



Commuting Safety & First Aid

Isn't GTA traffic fun?...It feels we spend more time on the road than with family, some days.

Being on the road [either as a biker, driver or passenger] can be stressful, however more seriously hazardous to our safety.

Be prepared and be mindful of your surroundings: ...store a great kit for your vehicle or bag [just in case!] Do a circle check around the vehicle. Get in your car & drive away - no texting or chatting while parked in a lot. And many more tips....

School bus safety - remind kids!

DRIVERS: all motorists must stop in both directions when a school bus has flashing lights. Stay 20m behind.
KIDS: listen to the driver for instructions & stay seated, keeping body inside bus. When leaving bus, walk away quickly. Don't pick up something near bus, as driver may not see you. Cross street only when allowed

Stuck on railway tracks?

A train needs 2 km to brake in an emergency. Vacate the vehicle and stay 30 metres away from tracks.



Drive arms-length away from steering wheel - airbags need room & hurt if deployed.

CYCLING
 Drivers share the road & be patient. Cyclists - wear helmets - kids & adults and obey signs.

FIRST AID on the Road

1. Have a well-stocked First Aid kit + emergency kit [keep near driver, not in truck]. Items like seatbelt cutter, blankets, food packs, shovel, light stick, glass breaker, whistle, water, dressings & bandages, tape.
2. If in a collision, stay on the scene. If witness a collision & decide to stay...then only leave when police release you. It's an Ontario law to remain on scene if you stop. Give first aid if confident & able.
3. If in a collision, remain in vehicle if injured as injuries may be severe. If unsafe [on train tracks, may explode, on a cliff], leave quickly and stay visible.
4. If needed, remove the seat with child, rather than remove child out of seat. They may have injuries & safer in seat on shoulder. Use seatbelt cutter.
5. Many victims - one rescuer! Help who you can based on your level of training. Don't do more than you are able. Talking & reassuring does plenty to keep people calm, conscious and comforted.
6. **Prevention!** Avoid eating + hot beverages [kids too!] Keep projectiles in trunk. Be aware, alert + awake.

Child Car Seats. Use the appropriate seat properly ALL THE TIME! Read instructions and get it checked if in doubt! 2health.com can help or local public health department.

Eliminate Racing Activities on Streets Everywhere (E.R.A.S.E.) Program is a partnership with 12 Police services in Ontario, Ministry of Transportation and Ministry of Environment.

34 people have died in 6 years due to street racing! Excessive speed continues to be the leading contributing factor in fatal collisions. *Be a patient and courteous driver. Speeding can kill!*

1. ~ DROWSY DRIVING dangers ~
signs: constant yawning, head nodding, blurred vision, heavy eyelids, veering out of lane, slower reaction time, unfocused, driving like you're drunk!

prevention:
 1. sleep adequately, avoid alcohol and heavy foods
 2. stop every 2 hours and re-energize
 3. avoid peak drowsy times - 2-5pm and 10pm-6am
 4. caffeine drinks give short-term boost; don't overdo! Stop if exhausted and take a nap or stop for the night.



watch for the wildlife !

Every 38 minutes, there's a wild animal/ vehicle collision. 86% occur in good weather and 89% on 2-lane roads outside of urban areas. PEAK times are May, June, Oct-Jan. WATCH for yellow signs and slow down, so you're prepared to stop suddenly. Dusk & dawn are when most collisions occur. Never assume animal will move off road - brake + wait.



first aid/ wellness scenario #27

Answers next bulletin

? What are 2 prevention tips for avoiding neck or wrist strain while texting or emailing on the phone?

*Answers to last 2HEALTH Bulletin's scenario:

1. When do you call EMS if rescuing an adult? AS SOON AS YOU KNOW THE ADULT IS NOT BREATHING or IT'S AN EMERGENCY
2. EMS for a baby? IF ALONE, HELP BABY FOR 2 MIN. [5 CPR CYCLES], OTHERWISE ASK SOMEONE TO CALL AS SOON AS YOU KNOW THEY ARE NOT BREATHING OR IT'S AN EMERGENCY.
3. Can compression-only CPR be done?
 YES. ONLY FOR ADULT VICTIMS, WHEN YOU DON'T FEEL COMFORTABLE BREATHING IN. EXCEPT IF DROWNING, THEN ADULT NEEDS BREATH.

RESOURCES

opp.ca
 mto.gov.on.ca

CAN-BIKE cycling course - ontariocycling.org
 2health.com