



“Safety & Compliance are Never a Compromise”

Keep it moving!

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Work zone safety: Surviving road construction season

In 2017, there were 799 fatalities as the result of crashes in work zones. According to the Federal Highway Administration (FHWA), 222 of these crashes involved large trucks or buses. Angle, rear-end, and head-on collisions are the most common types of crashes.



The importance of defensive driving skills and safe driving practices is magnified when it comes to operating in a work zone.

Speed and space management

Speed was a factor in one of every four fatal work zone crashes in 2017. With hazards such as narrow lanes, merging vehicles, shifting lanes, and slowing and stopping traffic, there is less time and room to react to a dangerous situation in a work zone.

The FHWA estimates that an 80,000-pound tractor-trailer needs about 325 feet to stop when traveling at 55 mph on a dry, level road. This stopping distance is almost 50 percent greater than the stopping distance needed for a mid-size car.

Managing vehicle speed and space can go a long way when it comes to driving defensively in a work zone.

Proper speed management means operating at a speed that takes into

account road conditions, visibility, traffic speed, and traffic flow. As a driver, you should not change lanes unless absolutely necessary.

Space management includes managing all space, including ahead, behind, to the sides, above, and below the vehicle. Allow for plenty of room in the event of sudden braking. Following distance should also be increased in poor weather conditions.

Night driving

Put simply, we do not see as well at night as we do during the day.

At night, hazards aren't as easy to see and are not recognized as quickly as during daylight hours.

In addition, side vision is poorer and the eyes have a difficult time adjusting to abrupt changes from darkness to light and back to darkness.

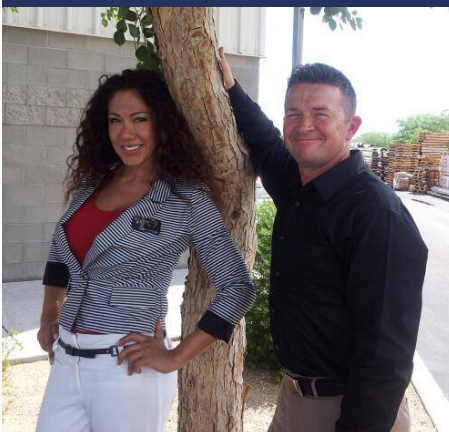
Use of the vehicle's headlights is critical at night. In addition to assisting

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Work zone safety: Surviving road construction season *(continued from page 1)*

you in seeing the road, headlights allow other drivers to see the your vehicle.

In general, in good weather conditions, low beam headlights allow you to see about 250 feet in front of the vehicle. You should never outride your vehicle's headlights. When this happens, you have a more difficult time seeing the road ahead and any hazards that may be on or near the road.

Extra caution should always be used when driving at night, but its importance is even greater when traveling in a work zone at night.

Safety tips

Pay close attention. Eliminate all activities that pose a distraction. Watch traffic and be prepared to react.

All drivers must be aware of their vehicle's blind spots. Vehicles may be hidden in a commercial motor vehicle's "No-Zone." Only change lanes when absolutely necessary and avoid sudden lane changes.

Watch for signs. Orange, diamond-shaped signs are posted to give advance warning of lane closings, construction areas, and workers ahead. This is especially important when you travel through the same areas frequently, as lane closures or traffic patterns may change.

Maintain a safe distance from workers and equipment. Use the lane furthest from the work zone when possible. This provides for additional space between the sides of the vehicles and construction workers.

Watch for and obey road crew flaggers. Follow road crew instructions/directions. Road crew flaggers have the same authority as a regulatory sign. You could be cited for disobeying their directions.

Be patient. Slow down and pay attention to your surroundings. Even if workers and/or equipment are not visible in a work zone, that doesn't mean they are not there. Obey all work zone signs until you have exited the work zone.

