

Safety Principle: Defensive Driving

February 2015

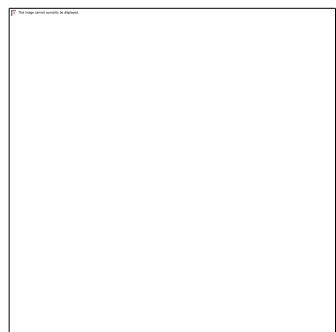
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Daily Safety and Health Topics

February 2015

Focus on Guiding Principle:

“Defensive Driving”



February 1, 2015

Safety Focus

SAFE DRIVING

Today, we drive safer cars on safer roads; decades of advertisements and public information campaigns have made most of us safer drivers. Despite this progress, the number of auto accidents and fatalities nationwide is still staggering: 6 million car accidents in the U.S. leading to more than 37,000 deaths in 2008. Automobile accidents are the leading cause of death for people between the ages of three and 34 in this country.

Improvements in technology will continue to help, but the bottom line remains that most car accidents are the result of human error. The best way to reduce the risk is to practice safe driving behaviors (including those you may have learned through defensive driving training like Smith System), and use all your Human Performance tools.

Health Tip of the Day

SPORTS DRINKS?

You just finished an hour-long cardio workout and you are sweaty, tired and need an energy lift. Should you grab a sports drink to replace the nutrients you lost? For most recreational athletes, sports beverages are generally not required when exercising for an hour or less. You can replace lost fluids with plain water. However, it's important to drink moderate amounts of water before, during and after exercise. Then choose nutrient-rich, post-workout meals to keep your body in balance.

Source: Academy of Nutrition and Dietetics

D&I Focus

"We need to move from negative to positive. Stop being divisive and become inclusive." - Gov. Rick Snyder, Michigan

Today is... [National Freedom Day](#)

February 2, 2015

Safety Focus

WINTER DRIVING – PART 1

Several factors associated with snow and ice increase the chance of injury while performing regular work activities. Utilize your hazard recognition training to reduce the likelihood of injury to yourself and others during changing environmental conditions. No matter how well the ice is removed from streets and sidewalks, employees will encounter some slippery surfaces when walking outdoors in the winter. Your chances of sustaining a severe injury are fairly high when that injury occurs as a result of icy conditions.

Take your time, Use STAR (Stop, Think, Act, Review) not only during winter driving but all driving. Tomorrow we will talk about the dangers of “Black Ice” while driving in winter weather.

Health Tip of the Day

BODY MASS INDEX & WEIGHT MANAGEMENT

Body mass index (BMI) is calculated using height and weight. It is used by health professionals as a screening tool to help identify weight problems that can lead to health problems. According to the Centers for Disease Control and Prevention, it is not a direct measure of body fat but it is considered a fairly reliable indicator of body fatness for most people. Keep in mind, highly trained athletes and those who are very muscular can have a high BMI due to increased muscle mass, not body fatness.

Source: Centers for Disease Control and Prevention

D&I Focus

“When you talk about inclusion, it says to me, ‘Please include me.’ We’re not asking to be included; we want to participate and lead.” – Sharon Shapiro-Lacks

Today is... [Ground Hog Day](#)

Safety Principle: Defensive Driving

February 3, 2015

Safety Focus

WINTER DRIVING – PART TWO – “BLACK ICE”

Perhaps the deadliest danger of all is "black ice." Black ice is ice which forms on a roadway, usually due to snow melting and re-freezing. Since it is almost invisible, drivers fail to recognize black ice conditions and may drive at normal speeds – often resulting in very serious accidents. Always be alert to the possibility of black ice when temperatures are near or below freezing. Pavement that looks dry but appears darker in color and dull-looking should alert you to the presence of black ice.

Health Tip of the Day

CALORIES A-PLENTY!

What's the difference between a 20-ounce bottle of regular soda and several pieces of hard candy? Not much, except that one is liquid and the other is not. A 20-ounce regular soda contains about 240 calories and 12 teaspoons of sugar. Often called "liquid candy," sodas, fruit drinks and other sugary beverages are contributing to growing waistlines in a big way. Keep your liquid calories to a minimum. Cutting out one 20-ounce soda a day saves more than 21,000 calories in three months.

D&I Focus

"Inclusion is a personal philosophy and a way of life."

Today is... [The Day the Music Died](#)

February 4, 2015

Safety Focus

DON'T DRIVE DROWSY

A study conducted by researchers at Virginia Tech reported that 20 percent of all accidents have sleepiness as a contributing factor [source: TheDenverChannel]. If a driver is tired enough to actually fall asleep while driving, the results are predictable. Even on a relatively straight highway, a sleeping driver will eventually drift off the road. Trees, *utility poles*, ravines and bridge abutments turn this into a deadly scenario - and that doesn't even take other cars into account.

