



**HABACA Builder Safety
Committee Driving Safety Awareness
July 2022**

Initiative & Stand Down Kit July 2022

Suggested Discussion Materials, Action Items & Event Schedule

The HBACA is excited to announce that **July is Driving Safety Awareness Month.**



Elements of the Kit:

Suggestions for Implementation: A summary of the game plan for April's HBACA Safety Committee Monthly Awareness Initiative and Group Stand Down Event, the week of **July 18th**, with some "added touches" you may want to consider.

Tool Box Topics

Tool Box Talk #1 Distracted Driving at Work– This Tool Box Topic from The National Institute for Occupational Safety and Health (NIOSH) covers driving distractions, types of distractions and what we know about distracted driving at work.

Resource: [Distracted Driving at Work | NIOSH | CDC](#)

Tool Box Talk #2 Driver Fatigue on the job– This Tool Box Talk covers what we know about driver Fatigue and how to prevent it as an employer and worker

Resource: [Driver Fatigue on the Job | NIOSH | CDC](#)

Tool Box Talk #3 Job Site Vehicle Best Practices

Resource: Phoenix Job Conduct Document

[eTool : Construction - Struck By - Vehicle Inspection | Occupational Safety and Health Administration \(osha.gov\)](#)



[Hands Off | Arizona Department of Public Safety \(azdps.gov\)](http://azdps.gov)

Tool Box Talk #4 Build a motor vehicle safety program to keep workers safe on the road–

Resources [ADOT launches distracted driving awareness campaign | ADOT \(azdot.gov\)](http://azdot.gov)

Distribution Network:

Committee Member Field Employees and, at each member builder's discretion, their Trade Partners. Builders are encouraged to distribute these accordingly and organize brief safety meetings/discussion sessions throughout their communities.

Distribution/Implementation Dates:

All Committee Builders are asked to join us in our **Driving Safety Awareness** campaign the Week of **July 18th, 2022**. In addition, feel free to break out the training topics over the four weeks of July.



PRESENTED BY:



HBACA Builder Safety Committee

Driving Safety
Awareness Month
Implementation

Let's Go!

As we've discussed in our recent meetings, one goal of the HBACA Builder Safety Committee is to coordinate a monthly safety initiative that heightens awareness of a critical residential construction safety issue. To implement this program member-companies team up and take turns spearheading each monthly initiative. For this month's initiative, we take on **Driving Safety Awareness**. We hope you are as passionate as we are, about this vital topic!



The Game Plan



For **July 2022**, we've prepared Tool Box Talks for distribution and implementation to our committee membership and their field staff. We encourage you to distribute this information to all field staff. Our resource section contains hyperlinks to additional information that can be accessed via the internet.

We have divided the topic into four segments. This will allow a different Tool Box Talk each week for the month of **July**. Your **Driving Safety Awareness Stand Down** can be presented as one main event the week of **July 18th** or divided among the four weeks.

Objectives of Stand Down Event

- The week of **July 18th, 2022**, all Committee Builders will speak with one voice simultaneously in unison sending a consistent message to all our collective employees and trades –**Driving Safety Awareness** is important! **YOU ARE IMPORTANT!**
- Send a message to all who participate: “Arizona Builders care about safety and take action to prevent injuries!”
- Set the tone for upcoming planned Monthly Safety Initiatives.

Additional Suggestions to Consider

- Distribute and post the Stand Down Event Posters in all your locations starting July 5th, 2021.
- Consider posting copies not only in your Construction Offices but also in key locations throughout your communities where workers will see them – Examples: J-John doors, storage sheds, on existing lot or safety signs, etc.
- Have your CMs ask the lunch truck drivers to post them on their trucks.
- LET’S GET THE WORD OUT THERE!
- Prior to distributing Tool Box Talks, print them on card stock or have them laminated so that they’re not just a “throw-away item.”
- Make food part of the Stand Down Event! Pizzas, Burritos, or a barbecue with cold beverages (Gatorade, water, squenchers etc.) goes a long way towards relationship building. Spending \$50 or \$100 per community is money well spent!
- Turn the event into a Safety/Holiday/New Year/Trade Partner Appreciation celebration!

