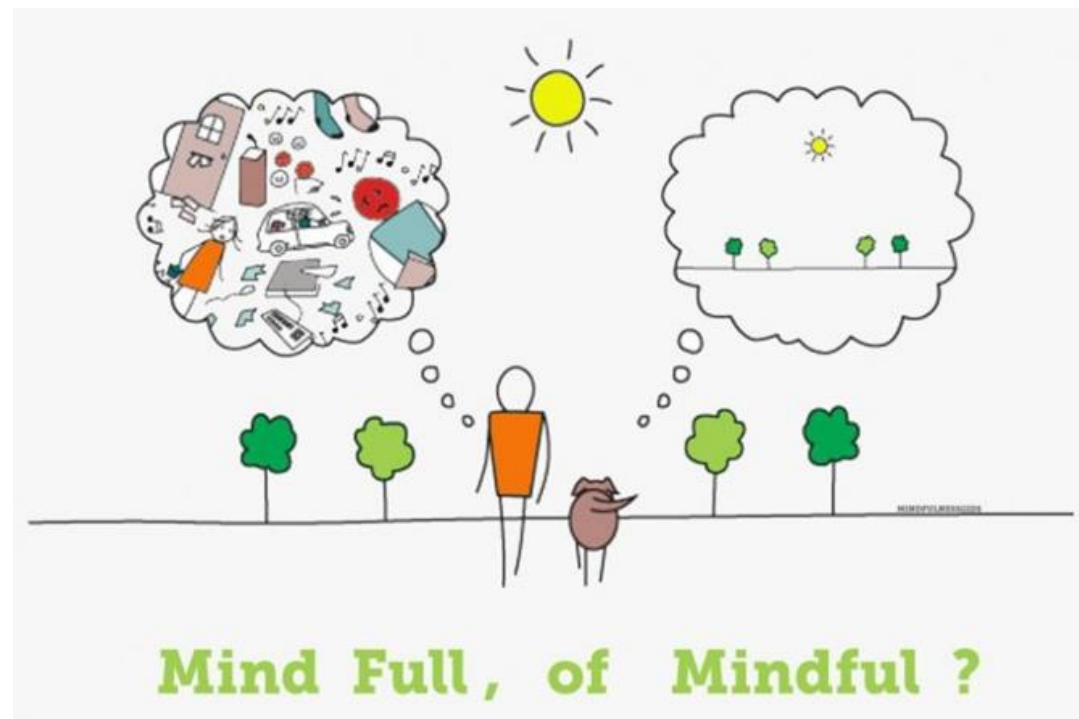
An independent not-for-profit, Workplace Safety North (WSN) is one of four sector-based health and safety associations in Ontario and provides province-wide Ministry-approved workplace health and safety training and services for the mining and forest products industries, as well as for businesses across northern Ontario.



SESSION TOPICS

In today's session we will dissect distracted driving, and discuss:

- Distractions
- Statistics
- Penalties
- Attitudes
- Behaviours
- Beliefs
- Safe choices
- Mindful driving tips



WHAT IS DISTRACTED DRIVING?

- Anything that takes your full attention away from the **TASK** of driving can be considered a distraction.
- In general, there are three types of distractions:



VISUAL

Things that take the driver's focus and eyes off the road, even for a split second:

- Looking at a phone to view a new text message or see who is calling.
- Looking outside when there is a distraction on the side of the road.
- Looking at the person beside you.



A driver needs to be looking straight ahead and as far ahead as possible.

MANUAL

The driver is taking one or both of their hands off the steering wheel for a variety of reasons.

May or may not be combined with visual distractions.



COGNITIVE



Distractions that keep your mind from focusing on driving.



Something else captures your attention or you're having trouble concentrating on the road.



Emotions: angry, upset, aggression, nervous, road rage.

FATIGUE (COGNITIVE)

Fatigue

- Drowsy driving
- Dozing off
- Falling asleep

Prolonged periods of continuous driving can cause:

- Mental and physical functional impairment
- Diminished concentration and alertness
- Slower reaction times and decision-making

Other personal factors can influence fatigue and the ability to drive safely

- Health problems
- Medication use

A MOST DANGEROUS CHOICE

Texting while driving is a dangerous habit with all three distractions present:

- **Visually** as you look at your phone rather than the road and cars around you.
- **Manually** as you type your messages rather than keep your hands on the wheel and ready to react.
- **Cognitively** as you concentrate on your conversation rather than the situation unfolding in your driving environment.