You might think a few yawns are nothing to worry about, but just being a little drowsy is enough to increase your risk of getting in an accident. At highway speeds, one or two seconds of inattention can lead to disaster.

The solution can be simple: get a better night's sleep! Getting a solid eight hours of sleep on a regular basis is critical. Failure to get enough sleep every night builds a sleep deficit that can leave you drowsy and unable to focus. Use your questioning attitude – if you're driving and feel the least bit groggy, take action immediately. You won't get any kind of warning before you fall asleep. Have a friend take over driving, find a rest area where you can catch a few hours of sleep or take a break until you're feeling more alert.

Health Tip of the Day

FROZEN OR CANNED?

A common myth is that fresh fruits and vegetables are always a healthier choice than frozen or canned. Not so, especially this time of year when many of your favorites are not in season. Frozen and canned produce is harvested at peak ripeness and may even be of higher quality than fresh. Frozen and canned versions are often less expensive and don't spoil quickly. Compare labels when shopping and choose those with little or no added salt or sugar.

D&I Focus

"Inclusion is not bringing people into what already exists, it is making a new space, a better space for everyone." - Rachel Olivero

Today is... [Thank a Mailman Day](#)

February 5, 2015

Safety Focus

PLEASE – WEAR YOUR SEATBELT

Seat belts save lives. Worn properly, they prevent you from being thrown around the inside of a crashing vehicle or, worse, thrown through the windshield and flung completely out of the vehicle. National Highway Traffic Safety Administration statistics reveal that more than half of all accident fatalities were people who weren't using seat belts [source: NHTSA]. A staggering 70 percent of fatal crash victims between the ages of 13 and 15 weren't wearing seat belts.

Even a low-speed crash can send an unbelted person careening into the dashboard or side window, resulting in severe head injuries or broken bones. At higher speeds, the possible fates of the unbelted occupant are gruesome: severe lacerations from being propelled through the windshield; struck by other cars because you landed on the road; slammed into a tree or a house at 50 mph. Sound scary? Then buckle up.

Health Tip of the Day

NEW MENU LABELING RULES

Are you ready to know how many calories lurk in your ballpark hot dog or tub of movie theatre popcorn? In an effort to help combat the country's obesity epidemic, the U.S. Food and Drug Administration will require chain restaurants to post the calorie information on their menus and menu boards. This new rule includes alcoholic beverages and also applies to vending machines and other establishments selling prepared foods such as movie theaters, bowling alleys, convenience stores and grocery stores. These new rules will take effect in the latter part of 2015.

Source: Food and Drug Administration

D&I Focus

"A man must consider what a rich realm he abdicates when he becomes a conformist." - Publius Syrus

Today is... [National Weatherman's Day](#)

February 6, 2015

Safety Focus

“GET THE BIG PICTURE®” – DON’T FOLLOW TOO CLOSE

Safe driving guidelines advise drivers to keep a safe distance between themselves and the car ahead. Drivers need enough time to react if that car makes a sudden turn or stop. It can be too difficult to estimate the recommended distances while driving and the exact distance would have to be adjusted for speed.

Remember the second of the five Smith Driving Keys® states to “Get the Big Picture®” and use a four-second minimum following distance.

The four-second rule is simple. Find a stationary object on the side of the road. When the car ahead of you passes it, start counting seconds. At least four seconds should pass before your car passes the same object.

At night or in inclement weather, you can double the recommended time to eight seconds for additional cushion.

Health Tip of the Day

FOLIC ACID AWARENESS

Folic acid is a B vitamin that everyone needs for good health, especially women in their childbearing years. Folic acid plays a role in preventing some major birth defects of the baby's brain and spine. Since many pregnancies are unplanned, it's important that women who could become pregnant get 400 micrograms of folic acid daily. Eating a breakfast cereal with 100 percent of the daily value for folic acid every day is one way to get enough. But, for some women, the most reliable way is by taking a vitamin with folic acid.

Source: Centers for Disease Control and Prevention

D&I Focus

"It is not our differences that divide us. It is our inability to recognize, accept, and celebrate those differences." – Audre Lorde

Today is... [Lame Duck Day](#)

February 7, 2015

Safety Focus

WATCH OUT FOR THE OTHER DRIVER!

Sometimes, it doesn't matter how safely you drive. You could be driving the speed limit and obeying all traffic rules and someone else can crash into you. One good rule of thumb to use is, "Assume everyone else on the road is an unsafe driver." Be prepared for unpredictable lane changes, sudden stops, unsignaled turns and every other bad driving behavior imaginable. You'll eventually encounter this – and it pays to be ready when you do.

