

Safety NETS

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Information to help keep your employees safe on the road

A QUARTERLY NEWSLETTER OF THE MINNESOTA NETWORK OF EMPLOYERS FOR TRAFFIC SAFETY

Drive Safely Work Week, October 7–11

With hectic schedules and long delays in jam-packed traffic and at blocked intersections, it seems people do everything in their cars except drive. Our nation's roadways have become more congested in recent years and drivers are experiencing anxiety, stress, fatigue, and numerous personal and work-related distractions while sitting in their vehicles. More time on the "roads more traveled" results in less time at home or the office, causing drivers to feel the pressure to multi-task just to keep up with their responsibilities. It's a certainty that with more people driving more vehicles more miles each year, compounded by fewer roads being built, and fewer people car pooling, driving conditions aren't going to improve any time soon.

Since drivers must make more than 200 decisions during every mile traveled, it's increasingly important for drivers to be focused on their primary task while behind the wheel—safe driving. That's the goal of Drive Safely Work Week, a campaign for the workplace designed to emphasize the importance of driving safely on and off the job to eliminate preventable crashes. This year's campaign addresses distracted, drowsy, aggressive, and alcohol-impaired driving; the risky driving behaviors often associated with the "roads more traveled".

These days it's more important than ever to drive with a clear head and a sharp focus. For more information about Drive Safely Work Week and materials you can use in the work-

place, call Lisa Kons at 651-228-7330 or 800-444-9150, e-mail: kons@mnsafetycouncil.org.

The 25 urban areas with the longest annual delays per rush-hour driver:

1. Los Angeles, 136 hours
2. San Francisco-Oakland, 92 hours
3. Washington, 84 hours
4. Seattle, 84 hours
5. Houston, 75 hours
6. Dallas-Fort Worth, 74 hours
7. San Jose, Calif., 74 hours
8. New York, 73 hours
9. Atlanta, 70 hours
10. Miami, 69 hours
11. Boston, 67 hours
12. Chicago, 67 hours
13. Denver, 67 hours
14. Orlando, 66 hours
15. San Bernardino, Calif., 64 hours
16. Austin, 61 hours
17. Fort Lauderdale, Fla., 61 hours
18. Phoenix, 59 hours
19. Detroit, 55 hours
- 20. Minneapolis-St. Paul, 54 hours**
21. San Diego, 51 hours
22. Baltimore, 50 hours
23. Charlotte, 47 hours
24. Portland, Ore., 47 hours
25. Louisville, 46 hours

Source: Network Of Employers For Traffic Safety (NETS)

Note: The following page contains NETS material about aggressive driving, designed to be copied and distributed to employees during Drive Safely Work Week, or any time.

Aggressive Driving

As traffic congestion continues to grow on our nation's "roads more traveled", motorists commuting to and from work and traveling for business purposes will often find themselves caught up in bottlenecks and significant delays, wasting time and reducing their productivity. This situation creates a high level of frustration and can spark aggressive driving among these overwhelmed drivers. To protect against aggressive driving remember that your primary responsibility is to drive focused and stay safe.

Safety Facts for the Road

- A major reason for increased traffic congestion is that our highway system has not kept pace with the growing demands placed on it. Since 1970, vehicle miles traveled increased 125%, the number of drivers increased 64%, the population increased by 30% and registered vehicles increased by 87%, while road miles increased by only 6% (FHWA).
- Many Americans believe aggressive driving is on the rise and although they are worried about the behavior of other drivers, many admit to engaging in aggressive driving themselves.
- A substantial number of the 6,800,000 crashes that occur each year are estimated to be caused by aggressive driving (NHTSA).
- Overly frustrated drivers are turning their cars into


extensions of their homes and offices creating a dangerous distraction on the road that fuels aggressive driving among other drivers.

Drive Focused. Stay Safe. Avoid Aggressive Driving.

- Correct any of your own unsafe driving habits that are likely to endanger, antagonize or provoke other drivers.
 - Keep your cool in traffic; be patient and courteous to other drivers and don't take their actions personally.
 - If you think you have a problem, seek help. Look for anger or stress management classes or self-help books.
 - Reduce your stress on the road by allowing plenty of time to reach your destination, plan your route in advance and alter your schedule or route to avoid busy roads.
 - If despite all your planning, you're going to arrive late, accept it and avoid speeding up.
- Make every attempt to safely move out of an aggressive driver's way. If a hostile motorist tries to pick a fight, do not make eye contact and do not respond. Ignore gestures and refuse to return them.
- Report aggressive driving to the police. Provide a vehicle description, licence number, location and the direction of travel.

Would you scream obscenities if a co-worker cut in front of you at the coffee machine?

Courtesy. Patience. Good Judgment.
Take your job skills on the road.
Drive Focused. Stay Safe.



You are our most valuable asset and we care about your safety on the roadway.

Has your roadway travel become an exercise in highway survival? Do you find it easy to give in to your frustration when behind the wheel? Giving in to aggressive driving can often get you into a lot of trouble. Tailgating, failure to signal a lane change, running a red light, passing on the right, yelling, obscene gesturing, honking, and flashing your headlights are all considered aggressive driving. The road is one place where being aggressive never pays. Take positive steps to make your daily commute and business travel safer.

Drive focused. Stay safe. And keep America's workforce safe on the roadway.



Making Minnesota A Safer Place To Live
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