



## These boots were made for walking... not driving.

With the range of new technologies built into newer vehicles, driving is becoming safer than ever, but sometimes collisions occur because of a lack of driving preparedness – specifically our choice of footwear.

Warmer weather in Canada often generates the desire to wear less restricting and more breathable footwear. That new pair of shoes you bought for a summer party might look great, but you may want to rethink driving in them. Even a simple task like changing gears could cause a serious problem in the wrong type of shoes.

From high heels and flip-flops to platforms and boots, there are many footwear choices that can potentially contribute to the loss of control of your vehicle. A 2005 survey by an insurance company in the United Kingdom revealed that flip-flops are the most dangerous type of shoe to drive in. Three-quarters of the one thousand motorists questioned said they found it challenging to drive in flip-flops, however 25 per cent admitted to regularly

driving in them. Under half of women drivers surveyed said they chose what shoes to wear based on what went best with their outfit rather than what was the safest footwear for driving in.

A similar report again from the UK revealed that 80 per cent of female drivers wear inappropriate footwear when in control of a car; a third of all female drivers confess to wearing flip-flops; and 18 per cent claim that they have worn no shoes at all when driving. While driving barefoot is not illegal in Canada, vehicle control can be compromised and is not recommended by Canada Safety Council. Your foot could slip off the pedal easily because you don't have the same grip as shoes give you. In an emergency, insufficient pedal pressure given by a barefoot driver may lead to a collision. Also, driving barefoot could hinder your driving, making you subject to other fines.

Driving in high heels can cause several problems because of their lack of grip, tendency to get caught under the pedal,

and the uncomfortable driving position that results from wearing them. The high heel can interfere with operation of the pedals, making it difficult to apply the appropriate pressure because the driver's heel is suspended. In order for the driver to maintain the proper action on both the brake and acceleration pedal (also clutch for manual-transmission cars), the driver's heel must always sit on the floor. Footwear with heels don't allow for this. High heels also have the added danger of the heel getting caught in the floor mat. This is potentially a very risky situation because it may not give adequate time to react; i.e. having to brake or accelerate quickly.

Wedged shoes (such as espadrilles), platforms, flip-flops and other shoes are also potential risks while driving. Shoes without adequate ankle support can lead to your foot slipping off the pedal or missing the pedal altogether. In addition,

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## President's Perspective

### ***It's as simple as putting your car keys beside your bed at night.***

Most vehicles today come with remote keyless entry. These remotes have at least a lock, unlock and panic mechanism. Your key remote can act as a security alarm system and requires no installation. Instead of putting your keys away when you get home, keep them next to you in case you hear suspicious noises outside or you hear someone trying to break in. Press the panic button for your car, (you may need to press and hold the panic button for it to sound). The alarm will go off from most rooms inside your home if you have parked in your driveway or garage, and will honk for a short length of time or until you reset it by pressing the panic button again. Do a test run to make sure you know how your panic button works.

Having your car alarm go off while someone is attempting to break into your house may act as a deterrent. This may scare the potential intruder away by attracting attention to your house. After a few seconds all the neighbors will be looking out their windows to see who is out there and the intruder is not likely to want that.

However, using your remote keyless entry system should not be used as a substitution or in place of calling the police if you suspect a home intruder, or in place of installing a home alarm system.

Another great use for the panic button: Carry your keys while walking to your car in a parking lot, especially at night. The alarm can help to attract attention if you feel uneasy.

It can also be handy in other types of situations when you need to attract attention. It could be useful for an emergency situation while working around your house, such as cleaning the leaves from the roof gutters. Keep your keys on you, and let someone nearby know that if they hear the car alarm to come immediately.

Share this information with your friends and family – you never know when it might come in handy.

### ***Safety. It's an Attitude***




Jack Smith, President



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*Continued from page 1*

the sole of your shoe can get trapped underneath the pedal when you lift up your foot to change gears. This can also occur while wearing boots. Boots tend to be heavy and can affect the pressure on the gas pedal. Shoes that have a really wide sole could press on both the gas pedal and brake pedal at the same time. It's a good idea to wear shoes with thinner soles. Running shoes may not even be the best shoes to drive in because some soles are thick and padded. Walking shoes or any flat-soled shoes are better choices.

When looking for a shoe that is suitable for driving, you must make sure they have a thin sole and enough room to manoeuvre your ankles properly. This is important because it provides you with the best pedal pressure when braking or accelerating. If the sole is too thick, you will have a hard time feeling the pedals and the pressure you are putting on them. Shoes with soles over 2.5 centimeters are unsuitable for driving because they impede the feeling required by the foot to operate the pedals properly. Thicker soles usually mean more weight and that causes

difficulties when it comes to maintaining a relaxed ankle or insuring easier sudden movements. Although flip-flops have thin soles, they are not recommended because they do not provide adequate ankle support and can slip off your foot easily.

