



# Quick Notes

from the Idaho Office of Highway Safety

October 28, 2013

Idaho Transportation Department - PO Box 7129 – Boise, ID 83707-1129 - - P: (208) 334-8100 F: (208) 334-4430 - - [www.itd.idaho.gov/ohs](http://www.itd.idaho.gov/ohs)

**Fatalities for 2013 = 175**

Hi Highway Safety Partners:

Ever hear someone say “Man, I need more sleep!” Do you agree that getting a solid five to six hours of shut eye a night will ensure you’re well rested and ready to drive? Think again, say researchers at the University of Pennsylvania.

A team at Penn’s Perelman School of Medicine found that people who average fewer than six hours of sleep each night are three times more likely to report having driven while drowsy in the last month, compared with people who get seven or more hours a night. People who sleep five or fewer hours a night are four times as likely to report drowsy driving, compared with their seven or more hour counterparts. “Falling asleep at the wheel is a major cause of road crashes. It might even be more of a problem than drunk driving, since it is responsible for more serious crashes per year,” said study researcher Dr. Michael Grandner. “We already know that people who are sleep-deprived in the laboratory have impaired driving performance, but we haven’t been able to better define what sleep profiles and patterns put drivers in the general population at the highest risk.”

A recent study in the Journal of the American Medical Association’s *Internal Medicine* publication found that, like drunk driving, drowsy driving doubles a motorist’s crash risk. Sleepiness can impair drivers by causing slower reaction times, vision impairment, lapses in judgment, and delays in processing information. Being awake for more than 20 hours results in impairment equal to a blood alcohol concentration level of 0.08%. It is also possible to fall into a 3- to 4-second micro-sleep without realizing it.

The Centers for Disease Control study released earlier this year showed that one in 24 adults in the U.S. have reported falling asleep at the wheel. These numbers may be even higher, since nodding off while driving can happen so quickly and may go unnoticed. While the amount of sleep each person requires varies, the National Sleep Foundation recommends that adults get between seven and nine hours of sleep a night and teens get even more. Sleep is vitally important for teens, the group with the highest crash risk.

The AAA Foundation for Traffic Safety study conducted in 2012 found that one in seven licensed drivers 16 to 24 years of age admitted to nodding off at least once while driving in the past year, compared to one in ten of all licensed drivers who drove drowsy. In an effort to reduce the number of fatigue-related crashes and save lives, the National Sleep Foundation is once again sponsoring its annual Drowsy Driving Prevention Week®. This year, the campaign takes place November 3-10, which coincides with the end of daylight savings time. The campaign provides public education about the under-reported risks of driving while drowsy and countermeasures to improve safety on the road. States are encouraged to educate motorists about the importance of sleep and its impact on their safety behind the wheel.

Learn more about drowsy driving at the National Sleep Foundation’s drowsy driving website: <http://drowsydriving.org>.

Although not often thought of as a major highway safety issue in Idaho, it is worthy of our attention as we continue our comprehensive efforts *Towards Zero Deaths*.

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## **Accepting 2014 Traffic Enforcement Mobilization Applications**

The Office of Highway Safety offers law enforcement agencies throughout the state the opportunity to participate in Traffic Enforcement Mobilizations (saturation patrols), which support enforcement efforts by agencies to eliminate deaths, serious injuries and economic loss.

Participation in the mobilization program is initiated by a Memorandum of Understanding (MOU) between the agency and the Idaho Transportation Department Office of Highway Safety. To participate, [click this link](#) to access the application online (*the documents are towards the bottom of the page*). If you have questions regarding the application process, please contact one of the Grant/Contracts Program Managers at the Idaho [Office of Highway Safety](#) .

