



"Safety & Compliance are Never a Compromise"

Keep it moving!

Inside this issue:

School bus safety 1

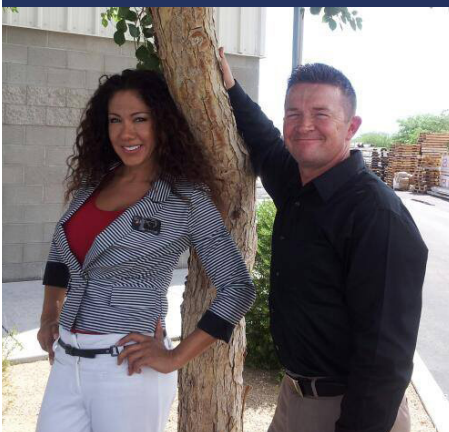
Safety focus: Stress — does
it impact your work? ... 3

How much water should
I drink?..... 4

**Call Today to Get Your
FREE
Transportation
Audit.**

520.398.4697

www.McCrarenCompliance.com



School bus safety

Over the next several weeks, millions of children will be starting a new school year. As kids head back to the classroom, it is important to understand the hazards of sharing the road with children and school buses.

Facts and figures

According to the National Highway Transportation Safety Administration (NHTSA), from 2006 to 2015, 102 school-age pedestrians (18-years old and younger) died in school-transportation-related crashes.

One in every three school-age pedestrians were struck by other vehicles (cars, light trucks and vans, large trucks, motorcycles).

Our youngest students (ages five-years old to seven-years old), accounted for one in every three pedestrian-related fatalities. Students between eight-years old and 13-years old accounted for another one-third of pedestrian related fatalities.

School bus laws

All states have laws in place to protect children as they board and exit school buses. Though specifics vary from state-to-state, there are standard rules that apply everywhere.

- Never pass a school bus when its lights are flashing and its stop arm



is extended. This means children are boarding or exiting the bus.

- Never pass a school bus on the right side. This is where children enter and exit the bus.
- In many states, school bus drivers can report illegally passing vehicles. The illegal action does not need to be observed by law enforcement for a driver to be cited.

What is the flashing light system?

School bus drivers use the "flashing signal light system" to alert motorists of pending actions.

Yellow flashing lights indicate that the bus is preparing to stop to load or unload children. Drivers must slow down and prepare to stop their vehicles.

(continued on page 2)

School bus safety *(continued from page 1)*

Red flashing lights and an extended stop arm indicate that the bus has stopped and that children are getting on or off the bus. Drivers must stop and wait until:

- The red lights stop flashing;
- The stop arm is withdrawn; and
- The bus begins to move.

Use caution in a school zone

A school zone is a section of roadway near a school or school crosswalk where signs provide notice that a school is nearby and children may be present.

In a school zone, the posted speed limit is greatly reduced. This provides drivers more time to react to unexpected actions by children within the school zone.

When driving through a school zone and in the area surrounding a school, a driver's attention needs to be focused on the road, looking out for potential hazards.

Follow these driving tips in school zones or in areas where children may be waiting to board or get off a bus:

- **Slow down.** Speed limits are usually 15-20 miles an hour in school zones when children are present, so be sure to abide by the speed limit signs. Younger children can't judge a vehicle's speed and they don't fully understand the dangers posed by moving vehicles.
- **Stay alert.** Even if you follow the speed limit, you can't always predict the behavior of a child. Children walking or bicycling on the roads or sidewalks near a school may be distracted by the day's events or excited to see friends. They may enter the street in the course of conversation or playing. Remember, children are not always paying attention to what is going on around them, including on the road. Be extra cautious and allow plenty of space to be able to stop quickly if needed.



- **Obey the signals of crossing guards.** Slow down and be prepared to stop when the crossing guard signals for traffic to yield.
- **Watch out for other vehicles.** Parents may be trying to merge into traffic after dropping off or picking up their children. They may be distracted and not paying attention to traffic.
- **Be extra cautious when driving near a high school.** You may encounter teenage drivers distracted by cell phones and/or by passengers. They may not signal turns or even look before turning, they may brake at the last second, and they may cut you off, not even realizing it. They do not know what it takes for you to avoid them or to stop. Be prepared for anything they may do.

Defensive driving

The best way to prevent a fatal crash is by being alert, paying extra attention, and following defensive driving practices when driving in a school zone or approaching a bus stop. This includes:

- Continually scanning the road;
- Paying extra attention in school zones;
- Reducing speed as necessary;
- Watching for children gathering near bus stops;
- Watching for children walking in the road;
- Never passing a school bus on the right side;
- Never passing a school bus when its lights are flashing and its stop arm is extended; and
- Always expecting the unexpected.

Safety focus: Stress — does it impact your work?

If you ask people where the greatest source of stress is in their lives, the frequent answer is their jobs. The truth is, stress results from both work and non-work situations.

Stress, of course, is a physical and/or mental response to pressures—good or bad. These responses can seriously impact your productivity at work, damage your health, and affect your relationships.

