

## Freeze Heat Stroke in its Tracks

Now that summer is finally here to stay, many Canadians may be anxious to get out and enjoy the warm weather. Before getting too excited, it's so important that we take measures to protect those around us and ourselves from the potential damages the sun can cause, one of which being heat stroke. Heat stroke occurs when we are exposed to the sun for a long period of time and/or exhausting ourselves outside during hot weather, thus overheating the body.

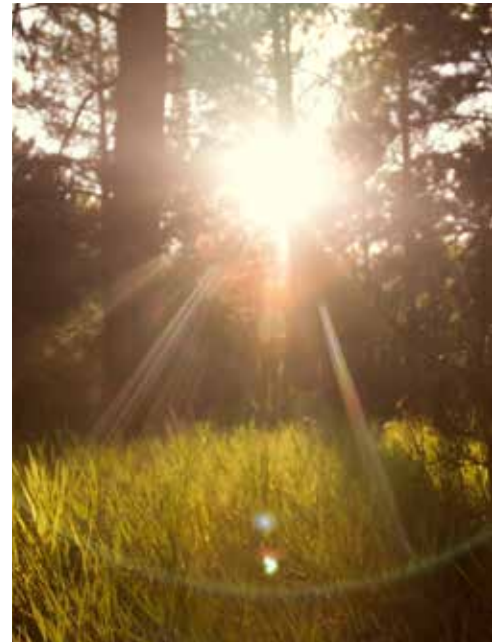
However, how damaging is heat stroke? If heat stroke is left untreated, it may damage your internal organs including your brain, heart, and more. It is important to remember that heat stroke can happen to anyone!

### Recognize the Signs

It is important to be aware of the signs that you or someone else may be undergoing a heat stroke. Some of these include:

- High body temperature
- Nausea and/or vomiting
- Rapid breathing
- Accelerated heart rate
- Variations of perspiration

Remember: if you think someone is experiencing a heat stroke, contact 911 immediately. While waiting for emergency services to arrive, help cool down the person suffering from the heat stroke. You can do this by removing excess clothing, placing the person in a shaded area, and/or splashing them with whatever water is available.



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## President's Perspective: Campfires

The summer months are in full swing! I hope you've been taking the opportunity to enjoy the warm weather, to stay active and to enjoy the season responsibly.

One of the most common ways for more nature-oriented Canadians to enjoy the summer is to be surrounded by friends, seated in a circle with a nice campfire in the middle. It's a great way to stay outdoors even after the sun has gone down because a roaring campfire offers heat, light and a great opportunity to socialize. As with any type of fire, some safety precautions need to be taken. We can't go around lighting fires anywhere – they need to be controlled, in a safe location and built appropriately.

The first step toward doing this, before even beginning to build the fire, is to check for any fire restrictions. These occur primarily in public places where the conditions are dry or the local firefighting service is stretched to its limit. If a ban is in place, do not make a fire. It's too risky.

If not, you're free to enjoy your campfire! Have a bucket of water, sand and a shovel ready in case of emergency. Be sure you're building it in a fire pit free of hazards, or on bare ground if no pit is available.

Ensure the area is unencumbered, clearing away twigs and leaves in a three-metre diameter, and building a circle of rocks to ensure the fire won't spread.

Handling fire-making tools can be dangerous, which is why adults should always be responsible for building, supervising and extinguishing the fire. Be sure to use tinder or crumpled newspaper, not gas, to start it, and ensure that you're keeping a watchful eye on animals and children. You wouldn't want them getting too close to the fire and risking getting burned.

Lastly, be sure that when you're leaving the fire, that it is fully extinguished. Even a stray ember or a smoldering fire can re-ignite and cause trouble.

Enjoy your campfire safely and use this summer to make memories, not hospital visits.

*Safety, it's an attitude!*

Jack Smith, President



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### Steps to Prevent Heat Stroke

- Stay indoors during the hottest hours of the day when possible – usually between 11am-2pm. During these hours, spend your time in air-conditioned facilities including restaurants, movie theatres and shopping centres. Alternatively, if you absolutely want to go outdoors on a hot day, it's a great time to take a dip in the pool or visit a water park! Be sure to stay in shaded areas when applicable.
- Wear loose, light clothing made of linen and/or cotton. These materials help with air flow, keeping you cool. Also, wear a hat to protect your head.
- Wear SPF! Applying sunblock of SPF 30, at least, helps prevent burns and can further help prevent a heat stroke from occurring. Also, using a cooling sunblock helps to lower your body temperature.
- Stay hydrated. Drink between 250ml-1L of water per hour. When consuming alcohol or caffeinated beverages, be cautious – these beverages dehydrate you, so ensure that you're alternating with water.



