

SafetyCanada

THE MEMBER NEWSLETTER OF THE CANADA SAFETY COUNCIL

JANUARY 2018

VOL. LXII No. 1

PREPARATION COULD MEAN PROTECTION



The holiday season brings a lot of joy to people of every walk of life, as it rightfully should. Whether it's family, gifts, religious devotion or the promise of good food, most people have a reason to celebrate the holidays.

Unfortunately, the holidays also offer a prime time for would-be thieves to break into unattended homes while their occupants are out at a party or a gathering. Nothing has the potential to derail a positive and enjoyable holiday quite like a break-in, as it can turn joy, comfort and serenity into paranoia, stress

and dismay almost instantaneously.

And of course, just because the holidays are largely in the rear-view mirror doesn't mean thieves are taking a break. It's an unfortunate reality but constant vigilance is a must.

As a homeowner, there are steps you can take to make your home seem less attractive to a potential thief. Take this advice into consideration to help minimize the chances of a break-in.

Continued on page 3

Inside

President's Perspective	2
On the Job	4
Health Smarts	5
Sports and Leisure	6
Looking Ahead	7
Popular on Social Media	8

President's Perspective: Snowfall Stress



A winter in Canada never truly feels like winter until the snow starts falling. I've lived through plenty of winters where the snow started falling early, and I've lived through plenty of winters where the snow arrived late. But one thing all those seasons had in common, was the beauty of lightly falling snow drifting and being taken by the wind.

And then it hits the ground.

Shovelling isn't anyone's favourite chore, and for good reason. Some storms keep piling on the snow to the point where it feels as though it's falling faster than you can get it cleared. Other flurries leave snow so heavy and waterlogged that each shovelful is a challenge.

That's why it's important to take preventative measures before starting the task to ensure a minimum of discomfort and risk of injury. Always start the process off with a quick stretch. You don't want to pull a muscle or put sudden stress on your heart. Get warmed up and ramp up your activity until you're ready to start clearing the snow away.

Your next step should be to bundle up. Dress for the weather, taking extra care to keep your extremities warm and dry. Wear clothes that give you a wide and unrestricted range of movement, and layer them so that the innermost layer is one that repels perspiration. And, of course, don't shovel at all if the weather drops to extremes. I generally avoid anything below -25°C especially when it's windy out. Don't be afraid to put it off

until the temperature becomes more reasonable. The snow isn't going anywhere.

You should also be sure to invest in a proper shovel. You'll want something lightweight with a reasonably-sized blade, as too large a blade will overload your shovel and put stress on your back and heart. A long curved handle also goes a long way toward keeping your back protected from undue strain.

Lastly, you're probably expecting the stereotypical 'bend at the knees' advice. I think that can be useful advice if you have to lift the snow, but here's even simpler advice: aim to push the snow rather than throw it. The former requires less strain on your muscles and has more of a margin for error, whereas the latter can lead to torsion and muscle pain. Take your time to do the job right, rather than speed through it and risk injury.

May your winter be bright and your walkways remain unencumbered!

Safety, it's an attitude!

A blue ink signature that reads "Jack Smith".

Jack Smith, President

Preparation Could Mean Protection (Continued from page 1)

Keep valuables out of sight.

Keeping valuable items near windows and visible from the street will draw all the wrong kinds of attention. Move these items to a safe point with no easy sightlines from the outdoors. This can include but is not limited to electronics, Christmas gifts, jewellery and money.

Give off the impression that you're home.

Often, thieves look for patterns before attempting a break-in. For example, if your kitchen light goes on every night at 6 p.m., then doesn't go on one night, a thief may take this as a sign you're not home. This makes it crucial to keep the illusion up even if you're away. Invest in a timer for your lights and leave a few lights turned on strategically throughout the house.

Invest in a home security system.

Do your research and invest in a system that suits your lifestyle. Be wary of alarms that only give off light and noise but don't send an alert to

anyone. Monitoring is a very important component of security systems that helps provide peace of mind. Otherwise, alarm systems come in all shapes and sizes with technology and monitoring to fit most budgets. A visible alarm is an immediate deterrent to a thief.

Keep your doors locked.

Keep your doors locked at all times, especially if you're not home. Leaving them unlocked could prompt a crime of opportunity where the criminal may not have intended to commit it but took the opportunity as it was presented. You should also ensure your locks have no faults and are fully functional. Consider investing in hardened locks for that added layer of protection.

The sad truth of the matter is that if a burglar wants to enter your home badly enough, they will. But that doesn't mean you can't do your best to keep your home safe, innocuous-looking and unlikely to be targeted.





