



Labrador - Grenfell  
**Health**

# **Snowmobile Safety Awareness Maze Project in Labrador**

**Janice White**

Health Promotion & Education Coordinator

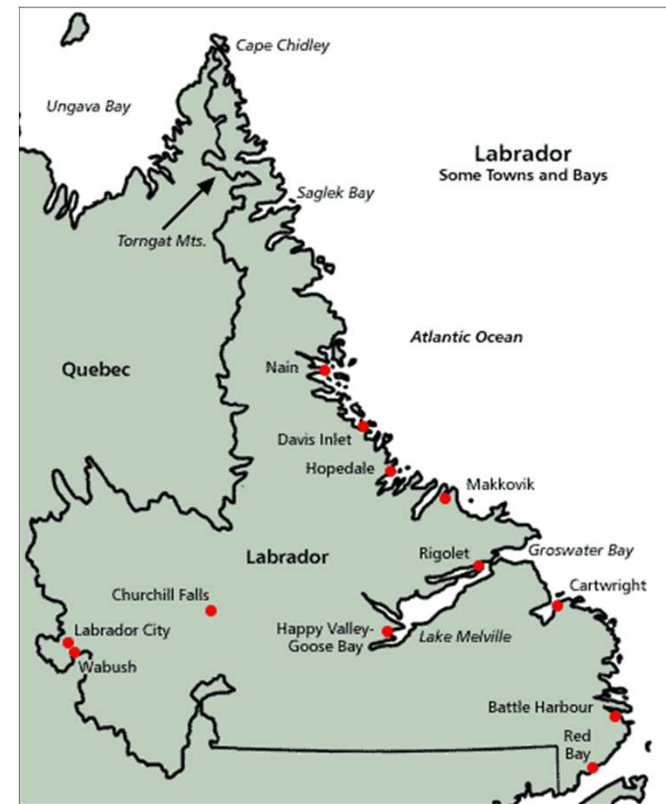
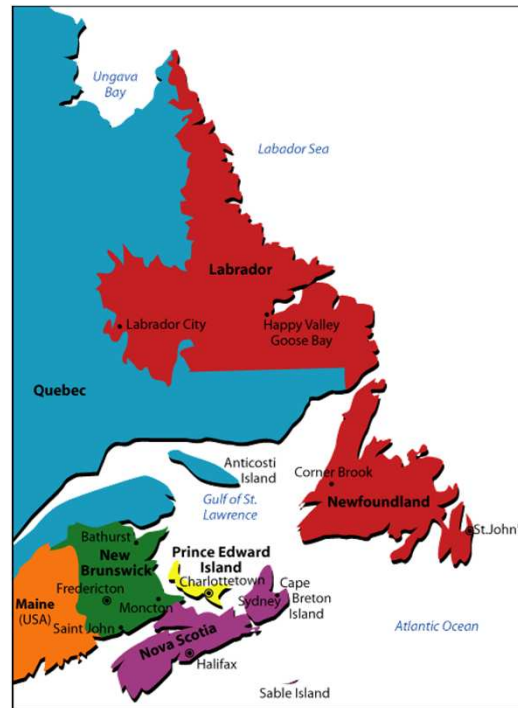


# Overview

- Labrador
- Statistics
- Labrador Snowmobile Safety Committee
- Snowmobile Safety Awareness Maze
- Feedback about the Maze
- Partnerships



# Labrador



- Rural, remote, isolated region with harsh winters



Labrador-Grenfell  
Health

# Snowmobiles are Integral

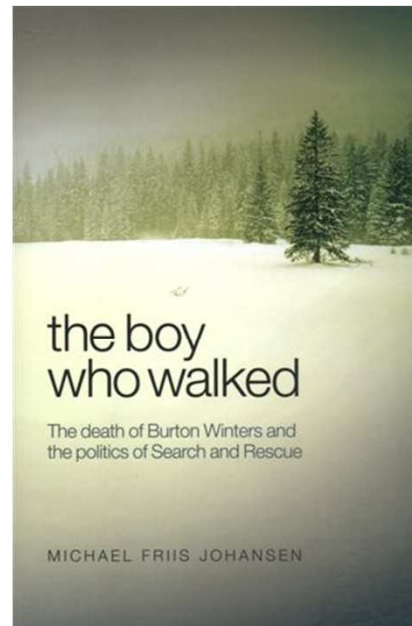
- Snowmobiles are an integral part of transportation as well as recreation



Labrador-Grenfell  
Health

# Winter Tragedies

- loss of life (Burton Winters is well known in the country)
- major injuries (femurs of 2 teens this past winter in Goose Bay alone)



# Labrador-Grenfell Health Region

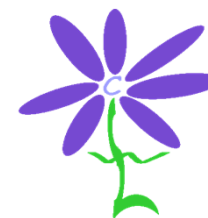
Stats reporting years 2005-2012:

- Highest hospitalization rate of all four health authorities in the province
- More males hospitalized
- Highest rates were among 16-19 and 20-29 age groups

NL Centre for Health Information  
“Snowmobile and ATV injuries: March 2014”

# Labrador Snowmobile Safety Committee

- Have done 5 years of education so far
- Youth in schools, general public



Labrador Regional  
Wellness Coalition





# Snowmobile Safety Awareness Maze

- Hands-on workshop
- Created by RCMP officer
- Four 'Scenes'



Labrador-Grenfell  
Health



# Scenes

- Scene 1: Lost
- Scene 2: Cold
- Scene 3: Break down
- Scene 4: Injury



Labrador-Grenfell  
Health

# Lost



- Landmarks – Do you know the landmarks around your community to find your way back?
- Simulation of being lost on the ice in a blizzard – do you try to walk home?



