



ACCESSING SAFETY KNOWLEDGE (ASK) SHEET: *SPECIAL DISTRACTIONS, EVENTS, AND HAZARDS – BE AWARE AND HOW TO HANDLE*

While you drive multiple things can occur that can impact your drive and health. Here are a few to be aware of while driving in the city.

Holiday Hazards

- **Distracted driving.** This includes driving while using cell phones for both talking and texting holiday messages to friends, coworkers, and family. It also includes driving while checking out store hours and locations using a smartphone to surf the web.
- **Impaired driving.** Year-end dinners, parties and celebrations typically involve consumption of alcohol, and in too many cases, use of drugs. An increase in the number of impaired drivers using the roadways during the winter holidays has been well established by law enforcement, and the loss of life resulting from impaired driving is also well established.
- **Pressured driving.** The winter holidays typically bring with them increased pressures, especially financial pressures and the stress created by trying to do too much in a short time span. Drivers often react to these pressures by driving too fast for conditions, making aggressive lane changes, failing to yield right-of-way, and generally disregarding the needs and safety of others using the road.
- **Fatigued driving.** Increased demands and activities during the winter holidays often mean significantly reduced sleep schedules. According to a study by the AAA Foundation for Traffic Safety, people who slept 6-7 hours a night were twice as likely to be involved in a crash as those sleeping 8 hours or more, while people sleeping less than 5 hours increased their risk four to five times.

Summer Driving Hazards

Normal summers, filled with vacations, trips, visitors unfamiliar with the area. All create additional hazards:

- Increase in construction on the road
- Tire blowouts and mechanical hazards
- More cyclists, more motorcycles
- Young drivers, visitors, lack of experience and erratic driving
- Tired drivers
- Lost drivers

Remember to expect the unexpected. That is why you must focus on driving at all times!

Provided by the ASA – Houston Chapter Safety & Health Committee and **ADAMS**
INSURANCE-SERVICE

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