



BROOME COUNTY TRAFFIC SAFETY BOARD NEWSLETTER

Broome County Health Department 225 Front St. / Binghamton, NY 13905

Christine Muss, Traffic Safety Coordinator

Telephone: 607-778-2807 / Fax: 607-778-3998 / Email: CMuss@co.broome.ny.us

National Sleep Awareness Week March 1 – 7, 2009

February/March 2009

Daylight Saving Time begins in 2009 on March 8th. This is a time when we set the clocks forward one hour so we can enjoy more daylight during the afternoons. Adding daylight to afternoons has its obvious benefits. We are able to participate in more outdoor activities after work hours and traffic crashes are even reduced when there is extra afternoon daylight. We are however losing one hour of sleep and for some people that is a significant change. It is important to our health and safety to maintain good sleep habits so that when time changes such as these happen they are not as much of an adjustment. The Broome County Health Department in partnership with the Lourdes Sleep Lab will be conducting educational presentations in the community starting in February in order to raise awareness about the importance of proper sleep and how poor sleep effects our body, our health, our performance and even our safety on the road. When we are tired, we are at risk for driving drowsy. According to the New York State Department of Health, an estimated 100,000 crashes each year are caused by fatigued drivers. Shift workers, young drivers, commercial drivers and business travelers are at a higher risk for drowsy driving than most but anyone who drives when they're tired is at higher risk for a crash. Keep everyone safe by not driving when you are tired. If you find yourself getting tired while driving, pull and rest. For more safety tips and warning signs for drowsy driving, please see the information below.

Are you a drowsy driver?

Here are some warning signs that you might be too tired to drive:

- Drifting from lane to lane
- Yawning repeatedly
- Difficulty keeping eyes open or focused
- Cannot remember the last few miles driven
- Tailgating
- Missing traffic signals
- Eyelids droop
- Head nods
- Blurry vision
- Day dreaming
- Feeling restless or irritable
- Hitting rumble strips



Avoid Drowsy Driving!

- **Be sure to get enough sleep!**
 - o Young drivers need at least 8 ½ - 9 hours of sleep EVERY night
- **Avoid drinking alcohol**
- **Limit your driving between 12 a.m. – 6 a.m.**
 - o Your body naturally wants to sleep then.
- **Drink caffeine**
 - o It needs to be enough caffeine that is equal to 2 cups of coffee.
 - o Be aware it takes 30 minutes for it to take effect and the effects are short lived.
- **If you do feel drowsy while you are driving, pull over where it is safe and take a 15-20 minute nap.**

What's New in Traffic Safety?

U.S. Secretary of Transportation Mary E. Peters Announces New Data Showing Record Low Highway Fatalities; Americans Safer than ever on the Nation's Roads, Rails, and in the Skies

U.S. Transportation Secretary Mary E. Peters today said the number of people killed in traffic crashes is expected to reach a new record low in 2008, with early projections showing an almost 10 percent drop in highway traffic deaths in the first 10 months of this year.

The Secretary made the announcement today in Kansas City where she also outlined key safety benchmarks that have been achieved across all areas of transportation.

"Our focus on safety – from our highways, railways, seaways and airways – has led to one of the safest periods in our nation's transportation history," Secretary Peters said. "Every American can be more confident than ever they will arrive at their destination safe and sound."

The Secretary said the new fatality data marks the first time the National Highway Traffic Safety Administration is able to project fatality figures prior to the end of the calendar year. Using new electronic data gathering techniques, the Department is working to make projections in near real time to "give safety professionals the data they need to keep motorists safe," she said.

Early estimates show that 31,110 people died on the nation's roads from January through October, compared to 34,502 in 2007 during that same 10-month time period. In addition, the fatality rate per 100 million vehicles miles traveled for the first nine months of 2008 is 1.28, compared to 1.37 for 2007.

"For the second year in a row we are seeing historic lows in deaths on our nation's roads," Secretary Peters said. "While we are encouraged by these declines, our work is not nearly complete in making our safe transportation network even safer."

NHTSA annually collects crash statistics from the 50 states, the District of Columbia and Puerto Rico to produce annual reports on traffic fatality trends. The agency intends to update 2008 estimates regularly as more data becomes available. The final counts for 2008 will be made available in the summer of 2009.

