

**Working  
Safely Behind  
the Wheel**



Workers'  
Compensation  
Board

---

Alberta

---



# Table of Contents

Introduction .....	2
Self-assessment quiz .....	3
Distractions .....	7
Speed .....	9
Managing emotions .....	11
Fatigue .....	14
Impaired driving .....	16
Alcohol .....	16
Over-the-counter and prescription drugs .....	16
Occupant restraints .....	18
Head restraint .....	18
Seatbelts .....	18
The seat .....	19
Personal security .....	21
Intersection and train crossing safety .....	22
Large trucks and commercial vehicles .....	25
Winter driving .....	26
Trapped in a storm or snow bank .....	26
Emergency kit checklist .....	27
Braking and skidding .....	28
Animal hazards .....	29

# Introduction

In 2008, motor vehicle incidents accounted for more than \$26.5 million in injury claims for the Workers' Compensation Board - Alberta. Although this cost is a 22 per cent decrease from 2000, there were still 2,939 new highway motor vehicle claims reported and 44 motor vehicle fatalities. Evidently, road safety is a significant concern.

This problem isn't limited to the workplace. In 2007 alone, there were 153,901 traffic collisions in the province, an increase of 7.9 per cent from 2006. According to the Alberta Motor Association, by the end of an average day in Alberta, more than 400 vehicles will be damaged, approximately 80 people will be injured and at least one person will be dead. If you are on the road in Alberta, you are at risk.

This booklet is designed to help you identify the hazards you face on the road. Begin by taking the self-assessment quiz to rate your current driving practices and to identify key problem areas. Then refer to the pertinent sections to get information that will help you become a better driver and help you promote road safety.

We encourage you to take this booklet home and share it with your family and friends. Together, we can make the roads safer for all Albertans.

# Self Assessment Quiz

Check your responses against the correct answers at the end of the quiz. Once you've identified your risk areas, turn to the relevant page to learn more.

## Distractions (page 7)

1. Have you ever looked at a map or consulted your notes while driving?  
 Yes  No
2. Have you ever eaten while driving?  
 Yes  No
3. If you talk on a cellphone or text while driving, you increase your risk of a collision.  
 True  False

## Speed (page 9)

4. Do you always follow the posted speed limit?  
 Yes  No
5. You are driving 100 km/h on dry pavement when you see a collision blocking the road 70 metres ahead. If you apply the brake immediately, will your vehicle stop before you hit the other vehicles?  
 Yes  No
6. The faster you drive the more your peripheral vision is impaired.  
 True  False

## Managing emotions (page 11)

7. Do you always yield to faster traffic?  
 Yes  No

8. Have you ever yelled or made angry or rude gestures at other drivers?  
 Yes  No
9. If an aggressive driver is cutting you off, tailgating you or engaging in other behaviours that make you angry, it is best to pull over to the side of the road and try to settle things.  
 True  False

### **Fatigue (page 14)**

10. Do you drink coffee when you are driving to help you stay awake?  
 Yes  No
11. Keeping windows down will help you stay awake when you are really tired or on a long trip.  
 True  False
12. You are more likely to have a fatal collision on a rural road than in an urban area.  
 True  False

### **Impaired driving (page 16)**

13. You can be legally impaired without feeling “drunk.”  
 True  False
14. Is it against the law to refuse a breathalyzer test?  
 Yes  No
15. Cough or cold medicine can cause drowsiness, slow reaction times and decrease your co-ordination.  
 True  False

### **Occupant restraints (page 18)**

16. The head restraint (often referred to as the head rest) should be positioned behind your neck.  
 True  False
17. Do you ever drive without your seatbelt fastened?  
 Yes  No

18. Your driver's seat should be adjusted so your hips are higher than your knees.

True  False

### **Personal security (page 21)**

19. Have you ever picked up a hitchhiker to talk to when you are tired because you think they will help you keep alert?

Yes  No

20. If you think you're being followed, you should drive home immediately.

True  False

21. Do you always lock valuables in your trunk or cover them so they are not in view?

Yes  No

### **Intersection and train crossing safety (page 22)**

22. Do you always stop at rural stop signs?

Yes  No

23. Most incidents at train crossings occur when vehicles stall on the tracks.

Yes  No

24. Do you ever go through yellow lights?

Yes  No

### **Large trucks and commercial vehicles (page 25)**

25. Do you follow transport trucks closely in bad weather?

Yes  No

26. After passing a large commercial vehicle, do you wait until you can see the truck's windshield in your rear-view mirror before re-entering the lane?

