

SafetyCanada

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Fatigue and lack of energy are some of the most commonly reported effects the winter months have on people. These can lead to heightened irritability, a lack of motivation, high stress levels and a lack of attentiveness that can lead to problems in all facets of life.

Often, these shifts in energy levels are attributed to shorter days and fewer daylight hours. While these are typically important factors in the equation, there are ways to help fight off the onset of the low-energy blues. You're not at the mercy of the world around you!

Take control back with the following tips:

1. **Sleep well.** There's a difference between sleeping long and sleeping well. Your focus should be primarily on getting enough sleep – experts recommend between seven and nine hours a night – but also on going to sleep at a consistent time. Your body responds best to routine, and consciously telling it when it's time to shut down for the night will ensure the best quality of sleep.

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President's Perspective: Emergency Preparedness on the Road

As we turn the calendar page from 2018 to 2019, I'd like to start this President's Perspective by wishing you a happy and safe New Year. There's never a bad time to count your blessings, and the advent of a new year is as good a time as any to remember the good things in our lives and build that momentum toward a positive and productive 2019.

Let's start on the roads. The winter season is in full swing and, depending on your location in Canada, it can bring with it snow, slush, freezing rain and/or bitter cold – all of which can and should affect your driving habits. We've discussed preventative measures in this space plenty of times over the years. But what happens when those measures aren't enough, or aren't taken in time?

Being stranded by the side of the road, fortunately, isn't as much of an isolated situation as it once was thanks to the omnipresence of mobile devices and the ability to stay connected nearly everywhere we go. That being said, there are still a few steps you can take to ensure you're making things as easy on yourself as possible in the event of a breakdown.

A great first step is to ensure your mobile device is charged before driving anywhere. If you end up needing your phone, it'll be crucial to have more than a minimal charge.

Always carry an emergency pack in your vehicle. It should include an ice scraper, jumper cables, a flashlight, a blanket to keep warm, a small first aid kit, non-perishable food and bottled water. In most cases, this is almost certainly overkill. But in those few exceptional cases, you'll be glad you overprepared.

Don't leave your vehicle. It might seem a bit obvious, but if you don't know where you are, are unfamiliar with the terrain and are dealing with low visibility or harsh weather, you run the risk of being struck either by a vehicle or by frostbite and hypothermia. Stay put, wait for help and run the car's engine sporadically if you can to stay warm. Be careful to ensure your tailpipe is not blocked before you run the engine, as this can lead to carbon monoxide poisoning.

Roadside assistance can also be especially helpful in these circumstances. If you're driving a new vehicle, your car manufacturer may have a roadside assistance program included. If not, your insurance provider might offer this service – check with them before you think you might need it. And if neither of these options hold true with you, consider investing in a Canadian Automobile Association (CAA) membership. Gas delivery, door unlocking, battery boosting and towing can be worth their weight in gold in an emergency situation.

I hope these tips prove to be unnecessary and you do not find yourself in such an emergency situation this winter. But just in case you do, you'll be much better prepared to brave the storm (as it were) by following this advice.

Safety, it's an attitude!

Jack Smith, President



Wake Up with Winter Wellness (Continued from page 1)

2. **Exercise.** Perhaps unsurprisingly, getting your blood pumping is a great way to stay energized and motivated. After all, a body in motion can't possibly be a body at rest, right? Let's be clear here, too – we're not necessarily talking about extreme levels of fitness. You don't need to be climbing a mountain or running a marathon every morning. Something as simple as a 10-minute walk can be a huge asset for boosting flagging energy levels.
3. **Eat and drink well.** Much like sleep, it's not necessarily enough to eat a lot – eating the right foods will go a long way toward helping keep your energy up. Avoid high-sugar foods that will cause a rapid spike in energy and an even more rapid crash in a few hours. Focus on foods with healthy fats, proteins and carbohydrates. Nuts, avocados and bread products will all give you far more sustainable energy than a chocolate bar can. Vitamin D has also been shown to help fight off Seasonal Affective Disorder in some people, so consider adding foods like fatty fish, cheese, egg yolks and mushrooms to your diet.
4. **Take care of yourself.** Put simply: stress saps energy and makes it difficult to get through the day-to-day. Take whatever time you're able to do things that help you relax and recharge, whether that's time with friends, meditating or even curling up by the fire with a good book. If you're taking care of yourself, you'll find your energy levels taking care of themselves in the process.

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.

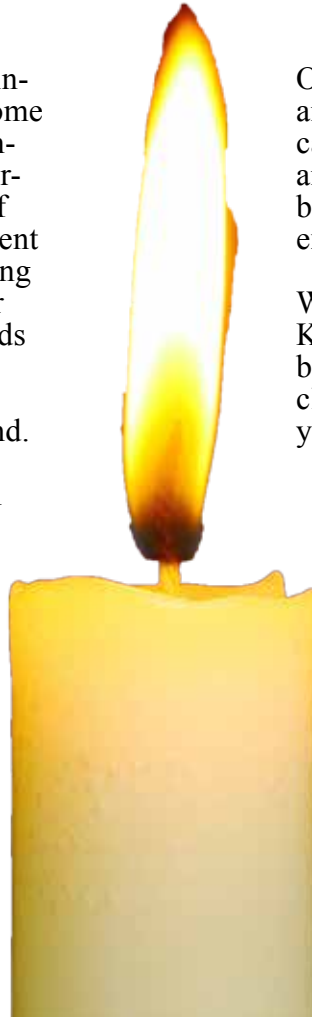
Detection Deficit Can Make Smoke Alarming

Studies frequently show that the winter months are the most prone to home fires. Whether they're a result of unattended cooking, open flames, overloaded power outlets or a myriad of other issues, the one common element is this: a home fire can be devastating and is always avoidable. Keep your home safe from common fire hazards with these tips:

Keep fire extinguishers close at hand. Extinguishers should be put in convenient locations on every level of the home, and specifically in the kitchen and garage for use in small emergencies. These are typically two of the more incident-prone areas, making it that much more important to be prepared. Also, ensure that you know how to use a fire extinguisher.

