

# Road Safety

**Road Safety is NO ACCIDENT**



Hôpital de Montréal  
pour enfants  
Centre universitaire  
de santé McGill



Montreal Children's  
Hospital  
McGill University  
Health Centre

**TRAUMATOLOGIE TRAUMA**

# We share the road.

# We share the responsibility!

**Pedestrians, drivers, passengers, and cyclists: know and respect road safety rules.**

## Driver Safety

- Wear your seatbelt at all times.
- Respect speed limit, traffic lights, and stop signs.
- Slow down in school zones, near parks, and in residential areas.
- Stop at crosswalks to allow pedestrians the right of way.
- Use extra caution when driving in bad weather. Plan for extra time to reach your destination.
- Always be extra careful when driving past parked cars; children can suddenly run out from in between the cars.
- **DO NOT USE YOUR CELLULAR PHONE WHILE DRIVING.** All attention should be on the road.



**Texting while driving is like having your eyes closed for 4.6 seconds out of every 6 seconds.**

*Virginia Tech Transportation Institute, 2009*

- The *Quebec Highway Safety Code* mandates drivers to stop at least five metres from a school bus whose lights are flashing and whose stop sign is displayed. Do not go until the bus moves or the lights have stopped flashing. Not doing so is a serious offence resulting in a fine and demerit points. Note that it is not mandatory to stop when you are traveling in a lane separated by a median.
- **NEVER DRINK AND DRIVE.**

**In 2010, 34% of drivers killed in a car collision, who were subjected to a blood-alcohol test exceeded the legal limit of 80 mg of alcohol per 100 ml of blood.**



*La Société de l'assurance automobile du Québec*

## EMERGENCY

Having a cellular phone on hand is recommended for emergency situations however never to be used while driving. Pull over to the side of the road if you must use a phone.

Consider having a car safety kit that includes water, a non-perishable snack, a flashlight, a blanket, flares, reflective vest, and adhesive bandages.

# Child Car Restraints

- The *Quebec Highway Safety Code* states that every child in a motor vehicle must be in an appropriate car restraint until the child reaches a height of 63 cm, in the seated position.
- Always secure your child in the car seat or other restraint, ensuring that it is appropriate for weight and height.
- Car seats must meet Canadian Standards Association (CSA) approved standards. Adhere to the manufacturer's installation instructions.
- Never install a car seat in the front seat of a vehicle. The back seat is always the safest place for a child age 12 or under.

**The Quebec Permanent Provincial Verification Network ensures that anyone in Quebec can have their car seat installation verified by a certified person.**

**The list is available on the SAAQ web site at [www.childcarseat.qc.ca](http://www.childcarseat.qc.ca)**

**Never leave your child alone in a car. In the summer the temperature in a car can rise quickly causing heat exhaustion and even death.**

**Never leave a child in a car while the motor is running. In the winter, the exhaust pipe can become blocked by snow, and the idling can cause carbon monoxide (CO) poisoning leading to death. Fatal concentrations of CO can occur within 10 minutes when a car is idling in a closed garage.**

## IMPORTANT

- Replace the car seat if the vehicle was in a collision, even if your child was not in the seat at the time.
- Verify and respect the car seat expiry date.
- Accommodate for seasonal changes by readjusting the harness system. In the winter, it is recommended to buckle the child in the car seat first without a winter coat, and then put the winter coat backward over the child with the arms in the sleeves of the coat or use a blanket to keep the child warm.



**On Quebec roads, over 1150 children age 9 or under are injured or die on the road each year. The proper use of a car seat can reduce the risk of serious injury or death by up to 70%. Yet, more than 50% of Quebec children are not properly installed in their car seat.**

[www.saaq.gouv.qc.ca/en/road\\_safety/childseats/index.php](http://www.saaq.gouv.qc.ca/en/road_safety/childseats/index.php)

## GUIDELINES FOR CHOOSING THE RIGHT SEAT



### INFANT SEAT less than 10 kg (22 lbs)

- Infant seat should always be installed rear facing in the back seat of the vehicle.



### BOOSTER SEAT 18 kg (40 lbs) or more

- Child's height is less than 63 cm (25 inches) in the seated position.



