

SafetyCanada

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FIND YOUR FOOTING IN THE FROST

As we enter the winter months amid ongoing COVID-19 restrictions, remaining active may begin to pose a challenge to even the most resolute of us. Getting out for a walk around the block in the spring, summer and fall was peaceful and even enjoyable. The winter, though, brings freezing rain, icy surfaces and hard-packed snow that can make footing unstable and conditions unpleasant.

This doesn't mean you shouldn't get out during the winter — quite the opposite, in fact. A brisk walk is a great way to stay energized and look after your own mental health. The weather shouldn't be a

catalyst to avoid going out so much as it should be a condition we plan and prepare for.

Dress for the season. For starters, you should choose a good pair of winter boots. A thick non-slip sole on an insulated and waterproof boot is your best bet for keeping your feet warm and dry while giving you a steadier gait. Your outfit should also include a warm winter hat, scarf and gloves. These accessories will keep you well protected from the elements and limit any heat loss coming from your extremities.

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President's Perspective: Vigilance — We're Not Out of the Woods!

This past year has been a challenge for Canadians and indeed people around the world as collectively we have worked hard to remain safe through a pandemic. An event that happens once in a hundred years that has effectively turned the world upside down. It is the biggest health and safety issue of our time and one that has changed life experiences. Everything from how we work to what we do when we are out of our homes, to managing learning environments to being with family and friends all combined with the ravages of an economic downturn. All of it changed seemingly overnight. The toll has been great in illness, death and the mental stresses and health issues that have come with it.

But as difficult as the challenge has been, collectively we have taken things seriously and we have applied vigilance to managing our behaviour. It's really amazing when you think about how well we have adopted the safety protocols of maintaining distance, keeping our hands clean and wearing face coverings when around others.

We did that together which is the only way we could have had success of any kind and the only way we would be at the point we are currently at. Don't get me wrong: it is not a perfect result with zero impact. But what we have done through behavioural change is restrict spread of the disease and save lives.

With vaccine options now being introduced in Canada we can see some hope on the horizon and not a moment too soon. COVID fatigue is becoming ever more present. We all want to get back to the way things were before COVID 19 but now as much as ever we have to maintain focus and continue to apply all the best practices that got us to this point. This is the home stretch, folks, and the best and most efficient way to remain safe and put this behind us is in continuing to be vigilant even while vaccinations are rolling out.

Vaccination is going to be a significant part of our recovery but realistically we may not realize the benefit of vaccination until late 2021 and bridging the gap between now and then will require a continued focus and vigilance by all.

Safety comes in many forms and one of the less obvious necessities in managing through a pandemic over a protracted period of time is in safeguarding mental and physical wellbeing. Unfortunately, we have seen an increase in domestic violence, substance and alcohol abuse, isolation, depression and more through this period.

As we grapple with the rather dramatic life changes that were abruptly introduced, it is so important to check in with those around us and help whenever and wherever possible. A simple "how are you?" can be a great way to open discussion. Wellbeing is complex and multi faceted, but discussion is something we can all do and it can be informative and very helpful. We've done so well managing the practical and physical aspects of the challenge and lending support to one another along the way can be the one additional thing that ensures we all cross the finish line together.

There are many resources available to assist health and wellbeing as well some excellent resources that share the best ways to reintegrate with work, school, social interactions and in general getting back to the point where we can be confident in resuming life activities. A positive restart can be critically important. The Canada Safety Council is here to help and together with our partners across Canada we are more than happy to share resources that can assist.

There is much work to be done in the months ahead but also much to look forward to in 2021 as we continue to press on and work to put this pandemic behind us. Together, vigilance, patience and the support of one another will get us there!

Be Safe and be kind!



Gareth Jones, President



Find Your Footing in the Frost (Continued from page 1)

Be cautious around slippery surfaces.

Walking with your usual stride can significantly affect your center of gravity and cause a nasty slip if your foot catches the ice the wrong way. Instead, adopt the walking gait of a penguin — leaning your weight forward over your feet, smaller waddling steps, flat-footed steps, legs slightly bent. These steps will limit the odds of you taking a nasty spill.

