TRB EMS Subcommittee ANB10(5)

# EMS Safety Summit 2012 Safety Systems, Strategies and Solutions

Impaired/Distracted Driving/ Hours of Service

Nancy Bendickson, Fleet Safety Management, AON

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### Impaired/Distracted Driving/ Hours of Service

- Driver Fitness background checks and driver selection standards – goal rule out unfit drivers
- 2. Impairment not just drugs/alcohol also fatigue and distraction
- Hours of Service- learn from FRA, TRA & DOT limits
- 4. Distracted Driving focus on driving





#### **Driver Fitness**

- Valid License- applicable to size of vehicle operated
- Medical Qualification- any concerns with health
- Drug/Alcohol Testing
- · Fatigue known impact on driving skills

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#### Impaired driver?

- Signs of Alcohol or Drug Impaired Driver
  - Slower Reactions
  - Blurred Vision
  - Impaired Judgment
  - Reduced Ability to Gauge Distance
- Signs of Fatigued & Distracted Driver
  - Reduced concentration
  - Slowed reactions
  - Drift in lane
  - Have trouble focusing
  - Tailgate





## **Distracted Driving**

- Distracted driving is any activity that could divert a person's attention away from the primary task of driving.
- Effects of cell phone use:
  - ✓ delays reaction time as if you had .08 blood alcohol concentration,
  - √ increases crash chances by
  - 4X for handheld phone & 23X by Texting

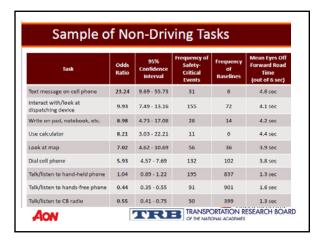
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## **Types of Distraction:**

- · Visual takes your eyes off road.
- Cognitive takes your mind off the road
- Manual takes your hands off the wheel
- Auditory takes your focus off the road
- Tasks that can be a driving distraction often fit into more than one category.

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#### **DOT HOS Rules**

- · Limits established for on-duty hours
- Establishes minimum levels of off-duty time-8 hours if on duty less than 12 hours FRA or if over 12 hours then 10 hour off-duty time
- Commercial airline pilot can fly up to 100 hrs/month
- Adopts 60/70 hour weekly maximum for truck drivers, 10 hour off-duty time





## **Summary**

- Systems Evaluate your level of fleet safety systems in your service for Fatigue Mgmt, Driver Fitness, & Focused Driving
- Strategies Increase focus on fleet safety to same level as patient and employee safety
- Solutions Audits, Perception Survey to address behavior change in all levels of organization, Education, & use of Technology



