

Safety Canada

THE MEMBER NEWSLETTER OF THE CANADA SAFETY COUNCIL

Impaired Walking

*You hear the message
"Don't drink and drive"
all the time, but how about
"Don't drink and walk"?*

We've been told time and time again to find alternatives to driving home after having a few drinks (agreeably so), walking being one of those alternatives. For that reason this advice may sound ridiculous, but the statistics indicate otherwise.

In 2008, nearly 40 per cent of pedestrians killed on Canadian roads were impaired, with two-thirds of them having a blood alcohol concentration more than double the legal limit. In fact, of all the fatally injured pedestrians with alcohol in their systems, fewer than one in five was at or below the legal driving limit of 0.08 blood alcohol concentration (BAC), according to the Canadian Council of Motor Transport Administrators* (CCMTA).

In terms of age groups who are most at risk, fatally injured pedestrians aged

20-25 were the most likely to have been drinking. Approximately 85 per cent of 20-25 year olds had been drinking. By contrast, only 15 per cent of tested pedestrians over the age of 55 had been drinking.

Males account for about 75 per cent of all the fatally injured pedestrians who had been drinking, and 78.6 per cent of drinking male pedestrians had BACs over 0.08. However, males dominate the picture because they account for almost two-thirds of all pedestrian fatalities. Among fatally injured female pedestrians – only 27.3 per cent had been drinking and approximately 70 per cent of drinking female pedestrians had BACs over 0.08.

Our neighbours to the south have remarkably similar statistics. According to the Insurance Institute for Highway Safety, in 2008, 38 per cent of fatally injured pedestrians 16 and older had BACs at or above 0.08. The percentage rose to 53 per cent for collisions occurring between 9 p.m. and 6 a.m.

These statistics may actually underestimate the problem of impaired pedestrian fatalities since many fatally injured pedestrians aren't tested for alcohol. In Canada, for example, of the 365 pedestrians killed on our roads in 2008, 209 of them — or 57.3 per cent of the total — were able to be tested for the presence of alcohol.

Impaired pedestrians, not just impaired drivers, contribute to the overall extent of the fatal alcohol crash problem each year in Canada. Walking on roadways while impaired can be particularly risky. However, that's not to say that you shouldn't choose walking as a method to get you home safely. Walking is a great alternative to not getting behind the wheel while impaired, pedestrians just need to be aware that there are risks. Being aware of those risks ahead of time will hopefully help to get you home safe.

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President's Perspective

After 22 years of dedicated work at the Canada Safety Council, George Smith, Manager, Traffic Safety and Training, is retiring. George joined CSC in March 1989, and throughout the years he has trained thousands of students and instructors. From the ATV Rider Course, to the Defensive Driving Course, to 55 Alive Driver Refresher Course, George has logged many training hours as well as many kilometres. He has seen Canada from coast-to-coast, to coast-to-coast, and back. Staff suspects George will not miss his travel to the Northwest Territories and Nunavut come next winter!

He has held a few different job titles over his 22 years at CSC. George has written the content for many of CSC's most popular courses, so he knows his material very well.

Comments from past students have described George as one of the best trainers in Canada. "His patience and the time he took to understand us was amazing. He also catered to us in a very professional manner." One colleague noted that he was always very pleasant to work with.

From the staff and I, we wish George all the best for a safe and happy retirement.

Safety, It's an Attitude



Jack Smith, President



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Walking is definitely encouraged, but if you are going to be having a few or more drinks, it is best to heed some safety advice.

- Wear brighter clothing so cars are able to see you. Wearing darker clothes makes you blend in with your surroundings, making it virtually impossible for drivers to see you.
- Pay attention to the cars around you. Be sure that driver's see you before crossing the street, even if it's at an intersection.
- Don't jaywalk; always cross at intersections.
- Stick to the buddy system; don't walk alone when you are impaired.
- Take a cab, or arrange for another method of transportation if walking home becomes too risky, i.e., you are not able to walk in a straight line.
- Don't walk in a snowstorm or heavy rainfall. Drivers have a hard enough time seeing, and may not see a pedestrian close to the road.

