



Safety Canada

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Does Canada Compare?

An International Perspective on Blood Alcohol Laws

To compare blood alcohol concentration (BAC) laws internationally, one must consider more than simply the BAC level alone. There are many different factors involved in determining whether Canada's BAC laws are in line with other countries. On the surface, it may seem like Canada, with its 0.08 BAC, is lagging behind other countries. A deeper comparison shows that is not so.

In Canada it is a criminal offence to drive with a BAC of 0.08, or 80 milligrams of alcohol in 100 millilitres of blood. A first offence brings a mandatory minimum fine of \$1,000, loss of your driver's licence for at least one year – and a criminal record for the rest of your life. Moreover, the maximum term of imprisonment for a summary offence is up to 18 months, or up to five years for an indictable offence.

The Canada Safety Council (CSC) commissioned a 2009 update to the 2002 study, called *Canada's Blood Alcohol Laws – an International Perspective*. The study compared

Canadian law on BAC levels when operating a motor vehicle to the laws of 20 other comparable countries: the United States, Australia, New Zealand, Switzerland, Norway and 15 members of the European Union. It itemized the 51 American jurisdictions and eight Australian jurisdictions, thus comparing Canada to a total of 77 jurisdictions.

The updated study, with its detailed comparison of sanctions, shows Canada's blood alcohol law is very strict at the 0.08 level, and our administrative approach for lower-BAC drivers is in line with most other countries. In Canada, since focus is most commonly placed on the *Criminal Code* level of 0.08, it is often overlooked that it is in fact unlawful to drive with a BAC level of 0.05 and above in the majority of provinces and territories.

Drivers who have lower BACs are dealt with under provincial and territorial traffic acts. Nine of the 13 provinces and territories impose administrative licence suspensions on drinking drivers at 0.05

or lower. Most have a zero BAC level for new drivers. The licence suspension period has gone up in the last few years. The shortest period is now 24 hours.

Advocates of imposing criminal law at 0.05 (where traffic acts currently apply) argue that most other countries have moved to that level. They claim that by leaving its criminal limit at 0.08 Canada is lagging behind an international trend. A deeper comparison proves that this is not the case.

The study found that Canada treats offenders at the 0.08 level firmly in comparison to other jurisdictions. A 2006 update concluded that if we were to treat drivers with a 0.05 BAC in the same way, by changing the *Criminal Code*, we could have harsher penalties for blood alcohol offences than any other comparative country.

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President's Perspective

For many, summer means fun outdoors. With the kids out of school and adults on summer holidays, you know outdoor activities like skateboarding and bike riding is upon us. Summer is also the time of year people are most likely to be injured. Hospital emergency room visits, due to product-related injuries, occur more frequently in June, July and August rather than January to March. Everyone can enjoy summer activities and avoid injuries, if they keep safety in mind.

I see people failing to do things that result in completely preventable injuries. One of the best ways to stay safe this summer is to wear a helmet and other safety gear when biking, rollerblading, skateboarding and when riding scooters, all-terrain vehicles (ATV's) or any other wheeled recreational vehicle.

Give serious safety consideration before purchasing a trampoline. You must be willing to supervise children at all times. To prevent injuries while using a trampoline, allow only one person on at a time, and do not allow activities that will cause the person to "travel" or move too close to the edge. Use a pad that completely covers the springs and place the trampoline away from structures and other play areas. I would not let anyone under the age of six use a full-size trampoline.



Make sure your home playground is safe. Falls cause a lot of playground injuries, so having a safe surface is critical. Concrete, asphalt or packed dirt surfaces are too hard. Follow the Canadian Standards Association guidelines.

To prevent a swimming pool tragedy use layered protection. This includes closely supervising your child and being prepared in case of an emergency, placing barriers completely around your pool to prevent access, using well-positioned door locks and preventing access to the area if not supervised. Every year we hear of little ones drowning, and it can be prevented.

When cooking with a gas barbeque, check the burner for any blockage from insects, spiders, or grease. Check gas hoses for cracking, brittleness, holes, and leaks. If you ever detect a leak, immediately turn off the gas at the tank (or house) and don't attempt to light the barbeque until the leak is fixed.

