



CEPA
MOBILITY

Safe driver's guide index



Bio-psycho-social driver

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Does physical health have an impact on your driving?

Alcohol and energy drinks.

Fatigue.

Driving and Aggressiveness.

Magical thinking while driving.

Driving with Emotional Intelligence I.

Driving with Emotional Intelligence II.

The following day...

Empathic.

Safe driving habits

Technical

VEHICLE MAINTENANCE

TRAFFIC INTERSECTIONS

SPEEDING

URBAN MOBILITY



Olá! Hoje, o **CEPA Mobility Care** quer trazer esse material para que você tenha uma mobilidade mais segura e faça parte de uma mudança social, onde cuidamos de nossos entes queridos, de todos os usuários do trânsito e de nós mesmos.

As pessoas são seres complexos que são influenciados por diferentes aspectos; assim, você não apenas verá algumas recomendações técnicas, mas também poderá ver como os fatores biopsicossociais afetam a direção responsável e segura.



***Convidamos você agora a
começar esta viagem de leitura.
Esperamos que goste.***



*Does physical health have
an impact on your driving?*



In some occasions, our physical health is not the ideal when we are driving, there are common alterations on our health that may have an impact on our good performance when driving.

Sleep and sleep apnea



If you do not sleep enough hours, you will probably not be alert and your concentration will decrease. If you are very tired, you may fall asleep while driving.



We recommend

Sleep between 6 and 8 hours a day. Your rest should be restorative, of good quality and condition. If you are experiencing sleeping apneas, please visit your doctor.

Flu/Colds/Fever



Flu, something really common at some times of the year, may have a negative impact on our driving. Sneezes, watery eyes, fever, headaches, dizziness and drowsiness hampers appropriate driving.

We recommend



Pay due attention to such symptoms. Avoid self-medication. Ask your doctor. Be a responsible driver, if you feel you are not fit to drive, don't do it.

Headaches/migraine



Headaches are very common, and there is a wide variety of them. Some headaches may be very intense and even may prevent you from being fit to drive a vehicle. (blurry vision, dizziness, vomit, light or noise sensitivity).



We recommend

Do not drive if symptoms are strong. Ask your doctor. He/she may guide you through taking an adequate treatment.

Allergies



Usually, respiratory allergies cause chained and continuous sneeze and water eyes. While you are sneezing and closing your eyes, the vehicle will continue circulating in the road, what may cause a very dangerous situation.

We recommend



If you are experiencing chained and continuous sneezes, stop the vehicle in a safe spot and wait for the episode to end. Some medicines for allergies may cause drowsiness. Ask your doctor.



These are some of the most common illnesses that may affect us. Pay attention to the symptoms. If necessary, ask your doctor and drive safely.

Take care of yourself and of other people.



A safe driver is a responsible driver.



ALCOHOL AND ENERGY DRINKS

Driving a motor vehicle is a demanding task that requires physical, mental and cognitive capacity.

When behind the wheel of a car, a driver must continuously manage multiple stimuli to effectively cope with any traffic conflicts that may arise.

Driving while impaired significantly affects the number and severity of traffic crashes.

In recent years there has been a dramatic rise in the consumption of alcohol mixed with energy drinks among young people.



In general this alcohol-energy drink mix is consumed at social events, such as bars and nightclubs.

Studies have shown that mixing alcohol with another beverage with strong stimulant properties may alter perceptions on intoxication and lead individuals to think they can drink more and for longer periods of time.



A recent field study* conducted by researcher from Northern Kentucky University and University of Kentucky revealed that people who consume alcohol and energy drink mix were:

3x

Three (3) times more exposed to leaving the social event intoxicated

(i.e., BAC = >.08 g%).

4x

Four (4) times more exposed to displaying a risk-taking behavior

(i.e., driving while impaired or riding with an intoxicated driver).

* Thombs et al – Event-level analyses of energy drink consumption and alcohol intoxication in bar patrons. *Addict Beh.* 2010; 35:325-330.

