



Staying active is a must, especially for children — and what better place to stay active and develop socially than through shared play at a community playground?

Most of us have fond memories of swing sets and slides, and it's only natural to want to share those memories.

As a parent, you always have your child's best interests at heart, but keeping them safe goes beyond simply being present. So then, what can you do as a caretaker to ensure a playground experience free of scrapes,

scratches, bumps and bruises?

Here are a few tips from your friends at the Canada Safety Council.

- **Check the surface of the playground.** The type of material used can go a long way in keeping a child injury-free. Steer clear of hard surfaces like asphalt or cement in favour of softer materials like wood chips, mulch or sand. These can help cushion the blow of a trip or fall, resulting in a less severe injury or, ideally, no injury at all.

Continued on page 3

Inside

President's Perspective	2
Home Safe Home	4
Looking Ahead	4
Health Smarts	5
Wheels In Motion	6



President's Perspective: Staying Safe in the Hot Sun

The highest temperature ever recorded in Canada, according to the Royal Meteorological Society, was a whopping 49.6 degrees Celsius. It was recorded in Lytton, British Columbia in June 2021, during a heatwave which left Western Canada sweltering for days and set many local records in addition to the national record mentioned. (The previous record, 45 degrees Celsius, had been set in July 1937 in southeastern Saskatchewan.)

Of course, we know our day-to-day temperatures during the summer months to be milder, even at the high end. But whether we face traditional summer heats or more extreme weather conditions, it is still prudent to be prepared.

Extreme heat exposure is often referred to as hyperthermia and can bring about a range of heat illnesses, from dizziness to cramps, from swelling to exhaustion and eventually progressing to heat stroke if the proper precautions are not taken.

In this space, I want to take a moment to discuss the vital importance of looking after workers in the field. People who work outdoors generally exert themselves more than the average worker, in large part due to the nature of the work — construction, farming, forestry and conservation feature frequently in these roles, and all these industries can require strenuous manual labour.

Of course, this combination of hard work and extreme heats can be a deadly cocktail. For both employer and employee, worker safety needs to be a priority.

The employer's obligations under the Occupational Health and Safety Act includes

taking precautions against risks and raising awareness of these risks to their workers. As an employer, look for ways to prevent or minimize heat exposure throughout the day. For example, offer access to hydration and shaded areas and more frequent breaks. If no shade is available at the worksite, consider setting up tents and tarps.

The employee, meanwhile, can help mitigate the risks by dressing appropriately. Heat is not a reason for shedding personal protective equipment, so that must remain on. Outside this, to the extent possible, a wide-brim hat can help you stay shaded. If you must wear a construction hard hat, consider attaching a back flap and visor to it or using one with a 360-degree brim.

Clothing should be light-coloured and breathable to avoid retaining excess heat. It should cover as much of your body as is practical and, ideally, be moisture-wicking. This complements your body's natural sweat process by moving the sweat away from your body and allowing your skin to cool more quickly. And, of course, stay hydrated!

Staying safe in the heat, especially as heat across the country is on the rise, is an important aspect of safety that needs to be prioritized on every job site. Stay cool this summer!

Making safety a priority!

Gareth Jones, President



Heat Stroke Warning (Continued from page 1)

- **Active supervision is important!** Injury can happen even when external factors are being taken into consideration! Supervision is crucial because, in the event of an injury, an adult should be on hand to administer needed first aid as quickly as possible.
- **Teach your children about playground safety** before heading to one. Your child should know never to play rough, especially around playground equipment. Injuries often occur when equipment is misused, so ensure they know to use slides, guardrails and swings as intended.
- **Focus on age-appropriate playground equipment.** Developmentally-appropriate equipment varies by age. For children ages five to 12, climbing pieces, horizontal bars, tire swings and slides are fine. For younger children, restrict them to areas where smaller steps are required and where crawl space is plentiful. Slides should be simple and swings should feature full-bucket seats.
- **Do some pre-play inspection.** This should include a check that there are no obvious trip hazards. These can be natural, like rocks and tree roots, or man-made, like backpacks and toys. When a child is running around and having fun, they may miss these hazards.
- **Watch the weather!** Use good judgment — if it's a hot day out, some surfaces may be dangerous or, at least, uncomfortable. Keep a particular eye out for metal surfaces like slides, steps and handrails. If it's too hot, consider postponing your playground visit or avoiding these areas. Similarly if it's raining or equipment is wet, consider postponing until the surfaces are less slippery and more predictable.

While different safety concerns exist for each individual piece of equipment, a basic focus on safety and supervision will go a long way toward ensuring your visit to the playground is safe, injury-free, and fun!

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.

Also **NEW this season**: ask us about our [Gearing Up On3 three-wheel training!](#)

How do I overcome extreme heat in my house?

(NC) In the winter you can put on layers and hopefully turn up the heat. But if you don't have air conditioning in your home, it may be difficult to stay comfortable when the temperature rises high.

Here are some key tips to cool down in your overheating home:

- Close your curtains and blinds to block out the heat of the sun
- Open windows overnight to let cool air in, if it's safe
- Go somewhere air conditioned for a couple of hours to take a break from the heat
- Have friends or family stop by to check on you and see if you're okay
- Be patient with yourself, as it's hard to be physically or mentally productive when you're very hot
- Plan and prepare recipes that don't need the oven — cold or no-cook meals are best.



