



# "Safety & Compliance are Never a Compromise"

## Keep it moving!

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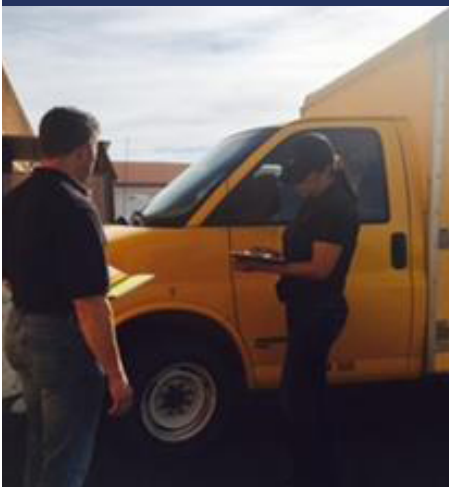
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### Speed and space management

The better road conditions and longer daylight hours bring hazards with them, the main one being increased speeds.

As the weather improves, all drivers (including commercial vehicle drivers), tend to increase their operating speeds, both daytime and nighttime speeds. The longer days, better visibility, better weather, and better road conditions all contribute to this.

This increase in general operating speeds can bring hazards. More people begin traveling when the weather improves, greatly increasing traffic volumes. Rain on the road can lead to skidding accidents. Also, the longer days lead to more hours of activity, increasing fatigue among the public, especially later in the day and at night.

#### Speed and space management

Maintaining a "safety cushion" around your vehicle is the goal of speed and space management.

Proper speed management means operating at the appropriate speed for all road conditions. This includes taking into account the condition of the road, visibility, and traffic speed and flow.

Proper space management means maintaining enough space around



your vehicle to  
operate safely.

#### Stopping a vehicle

In order to manage  
speed and space, you  
need to understand

the factors that are involved in  
stopping a vehicle.

**Perception Distance.** This is the distance a vehicle travels from the time you see a hazard until your brain recognizes the hazard. Perception time for an alert driver is about three-fourths of a second. At 55 mph a vehicle travels about 60 feet in three-fourths of a second.

**Reaction Distance.** This is the distance a vehicle travels from the time your brain tells you to move your foot from the accelerator until your foot hits the brake pedal. The average reaction time for a driver is three-fourths of a second. At 55 mph that accounts for another 60 feet traveled.

**Brake Lag Distance.** When operating a vehicle with air brakes, it takes about one-half second for the mechanical operation to take place.

**Braking Distance.** This is the distance it takes a vehicle to stop once the brakes are applied. At 55 mph on dry pavement with good brakes, a heavy vehicle travels about 170 feet and takes about 5 seconds to stop.

*(continued on page 2)*

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## Speed and space management *(continued from page 1)*

In ideal conditions at 55 mph, it will take a total of about 6 to 7 seconds to stop and the vehicle will travel about 290 feet. Higher speeds will increase the stopping distance.

### Speed and road conditions

Traction is necessary for vehicle control. The less friction between a vehicle's tire and the road, the less traction. Certain road conditions cause a reduction in traction and lower vehicle speeds are necessary.

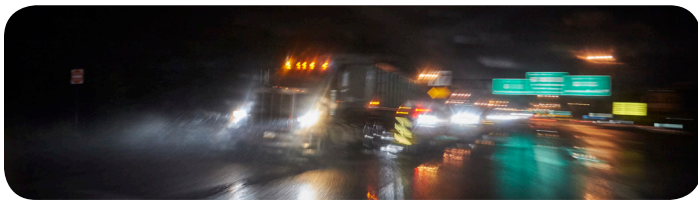
**Rain.** As rain begins to fall, it mixes with oils on the road. This causes the oils to rise to the road's surface.

Until additional rain breaks down and washes away these oils, there is a layer of slippery oil between the vehicle's tires and the road surface. This condition can last from a few minutes to a few hours.

Heavy rain that results in standing water on the road can cause a vehicle's tires to lose traction and skim along the water's surface. This is called hydroplaning.

When a vehicle hydroplanes, its tires are not in contact with the road and traction is lost, resulting in a loss of vehicle control.

In rain, vehicle speeds should be reduced by at least one-third.



