



MCIWEST-MCB CAMP PENDLETON



Critical Days of Summer Newsletter

August 2014

Distraction/Road Rage



Distracted driving is a dangerous epidemic on America's roadways. In 2012 alone, 3,328 were killed in distracted driving crashes.

Distracted driving activities include things like using a cell phone, texting, and eating. Using in-vehicle technologies (such as navigation systems) can also be sources of distraction. While any of these distractions can endanger the driver and others, texting while driving is especially dangerous because it combines all three types of distraction (CDC.gov, 2014).

Distracted driving can increase the chance of a motor vehicle crash. The three main distractions are:

- **Visual:** taking your eyes off the road;
- **Manual:** taking your hands off the wheel; and
- **Cognitive:** taking your mind off of driving



Statistics



- The number of people killed in distraction-affected crashes decreased slightly from 3,360 in 2011 to 3,328 in 2012. An estimated 421,000 people were injured in motor vehicle crashes involving a distracted driver; this was a nine percent increase from the estimated 387,000 people injured in 2011.
- 69% of drivers in the United States ages 18-64 reported that they had talked on their cell phone while driving within the 30 days before they were surveyed.
- 31% of U.S. drivers ages 18-64 reported that they had read or sent text messages or email messages while driving at least once within the 30 days before they were surveyed.
- Nearly half of all U.S. high school students' aged 16 years or older text or email while driving.
- Students who frequently text while driving are more likely to ride with a drinking driver or drink and drive than students who text while driving less frequently.

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



Distracted Driving



Distracted driving is any activity that could divert a person's attention away from the primary task of driving. All distractions endanger driver, passenger, and bystander safety. These types of distractions include:

- Texting
- Using a cell phone or smartphone
- Eating and drinking
- Talking to passengers
- Grooming
- Reading, including maps
- Using a navigation system
- Watching a video
- Adjusting a radio, CD player, or MP3 player



Road Rage



Road rage is defined as violent or visibly angry behavior by a driver of a motor vehicle which can result in crashes or other incidents on roadways. It also called an extreme case of aggressive driving (flhsmv.gov, 2008).

Aggressive driving is a major concern of the American public and a real threat to the safety of all road users (AAA foundation, 2014). Approximately 6,800,000 crashes occur in the United States each year; a substantial number are estimated to be caused by aggressive driving.

Some behaviors typically associated with aggressive driving include: exceeding the posted speed limit, following too closely, erratic or unsafe lane changes, improperly signaling lane changes, failure to obey traffic control devices (stop signs, yield signs, traffic signals, railroad grade cross signals, etc.) (nhtsa.gov, 2014).

You can't control other drivers but you can control your own behavior. Your reaction will determine what happens next. If you can, back off, take a deep breath, and remain calm, then you can defuse a potentially violent situation. Venting your frustration is normal and healthy, so long as you vent appropriately.

If you are the aggressive driver, know your style and consider changing your driving habits. It is not too late to improve your own driving habits before you provoke a bad situation (dmv.org, 2014).

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Workplace Humor

It was raining quite hard as Marine trainees assembled outdoors for a briefing. On a blackboard, the lieutenant instructor had prepared a detailed drawing of the tactics he wanted practiced.

"Don't think we're going to call this off just because of a little rain," he said.

Then he turned to the blackboard which had been washed clean.

Picture of the Week



For Marine Corps specific please review MCO 5100.30B Off Duty Recreation Order

MCO 5100.19F Marine Corps Traffic safety Program

BO 5100.2L MCB Camp Pendleton Base Regulation

For more information contact the Installation Traffic Safety Manager at (760)763-5070.

 Check us out on Facebook

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

Click on these links for more tips.

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

<http://www.distraction.gov/>

<http://www.flhsmv.gov/safetytips/roadrage.htm>

<http://www.distraction.gov/content/get-the-facts/facts-and-statistics.html>

<https://www.aaafoundation.org/sites/default/files/RoadRageBrochure.pdf>

<http://www.nhtsa.gov/>

<http://www.nhtsa.gov/people/injury/enforce/aggressdrivers/aggenforce/define.html>

<http://www.dmv.org/how-to-guides/road-rage.php>

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