

Driver Safety



UC ANR
Staff Meeting
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University of California
Agriculture and Natural Resources



Pre-discussion Pop Quiz

1. The number 1 cause of vehicle accidents is: **Distracted Driving**
2. The number 1 type of vehicle collision is: **Rear-End Collisions**
3. Drivers who use hand-held devices are _____ as likely to get into injury-producing crashes. **Four Times**
4. More than _____% of drivers admit to blatantly hazardous behavior. **80%**
5. You should keep a ___-___ second following distance from the vehicle in front. **3-4**
6. T/F – If you go into a skid, turn the wheel in the opposite direction of the skid. **False**
7. T/F – If you've had too much to drink, a couple of cups of coffee will sober you up. **False**



(Un)Safe Driving Statistics



- Driving may be the most dangerous thing we do each day
 - injured in vehicle every 18 seconds
 - 40,000+ die/yr in vehicle accidents, 110 daily
 - 35% of work-related fatalities involve motor vehicles (Source:BLS)
- Drivers who use hand-held devices are 4 times as likely to get into injury-producing crashes. (Source: Insurance Institute for Highway Safety)
- Using a cell phone while driving (whether it's hand-held *or* hands-free) delays a driver's reactions as much as having a blood alcohol concentration at the legal limit of .08%. (Source: University of Utah)
- 80% of all crashes and 65% of near crashes involve some type of distraction (Virginia Tech Study for the NHTSA)
- Brain activity used while driving decreases by 40% when a driver listens to conversation or music. (Center for Cognitive Brain Imaging at Carnegie Mellon University)
- More than 80% of drivers admit to blatantly hazardous behavior.:
changing clothes, steering with a knee, painting nails, even shaving



Distractions

What is Distracted Driving?

“any non-driving activity a person engages in that has the potential to distract him or her from the primary task of driving and increase the risk of crashing.”

Driving is a skill that requires your *focused* attention to safely control the vehicle and respond to events happening around you. Distractions are anything that takes your attention off the primary task of driving.



Distractions

There are 3 primary types of distractions:



Visual Distractions: Anything that takes your eyes off the road.



Manual Distractions: Anything that takes your hands off the steering wheel.



Cognitive Distractions: Anything that takes your mind off driving.

All distractions can be dangerous and life threatening; ***texting*** is one of the most dangerous because it involves all three types of distractions.



Distractions can lead to Risky Driving Behaviors

Other distractive activities include:

- Using a cell phone
- Eating and drinking
- Talking to passengers
- Grooming
- Reading, including map
- Using PDA or navigation system
- Watching a video
- Changing the radio station, CD, Mp3 player or other device
- Children and pets



Risky Behaviors – do you contribute?

Behavior Admitted	% of Drivers	Behavior Admitted	% of Drivers
Speeding	71	Carrying an unbelted passenger	23
Eating	59	Failing to properly maintain the vehicle	17
Using a cell phone	37	Reading	14
Running a red or yellow light	30	Driving aggressively	13
Not wearing a seat belt	28	Driving while drowsy	10
Failing to signal	26	Changing lanes without clear vision	7

Source: National Traffic Safety Test



Leading Causes of Collisions

Most frequent causes of accidents

- **Distractions!** Inattention to detail...#1 cause of accidents in America
- Speeding
- Following too closely
- Unsafe lane changes
- Driving too fast for conditions
- Failure to yield right-of-way
- DUI



Other contributing factors

- Road Conditions – weather related & physical
- Vehicle Maintenance – tire tread/pressure, brakes, head/tail lights