It's impossible to list all the possible things another driver might do, but here's a common example. If you're pulling out of a driveway into traffic and an oncoming car has its turn signal on, don't assume it's actually turning. You might pull out only to find that turn signal has been blinking since 1987 and the driver has no intention of turning.

Being prepared requires awareness, so make sure you check your mirrors and keep an eye on side streets so you'll know which other cars are around you and how they're driving. Don't focus only on the road in front of your car – look ahead a minimum of 15 seconds so you can see what's happening.

Health Tip of the Day

RESTAURANT CHIPS ADD UP!

Do you find it hard to resist those pre-meal all-you-can-eat tortilla chips that are served with salsa at most Mexican restaurants? Chips and other tasty appetizers can add plenty of calories to your meal. One basket of restaurant tortilla chips, for example, can contain as many as 1,000 calories and up to 50 grams of fat! When dining out, try to carefully limit or even skip the chips and other pre-meal snacks. To avoid temptation, try sipping a non-caloric beverage such as water or iced tea as you wait for your meal.

Source: *USDA National Nutrient Database*

D&I Focus

"When we lose the right to be different, we lose the privilege to be free." - Charles Evan Hughes

Today is... [Send a Card to a Friend Day](#)

February 8, 2015

Safety Focus

PRACTICE DEFENSIVE DRIVING

Remember that time when a driver came flying down the street out of nowhere, totally cut you off and almost caused a huge accident? Don't be that driver.

Aggressive driving is hard to quantify, but it definitely increases the risk of accidents. An aggressive driver may intentionally aggravate other drivers, initiate conflict, use rude gestures or language, tailgate or impede other cars, or flash their headlights out of frustration. These behaviors aren't just annoying, they're dangerous.

Defensive driving incorporates tips such as using all your Human Performance Tools, maintaining a safe distance and not speeding, but remaining calm in the face of frustrating traffic issues is another major part of the concept. Accept small delays, such as staying in line behind a slower car instead of abruptly changing lanes. Yield to other cars, even if you technically have the right of way.

Defensive driving is not only safer, it can save you money. Many insurance companies offer discounts to drivers who complete defensive driving courses.

Health Tip of the Day

GLAUCOMA

Glaucoma is an eye disease that causes optic nerve damage. It has been called "the sneak thief of sight" because you can have no symptoms until there is permanent vision loss. For early detection of glaucoma, experts recommend regular eye exams. Risk factors include a family history of glaucoma, previous eye injury, having hypertension, and a history of steroid use. Glaucoma is also more common in African Americans and people over 60 years old. If left undetected, glaucoma can lead to blindness.

Source: Glaucoma Research Foundation

D&I Focus

"Inclusive is a blessed word, a word that implies the peaceful co-existence of all life forms and all peoples." - Margaret Jarek

Today is... [Boy Scout Day](#)

Safety Principle: Defensive Driving

February 9, 2014

Safety Focus

WINTER DRIVING – PART 3

Acceleration, turning, and passing also present dangers during anytime driving but especially in the winter. Accelerate slowly to avoid loss of traction and subsequent loss of control. Turn slowly, with caution, to avoid sliding into a stationary object or the path of an oncoming vehicle. Avoid sudden movements. Pass with care because passing lanes are not maintained as well as driving lanes. Again, leave extra space between yourself and other vehicles so there's room to adjust in case something goes wrong. During a skid, steer cautiously in the direction you want the car to go.

Health Tip of the Day

KNOW SUICIDE RISK FACTORS

According to the National Institute of Mental Health, depression, other mental disorders, and substance-abuse disorders are risk factors for suicide. Studies show the best way to prevent suicide may be through early recognition and treatment of depression and substance abuse. If you or someone you know feels depressed and hopeless, seek help through your employee assistance program, physician or mental health professional.

Source: National Institute of Mental Health

D&I Focus

"As long as the differences and diversities of mankind exist, democracy must allow for compromise, for accommodation."

Today is... [Clean out Your Computer Day](#)

Safety Principle: Defensive Driving

February 10, 2015

Safety Focus

BLIND SPOTS

While some people may not zip in and out of traffic, others carelessly move into another lane without checking their blind spots. In order to avoid getting struck by one of these drivers, use Key 3 of the Smith Driving Rules® which states to “Keep Your Eyes Moving®” and refrain from blank or fixed stares. Couple this with using STAR (Stop, Think, Act, Review) and staying out of the blind spots of the cars around you and slow down so that you are a safe distance behind the car in front of you.

Health Tip of the Day

REALISTIC GOALS LEAD TO SUCCESS

Do you expect too much when you try to make a lifestyle change, like increasing your physical activity or making better food choices? Success often leads to more success, but very high goals often lead to frustration. Start slow and set realistic goals for yourself. Give yourself credit for each change you make and reward your progress. By conquering smaller goals first, you may be more likely to continue and ultimately reach your larger goals.