Yes  No

27. Trucks need to make wide right turns, forcing them to occasionally turn from the middle or inside lane.

True  False

## Winter driving (page 26)

28. Is your vehicle equipped with a winter emergency kit?  
 Yes  No
29. If you are stuck in a snow bank, it is best to leave your vehicle to get help.  
 True  False
30. You should pump your brakes to stop on ice if your vehicle is equipped with an anti-lock braking system (ABS).  
 True  False

## Animal hazards (page 29)

31. All animals' eyes will seem to glow when they are reflected in the lights of oncoming traffic.  
 True  False
32. If a collision with an animal is unavoidable, it is best to hit it at an angle.  
 True  False
33. Flashing lights and honking a horn will divert a moose from crossing the road.  
 True  False

**Answers:** 1. No 2. No 3. True 4. Yes 5. No 6. True 7. Yes 8. No 9. False  
10. No 11. False 12. True 13. True 14. Yes 15. True 16. False 17. No  
18. False 19. No 20. False 21. Yes 22. Yes 23. No 24. No 25. No 26. Yes  
27. True 28. Yes 29. False 30. False 31. False 32. True 33. False

# Distractions

**A distraction is something that takes your attention away from driving, making you lose concentration. Even a momentary distraction while driving can be disastrous.**

Driving errors occur because drivers aren't paying attention. Transport Canada estimates that each year in Alberta, at least 25,000 collisions involve driver distractions.

According to Alberta collision statistics, the top four driver errors that result in collisions with casualties are:

- following too closely
- running off the road
- turning left in front of oncoming vehicles
- stop sign violations

Driving isn't a passive task. In some respects, driving a vehicle is more complicated than flying a fighter jet. A fighter pilot has about 300 items to keep track of during a regular flying mission in a non-combat scenario. The average driver has to keep track of about 3,000 things when driving during rush hour – these include pedestrians, lights, signs, passengers, road conditions, construction, other vehicles, cell phones, pagers and objects on the road.



## TIPS



- Turn off your cellphone and let your voice mail take incoming phone calls, or use a handsfree device if necessary.
- Eat and drink before you get in to the vehicle, or pull over in a rest area for a snack.
- Plan your trip so you do not need to consult a map en route.
- Don't tailgate; allow yourself the time and distance you need to react.
- Scan the road in front of you to predict and respond to hazards.
- Look farther ahead than just the car in front of you.

---

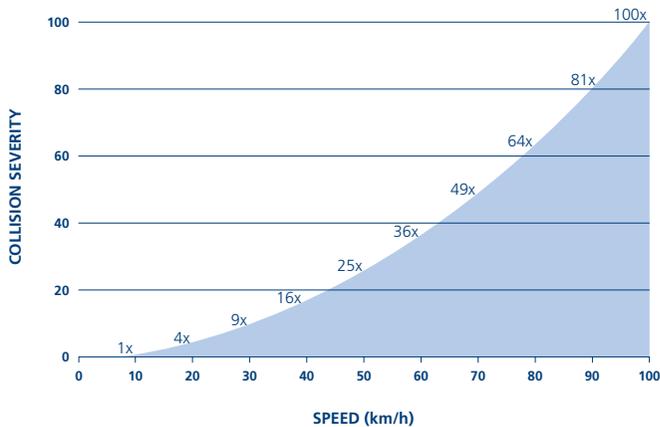
**ARE YOU THE ONE?** According to Transport Canada, Albertans are the worst offenders. At any given time, 1 in 10 Alberta drivers are using their cellphones while driving. This is compared to the national average of 1 in 20.

