



STOP THE BELLS AND WHISTLES



Phone Notifications = Dangerous Distractions

Phone notifications, often called “bells and whistles,” cause dopamine spikes (the feel-good sensations), creating a habit that compels us to check our phones or devices.



WHY THIS IS DANGEROUS

- Takes your eyes off the road and mirrors
- Increases risk of serious injury or fatal incidents
- Builds a habit that's hard to break on the job



STAY FOCUSED ON THE JOB

- Power off your phone while operating equipment
- Use scheduled breaks to check messages
- Never check your phone while driving or working



NO NOTIFICATION IS WORTH A LIFE.

STAY 100% FOCUSED, 100% OF THE TIME.