

Safety Canada

THE MEMBER NEWSLETTER OF THE CANADA SAFETY COUNCIL

Don't let the bedbugs bite!

A lovable phrase your parents used to say before tucking you in at night has now become a fearful reality for many. In recent years, Canada has seen an increase in the number of bedbug reports due, in part, to increases in international travel. Anyone, anywhere could experience a bedbug infestation, and is not necessarily associated with poor living conditions.

Bedbugs are small, flat, wingless insects with six legs that feed on blood from animals or people. They range in color from almost white to brown, but they turn rusty red after feeding. The common bedbug doesn't grow much longer than half a centimeter. They multiply quickly and travel easily. Bedbugs get their name because they like to hide in bedding, mattresses and box springs. Other sites where bedbugs often reside include curtains, the corners inside dressers and other furniture, cracks in wallpaper (particularly near the bed), and inside the spaces of wicker furniture. Bedbugs are found worldwide, but are most common in

developing countries, often in hotels, hostels, shelters, and apartment complexes where lots of people come and go.

Bedbugs usually feed on humans during the night, with peak biting activity just before dawn. They can obtain their meal in as little as three minutes, after which they are engorged and drop off the host, then crawl into a hiding place to digest their meal. Bedbugs can live for 10 months, and can go weeks without feeding.

How do I prevent bedbugs from entering my home or apartment?

Sometimes even the cleanest homes and apartments can have bedbugs. Performing regular inspections and house cleanings, including vacuuming your mattress, can help prevent or assist in discovering an infestation in its early stages. Keep rooms clean and free of clutter to help reduce the number of places bedbugs can hide. This also

makes inspections easier. Seal cracks and crevices with caulking, even if you don't have bedbugs. This will help prevent bedbugs and other pests from entering your home or apartment.

When travelling, before unpacking anything, inspect your hotel room and furniture to look for blood spots, droppings or live insects. (See *How to inspect your hotel room for bedbugs on page 4*). Ask to switch rooms if you find evidence of bedbugs. Upon returning home, and preferably before you bring anything into the house, inspect your luggage. Make sure to wash clothing in the hottest water possible followed by 30 minutes at the highest dryer heat immediately after returning from your trip.

Always be cautious when buying used furniture, clothing, or other items. Make sure to inspect the item before bringing it in to your home. Never bring discarded bed frames, mattresses, box

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President's Perspective

Each year we hear news of a drowning involving a toddler or young child. These sad and often preventable tragedies prompt me to remind parents and guardians to **never leave children unattended, in or near the water...not even for a moment.**

It only takes seconds for a child to drown, and it is often silent. Many children who drown do so because parents or caregivers lose sight of them for a short period of time. Be vigilant. Supervision of children should include an adult being within arm's length of the child at all times. The overwhelming majority of drownings among toddlers do not actually involve people swimming. In fact, the majority of toddlers involved in a drowning incident were playing or walking near water when the drowning or near-drowning occurred.

Always organize your pool activity time so that there's no need to leave the premises to answer doors, tend to cooking or have any other distraction. Keep a telephone and emergency numbers by the pool. Teach your children the pool rules, both in and out of the water. It is also a good idea to know how to swim or have an experienced adult swimmer supervise children, and having First Aid and CPR training is highly recommended.

Here are some more fundamental rules to ensure pool safety:

Install a fence that encloses the pool on all four sides, including access to the house. The fence should be at least 1.2 meters high (check with your municipality to ensure compliance with any bylaw) and have a self-latching gate, out of children's reach. Remember, most kids who drown in pools never intended on being in the water.

Keep safety equipment by the pool. Have rescue equipment such as a life preserver and a long pole to extend to someone in trouble in the water. Avoid the use of air-filled water wings and tubes as an alternative to proper flotation devices; you cannot rely on these. Always put young children and weak swimmers in properly fitted lifejackets, when in, on or around water. Your pool should also be equipped with an approved safety pool cover and an

anti-entrapment drain cover to prevent children from being trapped underwater.

At the end of the pool-time activity, take all toys out of the pool. This will ensure that children are not tempted to reach in for them later and fall into the pool.

Enroll your children in swimming lessons. This includes learning how to float and knowing how to climb out of a pool. It does not ensure that a child will be safe in water or drown-proof, but it might make a difference in self-rescue.

I encourage you to take all precautions while around water this summer. Whether you are in your backyard, at a local pool, or on the lake, be vigilant and make sure that children are always supervised by an adult.

Safety, It's an Attitude



Jack Smith, President



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springs, upholstered furniture or electronics into your home. These items may be infested with bedbugs.

