



Health & Safety

Driver Distractions

What is Distracted Driving

Distracted driving is any activity that diverts attention from driving, including talking or texting on your phone, eating and drinking, talking to people in your vehicle, fiddling with the radio, entertainment or navigation system—anything that takes your attention away from the task of safe driving.

Texting is the most alarming distraction. Sending or reading a text takes your eyes off the road for 5 seconds. At 55 mph, that's like driving the length of an entire football field with your eyes closed.

You cannot drive safely unless the task of driving has your full attention. Any non-driving activity you engage in is a potential distraction and increases your risk of crashing.

In 2016 alone, 3,450 people were killed in US vehicle accidents due to distracted driving. 391,000 were injured in motor vehicle crashes involving distracted drivers in 2015.

Distracted driving comes in 3 different forms:

- Cognitive distraction. Cognitive or mental distraction is when a driver's mind isn't focused on driving. Talking to another passenger or being preoccupied with personal, family, or work-related issues are some examples.
- Visual distraction. Visual distraction occurs when a driver looks at anything other than the road ahead. Drivers who check the kids' seat belts while driving are visually distracted. Electronic devices in the car, such as GPS devices and portable DVDs/digital entertainment systems, also distract drivers. There are also visual distractions outside the vehicle.
- Manual distraction. Manual distraction is when the driver takes one or both hands off the wheel for any reason. Some common examples include eating and drinking in the car, adjusting the GPS, or trying to get something from a purse, wallet, or briefcase.

Texting and driving is particularly dangerous because it involves all 3 forms.

5 tips to avoid common driving distractions

Keeping your focus on the road can be easier said than done. Here are some things you can do to avoid this common problem.

- Turn off your cell phone — even if you're expecting an important business call.
- If you need to be reachable at all times, get a hands-free device to use only in case of emergency. Why only in emergencies? Because studies have shown that hands-free devices prove just as distracting as normal cell phone use while driving.
- When driving with children or pets, make sure the kids are strapped into their seats and pets are in carriers. If they need your attention during the drive, pull over before handling the situation.
- Eat before or after you drive. Just don't eat while driving.
- Program your GPS before you leave the driveway.

Driving and multitasking don't mix...

We know it's tempting to answer that email or reprogram that GPS which just rebooted itself for the third time. But if you're able to resist the temptation and focus on the road ahead, you'll be able to react to the unexpected and maybe even avoid an accident.

Inside this issue:

Driving Safety	Page 1,2,3
Ardaman Update	Page 4,5
Quiz	Page 6



Contact Information:
 Health & Safety
 Brett A. Buxbaum and Alicia Luna
 P: (407) 855-3860
 Brett Cell: (407) 509-3085
BBuxbaum@ardaman.com
ALuna@ardaman.com

Safety Question:

How often should you check your mirrors while driving?

A. 2 seconds
B. 5-8 seconds
C. 3-4 seconds
D. Never

Answer on page 5



Driving Continued

Slow Down, it can save a life!

Driving at a higher than reasonable speed increases your risk in two ways: it cuts your reaction time and results in more energy that must be dissipated in the event of a collision. You should consider if the risks are worth the gain. This is math and physics and you cannot bend these rules. Each incremental increase in speed reduces your ability to react in time to hazards, because you will be covering distance in less time than it takes to react. Normal reaction time is between .75 second and 1.5 seconds, on average. Average reaction time distance at 50 mph would be approximately 83 feet. At 70 mph, it is over 115 feet (over 7 car lengths). These numbers do not include braking distance, just reaction time. The average difference in reaction-time distance from 50 mph to 70 mph is about 32 feet. If you were relying solely on braking, any hazard you encounter within the reaction distance is already a problem; you can't react quickly enough to miss it.

Maintain the correct following distance of at least 4 seconds. Even on the highway, you don't often gain much by traveling at greater speeds. Frequently, once you pass someone, you find them on your back bumper as you slow down to enter the next town. So you gained what, exactly? On an Interstate, where you truly can save some time by speeding (provided you don't get pulled over), the difference between 65 mph and 80 mph over 50 miles is less than 10 minutes. Slow down, it can save a life, including yours!