Drivers should also be aware, especially during nighttime hours, and in areas where restaurants and bars are located. Impaired pedestrians may be unpredictable, and come out between parked cars, or from other unexpected areas.

The Canada Safety Council urges you to be smart and plan ahead if you plan on walking home after a few drinks.

** The CCMTA report, published in 2010, is based on 2008 data in national databases maintained by the Traffic Injury Research Foundation.*



WHEELS IN MOTION :

Public Seeks Safer Roads but Still Takes Risks

Drivers are concerned about the dangers of the road but haven't given up habits like speeding and cellphone use that they acknowledge are risky, a new poll by the AAA Foundation for Traffic Safety shows.

The telephone survey of 2,000 US residents age 16 and older, conducted in the spring of 2010 for the foundation's third annual Traffic Safety Culture Index (aaafoundation.org), found most people view highway safety as an important priority and look unfavourably on drinking and driving, drowsy driving, red light running, speeding in residential areas, and using cellphones behind the wheel. But many people admit to doing some of those things anyway.

While motor vehicle crashes remain the leading cause of death for people ages 3-34, fatalities have fallen to their lowest levels since 1950, thanks in large part to safer vehicles. Still, 52 per cent of motorists say driving feels less safe today than it did five years ago. Of those who say that, more than half cite cellphones, texting, or general distraction as one of the reasons. Other common explanations include aggressive or impatient drivers and increased traffic.

But when it comes to things like cellphone use and speeding, there's a disconnect between the large majorities that condemn the behaviors and the substantial minorities who say they've engaged in them. These groups clearly overlap, although it's unclear to what extent. Only in the case of alcohol-impaired driving do few drivers admit to driving recently while close to or over the limit.

Cellphones: Of respondents who reported driving in the past 30 days, 92 per cent said it was unacceptable to text or email while driving. At the same time, 24 per cent reported texting or emailing at least once in the prior month. That's more than admitted to it in a 2009 Institute survey in which 13 per cent of drivers reported some texting and six per cent reported emailing (see Status Report, Feb. 27, 2010). When it comes to talking on cellphones, nearly two-thirds of people surveyed by the AAA Foundation said their own safety is very seriously threatened by drivers on the phone. But more than two-thirds said they had talked on the phone at least once while driving in the previous month.

Of those who reported doing so, most said they don't use a hands-free device.

Speeding: The public appears to recognize that excessive speed, which plays a role in about one-third of fatal crashes, is dangerous. Two-thirds of drivers in the survey said it's not acceptable to drive more than 15 mph (25 km/h) over the speed limit on a highway, but 46 per cent reported doing it in the past 30 days.

Red light running: Ninety-three per cent of drivers said it's unacceptable to go through a red light if it's possible to stop safely, but one-third reported having done so. Almost a quarter of drivers reported doing so more than once in the past 30 days. Nearly 700 people were killed in crashes that involved red light running in 2009.

Drowsy driving: Ninety-six per cent of drivers said it's unacceptable for people to drive when they are "so tired that they have a hard time keeping their eyes open." However, more than a quarter of drivers said they've done it at least once during the past 30 days, and 18 per cent said they've done it multiple times.

Safety belt use: Eighty-six per cent of drivers said it's unacceptable not to use a safety belt. But nearly one in four reported having driven without one in the past month. Nearly one in 10 reported doing this fairly often or regularly. Forty-nine per cent of passenger vehicle drivers killed in 2009 were unbelted.

Alcohol: Virtually all drivers said it's unacceptable for people to drive if they believe they've had too much to drink, with 93 per cent calling it completely unacceptable. Eighty-three per cent said they would lose some respect for a friend if they found out the friend had done so. About 11 per cent of drivers said that on at least one occasion in the past year they had driven when they thought their blood alcohol concentration was close to or possibly over the legal limit. Of those, 15 per cent said it happened within the past month. The percentage of fatally injured drivers with blood alcohol concentrations of 0.08 per cent or higher has held steady at about one third since the mid-1990s.

Highway safety: When asked to rank the importance of three public health issues — flu, food contamination, and highway safety — half of all respondents said reducing the number of people who die in motor vehicle crashes should be the highest priority. However, most people said they would oppose a 10-cent per gallon gas tax to pay for improvements to the most dangerous roads.