# Speed

**For many drivers, speeding is a habit. Many of us drive above the posted speed limit or drive too fast for road conditions. But this bad habit can't be taken lightly. According to Transport Canada, speed is a major contributing factor to the severity of a collision. It is also a factor in approximately 20 per cent of fatal collisions.**

The greater the speed, the greater the likelihood of a collision. You have less time to react and less distance to stop. If you are driving a vehicle 100 km/h when you see an obstacle blocking the road 70 m ahead, you will collide with it at a speed of 44 km/h. If you are driving 120 km/h when you spot the obstacle, you will collide at a speed of 93 km/h. The impact at this speed can be fatal.

## The increase in collision severity using 10 km/h as the baseline



This chart illustrates the relationship between speed and collision severity. A collision at a speed of 60 km/h has a severity 36 times that of a collision at 10 km/h.

## **Killing the speed myth**

In a hurry? Speeding won't save you much time. On average, most driving trips are 40 km or less. If you decide to drive 110 km/h instead of 100 km/h for 40 km, you'll only save 2 minutes and 11 seconds (assumes a constant speed). Research done by VicRoads shows that just a 10 per cent reduction in vehicle travelling speeds could reduce road deaths by 40 per cent.

Most of us overestimate our driving abilities. If you exceed the speed limit you will:

- Reduce your ability to steer around obstacles.
- Decrease your field of vision and peripheral vision.
- Increase the risk of losing control of your vehicle.
- Extend the distance you require to stop.
- Increase the probability of death or injury in a collision.

# Managing emotions while driving

All emotions, whether positive or negative, can affect your driving behaviour. The most serious emotions are negative ones, as they often lead to aggressive driving. Aggressive driving is any act of aggression on the part of one driver to another.

## Aggressive driving quiz

Use this quiz to determine if you demonstrate aggressive driving behaviours.

YES	NO	Do you . . .
		Avoid blocking passing lanes?
		Yield to faster traffic by moving to the right?
		Avoid taking more than one parking space?
		Yield to pedestrians?
		Come to a complete stop at stop signs?
		Stop for red lights?
		Avoid using a cellphone while driving?
		Drive below the posted speed limit when conditions warrant?
		Follow right-of-way rules at four-way stops?
		Use your turn signal before changing lanes?
		Refrain from flashing headlights to signal a desire to pass?
		Avoid making inappropriate gestures?
		Drive at slow speeds in construction zones?
		Overtake other vehicles on the left?
		Avoid stopping on the road to talk to another driver?

**Scoring:** Add up the number of "NO" answers. 1-2 = Excellent; 3-5 = Fair; 6+ = Poor.

Everyone is susceptible to aggressive driving. In a national study commissioned by the Canada Safety Council and the Steel Alliance, 84 per cent of respondents admitted to at least one act of aggressive driving over the past year. Aggressive driving behaviours include:

- tailgating
- headlight flashing
- obscene gestures
- deliberately blocking other vehicles
- verbal abuse
- assault (on a vehicle or another person)

A study released in 2008 by Alberta's Ministry of Transportation shows that 28.2 per cent of driver-caused collisions were attributed to drivers running other vehicles off of the road.

Often the triggering event will seem trivial – like cutting off another driver, failing to signal or heavy traffic. The aggressive driver, already pre-occupied, stressed or angry, responds emotionally by yelling or tailgating the offender. The aggressive driver turns into a sort of "road warrior." The vehicle they are driving becomes an outlet for pent-up aggression.

Aggressive drivers often report they feel powerful and in control when they are abusing someone on the road.

---

A 21-year-old man from Abbotsford, B.C. was killed after the vehicle he and his two friends were in was deliberately run off a rural road due to a road-rage fit. Police believe the vehicle the three friends were in may have initially tried to pass a Ford truck, prompting the other driver to force the trio's vehicle off the road and into the ditch. After the friends got out of the vehicle to survey the damage, the driver of the Ford drove back, swerving towards them. Although the two friends managed to get out of the way, the 21-year-old was hit and died at the scene. The 40-year-old Ford driver received five charges, including criminal negligence causing death, dangerous driving causing death and failing to stop and wait at the crime scene. His possible maximum sentence is life in prison.

