

SafetyCanada

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Everything you need to know about SOCIAL DISTANCING

(NC) Over the past few weeks, we've seen the number of coronavirus cases increase in Canada. To reduce the spread of COVID-19 in communities across the country, governments and health officials have asked the public to practice social distancing — staying home, avoiding crowds and refraining from common greetings like handshakes.

Making a conscious effort to create physical space between each other is a proven way to limit the spread of illness during an outbreak. Practicing social distancing can be one of the best ways to help you stay healthy, particularly if practiced alongside good hygiene habits, such as washing your hands often, coughing and sneezing into your arm and avoiding touching frequently used surfaces.



As first, social distancing may seem strange and will require a conscious effort. Many of us need to break habits and change our everyday routine to minimize close physical contact with those around us. It all starts with:

- avoiding crowded places or non-essential gatherings,
- avoiding physical greetings such as handshakes and hugs,
- keeping a distance of at least two metres from other people as much as possible,
- limiting physical contact with people at higher risk, such as older adults and those with poor health, and
- keeping in touch with friends and loved ones by using the phone or other technology.

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President's Perspective

As we move into April, we continue to adjust to the new normal brought on by the spread of COVID-19. The worldwide impact is staggering with over 750,000 cases reported and more than 35,000 deaths as of March 30, 2020.

And still the numbers climb as we attempt to work together across Canada and around the world to flatten the incidence curve that has yet to peak.

But the rules around prevention and spread growth are really simple. Sanitize common surfaces, wash your hands, cover your cough, distance yourself from others and isolate yourself if you have been infected or if you have travelled outside of Canada.

That's our roadmap for containment which is proving to be easier said than done. Yet in a short period of time we have transitioned from complacency and a willingness to participate in the COVID lottery to the hoarding of supplies and a dramatic economic and societal shut down. All of this as we come to grips with the reality of the situation.

As drastic as the most recent steps appear to be it is our collective effort that will make the difference in reducing the incidence of spread and death. While we do what we must to manage the impact of the virus on health care, the economy and our general physical and mental health, prevention is the critical starting point and a continued and relentless focus on the source issues is what will get us out of crisis and help bridge the gap to a vaccine.

Social distancing does not have to mean social isolation and technology has been helpful in keeping family, friends and colleagues connected with tools like Skype, Zoom and Facetime. We live in a time where staying connected has never been easier.

Phone calls, text messaging and email are just some of the options available to reach out to someone while staying an appropriate distance away.

And let's not forget that supporting people in need by dropping off necessities is a great way of easing the burden in your community.

Personal responsibility and ownership are crucially important in these moments. We can't ask for accountability and buy-in without leading by example. Equally important, is the strength we have in community and in this new world of shelter-in-place and social distancing, we are also capable of helping each other.

Thankfully a pandemic is an infrequent event but even in dire times there is always something good that surfaces. As Mr. Rogers once stated "when things look a little scary in the news look for the helpers".

We have certainly seen the helpers in our communities and we can be thankful for the support of many starting with front line health care workers, to the myriad of volunteers, to government support, to each of us doing our part to ensure public safety.

It is incredibly impressive to see Canadian determination and resilience in the face of such dramatic change.

As we look forward it will be interesting to see how the world will be changed in terms of health and social practices, remote working arrangements, technological advancements, positive changes around environmental impact, and of course how well prepared we will become in handling the next pandemic or public crisis challenge.

The influence of this pandemic will have new and long-reaching implications on the way we live, work and play and most interesting for the safety minded, new and more advanced discussions on safety for Canadians.

Until then, let's continue to do our part in reducing the incidence of occurrence and death and along the way please be kind, considerate, safe and be well.

Safety, it's an attitude!



Gareth Jones, President

Social Distancing (continued from page 1)

Here are some simple ways that you can modify your daily routine to practice social distancing:

- greet people with a wave,
- stay home as much as possible, including for meals and entertainment,
- use technology to keep in touch with friends and family,
- telework and hold virtual meetings, and

- use food delivery services or online shopping, if available.

However, there are times when social distancing is not enough. If you are concerned that you may have COVID-19, stay home, contact your local public health authority and follow their advice.

Find more information by calling 1-833-784-4397 or at canada.ca/coronavirus.



Looking Ahead

Adapting to COVID-19 social distancing measures continues to pose new challenges and opportunities for safety messaging. During this crucial time, safety messaging and reinforcement is more needed than ever.

We have no intent of slowing down, even as the world around us continues to shift, though a changing world also requires an adaptive mindset. Our focus is always on smart, timely and concise safety messaging surrounding everyday issues for Canadians.

Rest assured that, as we strive toward a return to normalcy — however defined — the Canada Safety Council will continue to provide the best and most up-to-date safety information available to keep you and your loved ones out of harm's way as much as possible.