Members are reminded that this information is offered for educational purposes only and is not intended to serve as the total project safety program or as a substitute for federal, state, or local laws and regulations.

Tool Box Talk #1 Distracted Driving at Work:

MOTOR VEHICLE SAFETY AT WORK

Distracted Driving at Work



Distracted driving occurs any time you take your eyes off the road, hands off the wheel, and mind off your primary task: driving safely. Any non-driving activity you engage in is a potential distraction and increases your risk of being involved in a motor vehicle crash.¹ Workers in many industries and occupations spend all or part of their workdays on the road. One study showed that compared with other drivers, those who were at work were more likely to be in a hurry to reach their destination, think about work, be tired, or use a cell phone.²

Eyes off the road



- Reading a text message
- Looking up directions
- “Rubbernecking” (i.e., craning one’s neck to get a better view) at a crash site

Why are phones so distracting?³



Talking and texting on a phone are driving distractions. Texting while driving is especially dangerous because it combines all three types of distractions. Hands-free phones are not the solution. Research shows that they are just as distracting as handheld phones.

Your brain has a limited capacity for attention. Any non-driving task you perform while behind the wheel reduces the amount of attention available to you for detecting and reacting to potential dangers on the road. The less attention you give to driving, the greater the chance you will be involved in a crash. A worker who is driving a motor vehicle while negotiating a complex or contentious business deal over the phone at the same time is giving neither task the attention it deserves.


What do we know about distracted driving?

- Research has shown that drivers who are using cell phones may be looking at but failing to see up to 50% of the information in their driving environment. Usually, the driver's "field of view" is narrowed to what is directly in front of them. As a result, the missing 50% of information may include a stop sign, a stopped vehicle, or a child.³
- In 2019:⁴
 - 15% of all motor vehicle traffic crashes in the United States involved distraction
 - 3,142 people died in crashes involving a distracted driver
 - 566 non-occupants (e.g., pedestrians and cyclists) died in a crash that involved a distracted driver
- At any given time in 2019, an estimated 2.9% of all drivers on the road were visibly using a handheld device – a 0.8% increase from 2018.⁵
- Research suggests that distraction is present during 52% of normal driving. Common distractions are: interacting with an adult or teen passenger (15%), using a cell phone (6%), and using systems such as climate control and radio (4%).⁶
- On average, a non-fatal injury crash at work that involves distraction costs the employer \$100,310.⁷

How can you prevent distracted driving at work?

Employers:

Employers: Use the following recommendations to prevent distracted driving.^{8,9}

- Ban all phone use (texting, handheld, hands-free) while driving a company vehicle and ban use of company-issued phones while driving a personal vehicle.
- Require workers to pull over in a safe location to look up directions, text, or to make or receive a call.
- Consider using phone-blocking [technology](#)  to limit workers' cell phone use while driving.
- Consider using technology that detects and warns drivers of distracted driving behaviors (such as cameras that detect when eye gaze is not on the road).
- Prepare workers before implementing these policies by communicating:
 - That driving is their primary job when they are behind the wheel
 - How distracted driving puts them at risk of a crash
 - What they need to do to comply with your company's policies
 - What action you will take if they do not follow these policies
- Consider having workers acknowledge that they have read and understand these policies.
- Provide workers with information to help them talk to their family about distracted driving.

Workers:

- Do not use your phone while driving.
- Pull over in a safe location to look up directions, text, or to make or receive a call.
- Make necessary adjustments (e.g., adjust controls, program directions) to your car before your drive.
- Do not reach to pick up items from the floor, open the glove box, or try to catch falling objects in the vehicle.
- Avoid emotional conversations with passengers, or pull over in a safe location to continue the conversation. For normal conversation, passengers in the vehicle can often help lower crash risk for adult drivers.
- Focus on the driving environment — the vehicles around you, pedestrians, cyclists, and objects or events that may mean you need to act quickly to control or stop your vehicle.



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Distracted Drivers



Fearless people are all around us. Handlers of venomous snakes. Rodeo bullfighters. Electrical linemen who do repairs from the sky. But there's one thing that terrifies these brave souls: distracted drivers.

