

PRESIDENT'S PERSPECTIVE: RIDING THE WAVE OF FLOODING SAFETY

As we transition from an unseasonably mild winter to the thaw of spring, our attention turns to a seasonal hazard that poses significant risks to communities across Canada: flooding.

With warmer temperatures and melting snow, spring flooding becomes an imminent concern, needing proactive measures to keep lives and property safe.

Spring flooding is a natural phenomenon made more severe by a combination of factors, including snowmelt, ice jams, and heavy rainfall. The sudden influx of water can cause rivers, lakes, and streams to overflow, leading to widespread flooding of low-lying areas and infrastructure.

The consequences can be devastating, ranging from property damage and financial loss to displacement and even loss of life.

One of the main safety concerns during spring floods is the risk of fast-moving water. Flood waters can be deceptively powerful, capable of sweeping away vehicles, homes, and people in their path. Submerged obstacles and debris pose additional hazards, increasing the likelihood of accidents and injuries.

In addition to the immediate dangers posed by floodwaters, there are also long-term health and safety considerations. Contaminated water can carry all kinds of pathogens and pollutants, including bacteria, viruses, and toxic chemicals. These, of course, can carry waterborne illnesses and lead to environmental contamination.

Proper hygiene and sanitation practices are essential to minimize health risks in the aftermath of a flood. Avoid contact with

floodwaters, disinfect contaminated surfaces, and ensure safe drinking water sources.

Another critical aspect of flood safety is preparedness and emergency planning.

By taking proactive measures to prepare for floods before they occur, individuals and communities can minimize the impact and improve their own resilience. This includes developing and practicing emergency evacuation plans, securing valuable belongings and important documents, and staying informed about flood risks and warnings issued by local authorities.



We have a collective responsibility as safety-minded Canadians to raise awareness about the safety concerns of spring flooding and to empower our communities with the knowledge and resources needed to mitigate risks and respond effectively.

By working together to promote flood safety awareness, preparedness, and resilience, we can help ensure the safety and well-being of all Canadians in the face of this seasonal hazard.

Let's work together to build safer and more resilient communities across Canada.

Make Safety a Priority!

Gareth Jones
President and CEO



5 Safety Tips for Wildfire Season (Continued from page 1)

Stock an emergency kit

If you do need to flee an oncoming fire, you'll want to have a prepacked bag ready with some emergency supplies. You can buy a readymade kit or create your own. Pack it with a couple of days' worth of non-perishable food and water, a first-aid kit and any medication family members will require. Also include a flashlight and some backup batteries, plus your emergency radio. Store it in a handy spot that the whole family knows about.

Have an evacuation plan

You've got the family, your pets and the emergency kit loaded in the car. Now, where do you go? Long before you find yourself in this terrifying situation, you should develop an escape plan with your family.

Include at least a couple of different routes to take in case roads are blocked and a meeting place to gather if everyone is not at home. If possible, make plans to stay with friends or family in a different town in case it's needed.

Drone safety

If you're a drone operator and there's an approaching wildfire, it might seem like a good idea to get a bird's-eye view of the situation. The truth is, it's not. The airspace within 9.3 kilometres of a wildfire is closed to all aircraft, including drones, except for those directly involved in the firefighting efforts. If an unauthorized aircraft is detected, firefighting air crews will be grounded – putting homes, communities and the firefighters on the ground at risk.

You could face serious penalties if you fly where you're not supposed to. Before flying a drone in the summer months, check the fire management agency website for your region to make sure there are no active wildfires nearby. Remember to also check if any Notices to Airmen, known as NOTAMs, have been issued along your flight route.

Learn more about drone safety at canada.ca/drone-safety.

GEARING UP FOR SPRING

The spring thaw means that motorcycle season will soon be upon us! Are you a new rider, or an experienced rider seeking a refresher on safety practices? Click through for more information on where you can sign up for the Canada Safety Council's Gearing Up rider training program!

<https://ridertraining.org/>

VEHICLE & ROAD SAFETY

CANNABIS LEGALIZATION AND ITS IMPACT ON THE ROADS

(NC) It has been more than five years since the Government of Canada legalized cannabis. What impact has it had on our streets?

