



Welcome to the (late) summer edition of the Health and Safety Newsletter! We hope everyone has had a great summer. This month we feature some great summer driving tips (tailor made for the Zweeps as they travel all over Canada), we tip our hat to the departed Nathan Bosch with a special music feature, we offer a simple tip for our drivers when using their tie down bars, plus we include a great smoothie recipe, perfect for the upcoming Labour Day weekend. Next month we will recap another successful Walking Club campaign. Enjoy!

DRIVING TIPS FOR SUMMER TRIPS

More fatalities occur on Canadian roads during the summer months than at any other time of year, including the winter holiday season. Alcohol, fatigue and aggressive driving are often implicated in these tragedies. Whether you're out for a day trip, travelling to the cottage or on a cross-country holiday, the Canada Safety Council urges all Canadians to put safety first when you set out on your summer travels.

Prepare your vehicle

Before leaving on vacation, have your vehicle checked to make sure everything is working properly. Repair or replace worn parts to avoid the worry and time-consuming costly repairs that could ruin your trip. Check fluid levels and tire pressure. Make sure all lights work, including signal lights.

Keep your passengers safe

Make sure everyone in your vehicle is buckled up properly at all times. Buckling up is the single most effective thing you can do to keep yourself and your passengers safe while on the road.

If you are travelling with young children, make sure to make regular stops. Bring plenty of items to keep them occupied. Special travel games and songs also help.

Drive defensively

Drive at a safe speed. Speeding increases the likelihood and severity of a crash. The faster a vehicle is moving, the less time the driver has to react to a hazard, and for other road users to react to that vehicle. A speeding vehicle requires more time and distance to stop. Leave plenty of distance between yourself and the vehicle ahead. Apply the three second rule so you can see around the car ahead and plan a manoeuvre to avoid potential dangers, add more time if you have a heavier vehicle, and in poor weather conditions.

The Canada Safety Council estimates that 85 per cent of collisions are preventable. But simply being in the right will not save you from injury or death. You must be prepared for the unsafe actions of other motorists or for poor driving conditions.

- Obey all signs and signals, including speed limits, traffic lights, stop signs and railway crossings.
- If you drive with a wireless phone, avoid unnecessary calls and always make the driving task your top priority.
- Absolutely never drink and drive.

Stay alert

Canadians often travel long distances when they go on vacation. This creates a temptation to keep driving for extended periods even when tired. On top of this, routes can be quite monotonous, another factor that can make a



driver sleepy. Get a good sleep before leaving on a long trip. Fatigue is a form of impairment; so don't give in to that temptation to push on. If you started early, stop early. Rest stops are important. A break keeps the driver alert by promoting blood circulation, makes the trip more pleasant for passengers and lets the vehicle cool down.

Carrying a heavy load or towing a trailer

Before you tow a trailer or haul a load, make sure your vehicle is properly equipped for the job. Check your owner's manual or if in doubt contact your vehicle dealer. Check that your rear view mirrors give a clear view of the road behind. Driving a heavily loaded car or towing a trailer means you need more space to stop or pass. Leave plenty of distance between yourself and the vehicle ahead. Keep your distance – at least three seconds for each six metres (20 ft.) of vehicle length. For conditions that are less than ideal, increase the following distance. If cars cut in front of you, drop back to keep your separation. When traveling slower than the flow of traffic, be courteous. Pull over where possible to let faster vehicles pass.

Share the road

With the warmer weather, comes the prevalence of vulnerable road users. Motorists must be cautious of cyclists, motorcyclists and pedestrians. Always be on the lookout for and yield to vulnerable road users, even if they don't have the right-of-way. Summer also brings increased construction on our roads and highways. Be prepared to stop or slow down in construction zones.

HOW MUSIC BENEFITS OUR HEALTH



1) Improves visual & verbal skills

Several studies have shown that music education at an early age stimulates the child's brain in a number of ways that helps to improve verbal skills, communication skills and visual skills.

A study that looked at 4 to 6 year olds who were subject to one month of musical training that included training in rhythm, pitch, melody, voice and basic musical concepts resulted in enhanced ability to understand words and explain their meaning.

A study using subjects that were 8 to 11 year olds found that those who were involved in extra-curricular music classes were developing higher verbal IQ's and their visual ability was greater than those who were not receiving the training.

Even children as young as one year old who participated in interactive music lessons with their parents had a greater ability to communicate, smiled more frequently and were showing greater signs of sophisticated brain responses to music.

