



Put ICE in your cell phone!

How does it work?

Simply use your cell phone to store the name and number of someone who should be contacted should you have an emergency, but add the letters ICE in front of their name. ICE stands for In Case of an Emergency – it is what the emergency services providers will look for if you are involved in an accident and have a cell phone with you.

Getting Started

On most cell phones you simply need to select “Contacts” and choose “Add new Contacts”, then enter the letters ICE next to the name, followed by the telephone number of your emergency contact person. Make sure you choose a contact person who can easily be contacted (don’t use a home phone number if the person works outside of the home). It is recommended that you enter daytime and evening numbers if possible.

The Ambulance Paramedics of BC CUPE Local 873 are urging all cell phone users to add “In Case of Emergency” (ICE) contacts to their cellular directory.

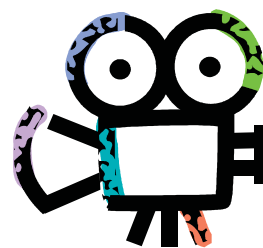
By using the ICE acronym and logging in a name and number, paramedics can access the cellular user’s phone directory to contact the appropriate person if the patient is unresponsive. In an emergency situation when a patient is unable to communicate, the ICE directory will allow paramedics to quickly find out who the emergency contact is and call them. This may provide crucial information and medical history that could possibly save your life.

What should I do next?

- Make sure your contact person agrees to be your ICE contact.
- Make sure your ICE contact person knows about any medical condition(s) which may affect your emergency treatment, including allergies or medications.
- If you are under 18, your ICE contact person must be authorized to make decisions on your behalf (a parent or immediate member of your family). Friends and other relatives will not be able to make decisions for you if you are admitted to the hospital.

Always Carry Identification

Always remember to carry some type of identification with you whether you are out for the day, jogging, riding a bike or walking. Situations have occurred where the police have had a very difficult time identifying people who were not carrying any identification.



Star in a Movie!

No, not you! Your house and contents. That’s right, a terrific idea that complements (does not replace) the household inventory we have all done, is to take out the camera (video or still) and walk through your home taking photos or movies of your prized possessions. What better way, if you have an insurance fire or theft claim, than to present your adjuster with photos of the missing items. When done, store the photos or film in a safe deposit box (or keep copies with a friend or family member outside of your own neighbourhood). As you buy or sell items, remember to add or delete them from your inventory.

What papers are you putting in your recycling bag?



Be very careful what you throw out to be recycled. For example: pre-approved credit card applications. Most, if not all of us, have received one in the mail. Do NOT discard the unopened envelope and place it in the recycling bag.

Your personal information is contained in these envelopes and could easily be used by someone else to obtain a credit card in your name. Shred the entire application form.

Take the time to shred all your bills and personal papers. (Inexpensive shredders can be purchased at local stationary stores.) It can take years of frustrating work to reclaim your identity and credit rating, etc.

Walking is good for you

Walking is a great way to improve your physical fitness, health and general well-being. It can help:

- Lower your blood pressure and cholesterol and strengthen your heart and cardiovascular system.
- Increase your bone density.
- Produce hormones that help your muscles stay strong.
- Decrease stress, make you feel better and sleep more soundly
- Lose weight or help you maintain a healthy weight level.
- Improve your flexibility.

Pedestrian Fatalities in 2003 in BC

- 74 pedestrians were killed.
- 32 of those fatalities were seniors 65 years and older.
- While seniors represent approximately 13% of our population, they represent over 40% of the pedestrian fatalities.
- 1,775 pedestrians were injured.
- 237 of the injuries were to seniors 65 and older.

The Canada-wide statistics show a similar trend:

- Seniors represent about one third of Canada's pedestrian fatalities. 110 of the 334 pedestrians killed in 2001 were age 65 or older. Unfortunately, it seems that each year more senior pedestrian are involved in serious crashes. Often their injuries are more serious than would be the case with younger pedestrians and their recovery time is longer.

What can you do to increase your safety?

Most pedestrian crashes are preventable and the benefits of the exercise gained through walking usually outweigh the risks.

- There are things you can do as a pedestrian to increase your safety.
- Make sure that other road users can see you. Wear white or light-coloured clothing. Pedestrians are especially hard to see in low-light conditions at night, dawn, dusk, on dark, rainy days and in the winter.

Consider wearing clothing that has retro-reflective material on it. You can also buy retro-reflective tape to put on your clothing, cane, walker, etc. Retroreflective materials give off light when headlights shine on them, but remember that they do not work in daylight.