### CHILD SEAT 10 -30 kg (22 -65 lbs)

- Verify with your vehicle manufacturer if you can use a child seat for a child over 18 kg (40 lbs) as not all vehicles are equipped to accommodate this weight. If your vehicle is not equipped, use a booster seat.
- Place the child seat in the back seat of the vehicle.
- Even if your child weighs 10 kg (22lb) and can walk unassisted, keep your child in the rear facing position until your child outgrows the car seat. Rear facing is the safest position even if your child's feet can touch the back of the vehicle's seat.

[www.tc.gc.ca/eng/roadsafety/safedrivers-childsafety-car-time-stage1-1084.htm](http://www.tc.gc.ca/eng/roadsafety/safedrivers-childsafety-car-time-stage1-1084.htm)



### SEATBELT

- Child's height must be greater than 63 cm (25 inches) in the seated position.
- Child must be able to sit up straight in the back seat of the car with his or her back against the back seat. The child's knees should bend over the edge of the seat. This allows the seatbelt strap to be adjusted properly. The shoulder belt must cross over the middle of the collarbone. The lap belt must cross over the hips, not the abdomen.
- Everyone in a motor vehicle must use his/her own seatbelt. Never use 1 seatbelt to secure 2 or more children.
- Children 12 years of age and under should always sit in the back seat. Most cars have front seat air bags that can seriously injure a child if the airbag deploys (*Transport Canada, 2013*).

# Pedestrian Safety

- Children younger than nine years of age should not cross the street alone since they often have difficulty integrating the many actions that are going on around them. Supervision is required.
- Only cross the street at traffic lights, stop signs and pedestrian walkways.
- When walking with your toddler, make sure that you walk on the outside of the sidewalk and hold your toddler's hand.

## TEACH CHILDREN TO:

- Follow pedestrian rules: stop before stepping onto the road, look all ways before crossing (left, right, then left again) and listen for vehicles.
- Make eye contact with drivers to ensure that the children are visible.
- Follow the crossing guard's instructions when crossing the street.
- Be on the lookout for moving cars at driveway entrances, street corners, and alleys.
- Never cross between parked cars.
- Never jaywalk.
- Pedestrians should never use multimedia devices while crossing the street as full attention needs to be on the road.



# Caution! School buses

- When waiting for the bus, stand away from traffic.
- When on the bus stay in your seat; keep your head and arms inside.
- Keep the aisle clear when the bus is moving.
- Follow the bus driver's instructions at all times.
- Wait until the bus has come to a full stop and the doors have opened before standing up and getting off the bus.
- After disembarking the bus, take 10 big steps ahead of the bus before crossing the street.
- Always cross in front of the bus, away from the danger zone.
- Make eye contact with the driver. Wait for a signal from the driver and look both ways before crossing the street.
- Never walk behind the bus always ensure full visibility.



# Wheeled Activities

## Cycling, Skateboarding, Inline or Roller Skating, Scootering, Longboarding

- Wear a properly fitted helmet that meets safety standards and is designated for the specific sport.
- Ride in areas designated for the activity.
- Make sure the equipment is sized as per guidelines.
- The *Quebec Highway Safety Code* prohibits the use of inline skates, skateboards and motorized scooters on the roadway ([www.saaq.gouv.qc.ca/en/road\\_safety/behaviour/skates/index.php](http://www.saaq.gouv.qc.ca/en/road_safety/behaviour/skates/index.php)).
- Wear high visibility clothing for daytime activity and reflective accessories for evening and night use.
- Be on the lookout for pedestrians.
- **DO NOT USE** any multimedia devices such as an iPod or cellular phone when engaging in these activities. Distractions take away from attention to the road.
- Respect your own skill limitations and abilities.
- Cyclists should use bike paths when available.

### A FEW REMINDERS:

- **NEVER HANG** onto moving vehicles or car surf. This can be fatal!
- Parents and caregivers should not carry young children in a baby carrier while they inline skate or skateboard.
- If using a bicycle trailer or carrier for your young child (over 1 year old), ride on a designated bicycle path only. Make sure that your child is properly restrained and wearing a certified helmet. Set a positive example by wearing a helmet yourself.
- Mount a flag to the back of the bicycle trailer so that it is more visible to drivers, other cyclists and pedestrians.

