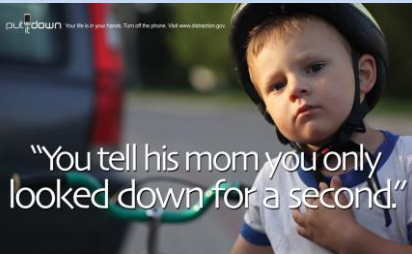


4-28-

*You can't fall if you don't climb, but to improve your view –you must climb!* -Anonymous



**Hands-free is not Risk-free**  
69% of drivers in the United States ages 18-64 reported that they had talked on their cell phone while driving within the 30 days before they were surveyed.  
In 2011, 3,331 people were killed in crashes involving a distracted driver, compared to 3,267 in 2010. An additional, 387,000 people were injured in motor vehicle crashes involving a distracted driver in 2011, compared to 416,000 people injured in 2010.  
In 2010, nearly one in five crashes (18%) in which someone was injured involved distracted driving.  
31% of U.S. drivers ages 18-64 reported that they had read or sent text messages or email messages while driving at least once within the 30 days before they were surveyed.

When do ghosts play tricks on each other?  
**On April Ghouls day!**

Why did the grasshopper go to the doctor?  
**Because he was feeling a little jumpy.**

## **Texting and Driving Statistics**

### **Texting While Driving Causes:**

- 1,600,000 accidents per year – National Safety Council
- 330,000 injuries per year – Harvard Center for Risk Analysis Study
- 11 teen deaths EVERY DAY – Ins. Institute for Hwy Safety Fatality Facts
- Nearly 25% of ALL car accidents

### **Texting While Driving Is:**

- About 6 times more likely to cause an accident than driving intoxicated
- The same as driving after 4 beers – National Hwy Transportation Safety Admin.
- The number one driving distraction reported by teen drivers

### **Texting While Driving:**

- Makes you 23X more likely to crash – National Hwy Transportation Safety Admin.
- Is the same as driving blind for 5 seconds at a time – VA. Tech Transportation Institute
- Takes place by 800,000 drivers at any given time across the country
- Slows your brake reaction speed by 18% – Human Factors & Ergonomics Society
- Leads to a 400% increase with eyes off the road

## **Workers Memorial Day (International)—April 28**

Workers' Memorial Day takes place annually around the world on April 28, an international day of remembrance and action for workers killed, disabled, injured or made unwell by their work. According to the International Labour Organisation (ILO), across the world:

- Each year, more than two million workers die as a result of work-related accidents and diseases
- Workers suffer approximately 270 million accidents each year, and fall victim to some 160 million incidents of -related illnesses
- Hazardous substances kill 440,000 workers annually – asbestos claims 100,000 lives.
- One worker dies every 15 seconds worldwide. 6,000 workers die every day.

## **Ergonomics Reminder - Correct Posture Tips**

- Hands** - wrists and forearms should be straight, inline and roughly parallel to the floor.
- Head** - keep it level or bent slightly forward and in-line with the torso.
- Shoulders** - should be relaxed with upper arms at the side of the body.
- Elbows** - keep them in close to the body and are bent between 90 and 120 degrees.
- Feet** - should be fully supported by the floor or a foot stool.
- Back** - ensure your back is fully supported with the appropriate lumbar support.
- Knees** - keep them about the same height as the hips with the feet slightly forward.

## **Yard Work Tips**

- Always wear protective clothing when you handle pesticides and fertilizers.
- More than 60,000 people are treated in ERs each year for lawn-mower injuries.
- Never operate a mower in your bare feet and never leave a mower unattended.
- Refueling your mower, make sure the engine is off and cool. Don't spill gasoline on a hot engine - and DON'T SMOKE while pouring gasoline.
- Make sure blade guards are in place on mowers, trimmers, etc.

**Choose a Brighter Future – Choose Safety!**