

Mission

Achievements

Partners

Remember !

Watch !

Stats

Tips



COMITÉ DE SÉCURITÉ
ROUTE 389

What is the Safety Committee?

Mission of the Road 389 Safety Committee

- **Consult** community stakeholders
- **Make** the local and outside population **aware** of road safety on Road 389
- **Develop** internal awareness, training and prevention programs for users
- **Conduct** public information campaigns



Some achievements...

- Improved signage
- Heightened awareness and increased enforcement by the Sûreté du Québec and Contrôle Routier Québec
- Training of truck drivers and workers
- Intensified truck load controls
- Vehicle numbering
- Completion of a road check zone at km 22
- Implementation of various communication tools
- Video promoting safety awareness for users (French only)



Partners



Organizations

- Agence de la santé et des services sociaux de la Côte-Nord
- ATR Manicouagan
- Bureau du Coroner
- Manicouagan riding office
- René-Lévesque riding office
- Contrôle Routier Québec
- Transports Québec
- MRC de Caniapiscau
- MRC de Manicouagan
- Sûreté du Québec - MRC Manicouagan

Users

- ArcelorMittal Mines Canada
- Association des transporteurs en vrac de Baie-Comeau
- Association des transporteurs en vrac de Forestville
- AbitibiBowater - Forestry
- Iron Ore Company of Canada
- Hydro-Québec
- Kruger inc. / Scierie Manic inc.
- TEAMREP Logistique Internationale inc.
- Transport Savard Itée
- Zec VarinTransport Savard Itée

Unions

- CUPE - Syndicat FTQ
- CEP - Syndicat FTQ

Dates to remember if you use Road 389...

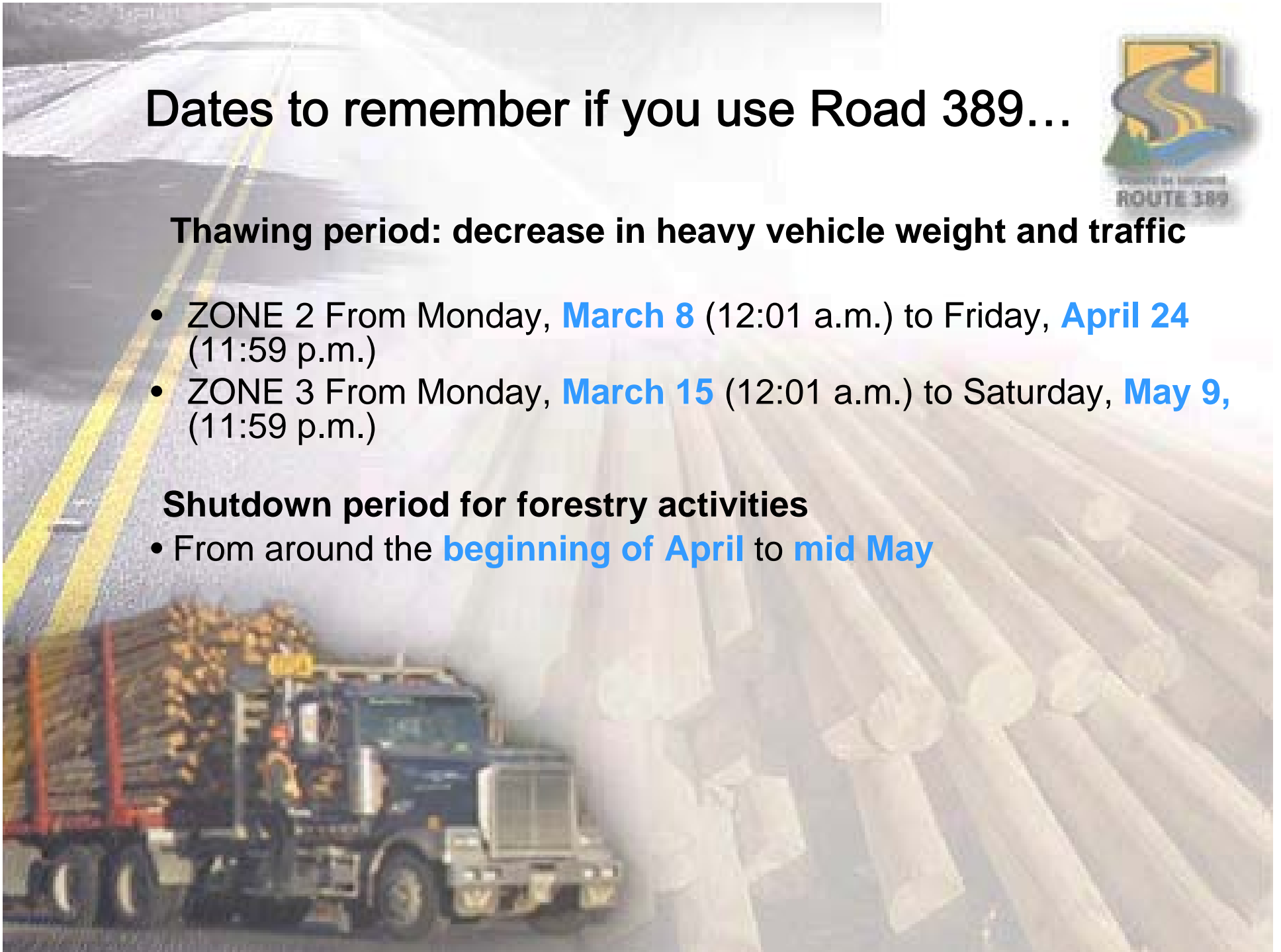


Thawing period: decrease in heavy vehicle weight and traffic

- ZONE 2 From Monday, **March 8** (12:01 a.m.) to Friday, **April 24** (11:59 p.m.)
- ZONE 3 From Monday, **March 15** (12:01 a.m.) to Saturday, **May 9**, (11:59 p.m.)