If you think you can manage a situation with an aggressive driver, think again. Many people feel a false sense of security in their vehicle, but aggressive drivers, and the people who respond to them, need to remember that vehicles can be followed. Aggressive driving behaviours can result in physical assault. It can happen to anyone, anywhere, at any time of day.



## TIPS



- **Don't offend other drivers – cutting people off, driving slowly in the passing lane and tailgating can prompt a violent response.**
- **Do not respond to aggressive drivers.**
- **Avoid eye contact.**
- **Don't take other drivers' mistakes personally.**
- **Plan your route in advance. Some of the most erratic and inconsiderate driving occurs when drivers are lost.**
- **Avoid honking your horn unless absolutely necessary, and if you must, tap on it lightly.**
- **Say "sorry" or raise your hand if you make a mistake. An apology can reduce the risk of conflict.**
- **Don't pull off the road to try and "settle" things.**
- **If you believe you are being followed, do not go home. Drive to the nearest police station, fire station or busy public place.**

# Fatigue

**Researchers believe fatigue is one of the primary causes of fatal collisions in Alberta. Drowsiness affects your ability to drive in a way that is similar to alcohol. It slows reaction time, decreasing alertness and impairing judgement.**

If you work at night, the most dangerous part of your day is the drive home. Three factors make the early-morning commute more hazardous for shift workers:

- If you work at night, you generally get less sleep than daytime workers do.
- You have been awake longer. If you sleep until 2 p.m. and get off work at 7 a.m. you are driving home after being up for 17 hours — nearly twice as long as a daytime worker who drives home at 6 p.m.
- Your circadian rhythm, or internal clock, makes it difficult for you to stay awake and alert between 2 a.m. and 6 a.m.

Even the most experienced drivers cannot predict when they are going to fall asleep. Everyone should be conscious of the following warning signs:

- eyes closing or going out of focus
- trouble keeping your head up
- frequent yawning and general sluggishness
- loss of concentration
- inability to remember anything about the last few kilometres that you drove
- drifting between lanes or onto the shoulder, tailgating, missing traffic signs

If you feel you are at risk, pull over to the side of the road and take a walk or drive to a safe place and get some sleep.

Diet can also affect alertness. Certain stimulants can temporarily increase your alertness like caffeine and nicotine, but when the effect wears off you may not be aware you are extremely tired. Foods like turkey, warm milk and bananas have the opposite effect, helping to induce sleep. On long trips, drivers should eat lightly and avoid large meals and fatty foods.



## TIPS



- **Get enough sleep – most people need seven or eight hours of sleep a day to function well.**
- **If you have had only few hours of sleep, get a lift with someone else.**
- **Take a nap before you drive home. It is the number one thing you can do to reduce your risk of a collision. A short 15 or 20 minute nap can make you feel refreshed and capable of driving more safely.**
- **When travelling, schedule a stop every two hours for a stretch and fresh air break.**
- **On a long trip, rolling down a window of the vehicle will not keep you awake.**
- **Plan a nap in the middle of a long trip. Pull over to the side of the road or a rest stop.**



**FYI** According to Transport Canada, going 19 hours without sleep can cause impairment equal to a blood-alcohol reading of .08. If you are significantly fatigued, you are impaired.

# Impaired driving

## Alcohol

**Impaired driving is the most frequent criminal cause of death and injury in Canada. In 2007, 22.3 per cent of all drivers involved in fatal collisions in Alberta had consumed some alcohol before the incident.**

Did you know?

- You can be legally impaired without feeling intoxicated.
- It is against the law to operate any vehicle in Canada when your ability is impaired by alcohol or other drugs.
- It is against the law to refuse a breathalyzer test, but a breathalyzer test is not required to lay an impaired driving charge.
- Anyone convicted of impaired driving will have a criminal record.
- Under the Administrative License Suspension, you lose your license immediately upon being charged with impaired driving.
- You can be charged with impaired driving on your own property.

## Over-the-counter and prescription drugs

Over-the-counter and prescription drugs can interfere with your ability to operate a vehicle. Some over-the-counter drugs can cause drowsiness, slow reaction times and decrease coordination. This applies to cough and cold medicines, drugs to prevent motion sickness and nausea and antihistamines that control allergy symptoms. In combination with alcohol, these effects will be increased significantly.