Install window guards to prevent children from falling out. They should be installed in children's bedrooms, parents' bedrooms, and other rooms where young children spend time. Or, install window stops that permit windows to open no more than 10 centimetres. Whenever possible, open windows from the top, not the bottom. Also, keep furniture away from windows to discourage children from climbing near them.

Summer also means working around the yard. When mowing, keep small children away from the area of work, and turn the lawnmower off if children enter the area. If the lawn slopes, mow across the slope with the walk-behind mower, never up and down. With a lawn tractor or riding lawnmower, drive up and down the slope, not across it. Never carry children on a riding mower.

The Health Canada Consumer Product Safety web site has a wealth of information, contacts to report unsafe products and much more. You can view it at <http://www.hc-sc.gc.ca/cps-spc/index-eng.php>.

From my perspective a lot of the injuries and tragedy associated with summer activities can be prevented.

Safety, It's an Attitude

Jack Smith, President

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"This conclusion is even more valid today than it was in 2006 given the increases in the fine and the term of imprisonment," says Ottawa lawyer John Helis, author of the CSC 2009 update to the study. Of the 20 countries examined, significantly more have a BAC level of 0.05 or lower than those at 0.08. Since the 2006 report, Luxembourg lowered its level from 0.08 to 0.05.

"While the 0.05 level may represent an international trend for some form of administrative sanctions, it is certainly not the standard for imposing criminal sanctions," Helis explains. Thus, only seven jurisdictions have been found to have adopted a criminal response to the operation of a motor vehicle with a BAC of 0.05 for a first offence, and maximum prison sentences ranging from one to six months. Whereas, Canada's maximum prison sentence is five years for a BAC of 0.08.

Canada imposes a driving prohibition of one to three years, which is longer than any other jurisdiction that has adopted a 0.08 BAC. Canada's one-year minimum is more reflective of the maximum disqualification period in other jurisdictions. Canada is making progress in its fight against impaired driving. In 2006, road crashes involving a driver who had been drinking took 907 lives, down 30 per cent from 1995, when 1,296 motor vehicle deaths involved a drinking driver. Over-use of the Criminal Code could compromise the effectiveness of measures that have contributed to this progress.

Canada's Blood Alcohol Laws – an International Perspective: Update to 2002 and 2006 Reports (April, 2009) by John Helis can be downloaded from the Canada Safety Council's website at <http://www.safety-council.org/info/traffic/impaired/BAC-update-09.pdf>.

Did you Know?

- Sweden is among the strictest in the world for BAC, having criminal sanctions at 0.02 per cent per milligram, but only a maximum of six months in jail at this level.
- Canada shares with Germany the longest maximum prison sentence – five years. After that, the longest maximum is two years in some American jurisdictions. At 0.10, Sweden has a maximum one-year prison sentence.
- Incarceration for a first offence in Denmark is only possible with a BAC of 0.20, and in Germany and Greece it is only possible with a BAC of 0.11.
- A prison term is only possible in Germany at 0.05 if the offender drove dangerously or caused an accident.
- European countries have typically lower fines than Canada (at \$1,000) with a BAC of 0.08, with the exception of France, which imposes a fine of €4,500 (about \$7,200).
- In Denmark and Finland, fines for a first time offence are calculated based on the offender's average monthly income.
- As of May 1, 2009, Ontario imposed a three-day licence suspension with a BAC of 0.05 upon first offence.
- The few jurisdictions that impose criminal sanctions at the 0.05 BAC level generally impose penalties that are less strict than those that do so at the 0.08 level.

WHEELS IN MOTION : **Secure your Loads**

According to a study by the American Automobile Association Foundation for Traffic Safety, collisions caused by vehicle-related road debris cause around 25,000 collisions and 100 deaths each year in North America. Road debris can be any object that falls off a vehicle and into the roadway or onto another vehicle.

