

SafetyCanada

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Keep Food Poisoning Out of your Kitchen

(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.

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President's Perspective

In a perfect world, any kind of manufacturing would be done perfectly with no potential weak points, defects or flaws. Everything would work as intended for the lifespan of the product or item in question.

Of course, that's wishful thinking. Though our manufacturers try their best to keep products as safe as possible, sometimes unexpected circumstances can lead to premature wear, damage or worse.

Addressing these defects is perhaps most critical in the vehicle manufacturing sphere. Factoring in high speeds with potential defects can lead to disaster in a hurry if left unchecked.

Because of this, the recall process is quite vigorous. Transport Canada maintains a list of active and archived recalls for vehicles, tires and child seats on their website, easily accessible through a quick search on your favourite search engine.

Additionally, most manufacturers will send out a notice in the mail, provided that you've registered your ownership with them.

This can pose some concerns, though. What happens if you've purchased your vehicle used? The manufacturer maintains their own database, independent of the provincial vehicle registry databases. If you are not the registered owner in the manufacturer's database, you may not receive any notice of the recall – and, of

course, you shouldn't be expected to monitor the Transport Canada recall database on a daily basis.

This puts responsibility on both the person selling the vehicle as well as the person buying it. As the purchaser, you should register your ownership with the manufacturer as soon as possible, using the contact information in the owner's manual to do so. This will enable them to contact you directly with any status updates on the vehicle.

As the reseller, ensure that you're taking down the buyer's name and address. In the event of a recall where the purchaser has forgotten to register their name, the manufacturer may send you the recall notice. Having the buyer's name and address on hand will ensure that you will be able to forward the notice to their attention and help keep the roads safe.

Safety is a group effort and it's through teamwork and collaboration that we can help keep our roads safe.

Safety, it's an attitude!

Jack Smith, President



Tips to Keep your Downtime Safe and Healthy

(NC) The home is often seen as a sanctuary: a place where we can escape. Maybe you're looking forward to watching a movie or to having family and friends over for supper. Maybe you're planning on finishing up a few nagging chores or taking some well-deserved quiet time to curl up with a book after a busy day.

No matter your reason to stay inside, Health Canada recommends taking a few simple steps to make sure that your home is a healthy one and that it stays that way.

1. Remove your shoes or boots at the entryway. It all begins at the front door. It's not just about the mud and dirt you could be tracking in – removing your footwear can also help keep harmful bacteria and chemicals from being spread around your home.
2. Ventilate your home. Open your windows on a nice day. After all, there's nothing like a breath of fresh air. You can keep your indoor air cleaner by turning on

the stove hood fan while you're cooking or the bathroom fan while you're in the shower. Also, make sure you have working smoke and carbon monoxide alarms helping you keep your home safe and healthy.

3. Wash your hands with soap and water for at least 20 seconds. This simple activity is the most effective thing you can do to protect yourself against a number of infections and illnesses.
4. Read the label. Even if you're only topping up the windshield washer fluid in your car, make sure you read and follow label directions, paying close attention to hazard symbols. All household chemical products need to be used, stored and disposed of properly. Keep products with hazard symbols out of sight and out of reach of children.

Find more useful tips at canada.ca/healthy-home.

Looking Ahead

As the winter slush and snow melts its way into the promise of Spring, the Canada Safety Council likes to take this time to remind Canadians to be proactive, not reactive, with their safety measures. Because of this, our safety messaging in the spring months will focus on preventative measures to avoid common summertime fatalities and injuries.

We have two annual campaigns running in the month of May. First up is **National Summer Safety Week**, which runs from May 1 - 7. This year, we'll be discussing the perils of hot cars. Did you know that, on average, 38 children die every year in the United States from heatstroke due to being left in a car? A vehicle is no place to leave anyone – be it child or pet – unattended.

