



Roadways across the country are beginning to see more activity, as those who worked from home during the COVID-19 shutdowns are beginning to return to work, joining those essential workers who never left the roads.

As we re-acclimatize to heavier traffic, it's timely to discuss the importance of sharing the road with vulnerable road users. Throughout the pandemic, we've seen an increase in the number of people out on the streets enjoying the weather, whether they're walking, jogging, cycling or doing any other of a myriad

of activities that require co-habitation on the streets.

As a motorist, you share some of the responsibility in keeping the roadways safe for everyone. Read on for a few tips to ensure everyone can return home safely.

- **Reduce your speed!** This has been a major point of discussion throughout the pandemic. Speed is a major factor in stopping distance and reaction time, which can be crucial when dealing with unexpected circumstances.

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## President's Perspective: Road Safety is a Shared Responsibility

As we continue adjusting to the new world that COVID-19 has ushered in, we see the impacts that stay-at-home orders are having on our day-to-day lives.

For many Canadians this includes a more sedentary lifestyle than we've grown accustomed to, which is prompting many of us to get moving any way we can.

Personally, one of my preferred physical activities is jogging. It's a lifestyle activity that I have been doing for years, long before the COVID-19 crisis, but something I've been fortunate to be able to continue to do through the pandemic.

Walking and cycling, too, are some of the best exercises for exercising and staying active. Especially in the summer months, these activities can offer a terrific combination of physical exercise and enjoying the warm weather while still respecting important social distancing guidelines.

These activities frequently involve sharing the road with motorists. We've shared some information in the lead article about how motorists can do their part to keep you, the vulnerable road user, safe.

But make no mistake — road safety is a shared responsibility. Pedestrians, cyclists, joggers and others need to understand their respective responsibilities and take care to support road safety. We each have some level of influence through our own actions so it makes good sense to apply the right behaviours when it comes to maintaining total road safety. After all, it's not any more difficult to apply the rules of the road and take preventative measures... but doing so can make a difference in saving lives.

Personal safety on the roads starts with vigilance. Ensure you're aware of your surroundings at all times. It can be easy to zone out, to get lost in what you're doing to the exclusion of the world around you. But this is where problems can sneak up and catch you unaware. Make a concerted effort to keep up a scan of your environment and assess potential

problems before they turn into real problems.

Follow the road safety rules that are relevant to you. As a pedestrian, this includes but is not limited to crosswalks and pedestrian crossings. Act predictably and ensure you're making eye contact with other road users and signaling your intentions through body language and, where appropriate, gestures.

As a cyclist, you're also responsible for following stop signs, traffic lights and properly signaling turns. You're also required to follow laws that include having a working bell or horn on your bicycle. Whether mandated by law in your area or not, you should also wear a helmet approved by CSA.

One of the best assets in keeping yourself safe as a vulnerable road user is visibility. Whether due to glare or decreased visibility conditions, other road users will often be able to see you easily only if you've thought about it ahead of time. Wear bright clothing — the brighter, the better — and consider lights, retro-reflective bands or tape and similar materials to ensure you can be seen.

Sharing the road is a big part of the way we move and live which makes it all the more compelling to include safe use of roads as an area of focus and importance. By embracing the concept of shared responsibility we can turn our attention to safe behaviours where regardless of how we are using the road we are active contributors to total road safety.

Enjoy the roads, enjoy the summer months and please continue to do your part in support of road safety!

***Be Safe and be kind!***



Gareth Jones, President



### *Share the Road (Continued from page 1)*

- **Maintain a constant scan of your surroundings.** As much as it would make life simpler, we can't always predict what fellow road users are going to do. Drive defensively, ensuring that you're keeping an active watch for anything that might require a quick reaction.
  - **Obey traffic laws.** These include all posted signs, signals and regulations. Predictability is important for both the motorist and vulnerable road user in ensuring that no surprises occur.
  - **Keep your eyes on the road.** Avoid distractions at all costs. Cell phone use, radio changing, grooming and eating are just a few examples of high-risk activities behind the wheel that can limit your reaction time. Driving is a task that demands your full attention.
  - **If in doubt, yield the right of way.** Vulnerable road users are far more likely to be injured in a collision with a vehicle than the motorist. The legal right-of-way may be yours, but if the vulnerable road user hasn't seen you or hasn't given any indication that they plan on stopping, yield the right-of-way.
  - **Be extra vigilant around intersections.** These tend to be the areas where the most interaction between motorists and vulnerable road users occur. Consequently, they are also the area where the most collisions occur. You should always be vigilant, but ensure that you're fully focused around intersections.
- Canadian roadways are at their safest when we're all working together to keep tragedy from occurring.

## COVID-19 Online Training

Did you know the Canada Safety Council offers a suite of online training courses dealing with an assortment of topics relating to COVID-19? It's true! Visit <https://canadasafetycouncil.org/covid-19> for more info.