The Arizona Department of Transportation launched the public awareness campaign “Distracted Drivers Terrify Me” in 2020 because 100% of distracted driving crashes are preventable. The campaign aims to influence and change driver behavior, resulting in fewer drivers engaging in terrifying distractions and making roads safer for everyone.

Resources

[Arizona DPS: Distracted Driving](#)
Information about Arizona's distracted driving law.

[Arizona Motor Vehicle Crash Facts](#)
Annual reports with statewide crash data.

[FocusOnDriving.com](#)
ADOT's website with safe-driving resources.

Emmy Award winning campaign

ADOT's video series of “Distracted Drivers Terrify Me” public service announcements won the agency's first Rocky Mountain Emmy.



The campaign has been broadcast across Arizona on radio and television more than 32,000 times.

The Rocky Mountain Emmys are awarded by the National Academy of Television Arts and Sciences' Rocky Mountain SW Chapter.

Video's for ADOT Campaign:

<https://azdot.gov/terrify>

Arizona Motor Vehicle Crash Facts:

[Arizona Motor Vehicle Crash Facts | ADOT \(azdot.gov\)](#)

Did You Know?

Most fatal and injury crashes and incidents are totally preventable! Simply fastening a safety belt, slowing down, wearing a helmet or waiting to send a text message can be the difference between life and death or a lifetime with a painful or debilitating injury. Through Driving Safety Home, ADOT strives to enhance awareness of transportation safety and remind everyone to make it a priority.

Arizona at a Glance – 2020

- Approximately **2.89** persons were killed each day.
- One person was killed every **8** hours and **17** minutes.
- There were **113** persons injured every day.
- One person was injured every **12** minutes and **45** seconds.
- Alcohol Related crashes accounted for **4.56%** of all crashes and **16.80%** of all fatal crashes.
- Of all alcohol related crashes, **82.65%** occurred in Urban areas and **17.35%** occurred in Rural areas, while **68.71%** of all alcohol related fatal crashes occurred in Urban areas and **31.29%** occurred in Rural areas.
- Single vehicle crashes accounted for **17.99%** of all crashes and **32.37%** of all fatal crashes.
- Of all Pedestrian crashes, **15.23%** were fatal while **3.98%** of Pedalcycle crashes were fatal.
- Crashes which occurred during daylight hours (6:00 a.m. to 6:00 p.m.) accounted for **70.0%** of all crashes.
- Motor vehicle crashes resulted in **\$17.193** billion in economic losses to Arizona.
- Children age 14 and younger accounted for **41** fatalities and **2,104** injuries in motor vehicle crashes.



HANDS OFF

It is **illegal** in Arizona to talk or text on a cellphone while driving unless the device is in a hands-free mode.

This law prohibits drivers from using a cellphone or a stand-alone electronic device while driving unless it is being used in a hands-free mode. This includes, but is not limited to, cell phones, tablets, music and gaming devices.

A "stand-alone electronic device" is a portable device other than a portable wireless communication device that stores audio or video data files to be retrieved on demand by a user.

It will be against the law, while driving, to:

1. Hold or support a device with your body.
 - A. This includes, but is not limited to, in your hands and perched on your shoulder.
2. Read, write or send a message via any portable wireless communication device.
3. Scroll through social media, watch videos, record videos, or any other use of the device that causes a distraction and requires use of your body.



You will be allowed to:

1. To engage and disengage a function on the device such as GPS route start and answering or ending a call.
2. Talk on the portable wireless communication device with an earpiece, headphone device, or device worn on the wrist to conduct a voice-based communication.
3. Use a device for navigation of the vehicle.
4. Use a device in an emergency situation to summon help or report a crime.



There are exceptions to the law, including emergency responders, people in an emergency situation or alerting first responders to an emergency situation or crime. Additionally, the law does not apply to radios, citizen band radio, citizens band radio hybrid, commercial two-way radios, subscription-based emergency communication devices, prescribed medical devices, amateur or ham radio devices, or in-vehicle security, navigation or remote diagnostics systems.

Use the Driving Focus on your iPhone to concentrate on the road

With iOS 15, the Driving Focus helps you stay focused on the road. When you turn it on, text messages and other notifications are silenced or limited.

