



## TIPS FOR A SAFE WALK

- Walk on sidewalks and in crosswalks when possible. It is important to pay attention to walk signals and keep a safe distance when standing on street corners.
- Look left, right, then left again, before you step into the street.
- Be careful of blind spots, or “No-Zones,” around cars, trucks and buses when walking near or around them. Always assume the driver does not see you.
- Use caution when crossing intersections and streets. You may think vehicles will stop for you, but they may not see you and may not be able to stop in time.
- Before entering the street, make eye contact with any drivers stopped at the corner.
- Make yourself visible.
- Wear bright or reflective clothing, especially when walking at night. Dressing to be seen will make it safer for you and other drivers. Increase your visibility by carrying a flashlight.
- Avoid distractions such as electronic devices that take your attention off the road.

## Think You Can't Get Anywhere Around Here Without A Car? Think Again!

When you walk to work or across campus for lunch, errands or a meeting, you're taking time out from your busy day to do something worthwhile for yourself and your environment. You are physically healthier, have a better mental attitude and you're making a valuable contribution to cleaner air. So instead of thinking you can't go anywhere without a car, you should think: “Move more. Sit less.”

### To get started:

1. Think, “move more, sit less.” It's a change in thought that creates a change in behavior.
2. Consider wearing a pedometer. Check your steps over the course of a typical week to find your baseline level of activity. Then, add on from there. Work up to 30-60 minutes (or 2-4 miles) of purposeful walking per day.
3. Take longer walks on some days. Take shorter, faster walks on a variety of terrain on other days.
4. Remember to stretch often.
5. And don't forget to smell the roses! Enjoy your walk!

### Decreased Risk for Cardiovascular Disease

Simply walking purposefully for 30 minutes or approximately 2 miles per day has been shown to reduce the risk of heart disease by 30-40%.

### Prevention of Osteoporosis

Weight bearing exercise is important in minimizing the reduction in bone density that occurs naturally with age. Walking is an excellent low impact weight bearing exercise that is joint-friendly and bone-healthy!

### Healthy Weight Management

Increasing your daily activity level and achieving that 30 minutes or more of physical activity can help you to maintain a weight that's healthy for your body. Maintaining a healthy body weight helps to prevent many chronic diseases.

### Preventing and Managing Diabetes

A healthy body weight and regular physical activity help to prevent and to manage Diabetes.

### Emotional Well Being

Muscles will be built and calories will be burned on a walk, but the most important aspect of walking regularly may be the impact walking has on your brain and spirit. Many walkers attribute their mental health and balance to their daily walk.

For more information, visit [transportation.ucla.edu](http://transportation.ucla.edu)

## MAY POSTER

How To Properly  
Fit a Bike Helmet



## DMV PULL NOTICE PROGRAM

The University, an employer of drivers, participates in the Department of Motor Vehicles (DMV) Employer Pull Notice System (EPN), which provides employers and regulatory agencies with a means of proposing driver safety through the ongoing review of driver records. The EPN program allows an organization to monitor the California Driver License records of employees who drive on the organization's behalf. An employee whose license has a disqualifying action (suspension or revocation of license or certificate) by the DMV cannot be employed as a driver. Employees considered by the University to have a poor driving record after being evaluated to be a negligent operator by the DMV (based on violation point count) shall not be employed as drivers.

The program assists the employer in identifying a driver:

- Who has been convicted of a driving offense
- Who is accumulating a negligent operator's record
- Whose license has been suspended or revoked
- Who has had any other actions taken against his or her driving privileges or certificate

Employee records are reviewed and received from the DMV and copies are forwarded to Campus Human Resources for appropriate personnel actions related to the disposition of driving privileges. Campus departments will be responsible to add new employees and delete employees when they leave the University.

This monitoring will help to improve campus safety by revealing problem drivers or driving behavior. Each campus driver's license validity can be verified and it will help to minimize your liability as an employer.

