

For the April Safety Moment, we want to highlight the SIF Potential Exposure Category that is currently top of mind: Driving.

## Distracted Driving

- Manual distraction – moving your hands from the wheel
- Visual distraction – focusing your eyes away from the road
- Cognitive distraction – when your mind wanders away from the task of driving

## Fatigued Driving

- Frequent yawning and blinking
- Missing your exit
- Drifting from your lane or hitting a rumble strip
- Forgetting the last few miles driven

## Follow safe driving rules:

- Always wear a seat belt.
- Do not exceed the speed limit and reduce speed for road conditions.
- Do not use phones unless hands-free.
- Do not operate devices while driving.
- Ensure the driver is fit, rested, and fully alert.



### Discussion Topics:

- How does this specific Life-Saving Rule apply to my job?
- What Standards and/or Procedures are to be used with this Life-Saving Rule?

# Safety Look Back – MVA Trending

- We have seen a downward trend in MVA's since the beginning of the year
- Driver distractions is the leading cause of the more serious MVA's
  - Eliminate in-vehicle distractions by using hands free and ensuring you are fit for duty
- Maintain focus as we approach the summer months to avoid the upward trend we saw in 2025

2026 Employee  
MVA Count

10

