



# Safety+Health

Newsletter



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April 2024

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PPE Roadshow





# 'Check to Protect'

Does your car, truck, or SUV have any open Safety recalls?  
**Not sure?**

*Nearly 50 million vehicles on the road today have unrepaired safety recalls. Many of those recalls involve defective parts that can put the lives of drivers, their passengers, and others on the road at risk.*

*The Check to Protect campaign encourages all drivers to check for recalls every time your vehicle is serviced or every three months.*

*Visit [CheckToProtect.org](http://CheckToProtect.org) to search any recall status of their vehicle and, if necessary, schedule a free repair as soon as possible.*

*For more information visit [www.nhtsa.gov/recalls](http://www.nhtsa.gov/recalls) for vehicles, car seats, tires and other equipment for safety recalls, investigations, complaints, and manufacture communication.*

**RECALL**



# Distracted Driving Awareness Month



So You Think  
You Can Drive...

## ***DISTRACTED?***

**F**or the past decade, distracted driving has taken U.S. roadways by storm, endangering not only the distracted drivers, but their passengers, pedestrians and others using the road.

Many drivers consider themselves “safe” and think they can handle the situation they are experiencing, leaving their brains free to wander. “That’s why you can drive home and not remember having driven home”. This sort of false safety and confidence people have in their driving leads them to believe driving distracted isn’t too dangerous.

Most people think they are capable of multitasking. Multitasking is a myth, and leads to a dangerous condition called Inattention Blindness. Inattention Blindness occurs when a driver fails to notice a visible hazard because their attention is focused on something else. When multitasking, the driver’s brain is switching back and forth between driving and the distraction, which can lead to slow reaction time and can cause a collision.



## *What Is Distracted Driving?*

Distracted Driving can occur when you take your **mind** off driving, take your **hands** off the wheel, or take your **eyes** off the road.

Although much of the attention and research has concentrated on cell phones and texting, that is just one of many potential distractions behind the wheel. The **National Highway Traffic Safety Administration (NHTSA)** defines distracted driving as “any activity that diverts attention from driving.”

This includes talking or texting on your phone, eating and drinking, talking to people in your vehicle, fiddling with the stereo, entertainment or navigation system, changing clothes, personal grooming, reading a book, looking at a billboard, rubbernecking an accident, checking out the scenery or even looking at other cars surrounding you.

Regardless of distraction type, distracted driving is a serious safety hazard that contributes to a significant number of accidents on the road. In fact, the National Highway Traffic Safety Administration reports approximately 3,500 people lose their lives and 400,000 are injured in crashes each year.

## *Consequences?*

A woman driving her Dodge Ram truck on an eastern Texas highway checks messages on her iPhone. She crashes into an SUV, killing its driver and a passenger and leaving a 6-year-old boy paralyzed.

A 17-year-old girl kills a Minnesota man and his 10-year-old daughter after running through a red light; she had been messaging on Facebook for eight minutes before the collision.

***Lives lost; families forever marred by moments of distraction.***







## Who's watching the road anyway?

Safe driving is more than simply driving the speed limit. It's about proactively scanning the environment, staying focused on the road, and being prepared for unexpected events.

In the end, driving with any form of distraction is a choice. Everyone can choose to glance at the screen or respond to a text while sitting at a red light.

April is Distracted Driving Awareness month, making now the perfect time to consider the consequences of distracted driving. Only you can decide if the steep cost of your life or someone else's is worth the risk.

*Texting  
and driving is  
**6X**  
more dangerous  
than driving  
drunk.*

*Distracted driving  
kills more than **8**  
people and injures  
another **1,095**  
daily in the U.S.*

*You are  
**90%**  
more likely to  
have an accident  
when driving  
distracted.*

# “It Was **Just...**”

It was just a quick call

It was just a short trip

It was just one drink

It was just a picture

It was just an email

It was just a glance

It was just a text

It was just a bite

“**Just**” is all  
it takes



## JUST **DRIVE**

**VIDEO**





**IN CASE OF  
EMERGENCY**

# Who Should We Call?

Imagine you're out in public and have an accident or someone finds you unconscious. You need urgent care but couldn't communicate with first responders. Do you have an ID on you? Is there any way for them to know your drug allergies? Are you wearing a medical bracelet that indicates any major health issues? How will they call your emergency contacts?

When younger kids need to go to the ER, there's usually an adult present to answer for them, but as an independent adult, chances are you or your older children may be alone when an accident or medical situation happens.

As we're almost always carrying them, phones can be a valuable tool in an emergency even when they're locked, and could be your lifeline.

Fortunately, most of today's smartphones come with a feature that allows your **"ICE" (In Case of Emergency)** data, including emergency contacts and important medical information, to be accessed from your phone's lock screen. This means your emergency information can be viewed without anyone gaining access to your phone's secured files.





# Information

**What you include in your ICE information is important. Information to include:**

- *Your emergency contact's name and their relationship to you (i.e. mother, spouse)*
- *Your emergency contact's phone number*
- *Your address*
- *Your allergies*
- *Any medical conditions*
- *Medications you take*
- *Blood type*



If your phone doesn't have a way to make emergency information accessible when locked, there's a hack that easily gets you around it. Create an image with the information you want to display and use it as the wallpaper on your lock screen.

## How to Find Someone's Emergency Info on Android

1. From the lock screen, swipe up.
2. Select Emergency.
3. Select Emergency Information.

As long as the phone has emergency information available and the person has entered it, you should be able to dial these contacts even with the phone locked. You can also call the local emergency number when you swipe up and select Emergency.