How will I know if bedbugs have entered my home or apartment?

Amazingly, these sneaky little blood-suckers dine on you without waking you. You don't feel their bite because they inject a numbing agent into your body, along with an anticoagulant to keep your blood flowing as they suck. After feeding, they poop, creating tell-tale brown stains of your clotted blood. You typically won't see the bugs, as they are fairly small and can scurry quickly, but you will see the stains on your sheets, mattress or box spring.

The first sign of bedbugs may be itchy, red bites all in a straight row on the skin. Most bedbug bites are initially painless, but could turn into large, itchy skin welts. Some people have no reaction at all. Most bedbug bites eventually go away by themselves and don't need treatment. A local antiseptic lotion or antibiotic cream or ointment may help with secondary infections, usually from scratching.

Here's what the bugs look like:



How do I get rid of bedbugs if they've already entered my home or apartment?

There are various non-chemical methods to help in getting rid of bedbugs including vacuuming carpets, floors and furniture, cleaning fabric items at high

temperatures, covering mattresses and box springs with plastic covers, and repairing household items.

Ensure that you vacuum all crevices on your mattress, bed frame, baseboards and any objects close to the bed. It is essential to vacuum every day and empty the vacuum bag immediately.

Wash all your clothing, bed sheets, blankets, mattress pads, pillows and their cases in the hottest water possible and place them in a hot dryer for 30 minutes.

Remove all unnecessary clutter. Seal cracks and crevices between baseboards, floors and walls with caulking. Repair or remove peeling wallpaper, tighten loose light switch covers, and seal any openings where pipes, wires or other utilities come into your home (pay special attention to walls that are shared between apartments). Dispose of infested items that cannot be cleaned. Seal all items tightly in a plastic garbage bag and discard, making sure to label that items contain bedbugs.

It is advisable to hire an experienced pest control company that can employ various methods in controlling your bedbug infestation. This ensures that you rectify your bedbug problem completely.

Source: www.bedbugsinfo.ca

Make a difference by becoming a Canada Safety Council member.

Do you or your organization have a vested interest in safety?

Do you want to learn how to make your life, the lives of people close to you, and/or your employees lives safer on a regular basis?

Do you want to receive resources to support and enhance your company's interest in safety?

If you answered yes to any of these questions, you should become a Canada Safety Council member. By becoming a CSC member you will receive all of the Council's communications, and have Safety Canada delivered right to your inbox.

The council serves as a credible, reliable resource for safety information, education and awareness in all aspects of Canadian life – in traffic, at home, at work and at leisure. Membership contributions help fund the Canada Safety Council's work as a national voice and resource for safety.

Call 613-739-1535 ext. 221 to become a member today!

**If you are already a member, thank you for your valued support.*

PUBLIC SAFETY

How to inspect your hotel room for bedbugs.

Step 1: Try to avoid booking a hotel room without first researching if it has a bedbug problem.

Before you book a room, do a search of your hotel's name along with the word "bedbugs". You can also look a hotel up on www.tripadvisor.ca, where customers review their stay at a hotel, and if they had bad service, a small, outdated room, or bedbugs, you'll hear about it. If you see one bad report take it with a grain of salt. But multiple bad reviews, or reviews which repeat a particular critique, can be bad news.

The BedBugRegistry.com is also a great place to start because it indicates places where people have experienced bedbugs. Travellers voluntarily submit the name and location of the infestation and the date they encountered it.

Step 2: Leave luggage outside the door or in the bathroom when you arrive.

If it turns out that the room is infested, why go all the way in? Luggage is one of the known ways that bedbugs travel from place to place. So try to avoid picking up any hitchhikers.

Step 3: Case the Joint.

Because bedbugs are active at night, they need a place to hide during the day. Pay special attention to the bed, bed frame, and the headboard (often fastened to the wall in hotels). These are the prime spots you'll see signs of an infestation.

Start by pulling the bed away from the wall, if possible. A flashlight is handy for shining behind headboards and under beds. Peel back the bed sheets and check the mattress, paying special attention to the seams of mattress-

es, the box springs, and the mattress tag, as bedbugs often hide there. Check for bloodstains and bedbug droppings as well, since they're often the easiest to spot.

Step 4: Check everything else that could potentially harbour bedbugs.

Check bedside tables and drawers and anywhere else that is unlikely to be disturbed by cleaning staff or guests. Make sure to not unpack your clothes into the dressers. Always hang them up in the closet, or leave them in your suitcase, and make sure to leave your suitcase on the luggage rack.

Step 5: If signs of bedbugs are detected, request another room.