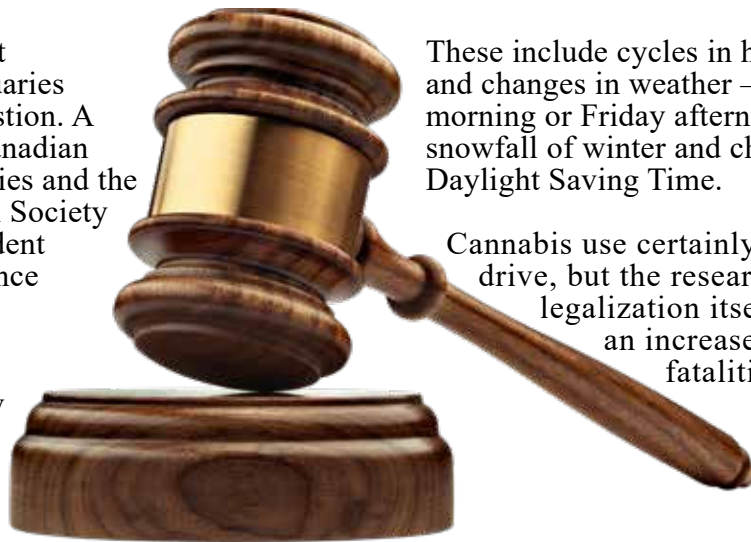
Driving after using cannabis is illegal. Public Safety Canada reminds us that drugs increase the chance of a crash.

This is because cannabis use makes it harder to concentrate, reduces your attention span, causes your reaction time to slow down and alters your perception of time and distance.

But has legalization resulted in more crashes overall?

As risk assessment professionals, actuaries dove into this question. A report from the Canadian Institute of Actuaries and the Casualty Actuarial Society looked at car accident reports and insurance claim data.

They compared how frequent, how bad and how costly accidents have been after cannabis



decriminalization or legalization in Canada and the United States.

Their data modelling and analysis found no statistically significant changes in the average cost and frequency of insurance claims or in the number of fatalities.

In other words, the act of decriminalizing or legalizing cannabis has not been shown to result in more accidents.

Other factors were found to be far more likely to predict an increase in accidents than the legal status of cannabis.

These include cycles in human behaviour and changes in weather – things like Monday morning or Friday afternoon commutes, the first snowfall of winter and changing the clocks for Daylight Saving Time.

Cannabis use certainly affects how people drive, but the research is showing that legalization itself has not led to an increase in accidents or fatalities.

You can learn more about Canada's actuaries and the work they do at cia-ica.ca.

YOUTH SAFETY

BREATHE EASY IN SPRINGTIME

As spring emerges with its vibrant blooms and warmer weather, it also brings a less welcome guest: allergens.

For many youth, springtime allergies can turn outdoor activities into uncomfortable experiences. Here are some tips to help keep youth safe and healthy during allergy season.

1. Stay Informed: Stay updated on local pollen forecasts and air quality reports. Apps and websites provide real-time information about pollen counts, allowing parents and caregivers to plan outdoor activities accordingly. On days with high pollen levels, consider opting for indoor activities or scheduling outdoor time during periods when pollen levels are lower, such as after rainfall. Early mornings and late afternoons are also historically times of the day where pollen levels are reduced.

2. Manage Allergens at Home: Keep windows closed, especially during peak pollen times. Use air purifiers equipped with High Efficiency Particulate Air (HEPA) filters to trap pollen and other airborne particles. Encourage youth to change clothes and shower after spending time outdoors to remove pollen from their hair and skin.

3. Practice Allergy-Proofing Outdoors:

When venturing outside, dress youth in long-sleeved shirts, pants, and hats to minimize skin exposure to pollen. Sunglasses can also help protect their eyes from pollen irritation. Choose outdoor activities wisely, opting for activities in areas with lower pollen counts, such as parks away from trees and grassy areas.

4. Monitor Symptoms: Educate youth about common allergy symptoms, including sneezing, runny nose, itchy eyes, and congestion. Encourage them to communicate any discomfort they may be experiencing. If symptoms persist or worsen, consult a healthcare professional for proper diagnosis and treatment options. Allergy medications, such as antihistamines and nasal sprays, can help alleviate symptoms and improve comfort levels.

By staying informed, implementing allergy-proofing strategies, and knowing the warning signs, parents and caregivers can help youth navigate springtime allergens safely and enjoy the season to the fullest.

