Driver Safety



UC ANR Staff Meeting June, 2015





Pre-discussion Pop Quiz

- 1. The number 1 cause of vehicle accidents is: Distracted Driving
- 2. The number 1 type of vehicle collision is: Rear-End Collisions
- 3. Drivers who use hand-held devices are _____ as likely to get into injury-producing crashes. Four Times
- 4. More than _____% of drivers admit to blatantly hazardous behavior. 80%
- 5. You should keep a ___- second following distance from the vehicle in front. 3-4
- 6. T/F If you go into a skid, turn the wheel in the opposite direction of the skid. False
- 7. T/F If you've had too much to drink, a couple of cups of coffee will sober you up. False







(Un)Safe Driving Statistics

- Driving may be the most dangerous thing we do each day
 - o injured in vehicle every 18 seconds
 - o 40,000+ die/yr in vehicle accidents, 110 daily
 - 35% of work-related fatalities involve motor vehicles (Source:BLS)



- Drivers who use hand-held devices are 4 times as likely to get into injuryproducing crashes. (Source: Insurance Institute for Highway Safety)
- 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%. (Source: University of Utah)
- 80% of all crashes and 65% of near crashes involve some type of distraction (Virginia Tech Study for the NHTSA)
- Brain activity used while driving decreases by 40% when a driver listens to conversation or music. (Center for Cognitive Brain Imaging at Carnegie Mellon University)
- More than 80% of drivers admit to blatantly hazardous behavior.: changing clothes, steering with a knee, painting nails, even shaving



Distractions

What is Distracted Driving?

"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."

Driving is a skill that requires your *focused* attention to safely control the vehicle and respond to events happening around you. Distractions are anything that takes your attention off the primary task of driving.





Distractions



There are 3 primary types of distractions:

<u>Visual Distractions:</u> Anything that takes your eyes off the road.



<u>Manual Distractions:</u> Anything that takes your hands off the steering wheel.

<u>Cognitive Distractions:</u> Anything that takes your mind off driving.



All distractions can be <u>dangerous and life threatening</u>; **texting** is one of the most dangerous because it involves all three types of distractions.



Distractions can lead to Risky Driving Behaviors

Other distractive activities include:

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





Risky Behaviors – do you contribute?

Behavior Admitted	% of Drivers	Behavior Admitted	% of Drivers
Speeding	71	Carrying an unbelted passenger	23
Eating	59	Failing to properly maintain the vehicle	
Using a cell phone	37	Reading	14
Running a red or yellow light	30	Driving aggressively	13
Not wearing a seat belt	28	Driving while drowsy	10
Failing to signal	26	Changing lanes without clear vision	7

Source: National Traffic Safety Test



Leading Causes of Collisions

Most frequent causes of accidents

- Distractions! Inattention to detail...#1 cause of accidents in America
- Speeding
- Following too closely
- Unsafe lane changes
- Driving too fast for conditions
- Failure to yield right-of-way
- DUI

Other contributing factors

- Road Conditions weather related & physical
- Vehicle Maintenance tire tread/pressure, brakes, head/tail lights

Rear-end Collisions are the leading type of vehicle accident

- ✓ Maintain a minimal <u>3-second</u> following distance to react safely
- ✓ Breaking distance is 3-12X longer in poor weather conditions







Summary of ANR Auto Incident Claims

2009 to 2014 ANR Auto Incidents, by Cause



ANR Estimates:

- 380 vehicles assigned for use
- 5 accidents/yr resulting in ins. claim





Decrease Distractions & Drive Defensively

Being an <u>Undistracted</u> and <u>Defensive Driver</u> is the safest way to drive ©

When drivers are undistracted, they are able to stay *focused* in the roadway and are *aware* of behaviors of *other drivers* on the road. These drivers drive defensively, pay attention, and expect the unexpected.