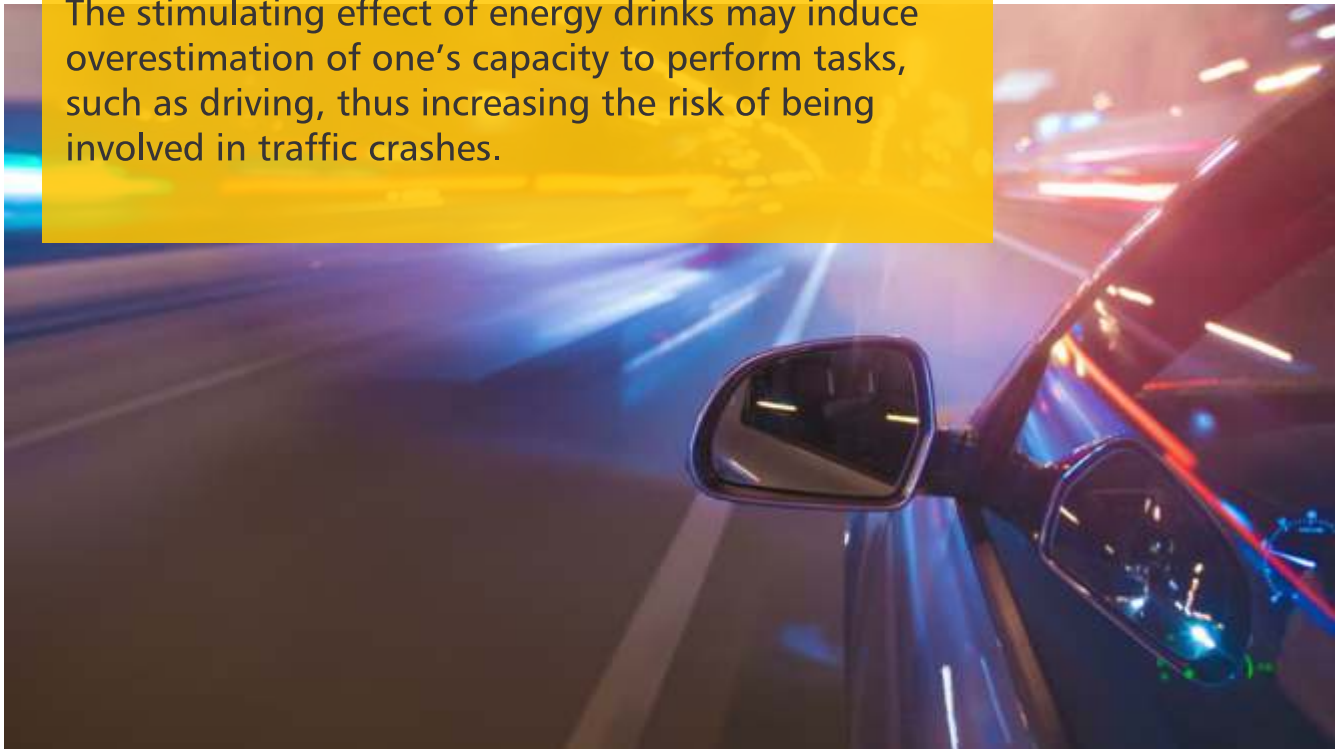
The firm conviction that a shot of alcohol and a can of energy drink will not affect your driving skills is highly inaccurate.

The mix will impair:

- Motor skills
- Level of attention
- Judgment capacity
- Reaction time
- Peripheral vision
- Comprehension and action



The stimulating effect of energy drinks may induce overestimation of one's capacity to perform tasks, such as driving, thus increasing the risk of being involved in traffic crashes.





Responsible drivers NEVER drink and drive.
If you decide to drink, ask a sober friend to be the designated driver or call a cab..

REMEMBER it's not only you who's at risk, but your companions and all road users as well.



**REMEMBER:
ALCOHOL, STIMULANTS AND DRIVING ARE NOT FRIENDS**

DRIVER, YOU DECIDE



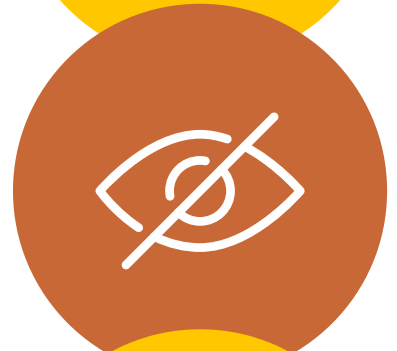
WATCH OUT FOR FATIGUE!

Fatigue diminishes the ability to judge and make decisions, which is essential for safe driving.

Fatigued drivers also take too many and unnecessary risks.

What are the main symptoms of a fatigued driver?

- Burning eyes
- Headache
- Heavy eyelids
- Difficulty focusing
- Trembling muscles
- Tight back muscles
- Yawns
- Wandering thoughts and lack of concentration
- Heavy, sensitive extremities, with a tickling sensation and/or numbness feeling
- Shallow breathing



Primary causes of fatigue

- Sleep deprivation or poor sleep
- Poor and/or unbalanced diet
- Lack of exercise
- Alcohol and medication intake
- Stress



What are the factors that increase driver fatigue?

EXTERNAL FACTORS:

for instance, traffic jams, adverse weather conditions, and monotonous routes.

VEHICLE FACTORS:

for instance, poorly ventilated cab, excessive noise, uncomfortable temperature, poor lighting.

HUMAN FACTORS:

for instance, discomfort, long periods of time behind the wheel, overeating, improper clothing, longo tempo ao volante, comida em excesso, roupa inadequada.



Some tips to avoid fatigue

- Include some rest stops when planning your trips and routes.
- Avoid night driving.
- Position your body correctly behind the wheel.
- Keep the cab well-ventilated and a comfortable temperature.
- Use proper clothes.
- Eat sufficient amounts of food, avoiding heavy meals.
- Never drink alcohol.
- See your doctor if you need to take any medication.
- Use sunglasses when necessary.





***THE BEST REMEDY FOR
FATIGUE IS TO REST!***



Driving and Aggressiveness

What are we talking about when we mention aggressiveness behind the wheel?

We refer to all types of hostile behavior (verbal or non-verbal) and any other attitude that may annoy or upset other drivers in traffic.

In some cases, being inside a vehicle makes us feel more protected so we vent our hostility on traffic. If we were face to face with someone else, we would certainly inhibit most of this aggressive attitude.

What can we do to reduce aggression?

- Be tolerant and understand each other.
- Be kind and generate kindness in traffic.
- Do not use the horn excessively.
- Control negative responses to others.
- Take a deep breath and think before doing something inappropriate.
- Be positive and know how to forgive your own mistakes and those of others.
- Not getting involved in discussions





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