



Safety Newsletter

Distracted Driving

Longer commutes, an increase in heavy traffic, the availability of in-vehicle technology are all factors that result in driver distraction. More time in your vehicle results in less time at home or on the job, causing drivers to feel the pressure to multi-task to keep up with their responsibilities. Countless distractions tempt drivers to forget that their primary responsibility is to drive focused and stay safe.



Safety Facts for the Road

- Distracted driving is estimated to be a factor in between 25 to 30% of all traffic crashes—that's 4,000 or more crashes a day.
- Events inside and outside the vehicle can distract a driver. Adverse roadway and weather conditions require a driver's full attention.
- While taking one's eyes off the road presents obvious risks, activities that take a driver's mind away from driving are just as risky.
- A driver's ability to manage distractions varies widely and can change from day-to-day depending on their level of stress and fatigue.
- Distracted drivers fail to recognize potential hazards in the road and react more slowly to traffic conditions, decreasing their margin of safety.
- Research suggests that distracted driving increases the risk of rear-end and single-vehicle crashes.

Do you know when you're driving distracted?

- Has a passenger in your car screamed or gasped because of something you did or did not do?
- Did you run a stop sign unintentionally?
- Have you slammed on your brakes because you didn't see the car in front of you stop?
- You do not remember driving from one place to another?

Drive Focused. Stay Safe. Avoid Distracted Driving.

- Safe driving practices require that you constantly search the roadway ahead for situations that could require you to take quick action.
- Recognize that driving requires your full attention.

A national survey revealed the activities that distract today's drivers.

NETS DISTRACTED DRIVING SURVEY

- 96% Talking to passengers
- 89% Adjusting vehicle climate/radio controls
- 74% Eating a meal/snack
- 51% Using a cell phone
- 41% Tending to children
- 34% Reading a map/publication
- 19% Grooming
- 11% Preparing for work

Participation in Distracting Activities While Driving for Work or for Personal Purposes

- 57% Personal purposes
- 25% Work purposes
- 14% Both equally
- 2% Don't drive for work
- 3% Don't know



American Red Cross

BLENDED LEARNING

CPR / AED AND FIRST AID TRAINING

NEW*

Blended learning opportunity. This summer we will be testing the new American Red Cross Blended Learning format for CPR/AED and FA training.

What is blended learning?

It is the combination of online study and in person practice. Each participant will be emailed a link from the American Red Cross with learning modules. Participants must complete and pass all the modules prior to coming to the in class skills session. These modules will assist participants in learning the theories and information necessary to move forward with skill practice.

The classroom sessions will not re-teach information learned through the module but focus on the physical skills of checking an ill or injured person; CPR; choking; using an AED; caring for wounds; and treating injuries to muscles, bones, and joints. This allows us train more employees and to shorten class substantially.



Screen Shots of Training



Step 1
Register through
CORLearning

Step 2
You will receive an email
with the your personal
website login

Step 3
Complete your
ONLINE TRAINING
(Typically 2.5 hrs)

Step 4
Attend your scheduled
2- HOUR
SKILLS SESSION



RCA

Root Cause Analysis

By definition, The Root Cause is simply: The cause of a problem which, if adequately addressed, will prevent recurrence of that problem *or similar problems*. Identifying root causes can lower the potential of having recurring incidents and accidents in the workplace. This presentation was designed to expound on the benefits of conducting root cause analysis and utilizing critical thinking to solve problems.

Root Cause Analysis (RCA) is a popular and often-used technique that helps people answer the question of why a problem occurred in the first place. RCA seeks to identify the problem's origin using a specific set of steps to find the primary cause of the problem, so that you can:

- Determine what happened.
- Determine why it happened.
- Figure out what to do to reduce the probability of it happening again.

RCA posits that systems and events are interrelated. An action in one area triggers an action in another, and another, and so on. By tracing back these actions, you can discover where the problem started, and how it grew into the present dilemma.

