

When home isn't safe

Home is supposed to be the safest place in the world. But for many, it is anything but safe.

Intimate partner violence is a terrible reality for thousands of Canadians. No one is immune, regardless of age, education, race, cultural background or family income. It affects both men and women, but women are more likely than men to be victims. The rate of spousal homicide against women, for example, was about three times higher than that for men in 2009, according to Statistics Canada.

Over 40,000 arrests every year are related to domestic violence, accounting for about 12 per cent of all violent crime in Canada. It is estimated, however, that less than a quarter of all domestic violence incidents are reported to police. This implies that there are tens of thousands of these incidents in Canada a year, putting men, women and children at risk in their own homes.

The Canadian Women's Foundation outlines what some of the many forms of abuse can look like:

■ **Physical abuse:** Slapping, choking, or punching. Using hands or objects as weapons. Threatening partner with a knife or gun. Committing murder.

■ **Sexual abuse:** Using threats, intimidation, or physical force to force partner into unwanted sexual acts.

■ **Emotional or verbal abuse:** Threatening to kill partner (or to kill the children, other family members or pets), threatening to commit suicide, making humiliating or degrading comments about partner's body or behaviour, forcing partner to commit degrading acts, isolating partner from friends or family, confining partner to the house, destroying partner's possessions, and other actions designed to demean partner or to restrict his or her freedom and independence.

■ **Financial abuse:** Stealing or controlling partner's money or valuables. Forcing partner to work. Denying partner the right to work.

■ **Spiritual abuse:** Using partner's religious or spiritual beliefs to manipulate, dominate, and control her.

■ **Criminal harassment/stalking:** Following partner or watching him or her in a persistent, malicious, and unwanted manner. Invading partner's privacy in a way that threatens his or her personal safety.

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President's Perspective

Realities of drugged driving a hard pill to swallow

Drugs and driving is a deadly combination, but many Canadians don't seem to think so.

The Canadian Council of Motor Transport Administrators (CCMTA) recently released the results of a public opinion survey on drug impaired driving to gauge the awareness and education level on this problem. The findings reveal that Canadians are not as concerned about drugged driving as they are about drinking and driving. Further, they don't think they are as likely to get caught if driving while impaired by drugs, compared to being under the influence of alcohol.

Of the 1,500 Canadians surveyed by the CCMTA, about 90 per cent strongly agreed that alcohol impairs driving. Meanwhile, only 68 per cent agreed that cannabis impairs driving. About two-thirds of Canadian drivers think that it is very likely that a driver impaired by alcohol would be stopped and charged by the police, while only about a quarter of drivers thought that it was very likely that a driver impaired by cannabis would be stopped and charged.

Maybe it's because drugged driving is yet to become socially unacceptable, or that it is not talked about nearly as much as drinking and driving or the hazards of texting and driving. Whatever the reason, these attitudes and perceptions are very concerning because drugged driving is just as deadly as drinking and driving.

The Canadian Centre on Substance Abuse reports that more than a third – 35.3 per cent – of fatally injured drivers in Canada tested positive for impairing drugs in 2009. This compares with 40.9 per cent of driver fatalities in the same year where alcohol was the source of impairment.

The CCMTA's survey results indicate that drivers ages 20 to 24 were least concerned about cannabis impaired driving, followed

by those ages 16 to 19. Yet, young drivers between 16 and 24 lead the way in fatalities that involve drugs. Canadian Centre on Substance Abuse statistics indicate that 27.6 per cent of driver fatalities among this age group were impaired by alcohol, compared with 26.9 per cent of driver fatalities who were impaired by drugs.

But it isn't just young drivers who need to better understand the risks of drugged driving. Among fatally injured drivers 55 and older, drug use is more prevalent than alcohol.

Law enforcement is responding to the growing drugged driving problem. During the Canada Safety Council's 2013 National Safe Driving Week, which focused on drug-impaired driving from December 1-7, the RCMP launched a national impaired driving enforcement campaign to focus on increasing enforcement and awareness to stop alcohol and drug impaired drivers.

Drug impaired driving is a criminal offense that, on conviction, carries a licence suspension of 12 months – a fact that only a quarter of the CCMTA's survey respondents knew.

The strongest deterrent for drug impaired driving – whether by illegal, prescription or non-prescription drugs – should be the very real and unforgiving reality that as an impaired driver, you put your life and the lives of other road user at significant risk.

Don't take that chance. Have conversations with your loved ones, doctor and pharmacist about the dangers of drugged driving, and how to prevent it. Visit www.canadasafetycouncil.org to learn more.

