



Water damage caused by flooding can be costly and frustrating to deal with. However, there are several measures that can be taken to prevent flooding and minimize water damage. Here are some effective tips to help prevent flooding and water damage in your home:

1. Keep gutters and downspouts clean

Gutters and downspouts are designed to direct water away from your home’s foundation. But if they become clogged with leaves, debris, or other materials, water can overflow and pool around your home, leading to flooding and water damage. Clean your gutters and downspouts regularly to ensure they are free from debris.

2. Install a sump pump

A sump pump is a device that is installed in your basement or crawlspace to pump out excess water that accumulates in the area. Sump pumps are designed to prevent flooding and water damage by removing water before it has a chance to cause damage.

3. Check for leaks

Leaks in pipes, roofs, and windows can cause water damage over time. Regularly check for leaks and repair them promptly to prevent damage to your home’s structure and contents.

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President's Perspective: Climate Change Requires Behavioural Change

Climate change, a constantly increasing and pressing problem, has a much larger impact on daily life than we realize. While we often think of climate change as an ecological issue, its effects also include a significant impact on occupational health and safety.

The consequences of climate change are far-reaching, and they impact a number of industries. Industries such as agriculture, forestry, construction and transportation are especially hit hard as workers are exposed to a range of hazards that arise as a result of the changing climate.

Rising temperatures and extreme weather conditions aren't simply an inconvenience. They pose a serious threat to the health and safety of those required to work in the open. In hot climates, workers are at risk of heat exhaustion, dehydration and heatstroke. Outdoor laborers also face a higher risk of skin cancer due to increased exposure to UV radiation from the sun.

In addition to the physical impacts of climate change, the changing weather patterns can also increase the risk of air pollution. This can be harmful to workers who work in industrial areas where air pollution is common. In such areas, occupational asthma and various other lung disorders may arise due to the hazardous chemicals released into the air.

It is important, too, to recognize the impact on mental health. Natural disasters and extreme weather events can be traumatic for workers who are on the frontlines, leading to anxiety,

depression, and other mental health conditions. These workers could even experience post-traumatic stress disorder (PTSD) or similar psychological distress because of their exposure to these events.

Employers must prioritize the mental health of their workers and provide resources and support to help them cope with the emotional toll of climate change. This may include access to counseling services, mental health days, and other resources that can help workers manage their stress levels and maintain their well-being.

Climate change is a multi-faceted issue that touches occupational health and safety in a multitude of ways. Through education and conscious efforts to mitigate its impacts, we can do our part to keep each other safe in the shorter term, all while continuing to push for meaningful legislative change to hold polluters accountable and reduce climate-damaging emissions.

Make Safety a Priority!

Gareth Jones
President and CEO



Don't Get Washed Out by Floods (Continued from page 1)

4. **Elevate appliances and electrical devices**
Elevate appliances and electrical devices in your home, such as your water heater or furnace, to prevent them from being damaged by flooding. If your home is in a flood-prone area, consider installing these items on an elevated platform.
5. **Install backflow preventers**
Backflow preventers are devices that prevent sewage from flowing back into your home's plumbing system during heavy rains or flooding. Installing backflow preventers can prevent sewage backups and reduce the risk of water damage and contamination.
6. **Landscape properly**
Proper landscaping can also help prevent flooding and water damage. Make sure

your yard is sloped away from your home's foundation, so water flows away from your home instead of pooling around it. Additionally, consider using plants that can absorb excess water, such as rain gardens.

7. **Be prepared**
In the event of a flood, it's important to be prepared. Have an emergency plan in place, including a list of important phone numbers, a plan for evacuation, and a list of items you need to take with you in case of an emergency.

Preventing flooding and water damage requires a combination of proactive measures and preparedness. By taking the steps listed above, you can reduce your risk of water damage and protect your home and belongings from the effects of flooding.

Gearing Up for the Spring!

Gearing Up is Canada's only national motorcycle rider training program. As the spring thaw brings motorcycles back on the road, sign up for a training program to get the most out of your experience!

