



The summer months offer plenty of opportunity to get outdoors and enjoy all the beauty Canadian nature has to offer. But, in so doing, they also offer an abundance of sunshine and heat which can lead to major health issues if left unmonitored.

This summer, as you go out, make sure you're paying special attention to the weather and preparing yourself for extreme heat. Prolonged exposure can result in heat exhaustion which, if left undiagnosed and untreated, can turn into its much deadlier sibling: heat stroke.

When the body's core reaches an internal temperature of 40° C or higher, a variety of symptoms can set in including a lack of sweat, a strong and fast pulse, red dry skin and pounding headaches.

These symptoms are indicative of heat stroke, which requires immediate attention. The victim should be moved to a shaded location, ideally one with ventilation, and cooled as quickly as possible with ice packs and cool water to the skin. Once these preventative measures have been taken, call 911 immediately — heat stroke is a medical emergency.

Continued on page 3

Inside

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

President's Perspective: Cutting Corners in Safety is Never Worth the Risk

On June 24, a condominium building partially collapsed in Miami, Fla., resulting in fatalities and missing people (10 and 151, respectively, at the time of writing.)

While the specific details are not yet fully known, a 2018 structural field report by an engineer cautioned of structural damage and decay.

Our thoughts and prayers go out to those affected by this tragedy. This backdrop also serves as a sobering reminder of the importance of preventative safety measures — and of the lives that can be saved when safety stays front-of-mind.

The National Research Council of Canada sets forth the National Building Code (NBC) and National Fire Code (NFC), both of which set standards on a variety of structural and technical issues including construction materials, window and door placement, egress points and more. From there, each province is enabled to either accept the code as-is, or add in additional province-specific requirements with the NBC used as a baseline.

These standards exist for our safety and protection and are created in consultation with a wide variety of safety and engineering experts, picked from across Canada as members of the Canadian Commission on Building and Fire Codes.

Safety is of utmost importance in construction, where a cracked foundation or weaker wood can contribute to a lack of structural integrity. But it's also important in warehouse work, where improper use of heavy machinery can lead to injury or fatality. And it's important in the forestry industry, where the same applies to chainsaws and the vehicles used to make the job easier. And it's important in the mining industry, the trucking industry, in the context of administrative work, and everywhere. Safety is important.

Especially as we begin to resume some degree of normalcy post-COVID-19, it is

important to understand the new workplace conditions that have been set up to keep us safe. These can include anything from cleaning procedures to personal protective equipment (PPE) requirements. There may also be elements of retraining that would be appropriate particularly given the time away from work or the new conditions of work depending on the requirement of the position.

Even if you work at a desk job, occupational health and safety can still come into play in the form of office ergonomics, slips, trips and falls or personnel issues including managing mental health or addressing bullying and workplace violence.

Whatever the case, safety is an investment and it is often when we drop our guard or short our safety diligence that we start to see unnecessary injury, distress, and lost time. Investing up front pays dividends on the back end. The business case is evident.

Put simply, it's not worth cutting corners when it comes to safety, as we are seeing firsthand in the wake of the tragedy in Miami and as we see every day at workplaces across the nation.

The Canada Safety Council offers online safety training, both in the fields of awareness and compliance. For further information, I'd invite you to click the following link and see what we have to offer you and your colleagues.

<https://canadasafetycouncil.org/e-learning/>

Be Safe and be kind!



Gareth Jones, President



Heat Stroke Warning (Continued from page 1)

It's possible to avoid these symptoms entirely, though — heat exhaustion will kick in before heat stroke, and its symptoms are equally noticeable. They can include profuse sweating, faintness or dizziness, a fast but weak pulse and cool or clammy skin.

The mitigation efforts are similar to those for heat stroke — priority number one should be to remove the sufferer from direct sunlight. Provided they are still fully conscious, have them drink cold water and use cold compresses to alleviate some of the immediate heat radiating off the skin.

Of course, the best prevention is done beforehand. Avoid needing these mitigation efforts by taking a few preventative measures:

- **Before going out, monitor the weather forecast.** If the weather is looking especially warm, plan activities earlier or later in the day, before the sun is at its peak. You may also consider changing your location to indoors or in a

shaded area.

- **Limit duration and intensity of your activities.** Especially in the case of strenuous activities like sports and exercise, take frequent breaks and avoid over-exertion.
- **Stay hydrated at all times!** The heat has a dehydrating effect that can be compounded by consumption of coffee and alcohol. Stick to water and electrolyte-replenishing beverages, and make a point of drinking them before you're thirsty.
- **Wear appropriate clothing.** Lightweight and loose-fitting clothing will allow for effective airflow and sweat cooling. A wide-brimmed hat can also offer protection against the sun's beams.

A few protective measures taken ahead of time can ensure a safe, enjoyable time in the sun. Enjoy the warm weather and stay cool!

Motorcycle Rider Training

Register for the Canada Safety Council's Gearing Up program, our accredited national motorcycle training program for novice riders since 1974. Find out more about our network of delivery partners at ridertraining.org.

Swimming in the summer — essential water safety

(NC) Connecting with nature is one of the best parts of the summer, especially if you have access to a lake, ocean or other body of water.

