

# SafetyCanada

THE MEMBER NEWSLETTER OF THE CANADA SAFETY COUNCIL

OCTOBER 2016

VOL. LX No. 4

## Five Great Back-to-School Car and Booster Seat Safety Tips

*Submitted by Harmony Juvenile Products*

With most elementary and high schools having been back in session for at least a month, the roads are back to being busy with school buses and parents driving their young children to school.

For those parents requiring car seats for their children, here is some advice on car seat maintenance and safety:

1. **Take the time to review your car seat manual, so you know the minimum and maximum height and weight limits.**

There are a wide range of differences in the growth and development patterns of children in terms of weight and height within the same age bracket and even between genders. To ensure that the maximum safety for each child car seat is achieved, manufacturers use height and weight to establish the safety limitations.

Prepare your children for a safe ride to and from school by double-checking your car seat's minimum and maximum weight, and height ranges. If



they are not within the limits or getting close to the limits, then it's time to consider moving your child into their next car seat.

2. **Register your child's car seat and check the expiry date:**

It is important to always remember to register your child's car seat with the manufacturer as soon as you purchase it. By registering your child's car seat with the car seat manufacturer, you will give them the ability to contact you if there is a recall or important safety notice.

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## President's Perspective: Share the Road



On September 1, 2016, a cyclist in Ottawa was struck and killed at an intersection.

A Toronto cyclist lost his life on July 5, 2016, after swerving to avoid a turning van and colliding with a parked car.

In Victoria, a cyclist was struck and killed by a turning delivery truck on March 29.

On July 26, 2016, a Halifax cyclist collided with a pickup truck and later died in hospital.

Do you see a trend? According to Canadian Motor Vehicle Traffic Collision Statistics, approximately 65 cyclists die annually on Canadian streets. There's a reason why cyclists are encompassed in the term 'vulnerable road users,' and this is it.

Unfortunately, as with a lot of contentious issues, the topic of reducing fatalities isn't easily resolved. For instance, attempts by municipalities to introduce bicycle lanes have been met with questions surrounding the infrastructure use and the wisdom of putting a lane to the right of an existing lane used for right-turns, thereby creating a cross-pattern with both vehicles under some parts of provincial highway acts having some form of right-of-way.

There is one step we can all take to help reduce those sobering statistics, though: share the road.

As a motorist, cyclist, motorcyclist, pedestrian or other road user, it's our duty to follow the rules of the road. In many cases, collisions occur because drivers are not aware of their surroundings or cyclists are not obeying road signage or signalling their intentions.

A lack of predictability and deliberateness can make the difference between a collision and a near-miss. The responsibility to keep our roads safe and accessible to all falls as much on the motorists as it does on other vulnerable road users.

This includes stopping for traffic lights, obeying road signage, using turn signals or arm signals, obeying the rules regarding right-of-way and being courteous.

Motorists need to be conscientious of the space surrounding a cyclist. Many municipalities have regulations requiring a minimum of one metre of distance between a bicycle and a vehicle. Personally, I tend to give cyclists as wide a berth as I can without infringing on other vehicles' space.

Cyclists need to avoid riding on sidewalks, as well. While this may put them at less risk from motorists, it also puts pedestrians at a much higher risk of collision – not to mention the fact that it's illegal in many provinces.

The key in all this is cooperation. We all want to arrive to our destinations safely, happily and in one piece. Let's all do our part to help each other out.

*Safety, it's an attitude!*

Jack Smith, President

### *Five Great Back-to-School Car and Booster Seat Safety Tips (Continued from page 1)*

When you purchase your car seat, you will find that in addition to the instruction manual and labels on your car seat there is an expiration date. Car seats, like most products, wear over time. There are several factors that are taken in to consideration when determining an expiration date, including: frequency of use, environmental exposure (sunlight and fluctuating temperatures), and general wear and tear. It is important to note that every car seat has different expiry dates. For example, the Harmony Defender 360 3-in-1 harness seat will expire 10 years from the date of manufacturing while the Harmony Highback Dreamtime Deluxe Booster, Harmony Youth booster and Harmony Big Boost Deluxe will expire 6 years after the date of manufacturing.

#### **3. Get an expert check-up:**

It is best to have a professional double check your car seat installation. If this is your first car seat or if you are taking your car seat in and out regularly, it might be a good idea to have a professional review the installation with you. A second opinion can help to make sure that everything is installed properly and that you are not losing those finer safety details.

