



December Is National Drunk and Drugged Driving Prevention Month

Upcoming Safety Observances

October

- Pedestrian Safety Month
- Walk To School Day
October 7
- Drive Safely Work Week
October 5-9
- National Teen Driving Safety Week
October 18-24
- National School Bus Safety Week
October 19-23

December

- National Drunk & Drug-Impaired Driving Prevention Month
- Drive Sober Or Get Pulled Over Enforcement Mobilization

Free resources are available on the Utah NETS webpage to assist you during these observance periods.

For more information, visit UTAHSAFETYCOUNCIL.ORG or call 801.746.SAFE (72333).

The holiday season is approaching, bringing with it snow, egg nog, and young, im-paired drivers. December is designated as National Drunk and Drugged Driving Prevention Month. Impaired driving is a major cause of auto accidents in the United States with young adults being at a higher risk for driving under the influence of drugs or alcohol.

According to the 2014 National Survey on Drug Use and Health, approximately 30 million people age sixteen or older drove under the influence of alcohol in the previous year while 10 million drove under the influence of illicit drugs. Among drivers with BAC levels of 0.08% or higher involved in fatal crashes in 2015, nearly three in 10 were between 21 and 24 years of age (28%). It's important to communicate how alcohol and drugs negatively impact our ability to drive. Alcohol and drugs greatly alter the following aspects of a driver's capacity:

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- **Judgement** - Driving while impaired makes it difficult to foresee possible collisions down the road.
- **Reaction time** - The influence of drugs or alcohol slows your reaction time so that you can't respond quickly to changes in your situation, such as a car swerving into your lane or a pedestrian suddenly crossing the street.
- **Vision** - Alcohol and drugs can negatively affect your ability to see, including slowing eye muscle function, blurring vision, limiting peripheral vision, and decreasing night vision.
- **Concentration** - With an increase in drowsiness, drugs and alcohol dramatically reduce your attention span and ability to focus.
- **Coordination** - Motor skills such as hand, eye, and foot coordination suffer when you drive impaired, making it difficult to walk, get in your car, or put the key in the ignition.

Tips for Celebrating the Holidays Safely

- Chose a designated driver for your group in advance
- Pick a limit for the number of drinks you'll have at a party and stick with it
- Make sure to drink water, other non-alcoholic beverages, and eat food when drinking alcohol
- Don't mix alcohol with other drugs like over-the-counter prescriptions or medications
- Take an Uber, Lyft, taxi or public transportation
- Don't let someone who's been drinking get behind the wheel
- Don't ride in a car with a driver who's impaired
- Always wear your seatbelt, as it's the best protection against impaired drivers

Occupational Seat Belt Safety Award Recognition for 2020

The Utah Safety Council, the National Network of Employers for Traffic Safety (NETS), and the Utah Department of Public Safety, Highway Safety Office encourage companies to adopt and promote traffic safety programs for employees. During our 2020 Annual Meeting and Awards Event, we recognized Utah businesses for achieving a 100 % safety belt usage rate during a 30-day observation survey periods. These surveys are conducted to determine the actual usage rates of employees wearing seatbelts. Companies are then required to implement specific educational programs to encourage employees to buckle up. We have 6 companies that received this award:

- EnergySolutions Clive Facility
- Hudson Printing Co.
- Intermountain Healthcare Courier Services
- Intermountain Healthcare Courier Services – St George Office
- North American Industrial Services
- Rocky Mountain Power



We also presented a certificate for the company who had the biggest seatbelt usage improvement, overall. Although this organization wasn't able to achieve the 100% rate, they did have the largest increase in seatbelt usage during the year. Salt Lake Community College was awarded this honor.

Eight Danger Zones for Teens Behind the Wheel



Motor vehicle crashes are the leading cause of death among teens. Make sure your young driver is aware of the leading causes of teen crashes and put rules in place to help your teen stay safe.

#1: DRIVER INEXPERIENCE. Most crashes happen during the first year a teen has a license. Provide at least 30 to 50 hours of supervised driving practice over at least six months. Make sure to practice on a variety of roads, at different times of day, and in varied weather and traffic conditions. This will help your teen gain the skills he or she needs to be safe.

#2: DRIVING WITH TEEN PASSENGERS. Crash risk goes up when teens drive with other teens in the car. Follow your state's teen driving law for passenger restrictions. If your state doesn't have such a rule, limit the number of teen passengers your teen can have to zero or one. Keep this rule for at least the first six months.

#3: NIGHTTIME DRIVING. For all ages, fatal crashes are more likely to occur at night; but the risk is higher for teens. Make sure your teen is off the road by 9 or 10 p.m. for at least the first six months of licensed driving.

