



# Quarterly Report

VOLUME 23 NUMBER 2

NEW YORK

April 2020

## April is Distracted Driving Awareness Month

Every day at least 9 people die and 1,000 are injured in distracted driving crashes. Cell phones, dashboard touchscreens, voice commands and other in-vehicle technologies pose a threat to our safety. Consequences of those distractions are not worth the convenience they offer. Ignore the distractions and #justdrive.

Distracted Driving Awareness Month in April is a united effort to recognize the dangers of and eliminate preventable deaths from distracted driving. Join us to help save lives.




April **DISTRACTED DRIVING AWARENESS MONTH**  
The ESSENTIAL trio for driving: Eyes on the road, hands on the wheel, mind on driving 

 More than **30 studies** show hands-free devices **DON'T** make drivers any safer

**27 SECONDS**

Texting while stopped at a light can negatively affect full driving engagement for an average 27 seconds after texting



  
Drivers spend more than **HALF THEIR TIME** focused on things other than driving

Studies show voice to text  is **MORE** distracting than texting by hand

 About **26% OF ALL CAR CRASHES** include cell phone use -- including hands-free

### RETRAIN

Per NY DMV rules, all PIRP instructors must possess a current drivers license and attend a recertification class every 2 years.

**GROUP RETRAIN DATE TO BE ANNOUNCED AT A LATER TIME.**

More details to come as the GREAT state of NEW YORK get updates from Governor Cuomo regarding the COVID-19 crisis.

**NEW YORK TOUGH!**

## Highway deaths fell in 2018

Traffic deaths fell for the second straight year.

The National Highway Traffic Safety Administration attributed the drop partially to technology in newer

vehicles that can prevent crashes. A total of 36,560 people died on the nation's roads in 2018, *the latest full-year statistics available.*

*Continued on page 3 - Highway Deaths*

  
**NEW YORK**  
Make sure to follow all DMV and New York State laws governing PIRP classes!!  
**THE EMPIRE STATE**

# The great multitasking lie

... from the National Safety Council

Many people think they are good multitaskers, but that is actually a myth, especially when it comes to cell phone use while driving. This information from the National Safety Council will tell you why.

The human brain cannot do two things at the same time - like watch TV and hold a phone conversation. The same is true when driving and talking on your phone. The brain switches between the driver's tasks, which slows reaction time.

**MYTH:** My car came with an infotainment system. Since it's built into my car, it must be safe.

**FACT:** A National Safety Council survey found more than 50% of drivers believe this myth. But technologies that allow drivers to make hands-free calls and use voice commands to dictate texts and emails, change music and update social media can be distracting to drivers - even if they are built into the vehicle. In fact, the AAA Foundation for Traffic Safety found drivers doing some voice tasks via infotainment systems may remain distracted for as long as 27 seconds after they finish a task.

**MYTH:** I know distracted driving is dangerous, but I can't afford to miss calls, emails or text messages. My job depends on it.

**FACT:** Car crashes are the #1 cause of workplace deaths with distracted driving as a leading factor in road fatalities. You can't collect a paycheck if you're dead.

**MYTH:** Most car crashes are caused by malfunctions such as faulty brakes, bad tires or engine problems.

**FACT:** 94% of crashes are caused by driver error.

**MYTH:** Talking on a cell phone is just like speaking to a passenger.

**FACT:** Backseat drivers are good for you. Adult passengers help the driver and alert drivers to traffic problems. People on the other end of the phone can't see what's going on.

**MYTH:** Speaking hands-free is safe to use while driving.

**REALITY:** Drivers talking on cell phones can miss seeing up to 50% of their driving environments including pedestrians and red lights.

**FACT:** I only use my phone at stop lights so it's OK.

**REALITY:** Even at stop lights, it is important to remain an attentive driver. For example, a recent AAA study shows that people are distracted up to 27 seconds after they finish sending a voice text.