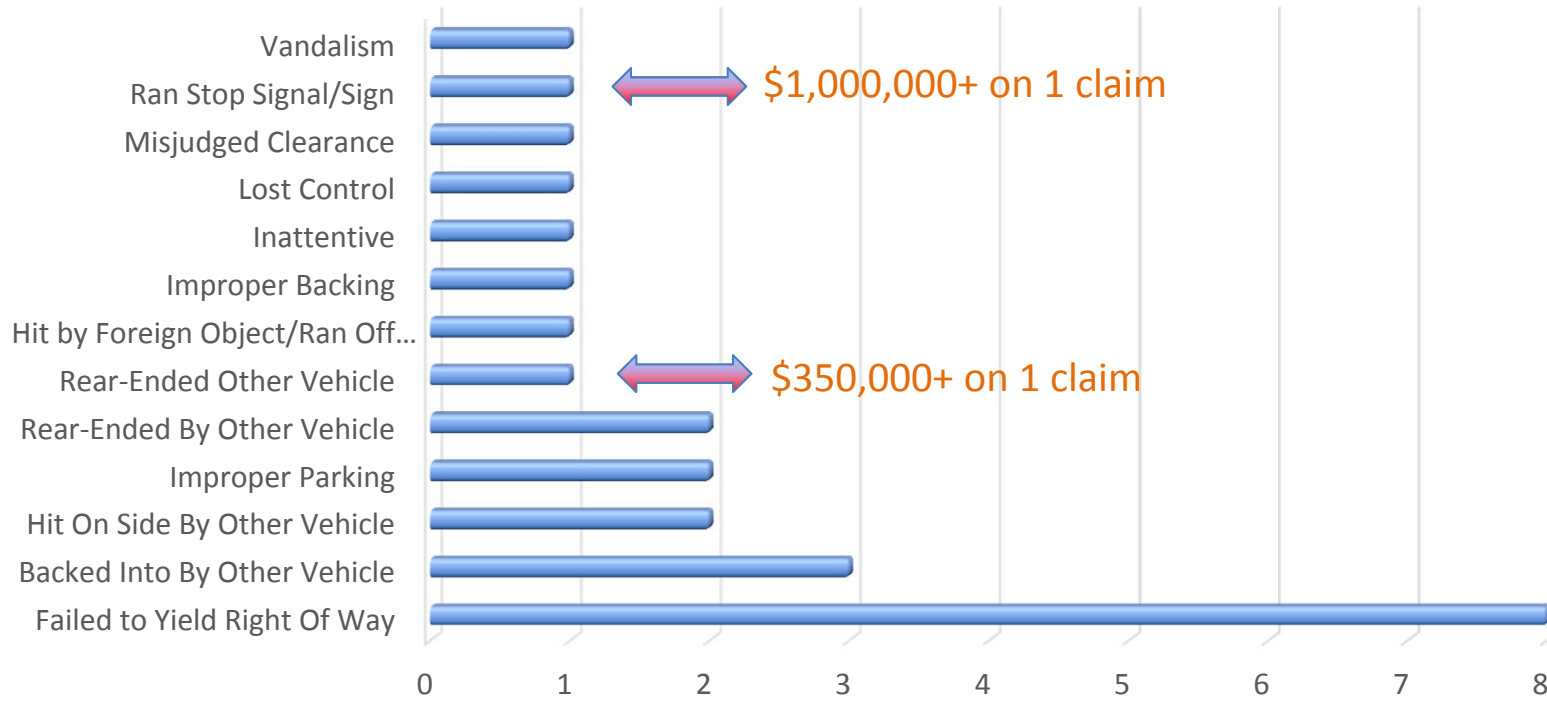
Rear-end Collisions are the leading type of vehicle accident

- ✓ Maintain a minimal 3-second following distance to react safely
- ✓ Breaking distance is 3-12X longer in poor weather conditions



Summary of ANR Auto Incident Claims

2009 to 2014 ANR Auto Incidents, by Cause



ANR Estimates:

- 380 vehicles assigned for use
- 5 accidents/yr resulting in ins. claim



Decrease Distractions & Drive Defensively

Being an Undistracted and Defensive Driver is the safest way to drive 😊

When drivers are undistracted, they are able to stay *focused* in the roadway and are *aware* of behaviors of *other drivers* on the road. These drivers drive defensively, pay attention, and expect the unexpected.

