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## DANGEROUS DRIVERS

### The Nine Most Dangerous Things Drivers Do

**W**e all know distracted driving is dangerous, but what about other dangerous activities drivers do? An article from [Car and Driver](#) has nine answers to this question.

- 1. Driving under the influence:** Drunk driving causes accidents. Most traffic-related deaths are caused by drunk drivers. It's a well-known fact that alcohol impairs your ability to drive, and more importantly, to react. So, follow common-sense guidelines like taking a taxi or using a designated driver if you're planning a booze-fueled night on the town. Doing so can avoid tragic consequences. As laws governing the use of marijuana become relaxed in some places, it, too, has the potential to become a bigger part of the traffic-accident statistical mix. You may think you're good at driving high, but chances are that you aren't.
- 2. Driving tired:** Drowsy driving is every bit as dangerous as drunk driving. When your body needs sleep, it's going to get it, one way or another. People who insist on driving when they should stop for a rest will have slower reaction times and are likely to fall asleep at the wheel. Drivers who are sleepy or asleep tend to crash on high-speed roads, and they usually don't do anything to avoid the crash in the moments before impact. So, if you feel yourself nodding off, pull off the road and grab a few Z's someplace safe. You might get home later than planned, but that's a small trade-off for your safety and that of the drivers sharing the road with you.
- 3. Speeding:** Speeding is the second leading cause of traffic fatalities after drunk driving. According to a 2005 study by the Insurance Institute for Highway Safety, "The relationship between vehicle speed and crash severity is unequivocal and based on the laws of physics." The faster

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you are traveling when you crash, the more likely it is you'll be pulverized. The IIHS study also points out that the likelihood of a crash increases when a driver goes above or below the average speed on a given roadway, although this has less to do with absolute speed and more to do with discrepancies between the speeds of those on the road. When everyone travels at the same general speed, things are more predictable, and the road is safer as a result.

- 4. Distracted Driving:** You know the drill. Shave and/ or put your makeup on at home, and turn off the cell phone while you're driving. National Highway Traffic Safety Administration (NHTSA) estimates that there are 660,000 distracted drivers on the road most of the time.
- 5. Driving too fast for the weather conditions:** When the weather gets bad, slowing down is the best way to avoid an accident, even for highly trained drivers. This goes back to that physics thing. Unfortunately, not everyone gets that. All-wheel drive isn't an excuse for driving fast in inclement weather. When the road surface is slippery, a 3500- to 5000-pound vehicle will probably lose traction if you need to slow down in a serious hurry. According to the Federal Highway Administration, 24 percent of all vehicle crashes are weather-related. That's a good reason to slow down and leave a little space between your car and the one in front.
- 6. Drafting/hypermiling tractor trailers:** Yes, following closely behind a tractor trailer can increase your fuel economy. That doesn't mean you should do it. Drafting works for NASCAR drivers, so it makes sense that a 4000-pound car can "hide" in the low-pressure zone behind a 13-foot-tall, 80,000-pound big rig. Back in 2007, the TV show *MythBusters* even proved that it worked. But they also pointed out that following closer than 150 feet behind a truck is really dangerous. Even that distance gives a driver less than two seconds to react if the trucker suddenly slams on the brakes. Other things to consider are that truck drivers can't see what's directly behind them, and the relationship between trailer heights and car hood heights is a recipe for decapitation.
- 7. Reckless driving:** Reckless driving is a good way to cause a crash. This includes swerving, weaving in and out of traffic, passing on the right, accelerating and braking suddenly, and yes, driving slowly in the left lane on the freeway, among other things. This goes



back to predictability. If your movements in traffic are drastically different than those of other drivers, you're more likely to cause an accident.

- 8. Not wearing a seatbelt:** According to NHTSA, seatbelts saved more than 75,000 lives between 2004 and 2008. Airbags certainly make cars safer, but they're designed to work in conjunction with seatbelts, which help prevent passenger ejection during high-speed crashes and rollovers. Really, putting on a seatbelt is such an easy thing to do, it's almost incomprehensible that everyone doesn't wear them. Also, consider that many accidents occur at low speeds near home, so even if you're "just running down the street" on a quick errand, you need to buckle up. It matters.
- 9. Failure to yield the right of way:** One of the leading causes of accidents, hands down, is failure to yield the right of way. The Insurance Institute for Highway Safety says that it's the top cause of accidents among drivers aged 70 and older, particularly on freeway merge ramps. In *Uncommon Carriers*, his book about long-haul truckers, John McPhee points out that space cadets in the merge lane are a constant source of teeth-grinding anxiety for the people driving 80,000-pound big rigs. Another facet of failure to yield that's more prevalent in cities is running stop signs and red lights. Drivers coming from other directions expect the intersection to be clear when the light on their end turns green. Once again, predictability is good. ❖

## SafetySmart

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## ABOUT US



## POLICIES AND PRACTICES

# Model Cell Phone Use Policy

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### How to Use This Tool:

Adapt this model to fit your company's policies and any applicable cell phone use regulations.

