



## PUT THE PHONE DOWN – PLEASE!

April 2020

**This is an open letter to ALL drivers. If you are a professional commercial driver, please share this with family, friends and anyone that will listen!**

We have all seen the signs of what has become an epidemic in our nation of using a smart phone while driving. Professional drivers know that handheld devices are prohibited by FMCSA regulations, but we still see commercial vehicle drivers holding and talking on phones.

A headset is a **MUST** for ALL drivers, but especially so for drivers of commercial vehicles. Even though a headset or speaker phone is better, those who use hands-free devices know that it is **STILL** distracting, so **PUT THE PHONE DOWN, PLEASE.**

### Texting

A study done by the National Highway Traffic Safety Administration (NHTSA) shows when a driver tries to read or respond to a text you take your attention away from the road for approximately five seconds. At 55 miles per hour, the vehicle will travel the length of a football field or 300 feet!

A lot can happen in five seconds or 300 feet. A rig with a 53-foot trailer will be around 72 feet long from bumper to bumper. Three hundred feet equals just over four tractor trailer lengths of space.

**NO ONE, repeat, NO ONE** has the mental or reaction capacity to react to things that may happen in these five seconds of distraction.

### **AGAIN, PUT THE PHONE DOWN –PLEASE!**

If you use your phone or text while driving, you are placing yourself and your family at great risk. Often a more tragic outcome is the people you may hurt or kill when you attempt to use the phone or text.

Signs we notice from smart phone distracted drivers:

- Not holding a steady speed – constant slowing down and speeding up.
- Wandering in the lane, or even worse, straying out of a lane.
- Sitting at a traffic light long after it has turned green. There is NO “good” time to use your phone when behind the wheel.
- Nearly hitting someone in the rear in traffic. When this type of rear-end crash does happen, it is often at or near full speed and the results are devastating.
- Observing a driver looking down for long periods of time.
- Erratic braking.

**This is a major problem on our highway's and it has a simple solution: PUT THE PHONE DOWN!**



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