

Increased number of traffic related deaths often seen after time change.

(Burnaby, B.C.) -- At 2 a.m. on Sunday, October 29, Daylight Saving Time comes to an end. Setting time back one hour will result in many commuters finding themselves making their way home in the dark. Various studies indicate that the lack of daylight during the evening commute home often sees an increased number of traffic related deaths and serious injuries.

Darkness at the end of a long workday often causes drowsiness, which dulls concentration and slows reaction time. A driver's reaction depends on vision. In the dark, depth perception, color recognition, and peripheral vision are compromised resulting in a slower and less accurate response.

The BCAA Traffic Safety Foundation (TSF) is reminding drivers and pedestrians to practice caution during their commute home at the end of the day and offers a few tips to help prevent crashes and injuries.

For Drivers –

- Turn on your headlights. Most daytime-running light systems don't automatically illuminate the taillights.
- Inspect headlights, taillights and signal lights regularly, cleaning, replacing and re-aligning as needed.
- Change windshield wiper blades before their effectiveness is reduced. No matter how carefully one drives, it's impossible to avoid crashes if you can't clearly see the road.
- Check your vehicle's air circulation system is functioning properly to quickly defrost or defog windows. Keep a combination snowbrush / squeegee / scraper handy to ensure windows are free of dew and frost before setting out.
- Slow down as you drive through residential areas – 10 km slower can make a big difference in an emergency stop.
- Watch out for slippery leaves. Just as treacherous as patches of ice, fallen leaves retain large amounts of water and can create a slippery surface. Drive slowly through them and avoid hard or panic braking.
- Slow down when it's raining. When roads are slick with water, vehicles are susceptible to hydroplaning and take longer to stop. Use extra caution when driving

on the first day of rain after a prolonged dry spell because oil tends to rise to the surface, making for extra slippery conditions.

- This is the worst time for pedestrian accidents and the TSF encourages pedestrian to be more aware as well.

For Pedestrians –

- Wear light or reflective clothing to make you more visible in dark conditions. Carrying a flash light will also make you more visible and help you see your way in the dark.
- Never step out from between parked cars. Always cross at a designated intersection, looking both ways and make sure drivers see you before you cross.
- If there is no sidewalk, always walk facing traffic and as far off the road as possible.
- Plan the walking portion of your commute along well-lit streets.

With a little caution, the safety of all users of the road can be enhanced during the change in seasons.

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The BCAA Traffic Safety Foundation (TSF) is a non-profit registered charity working with families, communities and business partners to reduce the number and severity of traffic crashes and injuries in B.C. For more information visit www.bcaatsf.ca.

DRIVE TO SAVE LIVES

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