



# MCIWEST-MCB CAMP PENDLETON



2015 Critical Days of Summer Newsletter

Week 13: 16-22 August 2015

## Distraction/Road Rage



Distracted driving is any activity that could divert a person's attention away from the primary task of driving (distraction.org, 2015). All distractions endanger driver, passenger, and bystander safety. The common distractions are:

- ✓ 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



Since text messaging requires visual, manual, and cognitive attention from the driver, it is by far the most alarming distraction.

## Road Rage

(Courtesy of the DMV.org)

Driving an automobile has become increasingly personalized. Many drivers feel that the actions of other drivers are directed at them personally. This type of reaction is not uncommon as a secondary emotion to fear, especially if a driving error causes the enraged driver to make a sudden reactive maneuver to avoid collision. The flash of anger and personalization of the experience could be defused and settled if the offending driver acknowledges the error with a gesture of apology.



### Dealing with Road Rage

Remain in your car, and if approached on foot, roll up the windows and lock the doors.

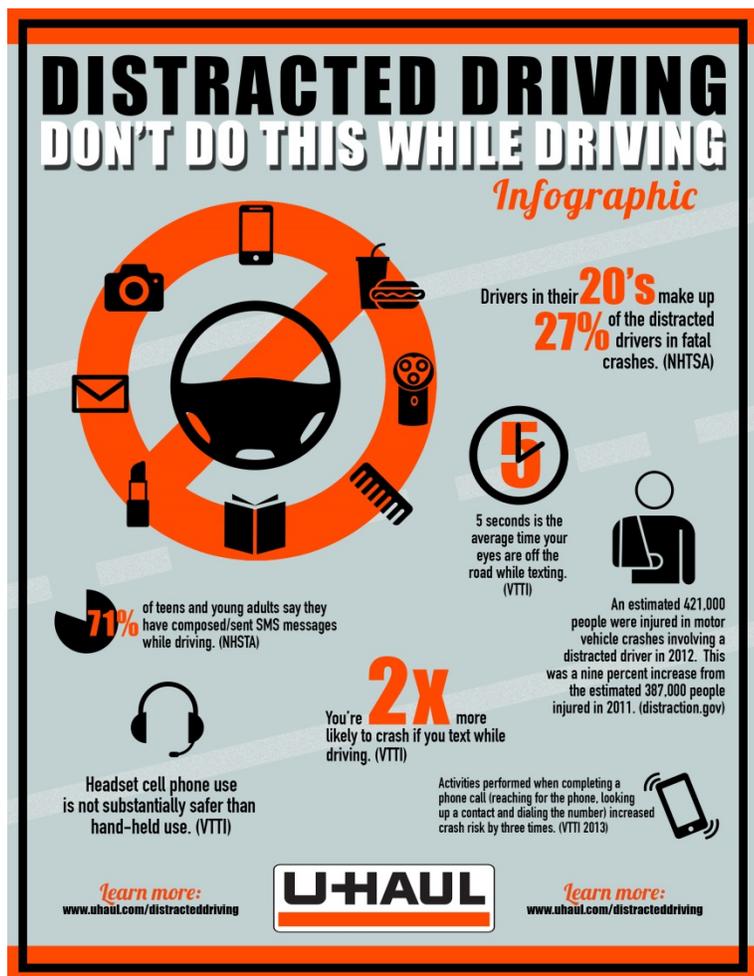
Even if you're just talking with a passenger, avoid making gestures that another driver could interpret as hostile, rude, or otherwise negative.

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

# Facts and Statistics

(Courtesy of [Distraction.gov](http://Distraction.gov), 2015)

- Engaging in visual-manual subtasks (such as reaching for a phone, dialing and texting) associated with the use of hand-held phones and other portable devices increased the risk of getting into a crash by three times.
- Five seconds is the average time your eyes are off the road while texting. When traveling at 55mph, that's enough time to cover the length of a football field blindfolded.
- A quarter of teens respond to a text message once or more every time they drive. 20 percent of teens and 10 percent of parents admit that they have extended, multi-message text conversations while driving.



In 2013, 3,154 people were killed in motor vehicle crashes involving distracted drivers. This represents a 6.7 percent decrease in the number of fatalities recorded in 2012. Unfortunately, approximately 424,000 people were injured, which is an increase from the 421,000 people who were injured in 2012.

## Upcoming Training

(Please call Base Safety 760-763-5328, for more information, and to verify class prerequisites)

- Ground Safety for Marines Course: 30 Nov-11 Dec (prerequisites required)
- Fire Protection and Life Safety: 18-21 August
- CPR: 10 September
- 10 OSHA Course: 31 August -1 September
- 30 OSHA Course: 31 August -3 September
- 4<sup>th</sup> Quarter Safety Committee: 9 September
- Attitudinal Dynamics of Driving (Remedial Driving): 21 August; 4,18 September
- Fall Stand down: 28 Oct 2015

## Safety Quote of the Week

Safety is a mission not an intermission

## Picture of the Week



 Check us out on Facebook

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

**Click on these links for more tips.**

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

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

<http://newsroom.aaa.com/2013/06/think-you-know-all-about-distracted-driving-think-again-says-aaa/>

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

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