



## MEDIA RELEASE FOR IMMEDIATE RELEASE

### St. John Ambulance Wants to Remind People to Practice Safe Driving Don't let careless driving ruin the holidays

**December 15, 2010 (Toronto, ON)** – Every year thousands of people across Ontario have car accidents because of winter weather and poor driving conditions. Many of these seasonal accidents can be avoided with a little extra precaution. St. John Ambulance urges you to prepare ahead of time and make safe winter driving a priority.

- **Slow and Steady:** When conditions on the road get bad, slow down.
- **Pay Attention:** Watch the road and the cars traveling around you. Look well down the road and make sure to stay alert. Pay attention to the weather and drive cautiously during heavy snow, ice and whiteout conditions.
- **Winterize your Vehicle:** Change your tires – winter tires can drastically decrease your stopping distance. Stock up on windshield wiper fluid and have your seasonal maintenance done.
- **Light Up:** When there is poor visibility on the road, turn on your lights and be seen.
- **Seconds to Safety:** Follow the two second rule; and when the weather is particularly poor, give yourself four to six seconds between cars.
- **Map it Out:** Plan the route to your destination and let someone know where you are going and when you expect to arrive. This will make it easier for help to find you should you become lost or stranded.
- **Respect the Plow:** Remember to never pass a snow plow on the right. This can cause a serious collision or even loss of life. And remember, the road behind the plow is in better condition than the road ahead.
- **Keep a Kit:** Be prepared for the worse – Keep a first aid kit, as well as an emergency survival kit in your car.
- **Stay Home:** If the conditions on the road make traveling dangerous, consider cancelling your plans and staying home. Your friends and family would rather know you are home and safe than out in a blizzard.

For over 125 years, St. John Ambulance has been training over 140,000 Ontarians annually in first aid and other health care related courses and remains dedicated to saving lives at work, home and play. With over 4,000 volunteers contributing over half a million hours of community service a year, St. John Ambulance is an integral part of the community offering such unique and innovative programs as: medical first response, disaster response, car seat clinics, health and safety related youth programs and therapy dog services. As a charitable, humanitarian organization, proceeds from St. John Ambulance's first aid training and first aid product sales directly support these vital community services programs. For more information on St. John Ambulance training courses and volunteer opportunities, contact your Mississauga Branch, or visit [www.sja-mississauga.ca](http://www.sja-mississauga.ca)

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