Defensive Driving is "driving to save lives, time, and money, in spite of the conditions around you and the actions of others." (National Safety Council & ANSI Z15.1 Safe Practices for Motor Vehicle Operations)



Safe Driving Precautions

Tips to Follow



10 Driver Safety Tips that Avoid Accidents


(Source: How Stuff Works)

✓ Avoid Distractions	✓ Keep your Vehicle Maintained
✓ Practice Defensive Driving	✓ Don't Speed
✓ Be Aware/Anticipate Others Actions	✓ Wear your Seatbelts
✓ Don't Follow Too Closely	✓ Don't Drive Drowsy
✓ Be Extra Cautious in Poor Conditions	✓ Don't Drink and Drive



Safe Driving Precautions

Safety Soup—Acronyms



BEFORE YOU "START UP" YOUR CAR:

- S**ecure loose objects
- T**urn off your cell phone
- A**llow enough travel time
- R**ead your fuel and fluid levels
- T**ake a moment to check the tire pressure
- U**se seat belts. Every person. Every time.
- P**roperly adjust your mirrors

Four 4's For Driving Safety

- Keep **4 Seconds** following distance
- Look **4 Seconds** before changing lanes
- Wait **4 Seconds** before pulling out from a stop sign
- Check **4 Times** to your left & right before pulling into traffic

KEEP YOUR EYES MOVING!

