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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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