

## **Distracted Driving**

### **Stay Focused, Stay Safe: The Dangers of Distracted Driving**

Distracted driving is a leading cause of accidents on the road. It involves any activity that diverts attention from driving, including talking or texting on your phone, eating and drinking, talking to people in your vehicle, or fiddling with the stereo, entertainment, or navigation system. Here are some key points to keep in mind:

#### **Types of Distractions:**

**Visual:** Taking your eyes off the road.

**Manual:** Taking your hands off the wheel.

**Cognitive:** Taking your mind off driving.

#### **Statistics and Consequences:**

- According to the National Highway Traffic Safety Administration (NHTSA), in 2020, 3,142 people were killed in motor vehicle crashes involving distracted drivers.
- Distracted driving increases the risk of accidents, injuries, and fatalities.

#### **Prevention Tips:**

- Use hands-free devices if you must use your phone.
- Set your GPS and music before you start driving.
- Avoid eating or drinking while driving.
- Pull over safely if you need to address any distractions.

#### **Employer Role:**

- Implement a distracted driving policy.
- Educate employees about the dangers and legal consequences.
- Provide training sessions and resources.

Remember, no text, call, or distraction is worth your life. Stay focused and stay safe on the road.

The festive atmosphere during firework displays can easily lead to distractions while driving. Whether you're headed to a celebration or leaving a venue, it's crucial to stay focused and prioritize safety on the road. Here are some key points to consider:

#### **Common Distractions:**

- **Visual:** Watching fireworks while driving can take your eyes off the road.
- **Manual:** Handling sparklers, food, or drinks.
- **Cognitive:** Engaging in conversations about the display or planning your next move.

#### **Increased Risks:**

- Fireworks can create sudden bursts of light and sound, startling drivers.
- Crowded roads and parking areas around firework venues increase the risk of accidents.

#### **Safety Tips:**

**Plan Ahead:** Know your route and parking options before heading out.

**Pull Over:** If you want to watch the fireworks, find a safe place to park before enjoying the show.



Before operating a forklift, it is crucial to conduct a thorough inspection to ensure it is in safe working condition. Use this checklist to guide your pre-operation inspection:

### Visual Inspection

General Condition:

- Inspect the overall condition of the forklift for any visible damage or wear.
- Check for leaks (oil, fuel, hydraulic fluid).

### Forks and Mast:

- Ensure forks are not bent, cracked, or damaged.
- Check that the fork height is evenly set and that the locking pins are secure.
- Inspect the mast for any damage or obstructions.

### Tires:

- Check for proper inflation (pneumatic tires) or damage (solid tires).
- Look for cuts, gouges, or embedded debris.

### Safety Guards:

- Ensure overhead guards and load backrests are in place and undamaged.

### Chains and Hydraulics:

- Inspect lift and tilt chains for wear and proper tension.
- Check hydraulic hoses for leaks or damage.

### Operational Checks

#### Brakes:

- Test foot brake and parking brake for proper function.
- Ensure the forklift comes to a complete stop without delay.

#### Steering:

- Check that steering is smooth and responsive.

#### Horn and Lights:

- Test the horn, warning lights, and any other signal devices.
- Check headlights and tail lights for proper operation.

#### Battery (Electric Forklifts):

- Ensure the battery is fully charged.
- Check for any signs of damage or corrosion on the terminals.
- Verify the battery is securely fastened.

#### Engine (Internal Combustion Forklifts):

- Check the oil level and add oil if necessary.
- Inspect the coolant level and top up if needed.
- Ensure the fuel level is adequate.



### **Functional Tests**

#### **Lift and Tilt:**

- Test lift and lower functions to ensure smooth operation.
- Check the tilt function for any unusual noises or jerky movements.

#### **Hydraulic Controls:**

- Operate all hydraulic controls (lift, tilt, side shift, etc.) to ensure they function properly.

#### **Instruments and Gauges:**

- Verify that all gauges (fuel, oil pressure, temperature) are operational and reading correctly.

#### **Seat Belt:**

- Check that the seat belt is in good condition and latches securely.

#### **Operator's Compartment:**

- Ensure the operator's seat is in good condition.
- Check that the mirrors are clean and properly adjusted.
- Verify that all safety decals and instructions are legible.

### **Documentation**

#### **Maintenance Log:**

- Review the forklift's maintenance log for any overdue services or reported issues.

### **Daily Inspection Report:**

- Complete and sign a daily inspection report, noting any issues found and actions taken.



By diligently performing this pre-operation checklist, you can help prevent accidents and ensure the safety of all personnel in the workplace. If any issues are found during the inspection, do not operate the forklift until they have been addressed and resolved.

### Bad Exterior Air Quality

#### Protecting Yourself During Poor Air Quality Days

Poor exterior air quality can have serious health effects, particularly for individuals with respiratory conditions. Here are some steps to protect yourself:

#### Understand the Risks:

Pollutants like ozone, particulate matter, and allergens can cause respiratory issues, cardiovascular problems, and other health concerns.

Vulnerable groups include children, the elderly, and those with pre-existing health conditions.

#### Monitoring Air Quality:

Stay informed about local air quality levels through apps or websites like AirNow.gov.

Follow local advisories and alerts.

#### Protective Measures:

**Stay Indoors:** Limit outdoor activities, especially strenuous exercise.

**Use Air Purifiers:** Keep indoor air clean with air purifiers.

**Masks:** Wear masks designed to filter out pollutants when necessary.

#### Workplace Adjustments:

Ensure proper ventilation in the workplace.

Consider flexible work arrangements to reduce exposure.

By taking these precautions, you can minimize the health risks associated with poor air quality and protect your well-being.

### How does the AQI work?

Think of the AQI as a yardstick that runs from 0 to 500. The higher the AQI value, the greater the level of air pollution and the greater the health concern. For example, an AQI value of 50 or below represents good air quality, while an AQI value over 300 represents hazardous air quality.

For each pollutant an AQI value of 100 generally corresponds to an ambient air concentration that equals the level of the short-term national ambient air quality standard for protection of public health. AQI values at or below 100 are generally thought of as satisfactory. When AQI values are above 100, air quality is unhealthy: at first for certain sensitive groups of people, then for everyone as AQI values get higher.

The AQI is divided into six categories. Each category corresponds to a different level of health concern. Each category also has a specific color. The color makes it easy for people to quickly determine whether air quality is reaching unhealthy levels in their communities.

AIR QUALITY INDEX - PARTICULATE MATTER	
301+	HAZARDOUS
201-300	VERY UNHEALTHY
151-200	UNHEALTHY
101-150	UNHEALTHY FOR SENSITIVE GROUPS
51-100	MODERATE
0-50	GOOD