



(NC) It can be hard for kids and parents to get used to a new sleep schedule and daily routine this time of year. Check out these tips to keep your body healthy and your energy levels at their peak.

Eat your breakfast. It's always a good idea to start your day off right with a healthy, nutritious meal. When you skip breakfast, you're missing out on a lot of great benefits, including maintaining a healthy weight, better appetite control, increased energy and greater concentration. Breakfast also gives you a chance to get in important vitamins and nutrients – such as calcium, vitamin D and fibre – from healthy foods like grains and fruits.

So, how to make a quick and healthy breakfast when you're on the go? Try these quick and easy ideas:

- Make oatmeal with milk or a dairy alternative. Top with fresh fruit, nuts and seeds.
- Layer plain dairy or plant-based yogurt with your favourite low-sugar cereal and blueberries. Add lean ham and low-fat cheese to a toasted whole grain English muffin.
- Top a slice of toast with avocado, nut butter and banana or yogurt and peach slices.
- Blend a breakfast smoothie with dairy or plant-based milk and frozen fruit. Try adding greens, nuts, seeds and protein powder for a balance of carbohydrates, healthy fats, protein and fibre.

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President's Perspective: The Future Is Almost Here

As we speed ahead into the final few months of 2018, new issues continue to be brought to the forefront of the safety community. This is nothing new. One aspect that makes safety a continually fascinating sphere to work in is that it's ever changing. Can you imagine believing in the 1980s, for example, that we would one day be talking about how to avoid flying drones near airports?

To mark the Canada Safety Council's celebration of 100 years in safety, we created a timeline of major safety milestones over the past century, which can be viewed here. At the end of that timeline, we mention that predicting the future of safety is a challenge. It's true – predicting the unpredictable is an exercise in futility.

But with that said, I've given some thought to where I see the safety discussion moving in the immediate future. I wouldn't even dare to try and guess where things will be in the next fifty years, much less the next ten. But without putting a set timeframe on it, I believe these three topics will be in significant focus moving forward:

1. **Autonomous vehicles.** We've already started hearing about the first so-called "self-driving" vehicles being brought out. Trucking companies are already beginning experimentation with semi-autonomous convoys, where a person drives the first truck in a group and those following are autonomous. While there are still many bugs left to be ironed out before they become available to the public at large, autonomous vehicles are undeniably on the way and, with them, several questions that the safety sphere must address: how will autonomous vehicles interact with non-autonomous vehicles? Will we see a day where every vehicle on the road is autonomous? How will this impact fatality and injury rates on Canadian roads? These and many more questions will likely take centre stage in the national safety discussion sooner than later.

2. **Space travel.** Bear with me here. Transportation has always been a central cog to safety in Canada, stretching back to the origins of the Canada Safety Council, back when the Canadian National Safety League was the name of the organization taking on safety issues. Whether we've been addressing horse-drawn carriages, the first motor vehicles, boats, motorcycles, all-terrain vehicles or any other variety of vehicles, the topic has always been an important one in the country. In what may be considered to be a bit of a futuristic thought, I believe we'll be talking about space travel in the not-too-distant future.

3. **The environment.** More specifically, I'm referring here to natural disasters. Wildfires are more frequently burning across hectares of land, not isolated patches. We're seeing more and more examples of flooding with catastrophic results. Blizzards seem more treacherous. And of course, we can't forget about climate change. With so many factors at play, keeping Canadians safe from environmental factors will only continue to become more and more important.

The raw truth is that the future isn't possible to predict, no matter how much of a thought exercise it may be to try. I'd love to hear your thoughts on the future of safety. What topics do you see at the forefront of the Canadian safety discussion? Share your thoughts by emailing media@safety-council.org and your thoughts may be published in a future edition of Safety Canada.

Safety, it's an attitude!