Be extra careful in wet weather. Slippery soles make it easier for your foot to slip off the pedals. Before driving, make sure to wipe the soles of your shoes dry.

Keep an extra pair of good driving shoes in your car in case you find yourself wearing the wrong shoes. Just make sure to keep them out of the way of the gas and brake pedals, so they don't get lodged under and potentially cause a collision.

### **Footwear that you should NOT drive in:**

**Platforms** - they are heavy and have thick soles, so they're awkward to manoeuvre on the pedals, restrict what you can feel, and risk becoming jammed.

**Stilettos** - high, sharply pointed heels risk becoming caught in the floor mat, and hold your foot at the wrong angle for driving safely.

**Strappy sandals** - flimsy, loose shoes may slip on the pedals, or expose your feet to painful abrasions.

**Flip-flops, mules, and slippers** - these are not secure enough and may slip off as you drive. You need shoes that stay securely on the foot.

**Boots** - too restrictive of ankle movement, and knee-length styles can catch against the seat.

**Some running shoes** - ones with thick, chunky soles restrict movement and the ridges may catch against the pedals. Not enough feel between your foot and the controls.

### **Footwear that IS good to drive in:**

- The sole of the shoe should be no thicker than 2.5 cm.
- At the same time, the sole should not be too thin or too soft.
- There should be enough grip to prevent the sole from slipping off the pedals.
- The shoe should not be too heavy.
- It should not limit ankle movement.
- Thin-soled gym or walking shoes generally work fine.

## **SPORTS & LEISURE : Notice to Boaters**

Make your 2010 recreational boating season as safe as possible.

As a responsible boater, protect your passengers and other boaters from risk and harm by remembering:

- Not to cruise with booze;
- To wear your lifejacket or PDF (personal flotation device) and ask all your passengers to do the same;
- To constantly be aware of changing weather and water conditions and the actions of other boaters; and
- To take a boating safety course to learn about the operation of your vessel and the waterways in which you will be travelling.

### **Remember to always bring on board your:**

- Personal identification
- Pleasure Craft License (if your motor is more than 10 horse power)
- Proof of competency - this includes one of the following:
  - A Pleasure craft operator card;
  - Proof of having passed a boating safety course in Canada before April 1, 1999;
  - A specified marine certificate; or
  - A completed rental-boat safety checklist.

To learn more, visit [www.boatingsafety.gc.ca](http://www.boatingsafety.gc.ca) or call the Boating Safety Infoline at 1-800-267-6687.

***This message brought to you by Transport Canada.***



## WHEELS IN MOTION :

### Defects Versus Safety Ratings

Safety ratings indicate how well a car protects its occupants in a crash, compared with other models. The tests on which the ratings are based sometimes reveal safety defects but aren't designed to do so. Ferreting out vehicle design defects that jeopardize safety and deciding what to do about them are the work of the National Highway Traffic Safety Administration's (NHTSA) Office of Defects Investigation.

"If one of our crash tests finds a defect, we report it to NHTSA. We also tell the automaker, who might elect to fix the problem voluntarily and initiate a recall. If we believe a proposed fix will solve the problem, we report the findings to consumers and let them know that our published ratings apply only to vehicles that have been fixed. This has happened a number of times," says Institute president Adrian Lund.

By the same token, the Institute would downgrade the crashworthiness rating of a vehicle that isn't fixed. This virtually never happens, though, because disclosure is such a powerful incentive. Automakers usually hurry to fix any problems the Institute uncovers in its tests.

Most safety defects aren't uncovered in crash tests conducted by the Institute or any other group. Most such problems are revealed by consumers who report problems to NHTSA. The agency monitors complaints, looking for trends indicating that a serious defect might exist, and then opens an investigation when a trend indicates this step is warranted. NHTSA is authorized to order automakers to recall vehicles and make repairs, based on investigations indicating serious safety problems in a vehicle's design, construction, or performance.

"Think of crashworthiness ratings as general information about car safety, and then consult NHTSA about specific safety recalls," Lund concludes. "Make sure a vehicle you're thinking of buying hasn't been recalled or, if it has, the problem has been fixed. Then it should be okay."

**Insurance Institute for Highway Safety, Status Report Vol. 45, No. 4**

## SPORTS & LEISURE :

### Utility Terrain Vehicle Driver Course

Canada Safety Council is proud to announce a new course – the Utility Terrain Vehicle (UTV) Driver Course. This course has been developed to meet the needs of industry as well as the public sector. Our records show that 20 per cent of all new off highway vehicles sold in the last two years were UTV's.