- Drink cool liquids such as water before you feel thirsty to keep hydrated
- Dress to keep cool in light-coloured, loose-fitting clothing made of breathable fabrics

If your home is very hot, it's also important to watch for the signs of heat illness. Keep an eye out for symptoms like unusually rapid heartbeat and breathing, nausea or vomiting, dizziness or fainting, and extreme thirst. If you experience them, get somewhere cool immediately and drink cool liquids.

Call 911 if someone you're with has a very high body temperature, is unconscious or confused, or has stopped sweating. These can be signs of heat stroke, which is a medical emergency.

Find more information and tips for staying cool at Canada.ca/health.

Looking Ahead

The summer months offer a break from the Canada Safety Council's busy campaign season. Rest assured: we're hard at work planning messaging for our fall campaign season!

In the meantime, we are proud to have contributed to two safety campaigns organized by Mediaplanet Canada. For the Children's Health and Wellness publication, we weighed

in on the important subject of keeping children safe around water, [which you can read here](#).

The Workplace Safety article, meanwhile, offered an opportunity to share safety tips about temporary workers. The link will be shared on social media when it is live.

Your support, as always, is deeply appreciated!

Three things to know to keep your indoor air clean

(NC) Poor indoor air quality can affect your health.

Young children, older adults and those with existing heart and lung conditions such as asthma are more susceptible to the adverse health effects of common indoor pollutants like particulate matter, nitrogen dioxide, carbon monoxide, volatile organic compounds, and mould.

Here are the three most important ways to improve your indoor air:

1. Remove or reduce sources of indoor air pollution:

- Do not smoke indoors.
- Limit or avoid the use of any combustion source, such as incense, candles, and wood stoves. Consider choosing a low-emission wood stove.
- Always read and follow instructions on the labels of household chemical products and pesticides.
- Install a certified smoke detector and ensure you have at least one functioning carbon monoxide (CO) alarm outside of each bedroom.
- Always keep the door between your home and garage closed. Never idle your car or other fuel-burning equipment in your garage.
- Fix any moisture problems immediately and maintain humidity levels between 30 and 50 per cent. Depending on whether your home is too dry or too moist, a humidifier or dehumidifier (respectively) can help.
- Make sure fuel-burning appliances, including furnaces, water heaters and fireplaces, are maintained.
- Use a vacuum cleaner with a high efficiency particulate air (HEPA) filter

that traps small particles.

2. Ventilate your home

- Leave interior doors open whenever possible, place furniture away from heating vents and outside walls to allow for air flow.
- Turn on exhaust fans that vent to the outdoors while showering and cooking, especially when frying food or using a gas stove.
- Open windows whenever possible, especially when renovating or using products that may release chemicals into the air, such as when painting, varnishing, working with composite wood or installing carpets.
- Use your mechanical ventilation system if you have one. Replace or clean filters according to manufacturer's instructions.
- Portable HEPA air purifiers may also reduce indoor particulate levels. Avoid using portable air filtration units that generate ozone bi-products.

3. Keep outdoor air pollution outside

- Check the Air Quality Health Index, known as the AQHI, to see if there is air pollution you should be concerned about in your area. The WeatherCan app is a great resource that includes the AQHI!
- Keep windows and doors closed and use air conditioning if outdoor air quality is poor.
- Properly seal windows and doors with weather stripping.
- Set your ventilation system to recirculate when the outdoor air is poor, and bring in fresh air when the outdoor air has improved. Install a high-quality air filter.

Find more information on the AQHI at [this link](#).

Online Training

Did you know the Canada Safety Council offers eLearning courses touching on a range of awareness and compliance topics? These include Occupational Health & Safety, home safety, child safety and more!

Visit <https://canadasafetycouncil.org/online-training> for more info.

Summer Driving Tips

When road conditions deteriorate due to inclement weather like snow, slush, or ice, Canadian drivers have a natural tendency to slow down and drive more carefully.

This, of course, is expected: an alert driver is aware of the fact that these conditions make the task of driving more difficult and require more attention than a free and clear road.

However, did you know that the summer months are often higher collision risks on Canadian roads than the wintertime?

According to Canada's National Collision Database, the month of August features most prominently in collision data, more than any other month.

When road conditions are clear, drivers tend to focus less on defensive driving because of a perceived lack of immediate threat. Don't let your focus lapse when driving this summer, and remember:

- **Don't text and drive.** No, not even if the traffic is flowing predictably. Not even if the road looks mostly clear ahead. Not even while keeping your eyes on the road — studies have shown that we are not as good at multitasking as we believe ourselves to be. When behind the wheel, leave the phone alone.
- **Watch your speed.** If you're not in a hurry, there's no reason why you shouldn't slow down and enjoy the ride. If you are in a hurry, you'll want to arrive safely at your location. Carelessness is magnified at higher speeds, and resulting collisions tend to be more fatal. Don't risk it.
- **Be prepared for conditions to change.** Summer rains happen frequently and, in some areas of Canada, quickly and unexpectedly. The road being dry now is no predictor for its future state.

A bit of preparation goes a long way. Happy driving!

*Do you have a safety story, tip or pet-peeve to share?
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