Inform hotel management the reason for your room change. Simply moving to a different room may not be the full solution. Make sure to repeat the inspection of any new or different room you are offered.

Step 6: Check the next morning.

Look on your sheets when you get up the next morning. If you see little bloodstains on your sheets, or tiny rusty spots, beware. Reactions to bedbug bites vary widely, from no reaction at all to lots of swelling and redness, so the presence of bites isn't always a reliable check.

When you pack to leave, inspect your luggage carefully first, and inspect every item as you pack to help detect any bedbugs or their signs.

If you find bedbugs, have bites, or know that you've spent time in a room harbouring the bugs, vacuum your suitcases, backpack, and camera bag. Wash everything washable in the hottest water possible and dry on the highest setting possible for 30 minutes.



SPORTS AND LEISURE

Experienced Rider Training Symposium was a great success.

Written by Raynald Marchand, General Manager – Programs at Canada Safety Council.

The Canada Safety Council hosted the International Experienced Rider Training Symposium (ERTS), along with support from the Canadian Motorcycle Association, in Niagara Falls, Ontario on May 25 to 27, 2011. The Fédération Internationale de Motocyclisme Commission invited Canada to host this event for the first time ever in North America.

This was not a typical conference where participant's sit as an audience, but rather a "hands-on" experience. All participants were able to ride an assortment of motorcycles in a variety of circumstances. This gave us the opportunity to sample on and off-road, novice and advanced rider training programs from around the world.

I found it very fascinating to discuss motorcycle safety with our internation-

al guests, who travelled from as far as Australia and New Zealand to be at this event. The interaction between motorcycle rider training professionals, motorcycle safety researchers, and individuals involved in framing legislation pertaining to the operation of motorcycles – all coming from five different continents – made for some very interesting discussions.

I particularly enjoyed watching the off-road portion of the symposium, conducted by a very animated professional instructor, Clinton Smout. To demonstrate how difficult it can be for novice riders to learn new skills, Smout rigged a small dirt bike with reverse controls. Since riding a motorcycle comes easy for the ERTS participants, this was a great way to show the potential difficulties that many new riders face.

I also got the opportunity to test an electric motorcycle called Zero, aptly named so because it is a no emissions,

electric motorcycle (pictured below left). It was an interesting experience because, unlike most motorcycles I ride, this bike had no clutch or gears. It also had a lot of torque for being electrically powered. I believe we will begin to see more and more of these bikes on our roadways.

Throughout the length of the symposium, the weather cooperated for the most part. We were able to conduct all outdoor activities without getting rained on. However, we did experience some strong winds and overnight rain. Many overseas participants were fascinated by our constantly changing Canadian weather.

On the final night of the symposium we all had the opportunity to relax and enjoy each other's company at a Niagara winery. It was a chance to reflect on the differences between us as well as the commonalities – that we all have an interest in the safety of riding motorcycles around the world.



WORKPLACE SAFETY

New Occupational Health & Safety Online Training Courses

The Canada Safety Council has partnered with professionals who possess more than a decade of health and safety experience and years invested in research and development.

This partnership has allowed us to offer online learning courses that maximize engagement, comprehension and retention in a dynamic, interactive style.

Personal and relevant interaction is a significant element and understanding the user's diverse learning style is important. We have worked diligently to incorporate this into our e-learning environment.

If you would like to have full control over your company's online training, issue courses to your staff, print your staff's certificates and monitor each staff member's progress with each course they take, you may be interested in the Learning Management System (LMS). It is at no extra cost and can save you time and money.

The following online training courses are now offered:

- WHMIS Training
- Fall Protection Training
- Forklift/Lift Truck Training
- Aerial Lift Training
- Confined Spaces Training
- Fire Safety Training
- H2S Awareness Training
- Ladder Safety Training
- Lockout Training
- Transportation of Dangerous Goods
- Office Ergonomics Training
- Manual Material Handling Training
- Due Diligence Training
- Workplace Violence and Harassment

All occupational health and safety online training courses are:

Relevant – real world experience with extraordinary qualification results in compliant health and safety solutions.

Accessible – anytime, anywhere.

Affordable – no travel, less time, lower training fees, more value!

Interactive – health and safety certification programs that insist on the user's interaction.

Convenient – at home, at work, at your pace, wherever you have Internet access. You can log on and off as many times as you need until your course is complete.

Immediate Results – when you're done you print your certificate – no waiting for deliveries.

Compliant – all our online courses comply with legislation in all provinces of Canada. No matter where you are in Canada, you will be certified once you have successfully completed your online course.

For more information or to register for any of these online training courses, visit the CSC website at www.safety-council.org/workplace-safety.



