

# Safety and Health News

## Ending distracted driving is everyone's responsibility

Many distractions exist while driving, but cell phones are a top distraction because so many drivers use them for long periods of time each day. Almost everyone has seen a driver distracted by a cell phone, but when you are the one distracted, you often don't realize that driver is you.

New technology in vehicles is causing us to become more distracted behind the

wheel than ever before. Fifty-three percent of drivers believe if manufacturers put "infotainment" dashboards and hands-free technology in vehicles, they must be safe. And, with some state laws focusing on handheld bans, many drivers honestly believe they are making the safe choice by using a hands-free device. But in fact, these technologies distract our brains even long after you've used them.

## Driving tips



### MANAGE YOUR SPEED

- **Slow Down** when approaching all work zones. You will be in the work zone quicker than you think.

- **Follow Posted Speed Limits** especially within construction zones, and try to maintain a consistent speed with the traffic flow. And adjust your speed for weather conditions.

- **Don't Resume Normal Speed** until you see roadway signs indicating it's safe to do so.

### MANAGE YOUR SPACE

- **Leave Room.** Leave adequate braking room between your vehicle and the one ahead of you. Count out at least two seconds from the time the car ahead of you passes an object and the time your own car passes that object. Also, keep a safe distance between your vehicle and traffic barriers, trucks, construction equipment and workers.

- **Leave Yourself an Out.** When stopped in traffic, leave a safety zone be-

tween you and the vehicle in front of you. A good rule of thumb is that when stopped in traffic you should be able to see the bottom of the tires of the vehicle in front of you.

- **Watch Out for Tailgaters.** Do not force tailgaters to back off by slamming on your brakes or reducing your speed significantly. This practice can lead to road rage and increases the chances of a collision. When possible, pull over and let them pass. If this is not possible, turn your headlights on and off several times during daylight hours to illuminate your tail lights and warn tailgaters they are too close. If at night, lightly tap your brake pedal to illuminate your brake lights.

- **Wait to Merge.** Take Turns. In heavily congested work zones, use all open lanes until you reach the merge point. Then take turns every other car to merge together. It's not rude. It's safer and reduces your wait time 40 percent.

- **Don't Pass on the Shoulder.** Don't drive across the median. This creates a very dangerous situation for you, construction workers and other motorists -- not to mention the steep fine.

### 2022 NATIONAL WORK ZONE AWARENESS WEEK

## WORK ZONES ARE A SIGN TO SLOW DOWN



## Three reasons we should care about safety

### HEALTH

No one wants to be hurt on the job and no one wants to see a coworker get hurt either. The main objective for safety in the workplace is to keep the people who work there healthy. When even just one person does not care about safety it not only puts them at risk, but it also creates risk for injury for anyone working around that individual.

### LIVELIHOODS

We all work to provide for ourselves and our families. Injuries, even just small ones, can impede our ability to earn an income. Everyone depends on the wages they make at work to ensure their families have the basic necessities of life. Taking shortcuts in safety or foregoing it completely can lead to injuries that put people out of work.

### BUSINESS

#### CONTINUITY

In this day in age the market is global, not just regional anymore. Over the last few decades, many workplaces have felt the tightening grip of international manufacturers and the growth of the internet allowing for products to be made and shipped anywhere in the world. Because of these pressures, businesses have to limit unnecessary expenses to continue on. Businesses that promote safe workplaces and have employees who embrace working safely help limit costs associated with incidents and injuries. Also, many clients and consumers want to buy products from companies that have safe workplaces and are not injuring their employees. When each individual employee cares about safety it helps to ensure that the company will face less of these unnecessary cost associated with injuries.

\* Clip and save these great safety tips to keep and remind you. Stay safe, stay healthy!

Safety <sup>1st</sup> - Live It!

SCDOT