S.A.F.E.R

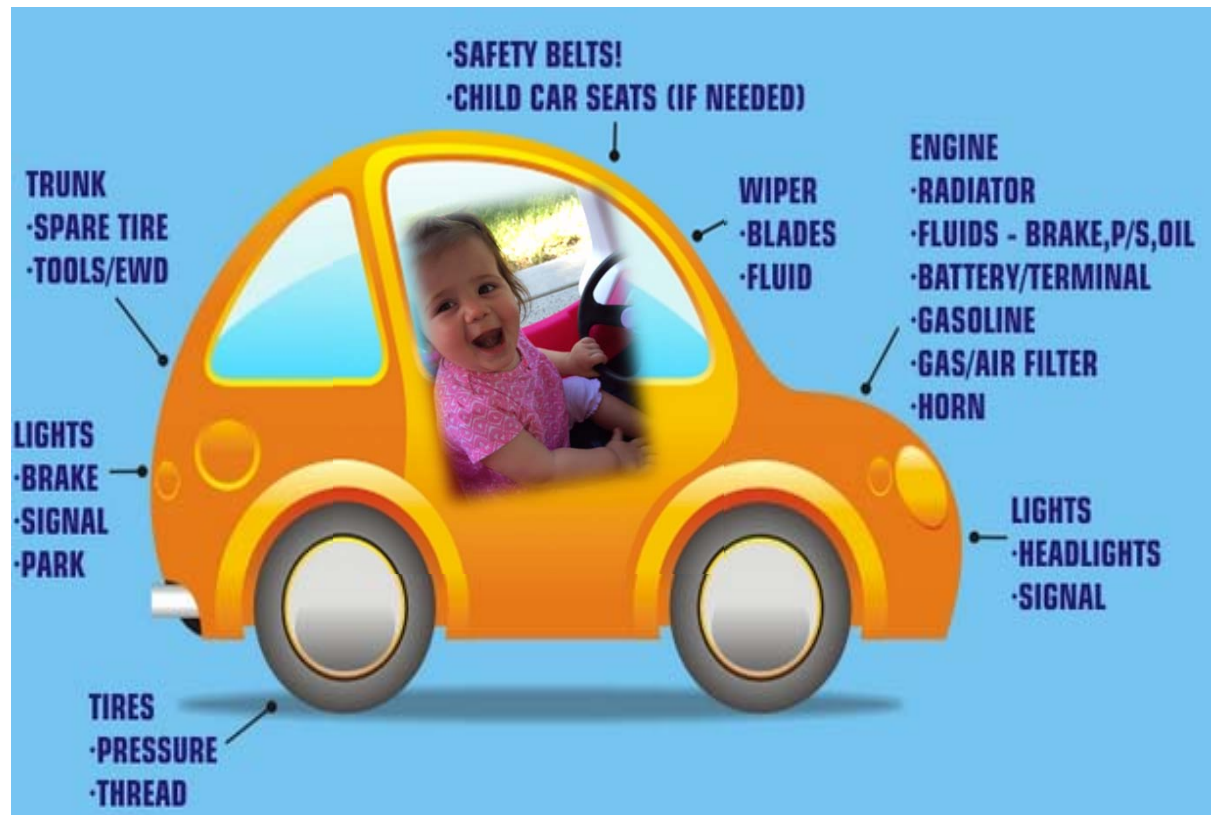
- S** SPACE
- A** ATTITUDE
- F** FORSIGHT
- E** EYESIGHT
- R** RESPONSIBILITY




Safe Driving Precautions

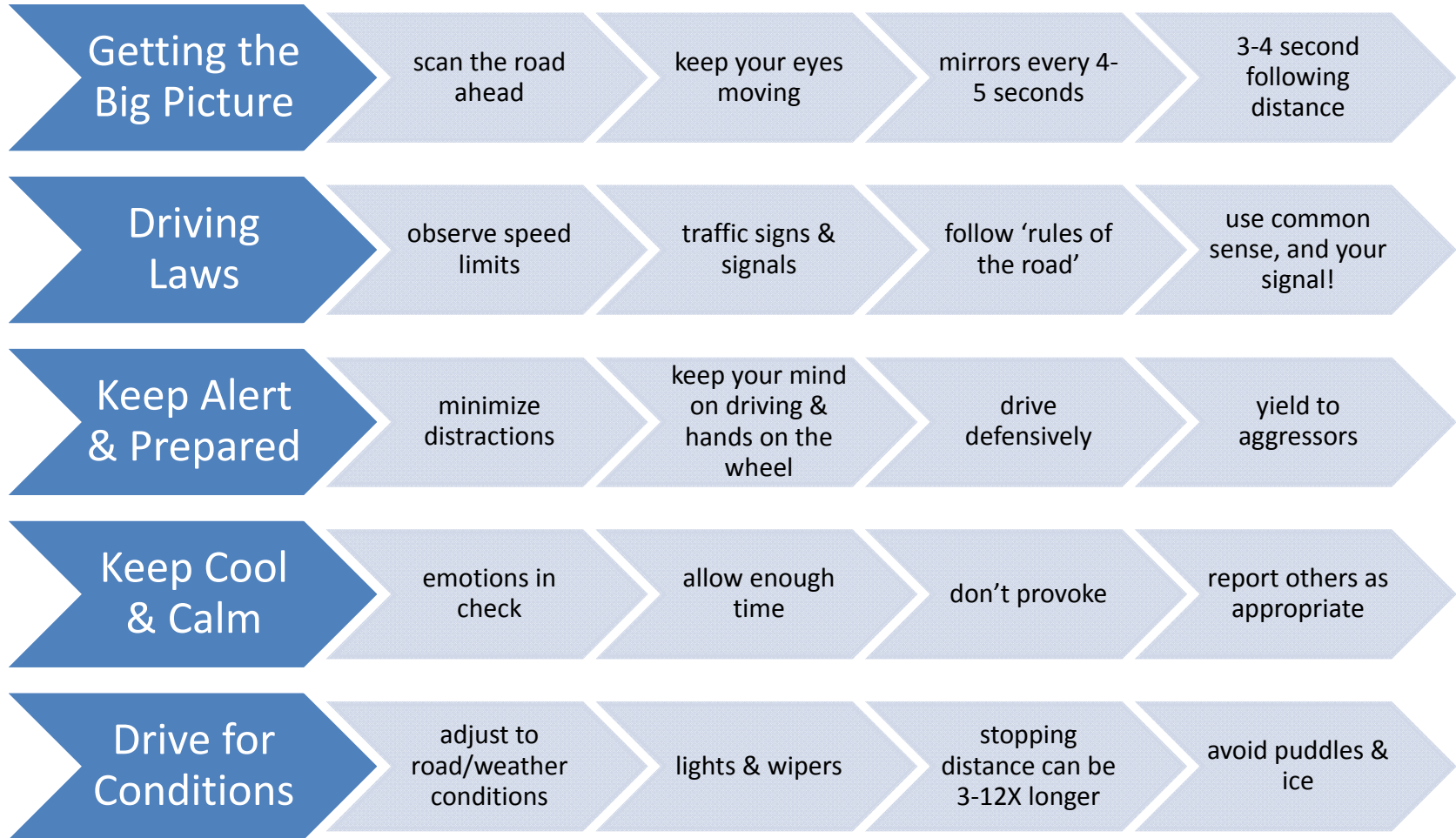
Pre-Trip Inspection & Walk Around

- Pre-trip Walk Around
 - windows, mirrors
 - lights, tires, fluids
- Inside the Vehicle
 - adjust to driver
 - check gauges
 - gas ½ tank full
 - settings in advance
- Prepare mentally
 - distractions minimal
 - mentally ready
 - stress/emotion/
attitude
 - drowsiness/fatigue



Safe Driving Precautions

The Bigger Picture



Safe Driver Resources:

ANR Driver Safety Webpage

- http://safety.ucanr.edu/Programs/Driver_Safety/
- Vehicle Insurance & Incident Reporting Packet
- Drive Safely Work Week Materials
- Safe Driver Resources
- Safety Notes
- Videos/Media for loan
- Safe Driver Training – *LMS courses, UCD login required*

Driver Safety

Employees and volunteers may be required to drive in support of University business. This page provides resources to help our drivers perform this task safely.

Incident Reporting and Insurance Information

Please keep this packet of information available in any University owned or leased vehicles: [Vehicle Insurance & Incident Reporting Packet](#)

Drive Safely at Work

The first week in October is the annual Drive Safely Work Week, but we should practice safe driving year round, on and off work. Please review the materials below, rate your personal risk, and take the pledge to Drive Focused.

Drive Safely Work Week Materials

- [Drive Focused](#)
- [Rate Your Risk](#)
- [Pledge to Drive Focused - Instructions](#)
- [Pledge to Drive Focused - Pledge Card](#)

Safe Driver Training Resources

In the United States there are 5.25 million driving accidents that take place per year. Over half of the accident results in some kind of injury or fatality. To help prevent UC related driving accidents we offer the following online driver safety training for your convenience. Though these courses are not required, it is highly recommended for employees who are required to drive in connection with their job.