IT ONLY TAKES FIVE SECONDS



ODDS ARE AGAINST YOU

- A driver using a phone is **four times** more likely to crash than a driver who is focused on the road.
- If you are texting while driving, you are **six times more likely to cause** an accident.
- You are **23 times more likely to get in** an accident.
- When will the odds not be in your favour?

Mindful tip:

- Luck is not a defensive driving technique.
Decrease your odds, don't drive distracted.

CANADA: BY THE NUMBERS

2018 National Collision Database statistics:

- Fatal motor vehicle collisions: 1743; total fatalities: 1,922.
- Personal injury collisions: 108,371.
 - 9,494 serious injuries.
 - 152,847 total injuries.
- Distracted driving in Canada is responsible for causing accidents everyday.
- Estimated that:
 - 80% of collisions that take place **have some form of distraction** as a contributing factor.
 - 10% of fatal crashes are caused by distracted driving.
 - 18% of injury causing crashes are a result of distracted driving.
 - 65% of 'near' crashes are due to lack of attention by the driver.

Source: <https://www.halt.org/distracted-driving-statistics-in-canada/>

ONTARIO: BY THE NUMBERS

2018 Data

- 531 collisions
 - 578 people killed
- 351 drivers
- 107 passengers
- 117 pedestrians
- 3 other

Highest incidents situations

- Drinking and driving - 19.8% (111)
- Speed - 17.7% (102)
- **Inattentive driving** - 15.1% (87)
- No seatbelt - 11.9% (69)

On the rise

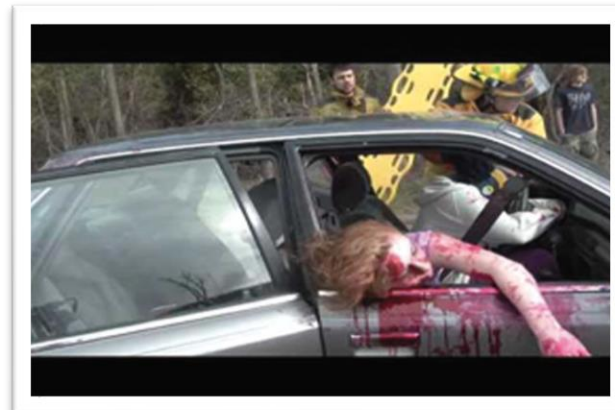
- According to provincial police, deaths from collisions caused by distracted driving have **doubled** since 2000
- 2018: 13,500 tickets issued OPP patrolled roads
- Toughest distracted driving laws in Canada

PENALTIES FOR DISTRACTED DRIVING

- Drivers with A-G licenses
 - Fines, demerit points, suspensions
- Careless driving
 - Fines, jail time and loss of driving privileges
- Criminal Code of Canada
 - Hefty jail term/probation
 - Criminal record
 - Driving prohibition
- Occupational Health and Safety Act (OHSA)
 - Fines, penalties, discipline
- Civil liability/increased insurance costs, job loss



DISTRACTION DENIAL



ABOVE AVERAGE

- **I am a great driver; in fact, I believe I am better than most.**
- On a scale of 1-10 where would you rank yourself?
- This is based on your own perception of what good driving is:
 - Slow and steady.
 - Speedy and aggressive.
 - Attentive and aware.

Mindful tips:

- Good drivers practice situational awareness and dynamic hazard assessment.
- Their eyes are on task, they are surrounding themselves with space, looking far ahead. They are ready to respond.

COMPLACENCY

- Websters dictionary defines complacency as:
 - *A feeling of being satisfied with how things are and not wanting to try to make them better.*
 - *Self-satisfaction especially when accompanied by unawareness of actual dangers or deficiencies.*
- Autopilot.
- Routine, familiarity breeds complacency.
- A seasoned driver with more than five years driving, may be at risk.

Mindful tips:

- Increased awareness that you are at risk.
- Change up your routine.
- Refocus on the task of driving, set a goal (i.e. focus on surrounding yourself with space, leaving yourself an out, looking far ahead).

MULTI-TASKING

- **“I am great at multitasking.”**
- Our brains do not multitask, scientifically proven.
- A multitasking driver may fail to see up to 50 percent of the available information in the driving environment. You may look but not actually “see” what is happening.

Mindful tips:

- The only task you should be performing behind the wheel is driving.
- Always choose to dedicate your entire attention to driving and arriving safe to your destination.

