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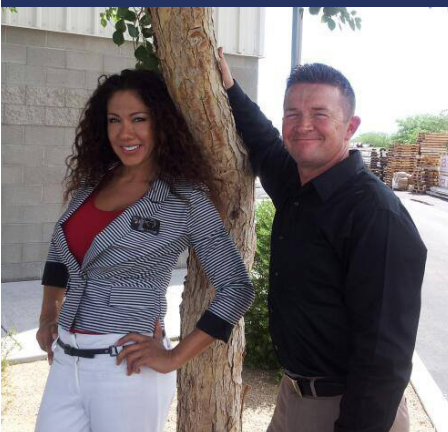
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Distracted driving: Always be alert

According to National Highway Traffic Safety Administration (NHTSA) statistics, in 2015, 3,477 people were killed and an additional 391,000 were injured in collisions involving distracted drivers throughout the United States and Puerto Rico.

A three-year data collection effort by the Federal Motor Carrier Safety Administration (FMCSA) and the NHTSA found that an estimated 11,000 truck crashes nationwide involved distractions external to the truck cab.

It is important for a professional driver to recognize the signs of and know how to safely share the road with a distracted driver. It is also important to make sure you, as a driver, do not join the ranks of the distracted. As well as being dangerous, a conviction for

driving distracted could result in fines and penalties.

What is distracted driving?

Distracted driving is any activity that could divert a driver's attention away from the primary task of driving.

All distractions endanger driver, passenger, and bystander safety.

Distraction occurs anytime a driver:

- Takes his/her eyes off the road;
- Takes his/her hands off the wheel; or
- Takes his/her mind off what he/she is doing.

Distracting activities include:

- Texting;
- Using a cell phone or smartphone;
- Eating and drinking;
- Talking to passengers;
- Grooming;
- Reading (including maps);
- Using a navigation system; or
- Changing the radio station or other music player.



The sobering statistics

NHTSA considers texting to be the most "alarming distraction" as it requires the visual, manual, and cognitive attention of the driver. Sending or reading a text takes a driver's eyes off the road for approximately 5 seconds. At 55 mph,

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Distracted driving: Always be alert *(continued from page 1)*

that's like driving the length of an entire football field, blindfolded.

According to NHTSA data:

- At any given moment in 2015, during daylight hours, more than 660,000 drivers are using cell phones while driving.
- Drivers in their 20s are 23 percent of drivers in fatal crashes, but are 27 percent of distracted drivers and 38 percent of distracted drivers who were using cell phones in fatal crashes.

Signs of a distracted driver

It is important for the professional driver to recognize the signs of a distracted driver. This includes observing a driver taking part in a distracting activity (like talking on a cell phone). Other driver behaviors that can signal a lack of attention include:

- Not being able to remain within a single lane of travel;
- Unexplained slowing or speeding up of the vehicle;
- Not driving with the flow of traffic;
- Cutting off other drivers;
- Tailgating; and
- Breaking traffic rules (running a red light/stop sign, passing in a no passing zone, etc.).

Professional driver response

Once a professional driver spots a distracted driver, he/she needs to respond in a safe manner.

This includes maintaining a safe following distance to provide time to react and avoiding a potential accident should the distracted driver suddenly change lanes or vehicle speed. Moving into the right lane (if traffic conditions allow) increases the likelihood that the distracted driver will pass.

If all else fails, the professional driver should exit the road at the first safe opportunity to allow the distracted driver to get ahead of him/her.

Should the distracted driver's actions rise to the level of endangering others, Part 392 of the Federal Motor Carrier Safety Regulations (FMCSRs) does allow for the use a hand-held mobile phone to notify law enforcement.

Cell phone and texting ban

Part 392, Subpart H of the FMCSRs prohibits commercial motor vehicle (CMV) drivers from using a hand-held mobile telephone or texting when driving a CMV.

