

STATISTICS AND FACTS ABOUT DISTRACTED DRIVING

What does it mean to be a distracted driver? Are you one? Learn more here.

What Is Distracted Driving?

There are three main types of distraction:

- Visual — taking your eyes off the road
- Manual — taking your hands off the wheel
- Cognitive — taking your mind off what you're doing

Distracted driving is any non-driving activity a person engages in that has the potential to distract him or her from the primary task of driving and increase the risk of crashing.

While all distractions can endanger drivers' safety, texting is the most alarming because it involves all three types of distraction.

Did You Know?

Research on distracted driving reveals some surprising facts:

- Using a cell phone while driving, whether it's hand-held or hands-free, delays a driver's reactions as much as having a blood alcohol concentration at the legal limit of .08 percent. (Source: University of Utah)
- Driving while using a cell phone reduces the amount of brain activity associated with driving by 37 percent. (Source: Carnegie Mellon)
- 80 percent of all crashes and 65 percent of near crashes involve some type of distraction. (Source: Virginia Tech 100-car study for NHTSA)
- Nearly 6,000 people died in 2008 in crashes involving a distracted or inattentive driver, and more than half a million were injured. (NHTSA)
- The worst offenders are the youngest and least-experienced drivers: men and women under 20 years of age. (NHTSA)
- Drivers who use hand-held devices are four times as likely to get into crashes serious enough to injure themselves. (Source: Insurance Institute for Highway Safety)

Other distracting activities include:

- Talking to passengers
- Grooming
- Reading, including maps
- Using a cell phone
- Eating and drinking
- Using a PDA or navigation system
- Watching a video
- Changing the radio station, CD, or Mp3 player



YOUR HEALTH

NATIONAL NUTRITION MONTH 2010

National Nutrition Month® is a nutrition education and information campaign created annually in March by the American Dietetic Association. The campaign focuses attention on the importance of making informed food choices and developing sound eating and physical activity habits.

The National Nutrition Month® campaign reinforces the importance of nutrition as a key component of good health, along with physical activity. Click on links below for Event ideas.

- [Family Focus](#)
- [Workplaces](#)
- [Get Everyone Involved](#)

For more information on nutrition, go to the American Dietetic Association's website at www.eatright.org.



Supervisor's Corner

22. Adjust And Control

No one, no matter how lucky or how smart or how happy they appear to be, gets all the breaks. Life consists of so-called breaks, day-to-day living when nothing much seems to happen, occasionally broken by unpleasant changes and events.

The "happy person is not necessarily the one whose life runs smoothly. The "happy person" is the one who can adjust readily to any situation life presents, whether considered good or bad.

Self-control is that adjustment, plus self-guidance to the course you believe is right. Self-control is being able to say "no" when you know you should, and being able to say "yes" when you should.

The individual who can say "no" to over-indulgences and temptations and "yes" to something believed in, even though it puts this person out on a limb, is the one who has self-control. This individual has control of the job, too.

Controlling one's own thoughts is also a good idea. Not that we shouldn't listen to every argument for or against, but we should learn to weigh facts and not jump to conclusions. We all know people who make fantastic claims of all kinds. We've heard them-and it makes good listening until we think about it.

Self-control includes all phases of conduct. Nothing can be profitably carried to excess. Excesses injure not only the one who indulges in them, but also those who follow the pattern they establish.

The 26 "Points for the Successful Supervisor" will continue in future newsletters.

Source: www.safetyinfo.com

NATIONAL POISON PREVENTION WEEK MARCH 14 - 20, 2010

More than 2 million poisonings are reported each year to the 61 Poison Control Centers (PCCs) across the country. More than 90 percent of these poisonings occur in the home. The majority of non-fatal poisonings occur in children younger than six years old. And, poisonings are one of the leading causes of death among adults.

National Poison Prevention Week, the third week in March each year, is a week nationally designated to highlight the dangers of poisonings and how to prevent them. However, every day people can and do prevent poisonings. Please go to the Poison Prevention website at www.poisonprevention.org to review more information and become actively involved in helping to ensure the safety of children and adults in your home and your community.

OSHA Update

TRUTH, MYTHS & RECORDKEEPING

ALL NEW FOR 2010!

EVERYTHING YOU NEED TO KNOW ABOUT OSHA

March 2 – Houston, TX

Hilton Houston Hobby Airport

March 4 – New Orleans, LA

Hilton New Orleans Airport

March 9 – Miami, FL

DoubleTree Ocean Point Resort

March 9 – Long Beach, CA

Long Beach Hilton

March 11 – Seattle, WA

Hilton Seattle Airport

March 16 – Staten Island, NY

Hilton Garden Inn Staten Island

March 18 – Norfolk, VA

Hilton Norfolk Airport

Program Highlights

8:00 – 4:00

- OSHA's Regulatory Agenda for 2010
- Does "Site Specific Targeting" affect you?
- Employee Complaints and Whistleblower Protection
- Recordkeeping — the latest National Emphasis Program
- What is a recordable injury? Illness? Medical Treatment?
- Is your training "Site Specific"?
- What is the "General Duty Clause"?
- OSHA's Top Ten Violations
- How to Minimize Citations and Fines.
- What are your legal exposures?
- OSHA Resources—Consultation, Web, Publications

Registration

Please confirm the names of attendees from your organization, along with address, phone number and email address to:

Patti Wood, Signal Administration, Inc.

patti.wood@signal-ctc.com

Phone (972) 770-1639

Fax (972) 770-1485

Who should attend?

- Managers, Supervisors, Foreman, All Employees

What is the cost?

- **FREE!** Exclusive benefit to Signal Members only; no limit to number of registrants. Breakfast, lunch & parking included.

Why should I attend?

- Learn the latest regulations affecting you and your company. Be prepared for OSHA. Avoid costly penalties. Network with other Signal Members.

When should I attend?

- Several dates have been selected for open seminars. In addition, the course can be customized and presented at your facility at your convenience.

Where can I attend?

- This seminar is being held in several Ports to provide flexibility.

How many people can attend?

- There is no limit to the number of Signal Member registrants.

Instructors

- Signal Safety professionals with years of Maritime experience will lead participants through the maze of OSHA regulations.

PHILIP C. SMITH, BAE SYSTEMS. RECEIVES “SAFETY PROFESSIONAL OF THE YEAR” AWARD AT SIGNAL BOARD MEETING IN LAKE TAHOE



Larry Toepper, Signal; Phil Smith, BAE Systems; Rick Knapp, VIT (Chairman, SMIA Board of Directors)

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“ The Safety of Employees is an Investment in Success”

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Please share the successful safety accomplishments of your Company and employees. It will help us continue as the Premier USL&H Insurance Organization in the maritime industry. Email your submissions to Nancyann Griesemer Flood at nancyann.flood@signal-ctc.com.

If you would like to receive this newsletter, please e-mail Nancyann Griesemer Flood at nancyann.flood@signal-ctc.com. Please include your full name, Company name, e-mail address and telephone number.