

DEFENSIVE & WINTER DRIVING SAFETY

Safety Talk 1
JANUARY 2024



1 MEETING OBJECTIVES:

The primary objectives of Safety Talk 1: Defensive & Winter Driving Safety are:

1. Increase knowledge and awareness of defensive and winter driving safety.
2. Spark innovative conversations and ideas for improving workplace safety.
3. Encourage open communication and the expression of concerns within the group.
4. Develop a plan to explore and investigate ideas and concerns raised.

2 SAFETY TALK:

Take 5 minutes to review Safety Talk 1: Defensive & Winter Driving Safety on the next page. Your team may choose to each read the Safety Talk individually or take turns reading out loud.

3 KNOWLEDGE CHECK:

As a team, spend a couple minutes completing this knowledge check:

- What are some common hazards that are associated with winter driving?
- Can you name three important defensive driving techniques?
- What are some important things you will remember regarding defensive and winter driving?

4 GROUP DISCUSSION:

Take a few minutes to share with your team your thoughts, experiences, and innovative ideas related to defensive and winter driving safety. Questions to guide the discussion can include:

- Have you encountered challenging winter driving conditions?
- How can we further promote defensive driving within our teams?
- Are there any additional safety measures we should consider for winter driving?

5 CONCLUSION & POST-MEETING FOLLOW-UP:

The supervisor will be responsible for investigating any raised occupational health, safety, and/or wellness innovations, issues, or concerns as well as establishing a timeline for follow-up and reporting back to the group.

To learn more about this topic, the following documents on CKCentral can be reviewed:

1. Infogram 019 – Defensive Driving and Winter Driving
2. HS 021 – Motor Vehicle Accidents
3. Motor Vehicle Accident/ Incident Report Form

DEFENSIVE & WINTER DRIVING SAFETY

Section 1: Understanding Importance of Defensive and Winter Driving Safety

- Winter road conditions contribute to approximately 30% of all traffic accidents in Canada.*
- On average, there are over 30,000 winter-related collisions annually.*
- Over 7,000 people are injured, and 200 are killed in these accidents every year.*
- Most winter collisions are caused by driver error, emphasizing the need for defensive driving.*

Section 2: Essential Winter Driving Tips

A. Vehicle Preparation

- Ensure your vehicle is winter-ready with proper tires (winter tires with the snowflake symbol), working heater/defrosters, windshield wipers, and functional brakes.
- Keep the gas tank at least half full to avoid fuel line freezing.

B. Adjust Your Driving Habits

- Use gentle, smooth movements to avoid skidding or losing control.
- Avoid sudden lane changes or sharp turns.
- Use headlights, even during the day, to enhance visibility.
- Slow down and increase following distances; it takes longer to stop on icy roads.



C. Be Mindful of Road Conditions

- Reduce speed when roads are wet and watch for black ice, which is extremely slippery.
- Bridge decks and shaded areas on the road tend to freeze first.
- Snowplows and sanding trucks may have reduced visibility and need extra space.

D. Prepare for Emergencies

- Carry a winter emergency kit with essentials like blankets, a flashlight, non-perishable food, winter/outdoor clothing including a hat, extra sweaters, boots, and mittens, jumper cables, candles and matches, a shovel, a brush/scrapper for snow and ice, and a first-aid kit.
- Have a fully charged cell phone and cell phone charger for the vehicle.

E. Stay Informed

- Check weather and road condition reports before your trip.
- If conditions worsen, consider postponing your trip or using public transportation.

Section 3: Defensive Driving Mindset

- ALWAYS wear your seat belt and never text and drive - it's the law!
- Anticipate the actions of other drivers and be ready to react.
- Stay alert at all times, avoid distractions, and be aware of fatigue; pull over if necessary.
- If you must swerve to avoid something in your lane, move to the right if possible. Do not move to the left. Reduce your speed, and ride right off the road if necessary.
- If you cannot avoid hitting something, try to hit it at an angle to lessen the impact. Do not slam on and lock your brakes (no steering at that point).
- Never text or use a mobile device.
- Stay calm and patient; aggressive driving can lead to accidents.
- Scan your surroundings. Look about 12 – 15 seconds ahead (1 to 1.5 blocks) when travelling in urban areas. Look about 25 seconds ahead in rural areas. Scan behind and to the left and right regularly. Check your mirrors every 5 – 8 seconds.