

## A Habit Worth Breaking

The habit starts with you. Be a leader & lead by setting great examples for others.

Encourage your team to:

1. Turn off your cell phone, or put it on silent, before driving
2. Toss your cell phone in the trunk or glove box
3. Pre-set your navigation system and music playlists before driving
4. Schedule stops to check voicemails, emails, and texts
5. Tell coworkers, family, and friends not to call or text you when they know you're driving (Do not Disturb Mode)
6. Start all conference calls by asking if anyone is driving, and have them call back when they are in a safe location
7. Install an app on your phone that disables it while your vehicle is in motion
8. Ask a passenger to answer incoming calls
9. Change your voicemail greeting to tell people that you may be driving and you'll call them back when you are parked.

Positive side effects of not using a phone while driving:

1. More likely to arrive at your destination
2. Feeling more relaxed; some of our best ideas and solutions come when we are at ease.
3. Not letting your phone control you
4. Being able to have a conversation with your passengers
5. Avoiding crashes and their associated costs- missed time from work, doctor visits, auto repairs, court fee
6. By setting this good example to others, you may help to keep your friends and family safe.

Safety coaching moment

Compliment an employee when they are not using a cell phone and driving

If employee is doing something unsafe, Take the time to explain what you would like to see corrected. No need for negative reinforcement.