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ACTIONS BY OTHERS THAT DRIVERS SEE AS THREATS TO THEIR SAFETY

	Very serious	Somewhat serious	Minor threat	Not a threat
Text messaging or emailing	88%	8%	2%	2%
Driving after drinking alcohol	87%	9%	2%	1%
Driving when too sleepy	70%	22%	7%	0%
Talking on cellphones	62%	25%	10%	2%
Driving aggressively	58%	30%	8%	3%
Speeding	50%	31%	13%	4%

RISKY THINGS THAT DRIVERS ADMIT TO DOING WITHIN PAST 30 DAYS

	Never	Just once	Rarely	Often	Regularly
Drove without using safety belt	76%	4%	11%	4%	5%
Read or sent text message while driving	76%	3%	14%	4%	2%
Drove when it was hard to keep eyes open	73%	9%	15%	2%	1%
Drove through light that just turned red	66%	10%	20%	3%	1%
Drove 15 mph (25 km/h) over speed limit on highway	53%	5%	24%	10%	7%
Talked on cellphone while driving	31%	10%	26%	18%	16%

Source: Insurance Institute for Highway Safety



**May 1 - 7, 2011
is Emergency
Preparedness Week**



**Is your family prepared?
www.GetPrepared.ca/epweek**

HOME SAFE HOME :

Problem Neighbours

We all know someone who has had an issue with a neighbour, but what if it happens to you? What should you do?

The first step, before any issue arises, is to get to know your neighbours better. Many people stick to themselves, but creating bonds with your neighbours can be very beneficial if there's ever a problem. In the event that you are having problems with a neighbour, it is much easier to solve the problem amicably if you know the person, as you may feel more comfortable approaching them. Your neighbour may not even know there is a problem. Give them the benefit of the doubt and see if you can resolve the issue, without getting a third party involved.

Many people shy away from this approach because they're afraid of confrontation. To help with this, don't think of approaching your neighbour as a confrontation. Instead, think of it as a friendly conversation, keeping in mind that your goal isn't to start a fight, but to explain your concern and see if you both can work something out. Wait until you're feeling calm to approach your neighbour.

Approaching a problem when you are angered may lead to more problems. If you can't or don't want to approach your neighbour in person, try writing a letter outlining your concerns instead.

Unfortunately, not all neighbours are reasonable. If a neighbour gets confrontational, don't fight back; make it clear that you're not there to argue. Even if you get a negative response, leave the conversation open to a positive solution. For example say, "Think it over. I'd like to try and work it all out." You will lose nothing by being pleasant. The fact that you chose to try and solve the problem on your own will cast you in a better light

if you have to talk to a third party, such as a landlord. Also remember that the person may not acknowledge your point right away, but may change their behaviour or address the problem later, once they have thought it over. Keep in mind, that if you have already built a relationship with this person, your concerns may be received much better. However, if talking to your neighbour about the problem does not change their behaviour, there are a few steps that you can take. You have the right to live in your home without being disturbed.

Document the issue

If the problem is one that reoccurs, (like late-night noise) start keeping a log. Write down the date, what occurs and any other observations that may be helpful. You may find that the problem is not as frequent as you thought. A clear log will help document your case for the police or the courts, if it gets that far.

Talk to your landlord (if renting)

If your neighbour continues to disturb your peace after talking to them, your landlord may be able to help you rectify the situation. They can go to their renters, and speak with them about the problem.

Take self-help measures

If talking to your neighbour and/or landlord doesn't improve the situation, there are some things you can do on your own. For example: Fight noise with noise. Creating your own noise can help cancel out any bothersome sounds from an inconsiderate neighbour. Turn on a fan or play a CD of ambient sound effects. Wear earplugs. Wearing earplugs can help ensure you get a good night's sleep or get the peace and quiet you need to do work or enjoy a book. Buy air purifiers for odours. These machines not only make

the air you breathe cleaner and healthier for you, but some also mask cooking odours that may waft in from your neighbour's.

