

Safety Canada

THE MEMBER NEWSLETTER OF THE CANADA SAFETY COUNCIL

Can You “Walk the Walk”?

Warm weather provides a great opportunity to get outside and go for a walk or a jog. It can be a challenge for pedestrians and motor vehicles to co-exist in high traffic areas, however, and accidents do happen far too regularly; Transport Canada estimates that in 2009, there were 307 pedestrian fatalities. Walkers and joggers who wish to get in some physical activity should be aware of the fact that a bit of caution goes a long way when it comes to dealing with traffic.

Here are a few safety tips for pedestrians to remember when interacting with traffic, fellow pedestrians, or nature in general.

Obey the rules of the road – One major problem facing pedestrians and motorists is communication. That’s why the rules of the road are in place: to keep communication between the two consistent. Cross the street at intersections or in pedestrian safety zones. A motorist is more likely to see a pedestrian crossing in a designated area than they are to see

that same pedestrian cross the street between two parked cars.

Keep distractions to a minimum – Keep your eyes on the road when dealing with traffic. Playing around with electronic devices can lead to a lack of attention, which can be the cause of a preventable incident.

Walk against traffic – When walking along a road with no sidewalks, move in the opposite direction of traffic. You will have a significantly easier time in seeing a motorist coming at you from the front than you would from behind. This precaution will enable you to have a quicker reaction time in case of an emergency.

Never assume – As mentioned above, there is a reason why the rules of the road are in place. However, at any given moment, someone could break them, whether they are a pedestrian or a motorist. Never walk out in traffic while assuming that a motorist will yield the right of way. Eye contact should

be made with the driver and the vehicle should arrive at a full stop before you cross the street.

Make a bright decision – Nighttime brings more risks to pedestrians, since visibility is greatly reduced once dusk settles in. If you find yourself having to walk in the streets after dark, be sure to wear bright-coloured or reflective clothing so that motorists will be able to see you better.

Constant vigilance – No matter what the situation may be, keep your eyes moving. Constantly look around to ensure that you have the big picture of what’s going on around you.

Traffic can move so quickly that even a moment of inattention is all it takes for a pleasant walk to devolve into injury or, worse, fatality. Following a few simple safety guidelines can make the difference between an enjoyable exercise and an avoidable tragedy.

Inside

Feature Story: Can You “Walk the Walk”?	1
President’s Perspective	2
Home Safe Home: How to Protect Against a Break-in	3
Health Smarts: Beat the Heat	4
Munro Leaves Behind Legacy	4
Workplace Safety: Common Reasons for Workplace Injuries	5
Public Safety: Barbecue Temperatures	6
Public Safety: Summertime Tips for Healthy Summer Visions	6
Public Safety: CRTC Turning Down the Volume	7
Test Your Knowledge: Where There’s Smoke, There’s Fire!	8



President's Perspective

With the summer in full swing, children have a whole myriad of options when it comes to entertaining themselves. It's important to remind ourselves that proper safety measures need to be taken to reduce the risks of injuries during this time of year.

Children around water poses a unique risk that can be mitigated with proper safety measures. Incidents of children drowning occur alarmingly too often, but these deaths are easily preventable. A slip or misstep was the catalyst for their falling into a pool or body of water. Parents should install a fence that encloses all four sides of a swimming pool. This will greatly reduce the odds of a child accidentally falling into a pool. Check with your local municipality, as enclosing a pool is often required by law. Organize pool time so that there will be as few distractions as possible. Additionally, I would like to remind parents that they should never leave their child unattended while they are in or near any body of water. Drowning can occur in a few short seconds, meaning that all it takes is a momentary lapse of attention for a tragedy to occur. Parents need to be vigilant in keeping an eye on their child at all times.

During the summer, open windows and balconies can be dangerous places for young children, who may not yet understand the risks of falling out of a window or off a balcony. The responsibility must fall on parents to limit the chances of a child getting severely injured or killed due to a lack of supervision.

A misconception I hear often is that window screens are viewed as a method for preventing falls. This is false. A screen can easily give way under a child's weight. A preferable alternative would be to install window stops, which are barriers put in front of windows to block them from opening more than 10 cm. Consideration should also be given to keeping furniture away from windows or balcony railings. Also, don't provide reasons to be standing near the edge. Reduce the chance of a child wanting to stand near the edge by not placing toys or other temptations there.

Another important part of the summer months, in terms of household maintenance, is mowing the lawn. Both ride-on mowers and walk-behind mowers present some safety

concerns for children that can and should be avoided. Historically, a significant portion of mower-related injuries have occurred to children under 16. I urge you to take this information into consideration and do not let any child under 16 operate a ride-on mower. Walk-behind mowers tend to be slightly easier to manoeuvre, but no child under 12 should be operating one. Also, don't place a toddler in jeopardy by placing them on your lap to ride along with you when mowing the lawn.