When you have the Driving Focus set up, you can [ask Siri to read replies to you](#), so you don't have to look at your iPhone. Incoming calls are allowed only when iPhone is connected to CarPlay, a car Bluetooth system, or a hands-free accessory.

Tool Box Talk #2 Driver Fatigue on the job:


Driver Fatigue on the Job



Whatever the source – lack of or poor-quality sleep, long hours of work or driving, shift work, stress, or sleep disorders – fatigue affects your ability to drive safely. Driver fatigue is a major workplace safety risk. The good news: a fatigue risk management system can help employers and workers to reduce the risks of driver fatigue.

- As many as one in five fatal crashes in the general population involve driver fatigue.¹
- Companies use an FRMS to promote alertness among workers, identify fatigue-prone tasks, and lessen fatigue and its potential consequences.²
- After 17 consecutive hours awake, impairment is equivalent to having a blood alcohol content (BAC) of .05. After 24 hours awake, impairment is equivalent to a BAC of .10.³
- A survey of the U.S. workforce found that 37% of workers got less than the recommended minimum of 7 hours of sleep.⁴
- Most adults need 7 to 9 hours of sleep each day.⁵

Employers: How can you prevent driver fatigue on the job?

- Use a fatigue risk management system (FRMS) to promote alertness among workers, identify fatigue-prone tasks, and lessen fatigue and its potential consequences.² [Here's what you need to know before starting an FRMS and how to manage fatigue using the fatigue-risk chain.](#)
- Set policies for maximum numbers of overtime hours and consecutive shifts.
- Monitor compliance with [federal hours-of-service regulations](#)  for drivers covered by them.
- Ensure sufficient staffing levels across operations, factoring in the inevitable absences that occur due to vacation days, sickness, and turnover.
- Implement a workplace sleep disorder screening/management program.
- Provide worker training on sleep health and fatigue management.
- Allow for rest breaks and napping during extended work shifts.
- Give supervisors and workers fatigue-symptom checklists and encourage self-reporting.
- Encourage peer monitoring of fatigue symptoms among co-workers.
- During incident investigations, collect data on sleep history of workers involved, hours worked leading up to the incident, time of day, and hours of driving.
- Review data from in-vehicle monitoring technologies to detect signs of possible fatigue episodes, such as lane departures.
- Consider using physiological measurement (e.g., wearables such as instrumented wristbands and sunglasses) to monitor driver fatigue.
- Train incident investigators to assess the role of fatigue in incidents and near-miss incidents.
- Communicate the following to workers:
 - Get enough sleep (7-9 hours each day). If fatigue persists after adequate sleep, get screened for health problems that may be affecting your sleep, such as sleep apnea.
 - If you feel fatigued while driving: pull over, drink a cup of coffee, and take a 15-30 minute nap before continuing (research shows it works!).

Workers: How can you prevent driver fatigue on the job?

- Plan your off-duty activities to allow enough time for adequate sleep.
- Get enough sleep (7-9 hours each day). If fatigue persists after adequate sleep, get screened for health problems that may be affecting your sleep, such as sleep apnea.
- Create a sleeping environment that helps you sleep well: a dark, quiet, cool room with no electronics.
- If you feel fatigued while driving: pull over, drink a cup of coffee, and take a 15-30 minute nap before continuing. The effects are only temporary – the only “cure” for fatigue is sleep.
- Watch yourself and your peers for fatigue-related symptoms.
- Report instances of fatigue in yourself and others to your direct supervisor, who can help to determine the safest course of action.
- Speak honestly if you are questioned about a fatigue-related incident. Fatigue is a normal biological response – it is not a reflection of how well you do your job.

Tool Box Talk #3 Jobsite Vehicle Best Practices:

Phoenix job Conduct best practices pertaining to jobsite vehicles:



- The use cell phones, and electronic devices is permissible only with hands-free (AZ state law) while operating a motor vehicle or equipment on site.
- High Visibility clothing when operating and working with mobile equipment (Forklifts, tractors, skid steers....)
- All vehicles to be legally parked on the street.
- Set a maximum speed limit on site. (11 MPH)
- Operators only on machinery. No riders allowed
- No riders in or on truck beds. All occupants must have a seat and seatbelt.
- Traffic – Only work behind City approved and professionally installed barricading.