The risk: why texting and driving is especially dangerous

Think hands-free driving is the way to go? Recent research shows that any cell phone usage while driving, whether it's handheld or hands-free, impacts drivers' reactions as much as having a blood alcohol concentration (BAC) at the legal limit of .08 percent. Think of texting and driving just like any other addiction to a deadly substance. If you don't quit now, you could be putting your life, or lives of others, at risk. It's time to break the habit.

1. Turn it off. The easiest way to break the habit is to turn off your phone while driving. Why not? Unless there's an emergency, do you really need to take that call, respond to that text, or check your email while driving? We're pretty sure you know the answer, but just in case—it's NO. If you're not that brave, you can always silence your phone. You won't get distracted by the alerts when you get a call or text but you'll still have access to your phone in case you need to make an emergency call.

2. Try an app. There are a lot options out there to help keep your hands off your phone while still receiving (and sometimes sending) important information.

DriveMode (Free): Available for AT&T subscribers using a BlackBerry or Android smartphone, the application will automatically silence the notification sounds of incoming texts, emails, and phone calls. It will also send a customizable automatic reply if you're moving 25 MPH or faster, so you can let senders and callers know you're driving and will respond when it's safe. While it does limit your driving usage, DriveMode still allows you to receive and make calls to a list of up to 5 people if it's essential that you hear from them. However, texts are off limits.

Siri (iPhone): Think of Siri as your personal assistant. The app has the ability to read texts to you, and you can dictate a reply for her to send on your behalf. A decent option for iPhone users, it still requires some effort and attention on your part. Siri can also find locations and give directions, helping you stay even more focused on the task at hand. Android users have a similar option with **Google Voice Actions**.

Drive Alive (Free): Get rewarded for good driving habits! With this new app, you'll log in before you start your trip and get points for not using your phone. Drive Alive will track your trip using GPS to ensure you're actually driving (and not just taking a stroll), and will monitor your phone use during your drive. It will then send the results of your trip back to the Drive Alive database, and ultimately you'll receive cash rewards for keeping your hands off your phone!

3. Hand your phone over. Don't want to turn it off, and don't trust yourself to use an app? Hand your phone over to a passenger. Even if it's your child, you'll set a good example by putting your phone out of reach so you won't even be tempted to touch it. Plus, if something important comes through, they can respond for you!

Breaking any bad habit can be hard. But texting while driving isn't worth the risk.

“ One Text Or Call Could Wreck It All! ”



Driving Continued

Defensive Driving: The 5 Keys

Before Driving:

- ✓ Do the Safety Walk Around the Car.
- ✓ Adjust your Seat.
- ✓ Adjust Your Mirrors.
- ✓ Adjust Your Headrest.
- ✓ Adjust the steering wheel.
- ✓ Do your "Seatbelt Check!"
- ✓ Lock the doors.



Aim High In Steering

- Our eyes are designed to work for us at walking speeds.
- The average person has not adjusted visually and mentally to the higher speeds traveled in motor vehicles.
- Look ahead to where you will be at least 15 seconds from now.
- 15 second eye lead time provides advanced warning of pending danger and gives you an additional margin of safety.
- Use improved eye lead time for more efficient, economical driving.

Get The Big Picture

- While glancing ahead, don't forget the sides and rear. Consistently update your information.
- Eliminate vision barriers/blind spots by establishing proper following distance. Stay far enough behind other vehicles to obtain the visibility required to make your own decisions.
- Avoid distractions in your vehicle or your thinking. Recognize and avoid drivers who seem distracted.

Keep Your Eyes Moving

- Focusing on any object for too long disables your peripheral vision— your early warning system.
- Keep your eyes moving at least every two seconds.
- Check your mirrors every five to eight seconds.

Leave Yourself An Out

- Your safest location in traffic is where the fewest potential conflicts exist, such as the outside lane of a 6 lane roadway as an example.
- When possible, surround your vehicle with space.
- Choose the proper lane and adjust speed accordingly, to maintain the space cushion (at least 4 seconds with car in front).
- If you lose part of the cushion, work to keep at least the front and one side open.
- Avoid tailgaters. When one is present, the accident potential is high.

Make Sure They See You

- Detect the presence of potential danger early. Send your warnings as soon as you think they will be recognized—not too soon or too late.
- Get eye contact by using the warning devices on your vehicle. Examples would be using your horn or head lights to get the other drivers attention.
- Don't take eye contact for granted. Be sure your warnings are heeded.
- Eye contact may be insurance against the unexpected.
- Don't drive in another driver's "blind spot."

