

2. Safe Driving Programs

Mature Driver Program

Mature Driver is an educational program designed to help the senior driver to continue to drive safely. A qualified senior driving instructor, who knows the effects of aging on driving ability, teaches how to compensate for these effects.

The Mature Driver program focuses on updating driving knowledge, sharpening driving skills and providing techniques to compensate for normal age-related changes that affect driving ability.

Safety Services Manitoba delivers the Mature Driver program. Courses are available in the Winnipeg, Central, Interlake, Eastman, Westman and Parkland regions of the province.

For more information, contact:

Safety Services Manitoba

Telephone: 204-949-1085

Website: safetyervicesmanitoba.ca

Parking Entitlement for People with Physical Disabilities

You may apply for a parking permit that allows you to park in spaces designated for people with disabilities if you have a permanent or temporary physical disability:

- Requiring the full-time assistance of a mobility aid such as a wheelchair, cane, crutches or walker.
- If your disability restricts you from walking more than 50 metres without great difficulty or danger to your health or safety.

An application form may be obtained from any Society for Manitobans with Disabilities regional office, your medical practitioner or local municipal office.

The fee is \$12.50 for a permit or permit renewal. If your disability is permanent, the permit is valid for 36 months. Temporary permits are available for the anticipated length of the disability as certified by a medical practitioner, up to 36 months.

Non-profit organizations can apply for permits for vehicles used to transport people with physical disabilities.

Parking permits must be displayed on the rearview mirror of a vehicle so they are clearly visible from outside the vehicle for enforcement purposes.

Parking permits are to be displayed only when the vehicle is parked in specially designated parking, not while the vehicle is being driven.

To apply for a permit or for further information, contact:

Parking Permit Program

1111 Winnipeg Avenue
Winnipeg, Manitoba R3E 0S2
Telephone: 204-975-3257
Toll-free: 1-800-836-5551
TTY: 204-975-3239
Fax: 204-975-3240
Email: info@smd.mb.ca
Website: smd.mb.ca/parking_permit_program.aspx



Remember: It is illegal to park in a space designated for people with disabilities unless you are disabled or you are transporting a person with a disability and a valid parking permit is prominently displayed in your vehicle.

Vehicle Modifications for People with Physical Disabilities

If you are a driver with a disability holding a valid Manitoba driver's licence, you may obtain a wide range of vehicle modifications at no cost through the Health Sciences Centre Rehabilitation Engineering Department.

For specific information regarding vehicle modifications, contact:

**Health Sciences Centre
Rehab Engineering Department
Special Devices Program**

59 Pearl Street
Winnipeg, Manitoba R3E 3L7
Website: hsc.mb.ca/re/

Environmental Consequences of Driving

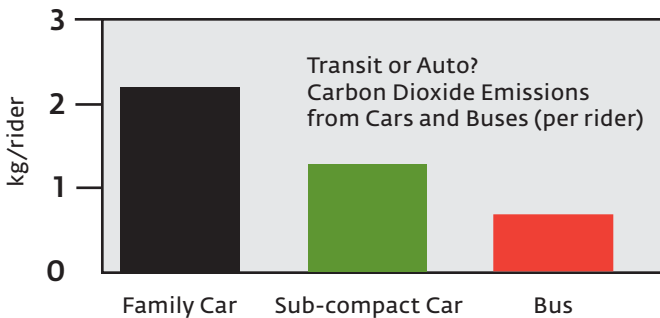
If you keep a vehicle well tuned and maintained, it will help control the emission of pollutants. However, even the best maintained vehicles will continue to emit gases such as carbon dioxide, carbon monoxide, nitrogen oxides and sulphur dioxide, and volatile organic compounds.

These gases adversely affect our health and are significant enough to affect the environment.

The following are some things drivers can do to reduce these effects:

1. Keep your vehicle well tuned and maintained and tires properly inflated. Check pollution controls regularly.
2. Drive only when you must and consider walking when relatively short distances are involved.
3. Don't let your engine idle while your car is parked.
4. Before buying or leasing a vehicle, check its fuel efficiency. The less fuel a vehicle burns, the less pollution it creates, and the more money you save at the gas pump.