<https://ridertraining.org/gearing-up/>



VEHICLE & ROAD SAFETY

Dangers of Drowsy Driving

Drowsy driving is a serious problem that affects many drivers on the road today. According to a survey conducted by the Traffic Injury Research Foundation, 72 per cent of respondents reported driving while tired or fatigued. It is important to understand the dangers of drowsy driving and take steps to prevent it.

One of the biggest dangers of drowsy driving is that it impairs your ability to react to potential hazards on the road. When you are tired, your reaction times slow down, making it harder to respond to sudden changes in traffic or road conditions. This can lead to accidents and collisions that could have been avoided if you were more alert.

Another danger of drowsy driving is that it can lead to a lack of concentration and focus on the road. When you are tired, your mind can easily wander, making it harder to pay attention to what is happening around you. This can cause you to miss important details, including road signs or traffic signals, which can also lead to accidents.

Drowsy driving can also have physical effects on your body that can be dangerous. When you are tired, your vision can become blurry, making it

harder to see the road clearly.

You may also experience physical symptoms like headaches or dizziness, which can further impair your ability to drive safely.

It is important to take steps to prevent drowsy driving whenever possible. One of the best ways to do this is to get plenty of rest before getting behind the wheel. Make sure you get a good night's sleep, and if you are feeling tired while driving, pull over and take a break. Taking a nap or stretching your legs can help you feel more alert and focused.

It is also important to be aware of the signs of drowsy driving. If you find yourself yawning frequently, having trouble keeping your eyes open, or drifting out of your lane, it is time to pull over and take a break.

Never rely on caffeine or other stimulants to keep you awake, as they can wear off quickly and leave you feeling even more tired.

Remember, if you are too tired to drive, it is always better to pull over and take a break than to risk causing an accident.

NEW! Sleep Tracks

Open road is very effective at lulling drivers to sleep — but don't take our word for it! Introducing **Sleep Tracks**, a free sleep aid designed to prove how sleep-inducing some of Canada's highways can be.



Visit sleeptracks.ca for more information.

Disclaimer: Sleep Tracks is a sleep aid intended for educational and sleep assistance purposes only. The recordings are not designed to be listened while driving or operating machinery. Use responsibly and at your own risk.



4 safety tips for arts and crafts time

(NC) Arts and crafts is the best part of the day for many children – and many children at heart.

Yet, depending on the situation, that time can easily be marred by accidental cuts, skin irritations or even poisonings.

■ Here are some tips to keep the creativity flowing while staying safe.

1. Be prepared

■ Before you start, it's best to have an idea of the project you'll tackle, what tools and techniques are required, and any safety tips to take. They might seem simple but understanding best practices, like how to hold small scissors or tie the right macrame knots, can limit mishaps, lower frustrations and prevent tiny tempers from rising.

2. Check your ingredients

■ Be sure to choose child-friendly activities and ingredients if you're crafting with kids. Some chemicals like shellac, boric acid, craft dyes and powdered paints – often used in crafts like slime or for tie dying – shouldn't be used around children who are more vulnerable to health risks. Pay special attention to ingredients when making homemade playthings like slime or playdough. For example, many do-it-yourself slime recipes call for boric acid, which should be avoided, since

overexposure may affect development and reproduction.

3. Choose the space wisely

Set up your arts and crafts table in a well-ventilated area with an open window, fan or vent. This will help prevent the build-up of volatile organic compounds from paint, glue, markers and other materials, which can be harmful to small bodies. Keep an eye on children while doing arts and crafts. And place food and drink off the craft tables to minimize contamination, mix ups and accidental spills. Have a first aid kit accessible and ensure it's well stocked before you begin.

4. Clean up carefully

As you tidy up your craft table when you're finished for the day, be sure to store products in their original container. That way you can always check the instructions, ingredients and safety information. Be sure to keep any chemicals, small parts or other hazardous materials out of reach of children and pets. If you have anything to throw out, like paint or epoxy, check your municipal rules for hazardous waste. And finally, don't forget to wash your hands.