- 1. Purpose:** The purpose of this policy limiting the use of cell phones and other devices while at work is to protect you. Inappropriate use of communication devices at work can cause injuries because it's distracting and may interfere with the proper and safe use of equipment. Devices and headphones or wireless ear pieces may also get tangled in machinery or interfere with the proper and safe use of personal protective equipment.
  - 2. Devices Covered:** The devices covered by this Policy include cell phones, pagers, two-way radios and other wireless devices, whether owned by the Company or the individual worker (collectively referred to as "Devices").
  - 3. Persons Covered:** This Policy applies to workers, contractors, consultants, temporary workers and other workers at the Company, including all personnel affiliated with third parties working at Company facilities.
  - 4. Activities Covered:** The rules set out in this Policy apply to all work-related activities, including but not limited to driving to and from work and to conduct job-related activities, whether such vehicles are owned by the Company or the worker. The Policy applies to all conversations, whether personal or business-related.
  - 5. Prohibited Uses:**
    - a. *General.* While in the workplace during work hours, workers are expected to focus on work and may not inappropriately use any Device in the workplace for any inappropriate purposes, including but not limited to:
      - i. Engaging in personal conversations;
      - ii. Playing games;
      - iii. Surfing the internet;
      - iv. Checking e-mail; and
      - v. Sending or receiving text messages.
    - b. *Driving.* While operating a vehicle, workers may not answer a communication device unless and until they pull over in a safe spot (or let a passenger answer the call). If it's urgent, workers may accept or return the call, if they remain parked off the roadway. They may not resume driving until their conversation is over. Workers may not make outgoing calls while driving. If workers need to place a call, they must first pull over in a safe spot.
  - 6. Permitted Uses:** Workers may use Devices while they're not working in the following designated areas [*insert designated areas such as the company's break room, lunch room and offices*]. Use of hands-free devices while driving is not permissible.
  - 7. Violations:** Workers who violate this policy will be subject to disciplinary measures up to and including dismissal, depending on the circumstances.
- I have read and will abide by the terms of this Policy regarding the use of communication devices at work.
- Name (printed):  
\_\_\_\_\_
- Signature:  
\_\_\_\_\_
- Today's date:  
\_\_\_\_\_
- Witness:  
\_\_\_\_\_
- Today's date:  
\_\_\_\_\_

## SCORECARD

## Recent OSHA Cases &amp; Fines

## REGION 2

**OSHA proposes nearly \$89K penalty after finding concrete manufacturer again exposed workers to airborne silica.** On Jan. 4, 2017, OSHA issued citations for one repeat and two failure-to-abate violations. OSHA conducted an inspection on July 19, 2016, as a follow-up to the settlement of citations the company received in 2013. The agency issued citations to County Concrete in 2013 for 18 safety and health violations, and assessed \$153,900 in penalties. The agency cited the repeated violation because the company again failed to conduct annual tests to ensure that respirators fit employees properly while they were cleaning concrete mixers. Silica exposure can cause serious illnesses and damage to the respiratory system. The failure-to-abate violations involved the company's failure to:

- Develop and implement a written respiratory protection program for employees required to wear respirators during concrete mixer cleaning operations
- Provide medical evaluations for employees required to wear respirators to determine their ability to use them without their health being compromised.

These violations also were previously cited on Sept. 30, 2013.

Quote: "Our follow-up inspection found that two County Concrete employees were exposed to silica above the permissible limit as they cleaned concrete mixers. In 2013, OSHA cited this company for these same hazards," said Kris Hoffman, director of OSHA's Parsippany Area Office. "Employers must bear the responsibility of fully complying with respiratory protection requirements to protect the safety and health of their workers."

Proposed penalties: \$88,544 [*County Concrete Corp., East Orange, NJ, Jan. 14, 2017*]

## REGION 3

**OSHA fines Pennsylvania hospital \$32K for exposing employees to workplace violence, other hazards.** On Jan. 11, 2017, the U.S. Department of Labor's Occupational Safety and Health Administration issued citations for four serious violations. OSHA began its inspection on July 11, 2016, after receiving a complaint alleging that employees were exposed to workplace violence, and were not provided with clear access to restrooms. OSHA cited the hospital under the OSH Act's General Duty Clause for exposing employees to the hazard workplace violence after the investigation found the facility had a number of incidents in which violence was committed by patients against employees. Incidents included employees being punched, bit, scratched, grabbed and hit with objects, resulting in serious injuries. In addition, the employer received citations for failing to provide personal protective equipment, allow bathroom access, and establish a comprehensive bloodborne pathogen program, failure to provide annual training and deficiencies in the content of the bloodborne pathogen training.

