

# Wellness @Work

Fall 2009

## Work-related Roadway Crashes

Whether commuting to the office, making sales calls, or transporting materials—driving on the road is an everyday activity for many workers. Unfortunately, for many workers, this everyday activity can end with tragic results.

Motor vehicle-related incidents are consistently the leading cause of work-related fatalities in the United States. Of approximately 5,700 fatalities annually reported by the Bureau of Labor Statistics, 35% are associated with motor vehicles. Between 2002-2007, on average:

- ✓ 1371 workers died each year from crashes on public highways
- ✓ 330 workers died each year in crashes that occurred off the highway or on industrial premises.
- ✓ 363 pedestrian workers died each year as a result of being struck by a motor vehicle.

Since the roadway is not a closed environment, preventing work-related roadway crashes requires combining traffic safety principles with sound safety management principles.

NIOSH recommends:

- ✓ Assign a key member of your management team with responsibility and authority to set and enforce a comprehensive driver safety policy.
- ✓ Enforce mandatory seat belt use.
- ✓ Develop work schedules to allow employees to obey speed limits.
- ✓ Adopt a structured vehicle maintenance program and ensure company vehicles offer the highest possible levels of occupant protection.
- ✓ Provide training to workers operating specialized motor vehicles or equipment.

- ✓ Ensure workers are following safe driving practices and teach strategies for recognizing and managing driver fatigue and in-vehicle distractions.
- ✓ Ensure workers assigned to drive on the job have a valid driver's license that is appropriate for the type of vehicle they are operating. Check driving records periodically.

### More Information...

You can rely on MED-1 to provide more information on preventing injuries and illness in your work environments because we see your employees every day and know how important health and safety is to you.

To find more tips and to download useful resources on preventing work-related roadway crashes, go to the NIOSH Motor Vehicle Safety page at [www.cdc.gov](http://www.cdc.gov).

### MED-1 Services

#### Screenings

- Biometric
- Cholesterol
- Diabetes
- Colo-rectal cancer
- PSA

#### Specialized Programs

- Health risk appraisals
- Immunizations
- Smoking cessation
- Customized worksite programs
- Drug free worksite
- Special exams

#### Education

- CPR/First Aid training
- AED programs
- Wellness coaching
- Health fairs
- Wellness education

#### Incentive Programs

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## Who is at risk for on-the-job roadway crashes?

How much do you know?

The following quiz is based on CDC/NIOSH information:

What gender has the highest incidence of crashes?

- Male
- Female

What age group had the highest fatalities?

- 25-34
- 35-44
- 45-54

Choose the industry with the highest roadway deaths.

- Services
- Construction
- Manufacturing
- Transportation, Communication and Utilities

What type of accidents were most prevalent?

- Collision with another vehicle
- Hitting a pedestrian
- Non-collision event

What time of the day did most accidents happen?

- Day time
- Night time

What percentage of fatally injured workers were wearing their seat belt?

- 56%
- 28%
- 16%

Which factor was most associated with roadway crashes?

- Driving over the speed limit
- Running off the road
- Driver inattention
- Drowsiness

In what percent of cases was drinking involved?

- 8%
- 17%
- 22%



Wellness at Work is a informational publication provided by MED-1 Occupational Health System to facilitate health and wellness initiatives for employees.

For more information on any topics presented or to access additional copies of current or past issues, contact Tammie Milligan at 616.459.1570 or go to — [www.med1services.com](http://www.med1services.com).

### Safe Driving Tips

- ✓ Make sure you are well rested and you stop for regular rest breaks
- ✓ Adjust the steering wheel, seat, controls, and mirrors on the vehicle.
- ✓ Use caution at intersections and interchanges.
- ✓ Do not use a cell phone while operating a vehicle.
- ✓ Talk with your health care provider or pharmacist about the individual or combined effects of prescription or non-prescription medications on your ability to safely operate a motor vehicle.

ANSWERS  
Male  
35-44  
Transportation, Communication and Utilities  
Collision with another vehicle  
Day time  
28%  
Running off the road  
8%