To view the preliminary fatality statistics visit:

<http://nhtsa.gov/staticfiles/DOT/NHTSA/NCSA/Content/RNotes/2008/811054.pdf>

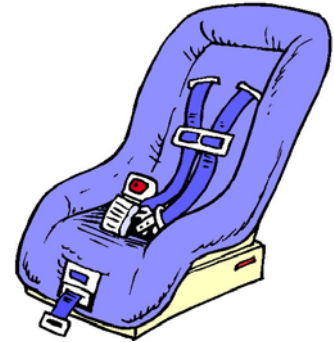
This article was taken from the National Highway Traffic Safety Administration news release, December 2008.

NHTSA's Guidelines for Child Restraint Use After a Minor Crash

The National Highway Traffic Safety Administration (NHTSA) recommends that child safety seats be replaced following a moderate or severe crash in order to ensure a continued high level of crash protection for child passengers. NHTSA recommends that child safety seats do not automatically need to be replaced following a minor crash.

Criteria for a Minor Crash:

- The vehicle was able to be driven away from the crash site
- The vehicle door nearest the safety seat was undamaged
- There were no injuries to any of the vehicle occupants
- The air bag (if present) did not deploy
- There is no visible damage to child safety seat



If any of these criteria were not met, the involved child safety seat should be discarded and replaced.

Upcoming Child Safety Seat Fitting Stations Dates/Times

The Broome County Sheriff's Office Fitting Station provides free child safety seat inspections for families and caregivers as well as provides education and guidance on child passenger safety. Families who qualify for the low income distribution program may also be eligible to receive a free child safety seat.

Dates

February 10th

March 10th

March 24th

April 7th

April 21st

May 5th

May 19th

Times

9 a.m. – 12 p.m.

9 a.m. – 12 p.m.

12 p.m. – 3 p.m.

9 a.m. – 12 p.m.

12 p.m. – 3 p.m.

9 a.m. – 12 p.m.

12 p.m. – 3 p.m.

Location of Fitting Station:

Broome County Sheriff's Office

155 Lt. Van Winkle Drive, Binghamton

Behind Broome Community College, near jail

(look for green building, garage area)

By Appointment Only!

Please call the Broome County Health Department at (607) 778-2807 to schedule your child safety seat inspection appointment or to see if you are eligible to receive a free child safety seat.

At your appointment time, be sure to bring with you:

- The vehicle you would like the seat installed into
We cannot distribute car seats if you arrive in a cab, bus or without a vehicle
- Your vehicle manual
- Your car seat manual
- Your child

Broome County Traffic Safety Events

Thursday, February 5 – New York State Association of Traffic Safety Boards Meeting

10 a.m.

Located at The Crossings in Colonie, Albany

Come and offer your input to prevent injuries and deaths due to traffic crashes in New York State. Please contact Christine Muss at (607) 778-2807 for more information.

Monday, February 16 – Free Child Passenger Safety (CPS) Update Course

8:30 a.m. – 5:00 p.m.

Located at the Norwich Fire Department, 31 East Main Street, Norwich

This class is worth 6 continuing education units (CEU's) necessary to recertify as a CPS Technician. Pre-registration is required.

February 17 – 20, National Child Passenger Safety Certification Training Course

8:30 a.m. – 5:00 p.m. each day

Located at the Norwich Fire Department, 31 East Main Street, Norwich

Course fee \$60.

This course is intended to provide students with a basic level understanding in the challenging field of child passenger safety.

Saturday, February 21 – Child Passenger Safety Certification Renewal Course

8:30 a.m. – 5:00 p.m.

Located at Norwich Fire Department, 31 East Main Street, Norwich

This course is meant for expired CPS Technicians who have maintained their child passenger safety knowledge and their hands-on skills and who wish to become nationally certified again. Course fee \$75.

March 1 – 7, National Sleep Awareness Week

For more information, please visit the National Sleep Foundation website at

www.sleepfoundation.org

March 29 – April 1, Lifesavers 2009 Conference

Located in Nashville, Tennessee

For more information please visit, www.lifesaversconference.org

** For the above CPS courses, please contact Christine Muss at (607) 778-2807 or Donna Adams at (607) 336-2809 for more information.**



Barbara J. Fiala, Broome County Executive

Graphics and research provided by the New York State Governor's Traffic Safety Committee www.safeny.com, the National Sleep Foundation, www.sleepfoundation.org and The National Highway Traffic Safety Administration, www.nhtsa.gov. The production of this newsletter was made possible through funding from the NYSGTSC.