

## Handle household chemicals with care

You probably use many household chemical products in and around your home and garage. These products may include cleaning liquids and powders, polishes, drain cleaners, paint thinners, and windshield washer fluids. Chemicals can be dangerous and cause burns, fires, poisonings and even explosions.

Household chemical products are among the top products responsible for injuries and deaths in children under the age of five years. Bad taste and odours often do not keep children away from household chemical products. Even a small amount of a chemical product can be harmful to a child.

Use, store, and dispose of household chemicals carefully. Learn the meaning of the hazard symbols and follow all directions on the label. Here are some safety tips to protect yourself and your family.

- Read the label before you buy or use a household chemical product. Follow the instructions every time you use the product, and read the instructions on safe use and storage. Look for hazard symbols on the front of the product. If you don't already know what these symbols mean, learn them. Do not cover up or remove the labels from household chemical products.
- Use household chemical products carefully, especially around children. Never mix household chemical products together; some mixtures can produce harmful gases. Check that child-resistant closures are in good working order. Remember that child-resistant does not mean child-proof. Close the cap on the container all the way even if you set it down for just a moment. Teach children that hazard symbols mean Danger! Do not touch.
- Store all household chemical products in their original containers, and keep all safety information. Keep all household chemical products locked away, where children cannot see or reach them. Try not to store products that may release harmful fumes or catch fire inside your home. These items include paints, solvents, gasoline, fuels or varnishes. Store them according to the instructions on the product's label in a separate building if you can, or in an area that is well vented to the outside.

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## President's Perspective

### Pay attention to diverse driver distractions

Fines for distracted driving in Ontario nearly doubled from \$155 to \$280 last month, and now new proposed provincial legislation could see penalties as high as three demerit points and \$1,000.

Think about distracted driving and you will most likely think about drivers who text or talk on their cellphones behind the wheel. Much attention is given to this form of driver distraction, as it should be – drivers who use cellphones are four times more likely to be in a collision than a driver who is focused on the road. A texting driver increases the chances of being in a collision by 23 times!

But distraction is anything that takes the driver's attention away from the road, which reduces the driver's awareness, decision-making abilities, reaction times and/or performance. The four categories of driver distraction are visual, auditory, manual and cognitive, as outlined in a study by the Governor's Highway Safety Association. It quickly becomes apparent that the use of personal communication devices behind the wheel is merely a sliver of the whole distracted driving picture.

What else can be distracting? While not necessarily covered under the proposed distracted driving legislation, there are an infinite number of things that will try to compete for your attention – these include eating, personal grooming, pets in the vehicle, reading billboards, talking to passengers, looking at a collision scene as you pass by, changing the radio station and daydreaming.

While it isn't possible to eliminate ALL distractions, it is possible to manage them and to have a safety-focused attitude that keeps your attention intentionally on the road. Help yourself stay focused: put your



cellphone in your bag in the backseat before you get behind the wheel, so you won't be tempted to check it. Adjust the radio before you start driving. Leave the pets at home. Speak up if you are a passenger and the driver is distracted. Talk about the importance of safe driving with your loved ones.

Are higher fines the ultimate solution for getting people to focus on the road? No. A recent poll by the Toronto Sun asked "Do you think higher fines and demerit points will stop drivers from using their handheld cellphones?" A full 60 per cent responded "No."

Penalties need to be enforced to matter, and getting people to change behaviours takes time and education. We can't wait for legislation to force us to be safer drivers. Think about and change your unsafe driving habits today – because the potential for harm if you don't is simply far too great.

### ***Safety, It's an Attitude***

A handwritten signature in black ink that reads "Jack Smith".

Jack Smith, President

## Some seasonal safety reminders

*Spring is a great time of year for getting outdoors and getting active! Here are a few safety tips to get you started.*

### Get the right training

Thinking of learning to ride a motorcycle? Visit [www.ridertraining.org](http://www.ridertraining.org) to learn more about our Gearing Up program and to find a course in your area.

The Canada Safety Council offers many on- and off-the-job safety training programs. Find out more at [www.canadasafetycouncil.org/training](http://www.canadasafetycouncil.org/training).



