

Children in Hot Cars? Not Cool!



It's a story that makes headlines every summer, for all the wrong reasons:

A parent leaves their child in a car while they, for example, run into the corner store. Or go pay for gas. Or go run errands that will “only take a minute.”

Some time later – often as little as a few minutes – the parent comes back to find the child severely dehydrated, with a body temperature well above normal, or in some cases dead from heat shock.

During the summer months especially, the effect that the beaming sun can have on a closed car is drastically underrated. It isn't a slow, steady climb in temperature, like it is with your living room being adjusted by thermostat. It's exponential, meaning that a car being exposed to the sun on a 35° C day can shoot up to 50° C in a span of approximately 20 minutes.

Comparatively, heat stroke happens at 40.5° C. The risk is amplified in younger children, whose autonomic nervous system may not be fully developed. When the body's internal core hits this temperature, the body is no longer able to regulate its temperature because sweat reserves are used up. At that point, the body continues to overheat, and can result in organ damage, failure, and death.

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President's Perspective

On Sunday June 12, early in the morning, a gunman shot and killed 49 people and left another 53 wounded at a nightclub in Orlando, Fla. It's the deadliest mass shooting in United States history, and my heart breaks for the victims, their families, and for anyone who was affected by this senseless tragedy.

There are a lot of factors in play when discussing this specific incident, but one factor it brings up is one that has been at the forefront of our safety messaging for many recent years: firearm safety.

In Canada, we're fortunate to have much tighter regulations on firearm ownership than our neighbours to the south. Proper authorization, training and a firearms licence are all mandatory for anyone wishing to have a prohibited firearm in Canada, meaning the odds are much lower that you'll come face to face with a deranged individual who just happens to be carrying a gun.

Our risks are more related to accidental shootings. They seem to happen around farms and northern communities where firearms are used primarily for hunting and wildlife control purposes.

groups to take preventative measures before firearm safety becomes a lesson learned the hard way.

I can't emphasize this enough: unload and lock your firearms away when they're not being used. Ease of access is a big problem when it comes to firearm-related injuries and fatalities.

By keeping guns locked away in a cabinet, safe or room designed specifically to hold them, they will not be easily available to be accessed or used in a home invasion or domestic dispute.

Roughly 80 per cent of firearm-related deaths in Canada are suicides. Most of them involve long guns, and are frequently more impulsive than planned. By keeping your firearms not readily available, you may very well be saving a life.

Safety, it's an attitude!

A handwritten signature in blue ink, appearing to read 'Jack Smith', written in a cursive style.

Jack Smith, President

Children in Hot Cars? Not Cool! (Continued from page 1)

It's very easy to not realize the imminent danger that leaving your child in a hot car can cause.

The reality of the situation is that even conventionally held knowledge, like leaving the window open a crack, is not enough to keep your child comfortable. Even a car parked in the shade can heat up quickly due to the indirect sunlight.



The same holds true for most animals as well, especially dogs.

Sometimes, incidents involving children and hot cars are not necessarily linked with parental absent-mindedness – children sometimes crawl into unlocked cars, leaving parents none the wiser that they are transporting their child with them. Parents, lock

Take the children with you if you have to get out of the vehicle, even if it's just for a moment.

your car and trunk at all times when it is left unattended or is in a garage or driveway.

Looking Ahead



Though the months ahead offer a break in campaign season, the Canada Safety Council's media hub is still in full swing, planning new, relevant and interesting content for our web page. This includes tips on how to stay safe in the heat, road trip safety, proper maintenance and use of lawn equipment and more.

Speeding: Highway to the Danger Zone!

Speed kills.

When it comes to driving, the seriousness of a collision and the resulting injuries is often directly proportional to the speed at which it was going prior to impact. For example, a driver crashing into a brick wall at 20 km/h will necessarily suffer much less damage to their vehicle and their person than the same car going 80 km/h.



ing that raising the posted limits from 100 km/h to 120 km/h, for instance, would simply result in drivers going 140 km/h.

The general idea of raising posted limits isn't a bad one – if drivers are going to go that speed anyway, and the infrastructure is in place to make it reasonably safe, there's no harm in making the behaviour legal.

Every so often, the debate is raised: should speed limits be raised? Typically, these discussions revolve around highway driving, where it is argued that drivers already go over the posted speed limits anyway. This is a very slippery slope, however, as studies done by the Insurance Institute for Highway Safety have shown that travel speeds increase once the limit is raised.

Traditionally, many police enforcement efforts have a tolerance in the neighbourhood of 20 km/h over the limit before pulling over a driver. This tolerance has resulted in drivers mentally adding 20 km/h to any posted speed limit, mean-

The caveat, however, is that raising any posted limits would have to mean a zero tolerance approach for enforcement. The posted limit should be just that: a limit. Many Canadian communities are lax on strict enforcement, but if the discussion is being had, it has to be to raise the limits and not the actual speeds.

The roads are at their safest when drivers are all travelling in the same direction, at the same general speed, and with a proper amount of space between themselves and the next vehicle. Having one universal speed as both the speed limit and the line after which police intervention is done can only help keep traffic consistent and flowing.

Gearing Up for some motorcycle rides this summer?

Why not take a safety course in how to properly handle and operate a motorcycle?

The Canada Safety Council's Gearing Up program has been a nationally-recognized safety course since its inception in 1974. Participants learn about a variety of useful skills in both a classroom and a hands-on environment, including proper equipment, common maneuvers and tips and tricks to ensure that the road is being shared safely with other road users.

Gearing Up is offered across Canada, and training sessions fill up fast! Visit our motorcycle training website at <http://ridertraining.org> for more information and to find a training location near you.