Consider taking the bus as much as possible. Cars produce 50 per cent of the carbon dioxide emitted by vehicles. The carbon dioxide per rider produced by the average family car is almost four times that produced per rider by a half-empty bus.



Fuel Efficient Driving Techniques

Safety should be your number one concern every time you get behind the wheel of a vehicle. The good news is that practicing defensive driving techniques not only improves road safety, it also reduces fuel consumption and cuts exhaust emissions that contribute to climate change and urban smog. Depending on your driving habits and how often you drive, these basic techniques and useful tips could save you hundreds of dollars a year in fuel and maintenance costs:

- It is both safer and more fuel-efficient to maintain a steady speed on the road. Speed up smoothly when passing or merging with faster traffic and avoid hard braking. European tests have shown that aggressive driving — frequent, rapid speeding up and hard braking — can increase fuel consumption by up to 39 per cent.
- Never drive faster than the posted speed limit. Increasing your highway cruising speed from 100 km/h to 120 km/h will increase fuel consumption by up to 20 per cent.
- Plan your trips to combine errands and to avoid traffic jams, steep hills, road construction, etc. Combining a number of short trips into one longer one allows your engine and drivetrain to reach peak operating temperature, which is not possible on trips of less than 5 km. Avoiding trouble spots shortens your travel time and reduces unnecessary idling.
- If you are driving a vehicle with a manual transmission, learn how to use it properly for maximum fuel savings. A tachometer can help you shift the transmission at the most fuel efficient engine speeds (the owner's manual will indicate these speeds).
- If you have cruise control, use it for highway driving to maintain a constant safe speed and save fuel. The exception is on hilly terrain, where it's a good idea to allow the vehicle's speed to drop slightly going uphill and then let gravity help you build up speed again (to a safe level) going down the other side. Avoid using cruise control while driving on slippery or winter roads.
- In summer, minimize your use of air conditioning. Operating an air conditioner in hot weather can increase fuel consumption by more than 20 per cent in city driving. A more fuel-efficient option for staying cool is to open a window. However, at highway speeds, use your car's flow-through ventilation — open windows and sunroofs increase aerodynamic drag, which makes the engine work harder and consume more fuel. If you must use your vehicle's air conditioning, avoid running it continuously; shut it off after the interior is cool or set the controls to a comfort level that allows the system to cycle.

- Check tire pressure at least once a month when the tires are cold (i.e. the vehicle had been parked for at least three hours or had not been driven more than two km). If you have to drive more than two km to add air, check the tires before you leave and then add the amount of air that is missing from this reading. Inflate the tires to the recommended pressure, usually indicated on the car door, glove compartment or in the owner's manual. With proper tire inflation, your car will burn less fuel and be safer to drive. Operating a vehicle with just one tire under inflated by 56 kilopascals (eight pounds per square inch) can reduce the life of the tire by 15,000 km and can increase the vehicle's fuel consumption by four per cent (Transport Canada).
- Use a block heater in the winter to warm the engine oil and make cold starts easier on your engine parts. Your vehicle's oil does not freeze when the temperature dips below 0°Celsius, but it does get much thicker. This means your engine has to work harder and use more fuel. Use a timer to switch the block heater on two hours before you plan to drive. Proper use of a block heater can improve your vehicle's overall fuel economy by as much as 10 per cent. Don't leave your block heater on overnight or your energy savings will disappear in a higher electricity bill.
- Follow the vehicle manufacturer's recommended operating procedures and maintenance schedule in your owner's manual. Regular maintenance such as oil and filter changes will not only prevent early breakdown of your vehicle's parts, it will also keep them operating at their most fuel-efficient level. A clogged air filter can increase fuel consumption by up to 10 per cent. Regular maintenance will keep your vehicle operating safely, save you money and, at the same time, help the environment.
- Remote car starters are handy on cold winter mornings, but don't start your car too soon — in most driving conditions, today's modern engines need to warm up for only 30 seconds, even on cold mornings. Also, allowing your car to idle too long wastes gas and produces unnecessary exhaust emissions.
- Idling for more than 10 seconds, except in traffic, wastes more fuel than stopping your engine and restarting it again. At the end of the day, stopping unnecessary idling will benefit the environment and save you money.

You will find other useful tips and tools at www.oeenrca.gc.ca/transportation/personal-vehicles-initiative.cfm.