

SafetyCanada

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Make a Clean Sweep this Spring

The weather seems to be getting warmer by the day. Snowstorms are slowly ceding way to showers. The first vestiges of green grass are peeking out from under snow banks. And pretty soon, it'll be time to be taking off coats in favour of sweaters.

Springtime is often a great sign, especially for the winter-weary and those of us with no patience for slush. But spring has a bit of a unique trait to it compared to other seasons, in the sense that there's a chore associated with it that nobody particularly enjoys.

That's right. We're talking about spring-cleaning.

A common misconception is that spring-cleaning involves a bit of dusting, a bit of vacuuming and that's about it. But the truth is that it often involves heavy lifting and demanding work.

When it comes to doing strenuous work, the first thing on the menu should be pace yourself and take breaks. There's a temptation to rush through the job to get it behind us. But this is a bad idea. The following should be practice instead:

- Stretch before any heavy lifting or activity.
- Lift with your legs, not with your arms or back.
- Ensure that the tools you are using are appropriately maintained.

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President's Perspective

“Be Prepared” has been the Scout’s Motto for over a century, but it should be the motto of all Canadians as well.

No one knows when a catastrophe could occur. Lately, high profile incidents involving severe storms, wildfires, power outages and carbon monoxide leaks have happened across our country. These and other emergency situations could hit anyone, anywhere. The best way to handle an emergency situation is to be prepared. Planning ahead helps to ensure you, your family, and your workplace will have the tools and knowledge necessary to keep safe.

Here at CSC, we believe in educating Canadians and providing them with the information they need to keep themselves safe in every aspect of their lives, whether it be at home, at work or at play.

Every home, including apartment complexes, must have a working smoke alarm on each level of the house. It is also advisable to have a carbon monoxide detector outside all sleeping areas. By the way, when the clocks recently went ahead an hour in most provinces, did you remember to check the batteries in your alarm systems?

Being prepared at home is an important part of good emergency planning, but preparedness does not stop at our doorsteps. Ensure that your workplace has a set of procedures in place to follow if an emergency were to arise. It is beneficial to go over these procedures periodically and inform

new employees. One of the more difficult things with safety preparedness is that many people believe mishaps only happen to “the other guy.”

Protect yourself from crime and home invasion by securing your home and your surroundings. Clear lines of sight, good lighting and pre-emptive measures to make the house seem occupied even when it isn’t go a long way in discouraging a would-be perpetrator. Installing a home security system will also help in securing your home. Have a good sense of your surroundings, including getting to know your neighbours and their habits. If you will be gone for the evening, leave on a light or two.

If you will be gone for a few days, have a trusted friend or neighbour check in on your house and pick up the mail. Security is not a part-time job – rather, it should be considered a full-time practice that is engrained and not left to chance. Take the time to prevent an incident that will result in losing far more time in rehabilitation.

Most of all, remember:

Safety, it’s an attitude!

Jack Smith, President





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Additionally, make sure you're dressed for the part. Use personal protective equipment as needed, which could include dust goggles, long pants, ear protection, gloves and a good, solid pair of shoes.

While you're busy around the house, replacing air filters, cleaning out dust mites and restoring your home to its pre-winter splendour, don't forget that this can also become an excellent reminder to you and your family to take a few extra safety measures:

- Check your smoke detectors. Replace the batteries in your smoke detector and ensure you have the proper carbon monoxide detectors in the right places – more on this
- in the President's Perspective.
- Update your first aid and emergency preparedness kits. Double-check that they are sufficiently stocked up, and take care to replace any expired or damaged stock.
- Make sure your fire extinguishers are in date and easily accessible.
- Review your disaster preparedness plan with your family. It should include at least two meet-up points away from your home and an evacuation route.

Springtime cleaning can make your life a lot easier, and the inconvenience of it is easily offset by the advantages it provides. Go slowly, take your time, be careful not to injure yourself in the process and before you know it the job will be done – and, more importantly, done well.

Best Wishes!

The Canada Safety Council would like to congratulate and extend our best wishes to Greg Somerville, past President and CEO of Aviva Canada, who stepped down March 1, 2018 but will remain with the organization as a non-executive director. In honour of Somerville's work, the Canadian Broker Network made a contribution to the Canada Safety Council on his behalf.

Somerville has left his mark on the safety landscape in Canada. His commitment to safety throughout his career manifested itself strongly in his efforts to combat distracted driving with an eye toward technological solutions.

In addition to his four years as President and CEO, Somerville had spent more than 20 years at Aviva Canada, originally joining the organization in 1992. Prior to that, he worked for State Farm and Liberty Mutual.

He will be succeeded by former Aviva UK General Insurance CEO Colm Holmes. The Canada Safety Council wishes Aviva Canada a smooth transition and the best of luck to Holmes in his new position.



Key Safety Tips When Cooking with your Family

(NC) Many of us enjoy preparing meals as a family, and it can be a great way to get the kids involved and learning to make healthier food choices. But while you're cooking up a storm, be sure to practice essential food safety to protect everyone you're feeding.

The first step is making sure the food you are serving is fully cooked. The only reliable way to make sure that meat, poultry, fish and seafood dishes reach safe internal cooking temperatures is to use a digital food thermometer.

We often look for other signs that food is cooked properly, like the colour of the meat and its juices or a change in texture. But these methods can't accurately confirm that harmful bacteria have been killed.

Every year, as many as four million Canadians are affected by foodborne illnesses. Many of these cases could be prevented by following proper food handling and preparation steps. Protect your family by following these food safety tips:

- Cook food completely, using a clean digital thermometer to measure the temperature. There are many different types of food thermometers currently

available on the market, but digital ones are considered the most accurate because they provide instant and exact temperature readings.