Develop Healthier Habits at the Workplace

Work can be a hit-or-miss endeavour. One day might be filled with bursts and surges of productivity, where no task seems insurmountable or too daunting. The next day, though, may feel sluggish and unproductive, with even the most basic of tasks feeling like a struggle.

You're not alone – everyone faces these struggles. It's what we choose to do with these struggles that make the difference, though, and something as simple as developing healthier habits at work can lead to a more consistent energy level and a higher rate of productivity. Try incorporating this advice into your day-to-day routine:

Take breaks. There's nothing more frustrating or less productive than staring at a blank screen and getting progressively more frustrated at the lack of progress being made. Take breaks – and no, we don't mean 'browse Facebook.' Get away from your desk. Walk around. Stretch. Light exercise is scientifically proven to increase productivity. And who knows – maybe getting the blood flowing will help kick-start your thinking process to solve the problem you were having.

Drink plenty of water. This is one of the most common mistakes workers make at work: they don't drink enough water! Hydration helps keep your energy levels more constant and facing fewer sudden drop-offs. It also helps with your mood, so leverage every opportunity you have to have a glass of water. If you find you're prone to forgetting, get a bottle of water and keep it on your desk.

Eat smart. Snacking at the desk is a good way to get energy levels up, but be careful with what you're eating. Focus on healthy and natural foods, as processed foods often strip the essential nutrients from what you're eating. This results in food high in refined sugar and unhealthy fats, causing a faster and deeper energy crash once the initial energy is burned. Instead, focus on healthy fats and sugars, like fresh fruit, dried fruit or nuts if your workplace allows them. It can also help if you plan your meal and snacks ahead of time, as this forced portion control can avoid the temptation to over-snack.

Follow these tips and you'll be more prepared to be firing on all cylinders mentally and physically.

How to Cope With Winter Blues

(NC) During colder months, many of us can suffer from what's known as the winter blues. Symptoms can include crankiness, fatigue, low energy and anxiety, and are usually caused by the shorter days we experience in our winters. Feel healthier and happier so you can take advantage of what the winter wonderland has to offer with these three tips from the Canadian Health Food Association.

■ **Eat smart.** The cold weather might make us want to reach for snacks and junk food, but these treats do little more than fill our stomachs with unnecessary calories and simple carbs. Instead, reach for smarter options, such as whole wheat breads or healthy fats like fatty fish or avocados. Rather than making you full and ready for a nap, these foods will give you a boost of energy for your snowy outdoor adventures.

■ **Enhance your ambiance.** When we're huddled inside away from the cold, it's especially important to make sure our home is cozy and happy. There are many ways to achieve this, whether it's redecorating, adding plants or using aromather-

apy, which has been shown to help with bad moods. In fact, diffusing a calming essential oil, such as lavender, may help improve mood and increase feelings of relaxation.

■ **Sleep well, not just more.** According to a survey conducted by CHFA, 73 per cent of us say that lack of sleep has negative effects on our happiness. Improving sleep quality is just as important as getting enough hours each night. One way to do this is supplementing with melatonin, which can decrease the amount of time it takes to fall asleep while increasing the amount and quality of our rest.

When shopping for natural health products, remember to look for the eight-digit Natural Product Number (NPN) on the label. This is your assurance that the product has been licensed by Health Canada and approved to be safe, effective and high-quality.

For healthy tips and to find a CHFA Member health food store in your neighbourhood where you can find all these and more, visit chfa.ca.



Pick the Right Boots for Canadian Winters

(NC) Do you try to hold winter at bay by keeping your winter boots packed away until the first snowstorm hits? Although denying the inevitable onset of our harshest season may give you a psychological lift, experts say it's important to get your winter footwear out and thoroughly checked over well before winter arrives with a fury.

“Canadian winters are tough— frigid temperatures, ice-covered paths and endless snow and slush can cause serious harm unless you are prepared,” explains Peter Morcom, president of the Pedorthic Association of Canada and a Canadian certified pedorthist. “A quality pair of lined, properly fitted winter boots is essential for winter in Canada.”

Although he doesn't recommend one style or brand of boots, Morcom says these seven tips will help ensure you are well-equipped for everything winter has in store.



1. Winter footwear doesn't last indefinitely, typically only one to three seasons. If you are using the same pair of boots as last winter, inspect them closely to make sure there are no rips or cracks that could allow water to permeate.
2. Traction is key. To minimize slipping, select footwear that has a more aggressive tread and a sole made with softer materials such as rubber. If you have balance issues and are concerned about

falling, buy cleats that stretch over your boots for extra traction.

