

SafetyCanada

THE MEMBER NEWSLETTER OF THE CANADA SAFETY COUNCIL

JANUARY 2017

VOL. LXI No. 1



Start Having Warm Feelings Toward Winter

Winter is in full swing across Canada, with the ice, slush and bone-chilling cold making themselves comfortable in the country for the next few months.

This, of course, means that you need to make yourself comfortable, too. Prolonged exposure to the cold can result in a myriad of issues including a common cold, frostbite, hypothermia and, in extreme cases, even death.

The easiest way to stay warm and dry is to bundle up. Dress warmly using multiple loose layers

of clothing including sweaters, jackets and heavy shirts. Using a shirt made primarily of a dry, moisture-wicking material as the base layer will also help keep you dry and prevent you from getting unnecessary chills.

The next layer should be something heavier and heat retaining. Consider a wool sweater, for instance. The third layer should be wind- and water-resistant, to ensure that if you do get wet, it won't soak through to the next layer.

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President's Perspective: Driving High Will Leave You Low



The Canadian governments' recently appointed task force has just filed its report on the deliberations it has held over the past several months. It's not exactly a secret that this has been an area of interest for Justin Trudeau and the Liberal government, but we are now beginning to see less speculation and more concrete actions being taken toward eventual legalization.

It seems like an inevitability that marijuana will enter the marketplace legally sooner than later, which makes it that much more crucial to remind Canadians of the dangers of driving while high.

Marijuana's effects on a driver are different than alcohol. A driver who is high is more likely to drive slowly and leave a lot of following distance between themselves and the vehicle in front of them. They're also more likely to have slower reaction times, altered time perception and a fogger thought process.

Although recreational use of the drug may become legal sooner than later, it is still illegal to operate a vehicle while under the influence.

The state of Washington legalized recreational marijuana use in 2012, and the ensuing years saw a significant rise in drivers who had recently consumed it. This number shot up to one in six drivers involved in fatal crashes in 2014, according to a study done by the AAA Foundation for Traffic Safety.

The problems with drugged driving are amplified when paired with the intoxicating effects of alcohol. Even if you haven't had enough alcohol to blow over the legal limit into a breathalyzer, your body's reaction to the combination of drinks and weed will make it so that your faculties are just as affected as if you had had more to drink.

Police services are currently experimenting with methods of testing for drug use roadside, including saliva samples and training police officers to better be able to identify an impaired person. Law enforcement officials will have ways to adequately assess your impairment level so don't take any risks.

If you've ingested marijuana, don't drive. It's selfish at best and life threatening to yourself and other motorists at worst.

Safety, it's an attitude!

Jack Smith, President

Start Having Warm Feelings Toward Winter (Continued from page 1)

Take extra time to dress appropriately before leaving your home. In addition to multiple layers of clothing, ensure that you are wearing a scarf, a toque that covers your head and ears, gloves, thick socks and warm, sturdy winter boots. The more clothing you have on your body, the less quickly you will lose body heat and the more comfortable you will be.

Pay extra attention to the conditions outdoors and plan your time accordingly. Don't spend more time in extreme temperatures than is absolutely essential. Skin can freeze in a matter of minutes when the wind chill hits below 40 degrees Celsius.

Be very careful of frostbite. You can tell its presence by skin itching, tingling or numbness.

The colour of your skin may also change to red, white, blue-grey or grey-yellow and appear waxier in nature. Or you may find yourself having more difficulty than normal with your usual range of motions.

If you see any of these signs, get out of the cold immediately. Do not rub your skin – the friction could potentially do further damage.

Warm your skin up slowly using warm water or another source of heat. Keep in mind, though, that if your skin is numb you may not be able to feel if the source is too hot. Err on the side of caution.

Lastly, be sure to remain hydrated at all times. A lack of proper hydration can make you more susceptible to catching a cold and can negatively impact your day-to-day activities as well.

