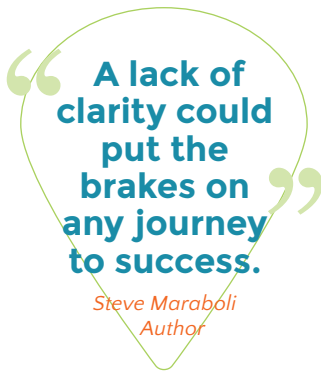


#PlanAhead Your Key to Driving Safely



# Plan Ahead to have a clear head

It's day three of Drive Safely Work Week. Today's focus is on the importance of planning ahead to have a clear head. Any number of things can cloud a driver's attention, from alcohol, medications and fatigue to emotional stress and physical distractions. This year's campaign approaches physical distractions from the angle of practicing advance planning and preparation in order to devote full attention to the drive.

**Safe Driving is never a secondary task.  
Every 2 miles, the average driver makes 400 observations, 40 decisions and 1 mistake.<sup>1</sup>**

Workers aged 55 and older are expected to make up more than a quarter of the U.S. workforce by 2020.<sup>2</sup> As the workforce ages, the issue of medications and driving becomes more relevant. According to AAA, two-thirds of drivers age 65 and older take five or more daily medications that can affect their ability to drive safely.<sup>3</sup> But it's important to note that medications and driving isn't just an issue for seniors.

## COMMON OTC DRUGS

- Antihistamines and other over-the-counter and prescription allergy medications may cause drowsiness, slow reaction time and impair coordination.
- Common prescription drugs including those for depression, high blood pressure, pain, diabetes, cholesterol, ulcers, anxiety disorders and insomnia can cause drowsiness or affect vision and other skills needed to be a focused driver.
- Over-the-counter drugs such as cold and cough medicines, drugs to prevent nausea or motion sickness, pain relievers, decongestants and diuretics can cause drowsiness or dizziness.

## DOES YOUR ORGANIZATION OFFER A WELLNESS PROGRAM?

There is a direct connection between safety and wellness. Much research has been done to assist in the development and expansion of wellness programs targeted to the occupational truck driver, particularly in the area of fatigue and physical health. If your organization has a wellness program, identifying opportunities to connect health and well-being to road safety for all types of drivers increases opportunities for employee engagement and provides a fresh angle to promotion of program components.



**POLICY** Take a look at the existing components of your program and take the opportunity to illustrate the connection between wellness and safety.

Wellness programs can provide information about medical conditions and the associated medications that may affect a person's ability to operate a vehicle safely. Additionally, components of the organization's program will most likely address stress reduction and with that improved mind and body wellness. For example, your organization's program may offer discounts or incentives for fitness or yoga classes. Practicing yoga improves flexibility, strength, posture and mental focus as well as reduces anxiety—all things that improve every aspect of daily life—including driving. Most anyone can practice yoga and there are classes for just about everyone—from first timers to the most experienced.

<sup>1</sup> Michigan.gov, driver education segment 2 fact sheet, 2011

<sup>2</sup> CDC, Occupational Highway Transportation Deaths Among Workers Aged ≥55 Years – United States, 2003–2010

<sup>3</sup> AAA seniordriving.com

Resources can be downloaded from the Drive Safely Work Week website: [trafficsafety.org/dsww2015/](http://trafficsafety.org/dsww2015/)

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# Day 3 Activities

## SHORT-TERM PLANNING: WHAT YOU CAN DO TO RECOGNIZE DSWW TODAY



### EMAIL BLAST

**Not getting the sleep you're dreaming of? It may be time to bounce your mattress.**

While common belief is that you need to replace your mattress every 7-10 years, there may be signs even sooner that you're lying in the wrong bed. In addition to looking for indications of wear and tear, keep in mind that our bodies change over time and the need for comfort and good support only increases with age, meaning even a mattress that is still "good" may now be bad for you.

Are you:

- ✓ Waking up with aches and pains? This indicates your mattress is not giving the support you need.
- ✓ Sleeping better in hotels than at home? There's a good chance it's because the bed is more comfortable.
- ✓ Sneezing more than snoozing? Your mattress may be harboring allergens that can be preventing restful sleep.

Take a minute to assess your sleep sanctuary and determine if it's time to make some changes. Consistent, restful sleep is priceless. A mattress that does its job well is a great investment.

#PlanAhead—Your key to safe driving.

- Resource: *Email Blast Word file*

### TWEET/POST

- *Taking allergy, cold or other meds? Know how they can affect driving so you can #PlanAhead for a clear head: [www.roadwiserox.com](http://www.roadwiserox.com) #DSWW2015*
- *Planning to consume alcohol? #PlanAhead for a designated driver or other safe & sober ride home. #DSWW2015*



### EMPLOYEE ENGAGEMENT PLAN

1. Distribute the *Plan Ahead to Have a Clear Head* employee handout.
  2. Choose from additional employee engagement activities.
- Resources: *Plan Ahead to Have a Clear Head handout*

### TAKE A MINUTE TO AVOID A COSTLY MINUTE

Distribute this short PowerPoint to employees. Ask them to think about what could become a very costly minute and encourage them to #PlanAhead for a designated driver or other safe ride home.

Resource: *Costly Minute PowerPoint*

### TOOLS YOU CAN USE

Encourage employees to try out these tools to raise awareness of how alcohol and medications could affect their ability to drive safely.

### VIRTUAL BAR (RESPONSIBILITY.ORG)

The Virtual Bar, developed by Responsibility.org, uses the latest science to help give you a better understanding of how different factors can affect your blood-alcohol concentration—or BAC—on an individual level. It also can help you see how your night could go depending on a number of other important variables. In addition, it helps give you a sense of how long it would take for your BAC to return to 0.00, which may surprise you. Visit the Virtual Bar here: <http://responsibility.org/start-a-conversation/drinking-responsibly/virtual-bar/>

### ROADWISE RX (AAA FOUNDATION FOR TRAFFIC SAFETY)

Roadwise Rx is a free, confidential tool developed by the AAA Foundation for Traffic Safety that adults can use to learn about the relationships between medications and safe driving. Roadwise RX provides information on side effects and offers a way for you to record all of your medications in one central location. It also provides customized feedback on how your prescription and over-the-counter drugs, herbal supplements and foods may interact and affect your driving. Give Roadwise Rx a test drive here: <http://AAA.com/RxDrugs>