TRAFFIC LIGHT FOCUS

- **“I am stationary at a traffic light, I can check my phone or send a text, I am not driving.”**
- Intersections are dangerous places.
- It takes 27 seconds for your brain to refocus.

Mindful tips:

- If self-control does not work, turn the phone off, put the phone in your glovebox, engage the automatic ‘do not disturb while driving,’ or find a safe place to pull over and check your device.
- Put your device in the trunk if you must.

HANDS-FREE IS NOT SAFER

- It is not your hands that are doing the thinking, it is your brain.
- When listening or speaking on the phone, the brain's ability to process moving images **decreases by up to one third**.
 - A phone conversation can alter the driver's visual scanning.
 - 40 percent slower, at 40 km/hour speed equates to a delayed response distance of 11 meters (36 feet).
- Increasing evidence that drivers using hands-free **make more errors** (i.e., running through a red light, not signalling when changing lanes).



Mindful Tips:

- Some distractions are not illegal but can still have consequences. Avoid potential consequences by keeping your mind on driving.
- Be cautious, acknowledge that these devices are a form of distraction and you are at a higher risk of a collision.
- Pull over to make a call or send a text.

IT'S NOT WORTH IT

- Business productivity.
- Use driving time to catch up.
- Save time, eat on the run.
- Feeding our connectivity cravings or 'fear of missing out' (fomo).

$$\begin{array}{|c|} \hline \text{Perceived} \\ \text{Value} \\ \hline \end{array} = \begin{array}{|c|} \hline \text{Perceived} \\ \text{benefits} \\ \hline \end{array} - \begin{array}{|c|} \hline \text{Perceived} \\ \text{price} \\ \hline \end{array}$$

- **The price could be your life.**

Mindful Tips:

- How productive will you be if you are in an accident? Or worse, dead?
Nothing is so urgent or so important that it can't be done safely.
- Don't become a statistic.

TECHNOLOGY TRAP

- Studies have shown drivers are more likely to use these devices on a regular basis if they are built-in.
- Built-in communication, navigation and entertainment systems must be safe.
- Not listed as a safety device.

Mindful Tip:

- **Use with caution**, recognize that using these devices increases the cognitive workload of the driver which can create distractions that lead to a collision.

ATTITUDE

“It was Just...”

A quick call

A short trip

One drink

A picture

An email

A glance

One text

A bite

A sip

“JUST” is all.



NOT INVINCIBLE

- I had a friend who didn't make it home last night. He went out on the town, had himself a time, when it was time to leave, he was much too tight, he climbed behind the wheel and it cost him his life, he thought he knew better, and the odds he could beat ...
- He said, "I'll make it alright; don't you worry for me."
- 183 comments, many tributes.

Mindful tip: It can happen to you, no one is invincible.

MAKE GOOD CHOICES

- Motorists make a choice to partake in other activities while driving:
 - Send a text.
 - Check for messages at a red light.
 - Not drive according to the rules of the road.
 - Eating, grooming, programming a GPS, reaching for a dropped object, driving when not in the right frame of mind.

Mindful tip:

- Do not pay attention to anything else other than the task of driving.
- Safe choices, they are yours to make.



JUST CAN'T SEEM TO PUT IT DOWN

- Many forms of distracted driving, however, we know cell phone use is a significant distraction contributor.
- Our connectivity cravings are killing us.
- If willpower is not enough, **apps are available.**

Mindful tips:

- Do Not Disturb While Driving (DNDWD)
- Place your device somewhere out of reach.
- Make use of apps.
- **Downloading a safe driving app** maybe a big step towards driving without distraction. Use your phone as a safety tool and keep yourself collision free.

WORK-RELATED CELL PHONE DRIVING PRACTICES

- Conduct hazard/risk assessments
- Evaluate training needs
- Implement policies and procedures:
 - Zero tolerance for distracted driving
 - Technology apps
 - Fleet management, telematics
- Provide training and reinforce learnings frequently.
- Include worker acknowledgement that they have read and understand these policies.
- Keep the consequences of distracted driving top of mind.
 - Posters, visual reminders, safety shares, toolbox talks, celebrate success.
- Evaluate drivers, monitor compliance and enforce rules.
- Have clear incident reporting and investigation processes; including near misses.
- Maintain documentation and records.