The next campaign, **National Road Safety Week**, falls from May 14-20. The Victoria Day long weekend offers an excellent time to remind road users to keep the roads safe for everyone, and we'll be discussing impairment behind the wheel, especially as it relates to cannabis, alcohol and why the effects of these substances are multiplicative and should not be mixed.

Stay tuned throughout the year as the Canada Safety Council continues to spread our messaging from coast to coast.



Is Your Credit Card Safe when you Shop Online?

(NC) Online shopping can be great for finding special deals or items you can't find in stores. But it also poses unique security risks that aren't present when shopping offline. To keep your personal and financial information safe, check out these tips.

1. Use your own network. Avoid public computers or Wi-Fi hotspots, such as in coffee shops, to access or provide personal information; they put you at risk. If you need to shop while away from home, switch to your data plan when it comes time to enter your credit card info.
2. Double-check the site. Use a secure and reputable payment service when buying online—look for a URL starting with “https” and a closed padlock symbol. Many fraudsters create sites that look very similar to legitimate ones, with only one or two letters off, so be sure you're on the verified webpage.
3. Use a designated card. It's a smart idea to save a separate credit card with a low credit limit for online shopping. This way, if your information is compromised, and you need to cancel your card, it won't affect any preauthorized payments.
4. Watch out for phishing attacks. Be wary of online promotions you receive via email, text or social media. They could be fake. Delete these messages as they can carry viruses and attempt to steal your data and money. If you're interested in the promotion, type the website into your browser yourself instead of clicking on any hyperlinks.
5. Protect your devices. Update your antivirus software on all devices. Create strong and unique passwords for each of your online accounts. Password-protect your devices and home Wi-Fi network.

Find more information at www.competition-bureau.gc.ca/fraud.

What to Wear and Do when Boating



(NC) Enjoying the waterways is a favourite pastime for many Canadians when the weather warms up. Whether you're an experienced boater with your own boat or a novice renting one, it's always a good idea to brush up on key safety tips.

Here are a few essential safety tips Transport Canada wants you to keep in mind:

- Prepare a trip itinerary with the route you plan to take, include the time of your return, details about your boat and the people going with you. Be sure to share this plan with someone staying on land.
- The law requires all pleasure crafts in Canada to have an approved lifejacket or personal flotation device of appropriate size for everyone on board. Boating tragedies can be avoided by wearing them.
- Before leaving the dock, check the weather, water body characteristics, tides and currents, and your fuel reserve. A good rule

of thumb is to have one-third of fuel for the outward journey, one-third for the return and one-third in reserve.

- Ensure these safety items are on board: nautical charts, buoyant heaving line, a bailer or manual pump, anchor with rope, manual propelling device (e.g., paddle,) waterproof flashlight, first-aid kit, a way of communicating in an emergency, (e.g., a cell phone or maritime radio.)
- Determine a safe speed based on the following factors:
- visibility conditions (fog, haze, rain, darkness, etc.),
 - wind, water and current conditions;
 - your ability to maneuver, traffic density, type of boat in the area and their proximity; and
 - risky navigation conditions (navigation obstacles, rocks, etc.).

Find more information at www.canada.ca/rental-boat-safety.

Safety Training Online

*Want to go back to school without leaving home?
Visit canadasafetycouncil.org/training to sign up for online safety training! Available courses include Transportation of Dangerous Goods, WHMIS, Office Ergonomics and more!*

Popular on Social Media



Slippery and wet conditions on the roads can make for stressful situations. Take your time and be patient! Reaching your destination safely is more important than reaching it quickly – or worse, not reaching it at all.
canadasafetycouncil.org/winter-driving...



9:40 AM - 23 Jan 2019

21 Retweets 13 Likes



No better way to celebrate #ValentinesDay than to congratulate 3 amazing schools for helping to keep our little #Valentines safe. Thx Santa Maria CES, Our Lady Of Victory CES & St.Fidelis CES on an accident free year through the Elmer the Safety Elephant Child Safety program.



12:12 PM - 14 Feb 2019

3 Retweets 13 Likes

*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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