#### **4. Train your helpers:**

Using a family member, friend or carpool to take your child back and forth to school is a great way to reduce stress and save some time. It is a good idea to take the time to check that the car seat

they are using is first and foremost the right fit for your child. If you are sharing your car seat between carpools, always check to ensure that the car seat is properly installed in the other vehicle before driving. Not every car seat fits all vehicles, so it is important to ensure that your car seat is compatible with those driving your child.

All children grow in different ways and at different times. Generally, car seats offer features that will grow with your child, such as an adjustable headrest and/or adjustable harness shoulder belt. The visual cues of your child's head and shoulder appearance and placement in their car seat should help you to identify when it is a good time to start shopping for their next car seat. Here are a few simple questions to help: Is my child's head centered in the headrest? Are my child's ears above the top of the headrest? Is the harness placed at shoulder level? Is the harness too tight or too loose on my child?

#### **5. Always have a backup:**

As your children grow so does their circle of friends. Be prepared and have an emergency car seat or booster at home to help keep your child social and their friends safe. If you do not have the right car seat to keep them safe, ask their parents if you can use theirs or kindly decline to drive.

For more tips, read the rest of this article at <http://bit.ly/2d8cljb>





## Don't Let Holiday Decorating Spook You

Decorating the house for Halloween can be a fun family activity, a great pastime for an individual who wants to stand out from the crowd, or just a neat way to showcase your love for the holiday.

As with many seemingly harmless fun activities, Halloween decorating comes with its own set of unique challenges and concerns. Here are a few tips to ensure that your home is safe and free of danger for any wandering ghouls and goblins:

- Remove sharp objects and trip hazards from around your home. Make sure the path to the door is well illuminated as well – this shows trick-or-treaters that the path is clear, all while advertising that you're open to visitors.
- Jack-O-Lanterns and Halloween go hand in hand, but don't forget that open flames are a fire hazard. Keep them away from curtains and flammable materials. Additionally, you might consider using a battery-powered candle or a small

flashlight as a light source, rather than a candle.

- If you're using any form of electrical lighting, ensure that the Canadian Standards Association (CSA) or the Underwriters' Laboratory of Canada (ULC) certifies it. These two bodies set and verify safety standards to mitigate the risk of an electrical fire or short-circuit.
- If you have any pets that don't deal well with strangers, keep them on a leash and consider keeping them far from the door or in an area where they won't be tempted to run toward the door.

Children are frequently the targets of Halloween safety messaging, but safety begins at home. Keep the holidays safe for yourself, your family and any potential visitors – that way, the only injuries you'll be seeing this Halloween are the kind made of latex and fake blood!

## Get Excited About ATV Training

Are you interested in riding an all-terrain vehicle but have no idea where to start? Are you a seasoned ATV veteran who could use a safety refresher? Do you ride ATVs as part of your job? Consider signing up for an ATV Training Course with the Canada Safety Council.

The ATV Rider's course is 6-1/2 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 ATV operation. The rider learns about controls, reading terrain, turning and climbing hills.

Courses are held throughout Canada, from coast to coast. Although we strive to have as many ATV instructors as possible available nationwide, 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.

## Coping with Workplace Depression

*Submitted by Emily Johnson, OmniPapers.com*

The working process takes a considerable amount of time and effort, and failures at work can also affect your well-being before eventually leading to burn out. There are different causes of workplace depression, with the most common ones being workload, a lack of managerial support, organizational changes at work and role uncertainty. All these factors, individually or as a group, can lead to workplace depression and almost everyone faces it from time to time.

Although it might be hard to recognize the moment when workplace depression sinks in, there is a list of signs that might help you realize it's time to begin thinking about your mental health in relation to your job.

The most common signs of workplace depression include:

- reduced working performance
- irritation at work
- consistent procrastination of tasks
- lack of motivation

Being depressed at work can stunt or ruin your career development, which makes it important to stay positive and energetic in order not to burn out. Avoiding depression at the office is a must. Fortunately, methods exist to

help employees cope with workplace depression once it occurs, and these employees can even form habits to prevent it at all.

In many cases, depression occurs when the body's biorhythms and endorphins go out of balance. Some of the most effective coping methods, as a result, come from attempting to regulate the chemical imbalance causing issues.