### Swimming safety for kids

- Put your children in swimming lessons.
- Stay within sight and reach of your child when in, on or around water.
- Know how to swim or have an experienced adult swimmer supervise children in the pool.
- Install a 1.5 m (5 ft.) high four-sided fence with a self-closing, high-mounted, self-latching gate around the pool.
- Put young children and weak swimmers in properly fitted life-jackets, when in, on or around water.
- Teach your children the pool rules.
- Keep safety equipment by the pool.
- Learn First Aid and CPR.
- Know how to call 911 or your local emergency number.

*Looking for more seasonal advice? Follow us on Twitter for updates: @CanadaSafetyCSC.*

### Safe cycling

Cycling is great exercise and an environmentally friendly way to get around – be sure to tune up your bike and review road safety rules before going for a spin this spring. As a cyclist, the rules of the road apply to you, and these include stopping at all stop signs and proceeding when it's safe. You should walk – not ride – your bike across busy streets at marked crosswalk and make sure you are visible to other road users by using bright lights and reflectors on your bike, and wearing light-coloured clothes with reflective tape.





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- Dispose of leftover household chemical products safely. Buy only the amount you need for the job so there is no waste. Check your city or town's guidelines for instructions on how to dispose of chemicals and other hazardous waste. Never burn household chemical containers, and do not re-use empty containers.

If someone has been in contact with a household chemical product and you think they may have been harmed:

- Call a Poison Control Centre or your health care provider right away. You can find phone numbers for the Poison Control Centre nearest you by searching Poison Control Centre and your province or territory on the Internet, or by checking at the front of your local telephone book.
- Tell the person who answers the phone what the product label says. There should also be first aid instructions on the back or side of the product surrounded by a border.
- Bring the product with you when you go for help.

**Source:** [www.healthycanadians.gc.ca](http://www.healthycanadians.gc.ca)



## News Bites

- National Farm Safety Week, from March 14-20, focused on the importance of proper training to ensure the safe operation of all farm vehicles and machinery. Our goal was to raise awareness that injuries and deaths on the farm are preventable, and that safety always needs to be the primary consideration. Our news release was especially well-received by our media partners in rural areas, and generated multiple requests for interviews. The response is encouraging and indicates a strong, continued interest in the area of farm safety.
- We are accepting applications for the second annual Sarah Beth Therien Memorial Scholarship competition. Information about the \$2,500 scholarship and the application form are available at [www.canadasafetycouncil.org](http://www.canadasafetycouncil.org) and at [www.ScholarshipsCanada.ca](http://www.ScholarshipsCanada.ca). The purpose of the scholarship, along with honouring Sarah's memory, is to raise the profile of safety in the minds of young Canadians and to spur creative safety initiatives across the country. The competition is open to current undergraduate and college students. High school students entering their first year of post-secondary studies are also eligible to apply. Applications will be accepted until June 15, 2014. Judging is anticipated to commence shortly thereafter.

## Looking Ahead

- Our Annual General Meeting is April 3, 2014, and will take place at the Canada Safety Council's office in Ottawa. Members are encouraged to attend.
- National Summer Safety Week is May 1 to 7. Our focus will be on preventing heat-related illnesses and dehydration. Our news release will contain safety recommendations for children and seniors, as well as for workers who spend most of their time outdoors during the summer.
- National Road Safety Week is May 13 to 19. This safety week will focus on encouraging drivers to 'share the road' with vulnerable road users such as pedestrians, cyclists and motorcyclists. It will also give an overview of the responsibilities these vulnerable road users have in ensuring their own safety.
- Follow us on Twitter (@CanadaSafetyCSC) for frequent updates and more CSC news!

## Safety Training Online

*Want to go back to school without leaving home? Visit [www.canadasafety-council.org/training](http://www.canadasafety-council.org/training) to sign up for online safety training! Courses include OH&S topics, defensive driving, babysitters training, and home alone safety.*

## Five ways to prevent sexually transmitted infections

According to the Public Health Agency of Canada, the highest reported rates of some sexually transmitted infections are in young people. However, cases of chlamydia, gonorrhea and syphilis are increasing among both younger and older Canadians.