Jack Smith, President

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- Make your breakfast the night before. Try overnight oats and chia-seed pudding.
- Keep hard-boiled eggs, whole fruit and trail mix on hand to grab and go.

Try a probiotic. Probiotics are live bacteria and yeast that are good for your overall health, especially your digestive system. While we usually think of bacteria as being bad for you, the human body is full of them – both good and bad. Probiotics are known as good bacteria because they help keep your

gut flora healthy. Regular consumption of probiotics has been shown to help treat and prevent gastrointestinal issues, including acute or antibiotic-associated diarrhea.

Think zinc. Zinc supplements — especially the type called “zinc picolinate” — can help maintain your immunity during cold and flu season, especially if you take it as soon as you first start showing any symptoms.

Head to your local Canadian Health Food Association-member health food store to stock up on back-to-school wellness items. Find your nearest location at chfa.ca.



Fighting Stress in the Workplace

(NC) For most Canadians, their main source of stress is money. This is even more than employment, health and family obligations. And this stress is costly to the workplace. A report by the International Foundation of Employee Benefit Plans estimates that dealing with financial matters on the job could cost employers from \$750 to \$2,000 per employee per year.

Many people say they are distracted at work because of these concerns. According to the Conference Board of Canada, extremely financially burdened employees spend around one hour each day while at work dealing with personal finances. In comparison, those moderately burdened by financial issues spend around 1.5 hours per week dealing with them.

Fortunately, adding a financial well-being program in the workplace can help. Many employers are already helping millions of adults to understand their compensation programs

and their own pay, as well as to find ways to save money through good financial practices. Providing additional information and access to resources on budgeting, saving, borrowing and debt is a natural extension.

The benefits of offering education about financial well-being education are plenty. For employers, there is higher productivity, higher employee morale, lower absenteeism, and lower healthcare costs. For employees, there is greater job satisfaction, better appreciation and use of employee benefits plans, better overall mental wellness, and increased financial well-being.

The Financial Consumer Agency of Canada (FCAC) can help employers help their employees through its website that is designed to help people better understand, and manage, their money. Find more information online at canada.ca/financial-literacy.



Halloween Safety Headline

The advent of October inevitably brings about one of the more lively days in any community, a day where little ghouls and fairy princesses hurriedly make their way from house to house in a sugar-fuelled frenzy.

We're talking, of course, about Halloween. Every October 31, extra attention has to be paid in communities as we strive to keep children safe from a myriad of unique safety concerns for the holiday.

To make the holiday less stressful for you and the young ones in your life, here are some tips to stay safe and happy:

1. Always ensure that a responsible adult accompanies trick-or-treating children.
2. Visibility is key. Use retro-reflective gear and bright clothing colours to ensure you're seeing and being seen. Carrying a flashlight and staying in well-lit areas will also add to your visibility.
3. Stay in known areas and neighbourhoods.
4. When crossing the street, be on the lookout for vehicles and ensure that you're only crossing at designated crosswalks.
5. Keep the child's costume as safe as possible by avoiding masks and keeping it at a length that won't cause them to trip.
6. Dress for the weather! A pirate may look less fierce while wearing a winter jacket, but they'll be even less fierce if they're fighting off the sniffles.
7. As a responsible adult, inspect the child's candy before allowing them to eat any. Discard any candy in open or easy-to-tamper-with packaging, as well as anything that is not packaged.

Let's all do our part to keep the frights on Halloween to scary costumes and decorations, all while ensuring that there's nothing frightening about keeping everyone safe.

Prescribed Medication

(NC) When you are sitting in your doctor's office, it can feel like your mind suddenly goes blank as soon as you are asked 'do you have any questions'. Print out this article and bring it to your next appointment.