**MYTH:** Voice -to-text is safe to do while driving.

**REALITY:** It is actually still very distracting. You're not only mentally distracted, but you're visually distracted due to the common autocorrect errors.

## Cannabis effects on driving skills

Nearly two thirds of US trauma center admissions are due to motor vehicle accidents with almost 60% of such patients testing positive for drugs or alcohol.

In 2010, 11.4% of Americans 12 years or older drove under the influence of alcohol, and 10.6 million drove under the influence of illicit drugs. Despite real or perceived impairment, individuals report a willingness to drive if there is a good reason or if they believe they are tolerant. Alcohol and cannabis are the drugs most frequently detected.

Cannabis is the most widely consumed illicit substance worldwide. In 2009, 125–203 million individuals 15–64 years of age ingested cannabis in the previous year. In the US in 2010,

6.9% of individuals 12 years or older had smoked cannabis in the previous month. The 2007 National Roadside Survey reported cannabis as the most common illicit drug quantified in drivers' blood or oral fluid, with 8.6% of nighttime drivers testing positive for tetrahydrocannabinol (THC). Thus, driving under the influence of cannabis is a growing public health concern.

The acute psychological effects of cannabinoids include euphoria, dysphoria, sedation, and altered perception.

Other cannabis effects include alterations in reaction time, perception, short-term memory, attention, motor skills, tracking and skilled activities. All dangerous conditions for any driver.



# 2020 top safety picks

## TOP SAFETY PICK +

*These models have standard, good or acceptable headlights*

**Small cars:** Honda Insight, Mazda 3 hatchback, Mazda 3 sedan, Subaru Crosstrek Hybrid

**Midsize cars:** Mazda 6, Nissan Maxima, Subaru Legacy, Subaru Outback built after Oct. 2019, Toyota Camry

**Midsize luxury cars:** Lexus ES, Mercedes-Benz C-Class sedan\*, Tesla Model 3

**Large luxury cars:** Audi A6, Genesis G70 built after Dec. 2019, Genesis G80

**Small SUVs:** Mazda CX-3, Mazda CX-5\*, Subaru Forester

**Midsize luxury SUVs:** Acura RDX, Cadillac XT6 built after Oct. 2019, Hyundai Nexo, Lexus NX, Mercedes-Benz GLE-Class built after July 2019\*.

## TOP SAFETY PICK

*Good or acceptable headlights are available on these models, but not standard. The vehicles qualify for the award only when equipped with those headlights.*

**Small cars:** Honda Civic coupe, Honda Civic hatchback, Honda Civic sedan, Hyundai Elantra\*, Hyundai Elantra GT\*, Hyundai Veloster\*, Kia Forte\*, Kia Soul\*, Subaru Crosstrek\*, Subaru Impreza sedan\*, Subaru Impreza wagon\*, Subaru WRX\*,

Toyota Corolla hatchback, Toyota Corolla sedan

**Midsize cars:** Honda Accord, Hyundai Sonata, Nissan Altima\*

**Midsize luxury cars:** BMW 3 series, Volvo S60

**Large car:** Kia Stinger\*

**Large luxury car:** Audi A7

**Small SUV:** Chevrolet Equinox, Ford Escape, Honda CR-V, Hyundai Kona\*, Hyundai Tucson\*, Kia Sportage, Lexus UX, Lincoln Corsair, Toyota RAV4, Volvo XC40

**Midsize SUVs:** Ford Edge, Hyundai Palisade, Hyundai Santa Fe, Kia Sorento\*, Hyundai Tucson\*, Kia Sportage, Lexus UX, Lincoln Corsair, Toyota RAV4, Volvo XC40

**Midsize SUV:** Ford Edge, Hyundai Palisade, Hyundai Santa Fe, Kia Sorento\*, Kia Telluride, Mazda CX-9\*, Subaru Ascent, Volkswagen Tiguan

**Midsize Luxury SUV:** Lexus RX

**Large SUV:** Audi Q8

*\*with optional front crash prevention*

Car crashes are the leading cause of death and injury for teens. More than half of teens who die in car crashes aren't behind the wheel and their chances of being in a fatal crash are much higher when there is a teen driver, according to national statistics.