“IF IT'S NOT SAFE, STOP....DO IT THE SAFE WAY.”



Ardaman Update

Injury Incidents:

- Employee was walking backwards while pulling a wheelbarrow on the job site. He stepped into a hole with a piece of I-Beam which cause him to trip and fall. The employee had discomfort in his hip. Remember, all wheelbarrows at Ardaman must have two wheels on them and operated in a forward direction to ensure proper visibility during transport of materials. First Aid Only.
- While walking down the slope to inspect soil cover installation, the employee slipped on the tarp that was covering the geocomposite liner. Employee fell on his buttocks and started feeling soreness in his upper left side of the back. Walk slowly on uneven ground and pick your path carefully. Use small steps and walk slowly when going up or down steep slopes, especially when wet and slick, or dry and loose conditions prevail. Walk diagonally (especially on steeper slopes) to avoid losing your balance. Make sure your feet are firmly planted on each step you take. Look for moisture, hidden cavities, and holes when walking on liner, grassed and vegetative slopes. Refer to JSA C-6 Working on Steep Slopes. First Aid Only.
- Employee was performing concrete slump testing on site. After completion of testing he bent down to clean up his equipment and was rinsing off equipment with a hose while squatting over the bucket. He stood up and felt a sharp pain in his lower back. Remember to use smooth, controlled movements when moving your body or lifting materials after kneeling or squatting down. Refer to JSA C-5 Lifting Samples and Equipment. First Aid Only.

Vehicle/ Equipment Incidents:

- Employee was preparing to move the drill rig to the next hole. He had removed the tower bolt, but suddenly the cable backed off the spool. As he went to lower the boom on the rig, he had forgotten to disengage the Kelly Bar Coupler which resulted in bending the Kelly bar and cracking the bearing housing. Reminder, all CME 55 and 75 Drill Rigs must have the Kelly Bar Coupler removed prior to lowering the drill mast to avoid bending the Kelly bar.
- Employee was backing out of a tight space. He backed into the tow-hook of a parked unattended AAI truck. He had seen the truck parked prior to moving his vehicle. He performed a safety walk prior to getting in the truck. While backing, he briefly looked down at the dashboard and struck the parked vehicle. Remember to always monitor your mirrors while backing and eliminate distractions. If you are unsure of distances to objects, get out and look or ask for assistance from a spotter if available.
- Employee was doing a site assessment on 125 acres of an overgrown former pasture and wooded site. Upon going down a wooded narrow and overgrown driveway, a barbed wire fence was encountered, requiring our employee to back out. As the truck backed out, it struck a hidden tree stump denting the passenger side lower rocker panel and fender. When driving on overgrown sites, when possible walk the area prior to entry and proceed slowly when ground visibility is compromised.
- Employee was struck from behind after slowing down for traffic.
- Employee was getting ready to back her vehicle to leave the site. A contractor pulled a water tanker truck next to her vehicle as she was loading materials. She did her safety walk, and the contractor began loading their equipment which created dust in the area. While backing she checked her back up camera, but could not see the light pole due to the glare from the sun and the dust cloud. She struck the light pole and dented the back bumper of the truck. When visibility is compromised, stop and wait until conditions improve or ask for assistance.

Ardaman Health and Safety Recognition Awards

A safety sticker was awarded to the following individuals:

Ken Brumley For recognition of an unsafe condition involving a worn spatula in the lab. Employee noticed the edges of the tool had become sharp creating a laceration hazard. Employee replaced the tool and discussed preventative maintenance of equipment with all lab personnel.

Randy Orr: For recognition of an unsafe condition due to a road hazard. The employee observed a ladder in the middle lane of the interstate. He safely stopped on the shoulder of the road, turned on his emergency flashers, strobe, and donned his high visibility vest. He waited until traffic slowed and was clear to remove the hazard.

Donnie Tindall: For recognition of an unsafe condition due to improper location of underground electrical lines. Employee worked with the locator who had failed to located the line properly and followed AAI safety procedure of hand augering. The task was safely completed without an incident.

Alex Hernandez: For recognition of an individual in distress and actions take in aiding them. The employee observed a non responsive individual having a seizure in a locked vehicle with an infant in the back seat. Our employee helped the police officer gain access into the locked vehicle with the use of the Ardaman glass breaker rescue device. The employee received a gift card for his actions.





