

Accident Prevention

SafetyFirst Bulletin

Injury Summary: February

These injuries occurred on properties throughout the G&W system. They could be anywhere, even at YOUR location. What steps will YOU take to help make your workplace safer for everyone?	OHC	2/8	Transportation employee injured left ring finger when it was caught between stanchion and cutting lever handle.	NR
	RL	2/12	Engineering employee suffered partial amputated finger when it was caught between rail and tie plate.	R
	AUS	2/17	Employee injured finger when crew van door slammed shut during high winds, required nine stitches to close.	R
	CA	2/23	Engineering employee suffered fractured knee after falling from third step of a ladder.	R
	RM	2/28	Transportation employee fell backwards over rail dismounting truck injuring shoulder.	NR

Dangers of distraction

Most of us remember hearing about the September 2008 collision between two trains — one passenger, one freight — near Los Angeles, which resulted in 25 deaths and more than 100 injured.

It was later determined that the passenger train's locomotive engineer failed to acknowledge a red signal and never applied the brakes, resulting in the trains colliding at approximately 40 mph (60 kph). It also was determined the engineer had sent and received several text messages prior to the collision.

The dangers of text messaging — and using a cell phone —

while driving an automobile have been well documented, and several American states, Canadian provinces and Australia have banned such activities. The U.S. Federal Railroad Administration enacted Emergency Order 26, which prohibited the use of personal electronic devices by railroad employees operating trains.

When you hear that sound or feel that vibration, remember: No phone call or text message is so important that it cannot wait until you can respond to it in a safe, stationary location.



The facts about distracted driving

Distracted driving is a major contributor to car crashes, accounting for more than 4,000 daily crashes in the United States. While it is well known that cell phone usage can increase chances of being involved in a crash, other activities such as eating, tending to children, conversing with other passengers and gazing at objects outside the vehicle can be just as distracting.

Driving requires a concentrated effort

Anything that diverts attention away from the primary task of driving is a distraction. Distractions include:

- Visual — takes eyes off the road
- Cognitive — takes mind off the road
- Manual — takes hands off the wheel

Tips for managing distractions

- Recognize that driving requires full attention.
- If a cell phone must be used, choose a safe time and place, keeping the conversation short.
- Ask a passenger to place the call.
- Ask passengers to help with directions or adjust dashboard controls.
- Secure loose items in the vehicle so they do not become projectiles or distractions in a sudden stop or crash.
- Avoid intense, complicated or emotional conversations when driving.
- Stop to eat or drink, rather than trying to eat or drink while driving.

- Get plenty of rest.
- Program GPS prior to starting and allow plenty of time for a trip.
- Be cautious when taking medication causing drowsiness before operating a vehicle or machinery.

Source: *The American Automobile Association (AAA)*

It takes an automobile going...

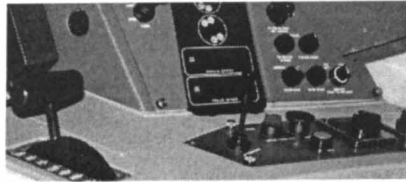
- 30 mph 153 feet to stop
- 40 mph 345 feet to stop
- 70 mph 490 feet to stop

... these distances are far greater for a freight train.



Our Goal Every Day

Studies show...



What could happen if this train's locomotive engineer became distracted by a text message?

There is considerable scientific evidence that cell phone use, both for oral conversation and text messaging, increases the risk of highway accidents as a result of driver distraction.

The use of cell phones for voice communication while driving decreases reaction times and causes more variability in lane position and failures to detect hazards. A driver's use of cell phones up to 10 minutes before a crash was found to be associated with a fourfold increased likelihood of being involved in a crash.

Text messaging has similar effects on driving performance. A 2006 study found that text messaging caused a 400% increase in time looking away from the

road as compared to driving without text messaging. A 2008 study found increased reaction times, failure to detect hazards and large increases in lane position variability. The increased reaction times observed were greater than those caused by alcohol consumption (to legal limit) and cannabis. They concluded that increased mental workload, loss of motor control caused by holding the phone and constant shifting of visual gaze resulted in significantly impaired ability to maintain a safe road position while text messaging.

Train operations

Parallels between operating a motor vehicle and a train can easily be drawn. Failures to detect hazards in either operating environment would result from the increase in head-down time, constant shift of visual gaze and increased mental workload. In the railroad environment, this could result in failure to detect signals, whistle posts, rear end marking devices, broken rails or other conditions

that could cause derailments or collisions. The increased mental workload and head-down time could also degrade situational awareness and result in speeding, excessive braking, missed radio communications or poor train handling.

A 2003 railroad accident report by the U.S. National Transportation Safety Board confirms the parallels noted above. In 2002, two freight trains collided head-on near Clarendon, Texas. NTSB determined that the probable cause of this accident was "the coal train engineer's use of a cell phone during the time he should have been attending to the requirements of the track warrant his train was operating under." NTSB's findings noted that the cell phone probably distracted the engineer and caused him not to take note of an after-arrival stipulation in the track warrant that required him to prepare his train to stop. Again, this is a failure to detect a hazard.

Source: The U.S. Federal Railroad Administration

Cell phone slowdown

Several studies conducted by the Virginia Tech Transportation Institute observed drivers of both automobiles and trucks for more than 6 million miles to determine the effects of cellular phone-related distractions.

It was found that manual manipulation of a cellular phone, i.e. dialing or text messaging, leads to a substantial increase in the risk of involvement in a crash or near-crash.

Driving is a visual task, and non-driving activities that draw the driver's eyes away from the road should always be avoided.

CELL PHONE TASK	Risk of Crash or Near Crash event
Light Vehicle/Cars	
Dialing Cell Phone	2.8 times as high as non-distracted driving
Talking/Listening to Cell Phone	1.3 times as high as non-distracted driving
Reaching for object (i.e. electronic device and other)	1.4 times as high as non-distracted driving
Heavy Vehicles/Trucks	
Dialing Cell phone	5.9 times as high as non-distracted driving
Talking/Listening to Cell Phone	1.0 times as high as non-distracted driving
Use/Reach for electronic device	6.7 times as high as non-distracted driving
Text messaging	23.2 times as high as non-distracted driving

Benefits of a balanced diet

March is National Nutrition Month in the U.S., and G&W reminds its employees around the globe of the value of a healthy, balanced diet:

- Improved mood, less stress
- Reduced risk of illness and disease
- Energy and strength to perform job tasks, both in the office and the rail yard

Foods such as whole grains and fresh vegetables can do wonders for your wellbeing, physically and mentally. The next time you go to the grocery store or a restaurant, make the healthy choice!