Every summer, I see injuries occur that are easily avoided if the proper safety procedures were followed. Implementing a few safety precautions will help keep kids safe and summer as incident-free and pleasant as possible.

Safety, It's an Attitude



Jack Smith, President



HOME SAFE HOME

How to Protect Against a Break-in While on Summer Vacation

By far, the most common threat to our home while we are away on summer holidays is burglary.

According to Patrice De Luca from Reliance Protectron Security Services, the first step in burglary prevention is gaining an understanding of who commits these crimes and why.

“The majority of home and apartment burglaries occur during the daytime when most people are away on holidays, at work or at school,” De Luca explained. “Burglaries also occur at night when there are obvious signs that residents are away.”

Most home burglars are young males looking for things that are small, expensive, and can easily be converted to cash. Items like cash, jewelry, guns, watches, laptop computers, and other small electronic devices are high on the list. Quick cash is needed for living expenses and drugs. Although home burglaries may seem random in occurrence, they actually involve a careful selection process.

“This selection process is simple,” De Luca added. “They choose an unoccupied home with the easiest access, the greatest amount of cover, and with the best escape routes.”

According to Bell Canada, ninety-seven per cent of calls to a home security service are false alarms. But the three per cent that are real break-ins can wreak havoc with your peace of mind.

To make your home unattractive to potential burglars...

- The first step is to harden the target, or make your home more difficult to enter. Burglars will simply bypass your home if it requires too much effort or requires more skill

and tools than they possess. Most burglars enter via the front, back, or garage doors. Burglars know to look inside your car for keys and other valuables so keep it locked, even inside your garage.

- When vacationing, leave a car in your driveway or arrange for a neighbor to keep a car there and move it around from time to time. Have someone mow your lawn, rake leaves and pick up your mail while you're away.
- Home security systems play a crucial role in a home security plan and are very effective, if used properly, especially when monitored.

You could even have video monitoring and receive alerts to view the comings and goings of cleaning staff or house sitters.

- Don't advertise your valuables. Leaving an expensive television or computer in front of a window may be convenient for a room's layout, but a potential burglar just needs to peer into your window to see something that they might consider worth stealing. Keep your valuables away from windows or other areas where they may be visible from the outside.

- An important factor for potential burglars is the line of sight between the home they're breaking into and other homes in the area. If you have hedges or other greenery obscuring the view around your home, consider trimming them back so that a neighbour may be able to see any unusual activity.



Be sure to protect your home against break-ins while you're on vacation.

HEALTH SMARTS

Beat the Heat

The summer heat shouldn't stop anyone with arthritis from getting a regular workout. But for many, heat, humidity and the distractions provided by backyard barbecues or weekend getaways can test your willpower when you're trying to stick to an exercise plan.

Remember, though, that inactivity can lead to a loss of strength, reduced flexibility and more pain. Exercise plays a critical role in treating arthritis symptoms and minimizing damage to the joints. The Arthritis Society offers the following tips for keeping your cool and working around Mother Nature:

- **Go early or late.** Exercise when it's coolest — early in the morning or late in the evening.
- **Stay inside.** You can be as physically active indoors as outdoors. If you find outside conditions too hot, try walking on a treadmill in the gym, swimming at a community pool, walking around a museum or stretching while watching TV.
- **Hit the dirt (or grass.)** Pavement radiates heat, so walk in areas with dirt trails, lawns or similar surfaces.
- **Dial down the intensity.** During cardio activities, like walking, reduce your normal pace, ramping up the intensity with 30-second speed bursts every five or 10 minutes. This reduces stress on your heart, while maintaining your fitness level.
- **Choose cool clothing.** Try loose, light garments made of material that wicks moisture away from the skin (cotton, for instance).
- **Stay well-hydrated.** To avoid dehydration, drink enough fluids both before and after exercising. These fluids should supplement the eight 8-ounce glasses of water every day that experts recommend. When exercising, it's useful to have a bottle of water with you.

More information on living with arthritis is available online at www.arthritis.ca.

Munro Leaves Behind Legacy

On March 7, 2012, the Canada Safety Council lost a significant ally in our endeavours to make motorcycle training safe and accessible across the country. Mr. Stuart Munro was a pioneer of the rider training program in Canada, first offering novice training in Ottawa in 1967, then partnering with the Canada Safety Council in 1974 to create Canada's first national motorcycle rider training program.

Additionally, Mr. Munro was a regular contributor to American-based *Rider* magazine, where his regularly-published columns on motorcycle safety were printed throughout the world in English-language publications.

