



April 2015

Safety Newsletter

Distracted Driving

Key Facts and Statistics

WHAT IS DISTRACTED DRIVING?

Distracted driving is any activity that could divert a person's attention away from the primary task of driving. All distractions endanger driver, passenger, and bystander safety. These types of distractions include:

- Texting
- Eating and drinking
- Using a cell phone or smartphone
- Using a navigation system
- Grooming
- Reading, including maps
- Talking to passengers
- Watching a video
- Adjusting a radio, CD player, or MP3 player

But, because text messaging requires visual, manual, and cognitive attention from the driver, it is by far the most alarming distraction.

The best way to end distracted driving is to educate all Americans about the danger it poses. On this page, you'll find facts and statistics that are powerfully persuasive. If you don't already think distracted driving is a safety problem, please take a moment to learn more. And, as with everything on Distraction.gov, please share these facts with others. Together, we can help save lives.

The number of people killed in distraction-affected crashes decreased slightly from 3,360 in 2011 to 3,328 in 2012. An estimated 421,000 people were injured in motor vehicle crashes involving a distracted driver, this was a nine percent increase from the estimated 387,000 people injured in 2011.

As of December 2013, 153.3 billion text messages were sent in the US (includes PR, the Territories, and Guam) every month. [\(CTIA\)](#)

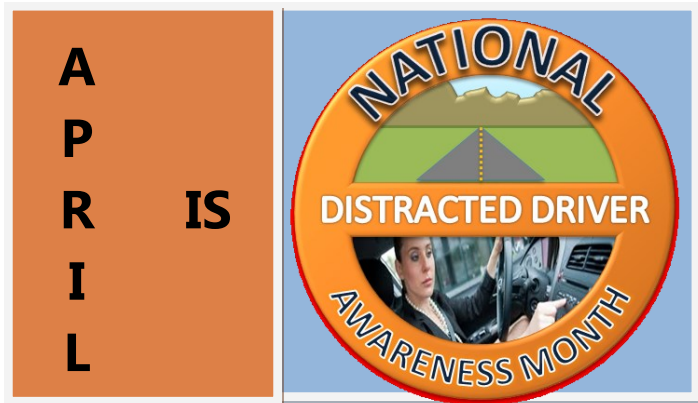
Drivers in their 20s make up 27 percent of the distracted drivers in fatal crashes. [\(NHTSA\)](#)

At any given daylight moment across America, approximately 660,000 drivers are using cell phones or manipulating electronic devices while driving, a number that has held steady since 2010. [\(NOPUS\)](#)

Engaging in visual-manual subtasks (such as reaching for a phone, dialing and texting) associated with the use of hand-held phones and other portable devices increased the risk of getting into a crash by three times. [\(VTII\)](#)

Five seconds is the average time your eyes are off the road while texting. When traveling at 55mph, that's enough time to cover the length of a football field blindfolded. [\(2009, VTII\)](#)

Headset cell phone use is not substantially safer than hand-held use. [\(VTII\)](#)





The Safety Division will be passing on monthly ergonomic tips in our new section "REVISITING ERGONOMICS... We hope this will be helpful to you and your workstation!

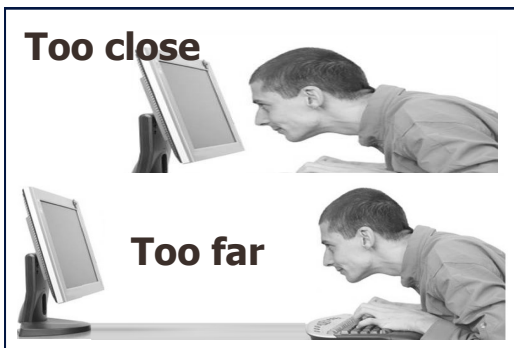
OFFICE ERGONOMICS: MONITOR HEIGHT

Choosing a suitable monitor and placing it in an appropriate position helps reduce exposure to forceful exertions, awkward postures, and overhead glare. This helps prevent possible health effects such as excessive fatigue, eye strain, and neck and back pain.

Viewing Distance / Potential Hazards

Monitors placed too close or too far away may cause you to assume awkward body positions that may lead to eyestrain.

- Viewing distances that are **too long** can cause you to lean forward and strain to see small text. This can fatigue the eyes and place stress on the torso because the backrest is no longer providing support.
- Viewing distances that are **too short** may cause your eyes to work harder to focus (convergence problems) and may require you to sit in awkward postures. For instance, you may tilt your head backward or push your chair away from the screen, causing you to type with outstretched arms.



Possible Solutions

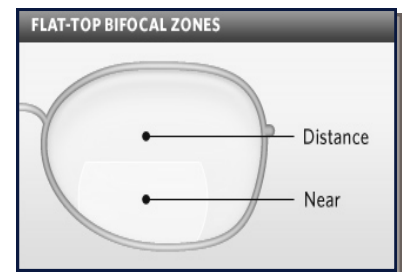
Sit at a comfortable distance from the monitor where you can easily read all text with your head and torso in an upright posture and your back supported by your chair. Generally, the preferred viewing distance is between 20 and 40 inches (50 and 100 cm) from the eye to the front surface of the computer screen.

