

Safe Living

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Driving More Efficiently



Drive sensibly

Aggressive driving wastes gas. It can lower your gas mileage by 33 percent at highway speeds and by 5 percent around town. Sensible driving is also safer for you and others, so you may save more than gas money.

| | |
|------------------------------|---------------------|
| Fuel Economy Benefit: | 5-33% |
| Equivalent Gasoline Savings: | \$.19-\$1.23/gallon |

Observe the speed limit

While each vehicle reaches its optimal fuel economy at a different speed, gas mileage usually decreases rapidly at speeds above 60 miles per hour.

As a rule of thumb, you can assume that each 5 mph you drive over 60 is like paying an additional \$.20 per gallon of gas.

Observing the speed limit is also safer.

| | |
|------------------------------|--------------------|
| Fuel Economy Benefit: | 7-23% |
| Equivalent Gasoline Savings: | \$.26-\$.86/gallon |

Remove excess weight

Avoid keeping unnecessary or heavy items in your vehicle. An extra 100 pounds could reduce your miles per gallon by up to 2 percent. The reduction is based on the percentage of extra weight relative to the vehicle's weight and affects smaller vehicles more than larger ones.

| | |
|------------------------------|--------------------|
| Fuel Economy Benefit: | 1-2%/100 lbs |
| Equivalent Gasoline Savings: | \$.04-\$.07/gallon |

Avoid excessive idling

Idling gets zero mpg. Cars with larger engines typically waste more gas at idle than do cars with smaller engines.

Use cruise control

Using cruise control on the highway helps you maintain a constant speed and, in most cases, will save gas.

Use overdrive gears

When you use overdrive gear-

ing, your car's engine speed goes down. This saves gas and reduces engine wear.

Note: Cost savings are based on an assumed fuel price of \$3.72/gallon.

Source: <http://www.fueleconomy.gov/feg/drive.shtml>

June Safety Theme



<http://vpp.inel.gov/> - Training - Online Safety Mtg.



Be highly visible -- Sport a vest when working on the road

The Federal Highway Administration published final rules regarding worker visibility as Part 634 of Title 23 Code of Federal Regulation.

The rule meets part of the SAFETEA-LU Section 1402 requirements to reduce the likelihood of worker injury and maintain the free flow of traffic when workers are on or in close proximity to federal-aid highways.

Formerly, this compliance was a

Headache relief



Nearly everyone experiences occasional tension headaches. But frequent ones can interfere with your daily life. Aside from over-the-counter or prescription medication, here are some tips on what you can do to stop the pain:

- Don't skip meals.
- Exercise 30 minutes a day.
- Wake up and go to bed at the same time every day.
- Avoid excess caffeine (four to seven cups of coffee a day can cause headaches and irritability).
- Simplify (leave some things out instead of squeezing more into your day).
- Manage your time by keeping a to-do list.
- Take a break -- stretch or take a quick walk to re-energize.
- Stay positive.
- Let go -- don't worry about things you can't control.

Ease muscle tension

Muscle tension can trigger headaches. If you're feeling tense, apply heat or ice to soothe sore neck and shoulder muscles. Massage can also relieve muscle tension -- and sometimes headache pain.

Relax

Take time to unwind every day. Try a deep-breathing exercise.

Keep a headache diary

A diary may help you determine what triggers your headaches.

Source: <http://www.mayoclinic.com>

'Make a Difference' this June

June marks the 12th annual observance of National Safety Month. This year's theme, "Make a Difference," reflects the urgent need to reverse a dramatic national increase in accidental injuries and deaths.

Each week is designated with a special theme:

- June 2-6: Emergency preparedness
- June 9-13: Distracted driving
- June 16-20: Poisoning prevention
- June 23-27: Fall prevention

On Monday, June 30, the month will end with tips for staying safe on the Fourth of July and throughout the summer.

Log on to the National Safety Month's Web page at www.nsc.org/nsm for more information.



Submit your "S&H Share" to bowen.huntsman@inl.gov or laurel.flynn@inl.gov.