According to the Department of Labor, one in four fatalities are listed as ‘struck by vehicle’. Jobsite safety, especially as it relates to vehicles and equipment, is essential in creating a safe workplace. In addition to the best practices in Phoenix job conduct, below are a few additional areas of focus:

- Posting dumpster pick up schedules can help allow for clear access and avoid the rushed need to reposition vehicles
- Identifying designated parking areas for trade professionals is helpful especially on concrete pour days or roof truss set days when mixer trucks, pumper trucks and roof truss cranes are present
- Safety cones draw additional attention to vehicle operators when equipment or material may be in the street

- Be aware of trade professionals that may be crossing the road, entering and exiting between vehicles.
- Avoid driving in the gutter between the curb and the asphalt where sharp objects like nails and screws accumulate
- Always use a spotter when moving large loads that may obstruct the operators view as well as anytime driving in reverse.

Vehicle and equipment inspections are also best practices. OSHA states “ At the beginning of each shift, all vehicles that will be used must be inspected to assure that they are in safe and operating condition and free of apparent damage that could lead to an accident. All defects must be corrected before the vehicle is placed in service. See checklist below:

Inspect the following parts, equipment, and accessories:

- Service brakes, including trailer brake connections
- Parking system (hand brake)
- Emergency stopping system (emergency brake)
- Tires
- Coupling devices
- Seat belts
- Horn
- Steering mechanism
- Operating controls
- Safety devices

Additional items if necessary:

- Lights
- Reflectors
- Defrosters
- Windshield wipers
- Fire extinguishers



Tool Box Talk #4 Build a Motor Vehicle Safety Program to Keep Workers Safe on the Road:

Keep workers *safe* on the road.



Why does workplace motor vehicle safety matter?

Millions of workers drive or ride in a vehicle as part of their jobs, and crashes are the leading cause of work-related deaths in the United States.

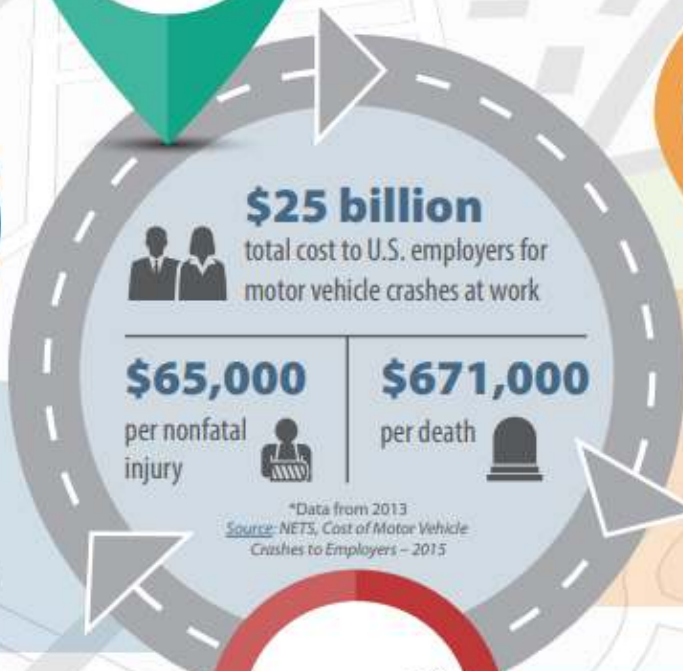
Source: Bureau of Labor Statistics Table A-2, 2014



The goal of the **Center for Motor Vehicle Safety** is to make sure that those who work in or near vehicles come home safely at the end of their workday.



Motor vehicle crashes impact workers, their families, businesses, and communities.



All workers are at risk of crashes, whether they drive light or heavy vehicles, or whether driving is a main or incidental job duty.

NIOSH Center for Motor Vehicle Safety

Learn how to keep your workers safe:
www.cdc.gov/niosh/motorvehicle
@NIOSH_MVSafety

Department of Health and Human Services
Centers for Disease Control and Prevention
National Institute for Occupational Safety and Health

From 2003-2014 there were **22,000** work-related motor vehicle **deaths** in the United States.

