

Safety Pays

Working

**Safely
Behind
the Wheel**



**Workers'
Compensation
Board**

Alberta

The Workers' Compensation Board-Alberta is a not-for-profit mutual insurance corporation funded entirely by employers. The WCB provides cost-effective workplace liability and disability insurance to more than one million workers and 90,000 employers.

The WCB's Direction for the Future

The WCB sees itself as a key player in keeping Albertans working. We believe a focus on accident prevention will lead to safer workplaces where fewer illnesses and injuries occur. When they do, we believe well-developed and managed programs and services can lessen their impact on workers, their families and their employers. Workers benefit from safer, healthier workplaces while employers benefit from increased productivity and lower costs. This enhances their financial stability and contributes to a strong overall economy with more Albertans working.

WCB-Alberta Vision

Albertans working – a safe, healthy and strong Alberta.

WCB-Alberta Mission Statement

WCB-Alberta, working together with our partners, will significantly and measurably reduce the impact of workplace illness and injury on Albertans.

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A Message from WCB's Centre of Excellence

For most of us, driving a motor vehicle is a vital and integral part of our daily lives. Some are required only to routinely commute to and from work. Many others, such as those engaged in the transportation or trucking industries, drive for a living. Regardless of the number of miles, driving presents a challenging set of hazards. In recent years, motor vehicle collisions accounted for more than \$25 million in injury claims for the Workers' Compensation Board – Alberta. When the emotional and physical impact of these accidents is factored into the equation, the results are devastating.

Keeping Alberta streets and highways safe is everyone's responsibility. *Working Safely Behind the Wheel* is designed to get you thinking and talking about what you're doing behind the wheel and the consequences of poor driving habits. These pages contain valuable information about speed, inattention and distraction, managing your emotions, fatigue, winter conditions, animal hazards, and impaired driving. Use the self-assessment quiz to rate your own driving practices and find out how you can change your current driving behaviours and make the roads safer for all Albertans.

As part of its five-year Strategic Plan, the WCB through its Centre of Excellence will research, develop and disseminate best practices in injury prevention and disability management. Our strategic plan focuses on reducing the financial and human impact of work-related injury and illness on Albertans. By partnering with workers, employers and other stakeholders we can find and implement best practices in the prevention and management of workplace injury.

The WCB, in partnership with the Alberta Motor Association, is pleased to support MISSION POSSIBLE @ Work. An important element of this partnership is the development of this safe driving booklet. I urge you to read it carefully and take the information with you on the road.



Douglas R. Mah

Executive Lead, Centre of Excellence
Workers' Compensation Board - Alberta

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In 1998, motor vehicle incidents accounted for more than \$25 million in injury claims for the Workers' Compensation Board - Alberta. With more than 2,700 new highway motor vehicle claims reported, and 32 motor vehicle fatalities, road safety is a significant concern.

This problem isn't limited to the workplace. Every year in Alberta there are more than 95,000 collisions resulting in 24,000 injuries and 400 deaths.

While the frequency of collisions is decreasing in other provinces, the number is on the rise here at home with Alberta having one of the highest collision fatality rates in Canada. If you are on the road in Alberta, you are at risk.

This booklet is designed to help you identify the hazards you face on the road. Begin by taking the self-assessment quiz to rate your current driving practices and to identify key problem areas. Then refer to the pertinent sections to get information that will help you become a better driver and help you promote road safety.

We encourage you to take this booklet home and share it with your family and friends. Together, we can make the roads safer for all Albertans.

FYI

The organizations with the highest number of WCB claims for collisions include transportation and communications companies, city and municipal governments, education and health organizations, companies in construction and construction services, wholesale and retail sales, and mining and petroleum development.

Check your responses against the correct answers at the end of the quiz. Once you've identified your risk areas, turn to the relevant page to learn more.

