

SafetyCanada

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SAFELY ESTABLISHING A FULL-TIME HOME OFFICE

The losses suffered across Canada as they relate to the pandemic have been numerous, life-altering and deeply tragic. As we continue to navigate COVID-19 and the challenges it has brought to our day-to-day lives and routines, one change that seems to be gaining traction in sectors across the country where applicable is a move toward permanent work-from-home situations, whether full-time or a hybrid model.

At the start of the pandemic, many Canadians simply made do with what we had available at the time, often setting ourselves up at kitchen tables, on couches or other makeshift setups. As time has gone on, we've refined our setups to be more ergonomically friendly and more adapted to our workflows.

However, as we consider this paradigm shift, it's worth reviewing our workstations for efficiency, effectiveness and comfort. Consider the following tips:

1. Ensure adequate lighting is available.

Lighting is a key component to a productive workplace. Light that is too dim can force eye strain in an attempt to focus, leading to headaches and drowsiness. On the other hand, light that is too bright can result in glare, reflections, headaches and eye strain. Find your happy medium — bright, but not overly so — to maximize your productivity and minimize physical impacts.

2. Consider your privacy.

Do you prefer to work in a quiet environment free of distractions? Consider setting up your office in a less-frequented portion of your home, ideally one with a door if possible.

Continued on page 3

Inside

President's Perspective	2
Looking Ahead	4
Home Safe Home	5
Health Smarts	6

President's Perspective: Working Together Through the Pandemic

COVID-19 has been in our lives for a year and eight months and, in that timeframe, there has been a great deal of change and adjustment and learning.

We've seen, for instance, that resilience and determination are in no short supply in Canada.

Faced with the challenge of having to adapting our lives, we have made adjustments and the sacrifices necessary to keep our families, neighbourhoods and communities safer for all.

And most impressive of all, it has caused us to look at success through the lens of working together

We've also learned that science offers important considerations in the context of COVID-19 vaccines. And while the debate on vaccination continues, the nation's hospitalization statistics make a compelling case: the Public Health Agency of Canada reports that the rate of hospitalization is 36 times higher for unvaccinated people than those who have received both doses.

Spread limitation in vaccinated people is also supported in data but masking, hygiene and social distancing continue to be effective measures in preventing the spread. And in fact, it is a layered approach to prevention that offers the greatest overall safety.

The economic implications are equally compelling when considering the effect of vaccination on the recovery of business and access to public and social privileges. There is little doubt that we would not be in the current state of recovery

without the influence of widespread vaccination. Far from over though, reaching the next level in our recovery will require more communication and more evidence of safety and protection through vaccination.

Now as the country moves toward an approval of vaccines for children ages 12 and under, there is greater interest in understanding the implications of vaccination. Again, bringing the best in facts through science and through our communication can help inform decisions about vaccination.

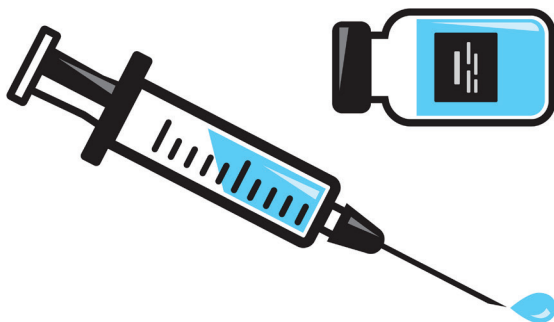
The CSC is making its contribution to the overall communication effort with a release of a Vaccine Education and Awareness Program for use in elementary schools (grades 1-8) this fall. If you are a parent or an educator interested in finding out more, I invite you to read on — more details on the program can be found inside the pages of this newsletter.

Canadians have demonstrated tremendous capacity to manage the most challenging of circumstances these past 18 months. There may be a few more twists and turns as we head in to the next phases of our continued recovery and the best thing we can do is to take in the information as it comes through assess it and consider the implications.

The one thing we know for sure is that the only way through this is in taking steps together. Thank you for doing your part and contributing to making Canada a safer place.

