

The *BSO Plus Safety Topic* is a review designed from the BSO Plus agenda. This safety topic is your way to stay current on the safety information over the 3 years between BSO Plus and BSR.

DRIVING HAZARDS / WORKPLACE DISTRACTIONS

Driving Hazards

Vehicle accidents can result in physical injuries, physiological distress, and even death. Motor vehicle mishaps are a leading cause of death - according to the WSIB, Motor Vehicle Incidents have remained the leading cause of traumatic fatalities since 2004, accounting for nearly 40% (36%) of workplace traumatic fatalities in 2016. According to the WSIB, over the 10-year period from 2006 to 2015, Motor Vehicle Incidents accounted for the highest number of traumatic fatalities (37%) in the workplace.

The four main causes of vehicular deaths and injuries on Ontario roads:

1. Distracted driving
2. Aggressive driving
3. Failure to use restraint devices
4. Driving while impaired

(source: OPP)

The four main reasons for distracted driving:

1. Someone has called
2. Emergency purposes
3. Getting in touch with someone you are meeting
4. Respond to text

(source: CAA SCO)

Hazards on the Road

The following are some of the driving hazards you are likely to encounter while operating any type of vehicle on the job, whether on municipal/provincial roadways or roadways on and inside plant property.



Railway Crossings: Trespassing accidents, which involve people (mostly pedestrians) who are either not authorized to be on the railway or who fail to give rights-of-way – in other words, “beating the train” – remain the leading cause of crossing accidents.



Intersections: Intersection accidents are caused by rolling stops; failing to yield right of way; hidden intersections; running an amber light; excessive speed; following too closely; and driver distraction.



Bicycles: On plant sites, the major cause of bicycle accidents come from cyclists not following the flow of traffic and from cyclists driving in areas meant only for pedestrians (E.g.: a sidewalk or through an operating unit).



Distracted Driving: Engaging in any secondary activity which takes the operator’s attention away from driving is considered “distracted driving”. This can include: eating while driving, searching for something in the car, or using any type of hand-held communications / entertainment device.

Distractions can affect drivers in different ways, and can be categorised into the following types:



- **taking your eyes off the road**
- **watching the road (in front and around the vehicle)**
- **using mirrors, shoulder checks**
- **checking gauges, speedometer, etc.**

- **noises that distract you**
- **squealing of brakes**
- **the sirens of an emergency vehicle**
- **vehicle sounds**

- **taking your hands off the wheel**
- **turning the steering wheel**
- **activating signals, headlights, horn, etc.**
- **pressing the accelerator, brakes, clutch**

- **thinking about something other than driving**
- **anticipating any future movements**
- **assessing situations such as movement of other vehicles, weather conditions, etc.**
- **preparing to avoid hazards**

Safe Work Practices for Driving

Wear your seatbelt:	Follow the rules of the road:	Minimize distractions:
<ul style="list-style-type: none"> • According to Transport Canada, 51% of all people either killed or seriously injured in motor vehicle accidents were not wearing their seatbelt at the time of the accident. • When using any type of vehicle that comes equipped with seat belts, and that includes fork lifts, ALWAYS wear your seat belt. 	<ul style="list-style-type: none"> • Obey all traffic rules and posted traffic signs on public roads • Follow all rules of the road for each site as described in site-specific training • Check blind spots • Follow the practice of STOP! LOOK! LISTEN! at all railway crossings 	<ul style="list-style-type: none"> • Adjust seat, mirrors, steering wheel and climate controls prior to operating the vehicle • Do not operate any hand-held devices while the vehicle is in operation. Pull the vehicle over to a full stop before answering a call or text.

Workplace Distractions

The risks associated with distracted driving have received increased attention in recent years. However, distractions – and the risks they pose to workers – are not limited to those found on the roadways or in the company parking lot.

Workplace distractions, regardless of type, have the same effect: When people are distracted, they are not paying attention and fail to see hazards, which can lead to injuries.

Common Daily Distractions

Rushing to get the job done quickly

When workers become fixated on completing a job on time, they focus less on safety.

Complacency / inattention to the job on hand

Daydreaming in the workplace or becoming over-confident can cause employees to overlook existing or new hazards.

Mental distractions / personal matters

Whether you're worrying, daydreaming, or chatting, mental distractions can lead to injuries.

Loud noises

External noise from tools, mobile equipment, and processes can be distracting in industrial and construction work environments.

Poor housekeeping

Visual clutter can easily translate itself to mental clutter.

Interruptions

Work interruptions, such as conversations, e-mails, and smartphones, can result in work errors or accidents.

Strategies for Minimizing Workplace Distractions

- Use effective housekeeping to eliminate cluttered work areas
- Stay focused and alert on the job – take breaks when needed
- If loud or constant noise is unavoidable, hearing protection devices can eliminate or decrease unwanted and distracting noise.
- Before addressing or responding to another person, shut down or disengage any work tool, equipment, or processes.

Safety Partnership Standard for the Use of Personal Cell Phones and iPads at Operating Sites:

The standard is to be applied at all member sites and includes both contractors and employees at the respective sites.

The purpose of this standard is to provide a consistent standard that will assist in the safe operation of these devices and to eliminate/reduce the distraction factor that these devices present to the user.

Where Are Personal Cell Phones and iPads NOT Allowed?

- These devices are not allowed on a person when they are in areas where PPE is required.
- These devices are allowed in locker rooms but must not be used in those areas

