

SAFETY CANADA

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HEAT ALERT: CHILL OUT OR BURN OUT!



As summer temperatures soar, it's essential to be aware of the potential health risks posed by heat waves. High temperatures and humidity can have serious health implications and, in extreme cases, can be deadly.

Heat-related illnesses, including heat exhaustion and heat stroke, are silent killers. According to the British Columbia Coroners Service, an estimated 619 heat-related fatalities occurred in summer 2021 in British Columbia alone, the result of what we now know as the western heat dome – the deadliest weather event in Canada as of writing.

Read on for some tips on how to keep cool in the sweltering heat:

Take a Break

Plan your outdoor activities for the cooler parts of the day—either in the morning or the evening. If you find yourself in an overheated environment, use an air conditioner if you have one, or relocate to a cooler place like a basement, community centre, or library.

If you have a window air conditioning unit, it is most efficient to use it to cool a single room, providing a much-needed refuge from the heat. Trying to cool a larger area can be less effective, and may result in the air conditioning unit alone not being enough to help cut the heat.

Continued on page 3

.....

INSIDE	
President's Perspective	2
Vehicle & Road Safety	4
Youth Safety	5
Workplace Safety	6
Home & Community Safety	7

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PRESIDENT'S PERSPECTIVE: SAFE AND ENJOYABLE BARBECUING

As we embrace the summer season, many of us look forward to the joy of outdoor gatherings and the mouthwatering aroma of barbecued meals.

Whether it's a family get-together, a neighbourhood party, or a simple weekend cookout, barbecuing is a cherished tradition across Canada.

However, it's crucial to prioritize safety to ensure these events remain enjoyable and incident-free.

At the Canada Safety Council, we are committed to the well-being of our members and communities. Before you light the grill, take some time to read these essential barbecue safety tips to help you have a safe and enjoyable grilling season.



1. Location Matters

Always set up your barbecue in a well-ventilated area, away from buildings, overhangs, and any flammable materials. Position your grill on a flat surface to prevent tipping and maintain a safe distance from children and pets.

2. Check Your Equipment

Before firing up the grill, inspect it thoroughly. For gas grills, check the propane tank, hose, and connections for leaks by applying a soapy water solution; bubbles indicate a leak. For charcoal grills, ensure the grill is clean and free from accumulated grease or residue.

3. Safe Ignition Practices

When lighting a gas grill, always open the lid before turning on the gas to prevent gas buildup. Use a long-handled lighter or match to maintain a safe distance. For charcoal grills, use only approved charcoal starter fluid and never add more fluid to an already lit fire.

4. Monitor the Grill

Never leave your grill unattended while in use. Flare-ups and fires can occur quickly. Keep a fire extinguisher, bucket of sand, or garden hose nearby to address any unexpected fires.

5. Cook Food Thoroughly

Use a meat thermometer to ensure meats are cooked to a safe internal temperature: 71°C (160°F) for ground meats, 74°C (165°F) for poultry, and 63°C (145°F) followed by a rest time of at least 3 minutes for steaks and roasts. This helps prevent foodborne illnesses.

6. Safe Storage and Handling

Keep raw meats separate from other foods to avoid cross-contamination.

Use clean utensils and plates for cooked food, and refrigerate leftovers promptly to prevent bacterial growth.

7. Proper Disposal

Allow charcoal ashes to cool completely before disposing of them in a metal container. Never dispose of ashes or coals in plastic, paper, or wooden containers.

By following these barbecue safety tips, we can all enjoy the delightful experience of outdoor cooking while ensuring the safety of our loved ones. At the Canada Safety Council, your safety is our priority, and we encourage you to share these tips with family and friends.

Make Safety a Priority!

Gareth Jones
President and CEO



Heat Alert (Continued from page 1)

Hydrate Early and Often

A priority on hot days should also be to stay hydrated at all times. Drink water before you're thirsty, and drink more of it than you think you need.

Avoid caffeinated drinks and alcohol, as these have dehydrating effects that can contribute to heat illness.

Don't Forget to Eat

Hunger doesn't always manifest itself as readily during extreme heat. Even if you don't feel hungry, though, remember to stay nourished on your usual schedule.

