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## *Weekly Safety Tip*

*Life Is All About Choices!®*

April 27, 2015

### **SCI Safety Tip: Safe driving tips for Distracted Driving Awareness Month**

*Source: <http://www.blr.com>*

*By: Emily Clark*

*Date: April 21, 2015*

According to the National Safety Council (NSC), 80 percent of American drivers believe hands-free devices are safer than handheld cell phones behind the wheel despite research to the contrary. Are your employees among them? Keep reading for important information to share with your workers in honor of Distracted Driving Awareness Month this April.

Although using a hands-free device may feel safer than talking on a handheld cell phone, the NSC says more than 30 studies show that because the brain is still focused on the conversation, the driver remains distracted. When talking on a cell phone, drivers can miss up to half of the important visual cues in their surroundings, including traffic lights, stop signs, and pedestrians. In 2013, over 3,000 people were killed in motor vehicle crashes involving distracted drivers, and 424,000 were injured. And those statistics don't seem likely to change soon: According to the National Occupant Protection Use Survey, an annual survey conducted by the National Highway and Traffic Safety Administration (NHTSA), at any given moment across America, approximately 660,000 drivers are using cell phones or manipulating electronic devices while driving, a number that has held steady since 2010.



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***James Lehrke-SCI***

Although cell phone use, including texting, is the distraction most often in the news recently, it is far from the only dangerous behavior drivers can engage in behind the wheel. According to the NHTSA, distracted driving is “any activity that could divert a person’s attention away from the primary task of driving.” Common distractions other than cell phone use and texting include eating and drinking, talking to passengers, grooming, reading or looking at maps, using a navigation system, and adjusting in-car entertainment systems.



**Protect your workers with a distracted driving policy**

So what can employers do to prevent their employees from engaging in these dangerous behaviors behind the wheel? The NHTSA recommends implementing a distracted driving policy that puts employee safety first. The policy should emphasize the importance of distraction-free driving both and make it clear that employees are not expected to respond to phone calls, emails, or text messages while behind the wheel.

At a minimum, your policy should be in compliance with applicable state and/or federal law. Forty-five states, the District of Columbia, Puerto Rico, and the U.S. Virgin Islands ban text messaging for all drivers. In addition, 14 states, the District of Columbia, Puerto Rico, Guam, and the U.S. Virgin Islands prohibit drivers of all ages from using handheld cell phones while driving. Some states have additional restrictions for novice drivers, bus drivers, and other groups. To find out the laws in your state, download BLR’s chart of [State Restrictions on Cell Phone Use](#).

For employees who travel frequently for business, have them try the following strategies to prevent distracted driving while staying connected:

- When traveling away from the office, stop to check voicemail, email, and text messages at certain intervals, such as once every hour.
- Set up an automatic reply on your cell phone that informs those who attempt to contact you while you’re behind the wheel that you’re driving and will return their call or message as soon as you can.
- Place your cell phone and other devices that may be distracting out of reach of the driver’s seat.
- Assign a distinct ring tone to important business contacts. If you hear that ringtone when you’re driving, find a safe place to pull over and return the call.

Block out times you expect to be on the road in your calendar so that coworkers are less likely to attempt to contact you while you’re driving.

## SCI OSHA Compliance: OSHA General Industry Training Requirements

Source: <http://www.oshatraining.com>

Date:

Many standards promulgated by the Occupational Safety and Health Administration (OSHA) explicitly require the employer to train (or instruct, or communicate, or inform . . .) employees in the safety and health aspects of their jobs. Other OSHA standards make it the employer’s responsibility to limit certain job assignments to employees who are “certified,” “competent,” or “qualified” - meaning that they have had special previous training, in or out of the workplace. Also, the term “designated” personnel means selected or assigned by the employer or the employer’s representative as being qualified to perform specific duties.

The OSHA training requirements listed below have been excerpted from Title 29, Code of Federal Regulations (CFR), Part 1910 for General Industry. Some Administrative standards (Parts 1903 and 1904) apply to General Industry as well (see list at bottom of this page). Note that additional training requirements may appear in certain other consensus standards (ANSI, NFPA, etc.) incorporated by reference in the various parts of the OSHA CFR, and are therefore mandatory.

**NOTICE - IMPORTANT INFORMATION:**

- The OSHA training requirements listed on this website are only intended to provide users with a generic, non-exhaustive overview of the OSHA training requirements for specific standards-related topics. Most requirements for posting



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## April is Stress Awareness Month. Managing Stress - Five Points to Remember

### 1. Control what you can

- Once you perceive a stressor as out of your control, it has the potential of having a more significant impact on you.
- Signs and symptoms of stress may become more pronounced and there may be more adverse effects on your health.
- Thus, it is important to take control of what you can and to do so in positive ways.
- A good place to start is to manage your own response to the stressor by calming yourself down (see #4 below).

### 2. Choose the positive actions you will take

- The simple act of consciously choosing what you will do in response to the stressor can help you begin to take control in the stressful situation.
- Choose actions and coping strategies that are helpful and life affirming (see #'s 3, 4 & 5 below).

### 3. Change your negative thinking

- Catching and stopping your negative thinking is essential to stress management and overall emotional health.
- Once you've caught yourself thinking negatively, take a deep breath and replace the negative thought with more realistic thinking.

### 4. Practice deep breathing

- Deep breathing is possibly the single most important component of a stress management plan.

### 5. Increase your activity level

- Increasing physical activity is an excellent way to manage stress and improve your overall health. You may want to discuss this with your physician before beginning to exercise.
- There are many different ways to increase one's activity level, from aerobic exercise to yoga to simply doing household chores.
- It's important to choose something that is good for your body and fits your lifestyle.
- If you have any medical issues or health problems please consult with a physician before beginning an exercise program.

information, warning signs, labels, and the like are excluded from this information, as are most references to the qualifications of people assigned to test workplace conditions or equipment.

- This website is not the official or final authority to determine OSHA compliance responsibilities, which are set forth in OSHA standards themselves, and the Occupational Safety and Health Act of 1970. Because OSHA regulations are constantly being added, deleted, and/or revised, you must not rely on this website as the official or final authority of OSHA training requirements; refer to the official OSHA regulations available on OSHA's website (osha.gov).
- Moreover, because interpretations and enforcement policy may change over time, the reader should consult administrative interpretations and decisions by the Occupational Safety and Health Review Commission and the courts. This information is also available on the OSHA website (osha.gov).
- Some states have implemented their own OSHA-approved state plan OSHA program with regulations affecting employee training that could differ from Federal OSHA's, so consult your state regulations where applicable.
- In the absence of applicable training requirements for a particular work activity, hazardous substance, tool or piece of equipment or machinery, employers are encouraged to refer to manufacturers' recommendations for safety training, where available, as well as those listed in applicable voluntary consensus standards.

The information contained in this website is for informational purposes only, and should not be used to replace professional advice. Users of this website and their employers are responsible for how they choose to utilize this content, and OSHA Training Services Inc. assumes no liability for the use or misuse of the information contained herein.



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*In Loving Memory of Jessica Lehrke*