Inattention and distraction (page 8)

- 1. Have you ever looked at a map or consulted your notes while driving?**
 Yes No
- 2. Have you ever eaten while driving?**
 Yes No
- 3. If you talk on a cell phone while driving, you increase your risk of a collision.**
 True False

Speed (page 9)

- 4. Do you always follow the posted speed limit?**
 Yes No
- 5. You are travelling 100 km/hour on dry pavement when you see a collision blocking the road 70 meters ahead. If you apply the brake immediately, will your vehicle stop before you hit the other vehicles?**
 Yes No
- 6. The faster you drive the more your peripheral vision is impaired.**
 True False

Managing emotions (page 11)

7. **Do you always yield to faster traffic?**
 Yes No
8. **Have you ever yelled or made angry or rude gestures at other drivers?**
 Yes No
9. **If an aggressive driver is cutting you off, tailgating you, or engaging in other behaviours that make you angry, it is best to pull over to the side of the road and try to settle things.**
 True False

Fatigue (page 14)

10. **Do you drink coffee when you are driving to help you stay awake?**
 Yes No
11. **Keeping windows down will help you stay awake when you are really tired or on a long trip.**
 True False
12. **You are more likely to have a fatal collision on a rural road than in an urban area.**
 True False

Impaired driving (page 16)

13. **You can be legally impaired without feeling “drunk.”**
 True False
14. **Is it against the law to refuse a breathalyser test?**
 Yes No

15. **Cough or cold medicine can cause drowsiness, slow reaction times and decrease your co-ordination.**
 True False

Occupant restraints *(page 17)*

16. **The head restraint (often referred to as the head rest) should be positioned behind your neck.**
 True False
17. **Do you ever drive without your seatbelt fastened?**
 Yes No
18. **Your driver's seat should be adjusted so your hips are higher than your knees.**
 True False

Personal security *(page 20)*

19. **Have you ever picked up a hitchhiker to talk to when you are tired because you think they will help you to keep alert?**
 Yes No
20. **If you think you're being followed, you should drive home immediately.**
 True False
21. **Do you always lock valuables in your trunk or cover them so they are not in view?**
 Yes No

Intersection safety and train crossings *(page 21)*

22. **Do you always stop at rural stop signs?**
 Yes No
23. **Most incidents at train crossings occur when vehicles stall on the tracks.**
 Yes No
24. **Do you ever go through yellow lights?**
 Yes No

Large trucks and commercial vehicles *(page 23)*

25. **Do you follow transport trucks closely in bad weather?**
 Yes No
26. **After passing a large commercial vehicle, do you wait until you can see the truck's windshield in your rear-view mirror before re-entering the lane?**
 Yes No
27. **Trucks need to make wide right turns, forcing them to occasionally turn from the middle or inside lane.**
 True False

Winter driving *(page 24)*

28. **Is your vehicle equipped with a winter emergency kit?**
 Yes No
29. **If you are stuck in a snow bank, it is best to leave your vehicle to get help.**
 True False

30. **You should pump your brakes to stop on ice if your vehicle is equipped with an anti-lock braking system (ABS).**
 True False

Animal hazards (page 27)

31. **All animals' eyes will seem to glow when they are reflected in the lights of oncoming traffic.**
 True False
32. **If a collision with an animal is unavoidable, it is best to hit it at an angle.**
 True False
33. **Flashing lights and honking a horn will divert a moose from crossing the road.**
 True False

Answers:

- | | | |
|-----------|-----------|-----------|
| 1. No | 12. True | 23. No |
| 2. No | 13. True | 24. No |
| 3. True | 14. Yes | 25. No |
| 4. Yes | 15. True | 26. Yes |
| 5. No | 16. False | 27. True |
| 6. True | 17. No | 28. Yes |
| 7. Yes | 18. False | 29. False |
| 8. No | 19. No | 30. False |
| 9. False | 20. False | 31. False |
| 10. No | 21. Yes | 32. True |
| 11. False | 22. Yes | 33. False |

A distraction is something that takes your attention away from driving. This leads to inattention, which is a loss of concentration while driving. Even a momentary distraction while driving can be disastrous.