15 Health Hacks that Take 15 Seconds or Less

(NC) You've heard the saying that it takes 21 days to develop a healthy habit, but this length of time can seem daunting when you're committing to cooking from scratch or going on a daily run.

Even the most time-crunched can get one small step closer to being healthier though – try these 15 health hacks that take only 15 seconds to implement in your daily routine.



1. Set an alarm: use your phone to set a reminder to get up, walk, stretch or grab a glass of water at work.
2. Take a multivitamin: it only takes a moment but it can provide the vitamins and minerals you may need to support your goal of overall good health.
3. Get your heart pumping: take a 15-second break every day to see how many jumping jacks or squats you can do.
4. Hydrate: water plays a huge role in flushing out toxins your body gathers throughout the day.
5. Seek inspiration: turn to your favourite inspirational quotes for a daily dose of motivation.
6. Track your food: take a few seconds after every meal to jot down what you ate — you may see patterns that can help you make more thoughtful dietary choices.
7. Close your eyes: eyestrain is more common than you think. Take a moment

to close your eyes and take a break from your computer.

8. Build your strength: planking or doing sit-ups for just 15 seconds a day can help strengthen your core.
9. Consider your posture: every time an email comes into your inbox, sit back and adjust your posture.
10. Take a stand in meetings: more casual discussions can be done over a walk or standing at a tall table.
11. Step up: take the stairs rather than the escalator or elevator.
12. Breathe deeply: pause, breathe deeply and open windows for fresh air.
13. Snack wisely: don't open a package — wash a fruit.
14. Add intensity: add a 15-second burst of activity, like a sprint or power squats to your usual workout routine.
15. There's an app for that: downloading a step-tracking app takes just a moment and will get you moving more often.

Print these tips or keep them handy on your smart phone as a reminder to make healthier choices throughout your day.

Fun in the Sun: Don't Be Burnt Offerings

One of the most anticipated parts of summer is spending time outside, soaking up the sun and having fun outdoors without having to worry about carrying around a jacket or sweaters. Freedom to have fun in the sun is great, but a nasty sunburn can put a damper on that in a hurry.

Here are a few tips to make sure you and your children can enjoy the sun in all safety.

- Apply sunscreen before heading out, making sure to reapply it every few hours. Even on cloudy days where the sun doesn't appear to be coming out to play, the UV rays can be strong enough to burn you.
- Use a sunscreen with a sun protection factor (SPF) of at least 15. Make it water-resistant if possible, especially if



you and your children are going to be swimming or running through sprinklers. Don't forget to factor in sweating as a drain on the effectiveness of the sunscreen.

- Keep an eye on the UV index. The higher the number, the stronger the sun will be. Plan accordingly, keeping outdoor activities before 11 a.m. or after 4 p.m., where possible.
- Remember that children often follow the lead of their parents. If you're applying sunscreen early and often, they're more likely to follow suit.
- Seek shade whenever possible. This will let you benefit from the passive heat of the sun without being directly in harm's way.

Have a happy and safe summer season, enjoying the sun free of burns and discomfort!



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.



Renovations and Contractors

With the cold, wet, snowy winter firmly in the rearview mirror, the summer months are usually a good time to be considering renovations and construction projects around the house. There are two common ways to go about making changes: doing the work yourself, or hiring a professional.

If you plan on working around the house yourself, here are a few tips to keep in mind:

- Dress for the job. This includes personal protective equipment like goggles, gloves, steel-toe boots and clothing that isn't loose or overly long. You're working around heavy equipment and power tools – this isn't the time to be putting on a fashion show.
- Follow instructions on any equipment or tools you might use. Those precautions are in place for a reason. You're much better off taking a second to read the recommendations than diving right in and potentially injuring yourself due to misuse.
- Never leave an active power tool unattended. If you have to step away from your project for even a minute, turn off and unplug the tools you're using first.
- Keep a close watch on your surroundings. It's important to know who is in the room with you and where they are at all times.

This applies not only to humans, but also to pets. Keeping track of everyone's position and movements will drastically reduce the odds of accidentally injuring one of them.

Alternatively, you may choose to go in a different direction and hire a contractor, instead. Here are a few tips to keep you safe and protected:

- Get referrals. The best way to know you're hiring a contractor with a proven track record is to follow a friend's recommendation of a contractor they've used in the past. This is especially helpful if the friend was doing a project similar to yours, as it shows that the person you'll be hiring has experience in that specific field.
- With construction workers, it's always better to be able to see a clear history and consistency. Look for companies or individuals that have a few years of contracting work under the same name.
- Let your insurer know that you'll be making modifications to your home, as this may require an adjustment to your policy.
- Double-check the contractor's licensing and insurance to confirm that they have the proper coverage should they get injured on the job.

Popular on Social Media

 **CanadaSafetyCouncil** @CanadaSafetyCSC · Jun 9

It's Canadian ATV Safety Week. Whether you're learning or are an experienced rider, safety training is a great idea.

canadasafetycouncil.org/training/atv-r...

8 shares, 5 likes

 **Canada Safety Council**
Published by Patrick Smith (?) · 18 May ·

Concerned about the effects legalizing marijuana might have on driving? According to a study done by State Farm Canada, you're not alone.



59% Yes

22% No

19% Not Sure

Nearly 60% of Canadians believe there will be an increase in impaired driving if marijuana becomes legal.

Canadians who drive while high on marijuana believe they can do so safely

New State Farm® survey highlights concerns about impaired driving as federal government considers legalizing marijuana

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256 people reached

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 **Canada Safety Council**
Published by Patrick Smith (?) · 31 May at 14:36 ·

Congratulations to our newest Gearing Up motorcycle training program graduates from College Boreal Timmins, instructed by chief instructor Marc Daguerre.



658 people reached

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Tracey Bates, Michel A. Jérôme and 10 others

Top comments

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