The most common ways that road debris contributes to collisions is either by causing a driver to lose control of his or her vehicle, or by being launched into the windshield of another vehicle. If items in the roadway are particularly large, they can also force drivers to break or change lanes suddenly, increasing the risk of a collision. In the case of an object going through a windshield, the outcomes can be fatal. The best way to

avoid these collisions is to secure your own load.

Follow these tips to secure your load:

- Tie down your load with rope, bungee cords, netting or straps. Tie large items directly to your vehicle.
- Put lighter weight things at the bottom of the load.
- Cover your load with a secured tarp or net.
- Don't overload your vehicle. Keep material level with the truck bed or trailer unless tied down, netted, or covered with a tarp.
- Always double-check to make sure your load is secured.

Questions to ask yourself:

- Is there any chance of debris falling



- or blowing out of my vehicle?
- Would I feel safe if I were driving behind my vehicle?
- What would happen to my load if I had to brake suddenly or if I hit a bump?
- Do I need to drive slower than I normally do?
- Is my load secured at the back, on the sides and on top?
- Do I need to adjust my tire pressure to compensate for the extra load?

ON THE JOB :

Working with a Bully

One in six employees has been bullied, and one in five employees has seen a coworker bullied. Numbers like these are astonishing, but without any legislation in place and increasingly stressful workplaces, incidences are only growing. Currently, there is no occupational health and safety legislation in Canada that specifically deals with bullying in the workplace; that is, no jurisdiction in this country requires employers to have a workplace violence prevention program. Quebec has been the only province to implement some governance in response to bullying – and only recently.

Bullying at work is the repeated, health or career endangering mistreatment of one employee, by one or more employees. The mistreatment is a form of psychological violence and is often a mix of verbal and strategic insults preventing the target from performing work well.

Being the target of a workplace bully can affect your physical and mental health, it can impact other areas of your life, such as affecting social bonds or your enjoyment of work. Forty-five per cent of targets suffered stress-related health problems, including anxiety, panic attacks, and clinical depression.

In a study conducted by the Workplace Bullying Institute, 37 per cent of workers have been bullied, with 57 per cent of the targets being women. The majority of bullies (72 per cent) are people in positions of authority. Whereas peer bullies are less frequent at 18 per cent. Worse, statistics show these bullies don't pick on the new guy, but long-term, well-established employees. The most common victims are women in their 40s.

Tips on how to deal with a bully in your workplace:

1. Understand the bully

Knowing the type of person you are dealing with can help determine how best to defend yourself. Often these bullies will recruit others to help. Males tend to favour using other management, while females recruit from the social network.

- **Subtle bullies** – torment their targets with quiet but piercing techniques. Is a two-faced, passive-aggressive destroyer of reputations through rumour spreading, controls target's reputation.
- **Abusive bullies** – hound a target employee without mercy, and humiliates target in a public setting.
- **Controlling bullies** – control target via withholding resources (e.g. time, budget, autonomy, training) necessary to succeed.
- **Raging bullies** – intimidate everyone in the vicinity with their out-of-control anger.
- **Echo bullies** – are not normally abusive, these bullies mimic bullying behavior with their own subordinates.
- **Opportunistic bullies** – are competitive people who are

interested in making career gains even though it may involve stepping on other people.

- **Critic bullies** – falsely accuse and undermine targets behind closed doors, attempting to control the target's self-identity.

2. Identify the type of bullying

- Unrealistic job demands.
- Unreasonable criticism.
- Creating an inconsistent or unfair work environment.
- Not giving credit where it is due.
- Insults, putdowns, yelling, screaming, and other abusive behavior.

3. Document the instances of bullying in detail

- Document specifics, time and date.
- Identify trustworthy allies.
- Determine code violations.

4. Determine a plan to resolve the bullying

- Request a meeting time where you can confront the bully in a professional setting.
- Seek assistance from senior management.
- Seek third party mediation.
- Seek legal advice.
- Get medical attention.
- Establish and protect boundaries.
- Do not blame yourself.
- Solicit witness statements.
- Follow internal complaint processes.

