



Bulletin Board

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Safety highlights

These highlights were taken from the summer 2013 issue of *Comp News*. You can find complete articles online at saif.com/employer.

Highway safety

Oregon's "Move Over Law" (ORS 811.147) applies to all emergency vehicles, including tow trucks. The law states that if you are approaching any type of emergency vehicle, tow truck, or roadside assistance vehicle that is stopped on the roadside with emergency lights activated, you must move over into another available lane. If you can't safely change lanes, slow down to a speed that is at least five miles per hour below the speed limit.

Stay alert when driving

Most people know the dangers of driving while intoxicated, but aren't aware that drowsiness can impair judgment, performance, and reaction times as much as alcohol or drugs. Studies have shown that being awake for more than 20 hours can impair your driving as much as a blood alcohol concentration of 0.08, the legal limit. Sleepiness can cause slower reaction times, reduced motor coordination, impaired vision, lapses in judgment, and delays in processing information. Before going on a long drive, be sure to get a good night's sleep and start out rested.

Training seasonal workers

No matter how seasonal workers come to work for you, it's your responsibility to ensure they receive adequate training. Even if a seasonal employee has worked for you before, don't assume that he or she has retained safety information. The training must be repeated each time the employee starts a new round of work.

Signs you are too sleepy to drive

Here are some signs that you may be at risk of falling asleep behind the wheel. If you experience any of them, you should pull over at the first safe place you come to, switch drivers if possible, or take a short nap.

- Trouble focusing or holding your head up
- Heavy eyelids or frequent blinking
- Yawning or rubbing your eyes repeatedly
- Daydreaming or wandering thoughts
- Slow reaction time
- Impaired judgment
- Drifting from your lane
- Tailgating
- Missing exits or traffic signs
- Trying to stay alert by turning up the radio or rolling down the window
- Trouble remembering the last few miles
- Hitting the shoulder or the rumble strips
- Feeling restless and irritable



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