Note: text size may need to be increased for smaller monitors.

Provide adequate desk space between the user and the monitor (table depth). If there is not enough desk space, consider doing the following:

Move back and install an adjustable keyboard tray to create a deeper working surface.

Bifocal Users



Potential Hazard Bifocal users typically view the monitor through the bottom portion of their lenses. This causes them to tilt the head backward to see a monitor that may otherwise be appropriately placed. As with a monitor that is too high, this can fatigue muscles that support the head.

Possible Solutions

- Lower the monitor (below recommendations for non-bifocal users) so you can maintain appropriate neck postures. You may need to tilt the monitor screen up toward you.
- Raise the chair height until you can view the monitor without tilting your head back. You may have to raise the keyboard and use a foot rest.
- Use a pair of single-vision lenses with a focal length designed for computer work. This will eliminate the need to look through the bottom portion of the lens.



SAFETY IN THE FLEET SERVICES GARAGE CAR WASH

By Annette Dora, Safety Coordinator

The following information only applies to car washes at the County Fleet Services Garages. Other car washes, where you pay to have your personal vehicle washed, vary in how they operate:

Before you start the car wash process, make sure the following steps are followed:

- Lower or remove the vehicle antenna.
- Read and follow all directions that are posted.
- Enter the car wash while making sure the left tire is centered in front of the track. Before entering you may need to get out of your vehicle to make sure the tire is aligned correctly with the track. If you are unsure if the vehicle is in the proper position, before proceeding ask a Fleet Services attendant for assistance.
- After the vehicle is positioned correctly, apply light pressure to the gas pedal to move the vehicle slowly through the car wash.
- Remove your hands from the steering wheel until the vehicle has completed the cleaning process and has exited the car wash area.
- Only drive the vehicle out of the car wash after it is completely done.
- If you are having any problems, remain in your vehicle until assistance arrives. Honk your horn to get a Fleet Service attendant's attention for assistance.

The following will give you an idea of how the car wash works.

- Once the vehicle enters the car wash tunnel, it passes through an infrared beam between two sensors, called "eyes". As soon as the beam is interrupted, the eyes send a signal to the **digital control system** (DCS), the computer that runs the automated portion of the car wash.

- By measuring the amount of time that the signal is interrupted, the DCS determines the length of the vehicle and adjusts the system accordingly.
- You should never walk through a car wash tunnel/bay area. If you do enter the area you could walk in front of one of the eye beams and initiate the automated portion of the car wash possibly risking injury to yourself or someone else in the vicinity.
- As a last safety tip, if you don't feel comfortable operating your vehicle through the car wash, ask one of the Fleet Services attendants to drive your vehicle through the car wash for you.

For questions regarding County car wash safety procedures, contact,

Fleet Services, at

(951) 955-4850.

WE WASH

CARS PICKUPS VANS

1. LOWER ANTENNA
2. DRIVE SLOWLY THRU ENTIRE SYSTEM
3. KEEP VEHICLE CENTERED THRU WASH BAY
4. WASH WILL CONTINUE TO OPERATE FOR 60 SECONDS

Heat Illness Changes 2015

February 19th 2015, the California Occupational Safety & Health Standards Board approved changes to the state's Heat Illness Prevention (HIP) Regulations (Cal. Code of Regs. tit. 8, § 3395). The board intends to request that the revisions be made effective May 1, 2015 (tentative), so that the changes are in place prior to the upcoming heat season.

Here is a summary of the HIP regulation revisions:

Water:

"Fresh, pure, suitably cool" water must be located **as close as practicable** to where employees are working, with exceptions when employers can demonstrate infeasibility.

Shade:

Must be provided when temperature reaches **80° F** (current threshold is 85° F), and accommodate all employees on recovery or rest periods, and those taking onsite meal periods.



"Preventative cool-down rest":

Employees must be 1) monitored for symptoms of heat illness; 2) encouraged to remain in the shade; and 3) cannot be ordered back to work until symptoms are gone. Employees with symptoms must be provided appropriate first aid or emergency response.

High-heat procedures:

Trigger remains at **95° F**. Employer must ensure "effective" observation and monitoring, including a mandatory buddy system and regular communication with employees working by themselves. **During high heat**, employees must be provided with a minimum **10-minute cool-down period every two hours**. This means that employees must be given an extra 10-minute rest period for workdays longer than 8 hours during high heat periods.

Emergency response procedures:

Requires effective communication; response to signs and symptoms of heat illness; and procedures for contacting emergency responders to help workers in distress.

Acclimation procedures:

Employers must closely observe all employees during a heat wave (80° F). New employees must be closely observed for their first two weeks on the job.

Employers will have to revise their heat illness programs and train employees prior to April 1, assuming the Office of Administrative Law approves the Standards Board's request for an early effective date. Normally, the changes would be effective July 1. Western Growers will update members when the effective date is officially announced.