Be Safe and be kind!

Gareth Jones
President and CEO





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(CONTINUED FROM PAGE 1)

3. Ensure you have enough available electrical outlets.

As a desk worker, you'll likely need at least two — computer charger and desk lamp — and potentially more if you're using a desktop PC. It's not prudent to rely on extension cords as a long-term solution. If you find yourself lacking outlets, consider hiring an electrician to get them installed.

4. Take an ergonomic approach.

You'll presumably be seated at your desk for an extended amount of time, so make your space as comfortable as possible. This can include, but is not limited to: ergonomic chairs and keyboards, a mouse that conforms to the shape of your hand, cushions, armrests and appropriate angling of your monitor or desk space. Over time, a workspace that is not optimized for ergonomics can lead to muscle strain

and pain, musculoskeletal issues and, in the longer term, significant health issues can arise.

5. Work in a different space than the space where you relax.

One of the downsides that has been observed about work-from-home is the inability to “turn off” and disengage. One easy way to help with this is to set up your workspace in a different area from where you relax. On the other hand, working in a space like your bedroom can lead to heightened anxiety and an inability to sleep, since your mind has learned to associate the space with work.

These tips should provide you with a good start as you re-envision your work setup moving forward. Smart workplace management and hygiene can go a long way toward putting concerns to rest, both physically and mentally.

e-Learning Courses Available!

Are you and your staff adequately trained in compliance and awareness issues? The Canada Safety Council offers courses in a wide variety of topics including WHMIS 2015, Fall Protection, Transportation of Dangerous Goods and an entire suite of COVID-19-related courses.

Visit <https://canadasafetycouncil.org/e-learning/> to find out more!

Looking Ahead

The Canada Safety Council is ramping up for an even busier-than-usual fall and winter season!

While the fall months have traditionally been busy — no surprise there, given that five of our eight national campaigns fall during this window — this year we saw an opportunity to get involved in all-important vaccination messaging. Here’s what we’ve got in store:

Vaccine Awareness and Education Program

As mentioned in the President’s Perspective on page two, we’ll be introducing a new program into the school systems shortly, designed to remove uncertainty in children about needles and explain to them in clear terms why and how vaccines work. The program will initially be introduced to teachers in elementary and middle school before being launched to the public at large.

National School Safety Week (October 17-23):

Socializing and, more specifically, social isolation, continues to be one of the more pervasive issues we all face in these pandemic times. This holds true for many of us, but school-aged children especially continue to feel the impact in school, at home, on social media networks and in their day-to-day lives.

This year’s National School Safety Week campaign will aim to discuss this trend and target the importance of remaining connected with people, and of doing so in more meaningful and fulsome ways than merely being aware of their presence through social media channels.

National Community Safety and Crime Prevention Month (November):

The ascent of online gambling combined with the impacts of the pandemic have created a

potentially tricky situation for compulsive gamblers. We’ll be offering tips and messaging surrounding responsible gambling, which is both a community safety issue and an issue that can be linked to criminality..

National Senior Safety Week (November 6-12):

Seniors often don’t know who to turn to when faced with abuse and neglect. During National Senior Safety Week, we’ll be partnering with Juniper Park\TBWA to introduce a recognizable symbol of support. Senior safety is a community-wide issue and a visible show of support can give an abused senior the confidence to step forward.

National Home Fire Safety Week (November 24-30):

To mark the holiday season,. many Canadians add a festive touch to their homes by stringing up lighting and amp up the heating to counteract the cold nights. But for every new device we plug in, there’s a higher risk of electrical fires. We’ll discuss ways to avoid overburdening your electrical outlets and keep your home and family safe through the holiday season and beyond.

National Safe Driving Week (December 1-7):

We’re happy to welcome back the Insurance Brokers Association of Canada as sponsors for this campaign! The topic of distracted driving is once again front and centre, perhaps unsurprisingly given its continued impact on Canadian roads. We’ll be discussing distraction as it surrounds the use of mobile devices behind the wheel and offering tips to leave the phone alone.

