



# MCIWEST-MCB CAMP PENDLETON

Critical Days of Summer Newsletter

August 2014



## Fatal Four Awareness



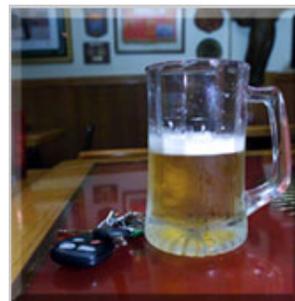
**Driving/Riding  
Without Seatbelts**



**Falling Asleep at  
the Wheel**



**Driving Too Fast  
for Conditions**



**Drinking and Driving**

### Seat Belts

Seat belts are the most effective means of saving lives and reducing serious injuries in traffic accidents. Wearing them properly is also the law in most states. Every year, Marines, Sailors, family members, and friends are killed, or maimed simply because they did not “buckle up”. Failure to use seat belts contributes to more fatalities than any other single traffic safety-related behavior. The National Highway Traffic Safety Administration estimates that seat belts save 9,500 lives in the United States each year. INHTSA, also estimates that an additional 9,000 lives would be saved and 160,000 nonfatal injuries would be prevented each year if all motor vehicle occupants ages 8 years and older properly used restraint devices all of the time. Seat belts and child safety seats save lives when use correctly and significantly reduce the rate of injury in an accident. Despite all the hazards we face every time we get behind the wheel of a vehicle, wearing a seat belt is still the single most effective thing you can do to save lives and reduce injuries on our nation’s highways and roads.

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

## Falling Asleep At the Wheel

The National Highway Traffic Safety Administration (NHTSA) estimates that more than 100,000 people are killed or injured each year in crashes attributed to a driver asleep at the wheel or driving while severely drowsy. As it is difficult to attribute crashes to sleepiness, this number may be even higher. Company drivers who must often drive more than the average person are at increased risk of crashes due to drowsiness.

A common characteristic of sleep-related crashes is the likelihood of them occurring at night or in mid-afternoon, when people have a natural propensity to be asleep, according to the American Automobile Association (AAA). In addition, sleep-related crashes are more likely to involve a single vehicle running off the road. These crashes are more likely to result in serious injuries. Typically, there is no indication of braking or attempts to avoid the crash.

Sleep is a natural function of the human body, and lack of sufficient sleep the night before or an accumulation of sleep debt can lead to serious consequences on the road. Fatigue affects reaction time, attention, and information processing — all critical aspects of safe driving.

Everyone is at risk of falling asleep at the wheel. Certain characteristics or events greatly increase that risk, including age (younger drivers tend to be more susceptible to fall-asleep crashes), disrupted sleep patterns, untreated or unrecognized sleep disorders, sedating medications, and driving patterns and the number of miles/hours traveled per day.

It's commonly believed that commercial truck drivers are the most at-risk group for falling asleep behind the wheel, but statistics show that all drivers should be concerned. One of the most dangerous aspects of fall-asleep crashes is that many drivers don't even realize they are drowsy. It is important to recognize the warning signs. A driver feeling tired should stop to rest or take a coffee break if their eyes begin to close or go out of focus, their head begins to bob, the desire to yawn becomes excessive, and/or thinking begins to wander or become disconnected, etc.

Some common ways to prevent drowsy driving include:

- Getting plenty of good, quality sleep;
- Avoid driving between midnight and 6 a.m.; take a break every two hours; and, if possible, drive with someone else who is awake in the passenger seat.
- If signs of fatigue begin to show, drive to a well-lit area to take a short nap

## Speed

Speed reduces the amount of available time needed to avoid a crash, increases the likelihood of crashing and increases the severity of a crash once it occurs. The public needs to be made more aware of the dangers of speeding. If we are to combat this dangerous, life-threatening behavior, we must devote increased resources to better enforcement, including more law enforcement officers to patrol the highways, and we must support technological advances, such as video cameras, to target aggressive, speeding drivers. Our goal is to save lives. Please join us in reminding all drivers to be alert, watch for speed limit signs and obey those signs. Drivers need to remember that there is a reason for posted speed limits. The roadways are a dangerous place and the speed limits are designed to protect everyone (drivers, passengers, pedestrians).

