

A message from the 35th Fighter Wing Safety Office...

Don't become complacent when doing your daily driving routine. Accidents can happen even when you aren't distracted. Doing the same routine of driving to work and home can become almost automatic. Doing the same action over and over again cause sometimes blinds you from noticing sudden changes.

Drivers can experience what is known as Highway hypnosis, white line fever or auto pilot. This is a mental state where you can drive down the same road you've gone down every day, and have little recollection of having consciously done so.

When you get into your vehicle and begin driving, many times you're still thinking about something that happened during the day. For a lot of people driving at the end of the day it is the only quiet time they have to reflect on the day's events.

People tend to have one stream of consciousness driving the car while the other stream of consciousness is dealing with other matters during a state of highway hypnosis

That's why according to data collected by Misawa AB Security Forces, it reflects that already in 2016 there were 181 minor accidents and 27 major accidents. The data shows more accidents occurring in the afternoon than any other time of the day.

Please don't let yourself become distracted, even if you have a short drive to make. Stay focused while driving during any time of the day.

-35th Fighter Wing Safety