Proper Handwashing Advice

One of the most echoed pieces of advice during the global COVID-19 pandemic surrounds hygiene, namely handwashing. The phrase “wash your hands” is used frequently, though a deeper understanding of how to do so properly is important to make sure the safety measures being taken are thorough.

Good handwashing technique is easy to learn and can significantly reduce the spread of infectious diseases among both children and adults... but only if the technique is used every single time.

Wash hands with soap and water for 15 to 20 seconds. When soap and water are not available, use an alcohol-based hand sanitizer.

Apply enough product to thoroughly wet hands, then rub hands together briskly until dry, working the soap out through an inter-locked finger motion.

Scrubbing your fingertips against your palm is also a good way to get under your nails.

Always make sure to wash your hands after coming into contact with anyone who exhibits flu symptoms, or after going out into a public place where disease can spread easily. This can include grocery stores, office space and anywhere accessible to the public at large.

Follow these other preventative measures to protect yourself and others from infection:

- Cough and sneeze in your arm, not your hand.
- Keep common surfaces and items clean and disinfected.
- Avoid touching your face with unwashed hands.
- Practice social distancing by staying home, and do not leave for any non-essential circumstances.
- Be careful with re-contamination because items including cell phones, door handles and money can all carry the virus on their surface. Sanitize these items if possible, and be actively aware of the surfaces you are touching.





Maintaining Mental Wellness

The COVID-19 pandemic can cause stress and anxiety because it is disrupting normal life for many people all at once. While it is important to be informed and to take action to limit the spread of infection, the amount of information and attention on this topic can increase stress and anxiety.

Here are some ideas from the Centre for Addiction and Mental Health (CAMH) that might be helpful in managing these anxieties. Some might apply to you and some might not – or they may need to be adapted to suit you personally, your personality, where and with whom you live, or your culture.

Accept that some anxiety and fear is normal. COVID-19 is a new virus and we are still learning about it. The uncertainty about the virus and the changes that are unfolding can make most people feel a bit anxious. This is normal, and it actually can help motivate us to take action to protect ourselves and others, and to learn more about the pandemic.

Seek credible information. Stay informed by checking information provided by experts and credible sources. A lot of information is

disseminated about COVID-19 every day, but not all of it is accurate. Be wary of what is posted on social media, and always consider the reliability of information you see on Facebook, Instagram and Twitter.

Find a balance. Stay tuned in, but know when to take a breather. While staying informed is helpful, too much information may not provide extra benefit. Limit checking sources to once per day or less if you can. This includes reading or listening to news stories about COVID-19. Even though things are shifting rapidly, daily changes are not likely to affect how you should manage your risk.

Bring an intentional mindset to unplugging. Set aside some time to unplug from all electronics, including phone, tablets and computers. Disconnect for a while from social media outlets. You may need to schedule this to make sure it happens. Do something fun and healthy for yourself instead!.

For more tips and resources, please visit CAMH's COVID-19 portal at <https://www.camh.ca/en/health-info/mental-health-and-covid-19>

Safety Training Online

*Want to go back to school without leaving home?
Visit <https://csc.vubiz.com/store/> to sign up for online safety training! Available courses include Coronavirus Preparedness, WHMIS, Ladder Safety, Office Ergonomics and more!*

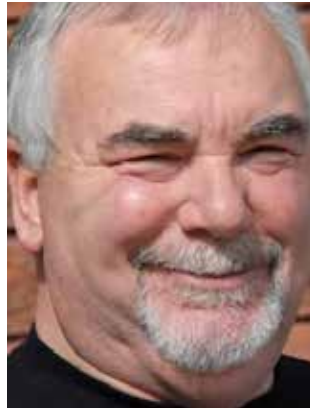
In Memoriam: Bob Weil – 1943-2020

In January, we lost a titan in the Canadian safety community.

Robert “Bob” Weil passed away peacefully on Jan. 23, 2020, surrounded by his family. He was 77.

A longtime member of the Canada Safety Council’s Board of Directors, Bob was a tireless champion of motorcycle safety in the country and was instrumental in the expansion of motorcycle safety training across Ontario.

“Bob’s influence on motorcycle safety and his many contributions to adult education cannot be overstated,” said Gareth Jones, president of the Canada Safety Council. “His way of approaching challenges head on and his voice



of experience will be forever missed.”

He was a strong supporter of the Gearing Up program since its inception, working closely with community colleges across Ontario to make rider training easily available to the public and teaching riders of all backgrounds and experience levels how to operate a bike safely.

Bob also taught economics at Sir Sandford Fleming College in Peterborough, Ont., and spent several years in his 20s teaching at A-1 Driving School (later to become Young Drivers of Canada.)

Students and colleagues alike remember Bob as an empathetic, kind and patient man with a wicked and irreverent sense of humour.

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