But with more of us finding refuge in the great outdoors during the pandemic, drowning incidents are up, so it's important to be extra careful.

Here are some essential swimming safety tips to keep in mind:

Find the right spot

Choose a safe place to swim, such as a supervised beach. If you're swimming at a lake or beach without a lifeguard, make sure there is always a designated spotter on land who can call for help if there's trouble.

Wear proper equipment

Make sure young children and inexperienced swimmers always wear an approved lifejacket or personal flotation device when playing in or around water. Still, make sure you keep a close eye on your kids even when they're using swimming aids such as armbands, floating seats, water wings and neck rings.

Review current conditions

Check with your municipality for health and safety notices before wading into the water. This can include warnings about water pollution levels or a strong undertow.

Take some classes

Help kids learn about water safety by signing them up for a swimming and water safety program. Parents, adults and older teens can also sign up for first aid training to learn basic lifesaving skills.

Know what to do in an emergency

Always call 911 if someone is drowning or lost in the water.

Along with local partners, the Canadian Coast Guard's search and rescue program is also there to assist people who are in imminent danger in the ocean, Great Lakes and St. Lawrence River. Its mission is to save 100 per cent of at-risk lives, and it has a response time of 30 minutes or less during their operational season.

Find more information at ccg-gcc.gc.ca/index-eng.html.

Looking Ahead

The summer months usually offer a break from the Canada Safety Council's busy campaign season. But you can rest assured that we'll be hard at work planning messaging for our fall campaign season.

In addition to the above, we're also hard at work on messaging surrounding the importance of vaccination, on the impact of speed on

Canadian roads and more! Safety doesn't get a summer vacation so we'll be here, as always, ready to address any new safety topic that may arise.

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!



What to know before you get on a boat this summer

■ (NC) With the boating season underway and summer around the corner, it's time to take in the lessons learned from the last year.

■ Transport Canada's Office of Boating Safety reported the 2020 boating season had the highest number of collisions involving pleasure craft in the last twenty years. Brush up on how to keep you and your family safe out on the water this season with these helpful tips:

Remember the “rules of the road”

■ Learn the rules that apply to all vessels to stay safe. As the operator of a boat, it's your responsibility to keep a constant watch for other boats and hazards. Knowing what actions the “stand on” and “give way” vessel should take are key to avoiding collisions. Keep in mind that even if you have the right of way, you must always take quick action to avoid a collision.

Avoid shipping lanes and larger vessels such as ferries, cruise ships, and bulk carriers whenever possible.

Larger vessels move faster than they appear and take longer to stop or alter their course. Remember that the captain of a larger ship may not be able to see you if you are too close, so always keep a respectful distance away.

Navigation lights

When operating at night, always turn on your navigation lights so others can see

you. It may be tempting to turn off these lights to get a better look at the stars or fireworks, but doing so puts you and everyone on board at risk. Also, regularly check that your navigation lights work properly. Remove anything that prevents your lights from being seen clearly and make sure you don't have other lights on that could confuse other boats in the area.

Always stay sober when boating.

Stepping off the highway and into the channel, it can feel like different rules apply—but they don't. Boating under the influence of alcohol, cannabis, or other drugs, and even prescription narcotics, is illegal under the Criminal Code, irresponsible, and can be deadly. Keep the party on the dock and keep yourself and everyone around you safe in order to enjoy next season.

Maintain—and use—your safety equipment.

It's tempting to keep equipment checks to a quick glance to verify the legally required equipment and lifejackets are there. But of the boating drowning deaths last year, 85 per cent weren't wearing their lifejackets. Of that number almost a quarter had lifejackets on board but couldn't get to them in time. Don't be in that 85 per cent—wear your lifejacket or PFD whenever you leave dock.

Learn more about safe boating from the Transport Canada Office of Boating website at tc.gc.ca/boatingsafety.

3 things you need to know about mRNA COVID-19 vaccines

(NC) Some of the vaccines that protect against COVID-19 use a technology called an mRNA vaccine. This term may be new to you, but learning more about what this type of vaccine is and how it works can help you feel confident in its safety and effectiveness.

1. They don't contain the COVID-19 virus.

The COVID-19 mRNA vaccines provide instructions to the body so that it can protect itself against the virus. You cannot get COVID-19 from the vaccine. The vaccines also cannot change a person's DNA.



2. They can be developed faster than traditional vaccines.

mRNA vaccines can be developed faster than those created through traditional methods because they're made in a lab using materials that are easily available. However,

these advancements in technology don't replace the large-scale clinical trials needed to show that the vaccine is safe and effective. All COVID-19 vaccines available have been rigorously tested during their development and then carefully reviewed by Health Canada and other scientific bodies around the world.

3. They've been studied by researchers before.

While the term "mRNA vaccine" may be new to most of us, researchers have been studying and working with these vaccines for quite some time. For example, they have been studied for flu, Zika and rabies. Researchers have also used mRNA to trigger the immune system to target certain cancer cells.

These facts offer a primer on mRNA vaccines. If you still have questions, you can find more information at canada.ca/covid-vaccine.



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 and CEO: Gareth Jones

Editor: Lewis Smith (ext. 228)

Website: canadasafetycouncil.org

Charitable BN: 11882 8565 RR 0001