



MCIWEST-MCB CAMP PENDLETON 2016 CRITICAL DAYS OF SUMMER NEWSLETTER



WEEK 3 – DRIVING SAFETY



Driving Safe starts before the engine. Most drivers are aware of the affect that things like drinking and cell phone use have on their driving safety, while giving little consideration to other factors that can be even more distracting. Fatigue, stress, and our emotions have a serious effect on driving, causing serious impairments that we may

not even be aware of. If you are worried, upset, frightened, depressed, or even happily excited, your driving skills can be as negatively impacted as they would be if you were engaged in an intense phone call or after having consumed several alcoholic drinks. The right mind set elevates wrong results. Think Before, Not After!

Driving safe is a choice we must make. The Network for Public Health Law latest statistics reveal, the U.S. census found that there were 10.8 million motor vehicle collisions and 33,800 deaths caused by motor vehicle collisions. That makes vehicle accidents the leading cause of injury death among children and the sixth leading preventable cause of death in the United States.

These signs are not road decor



Commanding General's Safety Hotline: (760)763-7233



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HIGHWAY HABITS



Is this a problem?
The American
Automobile
Association (AAA)
survey found that
one in five

respondent drivers admitted to driving with their dog on their lap sometimes. AAA concludes that a 10 pound dog in a crash at 50 mph will exert roughly 500 pounds of pressure. This distractive driving equals that of texting in view of focusing on driving.

State Laws

At least eight states have laws requiring owners to kennel or tether dogs or other animals. States with restraint laws include Connecticut, California, New Hampshire, Massachusetts, Nevada, Washington, Oregon and Rhode Island. If caught with an unrestrained dog, fines range between \$50 and \$200

All too familiar scene. The idea that that it would never Happen to me or, I won't get caught keeps texting while driving as one the top



distracting topics to date. Five seconds is the minimal amount of time your attention is taken away from the road when you're texting and driving. If you are traveling 55 mph this equals driving the length of a football field without looking on the road. The latest recorded statics show, at least 23% of auto collisions involved cell phones, that's 1.3 million crashes.

The Laws

Text Messaging: Washington was the first state to pass a texting ban in 2007. Currently, 46 states, D.C., Puerto Rico, Guam and the U.S. Virgin Islands ban text messaging for all drivers. All but 5 have primary enforcement. Of the 4 states without an all driver texting ban:
2 prohibit text messaging by **novice drivers**.
1 restricts **school bus drivers** from texting.

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HIGHWAY HABITS



LANE SPLITTING

The term “lane splitting,” also known as lane sharing, filtering, or white-lining refers to the process of a motorcyclist riding between lanes of stopped or slower-moving traffic or moving between lanes to the front of traffic stopped at a traffic light. Vehicles and motorcycles each need a full lane to operate safely. Riding between rows of stopped or moving vehicles in the same lane can leave you vulnerable. It is an authorized movement in California however, every precautionary measure should be considered; flow of traffic, speed of traffic and the motorcyclist abilities to maneuver according to conditions.



No, this is not a new app your best friend is testing.

SPEEDING

Speeding is a dangerous driving behavior that is often overlooked and taken for granted. Even though the seat belt battle and DUI totals seem to diminish speeding continues to be a contributing factor in a significant number of roadway fatalities. In 2014, there were 9,262 people who died in speeding-related crashes (28% of all fatalities). Because of the continued disregard of speeding regulation, law enforcement has concluded to be more stringent with speeding violations.

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AT THE END OF THE DAY



Driving is a luxury we enjoy whether it's boating, biking, car or truck we're in control. And because there are choices to be made in order to fulfill our objectives and goals daily; the sacrifice for the greater good becomes a challenge as the operator.

Multitasking becomes the normal and the action we take is a part of what we do. Whether it is some form of distracted driving, speeding or ignoring certain laws, rules or signs. It all becomes routine with time. The only thing that matters "at the end of the day" is you made it and tomorrow you'll start all over again.



Base Safety Training Center Classes and Courses

10/30 Hour OSHA Training (General Industry)

First Aid/CPR Training

Ergonomic Evaluation

Motorcycle Safe Riding

Call the Base Safety Center for prerequisites and requirements: 763-7326

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Picture of the Week



Base Safety Points of Contact

- Traffic Safety – 763-5070
- Recreations Safety – 763-5332
- Safety Training – 763-7326
- Ergonomics – 763-0254
- Radiation Safety – 763-0254
- Mishaps – 763-5334
- Asbestos/Lead – 763-5324
- Respiratory Protection, 763-2366
- Confined Space – 763-2366
- Tactical Safety – 763-5332
- Bloodborne Safety – 763-0255
- Explosive Safety – 763-4817

Check us out on Facebook

<https://www.facebook.com/Cpenbasesafety>

Click on these links for more tips.

<https://www.networkforphl.org>

<http://safetycenter.navy.mil/>

<http://www.ghsa.org/html/issues/speeding.html>

<http://www.dmv.org/how-to-guides/driving-and-emotions.php>

http://www.ghsa.org/html/stateinfo/laws/cellphone_laws.html

<http://www.textinganddrivingsafety.com/texting-and-driving-statshttp>

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