Driving errors occur because drivers aren't paying attention. According to Alberta collision statistics, the top four driver errors that result in collisions with casualties are:

- Following too closely
- Running off the road
- Turning left in front of oncoming vehicles
- Disobeying traffic signals

Driving isn't a passive task. In some respects, driving a vehicle is more complicated than flying a fighter jet. A fighter pilot has about 300 items to keep track of during a regular flying mission in a non-combat scenario. The average driver has to keep track of about 3,000 things when driving during rush hour – these include pedestrians, lights, signs, passengers, road conditions, construction, other vehicles, cell phones, pagers, and objects on the road.



- ***Turn off your cell phone and let your voice mail take incoming phone calls, or use a "hands-free" device if necessary.***
- ***Eat and drink before you get in to the vehicle, or pull over in a rest area for a snack.***
- ***Plan your trip so you do not need to consult a map on enroute.***
- ***Don't tailgate; allow yourself the time and distance you need to react.***
- ***Scan the road in front of you to predict and respond to hazards.***

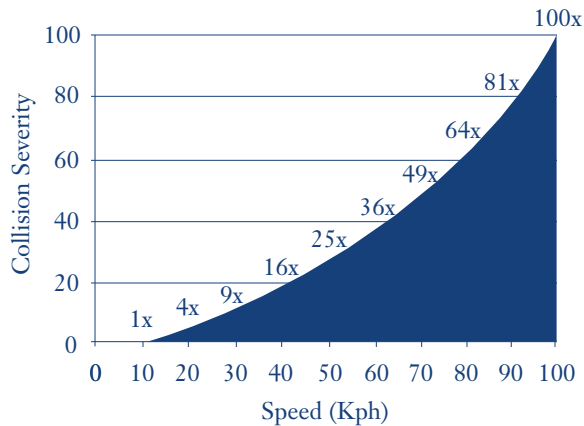
Are you a gambler?

A recent study suggests taking a call on your cell phone while driving may quadruple your risk of collision. If you must make or take a call, pull over in a safe place.

For many drivers, speeding is a habit. Many of us drive above the posted speed limit, or drive too fast for road conditions. According to the National Highway Traffic Safety Administration (U.S.), 30 per cent of all fatal collisions involve speed as a major contributing factor. Research from Europe suggests that speed could be a major contributing factor in as high as 60 per cent of fatal collisions.

The greater the speed, the greater the likelihood of a collision. You have less time to react and less distance to stop. Speed also affects the severity of collisions. If you are driving a vehicle 100 km/hour when you see an obstacle blocking the road 70 metres ahead, you will collide with it at a speed of 44 km/hour. If you are driving 120 km/hour when you spot the obstacle, you will collide at a speed of 93 km/hour. The impact at this speed can be fatal.

The Increase in Collision Severity Using 10 Kph as the Baseline



This chart illustrates the relationship between speed and collision severity. A collision at a speed of 60 km/hour has a severity 36 times that of a collision at 10 km/hour.

Killing the speed myth

In Germany in the 1990s, a study was conducted to determine if speeding really saves time. Researchers sent two drivers to travel the same route on the Autobahn. One driver was asked to get to the destination by making the best time possible and the other driver was told to avoid risk, and move as traffic flow permitted.

Here are the results:

	<i>Fast driver</i>	<i>Safe driver</i>
Distance	1,600 km	1,600 km
Time	20 hours, 12 minutes	20 hours, 43 minutes
Time saved	31 minutes	—
Vehicles passed	2,004	645
Passed by	13 vehicles	142 vehicles
Used brakes	1,339 times	642 times

The faster driver is exposed to a higher level of risk because of speed.

Most of us overestimate our driving abilities. If you exceed the speed limit you will:

- Reduce your ability to steer around obstacles.
- Decrease your field of vision and peripheral vision.
- Increase the risk of losing control of your vehicle.
- Extend the distance you require to stop.
- Increase the probability of death or injury in a collision.

