






# EMS Driving Safety and Health Risk Survey Items

Marking Instructions	Incorrect Marks	Correct Mark
 <p>USE A NO. 2 PENCIL ONLY</p> <ul style="list-style-type: none"> <li>• Use number 2 pencil only.</li> <li>• Make dark marks that fill the circle completely.</li> </ul>	 <ul style="list-style-type: none"> <li>• Erase cleanly any mark you wish to change.</li> <li>• Make no stray marks.</li> </ul>	

1. Does your EMS organization have a written policy about wearing seatbelts?  
 Yes → GO TO QUESTION 2    No → SKIP TO QUESTION 3    Not Sure → SKIP TO QUESTION 3  
**IF YOU DO NOT HAVE A JOB IN WHICH YOU PERFORM EMS WORK, PLEASE SKIP TO QUESTION 4**

2. How strictly does your EMS organization enforce its policy about wearing seatbelts? Is the policy enforced very strictly, somewhat strictly, not too strictly, or not at all?  
 Very strictly                       Not too strictly  
 Somewhat strictly                       Not at all

3. When was the last time you did NOT wear your seat belt when you were driving or you were a front seat passenger as part of your EMS duties?  
 Today                                       A year or more ago  
 Within the past week                       I always wear it  
 Within the past month                       I am never in the front seat as part of my EMS duties  
 Within the past 12 months



4. Do you drive for non-work related (personal) purposes?  
 Yes → GO TO QUESTION 5  
 No → SKIP TO QUESTION 8

5. Which statement best describes your personal highway driving. PLEASE MARK ONE  
 I tend to pass other cars more often than other cars pass me  
 Other cars tend to pass me more often than I pass them  
 I drive the same as most other drivers  
 I do not drive on highways/I do not drive

6. When driving for non-work related (personal) purposes, how often do you wear your seat belt?  
 All of the time                       Rarely  
 Most of the time                       Never  
 Some of the time

7. When was the last time you did NOT wear your seat belt when driving for non-work related (personal) purposes?  
 Today                                       Within the past 12 months  
 Within the past week                       A year or more ago  
 Within the past month                       I always wear it

8. Please tell me if you agree or disagree with the following statements concerning your use of seat belts. Sometimes I do not wear my seat belt because:

		
a. I'm only driving or riding a short distance	<input type="radio"/>	<input type="radio"/>
b. I'm driving or riding in light traffic	<input type="radio"/>	<input type="radio"/>
c. I'm in a rush	<input type="radio"/>	<input type="radio"/>
d. I forget to put it on	<input type="radio"/>	<input type="radio"/>
e. I don't want my clothes to get wrinkled	<input type="radio"/>	<input type="radio"/>
f. the seat belt is uncomfortable	<input type="radio"/>	<input type="radio"/>
g. the people I am with are not wearing seat belts	<input type="radio"/>	<input type="radio"/>
h. work related objects (such as pagers, radios, and other equipment) that I must wear make seat belts uncomfortable or difficult to use	<input type="radio"/>	<input type="radio"/>

9. During the past 30 days, have you had at least one drink of any alcoholic beverage, including liquor, beer, wine, or wine coolers?

- Yes → GO TO QUESTION 10  
 No → SKIP TO QUESTION 12

10. On average, how many drinks did you typically have on the days you drink?

- 1       2       3       4       5       6 or more

11. Considering all types of alcoholic beverages, how many times during the past 30 days did you have 5 or more drinks on an occasion?

- 0     1     2     3     4     5-8     9 or more

12. Have you smoked at least 100 cigarettes in your entire life?

- Yes → GO TO QUESTION 13  
 No → SKIP TO QUESTION 15

13. Do you now smoke cigarettes every day, some days or not at all?

- Every Day → GO TO QUESTION 14  
 Some Days → GO TO QUESTION 14  
 Not at all → SKIP TO QUESTION 15

14. During the past 12 months, have you stopped smoking for one day or longer because you were trying to quit smoking?

- Yes  
 No

15. During the past 30 days, other than your regular job, did you participate in any physical activities or exercise such as running, calisthenics, golf, gardening, or walking for exercise?

- Yes  
 No

We are interested in two types of physical activity: vigorous and moderate. Vigorous activities cause large increases in breathing or heart rate while moderate activities cause small increases in breathing or heart rate.

16. Now, thinking about the *moderate* physical activities you do when you are not working in a usual week, do you do *moderate* activities for at least 10 minutes at a time, such as brisk walking, bicycling, vacuuming, gardening, or anything else that causes small increases in breathing or heart rate?

- Yes → GO TO QUESTION 17  
 No → SKIP TO QUESTION 18

17. How many days per week do you do these moderate activities for at least 10 minutes at a time?

- 1       2       3       4       5       6       7

18. Now, thinking about the *vigorous* physical activities you do when you are not working in a usual week, do you do *vigorous* activities for at least 10 minutes at a time, such as running, aerobics, heavy yard work, or anything else that causes large increases in breathing or heart rate?

- Yes → GO TO QUESTION 19  
 No → SKIP TO END

19. How many days per week do you do these vigorous activities for at least 10 minutes at a time?

- 1       2       3       4       5       6       7