Defensive Driving is "driving to save lives, time, and money, in spite of the conditions around you and the actions of others." (National Safety Council & ANSI Z15.1 Safe Practices for Motor Vehicle Operations)











Safe Driving Precautions Tips to Follow



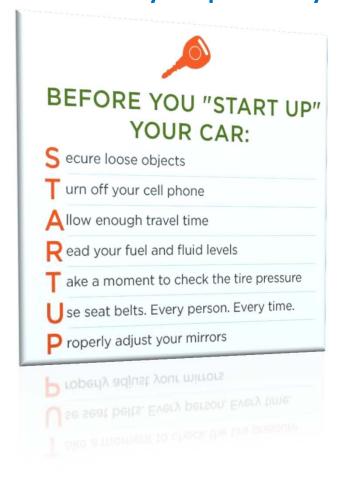
10 Driver Safety Tips that Avoid Accidents

(Source: How Stuff Works)

✓ Avoid Distractions	✓ Keep your Vehicle Maintained		
✓ Practice Defensive Driving	✓ Don't Speed		
✓ Be Aware/Anticipate Others Actions	✓ Wear your Seatbelts		
✓ Don't Follow Too Closely	✓ Don't Drive Drowsy		
✓ Be Extra Cautious in Poor Conditions	✓ Don't Drink and Drive		



Safe Driving Precautions Safety Soup—Acronyms









Safe Driving Precautions

Pre-Trip Inspection & Walk Around

- Pre-trip Walk Around
 - o windows, mirrors
 - o lights, tires, fluids
- Inside the Vehicle
 - o adjust to driver
 - check gauges
 - gas ½ tank full
 - o settings in advance
- Prepare mentally
 - distractions minimal
 - mentally ready
 - stress/emotion/ attitude
 - o drowsiness/fatigue





Safe Driving PrecautionsThe Bigger Picture

Getting the Big Picture	scan the road ahead	keep your eyes moving	mirrors every 4- 5 seconds	3-4 second following distance
Driving Laws	observe speed limits	traffic signs & signals	follow 'rules of the road'	use common sense, and your signal!
Keep Alert & Prepared	minimize distractions	keep your mind on driving & hands on the wheel	drive defensively	yield to aggressors
Keep Cool & Calm	emotions in check	allow enough time	don't provoke	report others as appropriate
Drive for Conditions	adjust to road/weather conditions	lights & wipers	stopping distance can be 3-12X longer	avoid puddles & ice



Safe Driver Resources: ANR Driver Safety Webpage

- http://safety.ucanr.edu/Programs/
 Driver Safety/
- Vehicle Insurance & Incident Reporting Packet
- Drive Safely Work Week Materials
- Safe Driver Resources
- Safety Notes
- Videos/Media for loan
- Safe Driver Training LMS courses, UCD login required

Driver Safety

Employees and volunteers may be required to drive in support of University business. This page provides resources to help our drivers perform this task safely.

Incident Reporting and Insurance Information

Please keep this packet of information available in any University owned or leased vehicles: <u>Vehicle Insurance & Incident Reporting Packet</u>

Drive Safely at Work

The first week in October is the annual Drive Safely Work Week, but we should practice safe driving year round, on and off work. Please review the materials below, rate your personal risk, and take the pleage to Drive Focused.

Drive Safely Work Week Materials

- Drive Focused
- Rate Your Risk
- · Pledge to Drive Focused Instructions
- Pledge to Drive Focused Pledge Card

Safe Driver Training Resources

In the United States there are 5.25 million driving accidents that take place per year. Over half of the accident results in some kind of injury or fatality. To help prevent UC related driving accidents we offer the following online driver safety training for your convenience. Though these courses are not required, it is highly recommended for employees who are required to drive in connection with their job.

Safe Driver Training (Note: a UCD Login Required for the following Training. If the direct links below do not work, go to http://lms.ucdavis.edu to enter the UC Learning Center, and search for "driver")

- Safe Driver Awareness Start On-Line Course
- Safe Driver: Commercial Driver Training Start On-Line Course
- Safe Driver: Distracted Driver Prevention Start On-Line Course
- Safe Driver: Driver-Supervisor Training Start On-Line Course
- Safe Driver: Green Driver Training Start On-Line Course
- Safe Driver: Introduction to Fleet Services Start On-Line Course
- · Safe Driver: Safe Backing Practices Start On-Line Course
- Safe Driver: Trailer Safety Start On-Line Course
- Safe Driver: Van Operation Start On-Line Course