3. Only buy footwear that is waterproof, and wear moisture-wicking socks to further protect your feet. Wet feet increase the risk of frostbite and fungal or bacterial infection.

4. Make sure your boots fit properly. Your feet can change size over time and footwear sizes differ from style to style, so have your feet measured every time and only buy boots that feel comfortable the first time you try them on.

5. If you spend a lot of time outside, choose a pair of boots with a colder temperature range than you need as they will provide you with extra comfort and protection.

6. Don't buy boots that aren't supportive. Some fashionable sheepskin styles of boots look cozy and warm but they won't provide the support your feet and lower limbs require. Stylish, leather-heeled boots should be kept for special occasions.
7. Don't ask your children to wear hand-me-down boots or buy boots with room for them to grow. Boots that are too big or too small will chafe or squish their toes, which will cause blisters and rubs.

Find more information at pedorthic.ca.

Snowmobile Training

Safety on your snowmobile should be a priority. The new year is an excellent opportunity to take advantage of safety training! Call 613-739-1535 x230 or email traffic.coordinator@safety-council.org to find an instructor near you.



Looking Ahead

Although the winter months offer a break in our annual safety campaigns, safety issues never take a break so neither do we.

The 2018 calendar year marks our 100th anniversary and we're going to be showcasing 100 years of safety in the country year-round. Celebration plans include a brand new website, monthly releases discussing safety advancements throughout the century and perhaps a surprise or two along the way.

Additionally, we'll continue our winter messaging with a concentrated look at keeping Canadians safe outdoors, whether as road users, sport enthusiasts or simply enjoying the winter chill. Snow, ice, wind and cold weather all offer a unique set of challenges. Whether you're a new

Canadian or a lifelong resident, it's always a good idea to refresh yourself on safety measures and avoid a potentially fatal situation before it happens.

Preparations will begin for our eight annual safety campaigns, with the nearest such campaign being National Farm Safety Week, held March 14 – 20, 2018.

As we mark the start of an important milestone year for our organization, we'd like to extend our most sincere thanks to you, reading this newsletter. It's thanks to you that we're able to keep putting out timely and important safety messaging, reaching Canadians of all walks of life, and continuing on our mission to make Canada and its residents as safe as possible.

Popular on Social Media

CanadaSafetyCouncil @CanadaSafetyCSC Following

Never take shortcuts while clearing snow off your car. It's unsafe for you and for your fellow road users. Take the time to do it right!



9:17 AM - 20 Nov 2017

11 Retweets 9 Likes

Canada Safety Council shared a Page. 7 November at 08:24 · 🌐

Non-intentional water fatalities are very avoidable. Let's keep working toward a better future.



Canadian Drowning Prevention Coalition
Coalition Canadienne pour la prévention de la
prévention de la
The purpose of the CDPC is to establish and...

Like Page

17547 people reached

Canada Safety Council shared Royal Canadian Mounted Police's post. 6 November at 15:17 · 🌐

Royal Canadian Mounted Police Like Page

6 November · 🌐

It's National Seniors Safety Week: The RCMP is committed to the well-being and safety of seniors across Canada - please consult with and share our Seniors Guidebook to Safety and Security. <http://www.rcmp-grc.gc.ca/.../seniors-guidebook-safety-and-se...>



Seniors Guidebook to Safety and Security | Royal Canadian Mounted Police

This publication can also be ordered at a cost from St. Joseph Corporation. For ordering information please contact them at their toll free number:...

RCMP-GRC.GC.CA

30788 people reached

*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>.*



Like us on Facebook:
www.facebook.com/Canada.Safety



Follow us on Twitter:
[@CanadaSafetyCSC](https://twitter.com/CanadaSafetyCSC)

Safety Canada is the member newsletter of the Canada Safety Council, an independent, national, not-for-profit safety organization. While strenuous efforts are made to ensure the content represents the best current research and opinions, no guarantee, warranty or representation is made by CSC as to the absolute correctness or sufficiency of all information, and CSC assumes no responsibility therewith. Articles may be printed with credit, except those copyrighted to other organizations.

ISSN: 0048-8968
Canada Safety Council
1020 Thomas Spratt Place, Ottawa, ON K1G 5L5
Tel.: 613-739-1535 **Fax:** 613-739-1566
President: Jack Smith
Editor: Lewis Smith (ext. 228)
Website: www.canadasafetycouncil.org
Charitable BN: 11882 8565 RR 0001