Light, fresh foods including melon, cucumbers, juicy berries, sweet peppers, tomatoes, and

similar fruits and vegetables with high water content are excellent options. As a bonus, they don't need to be cooked, allowing you to avoid passively heating your home through stove use.

Know How to Help

If someone you know is suffering from heat illness, your first priority should be to get them to a cool, shaded area out of direct sunlight. Have them lie down to reduce exertion and give them water or sports drinks if they are alert. The immediate danger comes from the extreme heat in the person's core, which makes it crucial to lower the person's temperature quickly.

Make sure to familiarize yourself with the steps to take before you need them, and have a safe and happy summer!

MOTORCYCLE TRAINING PROGRAM

The Canada Safety Council's Gearing Up rider training program is the longest-running motorcycle training course in Canada! Whether you want to learn to ride, or are a seasoned rider, we've got the safety training for you!

Contact us at csc@safety-council.org for more information.



It is no secret that car theft in Canada is on the rise. According to data from Statistics Canada, there were 105,673 motor vehicle thefts across the country in 2022. This represents a 26.68 per cent increase since 2021.

Thieves generally seek out easy targets and thefts of opportunity, meaning we can reduce our odds of being victimized by taking steps to secure our vehicles and make them less practical to steal.

Read on for tips on safeguarding our motor vehicles:

Turn off your vehicle and lock it when you're leaving. Yes, even if you're only intending to leave it for a moment! Yes, even if it's only idling in your driveway! All it takes is a moment.

Keep your **key fob away from windows**. Sophisticated thieves are using devices that can clone a keyless fob's code, allowing them to unlock and start the vehicle without physically being in possession of the fob. To combat this store your keys out of sight and in a radio frequency blocking box.

Park in **well-lit areas** or a **secured garage**. Thieves frequently try to stay hidden in the shadows and unidentifiable. A well-lit area or a secured garage both present obstacles

for remaining incognito, which can be the deterrent needed for an opportunistic thief to simply look elsewhere.

Consider **after-market anti-theft accessories** including alarms, steering wheel locks and brake pedal locks. These fall under the same umbrella: deter, deter, deter. Hardening the target creates more barriers for would-be thieves to overcome.

While these tips may help, it is always best to be prepared for the worst-case scenario. Be sure to keep this information on hand to help police track down your vehicle should it get stolen:

- Year, make, model, and colour of your vehicle
- Licence plate and vehicle identification numbers
- Serial numbers for any special equipment
- Any dents or scratches that distinguish your vehicle from others

Investing in an after-market global positioning system (GPS) device may also be of help in tracking it down after a theft.

Safety is a proactive measure, not a reactive one. Be sure to take steps to safeguard your own property ahead of time to keep yourself shielded from the impacts of sudden vehicle loss.



(NC) Regardless of your preference – be it soccer, pickleball, bootcamp class or tai-chi – outdoor activity is an important part of how many of us maintain a healthy mind and body.

■ But being active outdoors during hot weather can have health risks.

Here are four tips to help you stay active and safe on hot days, and especially during a heat wave.

Plan ahead

Follow forecasts and weather alerts so you know when heat is on its way. During a heat wave, try to schedule games and practices early in the morning or later in the evening when it's cool, or postpone until the heat wave passes.

If you work out on a team or with a trainer, make sure they have a plan to adjust the workouts during a heat wave.

Be aware

Watch for symptoms of heat illness including dizziness, nausea, headache, rapid breathing or heartbeat. Move to a cool place and hydrate.

Call 911 if you or those with you have a very

high body temperature, confusion, loss of consciousness or a lack of sweating in the heat. This is a medical emergency.

Less is more

You may expect markers of workout success, like how long you take to run a certain distance or how many times you can repeat an exercise. But try to adjust your expectations.

Don't aim for peak physical performance during a heat wave. Your body is already working overtime to stay cool, so don't push it. Pace yourself, take extra breaks and hydrate (water is best).

When resting, remove any gear you might have on, like a bike helmet, and cool off.

Use the buddy system

Rather than exercising outdoors alone, go with someone else so you can keep an eye on each other and make sure you are each handling the heat okay.

You can also remind each other to keep hydrated.