Prescription drugs also impact your ability to drive a vehicle. Even mild tranquilizers slow reaction time, decrease eye-hand co-ordination and interfere with judgement. Barbituates have an effect on motor skills, co-ordination and vision. Antidepressants can impair judgement, decrease reaction time and hinder your ability to handle a vehicle properly.



## TIPS



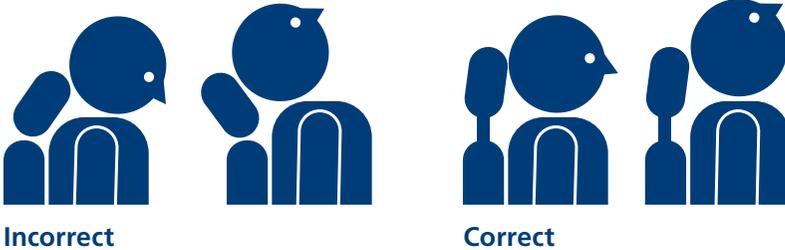
- **Never drink and drive.**
- **If you become intoxicated at night, be aware you may still be intoxicated or have a hangover the next day.**
- **Before you purchase any medication, ask the pharmacist if it may impair your driving skills.**
- **Do not mix alcohol and medication; the combination could be fatal.**

# Occupant restraints

**Today, most vehicles are designed to be ergonomically correct. In order for the design to be effective, you need to know how to make appropriate adjustments.**

## The head restraint

The head rest in your vehicle is really a head restraint that can protect you from whiplash. In fact, correctly adjusted head restraints can reduce the risk of whiplash injuries.



A good head restraint should be positioned behind your head, not your neck. It shouldn't push your head forward.

Proper head restraint adjustment: the centre of the head restraint should be level with the top of your ears and the back of your head should be no more than 10 cm from the front of the head restraint.

## Seatbelts

The seatbelt is the most important safety device in your vehicle. You can drastically reduce the risk of injury or death if you wear your seatbelt properly. According to Transport Canada, seat belts save about 1,000 lives a year in Canada. The seven per cent of Canadians not wearing seatbelts account for almost 40 per cent of fatalities in vehicle collisions.

For a seatbelt to provide the best protection, make sure the shoulder belt retracts so that it fits snugly across your chest and over your shoulder. Ensure the lap belt is pulled across your hips and not over your stomach, or caught in thick layers of loose fitting clothes. You should avoid reclining the seat too far back, since a seat belt and the head restraint can be ineffective when the seat is in a reclined position.

## The seat

Truck drivers have one of the highest incidence of back injuries. Studies show that if a machine vibrates at a certain frequency that matches the natural resonance of your spine, it can create waves of movement that aggravate back trouble. Truck drivers and heavy equipment operators can reduce vibration by using air ride seats, spring mounted seats or padding.

By positioning your seat properly, you can take the strain off your back and make driving more comfortable. Here's how:

- Reduce stress on your shoulders by using arm rests to transfer weight from your upper body to your elbows.
- Adjust your seat so your knees are higher than your hips.
- Make sure your arms are bent.



## TIPS



- **The lower part of your back needs support. If your seat doesn't provide this support, wedge a small pillow or a rolled towel between the seat and your lower back. You can also purchase a lumbar support from an orthopedic supply store.**
- **Shift your body weight periodically.**
- **If you have children under the age of 12 travelling with you, make sure they travel in the back seat and are properly restrained.**

## Airbags

Airbags are designed to protect the head and upper body during a moderate to severe crash. When used together with seatbelts, air bags prevent the head and upper body from striking internal parts of the vehicle during the crash. While airbags generally save lives and prevent serious injuries, they can also cause injuries as they expand with explosive speed – more than 300 km/h. Persons who sit 25 cm or less from the airbag are at the highest risk of injury. Airbags also pose a risk to children because of their small stature.