Communicate the problems with the bully or two levels of management higher than the bully. Take precautions when taking the direct approach, it may result in undesired and unpredictable consequences. Complaining about the bullying may draw repercussions against the target rather than the bully. In many cases, the bully may be seen by management as "getting the job done." Of people who reported bullying in the workplace, 13 per cent of targets were transferred, 40 per cent ended up leaving voluntarily and 24 per cent were terminated. In only 23 per cent of those cases was the bully punished. These numbers are certainly not encouraging to anyone hoping to resolve the issue.

Unfortunately, there is no easy solution to this problem. We must all work together to increase awareness of the issue and help to establish better workplace policies and labour laws to prevent bullying from happening in the first place.

Source: Workplace Bullying Institute, www.anonymousemployee.com, and *Bullying Bosses: A Survivor's Guide* by Robert Mueller

HOME SAFETY :

Heat up the BBQ!

As the summer months begin to heat up, so does barbeque season! But before you indulge, a few grilling-safety reminders will help to protect you, your family and friends. After all, food poisoning isn't something you want to be serving your guests along with a salad this summer.

There are many simple ways to reduce the risk of food-borne illnesses. The danger comes from bacteria such as, E.coli, salmonella, and other transferable germs on raw meats. First off, don't judge how "done" meat is by the colour of its surface or juices. The only reliable method is to insert a meat thermometer into the centre.

After grilling, don't put cooked food back on the plate that the raw food sat on, or use the same utensils to pick it up. A great way to protect yourself and your guests against bacteria is to wash your hands for at least 20 seconds using soap and warm water, before and after touching the food.

Now you have the grilling smarts to avoid an upset stomach all throughout the barbeque season!

Type of Meat	Temperature to Cook at
BEEF & LAMB	
Medium rare	130 to 135°F
Medium	140 to 145°F
Medium well	150 to 155°F
Well done	160°F
Ground meat (hamburgers)	160°F
Hot dogs	140°F
POULTRY	
Chicken and Turkey	165°F
PORK	
Chops medium	140 to 145°F
Chops well done	160°F
Ham	160°F
SEAFOOD	
Fish	145°F
Tuna	125°F



PUBLIC SAFETY :

Bzzzz Off!

Insect bites and stings are bothersome, but are a reality in the summer months. Here are the best ways to prevent insect bites and stings:

- Don't bother insects.
- Use insect repellent that contains DEET.
- Wear protective clothing.
- Be careful when you eat outside because food attracts insects.
- If you know you have severe allergic reactions to insect bites, carry an emergency epinephrine kit.

If you are unfortunate enough to get bitten or stung, here are some ways to heal your wounds.

- **Remove the stinger** – if stung by a bee, look to see if there's a remaining stinger. To remove, use a firm object (doctors recommend a credit card) to sweep across the site and pull out the stinger. DON'T use tweezers or squeeze skin to remove stinger. (Wasps don't leave their stingers after stinging, which means they can sting more than once.)
- **Clean the area** – use soap and water to thoroughly cleanse site of the sting or bite. For spider bites, apply an antibiotic ointment.
- **Apply ice** – use an ice pack wrapped in a cloth or a cold, wet washcloth for a few minutes.
- **Apply hydrocortisone cream** – adding hydrocortisone cream to the site of the sting will help relieve redness and pain.
- **Take a pain reliever and an antihistamine** – give acetaminophen or ibuprofen for pain, and Benadryl for redness, swelling, and irritation.
- **For a tick bite** – use tweezers to grasp the tick firmly at its head or mouth. Pull firmly and steadily on the tick until it lets go, then swab the bite site with alcohol. Contact your doctor if only part of the tick is removed.
- **Get medical help right away** – if you notice wheezing, difficulty breathing or swallowing, swelling, dizziness or vomiting.



SPORTS AND LEISURE :

Ahoy Matey Safety

There are about 10 million boaters in Canada. According to the Lifesaving Society, most fatal boating incidents occur during recreational activities (78 per cent). Half of the Canadian boating deaths occur on lakes (53 per cent) and almost all boating victims are male (91 per cent). If you are going to go boating, make sure the captain or person handling the boat is experienced and competent. Here are a few more safety tips to keep in mind.