**Dashing Through the Snow...**

With the winter months now fully upon us, there's no better time to get safety training on your snowmobile! A snowmobile is designed to be a safe vehicle when used properly, but the key to safe operation is your knowledge and understanding of the vehicle. Let us help you get there.

The Snowmobile Operators Course is a 7 to 8 hour training program operated by CSC certified instructors. The curriculum, which is based on field-tested techniques, provides a fun and orderly way to learn proper snowmobile operation. The rider learns about controls, reading terrain, turning and climbing hills.

Courses are held throughout Canada, from coast to coast, based on the availability of our instructors. Please note that you may be required to travel as some cities may not have an instructor yet.

Please call 613-739-1535 x230 to check instructor availability in your area and to organize a Snowmobile Operators Course!



Fight Colds With a Better Night's Sleep

(NC) No matter how hard you try, sometimes it can be difficult to get enough sleep with work deadlines and other worries on your mind. In fact, according to a survey conducted by the Canadian Health Food Association, 73 per cent of Canadians say that a lack of sleep negatively affects their health.

Unfortunately, sleep deprivation can impact your immune cells and make it difficult for your body to identify and fight cold and flu bugs. It can also affect your diet by altering your “hunger hormones” and increasing your desire to indulge on sugary and salty foods. This can influence the careful nutrient balance needed for a healthy immune system.

The percentage of adults who sleep less than six hours a night is currently greater than at any other time on record. If you're having trouble falling or staying asleep, try cutting down on screen time before bed — including television, cellphone and computer use. This can help you sleep more soundly, as studies show that blue light emitted from devices confuses our biological clocks and sleep patterns.

You can also try these natural health products for that extra bit of help:

Vitamin D.

Those with lower levels of vitamin D were found to sleep less. If you fall into this category, you might want to try vitamin D supplementation, especially during the colder months when the lack of sunshine makes getting enough of it extremely difficult.

Magnesium.

This mineral helps calm the nervous system, induces relaxation, reduces blood pressure, and even increases energy during the day — all important factors when trying to get some rest.

L-theanine.

This amino acid promotes relaxation and better sleep by reducing anxiety that might be keeping you up at night.

Melatonin.

This nerve hormone is well known in the natural health world for increasing total sleep time and reducing the amount of time it takes to fall asleep.

Find more information and these natural remedies at your local CHFA Member health food or online at chfa.ca. Always consult a healthcare practitioner before taking any supplements.

Five Tips for Safe Winter Driving

(NC) Whether it's two feet of snow on the driveway or slush that turns a parking lot into a hockey rink, Canadians face some unpredictable harsh winter driving conditions.

Here are five tips to help ease your mind and stay safe while on the roads this winter.

1. Get winter tires fitted. In addition to superior handling and braking, winter tires provide better traction than all-season ones, helping to shorten braking distance by as much as 25 per cent. You can put them on your vehicle when temperatures dip below 7°C. Remember that air pressure decreases in colder weather, so don't forget to check tire pressure at least once a month during the season.
2. Stay alert (and in control). Everyday operating becomes much more difficult in wintry conditions such as snow, sleet, and ice. When out on the road be sure to give yourself plenty of room and time to turn or stop on a dime.
3. Handle skidding like a pro. Chances are you'll encounter conditions that cause your vehicle to skid at some point this season. Though this may sound count-

er-intuitive, you should turn into the skid and accelerate. This shifts the weight of your car from the front to the rear, helping you to safely regain control.

4. Don't be afraid to leave your car outside. Today's vehicles undergo more rigorous testing using realistic weather conditions than ever before. For example, General Motors puts its vehicles through extensive cold weather testing. "We know customers can leave cars parked in extreme cold for several days at a time," explains Chris Jones, General Motors of Canada cold weather development centre supervisor. "Our 36-hour 'soak' mimics these conditions of prolonged inactivity and can identify any issues before a vehicle hits the market." This should give you peace of mind when away for a long weekend.
5. Create a driving 'survival kit.' Compile a kit full of safety and emergency winter equipment and leave it in the trunk at all times. Include items like water bottles and non-perishable foods as well as a first aid kit, flashlight, map, gloves, blanket, booster cables, windshield wiper fluid, and candles.