All emotions, whether positive or negative, can affect your driving behaviour. The most serious emotions are negative ones, which often lead to aggressive driving. Aggressive driving is any act of aggression on the part of one driver to another.

Aggressive driving quiz

Use this quiz to determine if you demonstrate aggressive driving behaviours.

Yes	No	Do you . . .
		Avoid blocking passing lanes?
		Yield to faster traffic by moving to the right?
		Avoid taking more than one parking space?
		Yield to pedestrians?
		Come to a complete stop at stop signs?
		Stop for red lights?
		Avoid using the cell phone while driving?
		Drive below the posted speed limit when conditions warrant?
		Follow right-of-way rules at four-way stops?
		Use your turn signal before changing lanes?
		Refrain from flashing headlights to signal a desire to pass?
		Avoid making inappropriate gestures?
		Drive at slow speeds in construction zones?
		Overtake other vehicles on the left?
		Avoid stopping on the road to talk to another driver?

Scoring: Add up the number of “NO” answers. 1-2 = Excellent; 3-5 = Fair; 6+ = Poor. For more information on managing aggressive driving behaviour, contact the AMA Consumer Information line @ 1-800-222-6578.

Everyone is susceptible to aggressive driving. In a national study commissioned by the Canada Safety Council and the Steel Alliance, 84 per cent of respondents admitted to at least one act of aggressive driving over the past year.

Aggressive driving behaviours include:

- Tailgating
- Headlight flashing
- Obscene gestures
- Deliberately blocking other vehicles
- Verbal abuse
- Assault (on a vehicle or another person)

The consequences of aggressive driving can be fatal. In the United States it is estimated that between 1,200 and 1,800 deaths a year occur as a direct result of aggressive driving, and the American Automobile Association says that these incidents have been increasing by seven per cent a year since 1990.

Often the triggering event will seem to be trivial – like cutting off another driver, failing to signal, or heavy traffic. The aggressive driver, already pre-occupied, stressed or angry, responds emotionally – yelling or tailgating the offender.

The aggressive driver turns into a sort of “road warrior.” The vehicle they are driving becomes an outlet for pent-up aggression. Aggressive drivers often report they feel powerful and in control when they are abusing someone on the road.

After being cut off in traffic in Burnaby, B.C., one driver got out of his vehicle and struck the offending car with an iron bar. After the two vehicles drove off, the second driver forced the other vehicle off the road, into a tree and light standard. The first driver was killed; the other driver is in prison.

If you think you can manage a situation with an aggressive driver, think again. Many people feel a false sense of security in their vehicle, but aggressive drivers, and the people who respond to them, need to remember that vehicles can be followed. Aggressive driving behaviours can result in physical assault. It can happen to anyone, anywhere, at any time of day.



- ***Don't offend other drivers – cutting people off, driving slowly in the passing lane and tailgating can prompt a violent response.***
- ***Do not respond to aggressive drivers.***
- ***Avoid eye contact.***
- ***Don't pull off the road to try and "settle" things.***
- ***If you believe you are being followed, do not go home. Drive to the nearest police or fire station, or busy public place.***

Researchers believe fatigue is one of the primary causes of fatal collisions in Alberta. Drowsiness affects your ability to drive in a way that is similar to alcohol, slowing reaction time, decreasing alertness and impairing judgement.

If you work at night, the most dangerous part of your day is the drive home. Three factors make the early-morning commute more hazardous for shift workers:

- If you work at night, you generally get less sleep than daytime workers do.
- You have been awake longer. If you sleep until 2 p.m. and get off work at 7 a.m. you are driving home after being up for 17 hours - nearly twice as long as a daytime worker who drives home at 6 p.m.
- Your circadian rhythm, or internal clock, makes it difficult for you to stay awake and alert between 2 a.m. and 6 a.m.

Even the most experienced drivers cannot predict when they are going to fall asleep. Everyone should be conscious of the following warning signs:

- Eyes closing or going out of focus.
- Trouble keeping your head up.
- Frequent yawning and general sluggishness.
- Loss of concentration.
- Inability to remember anything about the last few kilometres that you drove.
- Drifting between lanes or onto the shoulder, tailgating, missing traffic signs.