### TIPS



- **Make sure there is at least 25 cm between the centre of the airbag cover and the centre of your sternum. If you cannot maintain this separation, consider fitting your vehicle with pedal extenders or an airbag on/off switch.**
- **Children under the age of 12 should be seated in the back of the vehicle in an appropriate occupant restraint.**
- **If your vehicle is equipped with side airbags, make sure the child is not leaning against the door in close proximity to the airbag.**
- **NEVER place a rear-facing infant carrier in the front passenger seat equipped with an airbag.**

# Personal security

Be aware of your surroundings and take appropriate steps so you don't put yourself at risk.

- Lock valuables in your trunk. If you don't have a trunk, cover them so they are not in view.
- Look inside your vehicle before you get in.
- Keep your doors locked while driving in the city.
- If you are being followed, drive to the nearest police station, fire station or busy public place.
- If you think you are parked in an unsafe place, ask someone to escort you to your car.
- If you can, carry a fully charged cellphone. In the event of an emergency you won't need to leave your vehicle to call for assistance.
- Ensure your vehicle is well-maintained and keep your gas tank at least half full.

# Intersection and train crossing safety

In 2007, 92 people were killed and 10,092 were injured in traffic collisions at intersections. This could be prevented if more drivers exercised caution and followed the rules of the road.

Activity	Here's what you should do:
<i>Approaching an intersection</i>	Slow down and prepare to stop.
<i>Planning to turn at an intersection</i>	Use turn indicators, and enter the correct lane in advance.
<i>Approaching a yield sign</i>	Slow down and prepare to stop.
<i>At a stop sign</i>	Come to a complete stop for at least a few seconds, even if you don't see any on-coming traffic.
<i>At a four-way stop</i>	Come to a complete stop for at least a few seconds. Allow vehicle which arrived first to proceed first. When two vehicles arrive at the same time, allow the vehicle on the right to proceed first.



## TIPS



- **Do not change lanes in an intersection. If you plan to turn at an intersection, enter the correct lane well in advance.**
- **Watch for caution signs at intersections identifying turn restrictions, cross walks or construction zones.**
- **Watch for other vehicles changing lanes abruptly.**
- **Stay out of “blind spots” where other drivers can’t see you in their rear-view and side-view mirrors.**
- **Watch for pedestrians in all directions.**
- **Never proceed into an intersection if you are unsure who has the right-of-way.**

### **Train crossings**

Train crossings are like any other intersection, but the speed and weight of the train mean collisions at these locations are serious and often fatal. By the time an engineer sees a vehicle on the tracks, he usually does not have time to stop. A typical train weighs 5,000 times more than a car and at a speed of 90 km/h, a train needs 1.5-2 km to stop.



## TIPS



- Obey all traffic signals.
- When you see flashing signal lights at a train crossing, stop immediately.
- Always listen and look before crossing train tracks.
- Be aware of crossings with multiple tracks that accommodate trains travelling in two different directions.
- Don't shift gears while crossing tracks – your vehicle may stall.

# Large trucks and commercial vehicles

People who drive large commercial trucks face additional challenges on the road. The size and weight of the vehicle increase the risk of jack-knifing and rollovers. Heavy loads, tight deadlines, long trips and hazardous cargo may all combine to make truck driving a dangerous occupation.



## TIPS



**Large commercial vehicles have “no-zone” areas that present a risk to passenger vehicles.**

**Be aware of the following “no-zone” dangers:**

- **If you can't see the truck driver in one of his mirrors, he can't see you either.**
- **Leave room between your vehicle and the truck to prevent roll-back incidents.**
- **Never tailgate trucks.**
- **After passing a large commercial vehicle, wait until you can see its windshield in your rear view mirror before re-entering the lane.**
- **Pay close attention to truck turning signals. A truck approaching an intersection to make a right turn may move to the left to avoid running onto the curb. As the truck moves left, a temporary lane is created to its right. If another vehicle moves into that right lane, it becomes vulnerable to a “squeeze” when the truck swings into its turn.**

# Winter driving

**Winter driving in Alberta can be hazardous. Visibility, road conditions and vehicle performance all combine to present drivers with additional risks. Trying to reach your destination in spite of bad weather could end in tragedy. If road and weather conditions are bad, consider not travelling at all.**

When you travel in the winter, stay on main roads and keep your radio tuned to local stations for weather reports. If it becomes hard to see the road in front of you, find a place to pull over safely as soon as possible. You should always be prepared to turn back or seek shelter if the road or weather conditions become unsafe. Let someone know your destination and plans before leaving on a road trip.