In addition to the online courses, the follow links provide additional driver safety information:

- NHTSA Driving Safety
- NSC Driving Safety
- California Office of Traffic Safety
- California Driver Handbook



Safe Driver Resources:

Safety Notes



University of California
Agriculture and Natural Resources
Risk & Safety Services

Safety Notes

Safety Note #75 SAFE DRIVING PRACTICES



Data available from the National Highway Traffic Safety Administration (NHTSA) indicates 4,215 traffic fatalities occurred in California during 2003. Of this total, 36% of the fatalities were speed related and 42% of the victims were not using seat belt restraints. NHTSA estimates the economic cost of California motor vehicle traffic crashes was approximately \$20.7 billion during 2000. Many motor vehicle accidents (and injuries) are preventable if drivers maintain a high level of alertness while driving and follow safe driving practices, including wearing seat belt restraints. Videos (E-032, E-054, E-062, E-067, S-067, E-069, E-083) on safe driving practices are available for loan from the

ANR Environmental Health & Safety Library at http://safety.ucanr.org.

University of California (UC) Vehicle Policies

- As part of the Injury and Illness Prevention Program, UC is required to provide Safe Driver Training to
 employees who drive private and University vehicles on official University business.
- · No unauthorized passengers are to be transported in University vehicles.
- Employees are expected to avoid using cellular telephones under any circumstances where the use may create or appear to create hazards, including use while operating a motor vehicle.
- · No child safety seats are to be used in any University vehicles.

Safe Driving Practices

- Before changing lanes, turn your head to check mirror blind spots for other traffic. Always signal before passing other vehicles.
- · Maintain a three to four second distance between your vehicle and the vehicle ahead of you.
- Always look in both directions when entering intersections, crosswalks, or railroad crossings.
- Do not rely on traffic signals to stop cross traffic. Always scan controlled intersections for oncoming cross traffic.
- Allow adequate room in front of you to stop. It takes about 400 feet to react and bring a car to a stop from a speed of 55 mph. Likewise at 35 mph, it takes about 210 feet.
- Reduce your speed when driving at night. Be prepared to stop within the distance lighted by your headlights.
- · Use your high beams where appropriate. Dim your high beams when necessary
- Reduce your driving speed to accommodate adverse weather conditions (i.e., heavy rain, snow, or fog).
- When driving in fog use your low beams, increase your following distance, and be prepared to stop within the distance you can see ahead.
- If the fog becomes too thick to sufficiently see ahead, stop driving, turn off your lights, and pull
 completely off the road. Continue driving when the fog thins and allows adequate road vision.
- When entering a freeway, merge at the speed of the freeway traffic. When exiting a freeway, signal
 your intention to exit for about five seconds.
- Always change freeway lanes one at a time. Signal your intention to change freeway lanes.
- Allow an adequate distance to oncoming traffic when attempting to pass another vehicle on a twolane road. At 55 mph, you will need a distance of about one-third of a mile (1,750 feet) from oncoming traffic to pass safely.
- Always allow pedestrians, including bicyclists, the right-of-way in crosswalks.

Always wear seat belt restraints and obey posted speed limits.

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Additional EH&S information may be accessed at the ANR Web Site at: http://safety.ucanr.edu/

Safety Notes Supportion 5 000 DRIVING SAFELY WHILE TOWING A TRAILER Safety Notes

University of California

Agriculture and Natural Resources

Incidents while Driving ANR Fleet Vehicles

 There is a packet of information in each vehicle concerning insurance, incident reporting, and emergency services



- If you get in an accident:
 - You may provide the insurance certificate to the other driver or law enforcement.
 - If the vehicle cannot be safely driven, call the number on the Voyager card for roadside assistance.
 - Complete an Incident Report as soon as possible and submit to (Oristine) Linda Harris olharris@ucanr.edu
 - If you/another employee are injured, report injury to Staff Personnel Unit (SPU).
- Vehicle breakdown:
 - Call the number on the Voyager card for roadside assistance.
 - Voyager card may be used to pay for urgent repairs.

Note: County vehicles or vehicles rented from a campus have their own specific procedures.



Questions?