Principles

- Focusing on corrective measures of root causes is more effective than simply treating the symptoms of a problem or event.
- RCA is performed most effectively when accomplished through a systematic process with conclusions backed up by evidence.
- There is usually more than one root cause for a problem or event.
- The focus of investigation and analysis through problem identification is WHY the event occurred, and not who made the error.

Roots

Root cause analysis is not a one-size-fits-all methodology. There are **many** different tools, processes, and philosophies of accomplishing RCA. In fact, it was born out of a need to analyze various enterprise activities such as:

- Accident analysis and occupational safety and health
- Quality control
- Efficient business process
- Engineering and maintenance failure analysis
- Various systems-based processes, including change management and risk management

The RCA is a four-step process involving the following:

1. **Define the Problem** – Before a solution is considered, the problem must be understood and clearly defined.
2. **Data collection** -The second step in the analysis is to gather data. Without complete information and an understanding of the event, the causal factors and root causes associated with the event cannot be identified.
3. **Root cause identification**- The identification of root causes helps the investigator determine the reasons the event occurred so the problems surrounding the occurrence can be addressed.

Recommendation generation (Corrective Action)-

Following the identification of the root cause(s), achievable recommendations for preventing its recurrence should then be generated for corrective action.

The 5 Whys

The five whys analysis is the art of systematically drilling down to a real root cause. It's a simple, yet effective way to determine the root causes in almost any situation. Essentially, you can find the root cause of a problem and show the relationship of causes by repeatedly asking the question, "**Why?**"

Pedestrian Ramp, Runway and Walkway Safety

Accessibility, cleanliness and comfort are key ingredients when considering building use for all visitors and staff. A variety of ramps, stairs, and walkways are utilized to provide building access. It is vitally important to keep those areas in good working order, safe and presentable. If you see any discrepancies or serious safety hazards, secure the area and report it as soon as feasible.

The following are some ideas on how we can enhance safety and maintain appeal on building ramps, runways, walkways and entrances:

- Make sure areas are free from slip, trip and fall hazards such as liquid spills, obstructions, debris, trash, toys, etc.
- Review areas periodically for sharp edges and rail damage
- Report any damaged or loose flooring
- No cables or extension cords should be in walking or egress path
- Skateboard deterrents should be installed if necessary to prevent damage or excessive wear
- Consider cleaning or pressure washing surfaces with heavy dirt build-up
- Entrance walk off mats and carpet should be in good condition
- Provide receptacles for trash at building entrances
- Keep parking lots trash free as best as possible
- Ramps should have a skid resistant surface
- No bicycles should be stored that may obstruct entry and egress
- Maintain adequate lighting
- Ensure any drop off steps are visibly enhanced
- Slippery when wet signs are available to use when needed

Most of all, building entry areas should not just be accessible and safe but aesthetically pleasing and inviting to occupants.

Emergency Go Bag

Being prepared means being equipped with the proper supplies you may need in the event of an emergency or disaster.

Below is a list of basic supplies provided by the American Red Cross (it may be advantageous to include the list in your emergency bag and in your EAP):

- ◆ Water: one gallon per person, per day (3-day supply for evacuation, 2-week supply for home)
- ◆ Food: non-perishable, easy-to-prepare items (3-day supply for evacuation, 2-week supply for home)
- ◆ Flashlight
- ◆ Battery-powered or hand-crank radio (NOAA Weather Radio, if possible)
- ◆ Extra batteries
- ◆ First aid kit
- ◆ Multi-purpose tool
- ◆ Sanitation and personal hygiene items
- ◆ Emergency blanket
- ◆ Whistle
- ◆ N95 or surgical masks
- ◆ Matches
- ◆ Rain gear
- ◆ Towels
- ◆ Work gloves
- ◆ Tools/supplies
- ◆ Plastic sheeting
- ◆ Duct tape
- ◆ Scissors