TEST YOUR KNOWLEDGE

Caffeine

Questions:

1. The caffeine content in a cup of coffee can vary even if you get it at the same place every day.
True or False
2. How long do the effects of caffeine last?
 - a. 30 minutes
 - b. Two hours
 - c. Five hours
 - d. Longer than five hours
3. As you age, your sensitivity to caffeine declines.
True or False
4. Caffeine can aggravate symptoms of anxiety.
True or False
5. Caffeine can help you sober up when you are intoxicated.
True or False
6. Caffeinated beverages are dehydrating.
True or False
7. An overdose of caffeine can kill you.
True or False
8. By law in Canada, caffeine does not have to be listed on energy drink labels unless it has been added to the product separately as a pure substance.
True or False



Answers:

1. **True.** The caffeine content in coffee can vary depending on brewing method, the type of bean used, and the amount prepared. For example, researchers in Florida ordered the same beverage from the same coffee shop for six consecutive days and found that the caffeine content ranged from 259 mg to 564 mg.
2. **D.** Caffeine's effects last long after you finish that cup of java. It takes five to six hours for your body to eliminate just half of the caffeine in a cup of coffee, which is why having a cup in the late afternoon can affect your sleep at night. In people who are more sensitive to caffeine, the effects may last even longer.
3. **False.** Older adults can be more sensitive to caffeine because it takes their bodies longer to process it.
4. **True.** According to the National Institute of Mental Health, anyone suffering from anxiety disorders should avoid caffeine because it can aggravate symptoms, which include exaggerated worry and tension.
5. **False.** Contrary to popular belief, caffeine has no sobering effects on intoxicated people.
6. **False.** Caffeinated beverages do not generally contribute to dehydration. In the short term, caffeine may have a mild diuretic effect in people who do not normally consume caffeine, but this is not the case for those who habitually drink caffeinated beverages. All beverages, including those that contain caffeine, help maintain hydration.
7. **True.** Deaths from caffeine overdose are rare, but do happen. The amount of caffeine considered to be an overdose varies by a person's size, age and gender. In general, doses of greater than 10 grams (about 85 cups of coffee) can be fatal in adults.
8. **True.** Some of the caffeine in energy drinks may come from herbs, such as guarana and yerba mate. The label on these energy drinks would list the herbs as ingredients, but the caffeine in the herbs may not be listed as a separate ingredient.

Source: MedicineNet.com and Health Canada

2011 National Police Award for Traffic Safety and the Road Safety Lifetime Achievement Award

This year's awards were presented at Canada's National Pipeline/Convoy Conference in Toronto, Ontario on May 3, 2011.

The winner of the 2011 National Police Award for Traffic Safety was the RCMP "E" Division Traffic Services from Langley, British Columbia, for their submission of the Immediate Roadside Prohibition (IRP) Program. Their strategy involved a combination of training, coordination, and enforcement to reduce impaired driving fatalities.

Prior to the introduction of IRP, police in BC had limited legal tools to address the serious problem of impaired driving. These existing tools had limited success as they were either non-punitive or had no deterrent effect due to the delay of the penalty.

Since the program's implementation in 2010, impaired fatalities are down approximately 30 per cent over the previous year and 40 per cent over the five-year average for the same period. There was only one impaired driving fatality in the entire Province in January 2011. These

dramatic results are unprecedented in this jurisdiction. The program is expected to reduce impaired fatalities by 35 per cent by 2013. Early numbers suggest that this goal will likely be exceeded before the target date.

The recipient of the 2011 Transport Canada Director General's Road Safety Lifetime Achievement Award was awarded to Staff Sergeant Rob Ruiters of the Regina, Saskatchewan RCMP. He is the national coordinator for the Pipeline/Convoy Program. This award recognizes his significant lifetime commitment and contributions toward promoting traffic safety on Canada's roadways.

During his tenure as Pipeline/Convoy coordinator, he has trained more than 30,000 law enforcement officers across Canada, the US and Australia. He is the originator of the Canadian Program and continues to manage the program nationally, including the development of all training materials, lesson plans and, associated course-training standards.

The Canada Safety Council congratulates the winners, and thanks them for making Canada's roads safer.



Superintendent Mike Diack accepts the National Police Award on behalf of the RCMP "E" Division Traffic Services. From left: OPP Deputy Commissioner Larry Beechey, Supt. Mike Diack, Transport Canada's Cash Ram, and Canada Safety Council's Raynald Marchand.



Lifetime Achievement Award winner S/Sgt. Rob Ruiters speaks of his many years in the service.

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