Source: *National Heart, Lung and Blood Institute*

D&I Focus

"We have a dream where everyone is nice and kind. We have a dream where there is no name calling. We have a dream where everyone is included. End Bullying!"

- Third Grade Class, Corl Street Elementary School

Today is... [Umbrella Day](#)

Safety Principle: Defensive Driving

February 11, 2015

Safety Focus

WHEN DRIVING, DON'T BE TOO TRUSTING

If you are too trusting, you are relying on that other driver for your safety. Is he/she worthy of that trust? Every few seconds, some drivers in this country find out this is a poor bet. Maybe some of those other drivers are returning from a beer festival! Maybe they just lost a job, or worse, a loved one. The other driver might be an 11-year-old who found Dad's keys. Approach driving with the idea that every other driver is an unpredictable menace and out to get you. Most collisions occur when the "other guy" does something we don't expect, or when we do something they don't expect. "Keep Your Eyes Moving®" and use STAR!!! (Stop, Think, Act, Review).

Health Tip of the Day

SUNSCREEN NOT FOR SUMMER ONLY!

A picturesque winter wonderland is the perfect setting for a brisk outdoor walk. However, a beautiful blanket of snow can intensify the sun's rays. Plan to use sunscreen to protect your exposed skin. Remember to cover your lips, too. And while you're at it, slip on a pair of sunglasses to ease the glare off the snow to improve vision and protect your eyes.

D&I Focus

"In our work and in our living, we must recognize that difference is a reason for celebration and growth, rather than a reason for destruction." - Audre Lorde

Today is... [Make a Friend Day](#)

February 12, 2015

Safety Focus

WINTER DRIVING – PART 4

Falling snow can be picturesque, but it can also wreak havoc on the roads. You can take steps to help improve your safety with these winter driving tips:

- Drive with your headlights on, and keep them clean to improve visibility.
- Avoid using cruise control in snowy or icy conditions.
- Know how to brake on slippery surfaces. Consult your vehicle's owner's manual for instructions on how to brake properly.
- Maintain at least a half tank of gas during the winter season. This helps ensure you have a source of heat if you are stuck or stranded.
- Remember that speed limits are meant for dry roads, not roads covered in snow and ice. Reduce your speed and increase your following distance.
- Bridges and overpasses are usually the first areas to become icy.

If you must travel during a snowstorm, be sure to let a relative, friend or co-worker know where you are headed and your expected arrival time. Leave you in your pocket and focus all of your attention on driving safely.

Health Tip of the Day

STRESS & WELL-BEING

Do you expect too much when you try to make a lifestyle change, like increasing your physical activity or making better food choices? Success often leads to more success, but very high goals often lead to frustration. Start slow and set realistic goals for yourself. Give yourself credit for each change you make and reward your progress. By conquering smaller goals first, you may be more likely to continue and ultimately reach your larger goals.

Source: *National Heart, Lung and Blood Institute*

D&I Focus

“You have to make (history) inclusive for everybody because everybody’s history is important and every person is important.” - George Dalton, Mr. History

Today is... [Plum Pudding Day](#)

Safety Principle: Defensive Driving

February 13, 2015

Safety Focus

FRIENDS DON'T LET FRIENDS DRIVE DISTRACTED!

When we think of distracted driving, we usually put the entire burden onto individual drivers. Since individual drivers are the "captains of their own ships" the argument is completely acceptable. However, can't we as co-workers and family members also help? For instance, if you know a co-worker is driving to the office – do you send a text? We can all do our part by not offering the temptation – help keep your friends safe, don't text someone when you know they are driving.

Health Tip of the Day

BE A KID IN THE SNOW AGAIN

If you live in a cold weather area, winter can be a low-activity, high-calorie time of year. To counteract some of those extra holiday calories, consider the workout you can get while having fun in the snow. Activities such as building a snowman, making snow angels and having snowball fights aren't just for the kids. They can burn up to 300 calories per hour (based on a 150-pound person) while also providing a great outlet for stress!

Source: *Compendium of Physical Activities*

D&I Focus

"To effectively communicate, we must realize that we are all different in the way we perceive the world and use this understanding as a guide to our communication with others." - Tony Robbins

Today is... [Get a Different Name Day](#)

February 14, 2015

Safety Focus

LEAVE YOURSELF AN OUT®

Here is a skill that is learned over time. In order to be one of the safest drivers on the road, you must always have an escape plan. While you may be a great driver, you can't always predict what other drivers around you will do. In addition, factors out of your control could change a routine driving situation into a driving emergency very quickly. Say a dog runs into the roadway and everyone slams on their brakes. Or maybe someone has a tire blowout and begins spinning out of control. Where will you go? What will you do?