The increases may be due in part to better testing and screening as well as an inconsistent use of safer sex methods among sexually active people.

If you are sexually active, you can reduce your risk, by following these five safer sex methods:

- Discuss sex openly with your partner. Talk about using protection and getting tested. Even if you're in a monogamous relationship or have had multiple monogamous relationships in a row, that is no guarantee against infection. If you are not comfortable enough to talk about sex, you may want to rethink having sex.
- Use condoms consistently and correctly. The major advantage to condom use is that condoms give you dual protection against both unplanned pregnancy and sexually transmitted infections. Condoms, used consistently and correctly, are the best barrier against infection, especially condoms without the spermicide nonoxynol-9, which can cause irritation that may increase your chance of contracting a sexually transmitted infection.
- Get tested. Get tested for sexually transmitted infections if you are sexually active. Be specific. Tell your health care provider you want a sexually transmitted infection test, as routine blood work and urine tests don't check for these types of infections.
- Talk to your health care provider or local sexual health clinic. Inquire about safer sex methods such as using non-spermicidal or non-lambskin

condoms. If you're diagnosed and treated for a sexually transmitted infection, be sure to follow your health care provider's treatment and follow-up recommendations. You can easily be re-infected if your partner is not treated as well.

- Make informed decisions. Learn as much as you can about the signs, symptoms, testing, treatment and prevention of sexually transmitted infections.

Remember, many sexually transmitted infections have no signs or symptoms, so if you are sexually active, the only way to know for sure if you or your partner has an infection is for you both to get tested. While some infections such as gonorrhea are showing antibiotic resistance and treatment failure, the good news is that many sexually transmitted infections, including chlamydia, can be treated and cured.

*Source: [www.newscanada.com](http://www.newscanada.com)*



## Helpful Hints to Protect Yourself from Scams

*It is estimated that fraud costs Canadians more than \$10 billion annually, according to the RCMP. That works out to about \$300 per Canadian every year!*

*The Competition Bureau offers the following recommendations to help Canadians protect themselves from scams. These tips appear in 'The Little Black Book of Scams,' which is available online.*

### Protect Your Identity

- Only give out your personal details and information where it is absolutely necessary and when you trust the person you are speaking to or dealing with.
- Destroy personal information: don't just throw it out. You should cut up or shred old bills, statements or cards — for example, credit cards and ATM cards.
- Treat your personal details like you would treat money: don't leave them lying around for others to take.

### Money Matters

- Never send money to anyone that you don't know and trust.
- Do not send any money or pay any fee to claim a prize or lottery winnings.
- "Jobs" asking you to simply use your own bank account to transfer money for somebody could be a front for money-laundering activity. Money laundering is a serious criminal offence.
- Avoid transferring or wiring any refunds or overpayments back to anyone you do not know.

### The Face-to-Face Approach

- If someone comes to your door, ask to see some identification. You do not have to let them in, and they must leave if you ask them to.
- Before you decide to pay any money, if you are interested in what a door-to-door salesperson has to offer, take the time to find out about their business and their offer.
- Contact the Competition Bureau, provincial and territorial consumer affairs offices or the Better Business Bureau of your province or territory if you are unsure about a seller that comes to your door.





## Telephone Business

- If you receive a phone call from someone you do not know, always ask for the name of the person you are speaking to and who they represent. Verify this information by calling the company yourself.
- Do not give out your personal, credit card or online account details over the phone unless you made the call and the phone number came from a trusted source.
- It is best not to respond to text messages or missed calls that come from numbers you do not recognize. Be especially wary of phone numbers beginning with 1-900. These may be charged at a higher rate than other numbers and can be very expensive.

## Email Offers

- Never reply to a spam email, even to unsubscribe — often, this just serves to “verify” your address to scammers. The best course of action is to delete any suspicious emails without opening them.
- Turn off the “viewing pane,” because just viewing the email may send a verification notice to the sender that yours is a valid email address.
- Legitimate banks and financial institutions will never ask you for your account details in an email or ask you to click on a link in an email to access your account.
- Never call a telephone number or trust other contact details that you see in a spam email.