- Make sure that you can see where you are going. If you are walking in an unlit or poorly lit area, consider carrying a flashlight. It will help you see where you are going and will make it easier for others to see you.
- “Dress” for the occasion. Wear comfortable walking shoes and if you sometimes walk with a cane or walker, consider taking it with you for balance.
- If you have a medical condition that may put you at risk, talk to your doctor regarding the benefits of walking before beginning a walking program.
- Allow plenty of time to cross the street. You may not be as fast as you once were, so make sure you have enough time to cross. Never cross when there is a steady DON’T WALK signal (red hand) and don’t be tempted to cross when the FLASHING DON’T WALK signal is activated. Wait until there is a “fresh” WALK signal (a signal that has just turned to WALK). This will give you more time to cross.
- Stop and look for traffic in all directions before crossing. That means you should look left, then right and then left again – even on a one-way street. In most cases, left is the direction that cars will be coming from when you first step off the curb. Use your ears, also, to hear oncoming traffic.

Pedestrian Safety for Seniors

This information is intended to provide general information only. Nothing is intended to provide legal or professional advice or to be relied on in any dispute, claim, action, demand or proceeding. BCAA Traffic Safety Foundation does not accept liability for any damage or injury resulting from reliance on the information in this publication.

More ways to increase your safety

- Walk at times that are safer. Pick daylight hours if you can and wait until ice or snow have been cleared. If you must go out when there’s snow or ice, consider getting a pair of ice grips and using a cane with a pick.
- Use paths and sidewalks whenever they are available. If you must walk on the road, walk facing the oncoming traffic so that you can see what’s coming and stay as close to the side of the road as you can.
- Cross at crosswalks whenever possible and remember to activate the crossing signal if one is present. At the same time, don’t rely on traffic signals. You can’t assume that drivers will stop. Drivers who aren’t paying attention may not see the crosswalk sign or signal and they may not see you, either.



Remember that you are often at greatest risk just after you step off the curb and so it is critical that you look for traffic before stepping off the curb.

- Watch out for turning vehicles. Drivers are often focussed on completing their turn and they may not see you. Be cautious of vehicles that are turning left and right. In BC, drivers often turn right on a red light and so it’s important to look behind you, too, before stepping off the curb. Always make sure the turning driver sees you.
- Be alert in parking lots. Drivers who are backing out of a parking stall may have difficulty seeing you. Make sure to watch for backup lights and to listen for starting engines.
- Walk with a friend. It’s more fun and if you are looking out for each other, it can be safer. But remember not to get distracted by your conversation.



Are you a driver? You also have a role to play in pedestrian safety

Do your part to help seniors walk safely. If you are a driver:

- Scan for pedestrians especially: in low-light conditions; at crosswalks, intersections and near school zones and playgrounds; and in residential areas. Scan ahead as you approach these areas, check behind if you stop and scan again before you start up again. Shoulder check in both directions and scan the intersection before turning.
- Make sure your driving is up to standard.
- Visit your local BCAA office for a copy of the Mature Driver's Handbook. Visit our website at www.tsf-bcaa.com for safe driving tips, driving assessment tools, videos and more.

Visit the BBC's Crime Prevention: Your Car website at <http://www.bbc.co.uk/crime/prevention/alarmsandimmobilisers.shtml>



Bike Safety

by Cst. Kevin Kwast,
Steveston Community
Police Station

Safe cycling involves following the rules of the road and making yourself visible and predictable. Riders that are on the street should follow all traffic laws (including signaling)

just as the drivers of motor vehicles. As a rider, it is always best to assume that drivers cannot see you and to be prepared to evade traffic if necessary. Make eye contact with drivers to ensure that they see you. All riders are required to wear approved bicycle helmets while riding on the roadway. During evening hours riders need to have a white light at the front of their bike that is visible 150 m away and a red light and red reflector

at the rear of the bike. Bright or reflective clothing is a good step toward safe riding. Proper bike maintenance is also an important element of safety. Ensure that your brakes are capable of a quick stop and that your tires are inflated to the level that is listed on the sidewall. There should be no rips in the tire or foreign objects embedded in the rubber. The chain needs to be clean, lubricated and damage-free. Safe riding!

Report Crimes

The Richmond RCMP have received an increased number of complaints regarding thefts from vehicles. The thefts generally occur between midnight and sunrise. Many of these break-ins are not reported as sometimes the victim believes it is too minor of an event to call the Police. Or the crime is not reported until hours or days later.

It is crucial to report these crimes to the Police for two reasons. Firstly, it is much easier to apprehend the suspects if the incidents are reported in a timely manner. Secondly, when thefts are reported to the Police, the Police then become aware of changing crime trends in a particular area. The Police can then modify their patrols and surveillance of certain areas.

It is important that people remove anything of value from their vehicles so that thieves are not tempted to target them. Common items that are stolen are CDs, CD players and spare change.



To listen to a recorded message listing the weekly residential break and enters, please call 604 207-4715.



Royal Canadian
Mounted Police



City of Richmond