Find more information about staying safe while active this summer at canada.ca/health.

YOUTH SAFETY TRAINING

Early exposure to safety training holds all kinds of benefits, including self-confidence for the child and peace of mind for their responsible adult.

We offer programs for youth to build their skills, including Babysitter training, Home Alone training, and more!

Contact us at csc@safety-council.org for more information.



As summer temperatures rise, working outside can present significant health risks. Hot days, often accompanied by high humidity, can lead to heat-related illnesses and other complications.

Whether you're a construction worker, landscaper, outdoor event coordinator, or any type of professional whose workspace is outdoors, understanding the dangers and taking preventive measures is crucial.

Here are some key work-specific tips to ensure your safety while working outdoors during a hot day in Canada.

Stay Hydrated: This can involve carrying a refillable water bottle and taking advantage of refill stations, planning hydration breaks in your schedule, and scheduling reminders in your phone to rehydrate.

Dress Appropriately: In the hot sun, this means moisture-wicking clothing, a hat with a brim, and lightweight long-sleeve shirts and pants to protect from sun exposure.

Take Breaks: Rotate tasks to allow everyone on the team to take breaks and avoid over-exertion. Be sure to schedule your downtime — failure to do so risks either forgetting to take a break when needed, or justifying skipping a break in favour of taking a longer break later.

Shorter, more frequent breaks will enable you to maintain productivity while staying cool.

Monitor your Health: Keep a first-aid kit on hand, including electrolyte supplements, and learn the signs of heat stroke and heat exhaustion so you're able to treat them before the situation worsens.

Working outdoors during a hot Canadian summer day requires vigilance and proactive measures to stay safe.

By staying hydrated, dressing appropriately, taking regular breaks and monitoring your health, you can minimize the risks associated with high temperatures.

Remember, your safety and well-being come first!

Looking Ahead

The summer months are gearing up to be especially busy ones here at the Canada Safety Council, as we embark on new projects and initiatives to address safety concerns across the country.

We have a few projects in various stages of development, including two new road safety initiatives geared at training snowplow operators and school bus drivers, respectively. Stay tuned to our social media channels for updates as development progresses

designed to address accidental opioid poisonings and on the importance of being able to react quickly to potentially fatal situations.

These, of course, are in addition to our regularly scheduled programming, which includes fireworks safety around holidays, water safety and tips on avoiding unintentional water-related fatalities, road safety tips, and so much more.

Don't miss out on a second of it all! Be sure to follow us on our social media channels, listed on the next page, to stay abreast of any new initiatives and releases.



Work has also begun on a summer campaign

HOME & COMMUNITY SAFETY

KEEPING SENIORS COOL IN THE HEAT

(NC) Canada is experiencing more frequent and prolonged heat waves, when high temperatures and humidity occur for extended periods of time. Here are some tips for seniors and their caregivers to stay safe.

Do regular wellness checks

Before a heat event, schedule regular calls with the seniors in your life to make sure they're alright. Monitoring weather forecasts can help you know when to expect hotter temperatures. Having a set time every day can make it easier to remember to call.

Maintain their access to air conditioning

Many heat deaths occur indoors. If they have an air conditioner, it should be serviced annually by a professional to make sure it's operating properly. Throughout the season, regularly inspect the unit's filter and clean or replace it as necessary.

Help them keep their cool

There are many other things you can do to help the seniors in your life keep cool. These can include:

- Close the windows and curtains or blinds during the day
- Open the windows at night if there is a

cooling breeze

- Encourage a cool bath or shower to draw heat from their body

Warning signs

Finally, show them how to identify the warning signs of a heat illness. These can include rapid breathing or heartbeat, flushed skin, nausea, headache, dizziness or fainting, nausea or vomiting, and extreme thirst. If they're experiencing symptoms, they should move to a cool space, drink water and watch for the symptoms to subside.

More extreme symptoms, such as a high body temperature, no longer sweating, disorientation or unconsciousness can indicate heatstroke, which requires immediate medical attention.

Call 911 immediately and try to cool the person down while help is on the way by fanning them as much as possible, moving them to a cool place if you can and applying cold water to large areas of their skin or clothing.

Learn more on how seniors can cope with the heat at canada.ca/health.



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