Plan ahead. Keep up with the latest road conditions for the areas in which you travel. Many states maintain websites that keep drivers current with the latest road conditions. Allow plenty of time to make a trip or, if possible, take an alternate route.

Fines

As well as being dangerous, speeding and other traffic violations committed in work zones can be costly to you and your company.



Most states impose enhanced fines for speeding and/or other traffic violations in work zones. In many states, fines for speeding and/or other traffic violations in work zones are double the amount of fines in non-work zones.

In addition to fines, there are some states that sentence drivers to community service and/or jail time for speeding in a work zone.

Know the signs!

When you see these signs, your undivided attention is absolutely necessary. Drive defensively, watch for the unexpected, and be prepared to take action.



Right lane ends. You may need to merge into the adjacent lane or make room for a vehicle merging into your lane. The "bent" line indicates which lane is ending.



Road work ahead. Watch for unusual driving conditions; lane closures, rough or uneven driving surfaces, and workers and equipment on the road.



Flagger ahead. Slow down. Be prepared to stop and/or follow instructions.



Two-way traffic. Traffic is traveling in both directions on a roadway that is normally one way. Watch for oncoming traffic

Safety focus: Heat stress

Along with the sun and fun of summertime, comes the dangers of excessive heat. Without the proper precautions, you could be subject to heat-related illnesses.

Heat index

Over the past several years, summertime forecasts have included references to a heat index. So, what exactly is a heat index, and what does it mean?

The heat index combines both air temperature and relative humidity into a single value that indicates the apparent temperature. A higher heat index poses an increased risk of heat-related illness to anyone who is outdoors.

Heat-related illnesses

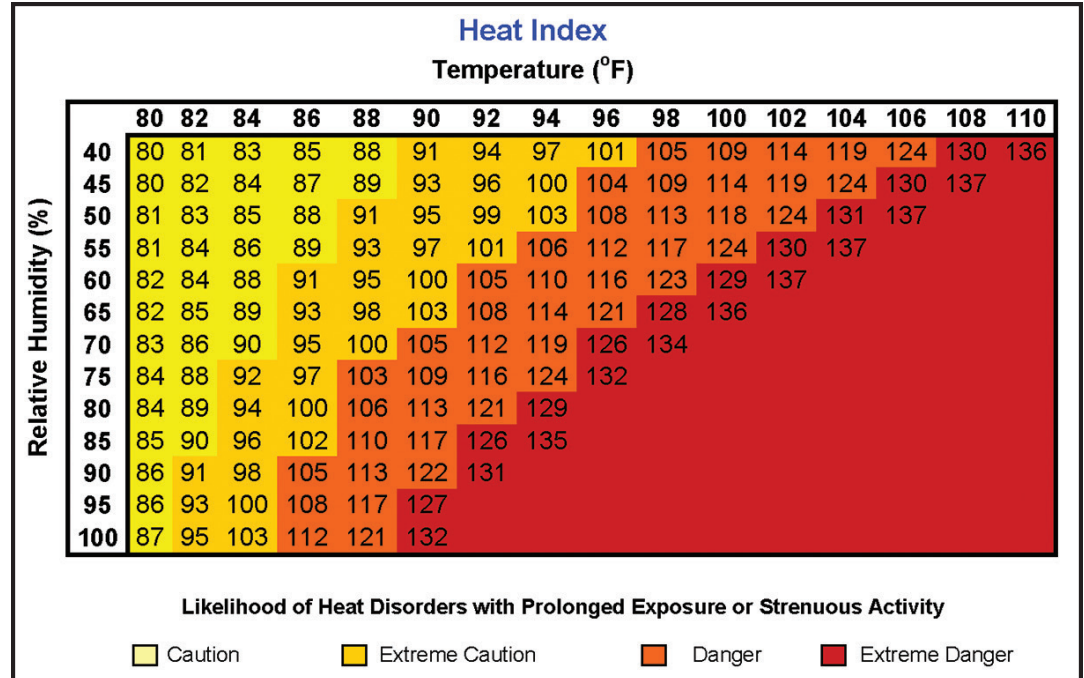
Heat-related illnesses can range from mild to severe.

