

## Recent study

The Centers for Disease Control and Prevention (CDC) published a study that found that sleep duration varies widely by occupation.

The CDC says this was the first study to evaluate short sleep duration in more than 90 occupational groups.

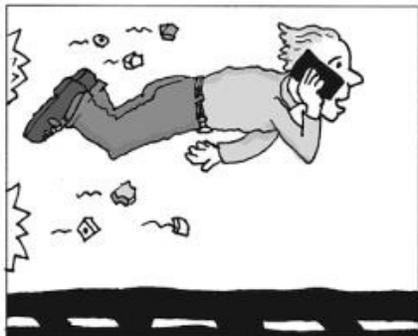
Researchers analyzed data from about 180,000 employed adults in 29 states. Short sleep duration—less than seven hours a night—was calculated for 93 occupation groups.

The top five occupational groups that had the highest occurrences of short sleep duration were:

- Production workers,
- Health care support,
- Health care practitioners,
- Technical workers,
- Food preparation and food service workers, *and*
- Protective service workers.

The Academy of Sleep Medicine and the Sleep Research Society recommends that adults between the ages of 18 and 60 need seven or more hours of sleep per day.

A number of factors can make that difficult to achieve. Those factors include shift work, job stress, work hours, and physical demands.



"Oh yeah, I totally get the 'don't-drive-and-phone' safety thing now. Seatbelts, too."



June 2017

## Distracted driving

### *Are you giving the road your attention?*

According to the Department of Transportation's (DOT) National Highway Traffic Safety Administration (NHTSA), 3,477 people were killed and 391,000 people were injured in motor vehicle crashes involving distracted drivers in 2015.

The DOT defines distracted driving as "any activity that diverts attention from driving, including talking or texting on your phone, eating and drinking, talking to people in your vehicle, fiddling with the entertainment or navigation system—anything that takes your attention away from the tasks of safe driving."

### **Put down the phone**

According to DOT's 2015 statistics, approximately 660,000 people are using cell phones while they are driving during the daytime. Teenagers were the largest age group reported as distracted at the time of fatal crashes.

Texting is considered the most alarming distraction. The DOT says sending or reading a text takes your eyes off the road for five seconds. At 55 miles per hour, it's similar to driving the length of an entire football field with your eyes closed.

Drivers who use hand-held devices while driving are four times as likely to get into crashes serious enough to injure themselves or others.

Studies have shown that in most cell phone-related crashes the drivers were not presented with challenging or changing situations, which required quick thinking or emergency maneuvers. In most cases, the drivers simply failed to control their vehicles during routine driving conditions.

### **What can you do?**

Get the word out! Talk about the dangers of distracted driving at your workplace. Ask your coworkers to commit to distraction-free driving or set a company policy on distracted driving.

Pull over to talk on your phone or to text, and don't do it at a stop sign or a stoplight. Let calls coming in go to voicemail. Try leaving your phone on silent while you drive. Keep your eyes on the road and your hands on the wheel. Make sure the road has your full attention.

## news & notes

### KEEPING YOUNG WORKERS SAFE

OSHA tells parents of working teens to:

- **Know where teens are working and what they are doing.** Ask teens what they do at work every day. Also find out about training, supervision, safety rules, and PPE.
- **Know what federal and state child labor laws allow** so that you can recognize if an employer is following the law, e.g., not giving your teen too many work hours.

Nonagricultural workers under 18 can't:

- Drive a motor vehicle as a regular part of the job or operate a forklift
- Operate power equipment such as meat slicers, power saws, and bakery machinery
- Work in wrecking, demolition, ex-cavation, roofing, logging, mining, sawmills, meat packing, and slaughtering
- Perform jobs involving exposure to radiation
- Perform jobs where explosives are manufactured or stored

Kids age 14 or 15 are also banned from:

- Baking or cooking
- Operating power-driven machines such as lawnmowers
- Climbing ladders or scaffolding
- Working in warehouses
- Manufacturing, building, or



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## Distracted driving quiz

*Test what you know*

Choose the correct response to the following statements.

1. In 2015, more than 3,000 people were killed in crashes attributed to distracted drivers. **True or False**
2. Taking your eyes off the road to text for a minute is not that dangerous. **True or False**
3. Approximately \_\_\_\_\_ people text on the road during daylight hours.
  1. 50,000
  2. 550,000
  3. 660,000
4. Drivers who use hand-held devices while driving are how many times more likely to get into an accident?
  1. Four times
  2. Three times
  3. Twice
5. It's safe to text when you stop at a light or a stop sign. **True or False**

### ANSWERS

- 1) True.** There were 3,477 deaths in accidents with distracted drivers. **2) False.** Taking your eyes off the road for just five seconds is extremely dangerous. **3) C.** Approximately 660,000 drivers. Teens make up the largest part of this number. **4) A.** Four times as likely. Studies showed people who are in these crashes were not able to handle challenging or changing situations. **5) False.** It's never safe to text while on the road.

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## National Safety Month

June is National Safety month! Mark your calendars. The National Safety Month weeks are broken out into awareness topics:

- Week 1: Stand Up to Falls
- Week 2: Recharge to Be in Charge (Focusing on Fatigue)
- Week 3: Prepare for Active Shooters
- Week 4: Don't Just Sit There (Focusing on Ergonomics)

According to OSHA, falls account for nearly 25% of all seriously disabling work injuries. Put up some posters around work to promote being conscious of proper fall protection.

Risking less sleep means risking more injury. A NIOSH study notes that night shift workers reported having less sleep more frequently compared to daytime workers. Are you catching enough Z's? Set a goal to hit the sheets a little earlier every night this month and going forward.

Learn your office evacuation plan this month. Are you prepared in the event of workplace violence?

Ergonomics isn't just about the right chair. It's about the science of fitting a job to you. Health problems associated with ergonomics compose the most prevalent lost-time injuries and illnesses in almost every industry. Talk to your management this month if you're at risk.

Get involved! Strike up a conversation with coworkers about these topics and others during National Safety Month. Or, send out a tweet or post your safety awareness tips on Facebook or social media.