## **Strategies for Law Enforcement**

"Traffic law enforcement gives officers at the state, local, and county levels the unparalleled opportunity to save lives. The causal relationship between consistent, goal-oriented enforcement and casualty reduction stands clear and unimpeachable. Traffic enforcement is demonstrably justifiable on its own merits. Yet, today an emerging secondary benefit reinforces the value of roving patrol officers. They have become major crime fighters! America's long-standing reliance on the motor vehicle has put crime literally on the nation's streets and highways. Murderers, robbers, auto thieves, and drug traffickers all travel by motor vehicle. And when they violate traffic laws-a frequent occurrence because criminals typically are preoccupied by their crimes-that familiar police light appears in the mirror. This once meant two things: a short conversation with the officer and a traffic citation. Today, much more can follow.

What happens in those few moments when an officer approaches a violator describes the quiet revolution taking place within law enforcement. Officers more frequently recognize that the violator doesn't quite fit the circumstances. The subject's demeanor, the caliber of responses to questions, a lack of knowledge about the vehicle-these and similar factors noted by the alert, trained observer recommend further investigation. And further investigation pays off in criminal arrests. None of this results from mere luck. Specialized training, a growing reservoir of favorable experience and, perhaps most important, the intelligent wariness of the individual combine to transform him from a traffic officer into something more. It's as if we're getting two people for the price of one: an officer skilled in traffic and another knowledgeable in general criminal investigative technique".

**Source:** IACP & NHTSA. (2001). *Traffic Safety in the New Millennium: Strategies for Law Enforcement: A Planning Guide for Law Enforcement Executives, Administrators and Managers*. Washington, DC: National Highway Traffic Safety Administration. Available at: <http://pdfszone.com/pdf/read.php?url=aHR0cDovL3d3dy5uaHRzYS5nb3YvcGVvcGxIL2luanVyeS9lbnZvcml1RyYWZmaWNTYWZldHku cGRm>

## Are you an Aggressive Driver or a Smooth Operator?

The Chief of Police in Grafton MA, has a quiz if you're not sure which you are, do you...

Yes / No

1. Overtake other vehicles only on the left?
2. Avoid blocking passing lanes?
3. Yield to faster traffic by moving to the right?
4. Keep to the right as much as possible on narrow streets and at intersections?
5. Maintain appropriate distance when following other motorists, bicyclists, motorcyclists, etc.?
6. Provide appropriate distance when cutting in after passing vehicles?
7. Use headlights in cloudy, rainy, and other low light conditions?
8. Yield to pedestrians?
9. Come to a complete stop at stop signs, before right turn on red, etc.?
10. Stop for red traffic lights?
11. Approach intersections and pedestrians at slow speeds to show your intention and ability to stop?
12. Follow right-of-way rules at four-way stops?
13. Drive below posted speed limits when conditions warrant?
14. Drive at slower speeds in construction zones?
15. Maintain speeds appropriate for conditions?

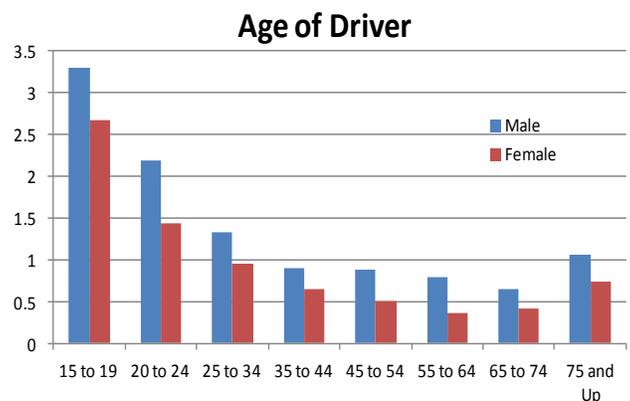


Twenty six more questions at this link to Chief Crepeau's [QUIZ](#)

## Distracted Driving – It Can Wait

Xzavier, Chandler, Debbie, and Reggie all know the horrors of texting & driving firsthand. Acclaimed director Werner Herzog tells their stories in this powerful It Can Wait Documentary. Learn about the dangers of texting while driving and take the pledge at [www.itcanwait.com](http://www.itcanwait.com).

