



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 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.

### **The Most Common Mistakes Drivers Make in Winter...**

#### **1. Going Too Fast for the Road Conditions**

Speed limits aren't set for the worst road conditions; they're designed for dry pavement and clear visibility. If the weather is wet, icy or snowy, ease up on the gas. Going slower may seem frustrating, but it's safer and a better way to maintain control of your vehicle. Getting home safely is much faster than ending up in a ditch — or in the hospital.

#### **2. Not Allowing Enough Distance Between Vehicles**

Space between vehicles is particularly important in icy conditions or in any situation where you could easily lose traction. Remember that it will take you longer to slow down or stop in these conditions, not to mention being more difficult to maneuver your car from one lane to another if necessary. Create space around your vehicle and always look at your position in traffic so you can have time to react to avoid a collision

#### **3. Not Making Yourself Seen**

If other vehicles can't see you, you're in danger. Turn on your headlights to ensure that both your headlights and taillights are clearly visible to those around you. Use blinkers to give notice of your intention to change lanes or turn, and tap your brakes if you need to send a message to the vehicle behind you that they're traveling a little too close. Be particularly cautious at intersections and be mindful of other drivers' blind spots. If they can't see you, you aren't safe.

#### **4. Bundling Up**

Yes, that warm, bulky coat keeps you toasty when you're outside, but once you slide into the driver's seat, you're better off without it. Winter wear like boots, bulky coats, hats and gloves can actually be a liability when you're behind the wheel. Big boots make it hard to feel the responsiveness of your brake, clutch and gas pedals, and can even be too wide for your foot to move easily on and off the pedals. Watch out for soles that are wet from walking in the snow; they can slide off the pedal. Hats limit your visibility, while a bulky coat may make it difficult to look over your shoulder and limit sight lines. Finally, a pair of gloves or mittens that are slippery can be hazardous on the wheel. Your best plan is to change into driving shoes and use the heater and seat warmers to keep you warm inside the vehicle.

#### **5. Not Expecting the Unexpected**

Winter weather often changes abruptly, and that can lead to everything from getting stuck in traffic with dozens of other cars to ending up in a ditch by yourself. Make sure you stow the following in your vehicle:

- An emergency first aid kit
- A warm blanket
- An extra change of warm clothes
- A collapsible shovel
- High-energy snacks
- A water bottle
- Paper towels
- Sand or kitty litter (to provide traction if you get stuck)
- Flares

In addition, you should always have a tow chain and jumper cables in your car, and keep a spare phone charger in the glove box.

