

SafetyCanada

THE MEMBER NEWSLETTER OF THE CANADA SAFETY COUNCIL

JANUARY 2020

VOL. LXIV No. 1



Winter weather can throw a mighty blow to many Canadian motorists. It comes in many different shapes and intensities and can present even the most seasoned winter veteran with challenges in the form of blizzards, heavy snow and freezing rain.

These are often accompanied by weather warnings and/or advisories, making them far from unpredictable. It is crucial to check the weather and travel conditions before leaving on a road trip.

Equally important is being prepared for emergen-

cies. Some conditions may warrant postponing travel plans, but if you choose to travel in inclement conditions your vehicle should have had a complete fall check-up with four winter tires installed.

Before departure, make sure that you've advised someone of your destination and travel route, along with an estimated time of arrival. Even if you plan on keeping a fully-charged cell phone on you, a bad storm may knock out cellular service and leave you unable to reach anyone. Don't take the risk – make sure someone knows where you should be.

Continued on page 3

Inside

President's Perspective	2
Sports and Leisure	4
Looking Ahead	4
Public Safety	5
Health Smarts	6

President's Perspective: Psychologically Healthy Workplaces

As the holiday season starts to wind down, I'd like to wish you a happy, healthy and prosperous 2020! The month of January offers renewed hope and optimism, making the new year as good a time as any to make changes in your life, environment and workplace.

These changes can take the form of New Year's resolutions, which can be fleeting and temporary. Let's talk about a more long-lasting change. A healthy workplace is one where everyone feels comfortable, safe, respected and valued, where communication flows, trust abounds and where people contribute meaningfully toward a common goal. A good workplace recognizes that people are more than just workers – they're the sum of the influences in their lives and should be encouraged to authentically be themselves on the job.

Workplaces are communities of people where diversity ought to be valued. Establishing an environment where everyone works together, supports and motivates one another, and encourages success is critical. Sounds easy, right? Not so much! What we are talking about is building a culture designed toward psychological safety – and a community-driven initiative requires involvement and input from everyone, to say nothing of the ongoing time commitment. But the benefits make this an opportunity you can't afford to miss.

Getting started can be daunting. Employee buy-in is far more than an exercise that produces a certificate that hangs on the wall – it's an active step toward building a team.

The Mental Health Commission of Canada (MHCC) set out a 13-element standard that can help get you started toward building a psychologically safe workplace. The standard discusses interaction, support and community building in a way that makes change seem easy to implement. Be warned, though – there is no finish line when it comes to the evolution of culture in an organization. Repetition sends a message across the organization that the commitment is real.

have to be at odds, either. Some 40 organizations piloted a program introducing the MHCC standard over a three-year period and the positive results were plain to see.

The benefits to working toward such a cultural change are numerous: higher engagement leads to more job satisfaction, less turnover, more ownership and pride in work and a true feeling of community. When we all do our part to help others feel heard, appreciated and trusted, we create a safe environment – much like the Neighbourhood Watch program – where a team can become so much more than a loosely-affiliated group of individuals.

It takes a village. It starts with senior leadership interest and commitment, eventually becoming an attitude that resonates through every person in the organization. Everyone in a workplace, from CEO to front line staff, is integral to the success of a more positive, psychologically safe workplace. When people feel comfortable under the most difficult of circumstances to share, to voice, to lead, to object without fear of repercussions – that's when the value of people is most fully evident.

This year, as we begin a new year and a brand new decade, let's think about the positive impact we can have in creating safe places to work – workplaces that carry forward the positive effects of psychologically safe cultures for generations to come. We each have a role to play. It starts with education and understanding and continues forward with commitment and accountability. We owe it to ourselves and the people around us to make our communities of work safe, interesting, inspiring and growth-oriented.

Be Safe and be kind!



Gareth Jones, President



Travel in a Winter Wonderland (Continued from page 1)

Know that winter conditions will affect your driving. Plan ahead for this! Travel with a full tank of fuel, keeping lights and windows free of snow.