**Representation of Idaho drivers in Distracted Driving Crashes by Age** Males represent about 50% of all licensed drivers but make up over 60% of the drivers involved in distracted driving fatal and serious injury crashes. This graph shows the involvement by gender and age. Involvement is determined by dividing the percentage of the group involved in crashes by the percentage of licensed drivers in the group. The expected involvement is 1. A value greater than 1 indicates that the group is over involved in crashes



## Licensing Procedures for Older Drivers

(September 2013, DOT HS 811 833)

This study examined the driver licensing procedures in all 50 States as they apply to the older (65+) driver. A literature review examined reports of possible declines in older driver capabilities and the ability of a driver licensing agency to screen for them. The review also covered studies of licensing policies and procedures that had the potential ability to reduce older driver crash rates. Four special emphasis States (Illinois, Iowa, Kansas, and New Hampshire) were selected for further study because their mix of policies and procedures could theoretically enhance safety.

Traffic Tech for [Licensing Procedures and Older Drivers](#)

### OFFICE OF HIGHWAY SAFETY

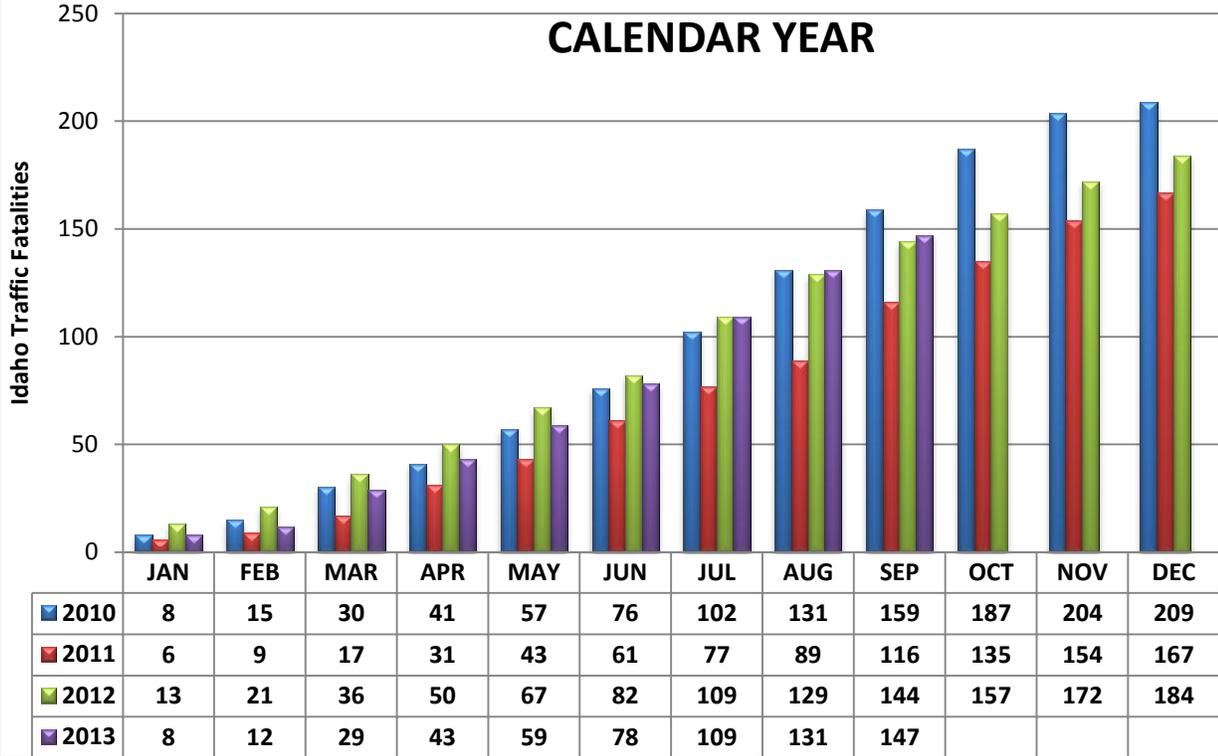
#### Fatalities By the Month\*

SEPTEMBER 2013

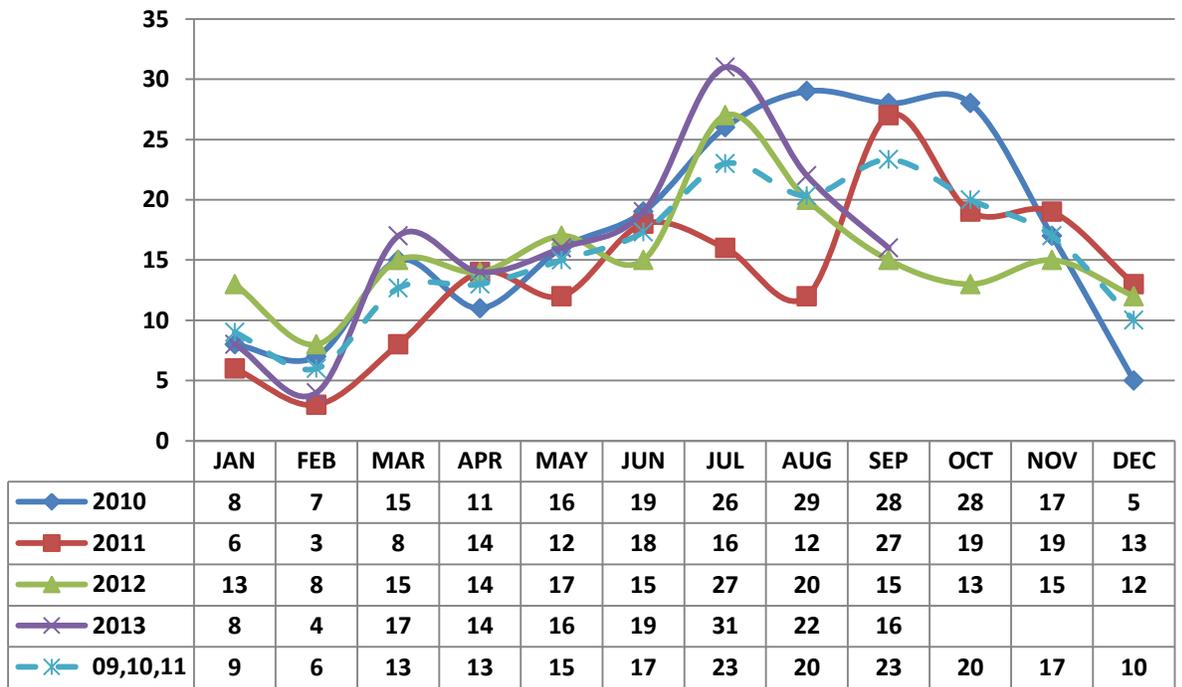
MONTH						CUMULATIVE TOTALS			
	Actual	Actual	Actual	09,10,11	Actual	Cummulative (09,10,11,12)			
	2010	2011	2012	AVERAGE	2013	2010	2011	2012	2013
JAN	8	6	13	9	8	8	6	13	8
FEB	7	3	8	6	4	15	9	21	12
MAR	15	8	15	13	17	30	17	36	29
APR	11	14	14	13	14	41	31	50	43
MAY	16	12	17	15	16	57	43	67	59
JUN	19	18	15	17	19	76	61	82	78
JUL	26	16	27	23	31	102	77	109	109
AUG	29	12	20	20	22	131	89	129	131
SEP	28	27	15	23	16	159	116	144	147
OCT	28	19	13	20		187	135	157	
NOV	17	19	15	17		204	154	172	
DEC	5	13	12	10		209	167	184	
<b>YEAR TO DATE</b>	<b>209</b>	<b>167</b>	<b>184</b>	<b>187</b>	<b>147</b>				

\*Data limitations: This report is based on information provided by law enforcement agencies on crashes resulting in a death that occurs within 30 days of the crash. Data is preliminary and is subject to change. Totals of this report are the number of persons killed. Averages are rounded.