Source: Bureau of Labor Statistics Table A-2, 2003-2014



Build a motor vehicle safety program to keep workers safe on the road.



1 As a company leader, commit to road safety.



2 Set clear expectations for drivers through written policies.



3 Select vehicles with high safety ratings, and schedule regular maintenance and inspections.



4 Use data to constantly improve your program.



More info and topics on driving/operating:



Protect Workers Operating and Working Near Forklifts

Forklifts are an essential piece of equipment in many workplaces, especially in warehousing and manufacturing. Although these vehicles make work more efficient, they can pose serious hazards to those operating or working near them. OSHA reminds employers and workers that these hazards can be prevented by following safe practices and ensuring that workers are properly trained.

Taking the following steps can protect workers from forklift hazards.

- **Always** wear seatbelts when operating a forklift.
- **Never** exceed the rated load, and ensure **loads are balanced**.
- **Make** sure you have enough clearance when raising and loading materials.
- **Watch** for **pedestrians** and observe speed limits.
- **Keep** a safe distance from platform and ramp edges.

For more information on ways to keep workers safe while working with or around forklifts, visit OSHA's [Powered Industrial Trucks – Forklifts](#) page.

OSHA's [On-Site Consultation Program](#) offers no-cost and confidential occupational safety and health compliance assistance to small- and medium-sized businesses. Consultation services are separate from enforcement and do not result in penalties or citations. The [OSHA Training Institute Education Centers](#) offer courses for workers, employers, and managers on hazard recognition and abatement at convenient locations nationwide.



Safe Forklift Operation

Forklift operators and employees working around these operations are at risk of hazards such as collisions, falls, tip-overs, and struck-by conditions. Ways to prevent these hazards include:

Forklift Operations

- Always operate the vehicle according to the manufacturer's instructions.
- Always wear a seatbelt when the forklift has one.
- Never exceed the rated load and ensure it is stable and balanced.
- Do not raise or lower the load while traveling.
- Keep a safe distance from platform and ramp edges.
- Be aware of other vehicles in the work area.
- Have clear visibility of the work area and ensure you have enough clearance when raising, loading, and operating a forklift.
- Use proper footing and the handhold, if available, when entering the lift.
- Use horns at cross aisles and obstructed areas.
- Watch for pedestrians and observe the speed limit.
- Do not give rides or use the forks to lift people.

Safety Training

- Only trained and certified workers may operate a forklift.
- Ensure operators are trained on types of trucks in use.

Forklift Maintenance

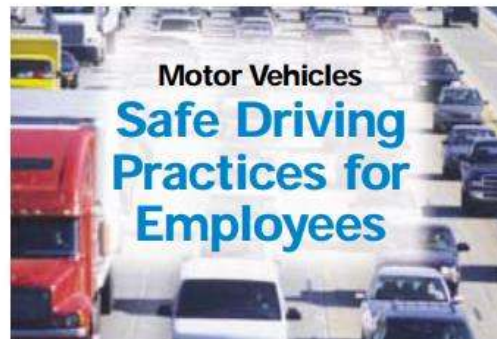
- Remove from service any forklift found to be in unsafe operating condition.
- Keep forklifts in clean condition; free of excess oil and grease.
- Repair and maintain according to the manufacturer's recommendations.

For more information:



OSHA Occupational Safety and Health Administration

3599-04R 2019



You are your employer's most valuable asset! The way that you drive says everything about you and your company. Make a positive statement by following these work-related safe driving practices.

Stay Safe

- Use a seat belt at all times – driver and passenger(s).
- Be well-rested before driving.
- Avoid taking medications that make you drowsy.
- Set a realistic goal for the number of miles that you can drive safely each day.
- If you are impaired by alcohol or any drug, do not drive.

Stay Focused

- Driving requires your full attention. Avoid distractions, such as adjusting the radio or other controls, eating or drinking, and talking on the phone.
- Continually search the roadway to be alert to situations requiring quick action.
- Stop about every two hours for a break. Get out of the vehicle to stretch, take a walk, and get refreshed.

Avoid Aggressive Driving

- Keep your cool in traffic!
- Be patient and courteous to other drivers.
- Do not take other drivers' actions personally.
- Reduce your stress by planning your route ahead of time (bring the maps and directions), allowing plenty of travel time, and avoiding crowded roadways and busy driving times.