The following are three helpful tips from Key 4 “Leave Yourself An Out®” from the Smith Driving Keys® which can help you be a safe driver:

- 1) Avoid traveling in traffic clusters
- 2) Surround yourself with space
- 3) Anticipate the actions of others

Another important thing to remember while on the road is to always use STAR (Stop, Think, Act, Review) while on the road.

Health Tip of the Day

MAKE HEALTH A PRIORITY

Ralph Waldo Emerson once said, “The first wealth is health.” His message is an important reminder during this new year. While we may not have the ability to influence everything that happens around us, we do have the good fortune to impact our own individual health. Going for a walk, getting a good night’s sleep, scheduling your annual checkup, doing something calming and eating a healthy meal are just a few of the many ways to let your health prosper.

D&I Focus

“Wit lies in recognizing the resemblance among things which differ and the difference between things which are alike.” - Madame de Staël

Today is... [National Organ Donor Day](#) & [Valentine's Day](#)

February 15, 2015

Safety Focus

FOG

Fog is considered the most dangerous of all driving hazards. It's simply hard to see what's around you. If you must drive in fog, slow down and turn on your low-beam headlights. The low beams help you to see others and help others to see you. If you have your high beams on, the glare will come back toward you from the fog and could cause temporary blindness.

Because of the reduced visibility it is vitally important to slow down and to stay slowed down. Also, use the right edge of the road as a guide rather than the center line. This can help you avoid running into oncoming traffic or becoming distracted by oncoming headlights. Don't be afraid to ask for help. Get your passengers involved helping you check blind spots and things of that nature.

Do not stop in the middle of the roadway no matter how thick the fog is. That almost guarantees that someone will hit you from behind. It's best not to drive in the fog at all but, if you have to – stay alert and keep a strong Questioning Attitude.

Health Tip of the Day

EFFECTIVELY FLATTEN YOUR STOMACH

While crunches are effective for building and strengthening the abdominal muscles, they don't address the layer of fat sitting on top of the muscle. To reduce the fat, cardio exercise (such as walking, running, cycling, or using an elliptical machine) is your best bet. Focus on both time and intensity in order to burn the most calories.

Source: American Council on Exercise

D&I Focus

"In my opinion, it has always been a spiritual and moral imperative that all of God's children, any person, men and women alike, feel 'I have access, I am included' in the ideals and tradition of our faith, whatever that faith may be. Humanity is created in the likeness of God without exception. All humanity has the right to be embraced fully." - Rabbi Howard Morrison

Today is... [National Gum Drop Day](#)

Safety Principle: Defensive Driving

February 16, 2015

Safety Focus

MY BRAKES FAILED!

Every driver should know whether or not they have antilock brakes or regular brakes. If you're not sure – consult your owner's manual.

If your brakes were to go out, you want to do three things. First, downshift to a lower gear. Second, if you have regular brakes pump the brake pedal fast and hard to build up brake fluid pressure. If the brakes haven't started working after three or four pumps go on the step three which is use the parking brake. Gradually apply the parking brake and be prepared for the car to skid.

If none of the brakes work, put the car into a low gear and steer in a safe direction until the car completely rolls to a stop. In order to warn other drivers that your brakes are out you can honk your horn and flash your lights

If you have antilock brakes, you should practice sudden stops on both dry and wet pavement in a safe off street situation. When using antilock brakes the rule of thumb is to press the pedal all the way to the floor. You will feel a strong vibration in the pedal which is a sign that the ABS is working properly.

Health Tip of the Day

HEALTHY SNACK IDEA

Looking for a quick and healthy snack? Our registered dietitian suggests spreading nonfat ricotta cheese onto a slice of whole-grain toast or pita bread. Top with sliced fruit, such as kiwi, strawberries, mandarin orange sections, or pineapple. Sprinkle with cinnamon and enjoy! This low-fat snack provides approximately 175 calories, and it is also a good source of fiber, protein and calcium.

D&I Focus

"Disasters are always inclusive. Response and recovery are not, unless we plan for it." - June Isaacson Kailes

Today is... [Do a Grouch a Favor Day](#)

February 17, 2015

Safety Focus

EMERGENCY VEHICLES

The most important thing to remember when you hear sirens or see flashing lights in your rearview mirror is to not panic or make any knee-jerk decisions. First, use your Questioning Attitude – you do not want to create a worse situation or another accident. Do not immediately pull over without first carefully checking that there is no one next to or behind you – especially look out for cyclists and pedestrians.

Check your mirrors, slow down, and pull over safely. Avoid slamming on your brakes, even if you are worried about getting a ticket. Remain at the side of the road until the emergency vehicle has passed.

Always check that the coast is clear before you pull back onto the road. It is recommended that vehicles stay at least 500 feet behind any moving emergency vehicle that is flashing its lights or sounding a siren.