Familiarize yourself with the PASS system:

Pull the pin,
Aim at the base of the fire,
Squeeze the trigger and
Sweep side to side.



Open flames should always be attended and kept out of reach of children. Keep candles at least 30 centimetres from anything flammable and double-check before going to sleep that all flames are extinguished.

Watch out for flammable home décor. Keep the area around your fireplace, block heaters and open heat sources clear of any encumbrances. Decorating your home doesn't need to become a fire hazard – keep this in mind as you decorate and you won't need to adjust for it after the fact.

Take care of your alarms and they'll take care of you. Correct smoke alarm placement, regular maintenance and alarm replacement are essential to preventing fire disasters all year long. Smoke alarms should be installed on every level of the home, inside every bedroom and outside each sleeping area. Test alarms every month and change batteries every six months to ensure they're working when you need them.

Looking Ahead

We may be closing the book on 2018 and our 100th anniversary celebrations, but rest assured that we're using 2019 to write a new chapter in Canadian safety.

As always, our focus in the winter months will be on messaging through social media channels. We'll also be setting up for our national campaigns through the spring and summer, includ-

ing National Farm Safety Week (March 14-20,) National Summer Safety Week (May 1-7) and National Road Safety Week (May 14-20.)

In the meantime, is there a safety issue on your mind that you'd like to discuss, offer a solution for or just vent about? Reach out at media@safety-council.org and your letter may be published in a future issue of Safety Canada!

Food Poisoning a Sickening Proposition

(NC) Food poisoning isn't just something you can get when you grab takeout. If we're not careful, bacteria that can make you sick, like Salmonella, can be lurking in even our fanciest home kitchens.

Some of the most common culprits lately have been frozen raw breaded chicken products, like nuggets, fingers and burgers. Many of these foods contain raw chicken, and should be handled with as much care as you would take with raw chicken.

To keep Salmonella and other foodborne illnesses out of your kitchen, follow these simple tips:

- Clean up. Always wash your hands, serving dishes, utensils and cutting boards thoroughly before and after handling raw foods, like frozen breaded chicken products.

- Cook completely following package instructions. Follow Health Canada's safe internal cooking temperatures chart to ensure that raw meat has been cooked to a safe internal temperature. Frozen raw breaded chicken products need to be

cooked to an internal temperature of at least 74°C (165°F).

Get a digital thermometer. There are many types of thermometers, but digital ones are considered the most accurate because they provide instant and exact temperature readings.

Measure accurately. Remove your food from the heat and insert the digital food thermometer through the thickest part of the meat or chicken, all the way to the middle. Make sure it's not touching any bones, since they heat up more quickly and could give a false reading.

Follow these tips for everyone. Food poisoning can affect anyone, not just those with compromised immune systems. It's not just the young and old at risk. Recent illnesses from frozen raw breaded chicken products have affected all age groups. So whether you're cooking for yourself, a teenager or a toddler, use and encourage safe food handling and cooking practices to keep everyone safe.

Find more information at Canada.ca/FoodSafety.

CSC's 100th Takes the Cake!



LEFT: The Canada Safety Council's annual Christmas party featured a cake to commemorate our 100th anniversary.



RIGHT: The past and present of the Canada Safety Council were on hand for the ceremonial first slice, as chairman of the board John Svensson (left,) past president Emile Therien (middle) and current president Jack Smith (right) make the first cut.

Eliminate Health Stigmas with Lung Disease

(NC) Whether it's a seasonal cold, asthma, or a disease like lung cancer or COPD, it is undeniable that being ill can affect our mental well-being. But there is often more to it than meets the eye.

A recent survey commissioned by The Canadian Lung Association showed that stigma, judgment and shame have a negative impact on those with lung disease. While not everyone can be a respirologist who can help the disease itself, everyone does have the opportunity to provide emotional support.

Here are five things you can do to help stamp out stigma:

1. A surprising number of Canadians with COPD and lung cancer feel social isolation as a result of their diagnosis. If you know someone who has either disease, don't assume they want to be excluded or alone. Ask them first and try to involve them in social activities. Understand that living with lung disease can be challenging; talk to them and ask how you can offer support.
2. Canadians who have lung cancer often seek a doctor's help too late because of the shame and self-blame they feel. Whether the lung cancer was caused by smoking or something else doesn't matter. Instead of asking if they caused the lung disease by smoking, ask how you can be helpful now and going forward.
3. Every lung disease is different. Everyone's asthma is different. Before you assume someone can't join an outdoor activity because of asthma, ask what his or her triggers are. People have different severities, types and triggers for asthma. Triggers are things that can cause someone's asthma to flare up. These can be things like allergies, pollen or exercise. They differ from person to person.
4. Be aware. Those with chronic lung disease often say they feel self-conscious about coughing or using an inhaler in public. Know that this is a part of the disease and not a social faux pas.
5. If you have a friend or a family member with a lung disease, listen to what they need. If given the opportunity, chances are they will tell you how you can best support them.

For more information, visit lung.ca.

*Do you have a safety story, tip or pet-peeve to share?
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