2) Keeps an aging brain healthy

Research has shown that having musical training and listening to or playing music in old age can help keep the brain healthy especially as it ages. Since listening to music is like exercising the brain, one can expect the benefits of better memory and mental sharpness as they age.

Even people who have some form of brain damage can regain partial or full access to memories (depending on



severity) by listening to music, as listening can help draw on old memories and neurological patterns due to the fact that the rhythm and sounds of music stay within the core of the mind for a long time.

3) Music Makes You Happier

As mentioned before, music has the power to do so much. It can make you feel happy, sad, excited or even pumped up. Listening to music that hits you in a special way causes your brain to release dopamine which is known as a feel good chemical. It causes us to feel emotions like happiness, excitement, joy, etc. Listening to music provides us with the same burst of happiness that we would get from eating a piece of chocolate, sex or certain drugs.

Another study showed that music with a quick tempo played in a major key made people feel happy, while music with a slow tempo in a minor key more easily led to feelings of sadness.

4) Heartbeat, Pulse Rate & Blood Pressure

Studies have shown that music strengthens the heart and improves the recovery time of patients who were suffering from heart disease.

Regardless of the genre of music, listening to your favorite music releases endorphins in the brain that help to improve vascular health. It has been seen that both men and women who listened to music soon after cardiac surgery were much less anxious and even reported having less pain as opposed to those who rested quietly.

An observation made at Massachusetts General Hospital,

found that heart patients confined to a bed that listened to music for 30 minutes had lower blood pressure, slower heart rates, and less distress than those who didn't listen to music.

5) Improves Sleep Quality

Some of the most common things to interfere with sleep are stress and anxiety (heart rates.) Since music has the ability to affect both in a positive way, research has found that listening to music at various times promotes better sleep patterns for people and even created more restful sleeps. In some cases music might even be able to be used to effectively treat insomnia.

6) Boosts Your Immune System & Reduces Pain

Research has shown that music is capable of reducing levels of the stress hormone cortisol, which is responsible for weakening the immune system, increasing risk of heart disease, interfering with learning and memory, lowering bone density, blood pressure, etc. [9] Research found that by listening to just 50 minutes of uplifting music the levels of antibodies in the human body increases. While different types of music were not studied, it is important one listens to music they enjoy as personal preference of music does have an effect on overall physical effects.

7) Reduces Depression & Anxiety

Researchers from Drexel University found that cancer patients who either listened to music or worked with a music therapist experienced a reduction in anxiety, had better blood pressure levels and improved moods. Music can have positive effects on the psyche, mood, pain and



quality of life as well.

CORRECT WAY TO USE TIE DOWN BARS

Stitches, concussions, broken bones. Sounds like a typical MMA fight, right? Wrong! These are just a few of the outcomes that have happened to our very own drivers recently, just by incorrectly using their tie down bars! For any of the drivers that use tie down bars with a curved end, make sure you are always inserting it into the winch with the curve pointing down. If you insert it with the curve up, it has the potential to slip at any time. That time could be when you are applying the most downward pressure while attempting to reach the last few notches of the winch. All your body weight and momentum coming down on the bar as it slips can cause serious injury! Keep a look out for the notices going into all the drivers' mailboxes and if you have any questions or need any help, make sure you talk to one of the driver mentors (Robin, Sheldon, Daron, Bill or Ray) and they will help you out.

RECIPE OF THE MONTH

CRAVING CRUSHER

Here is an immune-boosting power punch. It is a great hunger satisfier that's loaded with flavour and nutrients. If you have a blender and two minutes to spare, you can whip up a perfect smoothie.

Prep Time: 5 minutes Serves: 500-750 ml

Directions

1. Combine nonfat vanilla soy milk, diced kiwi, and banana in a blender.

2. Add frozen green grapes, ice cubes, lime juice, honey (optional), and chopped fresh mint. Blend until smooth. For maximum enjoyment, serve smoothies in frosted glasses: Dip glasses in cool water, then place them in the freezer for five minutes. Use immediately.

3. Ingredients

- 60 ml nonfat vanilla soy milk
- 250 ml diced kiwi
- 1¼-2 bananas
- 120 ml frozen green grapes
- 1 teaspoon lime juice
- 2 teaspoon honey (optional)
- 1 teaspoon chopped fresh mint



Nutritional Facts

Per 250 ml serving: Calories 235, fats 3g, cholesterol 0mg, sodium 73mg, carbohydrates 48g, dietary fiber 4g, protein 6g.