Prohibited use of a hand-held mobile telephone includes:

- Using at least one hand to hold the phone to conduct voice communication;
- Dialing or answering the phone by pressing more than a single button; or
- Reaching for a phone in a manner that requires the driver to maneuver so he/she is no longer in a seated driving position, restrained by a seat belt.

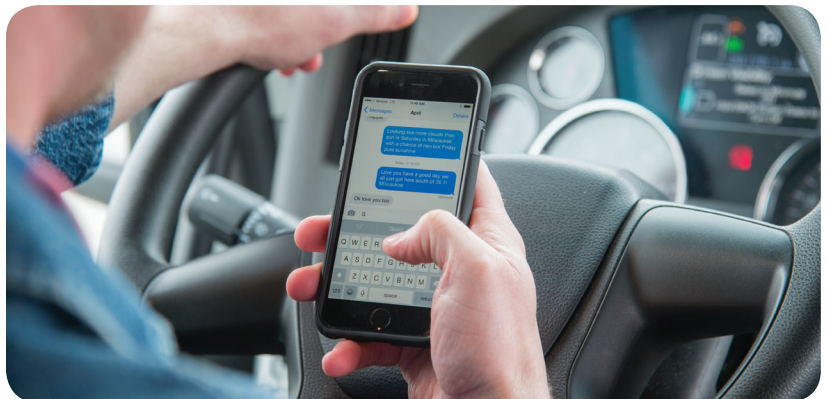
A CMV driver is also prohibited from texting while driving a CMV. Texting is defined as manually entering text into, or reading text from an electronic device.

The penalties for using a handheld mobile telephone or texting while driving a CMV include disqualification for 60 days if convicted of two violations in a 3-year period and disqualification for 120 days if convicted of three violations in a 3-year period. A CMV driver can also be fined if convicted of these violations.

Also, keep in mind that in addition to these prohibitions, many states, counties, and municipalities have various cell phone, texting, and distracted driving laws that may also apply.

Avoid being a distracted driver yourself

- Turn off your phone and put it away when you are driving. Check into software that responds to calls or texts while you are driving.
- Use an earpiece or the speaker phone function.
- Use voice-activated dialing.
- If using a hand-held device, only text or make calls when you are safely stopped.
- Use the hands-free feature. To comply, a driver must have his or her mobile telephone located where he or she is able to initiate, answer, or terminate a call by touching a single button.
- Avoid other distractions that can take your eyes or mind off of the road ahead.



Safety focus: How diet and exercise affect your work

You won't be able to do your best at work and at home if you don't feel good. Choosing a healthy lifestyle is something you can do to help yourself.

A healthy lifestyle means making healthy food choices, incorporating exercise into your daily life, kicking the smoking habit, and getting adequate rest.

Watch what you eat and drink

To achieve and maintain a healthy weight:

- Start your day with a healthy breakfast;
- Don't skip meals; instead eat frequent smaller meals than a few larger ones;
- Reduce serving sizes to help lose weight;
- Select low-fat, nutritious foods;
- Choosing a variety of foods to get the nutrition you need;
- Look at labels for fat content. Avoid saturated fats and trans fats, major contributors to high cholesterol;
- Cut down on processed foods such as foods in cans, pickled foods, lunch meats, and snack foods such as chips; and
- Limit your intake of alcohol.



Dietitians and nutritionists recommend eating a minimum of five servings of fruit and vegetables a day, but how large is a serving size? The United States Department of Agriculture sets a serving size for sliced fruit or cooked vegetables to be equal to about one-half cup. Greens like spinach and lettuce have a serving size equal to one full cup. A single piece of fruit, such as an apple or an orange, counts as one serving.

You need at least eight glasses of water every day for your body to be healthy. According to Centers for Disease Control and Prevention, water helps your body run normally because it:

- Keeps your body at its normal temperature;
- Lubricates your joints;
- Protects your spinal cord and other sensitive tissues; and
- Helps get rid of wastes through urination, perspiration, and bowel movements.

