



Caterpillar Health & Wellness Monthly Newsletter: September 2015

Wellness Matters...

SAFE DRIVING TIPS

Practical and useful tips for every driver

- Obey all speed limits and signs.
- Be attentive and drive responsibly.
- Never drive under the influence of alcohol or drugs.
- Always wear your seatbelts.
- Before driving a car, do a simple safety check. Turn on the lights and walk around the vehicle to ensure that all lights are in working order. Also check your blinkers for proper operation. Look for any fluid leaks or things hanging from the vehicle. Check that the tires are properly inflated.
- When you get into the car, adjust all mirrors and seats before placing the key in the ignition. To properly adjust the left mirror place your head against the left window and adjust the mirror so that you can just see the left side of the car. For the right, move your head towards the center of the vehicle and adjust the right mirror in the same way. When you are sitting correctly in the driver's seat, you will not be able to see your vehicle, but your blind spots will be greatly reduced.
- Always drive with your headlights on; a car is visible for nearly four times the distance with its headlights on.
- Always use your turn signals.
- Pay attention to all signs.
- When stopping at a stop sign, spell S-T-O-P to yourself before proceeding. Always turn your head to look left, then right, straight ahead, then left again before proceeding.
- When a light turns green, look left, then right, straight ahead, then left again before proceeding through the light. Notice all vehicles and ensure that someone else is not going to run the light.
- Keep your eyes moving. Notice what is happening on the sides of the road and check behind you through your mirrors every 6-8 seconds.
- When driving on a two-lane road that allows parking on the right, stay toward the center line to allow for room if someone were to open their door to exit their vehicle in front of your car. This forethought will help you from swerving to miss an opening door. If there is no parking allowed on the road position your car toward the right to allow for more room between you and oncoming traffic.
- Expect the other drivers to make mistakes and think what you would do if a mistake does happen. For example, do not assume that a vehicle coming to a stop sign is going to stop. Be ready to react if it does not stop. Never cause an accident on purpose, even if a pedestrian or another vehicle fails to give you the right-of-way.

- Every time that you re-fuel, check your oil and other fluid levels. Look for noticeable leaks throughout the engine compartment.
- If your car stalls on the road, do not leave your car. Put on your hazard lights to allow others to see you better. Wait for the proper authorities to come to your aid. Do not let someone talk you into leaving your vehicle.
- When traveling behind other vehicles, there should be at least a four second space between your vehicles. When the car in front of you passes a stationary object, slowly count to yourself. If you pass the object before the allotted time, you should back off. When traveling at night or inclement weather, these times should be doubled.
- Don't talk on a cell phone while driving. Phones detract from your ability to concentrate on the road and increase your chance of a collision by nearly 400%. If you must use the phone, pull over to a safe, well-lit parking lot and place your call there. After completing your call you may continue on your way.
- When leaving for an out of town trip, be sure to give an itinerary to someone back at home with the route of travel, approximate time of arrival and a contact number at your destination. Do not deviate from this plan without informing your at-home contact. If you are traveling a long distance, check in throughout the trip with a current location and any changes in your route or times. If something were to happen, this information may be used to narrow the search.
- When being approached by an emergency vehicle, pull to the right shoulder of the road and stop.
- Carry in your vehicle, in an easy to find place, all contact numbers that you may need as well as emergency contact information, personal information and any outstanding medical needs that you may have.
- Leave early, plan to arrive 10 minutes before the appointed time. Speeding does not increase your ability to arrive on time, rather it only increases your chances of not arriving at all.
- When traveling on a multiple-lane road or highway, keep in mind that the left-most lanes are for passing only. If not actively passing a vehicle, stay in the right lanes, allowing others to pass.
- Avoid the "No-Zone" with trucks or buses --- they cannot see you from many areas. Remember if you cannot see the driver in the truck's rear view mirrors, they cannot see you! Also remember that trucks make large right turns.

DISTRACTED DRIVING: Key Facts and Statistics

In 2013, 3,154 people were killed in motor vehicle crashes involving distracted drivers. This represents a 6.7 percent decrease in the number of fatalities recorded in 2012. Unfortunately, approximately 424,000 people were injured, which is an increase from the 421,000 people who were injured in 2012.