## 2020 HOLIDAY SCHEDULE USA TRAINING

*USA Training Company will be closed on the following dates:*

- April 10 (Fri) - Good Friday
- May 25 (Mon) - Memorial Day
- June 19 (Fri) - Emancipation Day
- July 3 (Fri) - Independence Day Holiday
- Aug 27 (Thurs) - LBJ's Birthday
- Sept. 7 (Mon) - Labor Day
- Oct. 12 (Mon) - Columbus Day
- Nov. 11 (Wed) - Veteran's Day
- Nov. 26 & 27 (Thurs/Fri) - Thanksgiving
- Dec. 23, 24, 25 (Wed /Thurs / Fri) - Christmas Holidays

## Highway deaths

*Continued from page 1*

Those statistics show the downward trend continued into 2019.

But pedestrian deaths rose 3.4% and the number of people killed on bicycles and other pedaled vehicles went up 6.3%. People killed in large-truck crashes rose just under 1%.

Alcohol-impaired fatalities dropped 3.6% in 2018 while fatalities attributed to speeding fell 5.7%. Motorcycle deaths declined 4.7%.

Most of the pedestrian deaths, 76%, and half the bicyclist deaths occurred after dark. Some pedestrians and cyclists had alcohol in their systems.



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**lbagwell@usatraining.com**

# What all parents should consider before letting teens ride with teens

More than half of parents in the National Mott Poll believe their teen has been in an unsafe situation riding with a distracted teen driver.

It's a common occurrence, with one in three parents reporting their teens are passengers with teen drivers at least once or twice a week, according to the new C.S. Mott Children's Hospital National Poll on Children's Health.

And the rite of passage causes uneasiness among many parents, with three in five believing their teen has probably been in an unsafe situation while riding with a distracted teen driver.

Marie Snodgrass, parent of a teen and an injury prevention program lead at the University of Michigan C.S. Mott Children's Hospital who heads the Mott Drive Smart Initiative says her job in injury prevention - including helping coordinate the Mott Drive Smart program that supports families of soon-to-be drivers - prepared her for the conversations she's had with her kids about safe driving.

But many parents may not think about discussing a teen's influence as a passenger.

"We put heavy focus on preparing teens to drive - but equally important is teaching them to be safety-conscious passengers," Snodgrass says. "We know that when teens drive with teens, there's a higher risk of distractions that may put them in unsafe situations."

"Teens need to know that both the driver and passenger play an important role in road safety."

Five tips to parents preparing adolescents and teens for carpooling with peers:

- 1) **Teach them to be safety-minded passengers.** Passengers can make a big difference in reducing distractions for the driver.
- 2) **Limit risks.** Parents should reduce risk to teen passengers by limiting carpooling with teen drivers in bad weather, on the highway or at night.
- 3) **Empower your teen** to speak up if they see a dangerous practice.
- 4) **Model safe driving** - set a good example for your teen.
- 5) **Keep the conversation** going. By preparing them to be good passengers you are also preparing them to be better drivers.

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## Older adults perspectives on driving cessation

Relinquishing the privilege to drive is a difficult issue for older adults. To better understand factors that influence driving decisions and to identify approaches that could help ease the transition to a non-driving status, a focus group with elders who had recently stopped driving was conducted. Results show that the decision to stop driving is reluctantly made by elders on their own or after prompting from others. While all have other means of transportation, a sense of loss of independence remains. Participants stressed the importance of making plans for retirement from driving. Findings suggest that while there is "life after driving," efforts are needed to help older drivers and their families develop a plan for driving cessation that includes identifying the appropriate time to stop and acceptable transportation alternatives to driving.