The course will introduce strategies to help you identify and manage risks when dealing with UTV's.

#### ***This instructor led course will cover:***

- how to start and stop the engine;
- how to brake;
- safe driving methods;
- what your abilities are, and your UTV's capabilities;
- the proper protective gear for driving; and
- loading and the transportation of UTV's

This course was launched in June and is now available to those who want or require training. You must be 16 years of age or older to participate in this course. By learning to operate your UTV properly and consistently practicing safe driving techniques, you can look forward to many years of rewarding enjoyment of the sport.

***Some companies will require this driver training under Canada's Occupational Health and Safety requirements.***



## HOME SAFETY :

# Is your home alone?

Your bags are packed, the car is loaded and your tickets are in hand. You're finally ready for that relaxing summer getaway you've been anticipating all year...or so you think.

In the last minute hustle and bustle of planning a vacation, many Canadians leave their "home alone" and fail to plan for its proper protection. Empty houses are attractive targets for break-ins, which can be a real threat for homeowners. In 2008, police in Canada reported over 200,000 break-and-enters, with nearly six in 10 of them being residential homes.

"Planning ahead is essential to ensure that your return home doesn't leave you with unplanned surprises," said Wayne Ross, insurance expert at Aviva Canada. "The key is to take a few simple steps to make it look like you haven't left at all."

***Consider the following tips the next time you are travelling for an extended period of time:***

- **Keep it to yourself:** You or your kids posting holiday plans or live updates on social networking sites such as Facebook or Twitter may seem harmless

enough, but it could alert would be thieves to an empty house.

- **Get a house sitter:** Have someone stay there or have a trusted neighbour check-in daily. Give this person a key – don't hide it.
- **Set timers:** Set lights on timers in different rooms of your home.
- **Newspaper and mail delivery:** Piled up mail or newspapers are an obvious giveaway that the homeowners are out of town – cancel or temporarily divert deliveries, or have your neighbours pick them up in a timely fashion.
- **Have your yard maintained:** Depending on the time of year, arrange to have your lawn mowed and your grass watered.

With these tips in mind, you can concentrate on enjoying your summer escape and coming back to your home revitalized. More information is available from your insurance broker or online at [www.avivacanada.com](http://www.avivacanada.com).

[www.newscanada.com](http://www.newscanada.com)





## ON THE JOB :

# Outdoor workers exposed to sun

What do sailors, surveyors, landscapers and postal carriers have in common? They all work outdoors and are regularly exposed to the sun for long periods of time. This puts them at a high risk for developing skin cancer, according to the Canadian Dermatology Association (CDA). Adding to the danger for outdoor workers is the fact that they are often in the sun when the sun's harmful ultraviolet (UV) radiation is at its strongest, between 12 noon and 2 pm.

## Who Is At Risk?

Anyone working outdoors who may be exposed to the sun's ultraviolet radiation is at risk, including:

- Agricultural workers
- Farmers
- Construction workers
- Ranchers
- Athletes
- Fisherman
- Landscapers
- Police
- Ski instructors
- Lifeguards
- Postal carriers
- Sailors
- Loggers
- Surveyors

## How To Reduce The Risk Of Skin Cancer From Sunlight

It is important to be aware of the risks and take precautions while under the sun from as early in life as possible. The good news is that skin cancer is largely preventable. You can protect yourself in these ways:

**Reduce exposure to sunlight.** Try to limit the amount of time you work outdoors in the sun, especially from 11:00 am to 4:00 pm when the sun's rays are the most intense. Seek shade from buildings, trees, canopies, etc, as much as possible, especially during lunch and coffee breaks. Be aware that water, white sand, concrete, snow, and ice can reflect from around 10 per cent to 85 per cent of the sun's ultraviolet radiation. Your skin may require extra protection against these indirect, reflected rays.

**Wear protective clothing and sunglasses.** Wear clothing that covers as much of your body as possible, made from fabrics which do not let light through. Not all clothing offers the same protection. For example, a white cotton T-shirt may have an SPF of seven while a long-sleeved denim shirt has an estimated SPF of 1700. Some fabrics like cotton lose about 50 per cent of their SPF rating when they get wet. For additional protection, wear wrap-around sunglasses that absorb UVA and UVB radiation, and a wide-brimmed hat. If you wear a construction helmet, attach a back flap to cover the back of your neck and a visor for the front of the face.

**Use protective sunscreens.** You should generously apply a broad spectrum (UVA and UVB protection) sunscreen of SPF 30 or higher to all areas of exposed skin, 20 minutes before working in the sun. Reapply it as directed by the manufacturer's instructions (usually every two hours) or more often if you are perspiring heavily. Remember your lips and apply a broad spectrum, SPF 30 lip balm.

