



Safety Newsletter

April 2018

April Distracted Awareness Month

Distracted driving is a public health issue that affects us all. The latest statistics show motor vehicle fatalities are up 6% from 2015. [More than 40,000 people](#) were killed on our nation's roadways last year, and distracted driving is a major contributor.

Each death is 100% preventable. From cell phones to dashboard infotainment systems to evolving voice command features – all pose a threat to our safety. Just one second of your attention is all it takes to change a life forever.

Distracted Driving Awareness Month in April is a united effort to recognize and eliminate preventable deaths from distracted driving.

Join us to help save lives.



[Click logo to read more](#)

Each year distractions caused by cell phones cause;



**More than
1,500,000
CRASHES**



**More than
600,000
INJURIES**



**Nearly
6,000
DEATHS**



<http://safety.rc-hr.com/SafetyCenter/DriversAwareness.aspx>

The Great Multitasking Lie: MYTH VS REALITY

MYTH #1 Drivers can multitask

REALITY

The human brain **cannot do two things at the same time** – like watch tv and hold a phone conversation.

I'm good.
How ya doing?
Great.



PLEASE STAND BY



The same is true when driving and talking on your phone. The brain switches between the two tasks which **slows reaction time**.



..... **BOTH THINKING TASKS**

MYTH #2 Talking on a cell phone is just like speaking to a passenger

REALITY

Backseat drivers are good for you. **Adult passengers help the driver and alert drivers to traffic problems.**



WATCH OUT!



People on the other end of phones **can't see what's going on!**

MYTH #3 Speaking hands-free is safe to use while driving

REALITY

Drivers talking on cell phones can miss seeing up to **50% of their driving environments**, including pedestrians and red lights.



MYTH #4 I only use my phone at stop lights so it's ok

REALITY

27 SECONDS

Even at stop lights, it is important to remain an attentive driver. For example, a recent AAA study shows that people are **distracted up to 27 seconds** after they finish sending a voice text.



Adjusting your Drivers Seat

Read the vehicle manual and understand all the adjustments that you can do. Common adjustments include:

Seat height

Raise the seat as high as you can but still be comfortable. This height will optimize your vision through the windows. You should be able to see at least 3 inches over the top of the steering wheel. Ensure that you have sufficient room between the roof and the top of your head. Adjust the mirrors after you have finished set-



ting the other features.

Seat cushion length

If possible - adjust the seat length so that the back of your knees is about 1-1/4 to 2-3/8 in from the front on the seat.

Seat forward/back position

Move the seat forward until you can easily push the pedals through their full range with your whole foot, not just your toes. You may have to readjust the seat height to get better control of the pedals.

Seat cushion angle

Tilt the seat cushion until your thighs are supported along the full length of the cushion without there being pressure at the back of your knees.

Seat back rest

Adjust the back rest until it supports the full length of your back when you are sitting upright. If you are leaning too far back, you may end up bending your head and neck forward, which may cause muscle fatigue, neck or shoulder pain, tingling in the fingers, etc.

Lumbar support

Adjust the lumbar support up-and-down and in-and-out until you feel an even pressure along your back from the hips to shoulder height. As this point, the seat back should feel comfortable and there should be no gaps or pressure points in the back support area.

Steering wheel

Adjust the steering wheel for height or tilt and pull it back for easy reach. The center of the steering wheel should be about 10 - 12 in from the driver's breast bone. The closer you are to the air bag, the higher the possibility of injury if the air bag deploys, even if you are wearing a seat belt.

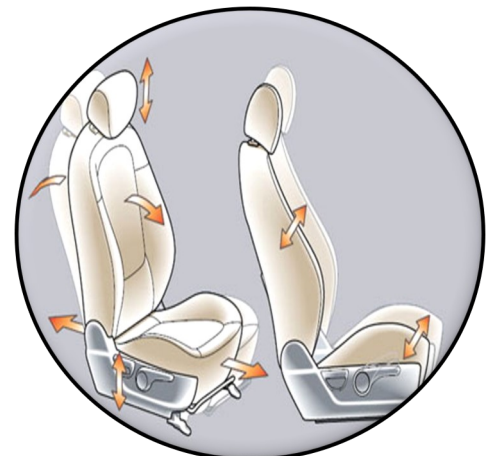
If your steering wheel can be tilted up-and-down, tilt it so the air bag behind the center of the steering wheel is pointing to your chest, not your head and neck or your stomach. In addition, your arms should be in a comfortable position (not too high or too low).

Head restraint (head rest)

While sitting, raise the head restraint until the top of it is level with top of your head. If the head restraint can be tilted, adjust the angle of the head restraint until it is practically touching the back of your head when you are in your sitting posture.

Fine tuning

You may have to go through steps 1 - 8 again if you need to optimize the way that vehicle cab fits you. You should be able to reach and operate all of the controls, pedals, the steering wheel, etc., and have good visibility through the windows and mirrors.



5 Characteristics of a Defensive Driver

Defensive driving does not require a high degree of special training. The characteristics of a defensive driver are the same characteristics that apply to many aspects of our lives. Let's look at the five most important requirements for defensive driving.

Knowledge: Defensive drivers take the time to educate themselves about safe driving techniques. They know how to recognize hazards and avoid collisions. They know the traffic laws in their area.



