



It's impossible to escape the tight grasp technology has on society today. Every turn is greeted with a new innovation, a new method of communication, a webcam or recording device or chat application ready to connect us instantly with anyone we seek to connect with. This is a blessing and a curse. For every way this instant connection simplifies our lives, it also has the potential to be overwhelming and used as a tool for harassment, aggression and cyber-bullying.

With the school year starting back up, your child's online activity may be problematic. As a concerned parent, here are a few things to know when approaching the topic:

- **It's not the same as bullying.** Traditional bullying may have the same goal as cyber-bullying – harassment of a victim by an aggressor – but where cyber-bullying has the potential to be more devastating is twofold. *(Continued on page 3...)*

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President's Perspective: Education is the Solution!

At a time where the issue of distracted driving is met with cries of “harsher penalties” and “more fines,” I find myself asking why the emphasis is on punitive measures over education.

The Ontario Ministry of Transportation is proposing new legislation to keep up the fight against distracted driving and, if passed, it would make Ontario have the toughest distracted driving laws in Canada.

Elsewhere in Canada, though, the penalties are still pretty stiff. For using a hand-held device behind the wheel, fines range from \$80 at the low end, in Quebec, to as high as \$543 for a first time offence in British Columbia.

Demerit points are also common punitive elements, as driving while using the phone can come with five demerit points in both Manitoba and Prince Edward Island.

This, of course, is the after-the-fact punishment, applied only after the crime has been committed.

But with provincial resources across the country being limited, why are we not investing in education and in stopping the crime before it happens?

We all know that distracted driving is a very widespread issue. According to the Insurance Bureau of Canada, nearly three out of four Canadian drivers admit to driving distracted.

It's worth pointing out that distraction is far more enveloping than simple cell phone use. Any activity that takes your attention away from the road counts as distracted driving, and can include eating behind the wheel, tuning your radio and grooming, among others.

Education is effective. Public buy-in can be developed over time, as we've seen with drinking and driving. What was once viewed as a relatively commonplace and run-of-the-mill activity is now approached with a societal taboo that makes potential offenders think twice.

The same holds true with seatbelt use. Where there was once an aversion to wearing them, there's now an understanding that they do, in fact, save lives.

Changing attitudes is not a quick or painless endeavour. But if we want to change the narrative on distracted driving and get the public to start being more safe behind the wheel, we need to be proactive instead of reactive.

Safety, it's an attitude!

Jack Smith, President





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Firstly, **anonymity grants cyber-bullies an extra layer of protection** that can make coping much more difficult for the victim.

- Secondly, **the scope is so much wider** when dealing with cyber-bullying. Traditional bullying is typically reserved to the schoolyard and in-person interactions, but cyber-bullying takes advantage of technology intended to stay in communication at all times. This means that a person can be cyber-bullied at any time.
- **It's more common than you'd think.** A 2015 study done by the National Center for Educational Statistics in the United States indicates that roughly one in four students reported being victimized by bullying, and this number may even be on the low side due to the under-reported nature of bullying.
- Cyber-bullying victims are **less likely** to report being victimized than traditional bullying victims. In an effort to remove their child from harm's way, many parents see the removal of Internet, phone

or computer privileges as an effective way to combat the problem. As a result, the victims are less likely to come forward with the problem and risk losing an important tool for communicating with friends.

As a parent, always be prepared to listen to your child and to step in as soon as it's brought to your attention.

Keep records of emails, phone messages, chat logs and any form of posts made to websites that constitute cyber-bullying – and **NEVER** respond to them. Cyber-bullying can escalate quickly and unexpectedly if you let it.

Send the information to your Internet Service Provider, your child's school and, if you deem it appropriate, local police enforcement.

The argument of "kids being kids" holds no weight here. A threat is a threat, no matter how issued, and there can be legal and real-life consequences to online malfeasance.

Be vigilant, be ready to jump to your child's defence, and be ready to listen if they feel ready to confide in you.



Drink Responsibly, Not Recklessly!

The trend of dry frosh weeks – where Canadian university- and college-hosted ice-breaker weeks for new students are considered ‘dry’ events with no alcohol – seems to be here to stay. And for everyone involved, whether student, administrator, parent, facilitator or friend, this trend serves as an annual reminder of the very real dangers that accompany binge drinking.

According to a 2017 report by the Canadian Institute for Health Information, the country saw more hospitalizations for alcohol-related issues than for heart attacks in 2016.

The estimate for the 2016 calendar year was approximately 77,000 admissions related strictly to alcohol-related issues. These include, but are not limited to alcohol poisoning, withdrawal, abuse and liver disease. Comparatively, there were 75,000 admissions due to heart attacks.

And a fatality from alcohol abuse, it’s worth pointing out, is no less fatal than a fatality from a heart attack. But often, it’s much more preventable.

With that in mind, here are some tips to follow to err on the side of caution:

- Knowing your limits is a crucial aspect of enjoying an occasional alcoholic beverage. If you reach a point in the

night where you’re telling yourself, “One more drink won’t hurt,” you’ll likely be better served to switch to water or a non-alcoholic drink instead.