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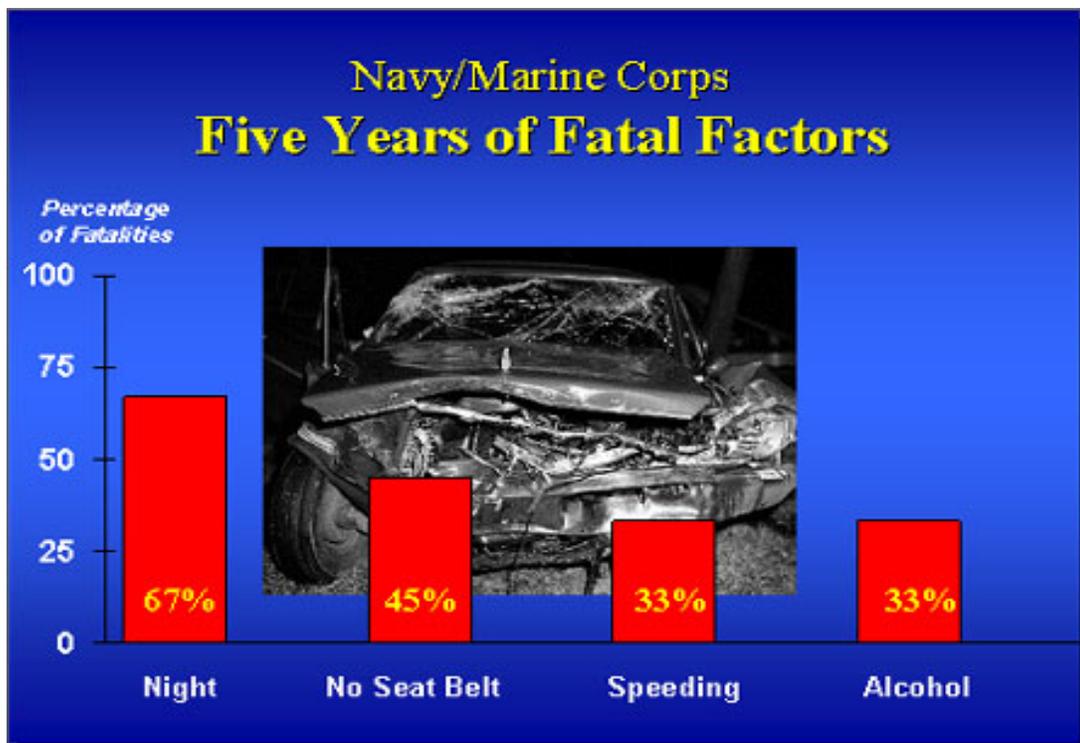
## California DUI Penalties

The criminal penalties for a DUI conviction in San Diego depend on how a DUI is being charged, how many prior convictions a defendant has, and other circumstances. Penalty enhancements may be made if the DUI resulted in injury to others. The DUI penalties in California include fines, court costs, probation, jail time, alcohol treatment programs, and the possibility of being required to have an ignition interlock device installed in your car.

When a civilian client is arrested for driving under the influence (DUI), known in California as a violation of California Vehicle Code (CVC) §23152(a) or §23152(b), they are informed that such a charge requires fighting a two-front battle. First, you are fighting a civil/administrative battle with the Department of Motor Vehicles. Second, you are fighting a criminal battle with the charging District Attorney's office that is prosecuting your case.

When members of our Armed Forces are arrested for DUI off base, there are additional penalties they are facing because of their being a member of the military. The primary DUI laws and penalties imposed on members of the military are established in the Uniform Code of Military Justice (UCMJ) and the Manual for Court Martial (MCM). These military enhanced consequences are IN ADDITION to the civilian penalties and consequences if the military member is convicted of DUI.

If you are a Marine on active duty at Camp Pendleton and have recently been arrested for DUI in Oceanside, San Diego, or anywhere in Orange County, you are potentially facing discharge from the Marine Corps due to these allegations.



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## Picture of the Week



For Marine Corps specifics please review:

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/>

[The following PowerPoint's may be accessed from the electronic version of this article.](#)

<http://www-nrd.nhtsa.dot.gov/Pubs/811751.pdf>

<http://www.safercar.gov/SummerDrivingTips>

<http://www.ite.org/traffic/tcdevices.asp>

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