



# THE OTHER 28 DAYS

April 2026



April brings a mix of warming weather, lingering winter debris, and busy roadside crews preparing for the season ahead. Wildlife is more active, making encounters more likely both on the road and on the trail. Unpredictable spring storms and increased outdoor chores add extra layers of risk at home and outdoors. With Easter activities early in the month and hiking and camping later, it's a prime time to stay alert and safety-minded.

## Distracted Driving

Distracted driving is dangerous. According to the NHTSA, distracted driving claimed 3,275 lives in 2023. Here are a few tips to help you stay focused behind the wheel:



Ready to Drive Routine: A pre-drive checklist; seat, mirrors, climate, route, ensures you never need to adjust these while moving. Keep your mind focused on driving.

Phone Free Zone: Place your phone in the glove box or back seat so it's physically out of reach, not just silenced. Utilize your vehicles hands-free options if available.

Avoid Multitasking: If something truly needs your attention; kids, pets, a sudden mysterious sound, or text message, use a parking lot or rest stop to address it. Never stop on the shoulder of the road for non-emergent tasks.

Eyes Up: Train yourself to scan the road, mirrors, and surroundings to stay ahead of hazards.

## Spring Cleaning

Spring is the perfect time to refresh your home, but safety should always come first. Here are some key tips to ensure your spring cleaning is both productive and accident-free:



Proper Lifting: Avoid overloading boxes or bags to prevent strains or injuries. Lift with your legs, not your back, and ask for help with heavy items.

Use Cleaning Products Properly: Never mix chemicals like bleach and ammonia, as they can create toxic fumes. Ensure proper ventilation by opening windows or using fans.

Yard Work Precautions: Clear debris before mowing or trimming. Wear protective gear such as gloves and safety glasses when using tools.

Take Breaks: Stay hydrated and take regular breaks to avoid overexertion.

## Camping

Camping is a great way to connect with nature and enjoy the outdoors, but safety should always be priority. Keep these tips top of mind:



Plan Ahead: Research your destination and familiarize yourself with local rules and requirements; check the weather forecast and prepare regularly.

Campfire Safety: Keep fires small and manageable; always have a bucket of water or fire extinguisher nearby and never leave a fire unattended.

Wildlife, Insects, and Plants: Store food securely to avoid attracting wildlife; use insect repellent and check yourself and others for ticks regularly.

First Aid Kit: Pack a well-stocked first aid kit with supplies to treat allergies, minor injuries, and to safely remove ticks.

Emergency Contact: Let someone know where you are going and when to expect your return.



**Risk Management can help you avoid the hospital and enjoy all that April has to offer!**

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