If you feel you are at risk, pull over to the side of the road and take a walk or drive to a safe place and get some sleep.

FYI

According to the Canadian Trucking Association, 30 to 40 per cent of collisions in the heavy truck industry in North America are related to fatigue.

Diet can also affect alertness. Certain stimulants can temporarily increase your alertness like caffeine and nicotine, but when the effect wears off you may not be aware you are extremely tired. Foods like turkey, warm milk and bananas have the opposite effect, helping to induce sleep. On long trips, drivers should eat lightly and avoid large meals and fatty foods.

To reduce the devastating effects of fatigue, the WCB, Alberta Trucking Industry Safety Association (ATISA), Alberta Infrastructure and Transport Canada are partnering with the Canadian Trucking Alliance and the Canadian Sleep Institute to examine driver fatigue in the transportation industry. The goal of this project is to develop a driver education and management plan to reduce the number of fatigue-related collisions.



- ***Get enough sleep – most people need seven or eight hours of sleep a day to function well.***
- ***If you had got a few hours of sleep, get a lift with someone else.***
- ***Take a nap before you drive home. It is the number one thing you can do to reduce your risk of a collision. A short 15 or 20 minute nap can make you feel refreshed and capable of driving more safely.***
- ***When travelling, schedule a stop every two hours for a stretch and fresh air break.***
- ***On a long trip, rolling down a window of the vehicle will not keep you awake.***
- ***Plan a nap in the middle of a long trip. Pull over to the side of the road or a rest stop.***

Alcohol

Impaired driving is the most frequent criminal cause of death and injury in Canada. In 1998, 22.6 per cent of all drivers involved in fatal collisions in Alberta had consumed some alcohol before the incident.

Did you know?

- You can be legally impaired without feeling intoxicated.
- It is against the law to operate any vehicle in Canada when your ability is impaired by alcohol or other drugs.
- It is against the law to refuse a breathalyser test, but a breathalyser test is not required to lay an impaired driving charge.
- Anyone convicted of impaired driving will have a criminal record.

Over-the-counter and prescription drugs

Over-the-counter and prescription drugs can interfere with your ability to operate a vehicle. Some over-the-counter drugs can cause drowsiness, slow reaction times and decrease coordination. This applies to cough and cold medicines, drugs to prevent motion sickness and nausea and antihistamines that control allergy symptoms. In combination with alcohol, these effects will be increased significantly.

Prescription drugs also impact your ability to drive a vehicle. Even mild tranquilizers slow reaction time, decrease eye-hand co-ordination and interfere with judgement. Barbituates have an effect on motor skills, co-ordination and vision. Antidepressants can impair judgement, decrease reaction time and hinder your ability to handle a vehicle properly.



- ***Never drink and drive.***
- ***If you become intoxicated at night, be aware you may still be intoxicated or have a hangover the next day.***
- ***Before you purchase any medication, ask the pharmacist if it may impair your driving skills.***
- ***Do not mix alcohol and medication; the combination could be fatal.***

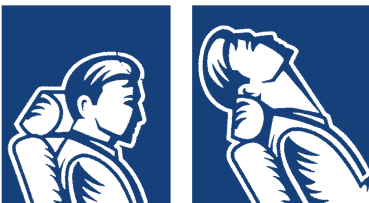
Almost one-quarter of your vehicle insurance premium goes to pay for whiplash insurance claims. In Alberta, 73 per cent of all auto injury claims are related to whiplash and 47 per cent of those are caused by rear-end collisions.

Whiplash is most common when a vehicle is struck from the rear. When a vehicle collides with the back of your car, your body is propelled forward and upward. If your vehicle is not equipped with a properly positioned head restraint, your head will snap back as far as it can go, and then roll forward with almost equal force. In a low-speed rear end collision, where whip-lashing is minimal, you may sustain minimal or no injuries. If the vehicle that collides with your vehicle is travelling at a high speed, injuries may include torn ligaments, sprained joints, and fractured vertebrae.