Avoid passing other vehicles, especially snowplow trucks, and drive defensively at all times. This can include driving at slower speeds, doubling distance between yourself and other motorists and listening to the radio for traffic reports.

Make sure to stay to the main roads where possible. Because these are used more frequently, the odds are higher that they will be plowed and well-lit compared to the back roads.

And of course, you need to know when to head back or stop at a hotel. Nobody likes having their plans disturbed due to poor weather conditions, but you're far better off

returning home disappointed than you are in possibly not returning home at all. Know your limits – because if you don't, the winter storms surely will.

Bring the following items with you at all times to ensure that you'll be able to handle an unexpected winter issue:

- a shovel
- some gritty substance like salt, sand or cat litter to provide traction
- a tow chain
- roadside flares or reflective triangles
- extra windshield washer fluid
- ice scraper and brush
- booster cables
- first aid kit

Driving in winter brings about some unique seasonal challenges. Know the hazards, recognize the signs, drive safely and be prepared in case of emergency!

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.

Toboggan Safety Doesn't Have to be Tough Sledding!

Sledding and tobogganning are the perfect winter pastimes for many Canadians. Both activities require minimal equipment, monetary commitment and travel. There's also no minimal age requirement, making this an easy and fun activity for the whole family.

While the requirement list is minimal, one thing that is required is the use of common sense and the practice of safety rules. Fortunately, most sledding incidents can be avoided through proactive safety measures before even getting on the sled.

Before leaving home:

- Inspect all equipment for cracks, sharp edges or broken parts.
- Choose a sled that is sturdy and easy to control. Avoid saucers, carpets, inner tubes and makeshift options that can spin out of control.
- Bring along helmets. Ski or hockey helmets are recommended, especially for children.
- Dress warmly, wearing clothing that does not dangle or hang loosely from your body (e.g. scarves.)
- Wear thick gloves and protective boots. Frostbite can set in quickly – protect against it to make the most of your time on the slope.

When choosing a site:

- Avoid icy hills that may lead to loss of control.
- Choose spacious, gently sloping hills with plenty of room to level off and come to a safe stop.
- Select a hill that does not cross traffic and is free of hazards including holes, jumps, trees, stumps, fences, rocks, signs, telephone poles and parked cars.
- Slide during daylight or on well-lit hills.
- Do not slide on or around frozen lakes or ponds. The ice may be unstable.

Remember: the correct position for sliding is to kneel or sit forward with your feet pointing downhill. Wait until the path is clear before starting your slide, maintaining safe speeds and staying in control while being ready to stop if needed.

Children can reach speeds of up to 50 km/h on sleds. At such speeds, a fall or collision can cause serious injury or death. Most injuries occur by losing control, colliding with an object or person or by being thrown from the sled.

Following these safety tips can greatly reduce the chance of injury to you and your family, enabling you to enjoy a healthy, active and safe winter season.

Looking Ahead

The winter offers a respite from the Canada Safety Council's busy campaign season, but the relative downtime also offers us an opportunity to work on preparations for 2020 messaging.

As the season unfolds, we'll be leveraging our social media channels to send out timely messaging regarding winter safety issues including winter walking, driving, outdoor safety and

preventing frostbite and hypothermia. Canadian winters can be harsh and unforgiving, but don't worry – we've got you covered on the safety front!

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!

Playing with Privacy in the Gaming World

(NC) Gaming on the internet has become such a common part of daily life that research suggests more than 80 per cent of Canadians consider it to be “mainstream entertainment.” But if your kid’s gaming has you worried about who is accessing their information online, you’re not wrong to be concerned.

Both the manufacturers of consoles and the makers of the games themselves routinely collect players’ personal information. They do it to enable multiplayer experiences and manage a network of contacts and interactions.

Data collected can include the player’s name, birthdate, address, location, email and IP address, feedback rankings from other players, and images a player uploads.

They might also collect credit card information for billing purposes and, for

online gamblers, banking information to hold a deposit or pay out winnings.

