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## Responsible Gaming in the Digital Era



In our ever-evolving digital landscape, gaming has become a popular form of entertainment for people of all ages. While gaming can bring joy, relaxation, and social connection, it is crucial to emphasize the importance of responsible gaming within a safety context. The hobby must be approached with a few key tenets in mind.

By promoting responsible gaming practices, we can ensure the well-being of players, maintain a positive gaming culture, and foster a safe online environment. Here are a few factors to consider when thinking about responsible gaming in today's context.

- 1. Mental Health and Well-being:** Responsible gaming acknowledges the potential impact of excessive gaming on mental health. Encouraging moderation, balance, and setting limits can prevent gaming from becoming detrimental to one's overall well-being. It is essential to prioritize self-care, maintaining a healthy lifestyle, and engaging in other activities beyond gaming.
- 2. Age-appropriate gaming:** Recognizing age ratings and ensuring that games align with appropriate age groups is vital for safeguarding younger players. Parents and guardians play a crucial role in monitoring their children's gaming habits and setting healthy boundaries.

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## President's Perspective: Wildfire Smoke

As we find ourselves in the midst of another summer, we must address an issue that threatens not only our physical environment but also our collective well-being: wildfire smoke.

The menacing haze that engulfs our skies during wildfire seasons poses a significant threat to air quality and human safety. It is crucial that we recognize the gravity of this issue and take action to mitigate its effects.

With climate change amplifying the frequency and intensity of wildfires across the globe, and smoky air in Canada becoming more common, no community is exempt from the potential hazards it brings.

Wildfire smoke poses severe risks to respiratory health, particularly for vulnerable populations including children, the elderly, and individuals with pre-existing respiratory conditions.

The adverse effects of prolonged exposure to wildfire smoke are well-documented. Beyond immediate symptoms including coughing, shortness of breath and eye irritation, long-term exposure can lead to chronic respiratory diseases, heart problems, and even premature death.

Furthermore, research has linked wildfire smoke to increased hospitalizations, school closures, and reduced work productivity, causing additional economic burdens on communities.

We have the power to minimize the destructive aftermath of wildfires. Here are a few steps we can take as responsible individuals and as a united community:

**Stay informed:** Keep track of local air quality reports and heed warnings issued by authorities. Use resources including air quality monitoring websites, mobile apps, and community bulletins to stay up-to-date.

**Protect indoor air quality:** Create a safe haven within your homes and offices by ensuring proper ventilation, using air purifiers, and sealing gaps and cracks that may allow smoke infiltration.

**Take precautions outdoors:** When outdoor air quality is poor, limit outdoor activities, particularly for vulnerable individuals. If you must go outside, wear a properly fitted respirator, with a focus on those which offer better protection against fine particles.

**Foster community resilience:** Create networks that promote preparedness and collaboration during wildfire events. Engage in community outreach programs that educate and support those affected by wildfire smoke.

**Support legislation and initiatives:** Advocate for policies that prioritize wildfire prevention, responsible land management, and adequate funding for firefighting efforts. Encourage investment in renewable energy sources to address the root causes of climate change.

By collectively addressing this issue, we can safeguard our air quality and protect our health. Let's recognize the urgency of the situation and stand together to advocate for effective measures to mitigate the impacts of wildfire smoke.

Importantly, we cannot view wildfire smoke and the damage it causes as a distant concern. It is a pressing issue that demands our immediate attention. By being proactive and informed, we can create a safer and healthier future for ourselves, our loved ones, and the generations to come.

Together, let's take action and build resilient communities that are prepared to face the challenges of wildfires and their resulting smoke. We owe it to ourselves and our planet.

*Make Safety a Priority!*



Gareth Jones  
President and CEO



### *Responsible Gaming in the Digital Era (Continued from page 1)*

4. **Online Safety:** Responsible gaming extends to fostering a safe and respectful online environment. Encouraging players to be mindful of their online interactions, promoting positive communication, and reporting abusive behavior helps combat cyberbullying, harassment, and toxic environments.
  5. **Time Management:** Understanding the importance of managing gaming time is essential. Encouraging players to establish a healthy balance between gaming and other responsibilities, such as work, studies, physical activity, and social interactions, promotes overall well-being and prevents excessive gaming habits.
  6. **Setting Boundaries:** Responsible gaming involves setting personal boundaries and adhering to them. Encouraging players to take breaks, set time limits, and create gaming schedules can help prevent addictive behavior and maintain a healthy relationship with gaming.
  7. **Financial Responsibility:** Recognizing the potential financial impact of gaming is crucial. Encouraging players to exercise responsible spending habits, avoid excessive in-game purchases, and be mindful of their financial resources helps prevent financial strain and impulsive behavior.
  8. **Supportive Environment:** Establishing open lines of communication, providing access to resources, and fostering a non-judgmental atmosphere helps address issues promptly and effectively, while creating a supportive environment where individuals feel comfortable discussing gaming-related concerns.
- Let's encourage one another to game responsibly, support those in need, and work together to cultivate a safe gaming experience for all.

