



AMERICAN SOCIETY OF
SAFETY PROFESSIONALS

Wichita Chapter

April, 2022

Believe in yourself – even when no one else does - Sasquatch

April is
National
Distracted Driving
Awareness
Month



Cell Phone Use:

- People are as impaired when they drive and talk on a cell phone as they are when they drive intoxicated at the legal blood-alcohol limit of 0.08%.
- Cell phone users are 5.36 times more likely to get into an accident than undistracted drivers. - University of Utah
- Text messaging increases the risk of crash or near-crash by 23 times. - Virginia Tech
- Sending or reading a text message takes your eyes off the road for about 5 seconds, long enough to cover a football field while driving at 55 mph -NHTSA



Did You Know

- Baseball is a leading cause of sports-related eye injury in children aged 14 and under.
- The leading cause of sports-related eye injuries among 15- to 24-year-olds is basketball.
- About 13,500 of sports-related eye injuries result in permanent loss of sight.

Daylight Savings Time is a Killer...

- New research finds that fatal car crashes increase by 6 percent the week following daylight saving time (DST). That spike is even higher — about 8 percent — if you live on the western edge of your time zone.
- The annual time switch increases sleep deprivation, resulting in jet lag-like symptoms that leave people feeling drowsy behind the wheel of a car.
- In some cases, drowsy driving can be just as dangerous as drunk driving.
- Experts say both drowsy driving and drunk driving negatively affect how well you can make fast decisions and make it hard to pay attention to the road and properly assess potential hazards.
- In order to offset health risks, experts recommend prioritizing your sleep in the days leading up to the DST transition to help your body ease into the time change.
- Hospitals report a 24% increase in heart-attack visits around the US. Just a coincidence? Probably not. Doctors see an opposite trend each fall: The day after we turn back the clocks, heart attack visits drop 21% as many people enjoy a little extra pillow time.
- The problems don't stop there. DST also causes more reports of injuries at work, more strokes, and may lead to a temporary increase in suicides.

Daylight saving time (DST) has become an increasingly controversial topic in recent years. The biannual time switch has been linked to a string of negative side effects such as workplace injuries, sleep disturbances, stroke, and heart attack. To offset those side effects, certain states, including Florida, Alabama, and Washington, are considering making DST permanent, nixing the need to adjust the clocks twice a year. Now, new research out of the University of Colorado, Boulder shows daylight savings may even put our health at greater risk than we previously thought. In the week following DST, fatal car accidents spike by nearly 6 percent, according to the new study, Trusted Source recently published in the journal Current Biology. "Our study provides additional, rigorous evidence that the switch to daylight saving time in spring leads to negative health and safety impacts. These effects on fatal traffic accidents are real, and these deaths can be prevented," the study's senior author Céline Vetter, D.Phil., an assistant professor of integrative physiology, wrote in an email statement.

Fatal car accidents spike when we 'spring'

The researchers looked at 732,835 car accidents recorded through the U.S. Fatality Analysis Reporting System that took place between 1996 and 2017. The researchers discovered a consistent rise in fatal car crashes during the week we "spring forward." That increase spiked in 2007 when the Energy Policy Act switched the DST change to March from April, further solidifying the link between car crashes and daylight saving. On average, the time change causes a 6 percent increase in fatal car accidents in the week following the spring DST transition, which amounts to about 28 additional deaths each year. "Our findings are in line with more general research showing that the 'mini jetlag' caused by the 1-hour loss due to DST is most severe in the first days after transition, and can be observed up to 2 weeks," study co-author Josef Fritz, PhD, a postdoctoral fellow with the circadian and sleep epidemiology lab at University of Colorado, Boulder, told Healthline. Those in the western edge of their time zone had about an 8 percent increase in fatal car crashes. They already get about 19 minutes less sleep than people in the eastern regions since the sun rises and sets later. The time switch only adds to the sleep deprivation, those jet lag-like symptoms become ever more pronounced. Because the authors only looked at the most severe car accidents, they suspect the risk of crashes around DST may be even greater.