With proactive measures and support, allergy season can be a manageable hurdle rather than a barrier to outdoor enjoyment.

YOUTH SAFETY TRAINING

Are your children well equipped with the necessary skills and knowledge to be safe and responsible when left home alone? The Canada Safety Council's Home Alone Program is designed specifically to empower youth being left home alone for short periods of time.

Contact csc@safety-council.org for more information on where to find a course near you!

WORKPLACE SAFETY

NAVIGATING SLIPPERY SITUATIONS IN THE WORKPLACE

With melting snow, rain showers, and fluctuating temperatures, the risk of accidents can increase. Here are some tips to help keep employees safe and prevent slips, trips, and falls in the workplace this spring.

- 1. Conduct a Hazard Assessment.** Start by conducting a thorough hazard assessment of the workplace to identify potential risks. Pay particular attention to areas prone to moisture accumulation, such as entryways, parking lots, and outdoor walkways. Look for uneven surfaces, loose flooring or carpeting, and any obstacles that could cause trips or falls.
- 2. Maintain Clean and Dry Floors.** Keep floors clean and dry to prevent slips. Implement a regular cleaning schedule and promptly address spills or wet areas. Consider installing slip-resistant mats or rugs in high-traffic areas to provide additional traction.
- 3. Address Outdoor Hazards.** Take proactive measures to address outdoor hazards caused by melting snow and rain. Clear walkways, parking lots, and outdoor stairs of snow and ice promptly to prevent slips and falls. Use salt or ice melt to melt ice and create safer walking surfaces.

4. Provide Proper Lighting. Ensure that work areas are well-lit both indoors and outdoors. Proper lighting helps employees see potential hazards and navigate their surroundings safely, reducing the risk of trips and falls. Replace burnt-out bulbs promptly and consider installing additional lighting in dimly lit areas.

5. Train Employees. Provide employees with training on how to recognize and avoid slip, trip, and fall hazards in the workplace. Teach them proper techniques for walking on slippery surfaces, such as taking smaller steps and keeping their center of gravity over their feet.

6. Promote Awareness: Promote awareness of slip, trip, and fall hazards by posting signs, distributing safety reminders, and conducting regular safety meetings. Encourage open communication among employees about safety concerns and suggestions for improvement.

By implementing these proactive measures and promoting a culture of safety in the workplace, employers can help reduce the risk of slips, trips, and falls during the springtime months. By prioritizing safety, businesses can create a safer and more productive work environment for everyone.

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

At CSC, we believe in the importance of entering the season prepared! National Summer Safety Week is held May 1-7, and we will be addressing safety measures to take while hiking and camping.

National Road Safety Week

The 2024 edition of National Road Safety Week will be held May 14-20 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 9, 2024, at 10 a.m. The meeting will take place at our office in Ottawa and over Microsoft Teams.

HOME & COMMUNITY SAFETY

SHARE THE ROAD!

In our bustling communities, sharing the road isn't just a matter of courtesy—it's a fundamental aspect of creating safer and more inclusive environments for everyone. Whether you're driving, cycling, or walking, mutual respect and cooperation are essential for navigating our streets together.

Sharing the road means being **vigilant and considerate of all road users**, including pedestrians, cyclists, and motorists. By following traffic laws, respecting speed limits, and yielding to others when necessary, we can reduce the risk of accidents and ensure that everyone reaches their destination safely.

Sharing the road is about ensuring that our streets are **accessible to everyone, regardless of their mode of transportation**. This means providing safe infrastructure for pedestrians and cyclists, including well-maintained sidewalks, bike

lanes, and crosswalks.

Sharing the road is also about **fostering a culture of respect and cooperation** among all road users. This means being patient and understanding of others' needs, whether it's giving cyclists enough space on the road or allowing pedestrians to cross safely at crosswalks. By treating each other with kindness and consideration, we can create a more pleasant environment for everyone who shares the road.

Sharing the road is not just a matter of navigating traffic—it's about **building safer, more accessible, and more inclusive communities for all**. By prioritizing safety, promoting accessibility, and fostering respect and cooperation, we can create environments where everyone can travel with confidence and dignity. Let's work together to make our streets safer and more welcoming for everyone who calls our communities home.



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SAFETY CANADA

