EMS Driving Safety and Health Risk Survey Items

Marking Instructions
- Use number 2 pencil only.
- Make dark marks that fill the circle completely.

Incorrect Marks
- Erase cleanly any mark you wish to change.
- Make no stray marks.

Correct Mark

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
   - Most of the time
   - Rarely
   - Some of the time
   - Never

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

AGREE   DISAGREE

PLEASE DO NOT WRITE IN THIS AREA
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