



# "A Customer First Company"

## August 2018

### Welcome to the August 2018 Edition of "On the Move"

#### Some Surprising Causes of Distracted Driving.

Over the past year crashes involving distracted driving have claimed thousands of lives. We have all heard it's dangerous to text while behind the wheel, but we would like to share some other surprising sources of distraction on the road.



Driving while angry or sad – If you are feeling distressed or mad you should take some time to cool down before getting behind the wheel. A recent large-scale study of 1600 crash events over a 3-year period showed that drivers who are observably angry, sad, or agitated significantly increased their risk of getting into an accident.

Your favorite song - Research has shown that driving can be impacted by the type of music you listen to and the volume you play it at. In an Israeli study of 85 teen drivers, those who loudly blasted their favorite songs were prone to more errors than those who did not. In turn, teens who listened to softer songs they did not know, showed a 20 percent decrease in bad driving behaviors.

Hands-free technology – A study shows that talking using a speakerphone, or sending a text or email with voice commands, is just as distracting than manually using your smartphone. In addition, once you're done making voice commands, you'll remain distracted for up to 27 seconds.

Holding a full bladder - In 2011, a study concluded that having to go to the bathroom badly while driving can impair your judgment on the same level as a 0.05 blood-alcohol content. It is best to make sure you use the restroom before heading out on a long trip.

Reaching for things behind you – You should make sure you've got everything you need with you right by you. According to a recent study, grasping behind you makes you nine times more likely to have a car accident.

Eating while driving – Most drivers have eaten or drank beverages while driving. Between potential spills, burns, and a slippery driver's wheel, a study showed that those who eat and drive increase their chances of an accident by 80 percent.

Using another device or control integral to the vehicle - Virtually any activity that can take your eyes off the road, for even a split-second, can lead to serious consequences. Seemingly innocent behaviors, such as adjusting rearview mirrors, seats, or using an OEM navigation system account for fatal distractions.

Other occupants (talking with or looking at other people in the car) – Unfortunately, talking too much while driving can lead to distracted driving conditions and ultimately cause fatal crashes.

Source: <https://www.geico.com/more/driving/auto/car-safety-insurance/9-surprising-causes-of-distracted-driving/>, <https://www.propertycasualty360.com/2013/04/11/10-deadliest-driving-distractions/?slreturn=20180727181748>

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### August is National Eye Exam Month

Healthy vision is a vital part of overall health. About 11 million Americans over age 12 need vision correction—but it's just one of the reasons to get your eyes examined. Deteriorating vision can be an early indicator of other health issues. Getting vision exams is important to help doctors identify issues in their early stages.



Source: <https://www.445aw.afrc.af.mil/News/Article-Display/Article/1271901/phas-conducted-at-445th-aw-during-uta/>

Eye exams at every age and life stage can help keep your vision strong. Studies suggest that up to one in five middle aged drivers are driving knowing their eyesight is not as good as it should be. It is vitally important to ensure your eyesight is good enough to enable you to drive comfortably.

Over 90% of our sensory input while driving comes from our eyes. From this we see that driving is predominately a visual task. The more light your eyes receive and the clearer the images, the faster your brain can process the input and the faster your eye-hand coordination will occur. The Virginia DMV requires a minimum visual acuity of 20/40 in one or both eyes AND 100 degrees or more of horizontal vision. A daylight-only restricted driver's license requires 20/70 with one or both eyes, with more detailed requirements on horizontal field of view. This is with or without the use of contact lenses or glasses.

To maximize your eyesight while driving you should ensure you are getting regular exams. In addition, you can use a non-glare eyeglass lens treatment, wear sunglasses, and minimize other visual distractions such as cell phones.

Source: <https://www.cvilleeyecare.com/primary-eyecare-news/5-ways-eyes-can-make-driving-unsafe/>

### Do You Have an Article You Would Like Featured in a Newsletter?

If you have information or a photo you would like to share with our K&K riders, please feel free to contact Onika Williams at [owilliams@ridek2k.com](mailto:owilliams@ridek2k.com). We are always looking for information that would interest you. In addition, we would love to hear what is happening on your vans. All submissions will be reviewed, to determine if the information will be used.

### K&K Connections August Birthdays

We would like to wish everyone born in August a very special HAPPY BIRTHDAY!

Leo Brickhouse	Amy Bailey
Stephanie Gardner	Natisha Davis
Sterling Knickerbocker	Tia Delano
Cherri Mizelle Gatewood	Kevin Harding
Jacquelyn Richmond	David Houston
Cheri Inverso	Lisa Johnson
Shawn Jenkins	Sharon Lyons
Philip Johnson	Jay Krzcuik
Marvin Marshall	Derick Lewis
Jordan Marta	Dana Roman
Elizabeth Marx	Bryant Smith
Jeffrey McWhirt	LaRita Willis
Ronald Mosley	Robert Smith
Walter Norwood	Hersel Young
Eric Parmiter	Michael Singh
Kimberly Tabor	Nina Taliferro
Matisha Wilson	

### Welcome to K&K Connections

We would like to say a BIG welcome to all our new riders. We are so privileged that you have decided to make K&K your vanpool company of choice.