1. **How and when should I use this medication?** Many medications are most effective when taken at certain times of the day and in some cases with or without food. Some medications require learning how to use a device (such as an inhaler, of which there are many types).
2. **What are the best ways I can manage multiple medications?** If you have several medications, it is often good to ask whether they are best taken together or throughout the day. Some pharmacies can pack your pills into pouches or blister packs, saving you time and confusion about which medications to take when.
3. **Is there a simpler way to get my medication dosing?** When it comes to multiple pills and inhalers it is easy to get overwhelmed. Advances in treatment

may have resulted in easier to use medications. Ask your doctor for the best strategy to use for you.

4. **How do I know when I should stop taking this medication?** Some medications are prescribed for a short period based on a symptom you are experiencing, while others are for long-term use to help slow down or control disease progression. Check with your doctor before stopping a medication because you are feeling better.
5. **What should I do if I miss a dose?** It happens to everyone, but doubling a dose the next day can be dangerous for some medications. Ask your doctor or pharmacist what you should do if you miss a dose of your medication, and tips for making your daily routine less complex and easier to follow.

Always confirm instructions before starting or changing a medication. Be sure to ask your doctor if there are options available that may work better, or help to cut down on the number of medications you take.



Looking Ahead

The Canada Safety Council has some very exciting projects on the horizon! CSC's 100th anniversary year is coming to a close, and we're making sure our celebrations go out with a bang by providing more safety information than ever before through our national campaigns!

Read on to find out more about our topics and what you can expect from us.

National School Safety Week: During this year's campaign, held from October 17-23, the focus will be on mental health for youth. The topic has been gaining traction as more becomes known about mental illness. Are your children being taken care of at school? What can you do to help reduce their stress levels and anxieties from elementary school all the way through to high school graduation?

National Community Safety and Crime Prevention Month: The month of November will have a special focus on flooding safety. In partnership with Desjardins Insurance, we're in the development process of a safety booklet, outlining crucial steps you can take before, during and after a flood occurs to keep your belongings and property safe and minimize damage.

National Senior Safety Week: The week of November 6-12 will be focused primarily on the importance of keeping seniors' information safe online. In partnership with TELUS Wise, we're developing three times the usual amount of content, in addition to a handy infographic outlining the campaign is an easy-to-read visual format.

Home Fire Safety Week: The penultimate campaign of 2018, held November 24-30, will focus on electrical fires. The holiday season typically involves a reliance on electricity, which can include kitchen appliances, lighting, power tools and more. We'll be here to provide details on how to best mitigate these risks.

National Safe Driving Week: Finally, this campaign will be held during the week of December 1-7 and will focus on one of the most dangerous regular activities that every Canadian is exposed to: the scourge that is distracted driving. Once again, we'll be teaming up with TELUS Wise to provide valuable information and recommendations about distracted driving, topping off the final campaign of the year with another useful infographic and three times the typical output.

Occupational Health and Safety

Did you know the Canada Safety Council offers online Occupational Health and Safety courses? You can access our catalogue of courses, including WH-MIS 2015, Ladder Safety, H2S Awareness and more, at the link below:

<https://canadasafetycouncil.org/product-category/ohs-landing/>

Popular on Social Media

 **Canada Safety Council**
19 September at 09:25 · 🌐

Have you looked at our timeline of the past century in safety, created in celebration of our 100th year in safety?



CANADASAFETYCOUNCIL.ORG
100th Anniversary – Canada Safety Council
The Canada Safety Council is proudly celebrating our...

Talia Elizabeth, Roman McDonald and 3 others · 1 Comment

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 **Steve Reed** Cheers to your next 100 CSC. Congrats

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 **CanadaSafetyCouncil**
@CanadaSafetyCSC

With school starting back up, a reminder that school buses will be getting back on the road. Take a minute to refresh your bus safety: canadasafetycouncil.org/back-school-bu...



9:52 AM - 27 Aug 2018

*Do you have a safety story, tip or pet-peeve to share?
Email media@safety-council.org, tweet us @CanadaSafetyCSC or send us a post
or a message on our facebook page <https://www.facebook.com/canada.safety>.*



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