Heat cramps are painful muscle spasms caused by salt imbalances due to sweating. Symptoms of heat cramps include muscle pain or spasms usually in the abdomen, arms, or legs.

Heat exhaustion is caused by the body's loss of water and salt through sweating. Symptoms include extreme weakness, dizziness, heavy sweating, and impaired motor skills.

Drinking water or a carbohydrate-electrolyte beverage (sports drink), resting in a cool area, and applying cool water to the body can aid in recovery from heat cramps or heat exhaustion.

Heat stroke is the most serious heat-related disorder. It occurs when the body's temperature regulating system fails and the body's temperature rises to critical levels.



Symptoms of heat stroke include:

- Hot, dry skin, or profuse sweating;
- Hallucinations;
- Chills and a throbbing headache;
- High body temperature; and
- Confusion/dizziness/ slurred speech.

It is a medical emergency that requires an immediate call to 911 for help. The victim should be moved to a cool, shaded area, with outer clothing removed and cool water applied to the body until emergency personnel arrives.

Prevention

Avoiding heavy exertion, extreme heat, sun exposure, and high humidity are basic steps to prevent heat-related illnesses.

In reality, in this 24/7 world we live in, extreme weather conditions cannot always be avoided. When out in these conditions:

- Wear light-colored, loose-fitting, breathable clothing, such as cotton (no synthetics);
- Apply sunscreen and wear sunglasses that block 99 to 100 percent of UV radiation.
- Try to schedule heavy work in the coolest part of the day;
- Take breaks in shaded or cool areas; and
- Drink water frequently. Drink enough water that you never become thirsty, five to seven ounces of fluids every 15 to 20 minutes.



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Avoiding mosquito-borne illnesses

"The greatest mistake you can make in life is continually fearing that you'll make one."

Elbert Hubbard



Mosquitos can carry a number of dangerous diseases.

When you're heading to an area that's home to mosquitoes and the diseases they carry, it's worth taking time to protect yourself.

Mosquitoes not only have an annoying bite, they can also transmit diseases such as the West Nile and Zika viruses. Because mosquitoes find humans by using receptors which can detect carbon dioxide and skin odor, it's virtually impossible to hide from them without taking preventive measures. To reduce your risk of being bitten:

- Wear long-sleeved shirts, long pants, and shoes that cover your feet.
- Use an insect repellent on uncovered skin. Remember to spray the repellent on the outside of your clothing, as mosquitoes can bite through some clothing. Reapply the repellent as directed.
- Avoid areas with standing water, such as marshes.

The Centers for Disease Control (CDC) recommend using an Environmental Protection Agency (EPA)-registered insect repellent with one of the following active ingredients.

- DEET
- Picaridin (known as KBR 3023 and icaridin outside the US)
- IR3535
- 2-undecanone

- Oil of lemon eucalyptus (OLE) or para-menthane-diol (PMD) (do not use on children under 3 years of age)

When used as directed, EPA-registered insect repellents are proven safe and effective, even for pregnant and breastfeeding women.

If you have a baby or child

- Always follow instructions when applying insect repellent to children. Do not spray insect repellent onto a child's hands or face. Instead, spray insect repellent onto your hands and then apply to a child's face.
- Do not use insect repellent on babies younger than 2 months of age.
- Dress your child in clothing that covers arms and legs, or use mosquito netting on strollers and carriers.

Mosquito-proof your home

- Use screens on windows and doors and repair holes in screens as needed.
- Use air conditioning when available.
- Keep mosquitoes from laying eggs in and near standing water.
- Once a week, empty and scrub, turn over, cover, or throw out items that hold water, such as tires, buckets, planters, pools, birdbaths, flowerpots, or trash containers. Check inside and outside your home.