Today, most vehicles are designed to be ergonomically correct. In order for the design to be effective, you need to know how to make appropriate adjustments.

The head restraint

The head rest in your vehicle is really a head restraint that can protect you from whiplash. In fact, correctly adjusted head restraints can reduce the risk of whiplash injuries by up to 50 per cent.



Incorrect



Correct

A good head restraint should be positioned behind your head, not your neck, and it shouldn't push your head forward. Proper head restraint adjustment: the centre of the head restraint should be level with the top of your ears and the back of your head should be no more than 10 cm from the front of the head restraint.

Seat belts

The seat belt is the most important safety device in your vehicle. You can reduce the risk of injury or death by as much as 50 per cent if you wear your seat belt properly.

For a seat belt to provide the best protection, the shoulder portion should sit snugly, closer to your neck than shoulder. Ensure the lap belt is pulled across your hips and not over your stomach, or caught in thick layers of loose fitting clothes. You should avoid reclining the seat too far back, since a seat belt and the head restraint can be ineffective when the seat is in a reclined position.

The seat

Truck drivers have one of the highest incidence of back injuries. Studies show that if a machine vibrates at a certain frequency that matches the natural resonance of your spine, it can create waves of movement that aggravate back trouble. Truck drivers and heavy equipment operators can reduce vibration by using air ride seats, spring mounted seats or padding.

By positioning your seat properly, you can take the strain off your back and make driving more comfortable. Here's how:

- Reduce stress on your shoulders by using arm rests to transfer weight from your upper body to your elbows.
- Adjust your seat so your knees are higher than your hips.
- Make sure your arms are bent.



- ***Don't ever jump down from a high vehicle – you are jarring your back, and risk twisting your knees and ankles.***
- ***The lower part of your back needs support. If your seat doesn't provide this support, wedge a small pillow or a rolled towel between the seat and your lower back. You can also purchase a lumbar support from an orthopedic supply store.***
- ***Before you sit down, put all materials you are carrying into the vehicle.***
- ***Shift your body weight periodically.***
- ***If you have children under the age of 12 travelling with you, make sure they travel in the back seat, and are properly restrained.***

Be aware of your surroundings and take appropriate steps so you don't put yourself at risk.

- Lock valuables in your trunk. If you don't have a trunk, cover them so they are not in view.
- Look inside your vehicle before you get in.
- Keep your doors locked while driving in the city.
- If you are being followed, drive to the nearest police or fire station or busy public place.
- If you think you are parked in an unsafe place, ask someone to escort you to your car.
- If you can, carry a fully charged cell phone, so in the event of an emergency you won't need to leave your vehicle to call for assistance.
- Ensure your vehicle is well-maintained and keep your gas tank at least half full.

On average, 65 Albertans are killed at intersections every year because a driver missed or ignored a stop sign or ran a red light.

In addition to the death toll, an average of 1,100 Albertans are injured in intersections each year. Many of them suffer life-long injuries and disabilities. Most of these collisions could be prevented if more drivers exercised caution and followed the rules of the road.

Activity	Here's what you should do
<i>Approaching an intersection</i>	Slow down and prepare to stop.
<i>Planning to turn at an intersection</i>	Use turn indicators, and enter the correct lane in advance.
<i>Approaching a yield sign</i>	Slow down and prepare to stop.
<i>At a stop sign</i>	Come to a complete stop for at least a few seconds, even if you don't see any on-coming traffic.
<i>At a four-way stop</i>	Come to a complete stop for at least a few seconds. Allow vehicle which arrived first to proceed first. When two vehicles arrive at the same time, allow the vehicle on the right to proceed first.