Call bylaw and/or police

Speak to someone at your local city department, to see what bylaws are in place in your area concerning your problem. Ask them what they can do to help you or what your next course of action should be. Your city may have slightly different ways of approaching the issue than others, but they will all have some guidelines to help you out.

If a neighbour harms or threatens you in any way, call the police immediately. Same goes for neighbours whom you spot conducting illegal activity, such as drug dealing. A visit by the police may call more attention to your situation by neighbours and/or a landlord.

Seek legal help

Don't start legal action unless you really have exhausted all other options. They might be able to give you some good advice on the next steps if other courses of action are getting you nowhere.

Take your business elsewhere

Maybe you've reached a point where neighbours have been causing too many problems for you. Or perhaps you've tried all of the above tactics and they didn't work. Remember, you still have the option to move. If you find a nicer, quieter accommodation, then moving may just prove to be the best approach of all.

Keep in mind that you can change the experience you have in your own neighbourhood by getting more involved with those around you and taking pride in the area in which you live.

ON THE JOB :

Workplace Stress Highest for Invested Workers

Most people who work have occasionally felt stress from their jobs. However for workers who experience high levels of stress on an ongoing basis, stress can turn into burnout, mental health disorders and physical illnesses. A recent study by the Centre for Addiction and Mental Health (CAMH) showed that 18 per cent of workers felt their jobs were highly stressful. Even more telling were the responsibilities and job characteristics that increased the likelihood of a worker feeling highly stressed as a result of work.

The study set out to examine the relationship between job stress and worker perceived responsibilities and job characteristics. Information was gathered and analyzed from a survey of 2,737 Alberta adult workers who had worked the previous year in a variety of settings, including offices, manufacturing, construction, farming and services.

The study found that employees who were more engaged in their work were twice as likely to report high stress. Workers were more likely to describe their job as "highly stressful" if they were managers or professionals, worked at a site remote from their home, or if their jobs required them to entertain, travel or work long or variable hours (shift work, being on call, compressed work week or overtime). The odds of being highly stressed also increased for workers if they felt that their poor performance could cause physical injury to themselves or co-workers, or damage to the company's equipment, reputation, or finances.

On the other hand, 82 per cent of workers surveyed reported low or no stress. Statistically, this group tended to be male, single/never married, under the age of 25, and not to have completed high school. Workers who were satisfied

with their jobs, or didn't consider their job a career were much less likely to describe their jobs as being highly stressful. The findings in this study may be helpful to employers in determining where to focus efforts to alleviate stress in their at risk employees.

How employers can help

Employers should assess the workplace for the risk of stress. Look for work pressures that could cause high and long lasting levels of stress, and the employees who may be harmed by these pressures. Determine what can be done to prevent the pressures from becoming negative stressors, including:

- Treat all employees in a fair and respectful manner.
- Design jobs to allow for a balanced workload. Allow employees to have control over the tasks they do as much as possible.
- Keep job demands reasonable by providing manageable deadlines, hours of work, and clear duties, as well as work that is interesting and varied.
- Involve employees in decision-making and allow for their input directly or through committees, etc.
- Do not tolerate bullying or harassment in any form.
- Be aware of the signs and symptoms that a person may be having trouble coping with stress, and take them seriously.
- Encourage managers to have an understanding attitude and to be proactive by looking for signs of stress among their staff.
- Survey employees and ask them for help identifying the causes of stress.
- Once identified, address the root causes of the stress as quickly as possible.
- Provide workplace health and wellness programs that address the source of the stress.
- Provide employees with access to Employee Assistance Programs (EAPs) and resources that address their mental health concerns.
- Make sure staff have the training, skills and resources they need.

