

**TRB EMS Subcommittee ANB10(5)**

# **EMS Safety Summit 2012**

## **Safety Systems, Strategies and Solutions**

### **Impaired/Distracted Driving/ Hours of Service**

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# Impaired/Distracted Driving/ Hours of Service

1. Driver Fitness – background checks and driver selection standards – goal rule out unfit drivers
2. Impairment – not just drugs/alcohol also fatigue and distraction
3. 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

# 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



# 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
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- Tasks that can be a driving distraction often fit into more than one category.

# Sample of Non-Driving Tasks

Task	Odds Ratio	95% Confidence Interval	Frequency of Safety-Critical Events	Frequency of Baselines	Mean Eyes Off Forward Road Time (out of 6 sec)
Text message on cell phone	23.24	9.69 - 55.73	31	6	4.6 sec
Interact with/look at dispatching device	9.93	7.49 - 13.16	155	72	4.1 sec
Write on pad, notebook, etc.	8.98	4.73 - 17.08	28	14	4.2 sec
Use calculator	8.21	3.03 - 22.21	11	6	4.4 sec
Look at map	7.02	4.62 - 10.69	56	36	3.9 sec
Dial cell phone	5.93	4.57 - 7.69	132	102	3.8 sec
Talk/listen to hand-held phone	1.04	0.89 - 1.22	195	837	1.3 sec
Talk/listen to hands-free phone	0.44	0.35 - 0.55	91	901	1.6 sec
Talk/listen to CB radio	0.55	0.41 - 0.75	50	399	1.3 sec

# Get the picture?





# 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