## Driver for Hire Online Training

Driver for Hire is a new online, on-demand training course aimed to advance essential, job-specific skills for ride-share and related industry drivers. The course is nationally standardized, CSC-endorsed... and best of all, it's free! Click below for more information and to sign up.

<https://driverforhire.skillspass.com/>

# HOME & COMMUNITY SAFETY

## HOW TO STAY SAFE IN THE HEAT THIS SUMMER

(NC) When the warm weather arrives, many of us can't wait to get out and have fun in the sun. But as good as the sun's rays feel on our face, too much sun – and time in the heat – can lead to some dangers to your health.

### Heat-related ailments

The most serious heat-related condition is heat stroke. This is when your body loses control over temperature regulation. Your body stops being able to sweat and its temperature rises to life-threatening levels. You can also experience muscle spasms, appear disoriented and have seizures.

If you suspect someone has heat stroke, call 911 immediately and try to cool them off by helping them move out of the heat immediately, placing wet towels or ice packs on their neck, and fanning their skin. If they are responsive, provide them with hydrating liquids to drink. If they become unresponsive, perform CPR until paramedics arrive.

Other heat-related illnesses include heat rash and heat edema. Heat rash presents as itchy red spots on your skin. Wear moisture-wicking clothes to help prevent it, and shower to ease the itch. Heat edema is the swelling of your hands or feet from standing in the heat for long periods of time. Find a cool place where you can rest with your legs elevated.

### Play safe

As many of us tend to participate in more outdoor activities during the warmer months, it is important to protect yourself by always

using or wearing the safety equipment recommended for the sport or activity you're participating in – even in the heat.

Take proper advantage of breaks, half-time or intermission, and remove your equipment while you rest. Take extra breaks when you need to. To cope with extreme heat, for example, many soccer leagues have adopted water breaks midway through each half.

To protect your muscles from injury, stretch before and after you participate. And make sure you have plenty of water or sports drinks on hand to keep you hydrated while you're active.

### Seek shelter from the sun

As much as we love being out in the sun, you can have too much of a good thing. Sunburn can not only lead to painful blisters and an annoying itch while your skin heals, frequent burns can also cause premature aging of your skin and increase your risk of developing skin cancer.

If you're going to be in the sun, apply sunscreen wear a wide brimmed hat and sunglasses to protect your eyes. If you're doing a physical activity where you're sweating – or swimming – reapply sunblock regularly. If you feel weak or nauseous, find a cool place where you can rest and drink non-caffeinated, hydrating drinks.

Find more information on staying safe in the sun at [canada.ca/health](https://canada.ca/health).

# VEHICLE & ROAD SAFETY

## ROAD TRIPS: TIPS FOR A SAFE JOURNEY

Embarking on a road trip is an exhilarating adventure filled with scenic landscapes, newfound experiences, and unforgettable memories.

However, ensuring your safety should be a top priority to make the journey as enjoyable as possible.

Whether you're planning a weekend getaway or a cross-country expedition, here are some essential tips to keep in mind for a safe and hassle-free road trip:

### Prepare your vehicle:

- Perform a thorough vehicle inspection, including checking the tires, brakes, lights, and fluid levels.
- Pack an emergency kit containing essentials like a spare tire, jumper cables, flashlight and first-aid supplies.

### Plan your route:

- Research and map out your journey in advance, considering the distance, road conditions, and potential weather challenges.
- Share your itinerary with a trusted friend or family member, keeping them informed about your planned stops and estimated arrival times.

### Stay alert and well-rested:

- Get a good night's sleep before hitting the road and take regular breaks to combat driver fatigue.
- Avoid driving during late-night

hours when drowsiness is likely to strike.

### Follow traffic rules and regulations:

- Observe speed limits, traffic signs, and signals at all times.
- Use turn signals, check blind spots, and practice defensive driving techniques to anticipate and avoid potential hazards.