Stressors

Sources of stress are called “stressors.” They can come from both your job and your personal life. Examples include:

- Demands or conditions at work such as tight deadlines, heavy or near impossible workloads, unclear responsibilities, job insecurity, dissatisfaction, responsibility for others, workplace violence, or unsafe environments; and
- Personal or family pressures such as health problems, care for elderly parents, financial problems, managing children, loss of employment, and life changes (such as marriage, divorce, birth, death).

When stress occurs, your body releases hormones that accelerate your breathing and heart rate, increase your blood sugar levels and blood pressure, and improve blood clotting. Your body readies itself for a physical emergency. This can be a good thing. On the positive side, stress can provide you with the energy and mental agility that can help you meet a critical deadline, solve a problem, or face new technology.

Health hazards of stress

Some stress adds challenge, opportunity, and variety to your life. However, if stress goes on for prolonged periods of time, your body fails to adjust and wears out, weakening your defenses to disease. Stress can lead to accidents, a loss of priorities, rushing, competition, and anger or inappropriate behavior. Medically, you can suffer from high blood pressure and heart disease, pain, breathing trouble, digestive disorders, fatigue, and other conditions. Anger, guilt, worry, and violence can also result.

What are some common signs of stress?

Everyone responds to stress a little differently. Your symptoms may be different from someone else's.

Here are some of the signs to look for:

- Not eating or eating too much;
- Feeling like you have no control;
- Needing to have too much control;
- Forgetfulness;
- Headaches;
- Lack of energy;
- Lack of focus;
- Trouble getting things done;
- Poor self-esteem;
- Short temper;
- Trouble sleeping;
- Upset stomach;
- Back pain; and
- General aches and pains.

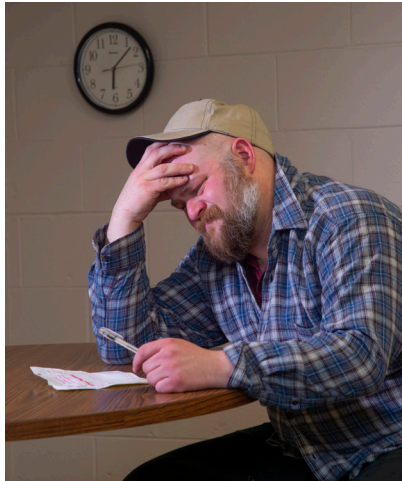
These symptoms may also be signs of depression or anxiety, which can be caused by long-term stress.

Handling stress

The best way to handle stress is to reduce it or eliminate its source. Perhaps you can get a deadline extended, delegate work to others, or obtain a more flexible work schedule. However, because you will not be able to control all stressors, it is important to watch for the signs of stress. If you discover signs of stress, find ways to manage it by:

- Talking to someone about it;
- Taking breaks;
- Maintaining proper rest and diet;
- Exercising to release stress;
- Practicing deep breathing;
- Setting goals, priorities, and limits;
- Analyzing your strengths and blessings;
- Sharing your work if you can't do it all;
- Participating, helping others, and cooperating;
- Not taking medication just to eliminate stress; and
- Laughing and doing something you enjoy.

Even though it may seem hard to find ways to de-stress with all the things you have to do, it's important to manage stress. Your health depends on it.





Saving Lives Reducing Injuries Protecting Our Clients

3980 E. Columbia St. Tucson, AZ 85714

520.398.4697

sales@mccrarencompliance.com

CHECK OUT OUR WEBSITE! www.McCrarenCompliance.com

How much water should I drink?

"Do not take life too seriously. You will never get out of it alive."

Elbert Hubbard

Water makes up about 60 percent of your body weight. Your body depends on water to survive.

Drinking enough water is important, as it helps keep your body temperature normal, cushions joints, gets rid of bodily waste, and reduces the risk of kidney stones. In addition, it helps you feel full between or during meals.

While it's important to keep yourself hydrated, there are no hard and fast rules about how much water you should drink each day. Generally speaking, a good rule of thumb is to aim for eight 8-ounce glasses each day. More water will be needed if you're physically active or in a hot environment.

One way to tell if you are getting enough fluids is to look at your urine. If it is colorless or light yellow, you are probably getting enough fluids.

Keep in mind that about 20 percent of our water intake comes from the food we eat. Foods like soup, melon, and tomatoes are very high in water content, and this fluid counts toward our daily water intake.

If you're having a hard time convincing yourself to drink more water, consider adding slices of lemon, lime, or even cucumber to your water to add a little flavor.



Replace fluids

When you're exercising or working outdoors on a hot day, your temperature rises. The body cools itself down by sweating and increasing blood flow to the skin.

While sweating cools you down, it also means that fluids are leaving your body. When they're not replaced, you become dehydrated.

Dehydration can lead to muscle fatigue and loss of coordination, as well as heat illnesses such as heat exhaustion or heat stroke. To avoid this issue, always bring water with you when exercising or working outdoors on warm days. Try to drink about 8 ounces every 20 minutes.

If you become dizzy or lightheaded, or feel very tired, it's time to take a break.



It's important to stay hydrated when working in hot environments.