For more information:



OSHA Occupational Safety and Health Administration
www.osha.gov (800) 321-OSHA (6742)

OSHA 3334-0914-006

OSHA FactSheet

Motor Vehicle Safety Facts

The U.S. Department of Labor's Occupational Safety and Health Administration (OSHA) in partnership with the Department of Transportation's National Highway Traffic Safety Administration (NHTSA) launched a promotional campaign, "Every Belt - Every Ride" at the National Safety Congress, September 14, 2004 in New Orleans to encourage federal workers to wear seat belts every time they ride in a vehicle on public business.

Costs of Traffic Crashes

- Traffic crashes are the leading cause of on-the-job fatalities in America.¹
- From 1992 to 2001, half the federal workers who died on the job lost their lives in transportation incidents.²
- In Fiscal Year 2003, at least 28 federal workers were killed in job-related traffic crashes and about 8,000 more were injured.³
- Over the past five years, the U.S. government has paid out nearly \$75 million in medical and compensation costs linked to federal employee injuries and deaths related to motor vehicle crashes.⁴

Seat Belts Save Lives

- Using seat belts cuts the risk of death by 45% for people riding in cars and by as much as 60% for those traveling in trucks or SUVs.⁵
- Seat belts save 14,000 lives each year and every state in the nation has a law mandating seat belt use. But 20% of Americans still fail to buckle up.⁶
- Federal employees are required to wear seat belts—every time they travel on public business as passengers or drivers—by Executive Order 13043.

- **Every Belt – Every Ride** seeks to remind federal employees of the life-saving value of seat belts and their obligation to use the safety devices in government vehicles, private cars and taxis, whenever and wherever they go on public business.

References

¹ Pegula, Paul S., Fatal Occupational Injuries to Government Workers, 1992-2001, U.S. Department of Labor, Bureau of Labor Statistics, 2004.

² Pegula, Paul S., Fatal Occupational Injuries to Government Workers, 1992-2001, U.S. Department of Labor, Bureau of Labor Statistics.

³ U.S. Department of Labor, Office of Workers' Compensation Programs. Data prepared by OWCP for OSHA.

⁴ U.S. Department of Labor, Office of Workers' Compensation Programs. Data prepared by OWCP for OSHA.

⁵ U.S. Department of Transportation, National Highway Traffic Safety Administration, National Center for Statistics and Analysis, Safety Belt Use in 2003-Use Rates in the States and Territories.

⁶ U.S. Department of Transportation, National Highway Traffic Safety Administration, National Occupant Protection Use Survey, June 2003.





How To Avoid Wrong Way Driver's:

Driving safety tips and resources from the Arizona Department of Transportation at Focusondriving.com keep motorists prepared on Arizona's roads.

[Wrong-Way Drivers | Focus On Driving by ADOT](#)

How To Avoid Wrong Way Driver's:

[Wrong-Way Drivers | ADOT \(azdot.gov\)](#)

House Bill 2318- Hand Held Devices

[HB2318 - 541R - S Ver \(azleg.gov\)](#)

Use This Link To Learn How To Set Up A Do Not Disturb While Driving:

[Use the Driving Focus on your iPhone to concentrate on the road - Apple Support](#)

Additional OSHA information on vehicle and equipment laws

[1926.601 - Motor vehicles. | Occupational Safety and Health Administration \(osha.gov\)](#)

**Reminder from our April Safety Awareness,
Heat: Stay Hydrated, its hot out there!**

Heat Stress



**If possible,
stay out of
the sun.**

**Know the signs
and symptoms of
Heat Stress.**



- Dizziness**
- Headache**
- Weakness**
- Rapid Heartbeat**

- Nausea**
- Cramps**
- Chest Pain**
- Labored Breathing**



**When
the
weather
is hot,
avoid
caffeine**

**COOL DOWN,
whenever
possible**



**Wear loose, breathable
clothing such as cotton. If you
must work in the sun, wear
hats and use sun screen.**

**Maintain proper
hydration. Drink
small amounts of
water frequently.
Avoid feeling thirsty.**