- **Do not change lanes in an intersection. If you plan to turn at an intersection, enter the correct lane well in advance.**
- **Watch for caution signs at intersections identifying turn restrictions, cross walks or construction zones.**
- **Watch for other vehicles changing lanes abruptly.**
- **Stay out of "blind spots" where other drivers can't see you in their rear-view and side-view mirrors.**
- **Watch for pedestrians in all directions.**
- **Never proceed into an intersection if you are unsure who has the right-of-way.**

Train crossings

Train crossings are like any other intersection, but the speed and weight of the train mean collisions at these locations are serious and often fatal. By the time an engineer sees a vehicle on the tracks, he usually does not have time to stop. A typical train weighs 5,000 times more than a car and at a speed of 90 km/hour, a train needs 1.5 to two kilometres to stop.

In 1998, five people were killed and 50 were injured at Alberta train crossings. Most of these incidents occur when drivers disobey traffic signals, fail to yield the right of way at uncontrolled train crossings, or attempt to race the train.



- *Obey all traffic signals.*
- *When you see flashing signal lights at a train crossing, stop immediately.*
- *Always listen and look before crossing train tracks.*
- *Be aware of crossings with multiple tracks that accommodate trains travelling in two different directions.*
- *Don't shift gears while crossing tracks – your vehicle may stall.*

People who drive large commercial trucks face additional challenges on the road. The size and weight of the vehicle increase the risk of jack-knifing and rollovers. Heavy loads, tight deadlines, long trips and hazardous cargo may all combine to make truck driving a dangerous occupation.



Large commercial vehicles have “no-zone” areas that presents a risk to passenger vehicles. Be aware of the following “no-zone” dangers:

- ***If you can't see the truck driver in one of his mirrors, he can't see you either.***
- ***Leave room between your vehicle and the truck to prevent roll-back incidents.***
- ***Never tailgate trucks.***
- ***After passing a large commercial vehicle, wait until you can see its windshield in your rear-view mirror before re-entering the lane.***
- ***Pay close attention to truck turning signals. A truck approaching an intersection to make a right turn may move to the left to avoid running onto the curb. As the truck moves left, a temporary lane is created to its right. If another vehicle moves into that right lane, it becomes vulnerable to a “squeeze” when the truck swings into its turn.***

Winter driving in Alberta can be hazardous — visibility, road conditions and vehicle performance all combine to present drivers with additional risks. Trying to reach your destination in spite of bad weather could end in tragedy. If road and weather conditions are bad, consider not travelling at all.

When you travel in the winter, keep to main roads and keep your radio tuned to local stations for weather reports. If it becomes hard to see the road in front of you, find a place to pull over safely as soon as possible. You should always be prepared to turn back or seek shelter if the road or weather conditions become unsafe. Let someone know your destination and plans before leaving on a road trip.

If you get trapped in a storm or a snow bank:

- Stay in your vehicle unless a building is in sight.
- If possible, use a candle for heat instead of the car's heater. Run your motor sparingly, not more than 10 minutes every hour.
- Be aware of carbon monoxide fumes; ensure your tailpipe doesn't become blocked with snow.
- If your car is running, open a window on the sheltered side of your vehicle to keep fresh air in your car.
- Open and close the doors of your vehicle occasionally so snow doesn't pile up in front of them.
- Do not drink alcohol while stranded. It will impair your judgement and speeds up loss of body heat.

Winter emergency kit checklist

- Ice scraper and brush
- Antifreeze
- Booster cables
- Lock de-icer
- Shovel
- Matches and a candle in a can
- Sand, salt or kitty litter
- Winter clothing and footwear
- High-energy snacks
- Flares

These items should always be in your car or the cab of your truck:

- Road maps
- Flash light
- First-aid kit
- Blanket

Keep your vehicle properly maintained for winter driving.

Regularly check and maintain:

- Battery
- Belts
- Hoses
- Radiator
- Block heater
- Tires

Braking and skidding

If your vehicle is equipped with an anti-lock braking system (ABS), you need to apply firm, even pressure to the brake pedal to brake on snow and ice. Do not remove your foot, even if the pedal starts to pulse or vibrate. You can steer while braking.