- Remember to eat a sustaining meal. Drinking on an empty stomach can be very dangerous as there is no food in your system to delay the rate of absorption in the bloodstream.
- If you’re drinking, do not drive. Call a taxi or plan for a ride ahead of time. A momentary lapse in judgment can lead to a lifetime of pain and suffering. Don’t risk it.
- The Centre for Addiction and Mental Health recommends no more than 10 drinks weekly for women and no more than 15 drinks weekly for men, as well as no more than three drinks on any single occasion for women and no more than four for men.
- Additionally, space out your drinking nights. A few non-drinking nights can contribute to avoiding the creation of a habit that could be difficult to break.

You are your own liquor control board. Responsible drinking is critical. Make smart decisions and remember to drink for quality, not quantity!

Fuming over Fuel Storage in Your Vehicle

There's never a good time of the year to be stranded with a vehicle that has run out of gas. But with the colder half of the year on its way, the fears of having no heating, minimal shelter and no recourse become much more significant.

Fuel is a tricky substance to transport effectively, especially in smaller vehicles. The biggest safety concerns surround ventilation and ignition sources, as these two issues are critical to the safe handling of any type of gas.

Jerry cans should always be stored in well-ventilated areas, which necessarily rules out the passenger cabin of vehicles. The fumes and vapours carry the potential of making a driver and/or a passenger light-headed and nauseous, as the cabin remains a contained area even with the fans blowing. Spills can also occur easily and something as innocuous as a spark of static electricity can lead to ignition.

The trunk of a standard coupe or sedan has the same types of concerns attached, resulting in that area not being recommended either.

Securing a Jerry can to a roof rack is a possibility, but given the relative weight of the fuel it's important not to overload the vehicle and throw off its centre of gravity. The roof rack solution also comes with the added concern of a loose can flying off at highway speeds –

which, of course, is less than ideal and can be the direct cause of a preventable collision.

That leaves two safer possibilities for transporting fuel in a passenger vehicle: inside a flammable storage container in the bed of a pick-up truck, or mounted on the vehicle. These mounts are typically made of metal and designed for use in conjunction with SUV-type vehicles.

Ideally, gasoline should be stored at room temperature and away from heat sources. In either case, the Jerry can should be removed from the vehicle and placed on the ground when filling it up. They should not be filled to the brim, as gasoline can expand.

According to Transport Canada regulations, private vehicles are allowed to carry a gross mass of up to 150 kilograms of gasoline, as long as each individual means of containment doesn't weigh more than 30 kilograms.

In other words, you'd be legally allowed to carry six standard 25 litre Jerry can weighing 25kg each, but you would not be allowed to carry three 50kg Jerry cans without following Transportation of Dangerous Goods legislation.

Take proper safety precautions if you're considering transporting fuel. More information is available through Transport Canada's Transportation of Dangerous Goods regulations.



Looking Ahead

The Canada Safety Council has some very exciting projects on the horizon! 2018 marks CSC's 100th anniversary, and with that will come a year-long celebration of all the good we've been able to do on the Canadian safety landscape, as well as a look at the work still to be done.

Until then, we'll be hitting our stride on campaign season, discussing the following topics:

National School Safety Week: During this year's campaign, held from October 17-23, the focus will be on allergy-free foods and healthy meals for school children. Good nutrition is crucial during the formative years, and our focus will be on helping parents and guardians make wise decisions to help their children be healthy, alert and ready to build good habits that will stay with them for life.

National Community Safety and Crime Prevention Month: The month of November will focus on safe neighbourhoods. Being a good neighbour is an important factor in keeping a neighbourhood free of danger and suspicion, so we will be sharing tips and advice on how to organize a neighbourhood watch, how to keep an eye out for trouble signs and how to stay vigilant.

National Senior Safety Week: The week of November 6-12 will be spent focusing on the importance of staying active in your golden years. It's only natural for activity levels to trend downward after retirement, but there are many ways to fight this tendency and stay active, healthy and strong.

Home Fire Safety Week: The penultimate campaign of 2017, held November 24-30, will focus on kitchen fires. The holiday season is often accompanied by a wide variety of foods cooking in the oven, and statistically it's also one of the most dangerous times of year as far as kitchen fires are concerned.

National Safe Driving Week: Finally, this campaign will be held during the week of December 1-7 and will very heavily emphasize drug-impaired driving. With the incoming advent of marijuana legalization in Canada, there's concern among safety advocates nationwide about driving while high. Because of this, we'll be discussing the importance of being sober behind the wheel at all times.



Off-Road Training

*Are you interested in safety training on your ATV, UTV, Argo or Snowmobile?
 Visit <https://canadasafetycouncil.org/workplace-safety/road-vehicle-training>
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Our thoughts are with the victims of the high-rise blaze in London. Losing a home is never an easy circumstance at the best of times, but preparedness can help mitigate the stress and panic. Know what to do if you're caught in a similar circumstance in Canada.

High Rise Fire, Smoke and Flames | Canada Safety Council / Conseil canadien de la sécurité

The fire alarm is ringing, you may see or smell smoke, dial 911 and then decide whether to stay put and "protect in place" or evacuate. Remember that it is the by-products of fire, smoke and panic that are the most dangerous.

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