[For more information](#)

# 9 Truths of Driver Distraction

- 1. DRIVER DISTRACTION** occurs when we divert our attention from the task of driving to focus on another activity such as texting, talking on a cell phone or eating. Are you vulnerable to the following distractions?
  - Visual – Taking your eyes off the road
  - Manual – Taking your hands off the wheel
  - Cognitive – Taking your mind off the road
- 2. DRIVER INATTENTION** is the leading factor in 80% of motor vehicle crashes. Cell phone use is the most common distraction for drivers. The number of crashes caused by dialing a cell phone is almost equal to those caused by carrying on a cell phone conversation.
- 3. WHAT'S DISTRACTING YOU?** ... is it your GPS navigation system, a passenger talking in your ear, or are you trying to finish your lunch while driving? Drivers cannot predict when it is safe to look away from the road to multitask, because road conditions change too quickly. Drivers reduce their reaction time even if they look away for a few seconds.
- 4. BE WARY WHEN USING YOUR WIRELESS DEVICE**...no difference exists in cognitive distraction (taking your mind off the road) between handheld and hands-free devices. Whether you are using a speaker phone or a Bluetooth headset you are not completely focused on driving.
- 5. DROWSY DRIVING**... feeling sleepy is especially dangerous when you are on the road. Your awareness and reaction time is slower and judgement is impaired. Driving with less than seven hours of sleep has the same effect as driving with a blood alcohol level of 0.06. One out of three motor vehicle accidents can be attributed to driver fatigue.
- 6. YOUNG DRIVERS ARE ESPECIALLY AT RISK**...inexperienced drivers under 20 years of age have the highest proportion of distraction-related fatal crashes. Not surprisingly, they text more than any other age group and the numbers of young drivers who text is increasing. According to a 2009 survey 75% of American teens ages 12-17 now own a cell phone and 66% use their phones to send or receive text messages.
- 7. HAZARDS OF TEXTING**... a university study of 18 to 20 year old drivers discovered that sending text messages while driving had a detrimental effect on a number of critical driving tasks such as maintaining your lane position and responding to traffic signs. In fact, drivers spent up to 400% more time with their eyes off the road when text messaging.
- 8. MULTITASKING WHILE DRIVING**... visual inattention was the cause of 93% of all rear-end crashes according to a highway safety study. A driver's crash risk increases when they multi-task. For example, reaching for an object raises your crash risk by nine times; looking at an external object by 3.7 times; applying makeup or reading by three times.
- 9. CAN YOU PUT 100% OF YOUR ATTENTION TO DRIVING?**  
... while you may not be able to put 100% of your attention on driving, eliminating distractions will save lives and reduce costs associated with crashes. Because everyone is potentially affected when drivers are distracted, everyone must be part of the solution!

[For more information](#)



## CONNECT

Know where to turn on your UC campus for the information you need to keep yourself, your workplace and your environment safe and secure. Click on the campus links below to connect to local program, educational and informational resources.

[UC Berkeley](#)

[UC Merced](#)

[UC Santa Barbara](#)

[UC Davis](#)

[UC Riverside](#)

[UC Santa Cruz](#)

[UC Irvine](#)

[UC San Diego](#)

[UCOP](#)

[UCLA](#)

[UC San Francisco](#)

[UCANR](#)

## FLEET, WALK & BIKE SAFETY RESOURCES:

[California Bicycle Coalition](#)

[Pedestrian Safety](#)

[Bike Commuting Tips & Tricks](#)

[“Three Feet for Safety Act”](#)

[Fitting a Bike Helmet](#)

[DMV Pull Notice Program](#)

[9 Truths of Driver Distraction](#)

[UC Vehicle Use and Driver Selection Policy](#)

## Bike Safety

### **FOLLOW THE LAW**

Your safety and image of bicyclists depends on you. You have the same rights and duties as drivers. Obey traffic signals and stop signs. Ride with traffic; use the rightmost lane headed in the direction you are going.

### **BE PREDICTABLE**

Make your intentions clear to everyone on the road. Ride in a straight line and don't swerve between parked cars. Signal turns, and check behind you well before turning or changing lanes.

### **BE CONSPICUOUS**

Ride where people can see you and wear bright clothing. Use a front white light, red rear light and reflectors when visibility is poor. Make eye contact with others and don't ride on sidewalks.

### **THINK AHEAD**

Anticipate what drivers, pedestrians, and other people on bikes will do next. Watch for turning vehicles and ride outside the door zone of parked cars. Look out for debris, potholes, and other road hazards. Cross railroad tracks at right angles.

### **RIDE READY**

Check that your tires have sufficient air, brakes are working, chain runs smoothly and quick release levers are closed. Carry tools and supplies that are appropriate for your ride. Wear a helmet.

From [calbike.org](http://calbike.org)



## UPCOMING EDITIONS

**August:** Lab Safety

**September:** Safety Training

**October:** Fire Prevention

## FEEDBACK, PLEASE

Send an email to [EHS@ucop.edu](mailto:EHS@ucop.edu) to submit your comments on the May issue or to suggest content ideas for future issues. We look forward to hearing from you!