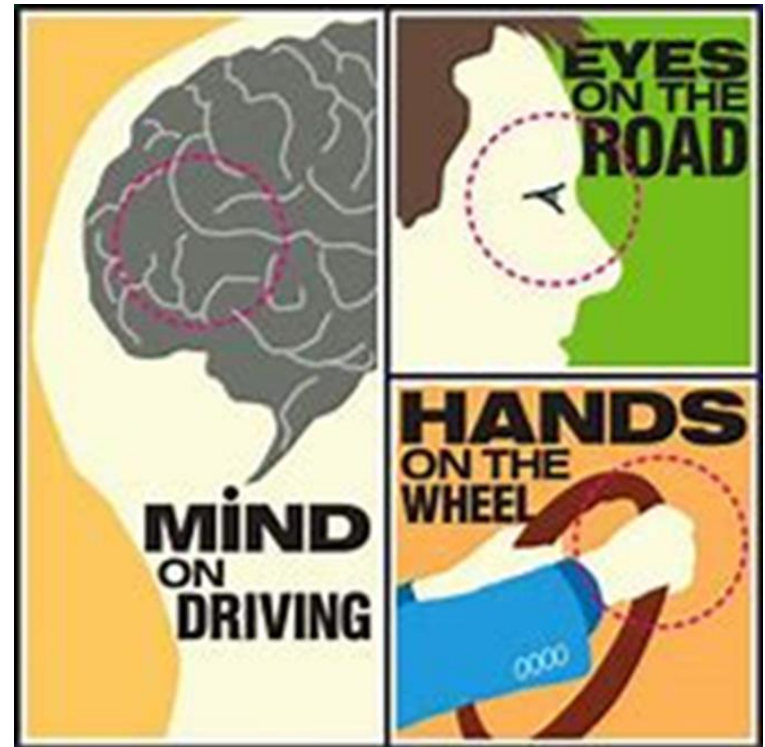
MINDFUL DRIVING: What it means

Reflection on one's behaviours, seeing our own blind spots and looking in the brutal mirror of truth.

- Not judging others; remember, three out of four Canadians admit to driving distracted.
- Appreciating and observing your surroundings.
- Expecting the unexpected by remaining calm and composed.
- Committing to change.
- Having a genuine concern for your safety and the safety of others.
- Avoiding distraction denial.
- Engaging your mind and body in the task of driving.

BE A MINDFUL DRIVER

- Attitude, the way a person views something or tends to behave towards it.
- Behaviour is the way a person acts or reacts.
- We are in control of our attitude, behaviours and choices.
- Please make safe choices.
- Share the message, we all share the roads.
- Distracted driving is unacceptable and **100 percent preventable**.



RESOURCES

- Workplace Safety North
 - [*New* Safe Driving on Forestry Roads](#)
 - [Free 'Road to Safety' safe driving program for workplaces](#)
 - [Implementing Traffic Management Plan in the workplace](#)
 - [Training: Traffic Protection Principles](#)
 - [Winter Driving Safety Meeting Talk with Leader's Guide](#)
- [Ministry of Transportation](#)
- [National Safety Council](#)
- [Canadian Automobile Association](#)

ACKNOWLEDGEMENTS

- [Danger zone: How big is your vehicle's blind spot?](#) – Consumer Reports (accessed Dec. 11, 2019)
- [Ministry of Transportation](#) – Ontario (accessed Dec. 11, 2019)
- [Motor Vehicle Incidents](#) – Workplace Safety North
- [When It Comes To Driving, Most People Think Their Skills are Above Average](#) – Association for Psychological Science
- [How-to Enable or Disable Do Not Disturb While Driving on iPhone](#) – Apple ToolBox (accessed Feb. 7, 2020)
- Source: CBC News (accessed Nov. 13, 2019)
- Source: Insurance Bureau of Canada (accessed Nov. 13, 2019)
- Source: Queensland University of Technology (QUT) (accessed Jan. 26, 2020)
- Source: <https://www.brodlaw.com/complacent-drivers-how-being-too-comfortable-behind-the-wheel-leads-to-more-accidents> (accessed February 14, 2020)
- Source: <https://www.tc.gc.ca/eng/motorvehiclesafety/canadian-motor-vehicle-traffic-collision-statistics-2018.html> (accessed February 24, 2020)

QUESTIONS?



Thank you for your time.

THANK YOU

Thank you for helping make workplaces safer.

Contact

1-888-730-7821 Toll free Ontario

705-474-7233

info@workplacesafetynorth.ca

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