Shutdown period for forestry activities

- From around the **beginning of April** to **mid May**



Watch for the following this year on Road 389



Between kilometres 140 and 150

Asphalting

\$3,050,000

(contribution of \$1,525,000
from the Canadian government)

Between kilometres 237 and 255

Regraveling

\$2,050,000

At kilometre 97

Road reconstruction

\$2,500,000

Between kilometres 500 and 501

Road reconstruction

\$1,040,000

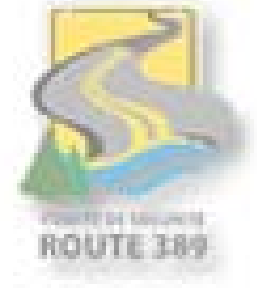
At kilometre 109

Road reconstruction

\$4,200,000

Source: MTQ

Complaints received about Road 389



- ✓ **Complaints about inappropriate conduct 50%**
 - Speeding, illegal passing, left lane encroachment, etc.
- ✓ **Complaints about the condition of the road 50%**
 - Poorly defined curbs and winding, narrow sections of road, etc.



Have you witnessed reckless driving or been the target of another driver's aggressiveness? Want to report a road defect or suggest an improvement?

Please share your comments with us by completing the Road 389 user complaint form at the following address (French only).

<http://www.tourismemanicouagan.com/389/index.html>

Your identity will be kept anonymous at your request.

Main causes of accidents recorded in 2009 on Road 389



- ✓ **Risky behaviour, recklessness:** approximately **60%**
 - Lack of attention, distraction, fatigue, impaired faculties: **17%**
 - Reckless speeding: **43%**

- ✓ **Outside causes:** approximately **40%**
 - Obstacles on the road (animals, rocks, etc.): **20%**
 - Weather conditions, pavement condition: **11%**
 - Mechanical problems: **7%**

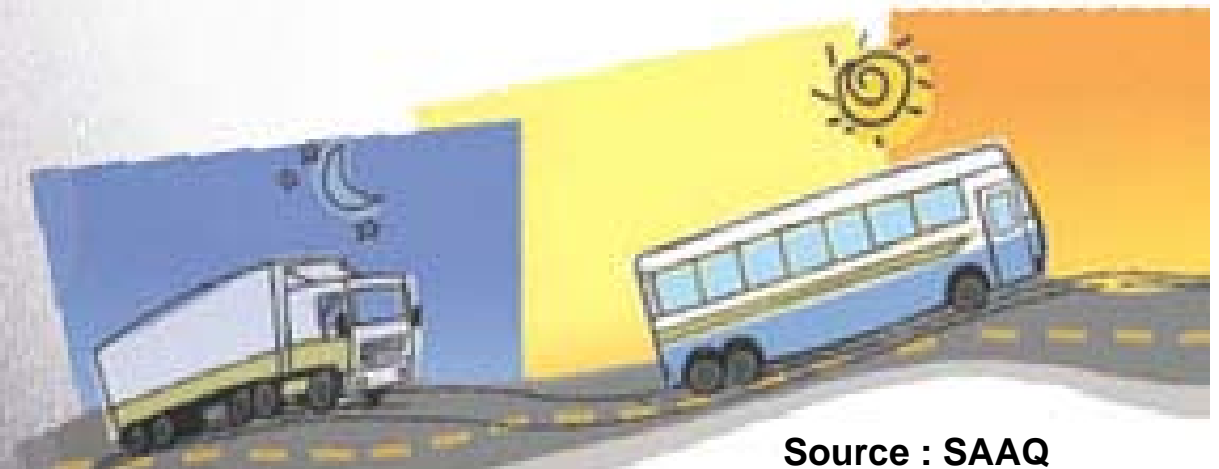
Source : SQ

It doesn't happen only to other people... But what if it happened to you?



A few facts and statistics on driver fatigue...

- ✓ Driver fatigue is a critical factor in **19.2%** of **fatal accidents** and 23% of accidents resulting in bodily injuries on Canadian roads
- ✓ Fatigue is the most frequently cited cause (**31%**) in accidents involving a **heavy vehicle**
- ✓ Fatigue generally sets in after **ten hours** of driving
- ✓ After 17 hours of being awake, our physical and mental performance decreases considerably
- ✓ Drivers who drive for more than 12 hours run a **high risk** of getting in an accident due to fatigue



Source : SAAQ

Noticing the first signs of fatigue ...



- Yawning frequently, nodding off
- Having trouble finding a comfortable position
- Changing lanes unintentionally
- Breaking late
- Not remembering the last few kilometres you traveled
- Having trouble maintaining a consistent speed
- No longer looking in your mirrors
- Missing an exit
- Hallucinating

You should pull over and rest as soon as you notice the first signs of fatigue.



A few tips to help you avoid fatigue...

- Take a break every two hours
- Take a **short nap** (20 to 30 minutes) while the vehicle is parked in a safe location
- Take a **break** to go for a walk and stretch
- Eat **light meals**
- Regularly **clean** the windshield and rear-view mirrors: better visibility reduces visual fatigue
- **Pull over** to rest as soon as you notice the first signs of fatigue