Alcohol and water don't mix. One third of boating deaths are alcohol related. Alcohol distorts a person's judgment no matter where they are. That distortion is even greater on the water because there are no road signs or lane markers on the water and the weather can be unpredictable. Fatigue, sun, wind and the motion of the boat dull your senses. It is important to be able to think quickly and react well under pressure, and alcohol diminishes your abilities and impairs your judgment. Drinking and driving (on land or water) is illegal.

Always use personal flotation devices (PFD). It's always a good idea for everyone on the boat to wear a Coast Guard-approved life jacket (or a personal flotation device), whether the boat is a large speedboat or a canoe — and whether you're a good swimmer or not. It may take a few minutes to get used to it, but it definitely can be a lifesaver. Don't leave land without it.

Stay in touch. Before going out on a boat, let somebody on land know where you are going and about how long you'll be out. That way, if you do get into trouble, someone will have an idea of where to look for you. If you're going to be on the water for a long time, it's a good idea to have a radio with you so you can check the weather reports. Water conducts electricity; so if you hear a storm warning, get off the water as quickly as you can.



PUBLIC SAFETY :**Watch where you're Walking**

You see it all the time, people walking down the street talking on the phone, texting, or using some other electronic gadget, and not paying attention to where they are walking. Perhaps you do this yourself, and now that the weather is warmer, you may be more inclined to walk outdoors. Distractions while you are walking, especially in high traffic areas, may put you at greater risk of getting into a collision with a vehicle.

Injuries to vulnerable road users are often the most severe, especially those involving pedestrians. It is the pedestrian who suffers, not the vehicle, and often has tragic results. Vulnerable road users – pedestrians, cyclists and motorcyclists – make up 24 per cent of road users killed or seriously injured each year in traffic crashes. Pedestrians make up the largest group of victims among vulnerable road user casualties, accounting for 56 per cent of fatalities and 50 per cent of those with serious injuries.

Children and adults alike need to be aware of their surroundings. In many cases it is not the driver's fault. It is the responsibility of both driver and pedestrian to ensure each other's safety by following some simple rules.

Pedestrians should:

- Obey the rules of the road – cross at intersections or in pedestrian safety zones, and not in between parked cars.
- Be vigilant at both intersection and non-intersection locations, especially in urban areas.
- Look up from phones and other electronic devices when crossing the street, and turn the volume down on headphones.
- At a traffic light, cross at the beginning of a green light. Do not cross once the "Don't Walk" signal begins to flash or once the light has turned to yellow.

- Make sure drivers see you before you cross.
- Walk against traffic along roadsides without sidewalks or on rural roadways.
- Wear bright or reflective clothing when walking, especially at night.
- Never assume that motorists will yield, even if you have the right-of-way.

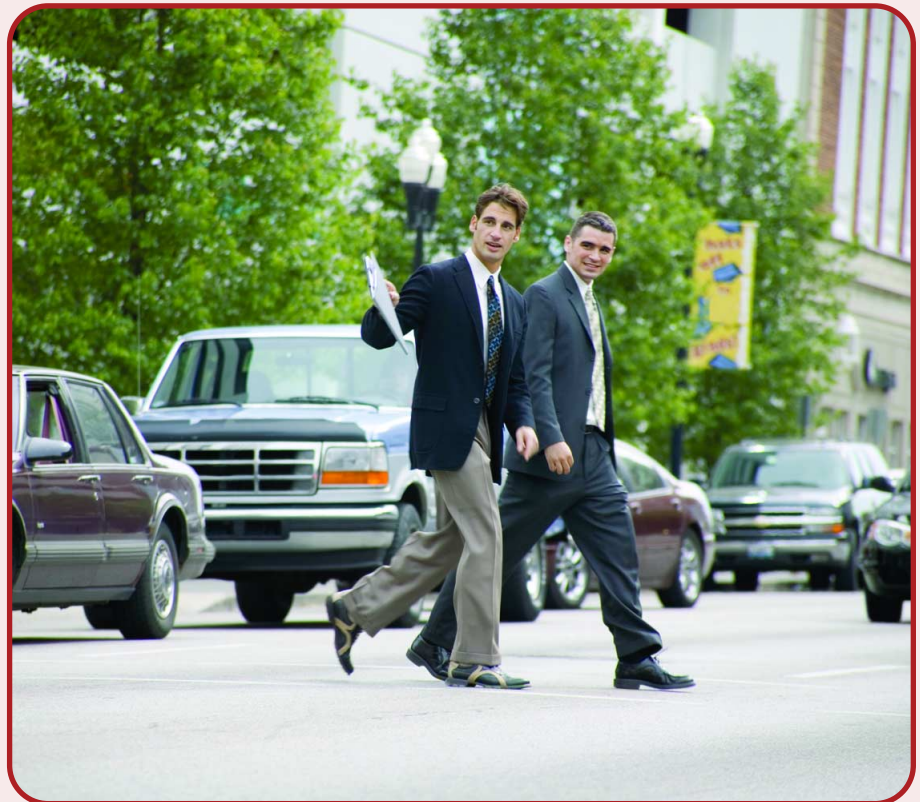
Motorists should:

- Always be on the lookout for, and yield to vulnerable road users, even if they don't have the right-of-way.
- Always be aware of pedestrians, especially when turning.
- Always obey traffic signals and control signs.
- Pay particular attention to younger children playing on streets and to senior citizens crossing at intersections.

- Pay particular attention to workers in temporary work zones.
- Stay alert and slow down through residential streets and school zones.

Teach and reinforce the rules of the road to your children before they begin walking to school, to a friend's house, or to a nearby store. Stress the importance of walking on the inside of the sidewalk, or where there are no sidewalks, as far away from the road as possible. Remind children to always make sure that the driver sees them before starting to cross the street.

Canada Safety Council urges pedestrians to be conscious of their surroundings. Take safety into your own hands. Don't assume because it's your turn to cross that drivers will stop for you. Only cross when it is safe.



KWIZ KORNER :

Sunscreen, Tanning & Heatstroke

Questions:

1. You should use sunscreen even on cloudy or overcast summer days.
True False
2. Most people use sunscreen improperly by not applying enough.
True False
3. Apply sunscreen right before you go into the sun.
True False
4. You don't need to use sunscreen if you have dark skin or already have a tan.
True False
5. You likely shouldn't use a combination of sunscreen and insect repellent with DEET.
True False
6. Tanning booths are a safe way of getting a tan.
True False
7. Heat-related illnesses occur when the body cannot compensate for the heat. Drinking any type of fluid will help prevent dehydration.
True False
8. If a person is suffering from heat stroke, treat by applying cool water to the skin.
True False



amounts. Health Canada maintains people can use sunscreen and insect repellents together, as long as the sunscreen is applied first and the insect repellent second.

6. **False.** UVA rays that are emitted from the Ultraviolet-A light sources in tanning salons are two to three times more powerful than the UVA rays that occur naturally from the sun.

7. **False.** Drink plenty of water and fruit juices, but avoid alcohol, caffeine, and sugary drinks because they can lead to dehydration.

8. **True.** Get the victim to a shady area, remove clothing, apply cool or tepid water to the skin, fan the victim to promote sweating and evaporation, and place ice packs under armpits and groins.

1. **True.** The sun's UV rays can damage your skin even when it's cloudy. Between April and October, plan your outdoor activities before 11:00 a.m. and after 4:00 p.m.

2. **True.** Many people only apply 25 to 50 per cent of the recommended amount. Sunscreen should be applied liberally enough to all sun-exposed areas, so that it forms a film when initially applied.

3. **False.** Broad-spectrum (UVA/UVB) sunscreen should be applied to clean, dry skin 30 minutes before exposure to the sun. This allows time for it to absorb properly. Reapply after perspiration, exercise, swimming and towel drying.

4. **False.** Everyone should use a broad-spectrum sunscreen all of the time when they are going to be out in the sun. Even people with deeply pigmented skin, who rarely burn, should use sunscreen.

5. **True.** DEET can potentially lower the SPF of the sunscreen. Repellent permeates the skin in far greater

Answers:

Safety Canada

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