Quote: "Documented reports of violent incidents at this hospital reflect a lax approach to workplace safety. The hospital must take immediate action and put in place effective measures so that the hospital's employees can work safely," said Jean Kulp, director of OSHA's Allentown Office."

Proposed penalties: \$32,158 [*BHC Northwest Psychiatric Hospital LLC, Fort Washington, PA, Jan. 17, 2017*]

## REGION 4

**Atlanta-based paper, plastic recycler exposes workers to fire, explosion, machine guarding hazards; OSHA proposes \$133K in penalties Employer cited for 21 serious safety, health violations.** The U.S. Department of Labor's Occupational Safety and Health Administration issued citations to Nemo Plastics for 21 serious and three other-than-serious safety and health violations. The inspection was initiated after the agency received a complaint. OSHA issued the serious citations for:

- Exposing workers to explosion and fire hazards by allowing combustible dust to accumulate.
- Failure to provide employees personal protective clothing.
- Failure to implement a hazardous energy control program to prevent machinery from starting up during maintenance and servicing.
- Failure to evaluate spaces such as silos to determine if they were permit-required confined spaces.
- Exposing workers to amputations hazards due to missing machine guards.
- Failure to develop a noise monitoring program.

The other-than-serious violations include exposing workers to electrical hazards, not providing Appendix D for employees using respirators and failing to post combustible dust warning signs to inform employees of the fire and explosive hazards associated with combustible dust. Proposed penalties: \$133,443 [*Neo Plastics, Gainesville, GA, Jan. 5, 2017*]

## REGION 5

**OSHA cites Ohio railroad parts manufacturer after follow-up inspection finds workers remain exposed to machine, fall hazards.** A follow-up inspection by OSHA found a casting and foundry facility operator continues to expose workers to machine and fall hazards at its Coshocton plant. On Jan. 17, 2017, the agency issued SanCasT Inc. three repeated, and four serious safety violations carrying proposed penalties of \$235,879. The agency cited the company for similar violations in both 2013 and 2014.

Quote: "Companies cited repeatedly for the same safety violations demonstrate a lack of concern for employee safety," said Larry Johnson, OSHA's area director in Columbus. "Manufacturing facilities need to take a hard look at machinery operations, guarding and safety training to protect employees from injuries on the job."

In its inspection, OSHA found the company:

- Failed to develop and implement adequate lockout/tag out procedures and periodically inspect such procedures.
- Exposed workers to live electrical contacts.
- Did not install machine guards.
- Exposed workers to fall hazards because guardrails lacked a top rail and floor holes were not covered.

Proposed penalties: \$235,000 [*SanCasT Inc., Coshocton, OH, Jan. 18, 2017*]





## FOCUS ON

# Tips for Safe Driving in Work Zones

**W**ork zones are dangerous, and too often deadly, work areas. Following these 10 tips could save a life.

1. In any work zone along any road, major or minor, expect the unexpected. Normal speed limits may be reduced, traffic lanes may be changed, and people and vehicles may be working on or near the road.
2. Obey warning signs - they are posted in advance of road construction projects to give you time to follow their instructions to merge, slow down or stop.
3. Stay alert and minimize distractions. Dedicate your full attention to the roadway and resist the temptation to get on your cell phone or engage in other distracting behaviors while driving through a work zone.
4. Stay calm. Work zones aren't there to personally inconvenience you. They're necessary to improve the roads for everyone.
5. You may see flashing arrow panels or "lane closed ahead" signs. Merge as soon as possible. Don't zoom right up to the lane closure, then try to barge in - if everyone cooperates, traffic moves more efficiently. Motorists can help maintain traffic flow and posted speeds by moving to the appropriate lane at first notice of an approaching work zone.
6. Slow down when the signs say to. Speeding is one of the leading causes of work zone related crashes so slow down and take your time.
7. The most common crash in a highway work zone is the rear-end collision, so remember to leave at least two seconds of braking distance between you and the car in front of you. The amount of space required to provide two seconds of stopping time will increase the faster you're driving!
8. Keep a safe distance between your vehicle and traffic barriers, trucks, construction equipment and workers. Just like you, highway workers want to return home safely after each day's work.
9. Just because you don't see the workers immediately after you see the warning signs doesn't mean they're not out there. Some work zones - like line painting, road patching and mowing are mobile, moving down the road as the work is finished. Observe the posted signs until you see the one that states you've left the work zone.
10. Highway agencies use many different and varying ways to inform motorists about the location and duration of major work zones. Often, the agencies will suggest a detour to help you avoid the work zone entirely. Plan ahead, and try an alternate route.



Source: U.S. Department of Transportation, Federal Highway Administration ❖

### NEWS YOU CAN USE

#### US Labor Department Proposes Delay to Beryllium Rule Effective Date

The U.S. Department of Labor has announced a [proposed delay](#) in the effective date of the rule entitled [Occupational Exposure to Beryllium](#), from March 21, 2017, to May 20, 2017.

