



Study: Drivers on Cell Phones Kill Thousands

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(Adapted from MSNBC.com)

When young adults use cell phones while driving, they're as bad as a 70-year-old on the verge of a nap and signaling for that eventual left turn. And yes, you can blame the chatty 20-somethings for the stop-and-go traffic on the way to work. A new study confirms that the reaction time of cell phone users slows dramatically, increasing the risk of accidents and tying up traffic in general. "If you put a 20-year-old driver behind the wheel with a cell phone, their reaction times are the same as a 70-year-old driver who is not using a cell phone," said University of Utah psychology professor David Strayer. "It's like instantly aging a large number of drivers." The study was announced Tuesday and is detailed in winter issue of the quarterly journal Human Factors.

“Cell phone (use) causes 2600 deaths and 330,000 injuries... every year”

Cell phone distraction causes 2,600 deaths and 330,000 injuries in the United States every year, according to the journal's publisher, the Human Factors and Ergonomics Society. The reason is now obvious: Drivers talking on cell phones were 18 percent slower to react to brake lights, the new study found. In a minor bright note, they kept a 12 percent greater following distance. But they also took 17 percent longer to regain the speed they lost when they braked. This action can contribute to frustration with other drivers.

2005 Dates:

January:

Plan Your Safety Training Now!
Call Cambridge For Ideas!
312-381-8208

February:

Child Passenger Safety Week

March:

Poison Prevention Week
Workplace Eye Safety Month
Save Your Vision Month

April:

Sports Eye Safety Month
Intl Building Safety Week
Work Zone Aware. Week
Playground Safety Week

May:

Clean Air Month
Melanoma Awareness Month
Electrical Safety Month
National EMS Week
Poison Prevention Week

June:

National Safety Month

July:

EYE INJURY PREV. MONTH

August:

Prepare Your Winter Safety Training!

September:

Farm Safety/Health Week

October:

Nat. Fire Prevention Week
Drive Safely Work Week
Radon Action Week

November:

Take advantage of the weather and do your classroom training!

December:

"3D Month" - National Drunk & Drugged Driving Prevention Month

"Once drivers on cell phones hit the brakes, it takes them longer to get back into the normal flow of traffic," Strayer said. "The net result is they are impeding the overall flow of traffic." Strayer and his colleagues have been down this road before. In 2001, they found that even hands free cell phone use distracted drivers. In 2003 they revealed a reason: Drivers look but don't see, because they're distracted by the conversation. The scientists also found previously that chatty motorists are less adept than drunken drivers with blood alcohol levels exceeding 0.08. Separate research last year at University of Illinois at Urbana-Champaign supported the conclusion that hands-free cell phone use causes driver distraction. "With younger adults, everything got worse," said Arthur Kramer, who led the Illinois study. "Both young adults and older adults tended to show deficits in performance. They made more errors in detecting important changes, and they took longer to react to the changes." The impaired reactions involved seconds, not just fractions of a second, so stopping distances increased by car lengths.

The latest study used high-tech simulators. It included people aged 18 to 25 and another group aged 65 to 74. Elderly drivers were slower to react when talking on the phone, too. The simulations uncovered a twofold increase in the number of rear-end collisions by drivers using cell phones. Older drivers seem to be more cautious overall, however. "Older drivers were slightly less likely to get into accidents than younger drivers," Strayer said. "They tend to have a greater following distance. Their reactions are impaired, but they are driving so cautiously they were less likely to smash into somebody." But in real life, he added, older drivers are significantly more likely to be rear-ended because of their slow speed.

Other studies in the journal found:

- Telephone numbers presented by automated voice systems compete for drivers' attention to a far greater extent than when the driver sees the same information presented on a display.
- Interruptions to driving, such as answering a call, are likely to be more dangerous if they occur during maneuvers like merging to exit a freeway.
- Things could get worse. Wireless Internet, speech recognition systems and e-mail could all be even more distracting.

Cambridge Risk Control recommends that companies implement policies that restrict all common driver distractions. This includes all cell phone use, radio communication, eating, application of make-up & hair styling, reading, loud music and other common distractions. Also:

WEAR SEAT BELTS!



OSHA Update – Hearing Protection

March, 2005 - Volume 2, Number 3, Page 2

The U.S. Occupational Safety and Health Administration recently created a Web page for preventing occupational hearing loss. Dubbed the Noise and Hearing Conservation eTool, it is a product of OSHA's alliance with the National Hearing Conservation Association.

The page is located at <http://www.osha.gov/dts/osta/otm/noise>.

Noise, according to the government, is one of the most common health problems in American workplaces. The National Institute for Occupational Safety and Health (NIOSH) estimates that 30 million workers in the U.S. are exposed to hazardous levels of it. Exposure to high levels of noise may cause hearing loss, create physical and psychological stress, reduce productivity, interfere with communication, and contribute to accidents and injuries by making it difficult to hear warning signals.

OSHA's eTool features information on what is considered occupational noise and its potential health affects. It also provides detailed guidance on how to properly evaluate noise exposure and what constitutes an effective hearing conservation program. In addition, the site references OSHA noise exposure standards and employer responsibilities. OSHA requires the employer to determine if workers are exposed to excessive noise in the workplace. If they are, the employer must implement feasible engineering or administrative controls to eliminate or reduce hazardous levels of noise. If controls aren't sufficient, the employer must implement an effective hearing conservation program.

2 many txt msgs bad 4 yr health!, doctors say

ROME, ITALY - Excessive text messaging may be bad for you, or at least for your fingers. That's what some Italian doctors think. They are telling people, particularly the young, that furious typing on mobile phones could lead to acute tendonitis. Italian newspapers La Repubblica and Il Messaggero dedicated about half a page each to the problem on Monday. A 13-year-old girl in the Italian city of Savona needed treatment from an orthopedic specialist after typing at least 100 short text messages a day. She was prescribed anti-inflammatory medicine and ordered to rest her hands.

According to a recent study conducted for children's rights group Telefono Azzurro, some 37 percent of Italian children are "cell phone addicts." Irritability and mood swings were other symptoms linked to very frequent cell phone use among the young. The message is clear: MayB U shd stop B4 its 2 L8.

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Safety Resource Center

It's Good To Know:



It may look funny,
but it saves lives!

Wear your PPE!

Looking For An Article?

We may be able to write a safety article to meet your needs. Contact us to find out. Chances are good that if you need information on a particular safety subject, someone else does too!

- Bloodborne Pathogens?**
- Fall Protection?**
- Haz-Com?**
- Slips & Falls?**
- Written Policies?**
- Safety Committees?**
- Safety Training?**
- OSHA Training?**
- Construction Safety**

Home Safety Tip:

Porch & Deck Safety

Visually inspect porches, balconies, elevated free-standing decks and similar structures at least twice a year for safety.

Inspect for split wood, rotting wood, loose or missing nails or screws and anchors where the porch attaches to the building. Inspect also for damaged or loose support beams and planking and wobbly handrails or guardrails.

If the porch moves when people walk or jump, it may need extra support.