Health Tip of the Day

CUTTING FAT

Rich in protein, calcium and vitamin D, milk is certainly a nutritional powerhouse. But, consider choosing skim or one-percent milk rather than whole milk. This can mean a nutritional savings of roughly 70 calories and five grams of saturated fat for each cup. If taste is a concern, gradually working your way down can help. Start with two-percent milk and slowly switch to skim milk over time.

Source: United States Department of Agriculture

D&I Focus

"Inclusivity should be automatic, without pretense, and an integral part of employment. In general – and more so in tough economic times – differences of perspectives, ideas, interpretations and perceptions position organizations and companies to weather the seasons of uncertainty. These are the moments when we must be inclusive – of every able person, available idea/perspective and group."
- Charles Archer

Today is... [Random Acts of Kindness Day](#)

Safety Principle: Defensive Driving

February 18, 2015

Safety Focus

DEFENSIVE DRIVER CHARACTERISTICS

Defensive driving does not require a high degree of special training. The characteristics of a defensive driver are the same characteristics that apply to many aspects of our lives. Defensive drivers take time to educate themselves about safe driving techniques. They know how to recognize hazards and avoid collisions. They know the traffic laws in their area. This knowledge helps them know how to act correctly and quickly in traffic situations. They also know how to properly maintain their vehicles in a safe operating condition.

Good defensive drivers use STAR (Stop, Think, Act, Review) and a Questioning Attitude while driving.

Health Tip of the Day

SKIP BREAKFAST PASTRIES

Do you find it hard to resist those tempting bakery items when you go for your morning coffee run? Some bakery items, such as scones and cinnamon rolls, can have close to 500 calories and almost a day's worth of saturated fat. When you add a 16-ounce coffee drink (not the drip type), your on-the-go breakfast easily becomes an 800-1000 calorie meal. To save calories and trim your waistline, skip the breakfast pastries and ask for skim milk in your coffee with no whipped cream.

D&I Focus

“The surest way to corrupt a youth is to instruct him to hold in higher esteem those who think alike than those who think differently.” - Friedrich Nietzsche

Today is... [National Battery Day](#)

February 19, 2015

Safety Focus

BE ALERT

Defensive drivers are alert, both to traffic conditions and how their mental and physical conditions may affect their driving. They pay attention to the traffic situation to the front, sides and rear, glancing in rear- and side-view mirrors many times a minute. They give all their attention to the task of driving – period.

Health Tip of the Day

HAND GELS –ARE THEY A GOOD ALTERNATIVE?

During cold and flu season, washing your hands with soap and water is one of the best ways to prevent infection and illness. But, when soap and water are not available, alcohol-based hand gels are a good alternative. They are practical, and you can conveniently throw one in a purse, pocket or lunch bag. If you shake hands often, travel frequently or have small children, hand gels can be a simple way to help keep the whole family healthy.

Source: Centers for Disease Control and Prevention

D&I Focus

“[People] may be said to resemble not the bricks of which a house is built, but the pieces of a picture puzzle, each differing in shape, but matching the rest, and thus bringing out the picture.” - Felix Adler

Today is... [Chinese New Years](#)

Safety Principle: Defensive Driving

February 20, 2015

Safety Focus

BE PREPARED

Defensive drivers know that their worst enemy is the unexpected. They never assume the other driver will do the right thing. They anticipate hazards by scanning the road to size up the traffic situation as far ahead as possible. In this way, they are able to prepare for hazards rather than simply react to them. They practice long-range foresight by keeping their vehicle well maintained, by checking them before driving, and by always wearing a safety belt. They always use STAR (Stop, Think, Act, Review).

Health Tip of the Day

OSTEOPOROSIS IN MEN

It is true that women are more likely to develop osteoporosis than men, but many men are at risk, too. In fact, about 2 million men have osteoporosis, and another 12 million are at risk. Lifestyle choices such as not drinking too much alcohol, exercising, not smoking, and getting enough calcium and vitamin D can help. Medications can also be used to treat men with bone loss. Ask your doctor if you need to be tested and/or treated.

Source: National Osteoporosis Foundation

D&I Focus

“The price of the democratic way of life is a growing appreciation of people's differences, not merely as tolerable, but as the essence of a rich and rewarding human experience.” - Jerome Nathanson

Today is... [Love Your Pet Day](#)

Safety Principle: Defensive Driving

February 21, 2015

Safety Focus

COMMON SENSE DRIVING

Good drivers use common sense and STAR (Stop, Think, Act, Review) to make decisions wisely and quickly. They maintain control of their behavior, resisting the temptation to make risky maneuvers to get somewhere faster.