## **If you get trapped in a storm or a snow bank:**

- Stay in your vehicle unless a building is in sight.
- If possible, use a candle for heat instead of the car's heater. Run your motor sparingly, not more than 10 minutes every hour.
- Be aware of carbon monoxide fumes; ensure your tailpipe doesn't become blocked with snow.
- If your car is running, open a window on the sheltered side of your vehicle to keep fresh air in your car.
- Open and close the doors of your vehicle occasionally so snow doesn't pile up in front of them.
- Do not drink alcohol while stranded. It will impair your judgment and speeds up loss of body heat.



## WINTER EMERGENCY KIT CHECKLIST



- Ice scraper and brush
- Antifreeze
- Booster cables
- Lock de-icer
- Shovel
- Matches and a candle in a can
- Sand, salt or kitty litter
- Winter clothing and footwear
- High-energy snacks
- Flares

These items should always be in your car or the cab of your truck:

- Road maps
- Flash light
- First-aid kit
- Blanket

Keep your vehicle properly maintained for winter driving. Regularly check and maintain:

- Battery
- Belts
- Hoses
- Radiator
- Block heater
- Tires

## Braking and skidding

If your vehicle is equipped with an anti-lock braking system (ABS), you need to apply firm, even pressure to the brake pedal to brake on snow and ice. Do not remove your foot, even if the pedal starts to pulse or vibrate. You can steer while braking.

If you don't have ABS, and need to brake on a snowy or icy road, shift into neutral before braking firmly. Resist the temptation to jam on the brakes; this will cause your wheels to lock.

A skid can occur if you apply brakes so hard that your wheels lock, turn a corner or accelerate too fast and spin your wheels. If you start to slide out of control, don't overcompensate by steering excessively back and forth. Keep looking in the direction you want to go.

To drive out of a skid, ease your foot off the brake or accelerator and shift into neutral. For most skids, you can look and gently steer in the direction that you want to go. If you are in a front wheel skid, turn the wheels in the direction you are going until the wheels regain rolling contact with the road. Then gently steer and/or brake to regain control of your vehicle.

# Animal hazards

**Animals are one of the most common road hazards in Alberta, especially in forested regions. Between 2001 and 2005, an annual average of 323 vehicle-animal collisions causing injury were reported. Six collisions with animals were fatal. However, Transport Canada reports their data only captures 50 per cent of animal-vehicle collisions, showing these numbers are a dramatic underestimation of the actual annual amount.**

If you see an animal on the road, you must slow down. When driving through wooded and rural areas, provincial parks and mountainous areas, be especially cautious and aware of your surroundings. Many animal collisions occur in spring and fall when animals are most active, but in Alberta, there is always some risk of animal contact. For example, some animals like deer and moose go to highways in the winter to lick salt off the roads. In the summer, bighorn sheep become a hazard when they cross mountain roads to graze.

If you see an animal in your path, look and steer towards its rear end – where it has been, not towards where it is going. If a collision is inevitable, brake firmly and try to strike the animal at an angle. Let up on your brakes before impact, as hard braking causes the vehicle to drop by several inches, making it likely the animal will fly over your hood and crash onto the roof of your vehicle. If a collision with a moose is inevitable, crouch as low as possible in your seat or take cover under the dash.



## TIPS



- Watch road signs identifying areas inhabited by wildlife.
- Watch for movement at the side of the road, especially during dusk and dawn when animals are most active but hard to spot.
- You can watch for glowing animal eyes at night, but be aware that moose eyes do not reflect lights.
- Flashing lights and honking a horn may divert a deer from crossing the road, but it will not have the same effect on a moose.









Workers'  
Compensation  
Board

---

*Alberta*

---

WCB-068-2 DEC 2009-10000