**Snow.** When light, powdery snow sticks to the road, it forms a smooth, slick surface.

A heavy, slushy snow can affect vehicle control and if it becomes hard packed, it can cause an ice hazard. In snow, vehicle speeds should be reduced by at least one half.

When determining vehicle speed in snowy conditions, the driver must be confident that he/she can safely stop and maneuver based on the road conditions.

**Ice.** An icy road can present more dangers than a snowy road.

One way to check for ice formation is by feeling the front of the vehicle's mirrors. If ice is forming there, it is also forming on the road. Also, watch for spray off of other vehicles. In cold weather, if the spray stops, there is a good chance that the precipitation has frozen.

### Speed and visibility

You should always be able to stop within your field of vision. In other words, you should be able to stop within the distance that you can see ahead.

When driving at night or in poor weather conditions, you need to slow down so you can stop your vehicle within your field of vision.

### Speed and traffic flow

When driving in traffic, the safest speed is generally the speed of the other vehicles on the roadway, provided you allow adequate following distance and are not violating the posted speed limit.

If you are unable to maintain a safe following distance, you should slow your vehicle to about 3 to 4 mph less than the flow of traffic.



### Managing space

Safe driving includes managing all space around the vehicle. This includes space ahead, behind, to the sides, above, and below the vehicle. This allows you to adjust to changes in traffic conditions.

**Ahead.** The amount of space needed depends on the speed of the vehicle and road conditions.

At speeds below 40 mph, at least one second of space should be allowed for each 10 feet of vehicle length. At greater speeds, an additional second should be added.

In poor driving conditions, such as snow, rain, or fog, allow for a greater stopping distance.

**Behind.** It is impossible to keep other drivers from following too closely, but there are some things that can be done to make it safer. Stay to the right, slow down, and give a tailgater room to pass.

If you are being tailgated, you should increase following distance, avoid quick lane changes, and not speed up.

**Sides.** Commercial motor vehicles can take up the majority of a lane. To ensure plenty of space, never hug the center line, avoid hugging the right side of the road, and avoid traveling alongside other vehicles whenever possible.

**Above.** Never assume the height posted on a bridge or overpass is correct. Repaving or packed snow can change overhead clearance.

Also be aware of how a road is graded as it can cause a vehicle to tilt, causing a clearance problem.

Another route is recommended if you have doubts about whether there's enough space overhead to proceed safely.

**Below.** Space below can be minimal when a vehicle is heavily loaded.

Railroad tracks, dirt roads, and unpaved lots can present a challenge when it comes to managing space below.

# Safety focus: Mosquitoes, ticks, and bees

If your job requires you to spend time outdoors, it is important to understand that there are many hazards to be aware of, including biological hazards such as vector-borne diseases and venomous insects.

## West Nile and Zika virus

Mosquitoes are attracted to people by skin odors and carbon dioxide from breath. Female mosquitoes bite people and animals because they need the protein found in blood to help develop their eggs. The active ingredients in repellents make the person unattractive for feeding. Repellents do not kill mosquitoes. They are effective only at short distances from the treated surface, so mosquitoes may still be flying nearby.

The West Nile and Zika viruses are transmitted to humans primarily by mosquitoes. Flooded areas, particularly in warm climates, provide ideal conditions for mosquitoes to breed in stagnant water.

To prevent mosquito exposure, you should:

- Cover as much skin as possible by wearing long-sleeved shirts, long pants, and socks when possible.
- Avoid use of perfumes and colognes.
- Use an insect repellent containing DEET or Picaridin on skin that is not covered. Choose a repellent that provides protection for the amount of time you will be exposed. Reapply as needed.
- Spray insect repellent on the outside of your clothing (mosquitoes can bite through thin clothing). Do NOT spray insect repellent on skin that is under clothing.
- Do NOT spray aerosol or pump products in enclosed areas or directly on your face.
- After working, use soap and water to wash skin and clothing that has been treated with insect repellent.
- Be extra vigilant from dusk to dawn when mosquitoes are most active.

**Symptoms of West Nile virus:** West Nile virus can produce flu-like symptoms including fever, headache, body aches, and skin rash. Zika virus can cause fever, rash, joint pain, and red eyes. Most infected individuals have mild disease and recover spontaneously. If you are experiencing these symptoms, you should talk to your health care provider.

