Distracted Drivers

Distracted driving is driving while doing another activity. Distracted driving can increase the chance of a motor vehicle crash. According to a Network of Employers for Traffic Safety Distracted Driving Survey, 96% of drivers speak to other passengers and 89% adjust their vehicle’s air conditioning and/or radio while driving.

See Chart 1. Texting may take the driver’s distraction away from driving more frequently and for longer periods than other distractions. Be mindful that inexperienced drivers under the age of 20 have the highest proportion of distraction-related fatal crashes.

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 Pedestrian

- 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.
- 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, and 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 a 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?

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Flu in College Campus Environments

Many college students have irregular schedules and don’t get enough sleep or eat properly, and this leaves them more vulnerable to catching the flu. Busy classrooms and halls, group teaching/learning environments, shared restrooms, and social activities increase chances for all college faculty, staff, and studentsto 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. Receiving the flu vaccine will help protect you from getting the flu.
- Stay in your apartment, or 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.