## Be Flood-Ready Year-Round

(NC) Heavy rainfall can lead to flooding, especially in the spring, when the ground is still frozen or already saturated from previous storms. Rapid melting of snow and ice jams can also lead to floods. Every year, floods affect hundreds of thousands of Canadians and cause millions of dollars in damages.

Fortunately, there are many steps you can take to protect your property from floods. Here are some of the most important ones:

1. Know your risk. The first step in being prepared is knowing the risks specific to where you live. You can learn about some past major flood events in Canada on the Public Safety Canada website. Also, most provinces and territories have region-specific information online.
2. Talk to your insurance broker. Peace of mind comes from knowing your home and belongings are protected in case a flood does happen. Make sure your policy has you covered from flooding and water damage.
3. Try your hand at DIY fixes. You don't need to be super handy to update your home



with some flood-prevention measures. For example, you can put sealant around basement windows and the base of ground-level doors, or install flood shields or barriers on them. Ensure that your property is graded so that water runs away from your basement walls.

4. Do some basic maintenance. Simple upkeep around your home, especially the exterior, can have a big impact when heavy rain strikes. Check that your roof and eavestroughs are draining properly and that all basement floor drains are not blocked or covered up. Make sure your sump pump is working and install a battery-operated backup.
5. Get help from a pro. If you've experienced major flooding in the past, or have significant structural problems, like cracks in your foundation, you might need help from professionals, like engineers, plumbers or masons. A starting point is working with an independent assessor who can help you to figure out the most affordable solutions.

Find more information at [Canada.ca/emergency-preparedness-week](https://Canada.ca/emergency-preparedness-week).

## Looking Ahead

Though the summer months typically offer a respite from the Canada Safety Council's busy campaign season, rest assured that we'll be hard at work planning messaging for our fall campaign season.

Of course, that won't be the extent of it! Safety takes no breaks and neither do we. Stay tuned to our social media channels and traditional me-

dia as we aim to keep Canadians informed on a wide array of topics including health and safety during the ongoing pandemic and timely tips for the summer heat.

If there's a topic you'd like us to address, let us know at [media@safety-council.org](mailto:media@safety-council.org). We read every recommendation we receive and are always eager to hear your thoughts!



## Protecting Yourself from Fraud during COVID-19

(NC) Safeguarding against scams can be a challenge. This is especially true during difficult periods like we are experiencing now.

The COVID-19 pandemic is creating a lot of uncertainty and worry – the very things that fraudsters thrive on.

Scams can include phone calls, emails and texts that seem to be from financial institutions asking for personal or financial information. If you receive this kind of request, be cautious. Financial institutions will never ask for personal information, login credentials or account information by email or text message.

If you are suspicious about information you receive related to your banking, contact the financial institution directly before taking any action.

Here are a few more tips to help you be vigilant during this unprecedented time:

- Never click on links or attachments in unsolicited or suspicious emails.
- Never give out your personal or financial information by email or text.
- When banking online, enter your financial institution's website address in your browser yourself.
- Beware of questionable offers related to relief measures or quick fixes. If it seems too good to be true, it probably is.

In the unfortunate event that you do experience financial fraud, it's important to inform your financial institution immediately. You should also report the incident to your local police and the Canadian Anti-Fraud Centre by calling its toll-free line at 1-888-495-8501 or completing an online report.

Find more information on identity theft, types of fraud, and other threats or scams at [canada.ca/money](https://canada.ca/money).

## Worried about carbon monoxide?

(NC) We spend approximately 90 per cent of our time indoors. While it's very appealing to stay indoors to catch up on some reading or stretch out on the couch to enjoy a good movie, be sure to enjoy your time indoors safely.

Air contaminants like carbon monoxide (CO) are pollutants that may be present in the air inside your home. CO is a tasteless, odourless and colourless gas that can be dangerous to your health. Here are some safety tips to keep in mind:

- Carbon monoxide alarms are one of the most effective ways you can protect yourself and your family from this silent killer. Make sure you have at least one installed in your home. The most important place to install an alarm is in the hallway outside sleeping areas. Carbon monoxide alarms can be purchased at any hardware or home equipment store.
- Make sure carbon monoxide alarms are installed correctly. Choose an alarm that has a certification mark on it, such as

CSA, UL or Intertek ETL. It will have an audible alarm to warn you of unsafe carbon monoxide levels in your home.

- Make sure to follow the manufacturer's directions for installation, testing, use and replacement.
- Test carbon monoxide alarms regularly. Replace batteries and the alarm itself as recommended by the manufacturer. Write on the battery or device to remind yourself when it was installed and when it needs to be replaced.
- If your carbon monoxide alarm sounds, do not try to locate the source of carbon monoxide. Leave your home immediately to get fresh air, and call 911, your fire department or emergency services once you're outside. Return to your home only after the problem has been fixed by a professional.

Find more information at [canada.ca/healthy-home](http://canada.ca/healthy-home).



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ISSN: 0048-8968

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Charitable BN: 11882 8565 RR 0001