



CANADA SAFETY COUNCIL

Safety belts: fact or fiction?

40% of the deaths in automobile crashes could be prevented if all drivers and passengers wore lap safety belts.

53% of such deaths could be prevented by the use of combination lap and shoulder belts.

Fiction: Safety belts are useful when travelling at high speed on the highway but are an unnecessary nuisance when driving around town.

FACT: Half of all traffic deaths occur within 25 miles of the victims home and at speeds of 50 mph or less.

Fiction: Your chances of survival are better if you are thrown clear of the car in a crash.

FACT: The odds of surviving a crash are FIVE TIMES better if you stay inside the car.

Here are some more facts!

FACT: In an emergency situation, safety belts keep passengers in their seats and enable the driver to stay where he belongs — behind the wheel — to better control his vehicle.

FACT: Lap safety belts should be worn snugly over the hip bones, not the abdomen. This applies to pregnant women as well.

FACT: Shoulder belts should be slightly slack — a handwidth out from the chest. Shoulder belts should never be worn without the lap belt.

FACT: Rear seat safety belts are just as important as those in front, not only to protect rear-seat passengers but to keep them from being catapulted into the front seat occupants.

Safe Following Distance

The Time Interval Formula adjusts itself to changing highway speed to help give you a safe following distance at all times. In good weather, the minimum following distance that should be maintained is one second of following time for each ten feet of vehicle length.

The average car is about 20 feet long. Therefore a car should be no closer than two seconds travelling time behind the vehicle in front. For larger trucks, the time is longer.

A simple method of establishing the two second interval is to use a count of "one thousand and one" — "one thousand and two". One check of this count against the sweep-second hand of a watch will establish the correct cadence. The count begins as the vehicle ahead passes any fixed reference point that may be chosen.

The time interval should be extended when driving conditions change. When driving a heavily loaded station wagon or hauling a trailer or in winter when faced with snow or ice are some examples. The formula works equally well at any speed.

These are the facts! Safety belts do save lives! Use them!

THE KEY TO SAFETY IS IN YOUR HANDS



The social drinker is one of the leading causes of traffic accidents



Most of us like to drink beer and wine after dinner. Sometimes we get together to drink on the way home from work or we go to a friend's house to watch a hockey game on television and have a few drinks.

Occasionally we have our drinks at the office out to the house. Or we may have a party for the bridge club or a family gathering.

If you drive after drinking here are the facts:

The social drinker is one of the leading causes of automobile accidents in Canada. Alcohol is involved in approximately 50 per cent of the fatal automobile accidents which occur in Canada. There are some 6,000 deaths and 27,000 reported injuries in traffic accidents yearly. Just at this time a role is being played by the types of injuries in traffic accidents yearly. And alcohol plays a role in causing other types of accidents in the home, when skiing, boating, in private flying and even after a lecture. These mishaps bring the total of accidental deaths in Canada to some 13,000 and the injuries to some 40,000. The economic loss from accidents is estimated at eleven billion dollars.

Vision & Driving

90% OF YOUR DRIVING INFORMATION COMES THROUGH YOUR EYES, SO SAFE DRIVING DEPENDS TO A GREAT EXTENT ON YOUR EYES—AND HOW YOU USE THEM!

PEOPLE WHOSE VISION IS ADEQUATE SHOULD FOLLOW THESE RULES:

1. Use eyes to full advantage. Scan the road ahead and detect possible hazards. Monitor mirrors frequently.
2. Keep all windows clean inside and out.
3. Keep all windshield wipers and correctly aimed. Use them, not parking light wipers, in daylight on dull days and always from dusk to dawn.
4. Never look directly at oncoming headlights — always to the side.
5. In a passing situation, sunglasses reduce light available to the eyes and can thus obscure a distant oncoming car. Drivers should check and compare vision with and without sunglasses.
6. Never wear sunglasses when visibility is poor or after dusk — if you must, use them.
7. Stop from time to time to rest.
8. If stopping at night, wear sunglasses into a brightly lit rest area, but be sure to remove them before resuming driving.
9. After moving from a dark area into bright sunlight, or from a brightly lit area into darkness, allow several minutes for eyes to adjust before driving.
10. Never drive when sleepy.
11. Lack of visual contrast and lack of light at night necessitate slower driving. Darkness DOES make a difference!

Avoid driving when sick after drinking alcohol or taking tranquilizers, narcotics, or anti-histamines. Vision is affected by general physical condition.

SAFE DRIVING WEEK DEC 1 TO DEC 7



PRIME MINISTER - PREMIER MINISTRE

Because of the continuous efforts of the Canada Safety Council and its volunteer supporters, December 1 to 7 has become established throughout Canada as Safe Driving Week. It has an impressive history of success in the numbers of lives saved and injuries prevented. It has shown what can be accomplished when the majority of those who use our streets and highways make a conscious effort to think positively about the safety of themselves and others.

Much remains to be done because our traffic fatality and injury figures are still too high. I seek the support of all for this worthy safety campaign, but I especially ask each driver and each pedestrian to support the Canada Safety Council in its efforts to make Safe Driving Week - 1976 the most successful ever.

Please do your part by driving safely so that others may follow your example.

A. J. L. Dunder
Deputy Chief Jack Jefferies

North Halton Police
Hope that you will DRIVE SAFELY not only throughout this Holiday Season but all through the New Year
Deputy Chief Jack Jefferies

MESSAGE FROM THE HONOURABLE MARC LALONDE

Through its annual sponsorship of Safe Driving Week, from December 1 to 7 this year, the Canada Safety Council offers an appropriate reminder, at winter driving conditions approach, of the need for constant care. It is vital for both the driver of a vehicle, and the pedestrian, dimly seen through a storm-battered windshield, to make every possible effort to avoid mishaps.

Daily accidents of all kinds — and traffic accidents in particular — take their toll of lives, depriving society and affecting Canadian families, communities, and our national life and productivity. We can ill afford the losses in terms of life and activity, that so often result from human carelessness.

Careful attention given to current safety measures and regulations will enable many thousands of Canadians to stay alive — and enjoy life. I hope that the people of Canada will heed the message of Safe Driving Week and drive safely throughout the year.

Marc Lalonde
Marc Lalonde

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