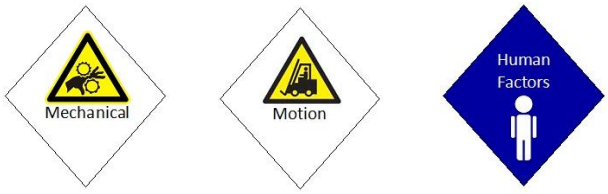
SAFE WORK PRACTICE **SWP-07**

Revised: September 2026 **Distracted Driving**

PURPOSE/APPLICATION

To provide guidance to drivers on how to avoid distracted driving behaviours that may endanger the driver, passengers, and the public. Studies have proven that behaviours such as the use of handheld devices, eating, reading, or performing personal hygiene while operating motor vehicles are hazardous and greatly increase the risk of injuries to people and property damage. The following Safe Work Practice applies to all workers who are driving on behalf of Canadian Plains. This includes Canadian Plains owned, leased, or rented vehicles or individuals who drive personal vehicles on Canadian Plains business.



PPE	▪ Seat Belt	
TRAINING	▪ Canadian Plains and Site Specific	▪ Review Safe Work Practice
HAZARDS & CONCERNS	▪ Mind not on task	▪ Vehicle/Equipment Collision
	▪ Eyes off the road	▪ Property Damage
	▪ Hands off the steering wheel	▪ Personal Injury

PRECAUTIONS

The risk of a collision increases when a driver's eyes and attention are taken off the road. Distraction impairs performance and reduces a driver's awareness. Which makes drivers slower to notice and less able to safely respond to critical events on the road.

According to the Canadian Motor Vehicle Traffic Collision Statistics, distracted driving contributed to an estimated 21.7% of fatal collisions in 2019. These statistics are part of an upward trend of distracted driving-related collisions, up from 16% of fatal collisions in 2006.

USE OF HANDS-FREE DEVICE CONTROLS

When the conditions and situation are appropriate, Canadian Plains permits the use of vehicle installed hands free functions. However, hands-free use is prohibited when operating a vehicle on any worksite. Use of hands free should also be avoided when driving in heavy traffic, adverse weather or in unfamiliar surroundings.

GENERAL DOS AND DON'TS

The DOs

DO Ensure that you are well rested and fit for duty before driving
DO Give yourself ample time to get to where you're going so you don't feel the need to rush
DO Perform a pre-trip vehicle inspection and make any adjustments to mirrors, temperature, seat position, etc. before driving
DO Identify potential blind spots (i.e. the A pillar between the roof and dash)
DO Stow and secure loose objects prior to driving
DO Plan your route ahead of time and set up the GPS before you begin driving
DO Make sure when using a phone for GPS or Electronic Logbooks, that it is secured to the vehicle through an appropriate phone mount
DO Make safe operation of the vehicle your priority, focus on the task of driving
DO Consider using the do not disturb function on your phone while driving

DO If use plan to pull over and stop where it is safe to do so. If you must use your phone, the shoulder of a road is not considered a safe spot
DO Utilize your passenger for calling kilometer markers on a two-way radio when possible
DO Always drive to road and weather conditions, such as dust, smoke, snow, ice, etc.
DO Keep your eyes on the road ahead but remember to scan for wildlife
DO Obey the rules of the road

The DON'Ts

DON'T Drive when you are fatigued or otherwise not fit for duty
DON'T Operate a handheld mobile device while driving a motor vehicle, whether for talking, texting, viewing files, programming music or the GPS
DON'T Eat, drink, or perform personal hygiene activities while driving
DON'T Pull over on a highway or the shoulder of a road except in an emergency. When possible, use a side road, roadside pull-out, or a parking lot. Do not continue driving until your task has ended and your focus is back on driving
DON'T Forget that your family, loved ones and co-workers depend on you to get to your destination safely

REFERENCES / ADDITIONAL INFORMATION

Transport Canada's National Collision Database

REGULATIONS

Alberta Traffic Safety Amendment Act

Distracted Driving Legislation – Bill 16

Saskatchewan Traffic Safety Act

Bill – 116 section 241.1

British Columbia Motor Vehicle Act

Bill – 15 section 214.1

Manitoba Highway Traffic Act

Bill – 5 section 215.1

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Revised by:	1.	Brian McConnell				Sept 23, 2026
Approved by:	1.	HSE Committee			Date:	Sept 23, 2026