Safety, It's an Attitude



Jack Smith, President

Some seasonal safety reminders

Prevent carbon monoxide poisoning

Carbon monoxide is called the silent killer. It's colorless, tasteless and odourless, making it extremely difficult to detect. Take precautions. Have a working CO detector on each level of your home and near each sleeping area, and test each alarm once a month by pressing and holding the button on the unit. Replace the batteries in each detector twice a year.

Have your furnace inspected once a year by a certified heating technician. Keep fuel-powered heat sources such as BBQs, camp stoves, and generators out of the house, basement and garage. Do not use them indoors, as they emit carbon monoxide.

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If you're left in the dark

Freezing rain and high winds can down power lines and leave people in the dark for extended periods of time. Always stay clear of downed power lines or equipment and never assume they are safe to go near.

Have an emergency response plan for you and your loved ones to cope in the event of an extended power outage. Keep supplies on hand that include a flashlight, batteries, three-day (or more) supply of water, canned food, candles, waterproof matches, first aid kit, battery-operated radio, whistle, pocket knife, prescriptions, extra set of keys, money, copies of important documents, pet food, boots, and blankets.

Consider relocating to a friend's house with power if very cold weather sets in. Check on neighbours frequently during the outage, especially the elderly, children and disabled persons, to make sure they are alright.

Winter driving safety

Winter conditions can change quickly. Pay attention to local forecasts and respect weather advisories. If the conditions are particularly bad, postponing your travel may be the safest thing to do.

Before leaving home, make sure you have your cellphone and that the battery is known where you are going, your planned route and when you expect to arrive at your destination.

Keep your gas tank topped up to help prevent your fuel line from freezing.

If you become stranded, stay with your vehicle. Continue to move your arms and legs to keep yourself mobile, warm and alert.

- Stay visible by putting a bright cloth on the antenna, turning on the inside overhead light (when engine is running), and raising the hood when snow stops falling.

- Run the engine and heater for up to 10 minutes every hour. Make sure the vehicle's tailpipe is not blocked by snow. Keep a back window open slightly for good air flow and to prevent carbon monoxide buildup.

Looking for more seasonal advice? Follow us on Twitter for updates: @CanadaSafetyCSC.

Look Ahead to Living Safety

Living Safety is the Canada Safety Council's quarterly off-the-job safety magazine. Our spring issue is available in March. Here's a sneak peak!

- **Kids and Guns:** Developing healthy attitudes toward firearms starts at home
- **E-cigarettes:** Are they safer than traditional cigarettes?
- **Arsenic and Old Rice:** Learn about what's in one of the world's most popular foods, and how to minimize your risk of exposure to the arsenic in rice

*Know someone who would be interested in subscribing to **Living Safety**? Please direct them to our website, www.canadasafetycouncil.org, or contact the CSC at 613.739.1535 ext. 221.*

*We're also looking for your feedback on our magazine! Would you read **Living Safety** in a digital format?*

What safety topics are you most interested in reading about? Please email your comments and suggestions to c.deavey@safety-council.org. Thank you!

News Bites

- Stuart Munro, a pioneer of motorcycle rider training in North America, was inducted into the Canadian Motorcycle Hall of Fame on November 2, 2013, during the Canadian International Motorcycle Heritage Museum Foundation's annual banquet and reunion. Munro founded the Canada Safety Council's National Motorcycle Training Program, known today as Gearing Up, and was the first instructor for the program. Thanks to his initiatives, classes that began in a parking lot in Ottawa in 1967 now have evolved into the Gearing Up program and spread from coast to coast in Canada and throughout the United States, to the benefit of tens of thousands of motorcycling enthusiasts.
- Our 2013 National Safe Driving Week themed on drug impaired driving received significant national media attention. Our media monitoring service estimates a circulation of 164,000.
- The second annual Sarah Beth Therien Memorial Scholarship competition is now open. Applications will be accepted until June 15, 2014. Eligibility and applicant information is available on our website.
- Our OH&S course offerings now include Joint Health and Safety Committee Certification (for the province of Ontario). The course is intended for health and safety committee members, supervisors, and health and safety managers. Content includes health and safety law; hazard identification and control; investigation techniques; and prevention resources. For more information and to register for the course, visit www.canadasafetycouncil.org/training and click on Occupational Health and Safety Online Training Courses.
- The Traffic Injury Research Foundation (TIRF) is conducting a new study to examine licence rates and progression through Graduated Driver Licensing (GDL) in one US state (Oregon) and two Canadian provinces (Alberta and Ontario) with different GDL programs. This new project will be examining the age at which drivers actually obtain their learner's permit, how long they hold it and how old they are when they obtain their intermediate licence. The final report will provide insights into the licence rates and progression through GDL and help inform policy makers how to enhance their GDL programs. It is anticipated that this project will be completed in early 2014.