Mr. Munro was awarded a Lifetime Honorary Membership with the Canada Safety Council in April 2008 for all his dedicated work in championing motorcycle safety and training and bringing it to the forefront of the nation's mind.

Though Mr. Munro may no longer be with us, his work will remain with us for a long time to come.



WORKPLACE SAFETY

Common Reasons for Workplace Injuries

Workplaces face different challenges every day when it comes to keeping employees safe. Some workplaces tend to see more accidents than others, simply due to the nature of the job or the type of company. The majority of accidents are due to an unsafe act committed by an employee involved in the accident.

Both employer and employee need to work together and understand the risks and consequences when it comes to workplace injuries.

Here are a few common reasons for workplace injuries:

Taking shortcuts. A lot of smaller tasks can be sped up if you do a bit of a lesser job on one aspect of it, or if you forego a part of the job that “has never been an issue before.” These so-called time-savers can often cause more grief than good, both to you and your co-workers. Think about the long-term repercussions before taking a shortcut in your work, because you could be creating more of an injury risk.

Being over-confident. Confidence in the work place is an extremely useful trait to have. Being overconfident

can be dangerous, though. Whether it’s a matter of thinking you’re able to do a physical task that you’re not ready to handle, or else taking an attitude that a freak accident will “never happen to me,” these can all contribute to injury.

Starting a job without all the information needed. Whether you’re a new hire or an experienced worker, it’s still in your best interests to have all the information you need before starting a job. If you don’t think you know everything you need to know before taking on a project, ask someone. It’s always better to get information than it is to get injured.

Mental distractions. Separating work life from personal life is often a lot easier said than done, but is necessary. It’s important that your mental shield doesn’t drop for even a minute, since inattention can lead to injury very quickly. Focus on the task at hand at all times.

The above four points seem simple enough to avoid, and yet could contribute to many easily preventable accidents. A simple change in attitude could help make your workplace much safer.



PUBLIC SAFETY

Barbecue Temperatures

It's time to fire up the barbecue again! But before you toss your meat on the grill, here are a few grilling safety reminders that should help to protect you, your family and friends. After all, food poisoning doesn't exactly make a great side-dish.

There are many simple ways to reduce the risk of food-borne illnesses. The danger comes from bacteria such as E.coli, salmonella, and other transferable germs on raw meats. First off, the old adage about not judging a book by its cover can also be applied to meat grilling: don't judge how well meat is cooked by the colour of its surface or juices. The only reliable method is to stick a meat thermometer into the middle of your grilled food.

Your meat should be cooked at the following temperatures before being eaten.

Beef & Lamb

Medium rare – 54.4 to 57.2°C (130 to 135°F)

Medium – 60 to 62.7°C (140 to 145°F)

Medium well – 65.5 to 68.3°C (150 to 155°F)

Well done – 71.1°C (160°F)

Ground meat (hamburgers) – 71.1°C (160°F)

Hot dogs – 60°C (140°F)

Poultry

Chicken and Turkey – 73.8°C (165°F)

Pork

Chops medium – 60 to 62.7°C (140 to 145°F)

Chops well done – 71.1°C (160°F)

Ham – 71.1°C (160°F)

Seafood

Fish – 62.7°C (145°F)

Tuna – 51.6°C (125°F)

Don't put cooked food back on the plate that the raw food sat on, or use the same utensils to pick it up once you're done barbecuing. Washing your hands for at least 20 seconds using soap and warm water, before and after touching the food, is a great way to protect yourself and your guests against bacteria. Now you have the grilling smarts to avoid an upset stomach all throughout the barbecue season!

PUBLIC SAFETY

Summertime Tips for Healthy Vision

With warm weather just around the corner, most Canadians are getting ready to get outside again. But summer days can also bring sun, sand and sweat – and if you wear glasses or contact lenses, this can be the perfect recipe for irritated eyes.

Optometrist, Dr. Tod McNab, has a few easy tips to keep your eyes healthy this summer:

- **Have some shady activity:** You've heard it before – invest in a good set of sunglasses to protect your eyes from harmful UV rays. Talk to your eye care professional about prescription sunglasses or consider switching to a contact lens you can comfortably wear underneath a pair of UV-blocking shades.
- **Try a new multi-purpose solution:** Summer days often turn into summer nights, but going from beach to barbecue shouldn't be impacted by contact lens discomfort. "Some contact lens wearers find their eyes get irritated or dry after a few hours," says Dr. McNab. He recommends using a contact lens solution containing a lubricant called hyaluronan (HA).

"HA, which occurs naturally in the body, can hold up to 1,000 times its weight in water and helps keep lenses moist and comfortable throughout the day."

