

April 21, 2010

CYA Report



Risk Management

Contact List

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National Risk Management Committee

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District Risk Managers

D1: Dave McKenzie

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How could I fail a breathalyzer test at 8:00 am ???

It's 8am and I just failed a breathalyzer test. How did that happen? I know I drank a lot but I did get some sleep.

- Even though you get a few hours sleep before getting behind the wheel you could still be drunk. When you take a drink, the alcohol goes into your bloodstream where it remains until it's broken down by your liver. Your liver will do 90% of the work and the rest your body will sweat out or pee out. On average, depending on a person's body type, health and so on, it can

take 60-90 minutes for your body to process the alcohol in a standard drink.

- What does this mean? It means that you could stop drinking at 1 am, cab it home, go to sleep, roll out of bed hours later, shower and drink coffee but still be impaired for your morning drive.
- Contrary to popular belief, cold showers and exercise won't help and coffee will only make you a wide-awake drunk.
- Instead of climbing behind the wheel, you'd better call a cab or catch the bus.
- Researchers at England's Brunel University have concluded that driving with a

hangover is four times more dangerous than driving sober.



Tips for the proper use of propane barbecues

In Canada, propane cylinders have to be replaced every 10 years, unless it is inspected and re-qualified.



Safety tips:

- Transport cylinders in an upright position
- Use a cap to cover the cylinder outlet when transporting or storing
- Store cylinders outdoors

- Never smoke near a propane tank

When using it with BBQ:

- Carefully follow the assembly instructions
- Make sure the burners and tubes are rust and debris-free
- All hoses and joints should be carefully looked at for leaks
- Never check for leaks with an open flame
- Always open the lid before lighting so that gas does not build up
- Open the cylinder valve first, then the burner. Immediately use the igniter switch or BBQ lighter
- When finished using the BBQ, close the propane cylinder first followed by the burner controls

The National Risk Management Committee would like to welcome it's newest member *Diane Therien* from the *Flin Flon Kinette Club*. Diane will start her new role on July 1st 2010.

WELCOME

Congratulations Diane.