Here are some ways to cope with workplace depression:

- Wake up 10-15 minutes earlier for one week to form a habit of adapting your biorhythms to the day length.
- Set up proper lighting in your work areas, including a source of daylight.
- Take care of yourself to increase the level of endorphins in your system.
- Find sport or exercise-related activities that you're interested in and do an intensive short workout.
- Balance work and personal life – find a hobby or form traditions.

Scientists claim that both animals and humans have the same mechanisms to cope with depression, so using these natural ways might be a key to success when it comes to depression at work.



To view an interactive infographic on the subject, please visit <http://bit.ly/2dkzI6L>

## Leave Injuries in the Dust While Running

(NC) Compensating for a sedentary week with a couple of intense workouts on days off is a recipe for injury, but experts say weekend warriors can take some preventative steps to reduce their chances of getting hurt.

“Heel pain, ankle sprains, and Achilles tendon damage are some of the most common lower limb injuries weekend warriors experience,” shares Kevin Fraser, president of the Pedorthic Association of Canada and a Canadian certified pedorthist.

“These injuries typically occur because of a lack of conditioning, or because individuals push themselves too hard to make up for not getting enough activity during the working week.”

Although working out regularly throughout the week is by far the best method of injury prevention, Fraser says if this simply isn’t possible the following tips will help weekend warriors exercise more safely:

1. Appropriate footwear makes all the difference, so make sure it fits properly and be sure to wear the correct footwear

for your sport, replacing it when it gets too worn.

2. Increase the intensity of your activity gradually. If you’re unable to train during the week, don’t set unrealistic goals by going from zero to 100 in a day.
3. Warming up is key. If you’ve been idle for a week, take time to stretch all your major muscle groups and warm them up with a moderate activity.
4. If an injury occurs, don’t push through it. Rest and ice it.
5. Seek professional advice. Work with a trainer or running group to develop a program that is best for your schedule. If you experience a recurring foot or lower limb injury consult a Canadian Certified Pedorthist to find out if a change in footwear or custom-made foot orthotics will help.

Find more information online at [pedorthic.ca/footwear/sports-injury-prevention](http://pedorthic.ca/footwear/sports-injury-prevention)





## Looking Ahead

Fall is always a busy time at the Canada Safety Council, and this year is certainly no exception. Here's what we've got on tap for our upcoming campaigns:

**National School Safety Week:** During this year's campaign, held from October 17-23, we'll be discussing the growing phenomenon of children who are left at home alone for a few hours before or after school. We'll be providing tips for savvy parents to ensure their children are prepared for the added responsibility and offering some tried-and-true responsibility checklists.

**National Community Safety and Crime Prevention Month:** The month of November deals with keeping seniors' information safe and private online. Unfortunately, there are still many scammers and malicious individuals who prey on the elderly members of our society, as they're frequently seen as more trusting and gullible. We'll be providing tips on how to stay secure.

**National Senior Safety Week:** The week of November 6-12 will be spent discussing how to properly handle medications. According to

Statistics Canada, more than half of all seniors in long-term health care institutions used five or more medications prescribed by their doctors. We'll be providing useful advice on how to keep track of dosage and how to properly consume or apply these pharmaceuticals.

**Home Fire Safety Week:** The penultimate campaign of 2016, held November 24-30, will address the importance of smoke detectors in the home. Investigations into home fires frequently show no smoke alarm warning, which implies either a lack of detector or, far more commonly, one that's not in working condition. We'll be providing advice on how to test your smoke detector, when to replace the batteries and why a working detector is critical.

**National Safe Driving Week:** Finally, this campaign will be held during the week of December 1-7 and will discuss best practices to stay safe and intact during winter driving. Icy and slushy roads should be nothing new for seasoned Canadian drivers, but the frequent increase in collision numbers during the winter months continue to make this subject of paramount importance to Canadian road users everywhere.

## Popular on Social Media



*Do you have a safety story, tip or pet-peeve to share?  
 Email [media@safety-council.org](mailto:media@safety-council.org), tweet us @CanadaSafetyCSC or send us a post or a message on our facebook page <https://www.facebook.com/canada.safety>.*



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**ISSN: 0048-8968**  
**Canada Safety Council**  
 1020 Thomas Spratt Place, Ottawa, ON K1G 5L5  
**Tel.:** 613-739-1535 **Fax:** 613-739-1566  
**President:** Jack Smith  
**Editor:** Lewis Smith (ext. 228)  
**Website:** [www.canadasafetycouncil.org](http://www.canadasafetycouncil.org)  
 Charitable BN: 11882 8565 RR 0001