Source: Canadian Centre for Occupational Health and Safety



KWIZ KORNER : Workplace Stress

Questions:

1. Workplace stress is the result of any emotional or physical factor that requires a response or change within the workplace.
True or False
2. Eating right and keeping fit is a great way to improve overall mental health.
True or False
3. Everyone has access to an Employee Assistance Program (EAP) through his or her workplace.
True or False
4. Employers should assess the workplace for risk of stress.
True or False
5. Stress can only be described as bad.
True or False
6. What are the best things to do to help you deal with stress?
 - a. laugh
 - b. stretch
 - c. prioritize
 - d. all of the above

7. What are the three categories of signs and symptoms that can indicate someone is having difficulty coping with stress?
 - a. Physical, behavioural, neurological
 - b. Physical, psychosocial, behavioural
 - c. Psychosocial, behavioural, metaphorical

Source: Canadian Centre for Occupational Health and Safety



- Answers:**
1. True. Workplace stress can be defined as harmful physical and emotional responses that can happen when there is a conflict between job demands on the employee and the amount of control an employee has over meeting these demands. The combination of high demands in a job and a low amount of control over the situation can lead to workplace stress.
 2. True. A balanced diet, exercise and rest can help you to reduce stress and enjoy life.
 3. False. Not everyone has access to an EAP program through work. The services of EAP providers need to be purchased by your employer. Check with your human resources department (or equivalent) for contact information.
 4. True. Employers should look for pressures that could cause high and long lasting levels of stress. Determine what can be done to prevent the pressures from becoming negative stressors. Be aware of the signs and symptoms that a person may be having trouble coping with stress, and involve employees in decision-making that allows for their input directly or through committees.
 5. False. Some stress can actually be considered good, or normal. This stress can be referred to as 'challenge' or 'positive' stress, and is often what provides us with the energy and motivation to meet our daily challenges both at home and in the workplace. Stress in these situations is the kind that helps you "rise" to a challenge and meet your goals and deadlines. However, when stress occurs in amounts that you cannot handle, you will begin to see negative signs of stress.
 6. D. Finding ways to help maintain good mental health is essential. There are many ways to be proactive in dealing with stress. As suggested by the Canadian Mental Health Association – laughing is one of the easiest and best ways to reduce stress, so share a joke with a co-worker or watch a funny video clip. Learn to relax, take several deep breaths throughout the day, and take regular stretch breaks. Also, take a few minutes at the beginning of each day to prioritize and organize your day.
 7. B. Physical: headaches, grinding teeth, clenched jaws, chest pain, shortness of breath, pounding heart, high blood pressure, muscle aches, indigestion, constipation or diarrhea, increased perspiration, fatigue, insomnia, frequent illness.
Psychosocial: anxiety, irritability, sadness, defensiveness, anger, mood swings, hyperventilation, apathy, depression, slowed thinking or racing thoughts, feelings of helplessness, hopelessness, or of being trapped.
Behavioural: overeating or loss of appetite, impatience, quickness to argue, procrastination, increased use of alcohol or drugs, increased smoking, withdrawal or isolation from others, neglect of responsibility, poor job performance, poor personal hygiene, change in close family relationships.

SPORTS AND LEISURE :

Hiking and Camping Safety

As the temperature rises, it's a great time to get outside and enjoy one of Canada's national or provincial parks. From coastlines to mountains to rainforest and prairies, Canada has the biggest backyard to explore.

Whether you're out for a leisurely hike along park trails or a strenuous multi-day trek, ensure your trip into the great outdoors is a safe one:

- Check weather before you leave, and be prepared for it to change.
- Carry extra food and clothing, in case you need to stay out longer than you had anticipated.
- Be bear and cougar aware. Know what to do if you meet one. Bears and cougars aren't just in the backcountry; many parks and cities encroach on their habitat.
- Keep to the trails. If you get lost, you have a better chance at being found on the trail than off.
- Slow your pace and announce your presence/intentions when approaching other trail users.
- Share the trail. Downhill hikers should yield to uphill hikers.

Source: www.adventuresmart.ca

10 Trip Essentials

1. Flashlight, spare batteries and bulb.
2. Fire-making kit (waterproof matches/lighter, fire starter or candle).
3. Signalling device, such as a whistle or mirror in case you get lost.
4. Extra food and water (1 litre of water per person).
5. Extra clothing (e.g., rain and wind gear, a toque).
6. Navigation and communication aids (maps, compass, cellular/satellite phone).
7. First-aid kit.
8. Emergency shelter (e.g., a tarp or large garbage bag – preferably bright so that it can be used as a signalling device).
9. Pocket knife.
10. Sun protection (glasses, sunscreen, hat).



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