Sunscreens should be used in addition to, not instead of, working in shade and wearing suitable clothing, hats, and sunglasses. Sunscreens are not intended to extend the exposure time to sunlight, but rather to reduce the effects of sunlight when you have to be in the sun.

**Examine your skin regularly for any unusual changes.** The danger signs include any wound, sore, or patch of skin that won't heal or constantly scales. Also examine for any growing lump, particularly if brown or bluish in colour. Get medical care for anything that looks suspicious rather than wait until the problem becomes untreatable.

*Canadian Centre for Occupational Health and Safety*



## KWIZ KORNER :

# Use Caution at Garage Sales

## Questions:

- Whose responsibility is it to ensure that the products at garage sales meet current Canadian safety requirements?
  - The seller
  - The buyer
  - Both the seller and buyer
  - No one
- Cribs are a common item sold at garage sales that have a high potential hazard risk.  
True or False
- If you are caught selling items that fail to meet safety standards you can be held responsible if someone is injured due to a product you sold to them.  
True or False
- Which of the following items are illegal to sell at garage sales in Canada? (more than one answer)
  - Hockey helmets
  - Lawn darts
  - Baby walkers
  - Water bottles
- The reselling of any type of helmet is acceptable.  
True or False



## Answers

- C.** Health Canada encourages sellers and buyers of second-hand products to stay informed about product recalls, advisories and important regulatory changes. However, it has been found that products offered at garage sales often do not meet current requirements. Therefore, the buyer must decide if the cost-savings are worth the potential risk associated with purchasing second-hand and consumer products.
- True.** You must use caution before buying a crib at any garage sale. Cribs should not be used if they were manufactured before 1986, if any parts are loose or missing, or if there are any signs of damage. Cribs should be accompanied by proper assembly instructions and should not be used if they cannot be assembled as per the instructions.
- True.** Even with informal transactions such as those at garage sales, it is illegal to sell hazardous or unsafe items. The Hazardous Products Act provides for steep fines and prison sentences.
- B and C.** Baby walkers have been illegal to sell in Canada since April 2004. Anyone with a baby walker is advised to destroy and discard it so that it cannot be used.  
It is illegal to sell lawn darts with elongated tips in Canada.
- False.** Helmets (other than hockey helmets), such as bicycle and in-line skating helmets and equestrian riding helmets, are designed to protect the head against a single impact. It is not recommended to resell these products.  
To find out if a product has been recalled by the manufacturer, and for information on corrective action, please contact the manufacturer or check Health Canada's Consumer Product Recall database. Items you should be cautious of buying or selling include: baby gates, car seats, children's jewelry, children's sleepwear, cosmetics, cribs, garden torches, hockey helmets and face protectors, playpens, strollers, toys (toys with magnets), children's clothing with drawstrings, infant bath seats, and window blinds.

## SENIOR SAFETY :

# Seniors should tackle iron deficiency

Poor nutrition, perhaps due to loss of appetite, bad teeth or lower fixed incomes can lead to lower iron levels in seniors.

Inadequate absorption or insufficient utilization, perhaps due to side effects of medications, high alcohol consumption or chronic disease, can also lead to an even higher iron requirement.

Symptoms of iron deficiency in seniors include decreased cognitive function, dizziness, and apathy. Other symptoms of iron deficiency may include decreased ability to concentrate, increased frequency of infection, paleness, dark circles under the eyes, brittle hair and nails, shortness of breath, restless legs, and cold hands and feet.

Iron deficiency is the first step towards anemia, and anemia is a big problem in seniors. Up to 44 per cent of seniors are anemic, which increases after age 65 and sharply rises after 85.

"Pick up on the iron deficiency before anemia develops, and it is safer to treat and easier to correct," says Dr. Cathy Carlson-Rink, a licensed naturopathic physician and registered midwife. "A serum ferritin test is the best way to identify iron deficiency."

A healthy diet coupled with the use of a high-quality liquid iron deficiency prevention product will help symptoms to diminish. Iron-rich foods include leafy green vegetables, such as spinach, kale, or even seaweed, as well as raisins, prunes, apricots, lean meats and eggs.

"For years, I have recommended Salus Floradix," notes Dr. Carlson-Rink. "Floradix is a liquid iron supplement that is plant-based, so it does not lead to iron overload, and is also additive and preservative free."

More information can be found online at [www.requiredforlife.com](http://www.requiredforlife.com) or toll-free at 1-888-436-6697.

[www.newscanada.com](http://www.newscanada.com)



# Safety Canada

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