



## Staying Safe on the Road this Winter

### Upcoming Safety Observances

Free resources are available on the Utah NETS webpage to assist you with ideas to implement in your organization during these observance periods. Visit [UTAHSAFETYCOUNCIL.ORG](http://UTAHSAFETYCOUNCIL.ORG) and select *Safety Programs and Resources* to find a full list.

#### December

- Holiday Season National Drunk and Drugged Driving Prevention
- Older Driver Safety Awareness Week

#### February

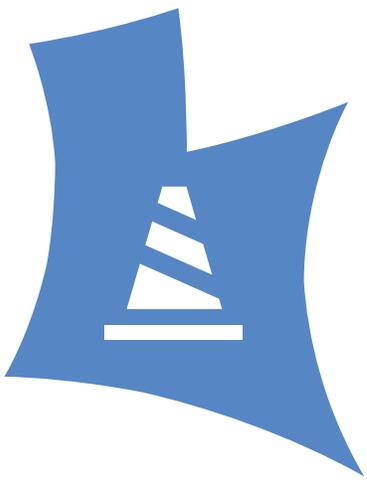
- Super Bowl Sunday - Fans Don't Let Fans Drive Drunk
- Buckle Up For the Ones You Love

#### March

- St Patrick's Day Buzzed Driving is Drunk Driving Awareness
- National Sleep Awareness Week

In addition to the basic safe driving habits we practice all year long - buckling up, driving alert and sober, and driving at a safe and legal speed - the Utah Safety Council reminds you there are special precautions that need to be followed during the winter months.

- **Make sure your car is ready for the season.** Have it serviced by a qualified mechanic and be sure that the brakes, battery, exhaust and cooling systems, headlights, fluids, windshield wipers and washers are all in proper working order. Throughout the winter, keep your gas tank at least half full to avoid gas line freeze.
- **Stock your car with basic winter driving supplies:** a scraper and brush, small shovel, jumper cables, tow chain and a bag of sand or cat litter for traction. Keep an emergency survival kit in the car and include items such as road flares, a blanket, and a flashlight with batteries.
- **Keep close tabs on the weather.** Avoid traveling, especially alone, if severe weather is threatening. Before taking a trip, inform someone at your destination of your expected arrival time and your route.
- **If your car has been outside during a snowfall, brush all the snow off before setting out.**
- **Adjust your speed to the conditions and increase following distances.** Remember that bridges and overpasses can be more slippery than other parts of the road.
- **If even after following all precautions you find yourself stranded, stay calm and stay put.** Your chances of being rescued are greater if you remain in one place. Staying in your car will decrease your risk of frostbite or hypothermia. Run your engine for heat about once an hour. Make sure your exhaust pipe is clear to prevent the back up of carbon monoxide. Leave one window slightly open. Tie a piece of brightly colored cloth to your antenna to alert others and aid rescuers.
- **Carry a cell phone for use during emergencies.** Because driving requires your full attention, be sure to find a safe place to pull over when you need to make a call.



## Coaching the Van Driver Training

Many organizations mistakenly assume that van driving is no different than driving a personal car, and they expect their employees (or volunteers) to assume van-driving responsibilities without any training. The fact is that most commercial vans are very different than passenger cars. They are bigger, heavier, have larger blind spots, and require longer following and stopping distances. Training drivers to compensate for these differences can help keep them on the road and on the job.

The Coaching The® Van Driver™ 3 course is a comprehensive program that meets that need.

Coaching The® Van Driver™ 3 can be presented as a classroom course in one session or shorter, multiple sessions. Companies can opt to schedule an onsite training or purchase the materials to have an instructor on staff. The course is also available in self-instruction and online formats.

Course Content Includes:

- Van Characteristics & Inspection
- Scanning, Cushion of Safety & Communicating
- Reading Traffic Situations
- Special Considerations
- Transporting Cargo segment
- Transporting Passengers segment
- Collision Reporting Procedures
- Situation Analyses and Discussion Questions

For more information, to purchase materials or schedule an onsite course, contact Jennifer Williams, Traffic Safety Program Manager at [jwilliams@utahsafetycouncil.org](mailto:jwilliams@utahsafetycouncil.org), or 801.746.SAFE (7233). You can also visit the Utah Safety Council's website at [UTAHSAFETYCOUNCIL.ORG](http://UTAHSAFETYCOUNCIL.ORG).

## Need Resources For Your Trainings?

A convenient way to train employees on traffic safety is to use a traffic safety video. However, quality traffic safety training productions can be costly, especially for one-time viewing.

Fortunately, the Utah Safety Council's Safety Media Library includes over 130 traffic safety titles! Topics include seat belt use, defensive driving, distracted driving, impaired driving, seasonal driving and many more. Many of these titles are available in English and Spanish. Members of the Utah Safety Council can check out these titles at no cost.