If you don't have ABS, and need to brake on a snowy or icy road, shift into neutral before braking firmly. Resist the temptation to jam on the brakes; this will cause your wheels to lock.

A skid can occur if you apply brakes so hard that your wheels lock, turn a corner, or accelerate too fast and spin your wheels. If you start to slide out of control, don't overcompensate by steering excessively back and forth. Keep looking in the direction you want to go.

To drive out of a skid, ease your foot off the brake or accelerator and shift into neutral. For most skids, you can look and gently steer in the direction that you want to go. If you are in a front wheel skid, turn the wheels in the direction you are going until the wheels regain rolling contact with the road. Then gently steer and/or brake to regain control of your vehicle.

FYI

Local weather offices for Environment Canada provide a recorded message that includes weather conditions and forecasts. The Alberta Motor Association also compiles daily road reports with information from Alberta Infrastructure contractors, RCMP, local authorities, Parks Canada and the Department of Highways in B.C. You can access the Alberta Motor Association Road Report at 1-800-642-3810 or on-line at www.ama.ab.ca.

Animals are one of the most common road hazards in Alberta, especially in forested regions. In 1998, Alberta Infrastructure reported 187 injuries in rural areas and 29 injuries in urban areas because of collisions with animals. Five collisions with animals were fatal.

If you see an animal on the road, you must slow down. When driving through wooded and rural areas, provincial parks and mountainous areas, be especially cautious and aware of your surroundings.

Many animal collisions occur in spring and fall when animals are most active, but in Alberta, there is always some risk of animal contact. For example, some animals like deer and moose go to highways in the winter to lick salt off the roads. In the summer, bighorn sheep become a hazard when they cross mountain roads to graze.

If you see an animal in your path of travel, look and steer towards its rear end – where it has been, not towards where it is going. If a collision is inevitable, brake firmly and try to strike the animal at an angle. Let up on your brakes before impact, as hard braking causes the vehicle to drop by several inches, making it likely the animal will fly over your hood and crash onto the roof of your vehicle. If a collision with a moose is inevitable, crouch as low as possible in your seat or take cover under the dash.



- ***Watch road signs identifying areas inhabited by wildlife.***
- ***Watch for movement at the side of the road, especially during dusk and dawn when animals are most active but hard to spot.***
- ***You can watch for glowing animal eyes at night, but be aware that moose eyes do not reflect lights.***
- ***Flashing lights and honking a horn may divert a deer from crossing the road, but it will not have the same effect on a moose.***

MISSION POSSIBLE @ Work is a comprehensive safe driving awareness and education program for employees developed by MISSION POSSIBLE and the Alberta Motor Association, and supported through a partnership with the Workers' Compensation Board - Alberta. It provides organizations with a complete set of program materials that will increase employee awareness about the hazards associated with driving. It provides the tools employees can use to recognize and improve their potentially hazardous driving behaviours. MISSION POSSIBLE @ Work materials are designed to be used at regular staff meetings, and the program includes session material, speaking notes, fact sheets, overheads, video clips, awareness-raising activities, program-evaluation materials and suggested policies and standards.

MISSION POSSIBLE is a province-wide traffic safety initiative. It is built on partnerships that allow individuals, organizations and communities to act together to improve traffic safety. By working together through effective, integrated programs, Alberta will become a leader in reducing motor vehicle trauma and its associated costs.

A conservative figure estimates that each fatal collision costs society \$2.9 million. In total, motor vehicle collisions cost Albertans \$3.5 billion every year. Road trauma will continue to escalate until we accept responsibility, and choose to change. As a founding partner in MISSION POSSIBLE, the Alberta Motor Association has accepted this challenge by forming close partnerships with organizations including WCB-Alberta, to produce a variety of targeted programs, including MISSION POSSIBLE @ Work.

To learn more about MISSION POSSIBLE, call the Alberta Motor Association in your community or in Edmonton at (780) 430-5733 or (780) 430-5756 or 1-800-222-6578.



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Please contact Corporate Communications at (780) 498-8680 for copies of these booklets.



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