In 2016, new NHTSA data showed that at least 3,450 people were killed in motor vehicle crashes involving distracted drivers, including those who were texting and driving. When you try to do two things at once, your brain is forced to shift focus. To prevent accidents due to distracted driving, motorists are urged to:

### Multitasking while driving can be hazardous to your health.

<table>
<thead>
<tr>
<th>Activity</th>
<th>Risk Level</th>
</tr>
</thead>
<tbody>
<tr>
<td>Texting</td>
<td>23X RISK</td>
</tr>
<tr>
<td>Reaching</td>
<td>9X RISK</td>
</tr>
<tr>
<td>Reading</td>
<td>4X RISK</td>
</tr>
<tr>
<td>Grooming</td>
<td>3X RISK</td>
</tr>
<tr>
<td>Eating</td>
<td>2X RISK</td>
</tr>
</tbody>
</table>

- **Texting**: Turn your electronic devices off when you get in the car to avoid temptation.
- **Reaching**: Find a safe place to pull over and pick up a dropped item or something behind you.
- **Reading**: Choose a voice-activated GPS to avoid taking your eyes off the road.
- **Grooming**: First arrive safely, then check your hair or makeup.
- **Eating**: Eat before you get into the car so you can focus on the road.

### Parking Lot Safety for Pedestrians and Drivers

Both pedestrians and drivers should view parking lots as if they were streets and intersections. After all, they have set speed limits and the same traffic markings to indicate traffic patterns.

#### Safety Tips for Pedestrians

- Be cautious and aware of your surroundings when walking in a parking lot.
- Do not assume that drivers can see you when you can see them. Make eye contact.
- Always look left, right, and left again before crossing.
- If a crosswalk is not available, locate a well-lit area and wait for a gap in traffic that allows you enough time to cross safely. Continue to watch for traffic as you cross.
- Avoid areas where it would be hard for a driver to see you (e.g. driveways and alleys).
- Stay alert; don’t be distracted by your smart phone.

#### Safety Tips for Drivers

- Park further away where there is less pedestrian and vehicle traffic.
- Whenever possible, avoid driving in reverse. More incidents happen in reverse due to lack of familiarity with surroundings.
- Motorcycles and bicycles are to follow the same traffic rules as cars.
- Slow Down! Follow the posted speed limit in parking lots. Faster speeds may result in fatal injuries to pedestrians.
- Reduce speeds in bad weather.
- Look for pedestrians. They may be hard to see.
- Never drive under the influence of alcohol and/or drugs.

Questions?

Contact: Michael Nguyen, MPH
Environmental Health and Safety Administrator
Facilities Planning and Construction
(909)382-4009
mnguyen@sbccd.cc.ca.us
Utility Cart Safety
San Bernardino Community College District (SBCCD) uses Utility Carts throughout the campuses to perform a variety of duties. To prevent injuries while operating utility carts, SBCCD has established requirements for safety devices, operating procedures, preventative maintenance, and operator and supervisor accountability.

The main causes of injuries from utility carts include: cart turnover, falling/jumping from moving cart, collision with another cart, struck by another cart, and when getting in to/out of cart. Which do you think is the most common cause of injury? According to the U.S. Consumer Product Safety Commission, 40% of injuries involve someone falling or jumping out of a cart and 10% involve a rollover.

Utility Cart Guidelines
• Utility carts should not impede the normal pedestrian traffic flow.
• All accidents shall be reported to the supervisor as soon as possible.
• Horseplay is dangerous and will not be tolerated.
• Utility carts must be operated safely at all times.
• Know your vehicle; review the operator’s manual prior to use.

Remember that road rules apply to utility carts! No phone calls, no texting, always obey speed limits, pedestrians always have the right-of-way, and all users must have a current driver’s license.

Managing Stress/Back to School Wellness
For many college students, stress seems unavoidable during the school year. The same may hold true for some instructors and staff members as well. A feeling of control and a healthy balance in your schedule are necessary for managing stress.

Tips for Reducing Stress When Returning to School
Get moving: Go for a walk or a jog. Physical activity can help you mentally reset.
Sleep: Get a full night’s rest. Sleep deprivation can cause many physical and mental problems and can increase stress.
Procrastination: it can affect your quality of your work, the quality of your sleep, and your mood.
Treat Yourself: Incorporate small but fun activities in your schedule. Pace yourself throughout the day.

Flu in College Campus Environments
Many college students have irregular schedules and don’t get enough sleep or eat properly. This leaves them more vulnerable to catching the flu. Busy classrooms and halls, group teaching/learning environments, shared restrooms, and social activities increase the chances for faculty, staff and students to catch the flu this coming season. Although the virus can strike at any time, the typical flu season can begin as early as September or October and generally peaks in January.

How do I avoid catching the flu?
• The Centers for Disease Control and Prevention (CDC) recommends that everyone (6 months and older) receive the flu vaccine. Getting vaccinated will help protect you from getting the flu.
• Stay at home for at least 24 hours after your fever goes away.
• Do NOT share food, utensils, cups, or bottles.
• Cover your mouth with a tissue when coughing and throw it away after use.
• Cough into your sleeve if a tissue is not available.
• Carry hand sanitizer with you. Use it often during the day and always after touching your face.
• Do NOT touch your eyes, nose, and mouth.