Safe Driver Training (Note: a UCD Login Required for the following Training. If the direct links below do not work, go to <http://lms.ucdavis.edu> to enter the UC Learning Center, and search for "driver")

- Safe Driver Awareness [Start On-Line Course](#)
- Safe Driver: Commercial Driver Training [Start On-Line Course](#)
- Safe Driver: Distracted Driver Prevention [Start On-Line Course](#)
- Safe Driver: Driver-Supervisor Training [Start On-Line Course](#)
- Safe Driver: Green Driver Training [Start On-Line Course](#)
- Safe Driver: Introduction to Fleet Services [Start On-Line Course](#)
- Safe Driver: Safe Backing Practices [Start On-Line Course](#)
- Safe Driver: Trailer Safety [Start On-Line Course](#)
- Safe Driver: Van Operation [Start On-Line Course](#)

In addition to the online courses, the follow links provide additional driver safety information:

- [NHTSA Driving Safety](#)
- [NSC Driving Safety](#)
- [California Office of Traffic Safety](#)
- [California Driver Handbook](#)



Incidents while Driving ANR Fleet Vehicles



- There is a packet of information in each vehicle concerning insurance, incident reporting, and emergency services
- If you get in an **accident**:
 - You may provide the insurance certificate to the other driver or law enforcement.
 - If the vehicle cannot be safely driven, call the number on the Voyager card for roadside assistance.
 - Complete an Incident Report as soon as possible and submit to (Oristine) Linda Harris olharris@ucanr.edu
 - If you/another employee are injured, report injury to Staff Personnel Unit (SPU).
- Vehicle **breakdown**:
 - Call the number on the Voyager card for roadside assistance.
 - Voyager card may be used to pay for urgent repairs.

Note: County vehicles or vehicles rented from a campus have their own specific procedures.



Questions?



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