## How to Find Someone's Emergency Info on an iPhone

1. From the lock screen, swipe up.
2. Tap Emergency, and a dial pad appears.
3. Tap Medical ID at the bottom left. Now, all the emergency information is visible. Scroll down, and you can call anyone listed as an emergency contact by tapping on their phone number.

Take a few minutes right now to set up your emergency contacts. Remember, the information you provide could save a life.

# Are You Ready for Severe Weather?

**S**pring is the time of year when many things change—including the weather. Temperatures can swing back and forth between balmy and frigid. Sometimes extreme weather changes can occur even within the same day.

Severe weather can include hazardous conditions produced by thunderstorms, including damaging winds, tornadoes, large hail, flooding, and flash flooding.

Whenever warm, moist air collides with cool, dry air, thunderstorms can occur. For much of the world, this usually happens in spring and summer.

Spring weather is so unpredictable, you may be unprepared when severe weather hits—particularly if you live in a region that does not often experience thunderstorms, tornadoes, or flooding.

Often by the time we are aware of an approaching storm, we have little if any time to prepare for it. When severe weather hits unexpectedly, the risk of injury and death increases, so planning ahead makes sense.

The best way to prepare for a severe weather event is to remain weather aware, always know the advisories in your area and know your severe weather safe place no matter where you are.

A tornado shelter is the best place in the event of severe weather.

Basements are another good option. If neither of the above options are available, move to the most interior room away from windows and doors







on the lowest floor. In flooding conditions, head towards higher ground. Avoid areas already flooded, especially if the water is flowing fast.

Do not attempt to cross flowing streams. You could be swept away in as little as two feet of water.

Prepare for storms, floods, and tornadoes as if you know in advance they are coming. Develop an emergency plan

based on your local weather hazards and practice your plan.

Know where the emergency shelters are in your area.



It's also a great time to make or refresh your emergency preparedness kits.

Some items to include are:

- A battery-operated flashlight
- A battery-operated NOAA Weather Radio, and extra batteries for both
- An emergency evacuation plan, for every type of severe weather emergency.
- A list of important personal information including telephone numbers, insurance, property, and medical information.
- First Aid Kit
- A 3-to-5-day supply of bottled water and nonperishable food
- Personal hygiene items
- Blankets or sleeping bags
- Have an emergency kit in your car.

**For more information visit: [www.ready.gov/](http://www.ready.gov/)**

# Worker's Memorial Day

**W**orker's Memorial Day is a holiday observed worldwide on April 28th. Also known as International Workers' Memorial Day, this holiday serves as a remembrance for all those workers who have been maimed, injured, disabled, made sick, or killed by their job.

It's a day to highlight the unsafe working conditions that some workers have to endure and to address the need for more workplace safety measures to be implemented to keep workers safe.

Every year more people are killed at work than in wars. Most don't die of mystery ailments, or in tragic "accidents". They die because an employer decided their safety just wasn't that important as a priority.

Transportation causes more work-place deaths than any other occupation.

The next four most common reasons for workplace deaths are workplace violence (human and animal), slips and falls, contact with equipment and objects, and exposure to harmful substances and environments.

However, these four cause more workplace deaths combined than transportation alone.

## The History of Workers' Memorial Day

This holiday was first created in 1989 by the AFL-CIO. They established the holiday to honor the thousands of workers killed and injured on the job every year. They placed this holiday on April 28th because that's the date the Occupational Safety and Health Act of 1970 went into effect in 1971.

## Observing Workers' Memorial Day

We must never forget the lives that are impacted by occupational incidents, illnesses, and diseases. In memory and honor of those we have lost or have been injured, we will come together not only to remember and recognize them this Worker's Memorial Day, but to educate all of the importance of workplace safety to ultimately prevent future tragedies.

*Remember the dead — Fight for the living!*





# Just Say "No"

It is your duty and responsibility as a professional AMT to be assertive and just say "NO" when you have concerns. If you are familiar with the 12 main causes of maintenance human factor errors called the Dirty Dozen, you will recall **Lack of Assertiveness** is one of them. The job you do requires that you must be assertive. A good safety culture starts from within. Remember whether someone else is assigning the work or it is self-imposed, if your conscience or "gut" feeling tells you that you are about to do something you sense is wrong, then STOP.

Reassess, communicate, discuss, inquire, verify, or validate before going any further. If you do this when you get that "gut message", you will be performing at the highest standards of conduct and moral judgment. This is what professionals like you do. Isn't this what you expect an auto mechanic to do when he is overhauling the brakes on your teenage daughter's car?





# Upcoming Events

## NATIONAL WORK ZONE AWARENESS WEEK

*April 15-19, 2024*

*Raising awareness about work zones is about more than just protecting road workers. In fact, only one out of every eight work zone fatalities are a worker. The other seven-eighths of fatalities are motorists or their passengers.*

*Roadway construction workers know the dangers of their job. They live it and work it every day. Motorists aren't typically exposed to work zones daily. Work Zone Awareness Week reminds drivers to slow down, pay attention, and have patience in work zones because lives depend on it.*



## PPE ROADSHOW

→ STL – April 9<sup>th</sup> and 10<sup>th</sup>

→ LGA – April 23<sup>rd</sup> and 24<sup>th</sup>





**LOCAL  
591**

**Safety+Health  
Matters!**

**Got Feedback?**

Suggestions on Safety topics in upcoming Newsletters?

Email: [Safety@local591.com](mailto:Safety@local591.com)