#4: NOT USING SEAT BELTS. The simplest way to prevent car crash deaths is to buckle up. Require your teen to wear a seat belt on every trip. This simple step can reduce your teen's risk of dying or being badly injured in a crash by about half.

#5: DISTRACTED DRIVING. Distractions increase your teen's risk of being in a crash. Don't allow activities that may take your teen's attention away from driving, such as talking on a cell phone, texting, eating, or playing with the radio.

#6: DROWSY DRIVING. Young drivers are at high risk for drowsy driving, which causes thousands of crashes every year. Teens are most tired and at risk when driving in the early morning or late at night. Be sure your teen is well rested before he or she gets behind the wheel.

#7: RECKLESS DRIVING. Research shows that teens lack the experience, judgment, and maturity to assess risky situations. Help your teen avoid the following unsafe behaviors. Speeding: Make sure your teen knows to follow the speed limit and adjust speed to road conditions. Tailgating: Remind your teen to maintain enough space behind the vehicle ahead to avoid a crash in case of a sudden stop.

#8: IMPAIRED DRIVING. Even one drink will impair your teen's driving ability and increase their risk of a crash. Be a good role model: never drink and drive, and reinforce this message with your teen.

Source: <https://www.psacorp.com/pgs/Topics/DrunkDriving.aspx>

Driving Tips to Keep You in Control



Follow these tips and you'll be steering and stopping instead of slipping and sliding.

YOU HAVE TO SLOW DOWN

People driving too fast is the main cause of crashes in winter. Slow down. We'll say it again later.

DRIVE UNDER THE SPEED LIMIT

The posted speed limit is for dry, ideal conditions. If it's wet, snowy or icy, you should be going under the speed limit.

AVOID QUICK STOPS, STARTS AND TURNS

Accelerate slowly, brake gently and don't turn quickly.

INCREASE YOUR FOLLOWING DISTANCE

You need more space to safely stop when it's wet, snowy and icy.

USE EXTRA CAUTION WHEN CHANGING LANES

Snow and slush can form ridges between lanes that can be slippery and cause you to lose control. Avoid them if possible.

ALWAYS BUCKLE UP

Crash risk increases in bad weather - seat belts save lives.

COATS CAN INTERFERE WITH CAR SEAT FIT

Place coats or blankets around children after the harness is snug and secure.

4WD AND AWD DON'T MAKE YOU INVINCIBLE

They help with traction, but they don't help with stopping and turning. And they can create a false sense of security - you still need to slow down.

WATCH FOR BLACK ICE

Black ice looks more like a wet spot than a patch of ice and causes many crashes.

BRIDGES FREEZE FIRST

Use extra caution on bridges - the road on either side may just be wet, but the bridge may be icy.

THE ROAD BEHIND AN ACTIVE SNOW PLOW IS SAFER TO DRIVE ON

If you find yourself behind a snow plow, stay behind it and use extreme caution if you pass. Never pass on the right.

IF YOU SKID, EASE OFF THE GAS AND TURN INTO THE SKID

If you start skidding, ease off the gas, steer in the direction the back of your car is going.

SNOW LEFT ON YOUR CAR CAN BE HAZARDOUS

If it hardens, it can fly off and cause damage similar to what is in this picture.

CLEAR SNOW AND ICE FOR VISIBILITY

Clear all frost and snow off from your windows, headlights, brake lights and signals.

DON'T USE CRUISE CONTROL

Road surfaces and conditions are constantly changing - you need to be in full control.

WATCH FOR DEER

They can be more active after storms.

KEEP YOUR GAS TANK CLOSE TO FULL

If you get stuck in a traffic jam or snow, you might need more fuel than you anticipated to get home or to keep warm.

DRESS FOR THE WEATHER

If something goes wrong and you're stuck, you don't want to be wearing flip flops and shorts.

GIVE YOURSELF MORE TIME

Traffic will likely be moving slower, and if you rush, you really put yourself at risk of crashing.

STAY HOME - IF YOU REALLY DON'T NEED TO GO ANYWHERE

If a trip isn't essential, enjoy the snow with a warm fire and a good book. Or binge watch your favorite show.



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LOCAL CHAPTER

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U T A H



NETS News

If you would like to submit items for use in this newsletter, send them to:

Email: nrilk@utahsafetycouncil.org

Phone: 801.746.SAFE (7233)

This Thanksgiving

make sure
drinking & driving
isn't on the
menu

buzzed driving is drunk driving
designate a sober driver

SAVE THE DATE

20 21	Utah Safety Conference & Expo	
		March 2-3, 2021

Virtual Online Conference

More details coming soon.
Check back at UTAHSAFETYCOUNCIL.ORG for more details.