



Avoiding Distractions Prevents Crashes

Motor vehicle crashes are the number one cause of occupational injury deaths in the United States, according to NIOSH. Vehicle crashes accounted for 1,347 civilian worker deaths in 2000, or 23.5 percent of all occupational deaths.

But employers and employees are not helpless. In the report, "Work-Related Roadway Crashes - Challenges and Opportunities for Prevention," NIOSH makes several recommendations. The agency advised workers to:

- Use safety belts.
- Avoid using cell phones while driving.
- Avoid other potentially distracting activities such as eating, drinking or adjusting non-critical vehicle controls while driving.

Obtain a copy of the report by calling toll-free (800) 356-4674 or from the Web at www.cdc.gov/niosh/docs/2003-119/.

Additional information on preventing work-related motor vehicle deaths and injuries is available on the Web at www.cdc.gov/niosh/injury/traumamv.html.

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