



## August 2010 ----ISSUE 120

### DIRECTOR'S NOTE:

Impaired driving is a major concern for everyone on the roads. It makes no difference if you are traveling for work or play, an impaired driver can cause a life changing incident in an instant. Impairment can include a number of things that affect a driver's ability to be focused and alert while driving. Drinking and driving is an obvious concern for all motorists using our roads. In addition to alcohol, both recreational and prescription drugs can cause serious impairment to those using the road. Fatigue can also cause a serious hazard. A fatigued driver is in a compromised position and can not react as quickly or as effectively to a sudden danger.

This fall British Columbia is implementing new laws around drinking and driving making them the harshest in the country. Drinking and driving is an issue that is of concern to everyone on the road. A driver that has been drinking, even a small amount can change or even end the life of anyone they encounter.

Chuck Carter

Director, Transportation Safety

### SAFETY HAZARD FOCUS:

Drivers who are tired are more likely to cause and be involved in serious incidents on the road. They do not have the same ability to react quickly or respond accurately to the changing environment of the road. If you are feeling tired while on the road it can be helpful to pull over and take a break for a few minutes, even a small rest can make you a safer driver. The risk of fatigue goes up drastically between dusk and dawn, driving in the dark can cause many people to feel sleepy. Going out on the road when you are too tired makes you a hazard, drinking coffee or energy drinks is not the solution. Proper rest is needed for the body to be able to react quickly and correctly when something goes wrong.

It is important to take care of yourself when out on the job, this includes making sure you are eating regular nutritious meals. Eating the largest meal of the day about half way through your

time awake gives you energy for work but allows you to still get to sleep at the end of the day. Eating too heavy a meal just before work or just before going to bed can leave you feeling tired and uncomfortable. Too large a meal can make it hard to stay focused on your task because your body is putting all of your energy towards digestion. It is better to try to eat light meals many times a day than one large carbohydrate rich meal once a day. Many smaller meals will keep you energetic without the crash that comes after a big meal.

Driving while medicated, or when taking illicit drugs, is dangerous for everyone on the road. This can include over the counter and prescription medications as well as illegal narcotics. Taking too much cold medicine can cause a driver to become unfocused and tired. Any medication has the potential to impair focus and reflexes. It is important to read labels and follow directions before taking any medication and if you do not feel fully alert and focused you should not get behind the wheel.

Impairment is much more than just drinking and driving. Most people seem to recognize that it is unsafe to drink and then drive but many people don't think about the effects of sleep and drugs. A life ending incident that is caused because someone was unfit to drive is completely avoidable. Driving a vehicle requires all of an individual's focus and attention; anything that distracts from driving impairs them and makes the driver a serious hazard to the road. Taking a moment to think about, and be honest about the physical and mental state you are in before getting behind the wheel could be enough to save a life on the road.



Message from ICBC's Counter attack program:

"BC's tough new drinking and driving laws take effect this fall and harsher penalties will begin at .05 blood alcohol concentration (BAC). We're reminding everyone, before you take that first sip, make a smart choice: designate a driver, save money for a cab or take transit.

We are all ambassadors for the CounterAttack campaign, and can help to influence others by encouraging people to make smart choices. When you're celebrating or relaxing with friends, help to keep our roads safe and have an enjoyable summer."

The attached table compares current BC enforcement thresholds to the new penalties.

|                                       | <b>Warn Range .05-.08 BAC</b> | <b>1st offence</b> |
|---------------------------------------|-------------------------------|--------------------|
|                                       | <b>Current Penalty</b>        | <b>New Penalty</b> |
| Immediate Roadside Licence Suspension | 24hrs                         | 3 days             |
| Vehicle Impoundment                   | 24hrs                         | 3 days             |
| Administrative Penalty                | N/A                           | \$200              |
| Driver's Licence Reinstatement Fee    | N/A                           | \$250              |

|                                       | <b>Fail Range Above .08 BAC</b>                            |   |
|---------------------------------------|--|---|
|                                       | <b>Current Penalty</b>                                     | <b>New Penalty</b>  |
| Immediate Roadside Licence Suspension | 4-hour Roadside +<br>Notice of Prohibition<br>for a 90-day | Immediate 90-day<br>Administrative Driving<br>Prohibition |
| Vehicle Impoundment                   | 24 hrs   | 30 days   |
| Administrative Penalty                | N/A  | \$500   |
| Driver's Licence Reinstatement Fee    | \$100  | \$250   |
| Responsible Driving Program           | On 2nd Offence   | Yes- Cost \$880   |
| Ignition Interlock Requirement        | On 2nd Offence   | Yes - 1 Year-<br>Cost \$1420                              |
| Criminal Charges                      | Possible   | Possible  |

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## **SAFETY MANAGEMENT FOCUS:**

### **WHO ARE YOU? THE VEHICLE IDENTIFICATION NUMBER PROGRAM (VIN)**

Vehicle Identification Numbers (VIN) are unique number plates mounted on the front of industrial vehicles. VIN's are often required by licencees and contractors, and provide an easy way to identify vehicles, making drivers and owners more accountable for their actions on the road. The VIN program has proven to reduce crashes and unsafe driving in many regions, and has proven beneficial to employers for tracking their vehicles and the driving behavior of their employees.

Part of the Transportation Safety program is a database that contains these VIN numbers with the contact information of the vehicle owners. It is a self reporting program, and we rely upon your co-operation to keep the data current and accurate, so that it remains an effective tool. We have designed a new online form for your updates and would appreciate any feedback that you have when you use it. This program is designed for ALL companies or individuals working in the forest industry in BC.

**What should they look like?** To see the guidelines for; size, numbering, fonts and mounting instructions; [click here](#).

- **The new VIN form is available on the following Council website (at the bottom of the page) [http://www.bcforestsafe.org/Vehicle\\_Identification\\_Number\\_Program](http://www.bcforestsafe.org/Vehicle_Identification_Number_Program)**
- **For more information please call Transportation Safety at 1-877-324-1212.**

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## **YOUR VOICE:**

We would really like to hear from you, the road user, on what road safety issues you see and how they can best be addressed. Direct your e-mail suggestions, comments or upcoming event to [carter@bcforestsafe.org](mailto:carter@bcforestsafe.org)

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## **UPCOMING EVENTS:**

- Goldpan City Car Show and Shine, Quesnel B.C. - August 29<sup>th</sup>, 20
- Federation of British Columbia Woodlot Associations 23<sup>rd</sup> & Woodlot Product Development Council's 13<sup>th</sup> joint annual general meeting and conference. – September 16-18, 2010 Quesnel B.C.

*Words to live by;*

*It's better to crash into a nap than to nap into a crash*