## Internet Business

- Install software that protects your computer from viruses and unwanted programs and make sure it is kept current. If you are unsure, seek the help of a computer professional.
- If you want to access a website, use a bookmarked link to the website or type the address of the website into the browser yourself. Never follow a link in an email.
- Check website addresses carefully. Scammers often set up fake websites



with addresses very similar to legitimate websites.

- Beware of websites offering “free” downloads (such as music, adult content, games and movies). Downloading these products may install harmful programs onto your computer without you knowing.
- Avoid clicking on pop-up ads—this could lead to harmful programs being installed on your computer.
- Never enter your personal, credit card or online account information on a website that you are not sure is genuine.
- Never send your personal, credit card or online banking details through an email.
- Avoid using public computers (at libraries or Internet cafes) to do your Internet banking or online shopping.
- When using public computers, clear the history and cache of the computer when you finish your session.
- Be careful when using software on your computer that auto-completes online forms. This can give Internet scammers easy access to your personal and credit card details.
- Choose passwords that would be difficult for anyone else to guess—for example, passwords that include letters and numbers. You should also regularly change passwords.
- When buying anything online, print out copies of all transactions and only pay via a secure site. If using an Internet auction site, note the ID numbers involved and read all the security advice on the site first.

*For more information, visit [www.competitionbureau.gc.ca](http://www.competitionbureau.gc.ca).*

## Simple tips for staying hydrated

Proper hydration is a very simple matter with a simple solution: ingest enough water to stay hydrated. But some might find it difficult – or just boring – to drink that much water. Hotter temperatures, along with physical exertion, can also increase the need for water. So how can we make sure we'll get enough?

The following seven tips will help you ensure that you're well supplied with sources of water.

### ■ Plan Ahead and Pack

The best way to make sure you'll have enough water? Bring it with you. A few containers of drinking water should be a part of any trip. Getting enough water is a hugely important part of living at your best – and feeling up to enjoying yourself.

### ■ Mix It Up

Sure, water's the most hydrating beverage there is – but it can get boring. The good news is that smoothies are hydrating too! And so are many fruit juices (dilute them a bit to make them extra hydrating!). If you're finding it difficult to get all your necessary water intake from water alone, then feel free to mix it up – and mix things with your water. Just make sure you try to avoid natural diuretics such as caffeine, alcohol, or sugar.

### ■ Don't Just Drink Your Water – Eat It Too

Water is not only available to us through in the liquids we drink, but within the foods we eat as well. One obvious summer example, of course, is the aptly-named watermelon. While watermelon is renowned for its high water content (and its delicious flavour!), it also has essential electrolytes that the body needs for nerve and brain function. A large variety of foods contain lots of water and other things that your body needs; so if drinking lots of liquid isn't your thing, try to choose foods that hydrate.

### ■ Remember The Electrolytes

Gatorade and sports drinks offer a very simple solution to a problem that often accompanies dehydration. When the body sweats, as it often does sultry summer heat, it doesn't just lose water, it loses important electrolytes as well. Sports drinks offer a quick electrolyte fix (though some may have high sugar content). And if you're feeling motivated, you can always make your own!

### ■ Have a Popsicle!

People love summer popsicles for good reason. They're cool, they're sweet, and they quench thirst. This means they're an awesome way to ensure hydration. Children especially can benefit from having popsicles readily available. Popsicles often contain the same electrolytes found in sports drinks.

### ■ Remind Yourself To Drink Enough Water

Why not program recurring reminders into your calendar, your to-do list, via scheduled emails or texts, or set alarms? If it's hard to remember to stay hydrated, let technology take care of it!

### ■ Jug It

If all else fails, get a nice big jug of water and take it with you wherever you go. It's not the most convenient method, and the water might get warm, but it's hard to forget to drink water when there's a large container of it right there with you. So make it really hard to miss – and make sure you'll be hydrated.

Source: <http://blog.aquasafecanada.com/7-keys-to-hydration/>

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