

SAFETY FIRST



AMERICAN SOCIETY OF
SAFETY PROFESSIONALS

Wichita Chapter

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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 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.
- Basketball is the leading cause of sports-related eye injuries among 15- to 24-year-olds.
- About 13,500 sports-related eye injuries result in permanent loss of sight.

Stay ALERT When Driving!

Studies show that driving while distracted increases your risk of having an accident by twenty-three times! To minimize distractions while driving, remember to stay ALERT – and use this helpful acronym to remind ourselves of several things to remember.

A

Avoid multitasking! Multitasking requires that our brain must quickly switch between several tasks at a rapid rate, and this reduces our ability to concentrate on either one fully!

L

Leave both hands on the wheel! This will significantly help if we encounter a hazard that requires additional vehicle control, such as a pothole, animal, or other hazards.

E

Eat and drink outside of the vehicle. Food can be a big distraction, especially when it creates a spill in our lap.

R

Relocate all temptations! If you cannot resist the notification tones, put your phone on the back seat!

T

Take time to plan your route. Planning ahead will eliminate road distractions that arise from being unsure where to turn. Always program your GPS before you drive, not during! If your plans change, pull over to a safe location to enter the new information.