### ADJUSTING A HELMET

The helmet should fit squarely on the top of the head.



**1** Adjust the slider on the side straps to form a “V” under the ears and slightly in front of the earlobes. Ensure that all straps are well aligned and not twisted.

**2** The distance between the eye-brow and the edge of the helmet should not exceed the width of 1 or 2 fingers.

**3** The chinstrap should be attached tightly and adjusted to allow for only 1 finger’s width between the chin and the strap.

### WATCH OUT!



- Helmets should meet approved safety standards such as those of the Canadian Standards Association (CSA), Snell, the Consumer Product Safety Commission (CPSC) or the American Society for Testing and Materials (ASTM).
- Replace the helmet if it is more than 5 years old.
- Never use a helmet that has been involved in a collision or if you don’t know its history (e.g. garage sale).

# Teen Driver

## TEENAGERS FACE AN INCREASED RISK OF CAR COLLISIONS FOR THE FOLLOWING REASONS:

- Lack of experience and judgment
- Overestimating their driving abilities
- Driving too fast for the traffic and weather conditions
- Impaired driving: alcohol, drugs
- Not adhering to the provincial seatbelt law of mandatory use by all occupants
- Distracted driving: peers in the cars; talking on a cell phone; texting; use of multimedia device
- Night driving
- Fatigue

## THE RULES ARE SIMPLE:

- Buckle up: more than 30% of drivers and occupants who died in a motor vehicle collision in Quebec were not wearing their seat belt (SAAQ, 2013).
- Zero-tolerance to drinking and driving for all licensed drivers age 21 or younger as per the *Quebec Highway Safety Code*.
- Never use a cell phone while driving.
- Adhere to the speed limit.
- Limit the number of other teens allowed in the car without an adult present.
- Parents encourage your teen to pay for part or all of the insurance, car payment, gas and maintenance. Teens who contribute are more likely to drive responsibly.



According to SAAQ (2011), young drivers aged 16-24 are overrepresented in motor vehicle collisions. Although they constituted approximately 10% of driver's license holders, they were involved in 24% of crashes resulting in bodily harm. The main causes are inexperience and recklessness.

[www.saaq.gouv.qc.ca/en/road\\_safety/behaviour/young\\_drivers/index.php](http://www.saaq.gouv.qc.ca/en/road_safety/behaviour/young_drivers/index.php)

## TEACHING YOUR TEEN TO BE A GOOD DRIVER

**Parents, set a positive example! Teens learn to drive from their parents, be sure you're teaching them proper technical driving skills, respect for other drivers and awareness of their surroundings**

- Give your teenager lots of time to practice. Once your teenager has a learner's permit, drive with them often and in all possible driving conditions.
- Before setting out, plan the route and discuss it with your teen. Begin with 15 to 20 minute sessions and gradually increase the time to an hour. Provide positive feedback.
- Once your teenager has a probationary license, set a curfew time for night driving. More than 60% of teen motor-vehicle deaths occur at night.
- Responsibility. Know your teen. Make sure s/he is responsible on the road and ready to be handed the keys.

## CAR SURFING

- Car surfing is an activity whereby an individual sits or stands on the car while in motion. Car surfing is extremely dangerous and is often fatal. There are no protective measures that can minimize the risk of this activity.
- **NEVER TAKE PART IN CAR SURFING OR DON'T DO IT!**

**As of April 25, 2013 anyone found guilty of street racing or car surfing will lose 12 demerit points in addition to the other fines and sanctions for these infractions. Penalties for these activities are: a \$1000 fine, an immediate suspension of driver's license and immediate impoundment of the vehicle.**



[www.saaq.gouv.qc.ca/en/road\\_safety/behaviour/racing\\_surfing/index.php](http://www.saaq.gouv.qc.ca/en/road_safety/behaviour/racing_surfing/index.php)

## TRAUMA CENTRE

**Montreal Children's Hospital**  
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[www.thechildren.com/trauma](http://www.thechildren.com/trauma)

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