- Don't overexert yourself! Limit strenuous outdoor physical activity such as exercising outdoors. If this is unavoidable – through work, for example – drink lots of water and take a break from the heat as necessary.

### How to protect those around you

- If you know someone who does not get out of their home often, check on them daily, and keep them in an air-conditioned environment where possible.
- Limit infants' sun exposure. It's important to remember that an infant's body temperature regulates slower than adults. Ensure their safety by keeping them in cool areas, and don't take them outdoors during peak hours. Also, clothe them in light clothing and ensure they are wearing a wide-brimmed hat.
- If you have children who play sports, remind them to drink water before, during and after their sports practices. Moisture-wicking clothing will also ensure that the sweat evaporates from the body more easily, keeping it cooler.

Don't let heat stroke ruin your summer! By following these essential tips, you will be able to keep yourself and others safe.

## Looking Ahead

The summer months, as always, mark a break in our national safety campaigns. But that doesn't mean we'll be sitting back and resting! As we continue to mark the Canada Safety Council's 100 Years in Safety, we'll be working to continue providing Canadians from coast to coast with tips, tricks, advice and best practices to stay safe.

In addition to our regular messaging surrounding the perils of leaving children in hot cars, the importance of using fireworks prudently and our annual reminder to road users in late August to anticipate the return of school buses to our roads, keep an eye out for additional information about lawnmowers. As an important cause of injuries among children and adults alike, lawnmowers need to be handled with the same care and caution that any sharp tool demands.

## Trend to Trampoline Thoughtfulness

Trampolines are one of the traditional childhood staples that have not only stuck around but, in recent years, have become a popular activity for all ages. Households across Canada keep their own trampolines in their backyard, and the relative novelty of trampoline parks keeps families – especially those with young children – coming back.

Though a fun and effective form of exercise, trampoline use comes with a few necessary safety precautions that responsible parents should impart upon their children prior to use. Hospitals have reported seeing children between the ages of 5-14 admitted for various trampoline-related injuries, ranging from broken bones and fractures to head injuries and, in rare cases, paralysis or fatality.

Proper use of trampolines doesn't have to be all doom and gloom, but it is important to be safe. Follow these safety tips before allowing your child to use a trampoline.

### Minimize the risk

- Before purchasing a trampoline, make sure it is ASTM-approved (formerly the American Society for Testing and Materials.) An ASTM safety standard deals with the trampoline assembly, materials, instructions and warnings that is included when the trampoline is purchased.
- If you already own a trampoline, always check that the springs, and frame are covered by the shock absorbing pads, and that the trampoline mat and frame are not damaged.

- Purchase trampolines with a safety net around the perimeter. This will help insure that your child does not fall off the trampoline.
- Don't allow children under the age of 6 to use a trampoline. Children – especially those under the age of six – have fragile bones that cannot generally withstand repetitive jumping.
- Discourage children from going to trampoline parks. A lack of regulation in Canada and an abundance of fellow trampoline users make it difficult to ensure the trampolines are being used in a safe way. Moreover, the Canadian Pediatric Society has reported that hospitals see far more patients coming from trampoline parks as opposed to patients with home trampoline injuries.



### Set Ground Rules

If you are a parent and you have or are thinking about purchasing a trampoline, make sure you set ground rules with your children:

- Only one child may use the trampoline at a time
- No tricks or flips when using the trampoline
- No jumping on or off the trampoline
- Only use the trampoline when an adult is supervising





## Active Living at Work

■ (NC) If you're like most people, squeezing a bit more physical activity into your day wouldn't hurt.

■ An easy way to do this is to make small, sustainable efforts to be more active as you go about your day.

The College of Family Physicians of Canada's Prevention in Hand website offers one-stop-shopping for current information from numerous healthcare organizations to support your individual wellness, healthy lifestyles and the prevention of chronic diseases.

Here is what some of their resources say about incorporating activity into your daily work routine:

■ **Take a lunch break:** Take some time to step away from your desk and use your lunch time for a workout. Go for your favourite type of exercise or try something new and exciting, like a kickboxing or high-intensity spinning class. Check out local gyms and fitness centres near your office — many offer free trials so you can check out the facilities before committing to anything. You can even do something as simple as take a nice, long walk during lunchtime.