Alertness: Defensive drivers are alert to traffic conditions that may affect their driving. They pay attention to the traffic situation to the front, side and rear of their vehicles.



Foresight: Defensive drivers know that their worst enemy is the unexpected. They never assume the other driver will do the right thing. They anticipate hazards by scanning the road to assess the traffic situation as far ahead as possible.



Judgment: Good drivers use common sense and knowledge to make decisions wisely and quickly. They maintain control of their behavior, resisting the temptation to make risky maneuvers to get somewhere faster or to outmaneuver other drivers.



Skill: Defensive drivers develop the skills necessary to operate a vehicle properly and safely.



SO WORK ON YOUR DEFENSIVE
DRIVING SKILLS AND BE A SAFER
YOU!!!



If further assistance is needed
Contact the Safety Division
951-955-3520

Drivers Awareness Training (DAT) is available
through
CORLearning

Its not a bad idea to get a refresher every 2 years

What is workplace violence?

Workplace violence is violence or the threat of violence against workers. It can occur at or outside the workplace and can range from threats and verbal abuse to physical assaults and homicide, workplace violence is one of the leading causes of job-related deaths. However it manifests itself, workplace violence is a growing concern for employers and employees nationwide.

Circumstances associated with workplace violence events can be divided into three major types, Type I, II, III and IV. It is important to keep in mind that a particular occupation or workplace may be subject to more than one type. One type is no more important than another.

FBI Classification for workplace violence

Type 1	Type 2	Type 3	Type 4
Stranger	Client	Co-Worker	Personal Relations
The person or persons committing the act of violence has no legitimate relationship to the workplace.	The person or persons committing the act of violence is the recipient of the services we provide.	The person or persons committing the act of violence has an employment related involvement past or present.	The person committing the act of violence has a personal relationship with an employee at the location.

ZERO TOLERANCE STANDARD

[Board of Supervisor Policy C-27](#)

The County of Riverside does not tolerate any type of workplace violence committed by or against employees. Employees are prohibited from making threats or engaging in violent activities. The list of zero tolerance behaviors with regard to threats and/or violence shall include, but not be limited to, the following proactive measures and/or prohibited behaviors:

- Engaging or allowing engagement in violent conduct or making threats of violence, implied, actual, direct, or indirect, or causing actual physical injury to another person at a county workplace or in connection with the conduct of county business.
- Any aggressive or hostile behavior that creates a reasonable fear of injury to another person or subjects another individual to emotional distress.
- Intentionally damaging County of Riverside property or the property of another.
- Being in possession of an offensive or defensive weapon (firearm, knife, club, mace, pepper spray, tear gas, etc.) unless specifically required or authorized in the course of employment, at any county facility or in connection with the conduct of county business without regard to location.
- Committing acts motivated by, or related to, sexual harassment or domestic violence.

Any potentially dangerous situation must be reported immediately to a supervisor and the Human Resources Department – Safety Office, at telephone number (951) 955-3520 or the 24-hour hotline (951) 955-5868. Reports can be made anonymously and all reported incidents would be investigated. Reports or incidents warranting confidentiality will be handled appropriately and information will be disclosed to others only on a need-to-know basis. All parties involved in a situation will be counseled and results of the investigation will be discussed with them. The county will actively intervene at any indication of a possible hostile or violent situation.

HOW TO RESPOND

When an active shooter is in your vicinity



RUN

- Have an escape route and plan in mind
- Leave your belongings behind
- Keep your hands visible



HIDE




- Hide in an area out of the shooters view
- Silence your cell phone
- Barricade your hiding place



FIGHT

- As a last resort and only when your life is in imminent danger
- Attempt to incapacitate the shooter
- Act with physical aggression and throw items at the shooter



	See Something		Hear Something		Say Something
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Reporting Suspicious Activity

To report suspicious activity, contact your local law enforcement agency. Describe specifically what you observed, including:

- | | |
|---|---|
| <ul style="list-style-type: none">• Who or what you saw;• When you saw it; | <ul style="list-style-type: none">• Where it occurred; and• Why it's suspicious. |
|---|---|

If there is an emergency, call 9–1–1 or call your local law enforcement agency

BANNING
POLICE DEPARTMENT
Phone: (951) 922-3170

BEAUMONT
POLICE DEPARTMENT
Phone: (951) 769-8500

BLYTHE
POLICE DEPARTMENT
Phone: (760) 922-6111

CATHEDRAL CITY
POLICE DEPARTMENT
Phone: (760) 770-0300

CORONA
POLICE DEPARTMENT
Phone: (951) 736-2330

DESERT HOT SPRINGS
POLICE DEPARTMENT
Phone: (760) 329-2904

FEDERAL BUREAU OF
INVESTIGATION; RIVERSIDE
Phone: (951) 686-0335

HEMET
POLICE DEPARTMENT
Phone: (951) 765-2400

INDIO
POLICE DEPARTMENT
Phone: (760) 347-8522

MURRIETA
POLICE DEPARTMENT
Phone: (951) 696-3615

PALM SPRINGS
POLICE DEPARTMENT
Phone: (760) 323-8116

RIVERSIDE COUNTY
SHERIFF'S DEPARTMENT
Phone: (951) 955-2400