- Remove your food from the heat and insert the digital food thermometer through the thickest part of the meat, all the way to the middle.
- Make sure that the thermometer is not touching any bones, since they heat up more quickly than the meat and could give a false reading.
- Follow the safe internal cooking temperatures chart to make sure that the food has been cooked to a safe internal temperature.
- If you are cooking or grilling pieces of meat, poultry, fish or seafood, make sure to check the internal temperature before serving because food can cook unevenly.
- For hamburgers, insert the digital food thermometer through the side of the patty all the way to the middle. Oven-safe meat thermometers designed for testing whole poultry and roasts during cooking are not suitable for testing other foods.

Find more information and a complete chart of cooking temperatures at www.canada.ca/foodsafety.

Understanding your Pain Medication

(NC) Many of us with pain are prescribed painkillers. Opioids are one of the most commonly prescribed pain medications in Canada, and are necessary for some people to lead productive lives and to manage their pain.

But opioids can also cause people to become dependent on the drug and can lead to substance use disorder, otherwise known as addiction, if there isn't careful attention by health care providers on dose and duration of time a patient may take an opioid.

Opioids have also caused over 2,800 opioid related overdose deaths in 2016 and is estimated to rise to as many as 4,000 for 2017.

- If you are prescribed an opioid, have a discussion with your health professional who can help you weigh the benefits and the risks of these powerful drugs based on your needs.
- Discuss your concerns and any risk factors you may have for developing problematic substance use, such as family history or your

own past history with opioids. And ask about alternatives to opioids.

Informing yourself as a patient about the risks and benefits of these drugs will help you make an informed decision and participate in determining your best treatment option.

If you are prescribed opioids, keep in mind that storing them safely is also extremely important, especially if there are others in the household. Most young people surveyed report that their most common source for prescription opioids was a family member.

Know your risks, talk with your health professional and, if you are prescribed opioids, use them as directed. Seek assistance early if you encounter problems reducing or stopping your treatment. Your pharmacy can also help you safely dispose of any unused opioids.

Find more information online at canada.ca/opioids.

Looking Ahead

To mark 100 years in safety, the Canada Safety Council has already started the year off with a bang – on February 1, we launched our new website. You can view it at <https://canadasafetycouncil.org/>. Plans are well underway to continue celebrating our past while looking to the future, and our national campaigns continue to be one of our best methods of sharing safety information.

We have two campaigns approaching in the month of May. **National Summer Safety Week** runs from May 1 - 7, and once again we'll be discussing the importance of safety on the water. Accidental water-related fatalities continue to be a major cause of death in the summer, and the vast majority of these fatalities tend to fall on the preventable side.

The next campaign, **National Road Safety Week**, falls from May 15-21. The focus of this campaign will be impaired driving, with an emphasis on drunk driving. The Victoria Day long weekend tends to be a busy time of year on the highways, as many people use this opportunity for road trips and family visits. That makes this week an excellent time to remind road users to keep the roads safe for everyone.

Stay tuned throughout the year as the Canada Safety Council continues to spread our messaging from coast to coast.

How to Protect the Whole Family on the Water



(NC) While many families rush to enjoy the outdoors as soon as the weather gets warmer, it's important to take a moment and review safety procedures – especially around water.

Whether you're going to a pool party, the beach or boating at the cottage, gather the family — even your pet — and make sure everyone knows how to stay safe around water.

Never leave a child or pet unattended. If you're going for a swim, always make sure there is supervision or that you're swimming with a buddy. Some family members may not be the strongest swimmers and can fatigue more easily.

The same goes for your four-legged friends — not all dog breeds are suited for water. Breeds with short snouts like pugs are better off on dry land. Even if you think you're a strong swimmer or have a water-loving dog breed, they should never be left unattended. To add an extra measure of safety, consider a lifejacket for

yourself and your canine.

If you have a pool, place a barrier around the perimeter. Children and pets can easily fall into the water when you are not looking.

Practise water safety. Learning safety skills is key. Take swimming lessons and make sure you know where to exit or where the nearest resting place, like a floating dock, may be located.

For dogs, PetSmart suggests that you practise exiting the water together until your dog understands how to get out if they accidentally fall in. Hold your pet and guide them as they doggy paddle to the stairs of your pool or to shore.

Learn CPR. Knowing and getting CPR certified can save lives. While many people may automatically resort to CPR after someone has drowned, administering it without training may cause even more injuries. Sign up for courses and learn CPR for both humans and pets.



Safety Training Online

Want to go back to school without leaving home?

Visit canadasafetycouncil.org/training

to sign up for online safety training! Courses include OH&S topics, defensive driving, babysitters training, and home alone safety.

Popular on Social Media

Canada Safety Council
7 March at 08:29 · 🌐

For some areas of Canada, snow is making a comeback this morning. For others, it never left. Regardless, make sure you're driving safely, leaving yourself plenty of time and space, and being mindful of your fellow road users.



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With weather providing a break from winter harshness, motorcyclists are back on the road. Road users should exercise caution, drive/ride defensively and give each other space. Motorcyclists, give yourselves time to readjust to riding this season.



11:45 AM - 28 Feb 2018

4 Retweets 5 Likes

Canada Safety Council
23 February · 🌐

In 2018, the Canada Safety Council is celebrating 100 years in safety. Part of the festivities include the launch of our new website, which is available for viewing at the below link. Stay with us throughout the year as we continue to celebrate our past while looking forward to the future.



Celebrating 100 years in safety – Canada Safety Council

The new year brought with it a milestone date for the Canada Safety Council, who will be celebrating 100 years of safety in Canada in 2018. The organization traces its roots back to the foundation of the Canadian National Safety League in 1918.
CANADASAFETYCOUNCIL.ORG

Leslie Bursaw, Kathleen Eagleson and 22 others

8 shares

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