It's always a good idea to **carry around a small bag of sand, salt or grit** in your jacket. In case you're faced with an icy sidewalk or a particularly slippery-looking area, it can help to have the extra traction these substances can provide from being sprinkled over the slippery surface.

Keep your entranceway and sidewalks clear of snow and ice.

Do your part to keep your neighbourhood pedestrian friendly. Any hazards you might notice on sidewalks or pathways should also be reported to your city or landlord — the earlier you can point out a hazard, the more likely it can be dealt with before it causes an injury.

Physical activity remains a very integral part of remaining healthy, and this holds especially true throughout the winter as we continue to navigate this pandemic. Don't let yourself become too sedentary — your body is built to move! Make sure you're taking precautionary steps and looking after yourself before going out for a winter walk.

Online Training

Did you know the Canada Safety Council offers online training in a range of topics? These include Occupational Health & Safety, home safety, child safety and more! Visit <https://canadasafetycouncil.org/online-training> for more info.

5 Simple Winter Home Safety Tips

(NC) For some of us, winter might mean crisp walks through the newly fallen snow, skating, skiing, snowshoeing or tobogganing. It might also mean quieter times like curling up next to a roaring fire. But for most of us, we are all spending more time indoors.

Here are five tips to keep your home safe this winter:

1. Test your carbon monoxide alarm.

Carbon monoxide (CO) is a gas that causes illness and can lead to death. It has no smell, taste or colour so an alarm is the only way to detect it. Replace batteries and the alarm itself, and test the alarm regularly, as recommended by the manufacturer.

2. Hire a professional to service your home appliances.

Appliances such as furnaces, fireplaces, gas stoves, and water heaters need to be well maintained. Appliances that are not running in top condition may be a source of carbon monoxide.

3. Replace your furnace filter.

Replace the filter as per the manufacturer's instructions.

4. Look for damp spots.

If you find mould, remove it yourself if it covers a surface area of less than one square metre. On smooth surfaces you can use soap and warm water. There is no need to use bleach.

If mould cannot be removed from a surface easily, materials will need to be replaced. If the mould covers a bigger area, hire a professional to get rid of it.

5. Test for radon.

Radon is a dangerous radioactive gas. It is invisible, odourless and tasteless. Exposure to radon is the number one cause of lung cancer in non-smokers.

No matter the age, type of construction or location of your home, the only way to be sure of the radon level in your home is to test.

There are two options for this: purchase a do-it-yourself (DIY) radon test kit or hire a radon measurement professional. If you choose to purchase a DIY kit, be sure to closely follow the instructions.

Find more information on keeping a healthy home at canada.ca/healthy-home.

Looking Ahead

The winter is typically a quieter period for the Canada Safety Council, following a busy campaign season in the last few months of the year. But the relative downtime also allows us an opportunity to provide other programming as we look ahead to 2021.

As the season unfolds, we'll be focusing our messaging on issues of importance to you and

to Canadians of all stripes. Stay tuned in early January for a discussion on winter driving, and throughout the coming months as we continue to offer resources to help navigate this pandemic.

If there's a topic you'd like us to address, let us know at media@safety-council.org. We read every recommendation we receive and are always eager to hear your thoughts!

Fall Campaigns

The fall season is our busiest time from a campaign standpoint. We lead five national campaigns, starting with National School Safety Week in October and ending with National Safe Driving Week in December. Here's what you may have missed since the last issue of Safety Canada:

National School Safety Week (Oct. 17-23)

