Positive Pulse
Smola Consulting

April is National Distracted Driving Awareness Month   #ItCanWait

What is distracted driving? Distracted driving is any activity that diverts your attention from driving, including talking on the phone, eating and drinking, talking to people in your vehicle – anything that takes your attention away from the task of driving. Texting is the most alarming distraction. Sending or reading a text takes your eyes off the road for 5 seconds or more. At 55 mph, that's like driving the length of a football field with your eyes closed.

Drivers today are more distracted than ever. Every 7 seconds someone is injured in a car crash, and every 15 minutes someone is killed.

We can all play a part in the fight to save lives by ending distracted driving.

Teens – Teens can be the best messengers with their peers, so we encourage them to speak up when they see a friend driving while distracted.

Parents – Parents first need to lead by example by never driving distracted as well as have a talk with their young drivers about distractions and all of the responsibilities that come with driving.

Educators and employers - Educators and employers can play a part too. Spread the word at your school or workplace about the dangers of distracted driving.

Take the pledge to stay focused and end distracted driving. The National Highway Traffic Safety Administration, National Safety Council, state, county, and local law enforcement support campaigns increasing awareness to end distracted driving. Throughout the month of April, visit www.nsc.org or www.nhtsa.give to learn more about what's causing crashes, how to prevent them, and what else we can do to take action.

World Day for Safety and Health at Work – April 28, 2018

The annual World Day for Safety and Health at Work promotes the prevention of occupational accidents and diseases globally. Every day, people die as a result of occupational accidents or work-related diseases – more than 2.78 million deaths per year. Additionally, there are some 374 million non-fatal work – related injuries and illnesses each year, many of these resulting in extended absences from work.

Here are a few apps that can improve occupational safety and health in the workplace:

- **ILO Stress Prevention at Work Checkpoints** – This app allows you to create interactive checklists of stress checkpoints to use in the workplace.
- **Ergonomic Checkpoints** app – This app allows you to create interactive checklists of ergonomic checkpoints to use in the workplace. It is designed for use by anyone concerned with creating a better workplace.

Mini Cauliflower Pizzas

Makes 8 pizzas at 98.5 calories each

1/3 cup marinara sauce
½ cup shredded mozzarella cheese
¼ cup mini pepperoni (optional)
2 tbs. chopped fresh basil leaves
For the cauliflower crust:
1 head chopped cauliflower
1 large egg
1/3 cup shredded mozzarella cheese
1 tbs. fresh grated Parmesan
1 tsp. dried basil
½ tsp. garlic powder
¼ tsp. onion powder
Kosher salt and black pepper, to taste

Preheat oven to 425°F. Line baking sheet with parchment paper.

To make the crust, add cauliflower to the bowl of a food processor and pulse until finely ground. Transfer to a microwavable bowl and microwave for 4-5 minutes, or until soft. Drain cauliflower completely, removing as must water as possible. Stir in egg, mozzarella, Parmesan, basil, oregano, garlic powder, and onion powder. Add salt and pepper to taste.

Using an ice cream scoop, spread cauliflower mixture into a circle for each pizza and place onto baking sheet. Cook for 10 minutes or until golden. Top each round with marinara, mozzarella, and pepperoni. Bake 3-4 additional minutes. Sprinkle with basil and enjoy!

create healthy habits.