

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:**



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

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

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

- COGNITIVE**
- 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"> <li>• 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.</li> <li>• When using any type of vehicle that comes equipped with seat belts, and that includes fork lifts, ALWAYS wear your seat belt.</li> </ul>	<ul style="list-style-type: none"> <li>• Obey all traffic rules and posted traffic signs on public roads</li> <li>• Follow all rules of the road for each site as described in site-specific training</li> <li>• Check blind spots</li> <li>• Follow the practice of STOP! LOOK! LISTEN! at all railway crossings</li> </ul>	<ul style="list-style-type: none"> <li>• Adjust seat, mirrors, steering wheel and climate controls prior to operating the vehicle</li> <li>• 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.</li> </ul>

## 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