Ardaman Update Continued

Safety Audits:

Identified Hazards from 15 Safety audits conducted in the month of December.

- **PPE:** Employee observed a coworker putting on gloves after they had already begun processing a sample in the lab. Gloves must be worn while handling samples that may present laceration, pinch, thermal, and chemical hazards.
- **PPE:** Employee forgot to put on safety glasses while breaking cylinders. JSA M-4 Curing and Breaking Cylinders, Grout, and Masonry Prisms outlines the required PPE for the task. Always protect your eyes when flying debris, splash, or dust hazards are present.

Near Miss/ Hazard Identification:

Highlighted Near Misses from 26 reports received for the Month of June

- Employee performed the safety walk prior to departing from the office. He observed that the passenger side turn signal did not work and upon further inspection found that the bulb was burned out. He notified his supervisor and replaced the bulb. This is a great example of the importance of performing a safety walk and why we inspect our vehicles to ensure they are operating in a safe manner.
- A spatula that is used for mixing soil while performing Atterberg limits was found with extremely sharp edges due to wear. The spatula normally has a dull edge when new. Remember to always inspect tools and equipment prior to use. If a tool or equipment is not in proper order, take it out of service and notify your supervisor immediately.
- In our LMSA we ask everyone to first Assess the risk and ask themselves, "what could go wrong?" Our employee was on a job site when several contractors noticed a sky diving plane above the job site. As the plane crossed above, suddenly a section of the door fell off the plane. The workers began notifying each other as everyone tracked the door as it was falling. The door landed in the East Cell of the job site where workers were present the day before. This is a serious near miss and a reminder as to why we must be vigilant in staying alert on the job site each day and remember to look up, down, and all around.



Safe Following Distance When Driving

According to the Smith System guidelines for safe following distances when driving, all employees are to maintain a minimum distance of 4 seconds between themselves and the vehicle in front of them. This time should be increased during poor driving conditions (weather) or when carrying or towing heavy loads.

To establish this distance while driving, pick a stationary object in front of you or on the side of the road (example: sign or street light.) Once the vehicle in front of you passes the object begin counting and stop when you have passed the same object. To ensure accurate counting, count by verbally counting out one one thousand, two one thousand, three one thousand, four one thousand. This will let you know how many seconds are between you and the vehicle in front of you.

Following distance is crucial as an Ardaman employee recently caused a major accident by following too closely.

Safety Question Answer: B

Per the Smith System, mirrors should be checked every 5-8 seconds to help in getting the big picture around your vehicle.

February 2019 Safety Quiz

Please circle the letter of the answer that fits best. Some answers can be found in the newsletter

1. Which of the following are considered main types of distractions while driving?
A. Manual B. Visual C. Cognitive D. All the above
2. When a vehicle accident occurs, do not admit liability at the scene.
A. False B. True
3. Hands free device usage while driving means distraction free.
A. True B. False
4. Texting while driving is a major cause for distractions and is not allowed in Ardaman vehicles while driving.
A. False B. True
5. When driving at increased speeds, your ability to react to a hazard increases.
A. True B. False
6. When possible you should surround your vehicle with space.
A. True B. False
7. When driving your should look ___ seconds ahead of where you are?
A. 10 seconds B. 20 seconds C. 15 seconds D. 0 seconds
8. Driver performance and driving behavior is an important aspect of how others view our company.
A. True B. False
9. After reporting a vehicle accident to the authorities, you should exchange information with the other driver and use the IR-C report located in your vehicle to organize the information.
A. True B. False
10. When traveling on roadways, a safe following distance in dry weather is?
A. 2 seconds B. 5-8 seconds C. 4 seconds D. All the above
11. When visibility is compromised while backing up a vehicle, you should?
A. Ask for assistance B. Stop C. Wait for conditions to improve D. All the above

All Ardaman employees must complete the quiz and turn it in by the end of each month. For those individuals who cannot attend the monthly safety meeting please complete the quiz and submit it to your supervisor for approval. These will be sent to HR/H&S. All others must submit the quiz at the designated location at your office. The supervisor only needs to sign the quiz if you are unable to attend the meeting, you must explain the reason in the box below:

Print Name Here

Sign Name Here

Date

Supervisor Print Name Here

Supervisor Sign Name Here

Date