Health Tip of the Day

LOSE WEIGHT SAFELY

If you're working on your New Year's resolution to lose weight, be sensible. Stay away from fad diets and plans that promise quick weight loss. While you may lose weight initially, these strategies are not effective for long-term weight maintenance, and some can be unsafe. Professionals recommend a safe rate of weight loss of $\frac{1}{2}$ to 2 pounds per week. Be patient as you practice new behaviors that support healthy eating and active living. In time, you will achieve your healthiest weight.

D&I Focus

“America has believed that in differentiation, not in uniformity, lies the path of progress. It acted on this belief; it has advanced human happiness, and it has prospered.” - Louis D. Brandeis

Today is... [Card Reading Day](#)

February 22, 2015

Safety Focus

DISTRACTED DRIVING

Each day in the United States, more than 9 people are killed and more than 1,060 people are injured in crashes that are reported to involve a distracted driver.

So what is distracted driving?

Distracted driving is driving while doing another activity that takes your attention away from driving, and distracted driving can increase the chance of a motor vehicle crash.

There are three main types of distraction:

- Visual: taking your eyes off the road
- Manual: taking your hands off the wheel
- Cognitive: taking your mind off of driving

Distracted driving activities include things like using a cellphone, texting and eating. Using in-vehicle technologies (such as navigation systems) can also be sources of distraction. While any of these distractions can endanger the driver and others, texting while driving is especially dangerous because it combines all three types of distraction.

Health Tip of the Day

GIVE THE GIFT OF LIFE!

According to a recent survey, most people donate blood to help others and because it makes them feel good. This is not surprising since a blood donation truly is a “gift of life”. In just one hour’s time, a healthy individual can donate one unit of blood that could help save multiple lives in their community. On any given day, approximately 39,000 units of red blood cells are needed. The need is great, so consider being a blood donor and saving a life!

Source: American Association of Blood Banks

D&I Focus

Inclusivity is what modern life is all about." - Lynn Showing

Today is... [Be Humble Day](#)

Safety Principle: Defensive Driving

February 23, 2015

Safety Focus

DRIVING IS A PRIVILEGE

Driving is a privilege and comes with a shared responsibility of safety on our nation's roadways. In 2011 alone, motor vehicle crashes claimed more than 35,000 lives.

What are the leading concerns? According to Injury Facts® 2014, the National Safety Council's annual report on unintentional injuries, the three biggest causes of fatalities on the road include:

1. Alcohol (30.8%)
2. Speeding (30%)
- 3. *Distracted driving (26%)***

Remember to always beware of the Human Performance Trap of distractions.

Health Tip of the Day

EXERCISING IN COLD WEATHER

Don't let cold weather keep you from enjoying an outdoor workout. Keeping warm is a lot easier than you might think. Just follow the three-layer principle: wear an inner layer of wool, silk or a synthetic fabric to wick away sweat; an insulating layer of wool or a synthetic fabric to keep the body warm; and an outer layer to provide protection from wind, rain or snow. Add a hat or headband and some gloves and you will be ready to walk, run, hike or cross-country ski.

D&I Focus

"Growth that does not include all citizens is explosive." - Shirlee Harel

Today is... [Tennis Day](#)

February 24, 2015

Safety Focus

DON'T ASSUME

Don't make assumptions about another driver's intention. If you expect drivers in parked vehicles to remain parked at all times, always yield at intersections, or remain in one lane at all times, etc., you risk being caught off guard when drivers do not do what's expected.

Expect other drivers to make mistakes and be prepared to react. If a mistake is made, you will be ready to defend yourself. Never assume that other drivers are sober and alert, and follow the rules of the road at all times. Always keep a strong Questioning Attitude and never assume!

Health Tip of the Day

EXERCISE COOL DOWN

It is important to cool down after a moderate- to high-intensity exercise session. This prevents sudden pooling of blood in the muscles as well as sudden drops in blood pressure that can lead to dizziness and falls. During the last 5-10 minutes of your workout, gradually decrease your exercise intensity and gently approach your resting heart rate before coming to a complete stop.

Source: *American College of Sports Medicine*

D&I Focus

"Insight, I believe, refers to the depth of understanding that comes by setting experiences, yours and mine, familiar and exotic, new and old, side by side, learning by letting them speak to one another." - Mary Catherine Bateson

Today is... [National Tortilla Chip Day](#)

February 25, 2015

Safety Focus

SKIDDING

What's the best way not to get into a skid? Avoid it in the first place! One of the best ways to avoid trouble on the road (not just skids) is to drive smoothly. True professionals drive so seamlessly that you do not feel anything when they shift, turn or brake. Plan ahead, watch carefully, and slow down, especially if you are unfamiliar with the road. Skids almost always happen because the vehicle was being driven too fast for conditions.