## Lyme disease

Lyme disease is the most commonly reported tick-borne disease in the United States. It is passed to humans by the bite of black-legged ticks (also known as deer ticks) and

western black-legged ticks infected with the bacterium *Borrelia burgdorferi*.

Take steps to protect yourself:

- Wear light-colored long-sleeved shirts, long pants, socks, and a hat when possible.
- Wear repellent that contains 20 to 30 percent DEET.
- When possible, avoid working at sites with woods, bushes, tall grass, and leaf litter.

If you find a tick on yourself, it is best to use a tweezers for removal. Grasp the tick as close to the skin as possible and pull it straight out. Then drop it in a plastic bag, seal the bag, and throw it away. Early removal of a tick is important because a tick generally has to be on the skin for 36 hours to transmit Lyme disease. After removing a tick, you can cleanse the area of the tick bite with rubbing alcohol or soap and water.

**Symptoms of Lyme disease:** Lyme disease, which is transmitted through the bite of an infected tick, can cause fever, headaches, fatigue, and often a skin rash that looks like a circular red patch, or “bull’s-eye.” Left untreated, infection can spread to the joints, heart, and nervous system. It is rarely, if ever, fatal. Antibiotics are an effective treatment if given early.

## Bee and wasp stings

Bees and wasps can build nests in various places like trees, pipes, gutters, vents, attics, and crawlspaces.

Bee stings are a common outdoor nuisance and are usually minor. Honeybees leave a stinger behind, whereas wasps, yellow jackets, and hornets do not.

If you do get stung, get away from the area. Bees emit a scent to alert other bees of danger. Scrape a stinger away immediately in a side-to-side motion with a straight-edged object like a credit card. Don’t use tweezers because it may push more venom into the skin.

After removing a stinger, wash the area with soap and water. Apply ice or a cold compress to reduce swelling. It is normal for a sting to result in redness of the affected area and minor swelling. If it becomes infected, a fever may develop or the redness or soreness may worsen. An antibiotic may be necessary. Some people can experience anaphylaxis, a severe, life-threatening allergic reaction such as sneezing, wheezing, hives, or nausea. Call 911 immediately.







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## Make healthy food taste good

*"Be sure to put  
your feet in the  
right place, then  
stand firm."*

Abraham Lincoln

If you think the words "healthy foods" are synonymous with "bland diet," you're in for a pleasant surprise.

With a few flavorful items and a focus on variety, it's easy to turn healthy foods into something you crave at every meal:



**Go nuts (within reason).** Sprinkle some sliced almonds on a salad or sliced fruit. Try toasted walnuts on oatmeal, rice, or couscous. Mix pine nuts with steamed spinach, a little olive oil, garlic, and pepper. Nuts are calorie-dense, so a serving size is about one ounce.



**Make a vinaigrette.** It's easy to make your own salad dressing that doesn't have the high sugar content of many store brands. Combine 3 tablespoons olive oil, 2 tablespoons vinegar, and a little salt and pepper. Sweeten with a small amount of honey or real maple syrup.



**Prepare it a new way.** Try peppers, squash, and zucchini on the grill. Roast broccoli in the oven with a little olive oil. Steam vegetables with parsley, thyme, dill, rosemary, or garlic.



**Choose flavorful cheese.** Add a little sharp cheddar, Parmesan, or feta cheese to a salad or pasta dish.



**Try something new.** When choosing fruit, move beyond apples, bananas, and oranges. Pick up a mango, pineapple, or kiwifruit.



**Replace meat with beans.** Add black beans to the ground meat in an enchilada, or add white or pinto beans to a soup recipe.



**Check the freezer.** Use frozen vegetables rather than canned. Frozen veggies provide more nutrients and less added salt.



**Shop in-season.** Check your local farmer's market for fresh fruits and vegetables. See if your grocery store offers locally grown produce.



**Get growing.** If you have the space and inclination, grow your own lettuce, tomatoes, peas, and beans. Plant some strawberries or raspberry bushes. You'll be amazed at the flavor of fresh-picked vegetables, fruits, and berries.



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