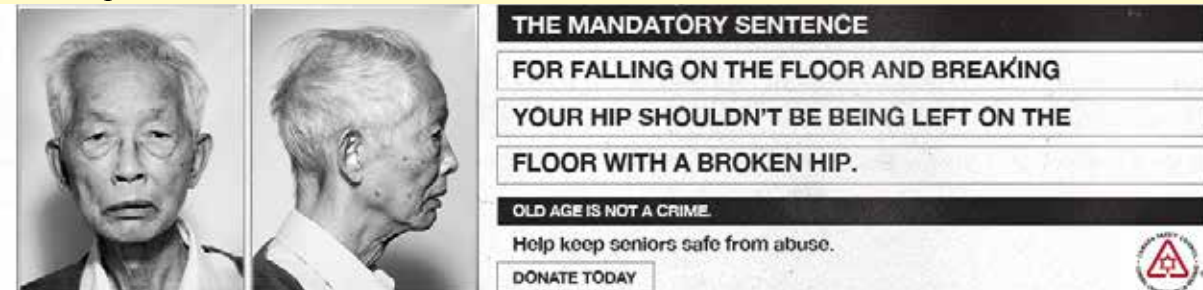
The advent of virtual classrooms, while effective in mitigating exposure to COVID—19 during this pandemic, serves to blur the line between a child's online and offline world. To mark this year's National School Safety Week, we offered tips to showcase the importance of digital safety through a tumultuous and novel school year.

National Community Safety and Crime Prevention Month (November)

Substance abuse is a major public health concern at the best of times. In the context of a global pandemic, it's more important than ever to shine a light on the issue, which is why our National Community Safety and Crime Prevention Month messaging centred around alcohol and drug consumption awareness and resources.

National Senior Safety Week (November 6-12)

Old age is not a crime. Yet far too often in Canada, our seniors are made to feel like they're a burden, an inconvenience, and a problem. This needs to stop. The Canada Safety Council partnered with Juniper Park\TBWA to broadcast how severe and insidious the issue of elder abuse can be.



THE MANDATORY SENTENCE

FOR FALLING ON THE FLOOR AND BREAKING

YOUR HIP SHOULDN'T BE BEING LEFT ON THE

FLOOR WITH A BROKEN HIP.

OLD AGE IS NOT A CRIME.

Help keep seniors safe from abuse.

DONATE TODAY

National Home Fire Safety Week (November 24-30)

For many, cooking is a stress-relieving hobby. For others, it's a chore. But no matter how you view it, cooking also brings risk: it is a leading cause of residential fires. For National Home Fire Safety Week, the Canada Safety Council reminded Canadians to practice caution in the kitchen.

National Safe Driving Week (December 1-7)

In partnership with the Insurance Brokers Association of Canada, the Canada Safety Council highlighted the dangers of distracted driving, with a particular focus on eating behind the wheel. Focus is often placed on the dangers of handheld devices, and for good reason. But while this is one example of a potentially fatal action that can be taken behind the wheel, it's not the only one.



How to Avoid this Common Workplace Injury

(NC) Dark days, freezing temperatures and snowstorms – Canadian winters always bring some challenges. This year, the pandemic brings additional challenges as we follow the latest public health guidance to limit the spread of COVID-19. Fortunately, there are ways to stay safe while making the most of wintertime.

1. Embrace the weather

With closed spaces continuing to pose a higher risk of COVID-19 transmission, it's time to cozy up to outdoor winter activities that allow you to keep a safe distance from others. Can't stand the cold? As the Scandinavian saying goes, "there's no such thing as bad weather, only bad clothing." So, layer up and try a fun winter sport like snow shoeing, cross-country skiing or ice skating. Just be sure to scout out an uncrowded location.

2. Think about the risks

As provinces and territories adjust public health measures, think about the risks associated with popular cold-weather activities, like going to the mall or movie theatre. You can minimize


your risk by avoiding the 3 Cs: closed spaces with poor ventilation; crowded places with many people nearby; and close faces, such as close-range conversations. Before going out, consider the risks and make informed choices. If a planned activity puts you and your family at higher risk of getting COVID-19, consider avoiding it.

3. Use all tools available

Following public health advice and using all the tools we have to prevent outbreaks is essential for everyone to have a safe winter. An additional tool is the COVID Alert app. It uses Bluetooth to exchange random codes with nearby phones. Every day, it checks a list of random codes from people who tell the app they tested positive. If you've been near one of those people, you'll get a notification. If you are notified of a possible exposure, you will be linked to your local public health unit's advice so that you can limit the spread of COVID-19.

Find more information at canada.ca/coronavirus

*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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