With gaming’s surge in popularity, the Office of the Privacy Commissioner of Canada shares tips on how and why to protect privacy while playing on a phone, computer or console:

- Create an email address you only use for gaming.
- Adopt a nickname when playing an interactive, multiplayer game.
- Minimize the personal information you share. Don’t give out your home address, school or work-related details.
- Set your privacy settings to limit who can see your personal details.
- If you allow a game to access your device’s camera, microphone or location data, turn off that access when you stop playing.

Learn more about protecting your privacy while gaming at priv.gc.ca/videogames.

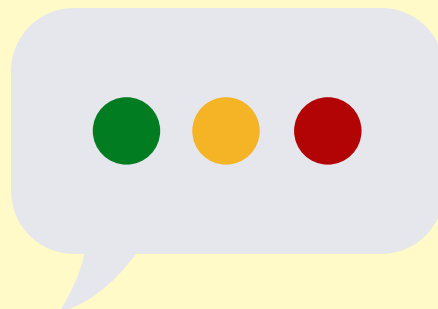
National Safe Driving Week

As part of our outreach efforts for National Safe Driving Week (Dec. 1 – 7), we held a press conference at Parliament Hill in coordination with our campaign sponsor, the Insurance Brokers Association of Canada (IBAC). Take a look at the photos below!



ABOVE: Raynald Marchand, general manager of programs at the Canada Safety Council, speaks to the gathered media about distracted driving during National Safe Driving Week. IBAC President and CEO, Peter Braid, right, delivered opening remarks in English.

BELOW: To mark National Safe Driving Week, the below icon was used to raise visibility surrounding the issue of distracted driving.



How to Avoid this Common Workplace Injury

(NC) Eye injuries in the workplace are more common than we think and can happen in any type of environment. From flying objects to chemicals, tools, particles and even ultraviolet rays, everyone is at risk of suffering an eye injury on the job.

Every day, almost 700 Canadians develop an eye injury while at work. As such, it is important that workers in every environment pay attention to their surroundings and take action to prevent injury.

Eye injuries at the workplace can happen fast, and, most of the time, they can be prevented.

To help reduce the number of workplace eye injuries, the Canadian Ophthalmological Society recommends these tips:

Always wear protective eyewear: Depending on the type of environment you work in, adapting your level of eye protection to your surroundings is key. Experts suggest wearing

glasses or goggles that protect the front and sides of your face. Even if you're just passing through areas that pose eye hazards, protective eyewear is encouraged.

Eliminate obvious hazards: When possible, eliminate any obvious hazards surrounding you before beginning work. You can consider adding machine guarding, work screens or other engineering controls, particularly for construction projects.

Make yourself known: Ensure those working around you are aware when you are present and within their range of motion so that you don't come into contact with each other and can help avoid accidents or injuries.

If you suspect that you or a coworker has suffered an eye injury, it is important that you do not attempt to treat it yourself, but immediately seek medical help from a local hospital or ophthalmologist. Learn more at cosco.ca.

*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>.*



NEW!
 Follow us on LinkedIn:
linkedin.com/company/canada-safety-council/



Like us on Facebook:
www.facebook.com/Canada.Safety



Follow us on Twitter:
[@CanadaSafetyCSC](https://twitter.com/CanadaSafetyCSC)

Safety Canada is the member newsletter of the Canada Safety Council, an independent, national, not-for-profit safety organization. While strenuous efforts are made to ensure the content represents the best current research and opinions, no guarantee, warranty or representation is made by CSC as to the absolute correctness or sufficiency of all information, and CSC assumes no responsibility therewith. Articles may be printed with credit, except those copyrighted to other organizations.

ISSN: 0048-8968
Canada Safety Council
 1020 Thomas Spratt Place, Ottawa, ON K1G 5L5
Tel.: 613-739-1535 Fax: 613-739-1566
President: Gareth Jones
Editor: Lewis Smith (ext. 228)
Website: www.canadasafetycouncil.org
 Charitable BN: 11882 8565 RR 0001