## ACCUMULATIVE IDAHO TRAFFIC FATALITIES BY CALENDAR YEAR



## IDAHO MONTHLY TRAFFIC FATALITIES



## CALENDAR OF EVENTS

*If you would like to add an event to the calendar, please send an e-mail with the event details to [lisa.losness@itd.idaho.gov](mailto:lisa.losness@itd.idaho.gov)*

Date	Event Description, Location
<b>2013</b>	
<b>Oct 1</b>	<b>New Federal Fiscal Year 2014</b>
Nov 12	<b>Alive at 25</b> , Orofino High School, <a href="http://www.idsafedriver.org">www.idsafedriver.org</a>
Nov 21	<b>Alive at 25</b> , Caldwell Police Dept. <a href="http://www.idsafedriver.org">www.idsafedriver.org</a>
Dec 18	<b>Alive at 25</b> , Pocatello Police Dept. <a href="http://www.idsafedriver.org">www.idsafedriver.org</a>
<b>April 14-15, 2014</b>	<b>Idaho Highway Safety Summit – Boise ID</b>

**Quick Reference Guide** – click on the topic to go directly to website.

[OHS](#), Office of Highway Safety

[ITD](#), Idaho Transportation Department

[NHTSA](#), National Highway Traffic Safety Administration

[FHWA](#), Federal Highway Administration

[2012 Idaho Crash Report](#)

Program Area	Idaho State Links	Federal Links
Impaired Driving		<a href="http://www.nhtsa.gov/Impaired">http://www.nhtsa.gov/Impaired</a>
Distracted Driving	<a href="http://www.itd.idaho.gov/ohs/DistractedDriving.htm">http://www.itd.idaho.gov/ohs/DistractedDriving.htm</a>	<a href="http://distraction.gov/">http://distraction.gov/</a>
Teen Drivers	<a href="http://www.idahoteendriving.org/">http://www.idahoteendriving.org/</a>	<a href="http://www.nhtsa.gov/Teen-Drivers">http://www.nhtsa.gov/Teen-Drivers</a>
Bike & Pedestrian Safety	<a href="http://www.itd.idaho.gov/bike_ped/index_new2.htm">http://www.itd.idaho.gov/bike_ped/index_new2.htm</a>	<a href="http://www.nhtsa.gov/Pedestrians">http://www.nhtsa.gov/Pedestrians</a> <a href="http://www.nhtsa.gov/Bicycles">http://www.nhtsa.gov/Bicycles</a>
Seat Belt Safety	<a href="http://www.itd.idaho.gov/ohs/ClickIt/ClickIt2.htm">http://www.itd.idaho.gov/ohs/ClickIt/ClickIt2.htm</a>	<a href="http://www.nhtsa.gov/Driving+Safety/Occupant+Protection">http://www.nhtsa.gov/Driving+Safety/Occupant+Protection</a>
Child Passenger Safety	<a href="http://www.itd.idaho.gov/ohs/ChildSafety/index.html">http://www.itd.idaho.gov/ohs/ChildSafety/index.html</a>	<a href="http://www.nhtsa.gov/Safety/CPS">http://www.nhtsa.gov/Safety/CPS</a>
Aggressive Driving	<a href="http://itd.idaho.gov/ohs/Aggressive.htm">http://itd.idaho.gov/ohs/Aggressive.htm</a>	<a href="http://www.nhtsa.gov/Aggressive">http://www.nhtsa.gov/Aggressive</a>
Motorcycles	<a href="http://www.idahostar.org">www.idahostar.org</a>	<a href="http://www.nhtsa.gov/Safety/Motorcycles">http://www.nhtsa.gov/Safety/Motorcycles</a>
Senior/Mature Drivers		<a href="http://www.nhtsa.gov/Senior-Drivers">http://www.nhtsa.gov/Senior-Drivers</a>
Lane Departure	<a href="http://itd.idaho.gov/info/home_articles/safety_plan.htm">http://itd.idaho.gov/info/home_articles/safety_plan.htm</a>	<a href="http://safety.fhwa.dot.gov/roadway_dept">http://safety.fhwa.dot.gov/roadway_dept</a>