

SEMPER SAFE

"Distractive Driving Awareness"



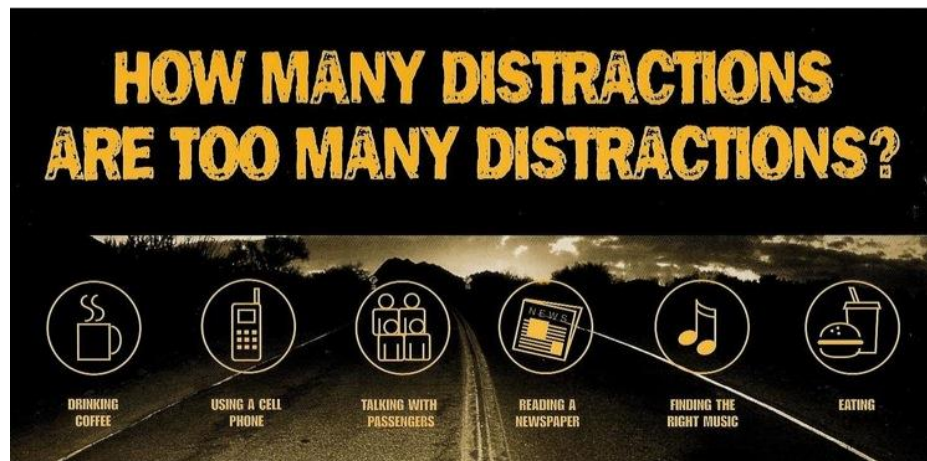
April is Distracted Driving Awareness month. So what is distractive driving? Distracted driving is any activity that could divert a person's attention away from the primary task of driving. All distractions endanger driver, passenger, and bystander safety. These types of distractions include:

- Texting
- Using a cell phone or smartphone
- Eating and drinking
- Talking to passengers
- Grooming
- Reading, including maps
- Using a navigation system
- Watching a video
- Adjusting a radio, CD player, or MP3 player

According to the National Safety Council, 80 percent of drivers believe hands-free devices are safer than using a handheld phone. This is not the case. More than 30 scientific studies have shown that using a hands-free device is no safer because the brain is distracted by conversation. During these studies, drivers missed up to half of what is around them, such as stop signs, traffic light, and even pedestrians.

In 2013, 3,154 people were killed in motor vehicle crashes and approximately 424,000 people were injured,

which is an increase from the 421,000 people who were injured in 2012 involving distracted drivers in the United States.



Jacksonville NC is the youngest city in the United States with an average age of 22.8 years old, which can be attributed to the large military presence. Drivers in their 20s make up 27 percent of the distracted drivers in fatal crashes. (NHTSA). That means our roads in our city are filled with dangerous drivers. Ways Camp Lejeune has is trying to prevent high accident rates

are through education of our service members.

"Alive at 25": This is a 1 time requirement. All military personnel under the age of 26 **must** attend. The MCIEAST-MCB Camp Lejeune Safety Department provides the "Alive at 25" training to meet this requirement and receive their Driver Improvement cards (DIC cards). This is a resident 4-hour course. Attendees must be in the uniform of the day. For more information on how to enroll in this course, please contact 451-5725 or stop in building 58 located on Virginia Dare to enroll.

Attitudinal Dynamics of Driving (ADD) Remedial: Remedial Driver Training Courses will be attended by persons who have been found at fault in a traffic mishap while operating a POV or GOV on base. Furthermore, commanders can order, members of their command that have been convicted of moving traffic violations to a Remedial Driver Training Course. MCB Camp Lejeune Safety Department provides the "ADD" training. This is a resident 8-hour course on a Saturday. Attendees must be in the uniform of the day.

Commanders and Supervisors: Aggressive driving threatens public safety and you and your commands Traffic Safety Program (DRIVESAFE) is responsible to ensure your personnel receive traffic safety training and awareness to help prevent distractive driving in compliance with MCO 5100.19F, USMC Traffic Safety Program and the MCIEAST-MCB CAMLEJO 5560.2N Motor Vehicle and Traffic Regulations.

As Marines, Sailors and Civil Servants we live by our core values. So think before you jeopardize the safety of yourself, your fellow Marines, Sailors, civilian employees or family members, and remember SEMPER SAFE