**Get moving at work:** Research shows that both the people and the workplace itself benefit when employees are encouraged to be active. Positive effects of physical activity include higher productivity, lower absen-

teism and turnover, reduced stress and a happier workplace culture. Work with management or human resources to find creative ways of encouraging movement, like a plank challenge or bringing in an instructor to lead lunchtime yoga sessions.

**Stretch and flex:** Active living isn't just about strength training and cardio — it's important to have a mix of activities in your routine. Flexibility routines are great for your body, helping you maintain your ability to bend and stretch easily, which can get harder as we age. The Canadian Centre for Occupational Health and Safety recommends breaking for five to 10 minutes for every hour you spend at a workstation. Do some stretches, get up and walk over to a coworker's space rather than communicate via phone or email, and start and end your workday with a short set of stretches.

**Use the buddy system:** It is sometimes hard to stick to your goal of incorporating more activity into your work day, but if you find someone willing to share the challenge it can make it easier and more enjoyable. A coworker might have a similar schedule, or if a friend or relative lives or works nearby, they can also be a great exercise partner. Go on walks together or sign up for a lunch class and make the commitment to show up for each other.

Find more information at [www.preventionin-hand.com](http://www.preventionin-hand.com).

## A Letter from the Editor



**Lewis Smith, Editor**

In the context of this year’s National Road Safety Week campaign, entitled Don’t Drive Drunk or Drugged, a CSC member raised a point of discussion that is worth exploring: the majority of drunk and drugged driving incidents involve people who do not read safety messages on the topic – often because

they don’t feel targeted by the messaging, or because they don’t believe they’re part of the problem.

The same holds true with other high-risk driving attitudes including distracted driving and fatigue.

One of the most important challenges we face as safety advocates is trying to pinpoint the “why” of it all. And sometimes, the solution is a simple one: public perception doesn’t match the risk factor. Those that still partake in these dangerous activities don’t understand how much the activity risks their health and safety, along with other road users’ lives. This is where we come in: repetition and awareness are crucial elements of the safety discussion, as is tailoring the message to the target audience.

This becomes a bit more difficult when the discussion surrounds drunk driving, a behaviour that has made huge strides toward being taboo in forward-thinking society. But more and more, we see the statistics stabilizing rather

than continue the downward trend we’d like to keep seeing.

So what factors could be coming into play?

What makes Canadians decide it’s okay to get behind the wheel after a few drinks?

In the interests of trying to address this question, I’ve compiled a few thoughts as to the potential factors at play.

This is not meant to be an exhaustive list, nor are all points intended to be mutually exclusive. Rather, I’m hoping this serves as a conversation starter:

- Urgency. The driver feels the need to get somewhere in a hurry and don’t think they can afford to wait until the inebriation wears off. Safety takes a backseat to expediency.
- Impatience. The driver knows they’re inebriated but doesn’t want to leave their vehicle parked for the night. They figure they can offset the inebriation by driving with an abundance of caution and by taking it slow.
- Incorrect self-perception. The driver does not realize the level to which they are inebriated and therefore don’t feel as though they need to approach driving any differently than usual.

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### Safety Training Online

*Want to go back to school without leaving home?*

*Visit [www.canadasafetycouncil.org/training](http://www.canadasafetycouncil.org/training)*

*to sign up for online safety training! Courses include OH&S topics, defensive driving, babysitters training, and home alone safety.*

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- Convenience. The driver wants to get somewhere and doesn't feel like waiting for a taxi, a bus or walking. They can take their car, they rationalize, because it's "not that far."
- Ignorance. The driver simply doesn't understand the risks involved in driving while inebriated and has no issues with getting behind the wheel, with some even going as far as to rationalize the behaviour by saying they "drive better after a few drinks."

Advocating for safety in these cases can be difficult because, even though the proposed

solutions have proven to be effective – solutions like planning ahead, demonstrating statistics and evidence showing the danger, and common sense advice on avoiding driving when drinking – they often fall on deaf ears among drivers who don't feel targeted by the messaging.

This, more than anything, continues to be the challenge in safety advocacy – it's our responsibility to continue to try and engage all facets of society, including those that don't feel affected, in the discussion to make our country a safer place.

What do you think? What potential factors am I missing? Let me know at [lewis.smith@safety-council.org](mailto:lewis.smith@safety-council.org) and your response could appear in a future issue of Safety Canada.



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