### Buckle up and secure passengers:

- Ensure all occupants wear seat belts, including rear-seat passengers.
  - Secure children in appropriate car seats or boosters based on their age and size.

### Avoid distractions:

- Keep your focus on the road and refrain from using mobile devices while driving.
- Set up GPS or audio directions before starting your journey to minimize distractions.

### Be weather-conscious:

- Check weather forecasts along your route and prepare for inclement conditions.
- Adjust your driving speed and technique according to the weather, allowing for longer stopping distances on wet or icy roads.

Remember, road trip safety is a shared responsibility. By adhering to these tips, you can ensure a smooth and secure journey for yourself, your passengers, and fellow travelers.

Enjoy the open road and make lasting memories, all while prioritizing your well-being.





In the modern work environment, excessive noise levels can have profound effects on employee well-being, productivity, and overall safety.

It is crucial for organizations to recognize the significance of noise control measures and prioritize the safety of their workforce. Here are some reasons why the importance of mitigating noise and sound exposure in the workplace can't be overstated.

1. **Health Impacts.** Prolonged exposure to high noise levels can lead to various health issues, including hearing loss, tinnitus, increased stress levels, and elevated blood pressure. It can also disturb sleep patterns, affecting overall mental and physical well-being.
2. **Communication and Concentration.** Excessive noise in the workplace hampers effective communication and reduces productivity. Background noise can make it challenging to hear and understand conversations, resulting in miscommunication and errors. Concentration levels plummet, and attention to detail suffers, particularly in tasks requiring focus and precision.
3. **Workplace Safety.** Noise can be a significant

distraction, compromising the ability to hear warning signals, alarms, and emergency announcements. In high-risk industries such as construction, manufacturing, and aviation, the inability to detect important auditory cues can lead to accidents and jeopardize worker safety.

4. **Legal Obligations.** Occupational health and safety regulations include a noise exposure limit of 87 decibels over eight hours in any 24-hour period. Employers have a legal responsibility to provide a safe working environment, which includes controlling excessive noise levels to protect employee health.
5. **Noise Control Measures.** Implementing noise control measures is essential for maintaining a safe work environment. Conduct regular noise assessments to identify areas with excessive noise levels. Personal protective equipment (PPE), including earmuffs or earplugs, should be provided to employees in areas where noise control measures are not sufficient.

Remember, noise control is a collective responsibility. Employers, employees, and health and safety professionals must collaborate to identify, assess, and address noise-related risks.

## Looking Ahead

It is an exciting time at the Canada Safety Council, as the process of moving our training certifications to a digital medium is well underway!

The transition has been made with our flagship Gearing Up Motorcycle Training Program, where students and instructors alike can now find their credentials stored in digital format under Bluedrop ISM's SkillsPass software.

online training course designed to offer safety training to drivers using rideshare, food delivery and like-minded services. More information is available at the bottom of page three.

Beyond these endeavours, we remain busy as ever, collaborating with safety organizations and researchers ahead of our fall campaign season.

In the meantime, the staff at CSC wishes you a happy, healthy and safe summer!



Biking is a popular and enjoyable activity for children across Canada. It promotes physical fitness, independence, and a love for the outdoors.

However, it is essential to prioritize bike safety to protect our children from potential hazards on the roads. By following a few guidelines, we can ensure safe and enjoyable biking experiences for our young riders.

**Proper helmet usage:**

Wearing a properly fitted helmet is the single most effective way to prevent head injuries. Ensure your child wears a helmet that meets safety standards (look for the CSA or ASTM certification) and fits snugly, covering the forehead and secured under the chin.

**Bike inspection and maintenance:**

Regularly inspect your child’s bike to ensure it is in good working condition. Check the

brakes, tires, chains, and handlebars. Teach your child basic maintenance, such as checking tire pressure and making simple adjustments.


**Visible clothing and accessories:**

Encourage your child to wear bright, reflective clothing when biking. Attach reflective strips to their bike, helmet, and backpack. Use lights and reflectors when biking in low-light conditions or during dusk and dawn.

**Follow traffic rules:**

Teach your child the rules of the road, including proper signaling, stopping at stop signs, and obeying traffic signals. Emphasize the importance of staying on the right side of the road and using designated bike lanes whenever possible. Encourage them to make eye contact with drivers.

CSC wishes you a summer of safe cycling!



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