Lynn Munro, Stuart Munro's daughter, and Ken Morgan, national chief instructor of motorcycle training programs for the Canada Safety Council, at the eight annual Canadian Motorcycle Hall of Fame Induction Banquet and Reunion.

Looking Ahead

- **National Farm Safety Week is March 14–20.** This year's campaign will focus on the safe operation of all vehicles and machinery on the farm, including ATVs and snowmobiles. The need for proper training will be emphasized.
- Follow us on Twitter (@CanadaSafetyCSC) for frequent updates and more CSC news!

Safety Training Online

Want to go back to school without leaving home? Visit www.canadasafetycouncil.org/training to sign up for online safety training! Courses include OH&S topics, defensive driving, babysitters training, and home alone safety.

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Invading partner's privacy in a way that threatens his or her personal safety.

The RCMP describes an abusive relationship as a confusing mix of love, fear, dependency, intimidation, guilt and hope. Intimate partner violence and abuse is rooted in a power imbalance between individuals and within families. There is potential for abuse when one person is controlled and/or considered less worthy than another one.

Fear keeps many victims from leaving their abusers – fear that the abuser will hurt themselves, their children or pets, or that the abuser will come after the victim once he or she leaves the relationship.

Sadly, these fears are not unfounded. Statistics Canada reports that in 2011, there were 89 intimate partner homicides – 76 female victims and 13 male victims.

There were 344 murder-suicides in Canada between 2001 and 2011, and spouses accounted for the largest proportion of family-related murder-suicides committed between these years. Women and those aged 15 to 24 were at highest risk of being victims of spousal murder-suicide, according to Statistics Canada.

The RCMP recommends having a safety plan to reduce or eliminate the risks an abuser poses to you and/or your children. Safety planning should include:

- letting someone you trust know about the abuse even if you do not report it to the police;
- creating a code word with friends or family that lets them know to call for help when leaving is not an option;
- having one safe location to keep your identification, important documents (passport, Social Insurance Number), bank cards, credit cards, keys and cell phone that you can grab quickly in an emergency;
- having a physical plan to get out of your house in an emergency and a place to go, including the nearest shelter if necessary, once you have left the abusive situation; and
- practicing your safety plan with your children to keep them safe as well.

If you believe someone you know is being abused or is in danger, do not turn a blind eye. Call the police in an emergency; do not attempt to intervene at risk to yourself. Never talk about suspected abuse in front of the suspected abuser. Instead, talk with the suspected victim in private.



Listen to the affected person, whether the abused or abuser. They may be asking for help. Offer support and refrain from judgment. Ask how you can be of help, but do not try to take over the situation. Help the person explore his or her options. Tell him or her it is dangerous to do nothing about the abuse. Help is available. Contacts and resources include:

- crisis line
- abuse counseling
- women's groups
- immigrant and ethno-cultural groups
- Aboriginal groups
- women's shelters
- women's resource centres
- community health centres
- family doctor
- police
- RCMP victim services
- legal aid

For more information on escaping abuse and the resources that are available to help ensure your personal safety, visit www.rcmp.gc.ca and www.canadianwomen.org.

Responsible dog ownership prevents injuries and saves lives

Most dogs are friendly, loving creatures. But all dogs have the potential to bite a person, and some dogs can be dangerous. The Canadian Veterinarian Journal reports that on average, one to two human deaths a year can be attributed to dog attacks. In Ontario alone in 2011–2012, there were over 13,000 emergency room visits related to dog attacks, according to the Canadian Institute for Health Information (CIHI). Many other bites go unreported. Comprehensive national data on incidents of dog bites and attacks in Canada is not available.

If you are considering dog ownership, do your research. Dogs of some breeds tend to be more aggressive than dogs of others breeds. If you plan on adopting a dog, ask about its history and why it was put up for adoption. Before completing the adoption process, find out what the bylaws and possible restrictions are in your area regarding dog ownership.

Being a responsible dog owner means taking steps to train and socialize your animal. Look into obedience training and opportunities to socialize your pet when it is a puppy. Further, one of the most important things you can do is to spay or neuter your dog to decrease its aggressiveness. Treat your dog well and never put the animal in a position where it feels threatened or teased.

A sick or injured dog is more likely to bite. Be responsible and take your pet for regular veterinary visits and vaccinations.