Be Proactive Just In (Stair) Case

When it comes to infrastructure at the workplace, stairs are one of the most inherently hazardous areas for people falling and getting hurt. As with most injuries on level surfaces, the vast majority of staircase injuries are a result of a slip, trip or fall. But this is very rarely the sole factor in an avoidable injury.

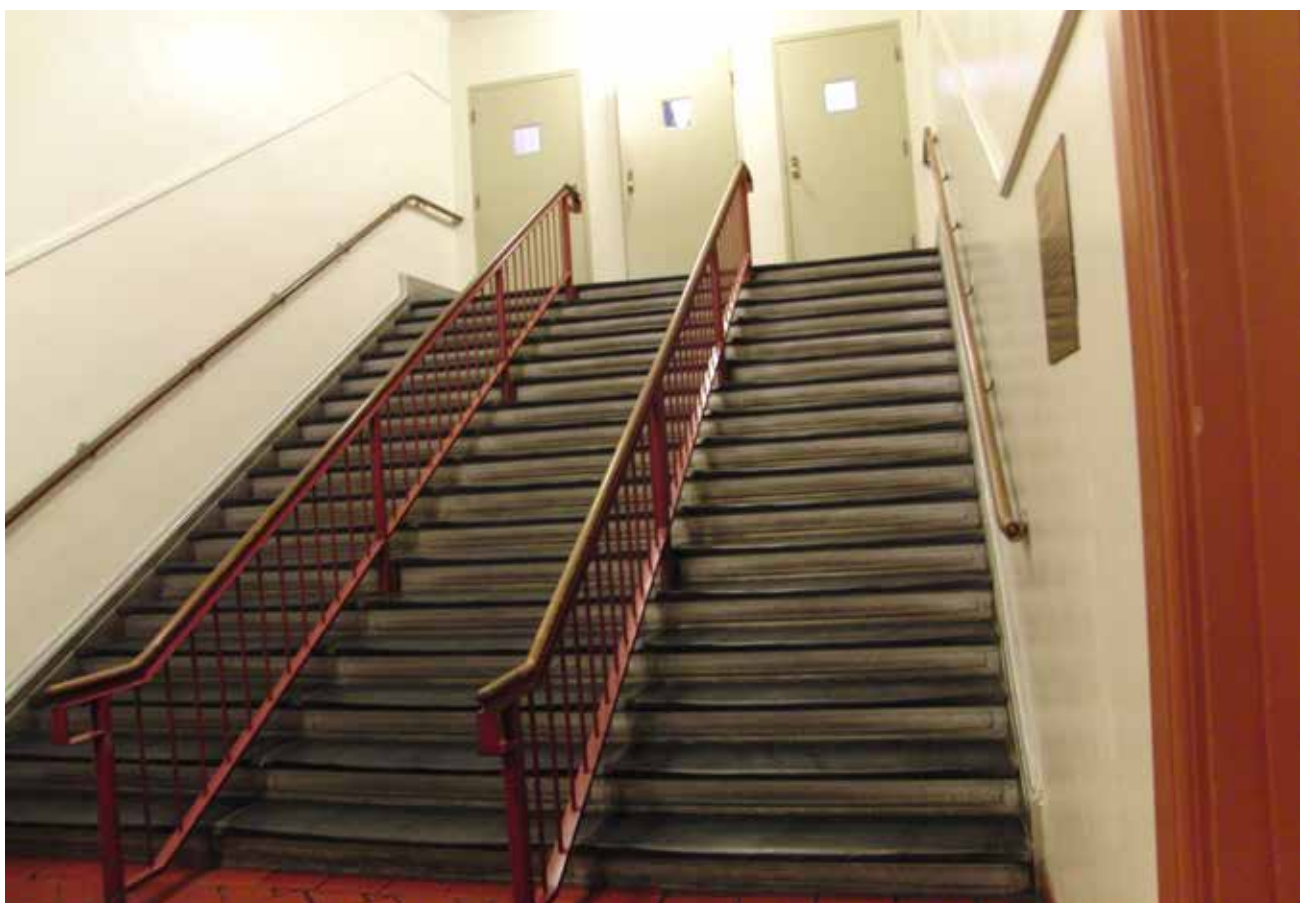
If you've suffered a stair accident, or better yet, are looking to be proactive and avoid an injury before it happens, here are a few additional factors to look for:

- Slippery surfaces. While this obviously applies to stairs made of tile and polished wood, the same holds true of stairs made of carpet or painted wood where the "run" portion of the stairs becomes worn down. Be cautious of worn-down stairs – this is the kind of hazard that can go unnoticed, especially if you use the stairs on a daily basis.
- Icy or wet stairs. Typically, this risk factor occurs mostly in relation to outdoor

staircases that are exposed to the elements. There is a duty of care for you to exercise additional caution in inclement weather conditions, but the extra attention doesn't mean the owner can be negligent. Outdoor staircases must be designed and maintained to avoid excessive water or ice build-up and must be built with materials that do not become excessively slippery when wet.

- Building code violations. Federal and provincial regulations exist across Canada to allow for specific caution to be taken relative to stairs. Because staircases are so prevalent and inherently risky, building codes are pretty rigorous as a result, and they cover everything from handrail presence to staircase height, depth and variance. If you have any doubts, research the building code for your city by visiting a local library or building department.

For more information or to report a safety violation, visit the Technical Standards and Safety Authority's website at <http://tssa.org/>





Looking Ahead

Though the early part of the year signifies a break in the Canada Safety Council's campaigns, we'll still be active as always.

Safety issues don't stop just because the campaigns do!

Our messaging on safe winter driving, including best practices for adjusting driving habits, exercising caution and patience and the importance of never passing a working snowplow, will continue through to the end of the winter season.

We'll also be focusing on our more vulnerable road users, providing reliable information on walking in snowy, slushy or icy conditions.

For seniors, pedestrians with limited mobility and even for habitual walkers, the rough conditions can be a minefield of hazards, problems and potential accidents.

We'll be sharing information to ensure that your

winter stays as safe and injury-free as possible.

Our traffic section will be staying active and on the go, with ATV and Snowmobile training courses scheduled from the east coast to the west and from the southernmost part of Ontario to up north in the territories.

Beyond this, we'll continue to monitor safety issues that are important and timely to Canadians, providing expert opinions, tips, tricks and more as needed.

We will also begin preparations for the upcoming campaign year, including theme development, reaching out to organizations to partner on future messaging and in-depth research to provide you with the latest and most relevant information and statistics available.

As usual, we'll be keeping busy, so stay tuned to our social media accounts for the latest goings-on at CSC headquarters.

Popular on Social Media

 **Canada Safety Council**
December 1, 2016 · 🌐

December 1-7 is National Safe Driving Week and the Canada Safety Council would like to remind you of the importance of preparing yourself for winter driving.

Icy and Dicey: Avoid Unnecessary Risks | Canada Safety Council / Conseil canadien de la sécurité

Although Canadians are used to snow flurries, ice patches and bone-chilling cold temperatures, winters still seem to arrive earlier than anyone expects it every year. And, unfortunately, this unexpected arrival combines with a lack of driver preparation to create a dangerous cocktail of collisions,...

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Joaquín Sánchez Zannatta and DriveWise Safety like this.

3 shares

 **CanadaSafetyCouncil** @CanadaSafetyCSC · 26 Nov 2016

This National Home Fire Safety Week, make sure your smoke alarms are unencumbered and ready to help if needed.

canadasafetycouncil.org/campaigns/keep

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 **CanadaSafetyCouncil** @CanadaSafetyCSC · 20 Dec 2016

Check the weather forecast before leaving your home. If it looks bad, delay your trip if you can. #WinterDriving



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*Do you have a safety story, tip or pet-peeve to share?
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