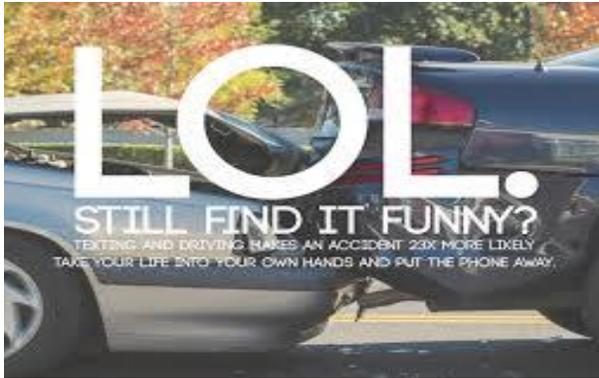




MCIWEST-MCB CAMP PENDLETON 2016 CRITICAL DAYS OF SUMMER NEWSLETTER



WEEK 11 – DISTRACTION AND ROAD RAGE Labor Day Drive Safe Reminder



This is the result of distracted driving

What is distracted driving?

Distracted driving is anything, anyone or any activity which takes the attention off the primary purpose of being behind the steering wheel of a vehicle, which is operating the vehicle safely. Distracted driving puts the driver, their passengers (precious cargo) and those in the immediate vicinity in danger.

What are the types of distracted driving/drivers?

The Center for Disease Control lists three main sub-categories:

- Visual: eyes off the road
- Manual: Hands off the wheel
- Cognitive: mind off of driving

Erratic driving is evidence of a distracted driver which creates hazards/risks on the roadways. Other drivers can feel threatened by this. Their reaction can vary and can escalate to **road rage**. Some honk their horn to signal the distracted driver and do not engage (valid response). Others escalate to obscene gestures; pulling up beside the vehicle for verbal confrontation; or overtake them to engage them from the front (**play chicken!**). These escalated actions qualify as **road rage** and creates more hazards.

Road Rage – This is any senseless act done to intimidate or threaten another motorist, bicyclist, or pedestrian.

The act of trying to get even with a distracted driver by means of engaging them or escalating to road rage is not the best answer. The safest moves to make are to back a safe distance away; maintain awareness of your surroundings; and control of your own vehicle (and your Safety).



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



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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
- ❖ HAZMAT – 763-2364
- ❖ First Aid/CPR – 763-2364

Upcoming Training

ADVANCE RIDERS COURSE 7-8 SEPTEMBER

SAFETY COMMITTEE MEETING 14 SEPTEMBER

For more safety information check us out on our Facebook page or email us

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

CPEN_SAFE_TRNG@usmc.mil

Safety Information

http://www.cdc.gov/motorvehiclesafety/Distracted_Driving/index.html

“MISSION FIRST SAFETY ALWAYS”