Health Tip of the Day

SMALL CHANGES, BIG RESULTS

Are you having trouble making changes stick when it comes to your diet? A small tune-up to your eating habits, rather than a complete overhaul, is a good place to start. A study done by Shape Up America found that making one simple change when preparing meals, like substituting lean turkey for certain cuts of meats, resulted in an average savings of 108 calories per meal. This might not seem like much but other studies have shown that by simply eating 100 fewer calories a day, the U.S. could have about 70 million fewer obese/overweight individuals.

Source: *Shape Up America*

D&I Focus

“The biggest mistake is believing there is one right way to listen, to talk, to have a conversation or a relationship.” - Deborah Tannen

Today is... [Pistol Patent Day](#)

February 26, 2015

Safety Focus

SECURE YOUR LOAD

Many accidents and injuries are caused by loose objects that "fly" in a collision. When your vehicle suffers a sudden deceleration (as in a collision), the only things that stop with it, at least immediately, are the ones that are secured somehow. When the vehicle decelerates, a loose object temporarily keeps traveling at the speed the vehicle was originally going, until it hits something else in the slowing vehicle – like you, maybe.

Take time, every time, to complete your safety circle, secure your load exterior/interior and drive alert!

Health Tip of the Day

PREVENTING JOINT PAIN

You can help to prevent or minimize joint pain by maintaining good posture and muscle balance, exercising regularly and lifting properly. For example, bend your knees and use your legs instead of your back when lifting objects off the ground. When lifting with your upper body, allow your arms to do the work instead of your wrists or fingers.

Source: Arthritis Foundation

D&I Focus

"Each of the world religions has its own particular genius, its own special insight into the nature and requirements of compassion, and has something unique to teach us."
- Karen Armstrong

Today is... [National Pistachio Day](#)

Safety Principle: Defensive Driving

February 27, 2015

Safety Focus

LOOK BOTH DIRECTIONS

Most of us know we're supposed to stop and look both ways before exiting a private drive, parking lot, or side street. But many of us do not think about the dangers posed by not looking BOTH directions, to make sure that the way is clear. You can probably think of other situations where you might not think about looking both ways – but should.

One way streets, for example – might a vehicle be coming down that street the WRONG way? Or, there can be places where your vision is hampered by obstacles, and dangers can pop out without warning. Be wary and continually work on your situational awareness, whether you're a driver, a biker, or a pedestrian. Don't take anything for granted. Always make it a habit to look BOTH ways, whether something should be coming from that direction or not.

Health Tip of the Day

BENEFITS OF DRIED FRUIT

Looking for a convenient way to eat five or more fruit and vegetable servings a day? Keep dried fruit on hand for a quick and healthy snack. Our registered dietitian recommends dried figs, apricots, raisins, plums, blueberries, cranberries or dates. Toss some on your cereal, salad or yogurt, accent a rice dish or enjoy just as they are. Dried fruit contains more nutrients and calories than an equal amount of whole fruit. A quarter cup – or handful – counts as a serving. No washing, peeling or slicing required!

D&I Focus

“One man may hit the mark, another blunder; but heed not these distinctions. Only from the alliance of the one, working with and through the other, are great things born.” - Antoine de Saint-Exupery

Today is... [No Brainer Day](#)

February 28, 2015

Safety Focus

RESPECT THE TRAIN

Respect the train for what it is – an irresistible force and remember that your car is not an immovable object! A train is like an ocean liner – it may take it more than a mile to stop. Never play chicken with a train by trying to beat it to a grade crossing. Do not drive around lowered gates if the signals indicate a train is coming. Remember to wait after a train passes, until you can clearly see in both directions. Many are killed when they proceed after a train clears a crossing, and a speeding train on a second set of tracks smacks them from the other direction.

If your vehicle gets stuck on the tracks, do not hang around trying to start it, or push it off, if a train is approaching. Get away! If you have to leave your vehicle behind and you know it is going to be hit, remember to run toward the approaching train, not away from it; the debris from a collision will be thrown ahead of the train and it can overtake and kill you.

Health Tip of the Day

BURN CALORIES WITH SNOWSHOEING

If there's snow on the ground where you live, trade your walking shoes or hiking boots for a pair of snowshoes. It's a great, low-impact way to burn calories, fight cabin fever and stay in shape through the winter. Snowshoeing is like walking, but it can burn considerably more calories because you tend to lift your legs higher. A 150-pound person can burn up to 550 calories in an hour of snowshoeing.

Source: Compendium of Physical Activities

D&I Focus

"For those who have seen the Earth from space, and for the hundreds and perhaps thousands more who will, the experience most certainly changes your perspective. The things that we share in our world are far more valuable than those which divide us." - Donald Williams

Today is... [Floral Design Day](#)

Safety Principle: Defensive Driving