Find more information about arts and crafts safety from Health Canada, [canada.ca/healthy-home](https://www.canada.ca/healthy-home).

WORKPLACE SAFETY

SPRINGTIME SAFETY SETUP

As the winter season draws to a close and the weather starts to warm up, many workers are looking forward to spring.

With the onset of spring, however, come new safety hazards that must be considered. It is important to ensure that employees are properly trained and equipped to handle these hazards to prevent workplace accidents and injuries.

Here are some occupational health and safety tips to keep in mind in the springtime:

Watch out for slips and falls. Spring weather can bring rain, melting snow, and ice, which can make floors and outdoor surfaces slippery. Workers should wear slip-resistant shoes and be extra cautious when walking on wet surfaces.

Protect against allergies. Spring is also the season of allergies, and some employees may be more sensitive to pollen and other allergens. Employers can help by providing masks and ensuring that work areas are clean and free of allergens.

Be mindful of the sun. With spring comes more daylight and warmer temperatures, but it's important to remember that exposure to the sun

can lead to skin damage and even skin cancer. Workers who spend time outside should wear sunscreen and protective clothing.

Properly store and dispose of chemicals. Springtime often involves cleaning and maintenance activities, which may require the use of chemicals. Employers should ensure that chemicals are properly stored and disposed of according to safety regulations to prevent accidental exposure.

Check equipment and machinery. After a winter of disuse, equipment and machinery may need maintenance or repairs before they can be safely used again. Employers should have these items inspected by a qualified professional to ensure that they are in good working condition.

Be aware of changing weather conditions. Spring weather can be unpredictable, with sudden rainstorms or even snow flurries. Employers should monitor weather forecasts and take appropriate measures to keep workers safe in changing conditions.

By following these occupational health and safety tips in the springtime, employers can help ensure the safety and well-being of their employees.

Looking Ahead

Springtime brings a flurry of activity on the safety messaging front, one spurred by two upcoming national safety campaigns and our Annual General Meeting.

National Summer Safety Week

We're still a little ways away from summer, but at CSC we're big believers in prevention over reaction! National Summer Safety Week is held May 1-7, and we will be addressing the health impacts of excessive heat and sun exposure.

National Road Safety Week

One of our longest-standing campaigns, the 2023 National Road Safety Week will be held May 16-22 and will focus on discussing unsafe driver behaviours including speed, fatigue and impairment.

Annual General Meeting

Please note that our Annual General Meeting will take place on April 11, 2023, at 10 a.m. The meeting will take place over Microsoft Teams.

HOME & COMMUNITY SAFETY

SPRING CLEANING

Spring cleaning is an annual tradition for many households, but it can also be a hazardous activity if proper safety precautions are not taken. Here are some spring cleaning safety tips to help ensure accident-free cleaning activities:

Wear protective clothing. Spring cleaning often involves working with chemicals, dust, and other potential irritants. Wear gloves, a face mask, and other protective clothing to prevent exposure and keep yourself safe.

Use cleaning products properly. Read the labels on cleaning products and follow instructions for use. Avoid mixing chemicals, which can lead to dangerous reactions.

Store cleaning products safely. Keep cleaning products out of reach of children and pets, and store them in a secure, ventilated area. Make sure they are labeled correctly.

Take breaks. Spring cleaning can be physically demanding, so make sure to take breaks and stay hydrated. Don't over-exert yourself, and listen to your body if you feel tired or achy.

Be cautious of electrical hazards. When cleaning electronics or other electrical devices, unplug them first to avoid electrical shock. Don't use devices in wet areas.

Dispose of hazardous materials properly. If you come across hazardous materials like batteries, fluorescent bulbs, or other items that require special disposal, take them to a recycling or disposal facility to ensure they are disposed of safely.

By following spring cleaning safety tips, you can ensure that your cleaning activities are safe and accident-free. Remember, taking a few extra precautions can help you avoid injuries and enjoy a clean and organized home.



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