



Alabama Trucking Association  
Workers Compensation Fund

alliance

An OSHA Cooperative Program

*A Newsletter For Our Members Where Safety Is Our Primary Concern!*

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**Don't Drowse and Drive: Sleepiness as Risky as DUI**

With holiday travel approaching, it's important to get enough sleep before getting behind the wheel. Missing 1 or 2 hours of sleep nearly doubles a person's risk for a car crash, a new report finds.

And **missing 2 to 3 hours of sleep** more than quadruples the risk for a crash, according to the new report that was published December 6, 2016, from the AAA Foundation for Traffic Safety. This is the same crash risk a person faces when driving over the legal limit for alcohol, according to the National Highway Traffic Safety Administration (NHTSA).

"Our new research shows that a driver who has slept for less than 5 hours has a crash risk comparable to someone driving drunk," David Yang, the executive director of the AAA Foundation for Traffic Safety, said in a statement.

Results showed that people who said that they got 6 to 7 hours of sleep that night, or up to 1 hour less than recommended, were 1.3 times more likely to get in a car accident than those who got the full 7 hours. Getting 5 to 6 hours of sleep, or 1 to 2 hours less than recommended, was associated with a 1.9-times increased in the risk of a crash.

But getting 4 to 5 hours of sleep a night was associated with a 4.3 times increase in the risk of a crash, and for those who got less than 4 hours of sleep, the risk increased more than Eleven-fold.

**Staying safe behind the wheel**

Having trouble keeping your eyes open is one symptom of drowsy driving, along with drifting from your lane and forgetting the last few miles driven. **But more than half of drivers who are involved in drowsy-driving-related crashes experience no symptoms before falling asleep behind the wheel, AAA said.**

- Don't rely on your body to provide the "warning signs" that you are too tired to drive.
- You should prioritize getting at least 7 hours of sleep each night.
- Plan to travel at times when you are normally awake, schedule a break every 2 hours or 100 miles.
- Avoid heavy foods, travel with an alert passenger and take turns driving.
- Avoid taking medications that cause drowsiness or other impairment.

In a new report, researchers found that the more hours of sleep a person missed over a 24-hour period, the more his or her risk for a car crash increased, compared with people who got the **recommended 7 hours of sleep each night.**





# OSHA'S TOP 10 MOST CITED VIOLATIONS 2016



Every October the Department of Labor's Occupational Safety and Health Administration releases a preliminary list of the 10 most frequently cited safety and health violations for the fiscal year, compiled from nearly 32,000 inspections of workplaces by federal OSHA staff.

More than 4,500 workers are killed on the job every year and approximately 3 million are injured, even though, by law, employers are responsible for providing safe and healthful workplaces for their workers. If all employers simply corrected the top 10 hazards, we are confident the number of deaths, amputations and hospitalizations would drastically decline.

Consider this list a starting point for workplace safety:

1. Fall protection
2. Hazard communication
3. Scaffolds
4. Respiratory protection
5. Lockout/tagout
6. Powered industrial trucks
7. Ladders
8. Machine guarding
9. Electrical wiring
10. Electrical, general requirements



It's no coincidence that falls are among the leading causes of worker deaths, particularly in construction & transportation. We know how to protect workers from falls. Employers & workers must take these issues seriously.

We also see far too many workers killed or gruesomely injured when machinery starts up suddenly while being repaired, or hands and fingers are exposed to moving parts. Lockout/tagout and machine guarding violations are often the culprit here. Installing guards to keep hands, feet and other appendages away from moving machinery prevents amputations and worse.

The high number of fatalities associated with forklifts, and high number of violations for powered industrial truck safety, tell us that many workers are not

being properly trained to safely drive these kinds of potentially hazardous equipment

OSHA regulations cover a wide range of hazards, all of which jeopardize worker health and safety. And we urge employers & workers to go beyond the minimal requirements to create a culture of safety at work, which has been shown to reduce costs, raise productivity and improve morale. To help you, we have new resources and recommendations for creating a safety and health program at your workplace.

Please reach out to your ATAWCF regional Loss Control Consultant for additional assistance and resources.

