

Distracted Driving Statistics and Facts

There are three main types of distractions:

- Visual - taking your eyes off the road
- Manual - taking your hands off the wheel
- Cognitive - taking your mind off what you're doing

Distracted driving is any non-driving activity a person engages in that has the potential to distract him or her from the primary task of driving and increases the risk of crashing.

While all distractions can endanger drivers safety, texting is the most alarming because it involves all three types of distraction.

Other distracting activities include:

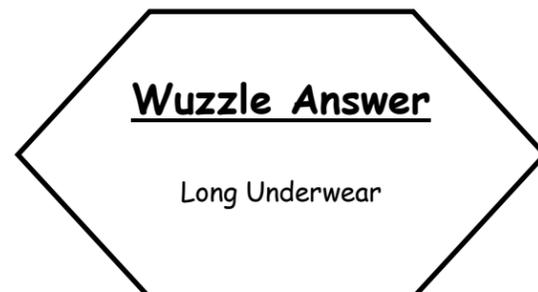
- Using a cell phone.
- Eating and drinking.
- Talking to passengers.
- Grooming.
- Reading, including maps.
- Using a PDA or navigation system.
- Watching a video.
- Changing the radio station, CD or MP3 player.



Research on distracted driving reveals some surprising facts:

- Using a cell phone while driving, whether it's hand-held or hands-free, delays a drivers reactions as much as having a blood alcohol concentration at the legal limit of .08%.
- Driving while using a cell phone reduces the amount of brain activity associated with driving by 37%.
- 80% of all crashes and 65% of near crashes involve some type of distraction.
- Nearly 6,000 people died in 2010 in crashes involving a distracted or inattentive driver, and more than half a million were injured.
- Drivers who use hand-held devices are four times as likely to get onto crashes serious enough to injure themselves.

Bottom Line — DO NOT become a statistic!



Terminal Phone Numbers

Winter Haven	800-877-2430
Clovis	877-442-2655
Turlock	888-895-1275
Breakdown	800-366-2430
Recruiting	855-478-8265

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Driving in Adverse Conditions

The winter months are upon us. Failure to adjust to adverse conditions is a major factor in accidents / incidents. The conditions most frequently encountered cause reduced traction and reduced visibility. Reduced traction conditions include rain, snow, ice, slush and gravel. Reduced visibility twilight, darkness, rain, snow and fog. Drivers should not only develop the skills and judgement necessary to keep their own vehicle safely under control, they should also try to anticipate and be prepared to compensate for errors other drivers make during such poor driving conditions.

Here are a few tips for reduced traction conditions:

- * Increase following distance enough to avoid a rear-end collision if other driver brakes hard.
- * To maintain a safe stopping distance, slow down, but not so much that you become a hazard to drivers behind you.
- * Apply brakes gently and steer without jerky movements.
- * Beware when running empty or bobtailing. Lightly loaded wheels lock up easily during braking and this induces a jackknife.
- * Beware of traveling too slowly on slick, banked curves. The vehicle might slide sideways into opposing traffic or off the road.

Driving tips for reduced visibility conditions:

- * Use moderation in judging safe speed.
- * Keep vehicle clean, especially headlights, windshield and tail lights.
- * Use emergency flashers in extreme conditions.
- * Be prepared to get off the road and wait for conditions to improve if necessary.
- * Scan far enough ahead to be able to react safely to situations.

Always remember SAFETY FIRST!



March Birthdays

JC Jenkins	2nd
George Diamond	
James Bartels	
Leslie Wickel	
Larry Futch	3rd
Diego Gomez	5th
David Dalton	6th
Neal Plumlee	
Edith Gregory	8th
William Ham	9th
Carlos Cisneros	10th
Mark Sexton	11th
Nekisha Lewis	12th
Justin Anderson	
Courtney Jacobs	13th
Michael Desorbo	
Craig Moyer	14th
Paul Klusendorf	
Windy Vaughn	
Terry Usher	16th
Rodney Archibold	
Fernando Rodriguez	
Amy Wiedeman	17th
Debra Edgerly	18th
Aaron Roberts	
Christopher Brake	
Charles Welch	19th
Sandra Grover	20th
Jose Ramos	
Jimmy Jump	23rd
Samuel Flores	



March Birthdays

Lawrence Miner	23rd
Rocky Wischart	24th
Jamie Webb	25th
Eric Swanson	
Derrick Hardy	
Zachary Cota	
Jonathan Hedge	26th
Michael Friedrich	27th
Francisco Gutierrez	
Leonard Miller	
Mario Landry	
Timothy Overbey	
Jeffery Dickerson	28th
Joel Blakeney	29th
Johnny Decosey	
Sammy Williams	30th

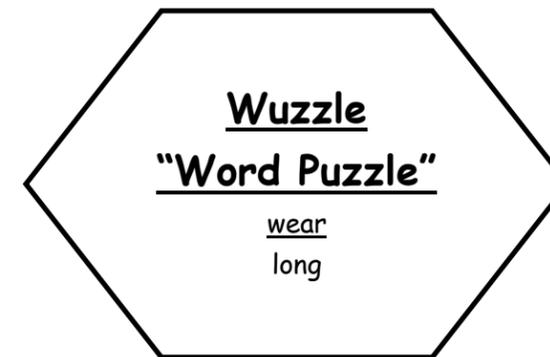
Ca. Licensed Drivers

Just a reminder that when you recertify your medical card you must go in person, that same day, to the DMV office to have it certified to your license. If you fail to do so then the state of Ca. will downgrade your license to a Class D, the only way to fix it after it has been downgraded is in person at the DMV office.



Fun Facts

- When hippos are upset, their sweat turns red.
- The average woman uses her height in lipstick every 5 yrs.
- Cherophobia is the fear of fun.
- Banging your head against a wall burns 150 calories an hour.
- A flock of crows is known as a murder.
- An eagle can kill a young deer and fly away with it.
- Bananas are curved because they grow towards the sun.
- If you lift a kangaroo's tail off the ground it can't hop.
- Coca-Cola would be green if coloring wasn't added to it.
- You cannot snore and dream at the same time.
- A coyote can hear a mouse moving under a foot of snow.
- You burn more calories sleeping than you do watching television.
- Men are 6 times more likely to be struck by lightning than women.
- It would take a sloth one month to travel one mile.
- Bolts of lightning can shoot out of an erupting volcano.
- A single cloud can weigh more than 1 million pounds.



Fuel Mileage Tips

- #1 Slow down—rapid acceleration & braking wastes fuel and it can reduce your mpg by 33% hwy. and 5% local.
- #2 Watch your idle time—turn the truck off when you are not in it, idling decreases your miles per gallon.
- #3 Use the cruise control—be consistent with your speed.
- #4 Shift at the proper RPM's—if you are unsure of the proper RPM's talk to someone in the Shop.
- #5 Regular Maintenance—fuel, air filters, and tires. Replacing a clogged air filter could improve your MPG by as much as 10%, under inflated tires can lower gas mileage by 0.4% for every 1-PSI drop in pressure.

Reporting Accidents/Incidents

The safety department would like to remind all of our drivers that they are to report all accidents/incidents to them. You must speak with either Evelyn or Mark. If you have an accident after hours please call night dispatch and they will advise you on how to proceed. You will still need to call safety the following day and speak with Evelyn or Mark. We have found that many of our drivers call the shop to report accidents/incidents especially an animal or tire occurrences. Safety must first be notified and then they can transfer you to the shop if you have mechanical questions or need a service