If your dog exhibits aggressive behaviours, seek the advice of a veterinarian. Biting and attacking behaviours, especially when unprovoked, are not acceptable or safe.

Regularly walk and exercise your dog to keep it healthy and provide mental stimulation. When in public, use a leash to keep control of your dog. Consider muzzling your dog before heading out for a walk. If someone approaches you and your dog while out on a walk, caution the

person to wait before petting the dog. That will give your pet time to become comfortable with the stranger. If you are unsure of how your dog will react to strangers, do not let anyone (especially children) pet it.



Dogs protect things they care about, including their food, puppies, favourite toy or owner. They also protect spaces – their own and their owner's. Children need to understand that dogs are protective by nature, and to recognize situations that may frighten or anger a dog.

Never leave babies or young children alone with a dog. Teach children not to play fight with, tease, yell at or chase dogs or other animals. Even very friendly dogs may bite if angry, afraid or hurt. Children should not try to waken a sleeping dog, as the animal may reflexively react and attack when waken.

Winter Fun – Injury Prevention Tips

Unintentional injury is the leading cause of death for Canadian children and youth between the ages of one to 14. Injuries are preventable, and there are many steps parents and caregivers can take to safeguard children as they enjoy winter activities.

Equipped for safety

When your children are playing — whether in a team sport like hockey or unstructured fun like tobogganing — keep them safe by taking the right precautions. Prevent head and eye injuries by making sure your children wear the proper safety equipment for whatever sport they are playing. Dress your children in layers to help them stay warm and comfortable.

Tobogganing

Cold Canadian winters allow for many fun activities like tobogganing. Keep safety top-of-mind during these activities because children can be seriously injured if they crash and hit their heads, run into an object or another person, or fall through ice into water. Adult supervision is recommended.

- Check equipment at the start of each winter season and periodically throughout to make sure it still fits and is in good condition.
- Make sure your children wear proper safety gear, especially a helmet.
- Do not allow your kids to sled near roads, parking lots, rocks, trees or fences.
- Dress your children warmly and in layers, and watch for frostbite on cold days.
- Put sunscreen on exposed skin: UV rays are a hazard even in winter and on cloudy days.
- Remove drawstrings and cords from clothing to prevent these items from getting caught or tangled on objects

Ice-skating

- Make sure children always wear a helmet, as ice obviously makes it easy to slip and fall.
- Teach children to skate in the same direction as everyone else on the ice. Kids who are slower skaters should stick to the sides of the rink, and you should skate with them.
- Make sure that young learners have access to proper support by holding your hand or the railing around the rink.
- If you plan to go skating with children on a frozen lake, river or pond, inspect the ice before starting to skate. Respect local advisories regarding outdoor ice conditions.



- Never skate near pockets of open water on a frozen lake-- this means the ice is thin or you are near a cracked surface.
- Ensure children wear warm clothing to prevent frostbite or hypothermia.

The Government of Canada has more winter safety tips available at their www.healthycanadians.gc.ca website.

Never shake a baby

Sleep deprivation and a baby who won't stop crying can be extremely stressful and frustrating for new parents. Sometimes, regardless of what comfort or soothing you are able to provide your baby may be inconsolable and he or she may continue to cry for an hour or longer.

Throughout the crying episode, it is important to remember to never shake a baby. Shaking can cause serious and permanent damage to a baby's brain, resulting in disabilities such as blindness and paralysis. It can be fatal. Sadly, between 2000 and 2009, Statistics Canada recorded 41 deaths attributed to Shaken Baby Syndrome.

A baby will cry for many reasons; it is one the primary ways he or she communicates! Some of these reasons include hunger, pain, discomfort, being too hot or cold, or illness. Sometimes a baby will cry for no reason at all. Contact your paediatrician if you suspect your baby is ill.

The Canadian Paediatric Society has the following recommendations for coping when a baby keeps crying:

- If you feel like you might lose control, stop! Place your child safely in the crib, take a time-out and leave your child's room for as long as it takes you to feel calm.
- Take slow and deep breaths.
- Cry.
- Take a shower.
- Talk to a friend, family member, neighbour, or anyone else you trust, and get some support. Ask a trusted

person to take care of your baby for a while so you can take a longer break.

- If you ever feel you may hurt your baby, call for help: a family member, neighbour, a local crisis line, your child welfare agency, or police. Keep a list handy of local emergency numbers.
- It's a good idea to have plan in place before you become upset or frustrated. Have a list of helpful numbers handy and clearly posted for all caregivers.

Remember, no matter how frustrated, upset or exhausted you get, never shake your baby. Seek the support you need, accept help when it is offered and take time to care for yourself.



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