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

Top tips to boost immunity this fall

(NC) Immunity is a hot topic on everyone's radar in today's COVID landscape. Over time, as restrictions loosen and we begin to once again spend time in public spaces, it's essential to consider preventative health actions that help improve our immune system.

When we think about immune support, vitamins, minerals, and getting adequate rest all come to mind. But there are other protective actions we can take to help ward off illnesses.

Get moving with exercise

Regular physical activity is considered one of the main components of healthy living. It can also improve your ability to repel viruses.

You don't have to be a marathon runner or body builder to reap the benefits. No matter the intensity level, activity is known to stimulate how our bodies cells work together to help keep us healthy. All forms of activity including yoga, walking and stretching contribute to improved immunity.

Stay up to date on vaccinations

One of the best things you can do for your lifelong immunity is to keep on

top of immunizations. As we age, our immune system gradually weakens and becomes less effective at protecting us

from disease. That's why keeping up to date on vaccinations throughout adult life is important to staying healthy. Even if you think you're up to date, it's important to check with your healthcare provider as some adults may have missed one or more of their vaccines as a child and need to catch up now. There are also diseases that are more common in adults, even healthy

ones, so additional vaccines are needed as we get older.

Proper diet and meal planning

The food we eat directly correlates to building stronger immunity. The body's immune response relies on the presence of many micronutrients that we get from food. Be sure to serve colourful foods because the brighter the food, the more nutrition and immune-boosting ingredients they pack — think beets, carrots and cabbage. Especially in autumn, there are bountiful harvests of whole foods and vegetables to help keep our plates colourful and our immunity high.

Learn more about what vaccinations may be right for you at vaccinateforlife.ca.



Elmer the Safety Elephant

Elmer the Safety Elephant is hard at work delivering well-researched and practical information to schoolchildren about COVID-19! Do you remember Elmer? Check out the following link for a refresher.

<https://canadasafetycouncil.org/elmer-the-safety-elephant>

Tips for coping with anxiety and sadness during COVID

(NC) There’s no doubt that the pandemic has caused stress and anxiety for many people across Canada and around the world. Even if you know you’re not the only one feeling sad or lonely, this realization may not be enough to help you cope — especially if you’re dealing with a major life stressor, like a layoff or loss of a loved one.

If you are struggling to cope, these tips may help:

1. Put down your devices.

Indulging in things that bring you joy are perfectly acceptable. But being glued to your laptop or smartphone for long periods of time will only lead to a sore neck, back and eyes. Extensive electronics usage can also lead to a host of other issues, such as insomnia, demotivation and depression. If technology is taking over your precious time, take a step back to rethink how you use it.

2. Cut back on your vices.

Being cooped up, it’s understandable that many of us have been leading less healthy lifestyles than pre-pandemic. But overindulging in binge drinking, smoking, takeout and

couch time may not be the best option for coping with anxiety and sadness. Though they may seem small, these habits can pile up to have adverse effects on your mind and body.

3. Give yourself a daily routine.

Something as simple as opening the curtains when you wake up, making your bed and brushing your teeth can help you begin the day with a hopeful mindset. Seek inspiration and ideas for self-care, and block out certain times of the day?even just a few minutes?to devote to yourself.

4. Seek out extra support.

Sometimes even the most helpful tips and strategies are not enough. Fortunately, you can access free help 24/7 from the comfort of home. On the Wellness Together Canada portal you’ll find free, reliable information, self-assessment tools, and have the option to connect with peer support, social workers, psychologists and other professionals for confidential text sessions or phone calls.

Support is just a call or click away. Find more information at wellnesstogether.ca.



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Canada Safety Council

1020 Thomas Spratt Place, Ottawa, ON K1G 5L5

Tel.: 613-739-1535 Fax: 613-739-1566

President and CEO: Gareth Jones

Editor: Lewis Smith (ext. 228)

Website: canadasafetycouncil.org

Charitable BN: 11882 8565 RR 0001