As of December 2013, 153.3 billion text messages were sent in the US (includes PR, the Territories, and Guam) every month.

10% of drivers of all ages under the age of 20 involved in fatal crashes were reported as distracted at the time of the crash. This age group has the largest proportion of drivers who were distracted.

Drivers in their 20s make up 27 percent of the distracted drivers in fatal crashes. (NHTSA)

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)

Engaging in visual-manual subtasks (such as reaching for a phone, dialing and texting) associated with the use of hand-held phones and other portable devices increased the risk of getting into a crash by three times. (VTTI)

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. (2009, VTTI)

Headset cell phone use is not substantially safer than hand-held use. (VTTI)

A quarter of teens respond to a text message once or more every time they drive. 20 percent of teens and 10 percent of parents admit that they have extended, multi-message text conversations while driving.



Safety Tips for Hunters Visiting the National Forests

- Check weather reports before visiting the forest.
- Tell someone where you will be hunting and when you will return.
- Be familiar with the area you want to hunt.
- Dress properly and be prepared for the worst possible conditions.
- During certain seasons, hunters must wear hunter orange clothing viewable from all directions.
- If accompanied by a dog, the dog should also wear hunter orange or a very visible color on a vest, leash, coat or bandana.
- Check hunting equipment before and after each outing, and maintain it properly. Familiarize yourself with its operation before using it in the field.
- Carry a spare set of dry clothing. Use layering techniques to prevent moisture while retaining body warmth. Always bring rain gear.
- Carry a first aid kit.
- Clearly identify your target before shooting. Prevent unfortunate accidents or fatalities.
- Put hunting plans in writing (dates, times, location and expected time of return). The Coast Guard recommends putting boating plans in writing; leaving one at home and one on your vehicle.
- Be alert when hunting near developed areas and trails. Other recreationists are in the forest as well.
- Avoid wearing white or tan during deer season. Wear hunter orange or another highly visible color.

Safety Tips for Non-hunters Visiting the National Forests

- Wear bright clothing. Make yourself more visible. Choose colors that stand out, like red, orange or green, and avoid white, blacks, browns, earth-toned greens and animal-colored clothing. Orange vests and hats are advisable.
- Don't forget to protect your pet. Get an orange vest for your dog if he/she accompanies you.
- Make noise. Whistle, sing or carry on a conversation as you walk to alert hunters to your presence. Sound carries well across mountain basins, and hunters should be listening for any sounds of animal movement.
- Be courteous. Once a hunter is aware of your presence, don't make unnecessary noise to disturb wildlife. Avoid confrontations.
- Make yourself known. If you do hear shooting, raise your voice and let hunters know that you are in the vicinity.
- Know when hunting seasons are. Continue to hike, but learn about where and when hunting is taking place.
- Know your own comfort level. If hunting makes you uneasy, choose a hike in a location where hunting is not allowed, such as a national park or a state park, or schedule your outings for Sundays.



NOTE: Caterpillar Wellness materials are provided for general informational purposes only and are not medical advice. Consult a physician if you have concerns about your health or your family's health.

FILL WITH TOPIC OF CHOICE (I USED THIS AREA TO TALK ABOUT OUR EMPLOYEES' PROGRESS IN THE WALKING CHALLENGE AND RECOGNIZE THE LEADERBOARD)

What's Coming Up?

Health and Wellness Monthly Newsletter is brought to you by Caterpillar Wellness Services.

Designed by Jor-Gia Dalrymple, RN

If you have questions about the newsletter or other topics you would like to see, please send an email to the address below.

Email: Dalrymple_JorGia@cat.com



in the next issue >>>
Cancer Awareness

RESOURCES: fs.usda.gov, umtri.umich.edu, mcsac.fmcsa.dot.gov, www.vtti.vt.edu, www-nrd.nhtsa.dot.gov, www-nrd.nhtsa.dot.gov/Pubs/811737.pdf, www.ctia.org, <http://www.bceo.org/safedrivingtips.html>