



# The Safety Zone

The Newsletter of the AHA Workers' Compensation Self-Insured Trust

## Distracted driving

*Are you giving the road your attention?*

According to the Department of Transportation's (DOT) National Highway Traffic Safety Administration (NHTSA), 3,477 people were killed and 391,000 people injured in motor vehicle crashes involving distracted drivers in 2015.

The DOT defines distracted driving as "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 entertainment or navigation system — anything that takes your attention away from the tasks of safe driving."

### Put down the phone

According to DOT's 2015 statistics, approximately 660,000 people used cell phones while driving during the daytime. Teenagers were the largest age group reported as distracted at the time of fatal crashes.

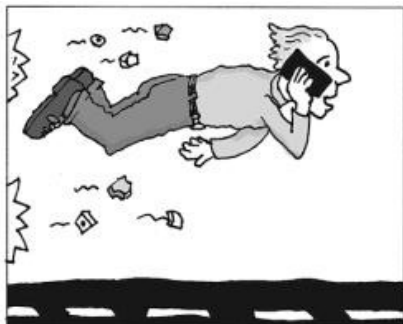
Texting is considered the most alarming distraction. The DOT says sending or reading a text takes your eyes off the road for five seconds. At 55 miles per hour, it's similar to driving the length of an entire football field with your eyes closed.

Drivers who use hand-held devices while driving are four times as likely to get into crashes serious enough to injure themselves or others.

Studies have shown that in most cell phone-related crashes the drivers were not presented with challenging or changing situations, which required quick thinking or emergency maneuvers. In most cases, the drivers simply failed to control their vehicles during routine driving conditions.

### What can you do?

Get the word out! Talk about the dangers of distracted driving at your workplace. Ask your coworkers to commit to distraction-free driving or set a company policy on distracted driving.



"Oh yeah, I totally get the 'don't-drive-and-phone' safety thing now. Seatbelts, too."

Pull over to talk on your phone or to text, and don't do it at a stop sign or a stoplight. Let calls coming in go to voicemail.

Try leaving your phone on silent while you drive. Keep your eyes on the road and your hands on the wheel. Make sure the road has your full attention.

© Business & Legal Resources, Inc.

## news & notes

### RECENT STUDY

The Centers for Disease Control and Prevention (CDC) published a study that found that sleep duration varies widely by occupation.

The CDC says this was the first study to evaluate short sleep duration in more than 90 occupational groups.

Researchers analyzed data from about 180,000 employed adults in 29 states. Short sleep duration—less than seven hours a night—was calculated for 93 occupation groups.

The top six occupational groups that had the highest occurrences of short sleep duration were:

- Production workers,
- Health care support,
- Health care practitioners,
- Technical workers,
- Food preparation and food service workers, *and*
- Protective service workers.

The Academy of Sleep Medicine and the Sleep Research Society recommend that adults between the ages of 18 and 60 need seven or more hours of sleep per day.

A number of factors can make that difficult to achieve. Those factors include shift work, job stress, work hours, and physical demands.



## The Safety Zone

The Newsletter of the AHA Workers' Compensation Self-Insured Trust

## AHAWCSIT



419 Natural Resources Drive  
Little Rock, AR 72205

### AHA Services, Inc.

Tina Creel, Group Manager  
Phone: 501-224-7878  
Fax: 501-224-0519

### Risk Management Resources

Phone: 501-664-7705  
Fax: 501-664-4849

Linda Collins, COO  
Phone: 501-614-1108

### RMR Loss Control

#### Consultants:

Matt Bradshaw, Loss Control  
Manager  
Phone: 501-614-1165  
Cell: 501-614-1465

Don Jack, Loss Control  
Consultant  
Phone: 501-614-1191  
Cell: 501-454-7287

Rusty Freeman, Loss Control  
Consultant  
501-614-1173

### AHAWCSIT Claims Contacts:

Jill Johnson, Claims Director  
Phone: 501-614-1112  
Fax: 501-614-1412

Tonya Rodgers, Claims  
Specialist  
Phone: 501-614-1194  
Fax: 501-614-1463

### Medcor (Injury at work)

800-775-5866

## Distracted Driving Quiz

Test what you know

Choose the correct response to the following statements.

1. In 2015, more than 3,000 people were killed in crashes attributed to distracted drivers. **True** or **False**
2. Taking your eyes off the road to text for a minute is not that dangerous. **True** or **False**
3. Approximately \_\_\_\_ people text on the road during daylight hours.  
A. 50,000  
B. 550,000  
C. C. 660,000
4. Drivers who use hand-held devices while driving are how many times more likely to get into an accident?  
A. Four times  
B. Three times  
C. Twice
5. It's safe to text when you stop at a light or a stop sign. **True** or **False**

### ANSWERS

**1) True.** There were 3,477 deaths in accidents with distracted drivers. **2) False.** Taking your eyes off the road for just five seconds is extremely dangerous. **3) C.** Approximately 660,000 drivers. Teens make up the largest part of this number. **4) A.** Four times as likely. Studies showed people who are in these crashes were not able to handle challenging or changing situations. **5) False.** It's never safe to text while on the road.

© Business & Legal Resources, Inc.

### Got News?

Do you have news that needs to be circulated or have a subject you would like for us to address? Let us know by emailing the newsletter editor at [tcreel@arkhospitals.org](mailto:tcreel@arkhospitals.org).

AHA Workers' Compensation Self-Insured Trust Program is administered by Risk Management Resources (RMR), a division of BancorpSouth Insurance Services, Inc. [www.bxsi.com](http://www.bxsi.com). In March 2003 the AHA Workers' Compensation Self-Insured Trust was established. The program provides workers' compensation coverage to AHA members.

Risk Management Resources, the administrator for the program, assists members in the areas of claims management, safety and loss control. Tina Creel, President of AHA Services, Inc., is the Group Manager of the Trust and provides oversight of the day-to-day operation of the Trust.

The Board of Trustees provides oversight of the overall operation of the Group Trust.