



Trinity County Safety Newsletter

The Dangers of Distracted Driving

April is Distracted Driver Awareness Month. Preventing distracted driving requires a combination of awareness, self-discipline, and practical strategies. Here are some tips to help you stay focused and safe on the road:



- **Put your phone away:** Keep your phone out of sight and out of reach while driving. If you need to use your phone, pull over to a safe location.
- **Use hands-free options:** If you must make a call or use GPS, use hands-free options such as Bluetooth or voice commands to avoid taking your hands off the wheel.
- **Set up before you drive:** Adjust your seat, mirrors, climate controls, and music playlist before you start driving to minimize distractions.
- **Avoid multitasking:** Focus solely on driving and avoid engaging in activities like eating, drinking, grooming, or using electronic devices.
- **Plan your route:** Use navigation systems or maps to plan your route in advance so you're not tempted to check directions while driving.
- **Take breaks:** If driving long distances, take regular breaks to rest and refresh. Fatigue can lead to distracted driving and reduced reaction times.
- **Limit passengers:** Limit the number of passengers in your car, especially if they may be a source of distraction.
- **Manage emotions:** Avoid driving when you're emotional, stressed, or upset. Take time to calm down before getting behind the wheel.
- **Be mindful of fatigue:** Get enough sleep before driving and recognize the signs of fatigue, such as yawning or difficulty focusing, and take breaks as needed.
- **Use technology wisely:** Take advantage of technology designed to reduce distractions, such as apps that block incoming calls and messages while driving.
- **Lead by example:** Set a good example for others by practicing safe driving habits and speaking up if you're a passenger in a vehicle with a distracted driver.

By following these tips and making a conscious effort to stay focused on the road, you can help prevent distracted driving and contribute to safer roads for everyone.

Upcoming Events

Spirit Day

"Earth"

April 17th

Earth Day

April 22nd

Administrative Professionals Day

April 24th

Denim Day

April 24th





LIEBERT CASSIDY WHITMORE TRAINING

- LCW presents “ Maximizing Performance Through Documentation, Evaluation and Corrective Action”

April 24th, 9 am - 12 pm

- If you would like to attend please register with Risk Management before April 10th.



Congratulations to the following winners of the February Stretch Ticket Prizes.

- Chad Fougeron - Cannabis
- Christine Sieverts - DOT
- Joni Wiley - DA
- Sarah Neff - DA
- Mitchell Wexler - Planning

UPCOMING TRINDEL TRAININGS

- AB1825 Sexual Harassment for Supervisors
April 4th, 9 -11:30
- Heat Illness Prevention
April 9th, 9 -10:30
- Defensive Driving/ Distracted Driving
April 11th, 1:30 -2:30
- L.E.A.D (Leadership, Excellence, Acquisition & Development)
April 23th, 9:30 - 11:00
- SB1343 Sexual Harassment for Non–Supervisors
April 25th, 2:00 -3:15
- DSR Spotlight- Slips, Trips, and Falls
April 30th, 2:00 - 3:00
- Workplace Violence
April 25th, 2:315

Supervisory Academy

- The Supervisor- Building Skills for Success
April 24th, 9:00 - 11:30

HEALTH AND WELLNESS

Anyone is able to participate in the Wellness Program, you can participate by:

- Earning 1 ticket for participating in daily stretching
- Earning 1 ticket for every 5,000 steps during your workday, including lunch and breaks. (Tracking to verify)
- Earning 1 ticket if you walk over 2 miles in the course of a week during work hours, including breaks and lunches.

A monthly raffle will be held where participant’s can win a \$20 gift card to a local business of their choice.

As a reminder stretch tickets are due at the end of the month to Risk Management.



SPIRIT DAYS

“Spring”

Thank you all who participated in the past months Spirit Day theme of “Spring”



Spring Outdoors

Now that Spring is upon us and the weather is improving, make sure to spend some time outdoors and enjoy all it has to offer.

Fitting regular physical activity into your schedule may seem hard at first, but you can reach your goals through different types and amounts of physical activity each week.

Try going for a hike or walk

Do some gardening or yard work

Participate in outdoor sports

Upcoming Spirit Day

April 17th

“Earth”

Celebrate Denim Day

April 24th

Please feel free to send your photos to
HR@trinitycounty.org