- **Brace your Beach Bag:** Sand and dirt can easily irritate eyes. Keep germs at bay by packing hand sanitizer and pre-moistened towelettes for emergency clean-ups. Dr. McNab recommends carrying an extra pair of glasses in case you need to remove your contacts, a spare lens case, and a travel-size bottle of contact lens solution to disinfect and store your lenses. Don't forget a wide-brimmed hat or visor and UV-blocking shades to protect your eyes from sun and debris, and a moisture-wicking headband to keep sweat out of your eyes.



PUBLIC SAFETY

CRTC Turning Down the Volume

Have you ever left your television on while you were sleeping, only to be woken suddenly by a sudden volume spike in a commercial? Good news is just around the corner, and it's something that will leave all Canadian television-watchers sleeping a little easier.

After industry consultations, the Canadian Radio-television Telecommunications Commission (CRTC) released its final regulations, which will see sound fluctuations become a thing of the past on 1 September 2012. The regulations mirror those proposed by MP Nina Grewal, from Fleetwood-Port Kells in British Columbia, in Bill C-621, a private members' bill she introduced in Parliament in February 2011.

"Canada is now a step closer to making loud commercials extinct," according to Grewal. "No longer will Canadians be tormented by loud commercials on their TVs. Now seniors, citizens with sensitive hearing, and everyone else plagued by loud commercials can rest easy because the deadline for broadcasters to comply with the regulations is fast approaching."

Shortly after Grewal introduced Bill C-621, the CRTC launched a study to investigate the problem of television commercials that are significantly louder than the programs they accompany. In the summer of 2011, as a result of its study, the CRTC announced that it would put regulations in place by September 2012.

The regulations require Canadian broadcasters to follow the Advanced Television Systems Committee's (ATSC) standard for measuring and controlling television signals. Adherence to this standard will minimize fluctuations

in volume between programming and commercials. Broadcasters are also responsible for maintaining the volume of programs. They must follow these rules and ensure that both programs and ads are transmitted at the same volume.

"To comply with the new regulations, broadcasters will install audio processors to measure the loudness of a program over its entirety and adjust the volume of commercials accordingly," said Grewal. "This technology will reduce the abrupt

changes in volume when a show goes to a commercial break. Many broadcasters such as Rogers, Quebecor Inc., and Shaw Communications have already moved forward to comply with these regulations."

"Finally, Canadians are going to have the same regulatory protection as television viewers in other countries like the United States and United Kingdom. I am happy to have played a part in relieving Canadians of one life's many annoyances," concluded Grewal.



TEST YOUR KNOWLEDGE

Where There's Smoke, There's Fire!

Do you know everything you need to know about fire and carbon monoxide safety? Take this short home safety quiz to test your knowledge:

Questions

1. Smoke and CO alarms last forever whether hardwired, plug in or battery powered.
 True False
2. CO alarms must be installed on the ceiling, like smoke alarms.
 True False
- 3) There are two types of smoke alarms, each with different sensing technology.
 True False
- 4) There is dangerous radioactive material in smoke alarms.
 True False
- 5) It is illegal to throw out a smoke or CO alarm into the regular garbage.
 True False
- 6) Having working smoke alarms increases your chance of escaping a fire by 50 per cent.
 True False
- 7) On average, you have less than three minutes to escape a fire before it reaches 'flashover'.
 True False
- 8) You need to rewire your home if you want to install interconnected smoke alarms...when one rings they all ring.
 True False



- Answers**
- (1) F—Replace smoke alarms every five years and CO alarms according to the manufacturer's instructions.
 - (2) F—Contact the alarm's manufacturer for their recommendation on where is the best place to install it.
 - (3) T—Ionization alarms are best for general living areas and photo-electric alarms are best for kitchen areas.
 - (4) F—While ionization smoke alarms do have a small radioactive component in its sensor, you get 500 times more radiation from eating vegetables than you do from a smoke alarm in a whole year.
 - (5) F—Homeowners may safely dispose of personal use smoke alarms, up to 10 at one time, in their regular garbage stream. In British Columbia, there is a pilot recycling program underway in conjunction with all smoke alarm manufacturers.
 - (6) T—Studies prove it. Install one on every level and inside bedrooms if you sleep with the doors closed.
 - (7) T—Many factors, including the materials used in home furnishings, have reduced average time to escape from over 10 minutes to less than 3 minutes.
 - (8) F—Some models are wireless and interconnected so they can be installed in older homes with no expensive rewiring required.

Safety Canada

Safety Canada is the member newsletter of the Canada Safety Council, an independent, national, not-for-profit safety organization. It is also published online. 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
 Telephone: 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