Labrador-Grenfell  
Health



# Cold



- Perform a simple task (tying shoes)
- Hands in ice water
- Try simple task again



Labrador-Grenfell  
Health



Labrador-Grenfell  
Health

# Break-Down

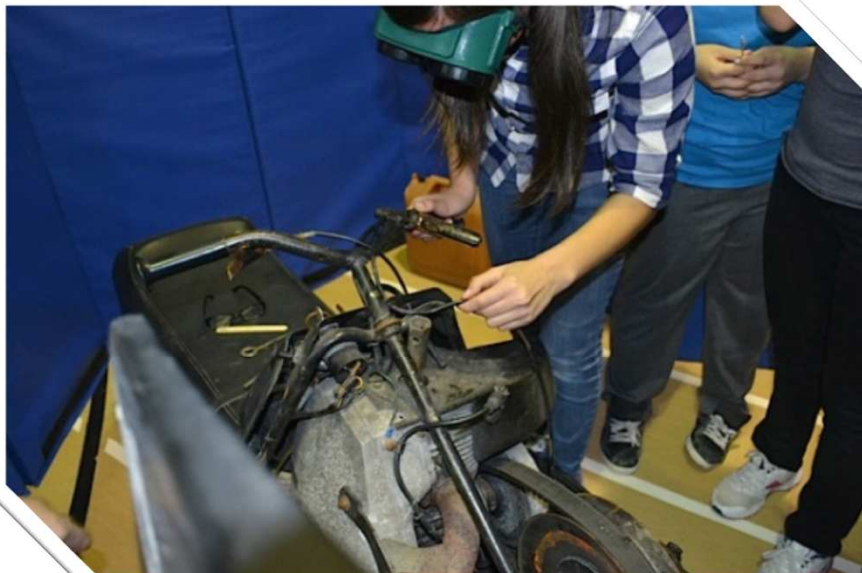


- Have been drinking
- Consequences of drinking and driving
- With 'impaired' goggles on, change a spark plug or do other tasks



Labrador-Grenfell  
Health





Labrador-Grenfell  
Health



# Injury



- Friend was in a crash and is injured
- Be Prepared
- First Aid



Labrador-Grenfell  
Health



# Student reaction

- Learned a lot about snowmobile safety
- Really enjoyed the hands-on approach
- “Didn’t think about that...”
- Talking about the maze months after the session



# Teacher/Community Reaction

- Year One – 2 classes in Mealy Mountain Collegiate (high school)
- Year Two – 16 classes in MMC
- Community – the local CBC radio show did a story about the maze & Town Councilors attended from HVGB



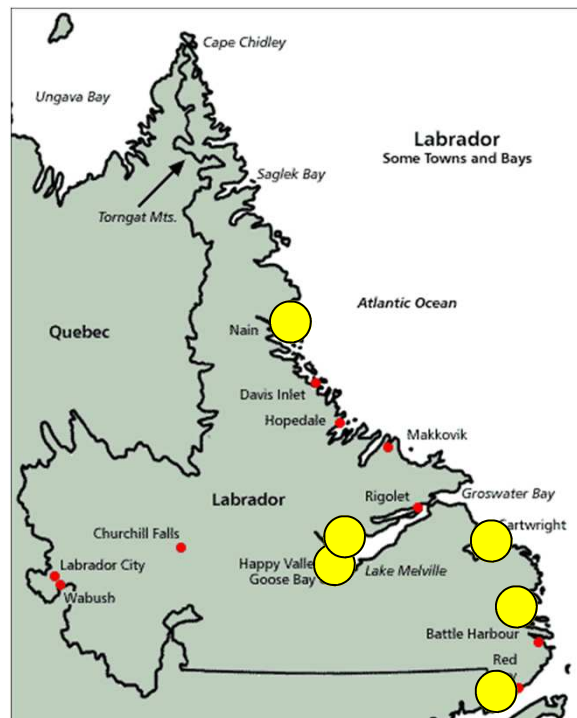
# Partnerships - One Maze

- The maze does not work well without partnerships!
- One maze workshop alone needs at least 5 people for it to run smoothly, optimally there would be 9 people (two at each station and a time keeper)
- RCMP, Public Health Nurses, Community Groups, Junior Rangers, Dept of Forestry and Wildlife, etc.



# Partnerships - Labrador Mazes

- Shared with Nunatsiavut Government Dept of Health and Social Development
- Shared with RCMP
- Shared with LGH Public Health Nurses



Completed in Nain,  
North West River,  
Goose Bay,  
Cartwright, Port  
Hope Simpson,  
Forteau

# Partner Reaction

- Partners were eager to share with their contacts
- Saw the value in the workshop for their community
- Had more requests for the information





# Summary and Last Thoughts

- Labrador is a place where snowmobiles are integral to its way of life
- We have the highest rate of hospitalization because of snowmobiles
- Partners across Labrador work together for snowmobile safety
- Personal connection



# Questions?



Labrador-Grenfell  
Health



# Janice White

Health Promotion & Education Coordinator (Injury Prevention)

[Janice.white@lghealth.ca](mailto:Janice.white@lghealth.ca)