The announcement follows a [White House memorandum](#), entitled "Regulatory Freeze Pending Review," issued Jan. 20, 2017, that directed the department to undertake a review of any new or pending regulations and temporarily postpone the date that they would take effect.

The proposed delay will allow the [Occupational Safety and Health Administration](#) an opportunity for further review and consideration of the rule, in keeping with the White House memorandum. OSHA published the final rule on Jan. 9, 2017, and, in response to the memorandum, previously announced

the effective date would be postponed to March 21, 2017. In its review process, OSHA has preliminarily determined that it is appropriate to further delay the effective date to May 20, 2017, for additional review into questions of law and policy. The proposed extension of the effective date will not affect the compliance dates of the beryllium rule.

#### Employers Reminded to Post Injury and Illness Summaries through April

OSHA reminds employers of their obligation to post a copy of [OSHA's Form 300A](#), which summarizes job-related injuries and illnesses logged during 2016. The summary must be displayed from February through April in a common area where notices to employees are usually posted. Businesses with 10 or fewer employees and those in certain low-hazard industries are exempt from OSHA recordkeeping and posting requirements. OSHA is not accepting electronic submissions of injury and illness logs at this time. Updates will be posted to the [recordkeeping webpage](#).

## PICTURE THIS

## What's Wrong with this Buffer Zone?



As the weather starts to get warmer, more road construction projects will be popping up. In addition to the “usual” safety hazards such work can pose, workers are also at risk of being struck by passing motorists. That’s why it’s important to have adequate safety measures in place to protect them while they’re working by or on roads and highways.

This picture from [elcosh](#) shows workers repainting arrows on what seems to be a fairly busy street. They’re wearing high-visibility vests and have set up cones around their work area. But the buffer zone they’ve created doesn’t provide adequate space between them and traffic. These workers were fortunate that they didn’t get hurt. But other workers have paid with their lives for inadequate traffic control measures. ❖

## NEWS YOU CAN USE

## National Safety Stand-Down to Prevent Falls set for May 8-12

Employers and workers are invited to participate in the fourth annual [National Safety Stand-Down](#) to prevent falls in construction, to be held May 8-12. Sponsored by OSHA, the National Institute for Occupational Safety and Health and CPWR—The Center for Construction Research and Training, the week-long outreach event encourages employers and workers to pause during the work day to talk about fall hazards and prevention.

Falls are the leading cause of death in the construction industry—accounting for 37 percent of fatalities industry-wide. In past years, more than 1 million workers, public and private sector employees and small and large businesses, participated in events.

The event has recently expanded to include industries beyond construction. For more information on how to join in this year’s stand-down, access free training and education resources in English and Spanish, and receive a personalized certificate of participation, visit [OSHA’s webpage](#).

## SEVEN STATISTICS

## Deadly Driving

**D**istracted driving is a safety concern for employers whose workers drive on the job because you don’t want your employees injured or killed in car accidents caused by distracted drivers. In addition, employers can be held liable for distracted driving accidents caused by their employees.

Check out these seven deadly driving statistics.

1. At any given daylight 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 ([NOPUS](#)), and every day in the U.S., more than **eight people** are killed in crashes reported to involve a distracted driver. (<http://www.cnn.com/2016/09/02/health/gallery/distracted-driving-statistics>)
2. Distracted Driving is now the number one risk on Canadian roads contributing to **8 in 10** collisions. (<https://rates.ca/distracted-driving-infographic>)
3. When you text while driving, the time that you spend with your eyes off the road increases by about **400%**. So, it’s no surprise that texting and driving is **six times** more likely to get you in an accident than drunk driving. That’s right, it is safer for someone to get wasted and get behind the wheel than to text and do it. ([Distracted Driver Accidents.com](#))
4. Reading a text message while driving distracts a driver for a minimum of **five seconds** each time. 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. This means that the chances of an accident occurring while reading a text is extremely high. ([2009, VTTI](#))
5. It takes an average of just **three seconds** after a driver’s mind is taken off the road for any road accident to occur. This is the bare minimum amount of time it takes, and it is surprisingly small. Three seconds is the time it takes to turn your ignition when starting your car. ([Distracted Driver Accidents.com](#))
6. The chances of a crash because of any reason is increased by **23 times** when you are texting. Even if the crash is another driver’s fault, you will probably have been able to avoid it if you had been looking at the road instead of the phone. ([Distracted Driver Accidents.com](#))
7. Driver distraction is a factor in about **4 million** motor vehicle crashes in North America each year. ([http://www.gov.pe.ca/photos/original/WI\\_ConKitDriver.pdf](http://www.gov.pe.ca/photos/original/WI_ConKitDriver.pdf)). ❖