Get going

To exercise on a regular schedule:

- Start with your doctor's approval;

- Select activities you enjoy;
- Begin slowly, and gradually increase the time and intensity of the exercise;
- Look for chances to walk more often during the day; and
- Partner with a friend or family member for more motivation.

If you think you are too busy to fit exercise into your schedule, try building your workout into your regular chores. If you think that you are too tired, try to start exercising gradually. Even ten minutes twice a day can reap benefits. A variety of cardiovascular exercise, strengthening exercises, and flexibility exercises will leave you with more energy to face the workday.



Kick the habit

Tobacco use is unhealthy and expensive. To extinguish this habit:

- Start by asking your doctor for help;
- Avoid situations that encourage smoking;
- Focus on how not smoking makes you feel better; and
- Don't give up if you have trouble quitting.

Get some rest

Getting adequate sleep is more than a luxury. It is essential to health and productivity. Polls show 40 percent of all American adults sleep less than 7 hours on weekdays. Fatigue is a key concern any health and wellness program. Fatigue can increase irritability, diminish concentration, decrease reaction time, and impair judgment. To be rested and alert every day, you need enough sleep. To get the sleep you need:

- Have a regular bedtime routine;
- Try to sleep at about the same time every day;
- Prepare a dark, cool, quiet sleeping environment; and
- Avoid caffeine and large meals right before you go to bed. These things can keep you awake.

Making healthy lifestyle choices leave you rested, alert, and energetic enough to get through the demands of the day.





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Avoiding the flu

"We are what we repeatedly do. Excellence, then, is not an act, but a habit."

By
Aristotle
121 AD - 180 AD



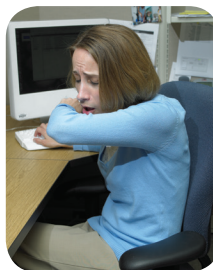
Washing your hands often can help you avoid contracting the flu.

The flu is a contagious respiratory illness caused by influenza viruses that infect the nose, throat, and sometimes the lungs. It can cause mild to severe illness, and at times can lead to death. The best way to prevent the flu is by getting a flu vaccine each year.

Flu viruses typically come on more suddenly than colds and arrive with more severe symptoms. A cold rarely comes with a fever of more than 101 degrees, and usually disappears on its own within a week.

People who have the flu often feel some or all of these signs and symptoms:

- Fever or feeling feverish/chills (however, not everyone with the flu will have a fever);
- Cough;
- Sore throat;
- Runny or stuffy nose;
- Muscle or body aches;
- Headaches;
- Fatigue (very tired); and
- Vomiting and diarrhea in some people, although this is more common in young children than in adults



People with the flu can spread it to others up to about 6 feet away. Most experts think that flu viruses are spread mainly by droplets made when people with the flu cough, sneeze, or talk. These droplets can land in the

mouths or noses of people who are nearby. Less often, a person might also get flu by touching a surface or object that has flu virus on it and then touching their own mouth or nose.

To avoid contracting the flu, it is important to wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, use an alcohol-based hand rub. Even if you think you can tough it out, severe or persistent flu symptoms (like a prolonged high fever or severe exhaustion) merit a doctor's visit to determine the best course of treatment.

There are prescription medications called "antiviral drugs" that can be used to treat flu illness. Antiviral drugs are prescription medicines (pills, liquid, an inhaled powder, or an intravenous solution) that fight against the flu virus in your body. Tamiflu® is an example. Antiviral drugs are not sold over the counter. You can only get them if you have a prescription. Antiviral drugs are different from antibiotics, which fight against bacterial infections.

Studies show that flu antiviral drugs work best for treatments when they are started within 2 days of getting sick. However, starting them later can still be helpful, especially if the sick person has a high-risk health condition or is very sick from the flu. Follow your doctor's instructions for taking these drugs.