The Utah Safety Council also has a Streaming Safety Video library. There are over 75 titles related to traffic safety and are accessible through the Utah

Safety Council's member only website. Many titles are available in English and Spanish.

This quarter's featured title is: *Defensive Driving: Rules of the Road, Title #53*. This video is a new way to train your drivers. It mixes yesteryear, with up to date defensive driving techniques that will keep your employees interested in the subjects and learn more from this course, than all the others combined.

For an up-to-date list of Safety Media Library titles, or to reserve a title for check out, visit the Utah Safety Council's website, [UTAHSAFETYCOUNCIL.ORG](http://UTAHSAFETYCOUNCIL.ORG). Or you can contact our office at 801.746.SAFE (7233).

# Pregnancy and Seat Belts

Whether or not anyone in your workplace is currently expecting a baby, most people know someone who is, perhaps someone in their family. Many parents-to-be feel hesitant to strap a seat belt on a protruding belly for fear of hurting an unborn child, but the reasoning to buckle up is simple: in order to maintain a baby's safety - Mom's safety needs to be a priority.

Experts agree that everyone, including pregnant women, should always wear a seat belt when riding in a vehicle. Seat belts are the single most effective way to save lives and reduce injuries in crashes.

Here are some guidelines for proper seat belt use during pregnancy:

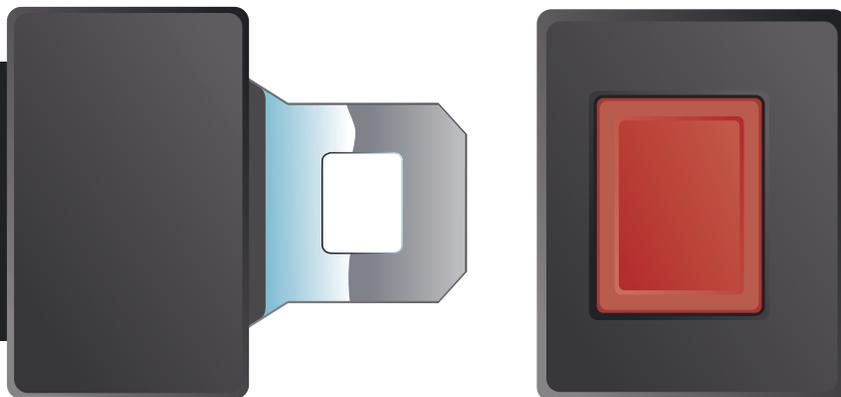
- **Wear seat belts the right way.** Always wear both the lap and shoulder belt. In a crash, they are the best protection for both mom and unborn baby. The shoulder belt should lie across the chest and away from the neck. Secure the lap belt below the belly so that it fits snugly across the hips and pelvic bone. It is important to wear a seat belt properly in all stages of pregnancy.
- **Adjust the seat.** Move the front seat as far back as possible. If mom is driving, make sure that she can still comfortably reach the pedals. Always keep at least 10 inches between the center of the chest and the steering wheel or dashboard. As pregnancy progresses, adjust the seat to maintain a 10-inch minimum.
- **DO NOT turn the air bag off.** Doctors recommend that pregnant women wear seat belts and leave air bags turned on. Seat belts and air bags work together to provide the best protection for mom and baby.



- **Adjust the head restraint.** Place the head restraint at a height where the center of the head is in-line with the center of the head restraint.
- **If a crash happens, contact the doctor!** Make sure to get treatment right away, even if you think you are not hurt. Most injuries to the baby happen within a few hours after a crash. Your doctor needs to check you and your baby as soon as possible after a crash.

Once the baby is born, it's important to make sure that the car seat is installed correctly. The Utah Safety Council has a certified car seat technician to help ensure your car seat is installed correctly. These one-on-one appointments are based on a watch, learn and practice process that explains proper selection of a car seat for your child and helps you to become confident in installing your child's car seat. Call 801.746.SAFE (7233) to schedule an appointment.

To learn more about seat belts and air bags, visit the Utah Safety Council's website at [UTAHSAFETY-COUNCIL.ORG](http://UTAHSAFETY-COUNCIL.ORG).





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ADDRESS SERVICE REQUESTED

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## NETS NEWS

If you would like to submit items for use in this newsletter, send them to:

**Phone:** 801.746.SAFE (7233)

**Email:** [jwilliams@utahsafetycouncil.org](mailto:jwilliams@utahsafetycouncil.org)

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# Save the Date!

## 2nd Annual Crazy Pants Golf Tournament

Join us May 20th at Thanksgiving Point- and don't forget to wear your **craziest** pants!

Register today at [UTAHSAFETYCOUNCIL.ORG](http://UTAHSAFETYCOUNCIL.ORG)

For **sponsorship** information, contact **Sadee Pistoia** at 801.746.SAFE (7233) or email [spistoia@utahsafetycouncil.org](mailto:spistoia@utahsafetycouncil.org)

Proceeds Benefit the Utah Safety Council's Home & Community Programs