

SafetyCanada

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Halloween is a highly anticipated and cherished holiday for children across Canada. Dressing up in creative costumes, going trick-or-treating, and collecting a bag full of candies are experiences that create lasting memories. However, it's essential for parents to prioritize their children's safety during this fun-filled evening. Read on for some tips and precautions parents can take to ensure their children's safety while trick-or-treating:

- 1. Plan the route.** Before embarking on the Halloween adventure, sit down with your children and plan the trick-or-treat route, preferring well-lit and familiar neighborhoods where you know the residents. Share this route with someone you trust as an added safety measure, ensuring that someone knows where your children will be throughout the evening.
- 2. Costume safety.** The choice of costume can significantly impact your child's safety. Ensure costumes are made from flame-resistant materials, avoid costumes with long, trailing fabrics that can trip your child or catch on objects, and ensure costumes don't obstruct vision or impede movement. Reflective tape or stickers on costumes can also help make your child more visible in low-light conditions.

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President's Perspective Safety Training for Ride-Share Drivers

Ride-sharing services have revolutionized the way we get from point A to point B. They provide a convenient and cost-effective alternative to traditional taxis.

However, while these services offer numerous benefits, they also come with unique safety considerations. That's where safety training for ride-share drivers becomes essential.

The Canada Safety Council, in partnership with Bluedrop ISM, has developed an interactive, nationally standardized online training program designed for drivers and those seeking to enter the industry, with a focus on the specific elements that make the driver-for-hire space so unique.

Passengers entrust their well-being to the driver when they get into a ride-share vehicle, and it's the driver's responsibility to ensure their safety. Safety training equips drivers with the knowledge and skills they need to make each ride a secure and comfortable one.

Through our Driver-for-Hire training course, drivers gain a wider understanding of potential risks and how to mitigate them. They learn how to recognize and respond to challenging situations including unruly passengers, navigating urban settings, and adverse conditions that require defensive driving skills.

The course seeks to empower drivers to make conscious and thoughtful decisions that prioritize safety, which is especially important when navigating busy city streets and highways.

Not every passenger is the same, and exposure to this wide variety makes it important for ride-share drivers to become equipped with tools to handle different situations. This training

emphasizes conflict management, communication, and problem-solving skills to handle situations calmly and professionally. This not only ensures the safety of passengers, but also helps maintain a positive and respectful atmosphere within the vehicle.

We also understand the importance for ride-share drivers of maintaining positive passenger ratings. Passengers are more likely to rate drivers positively when they feel safe during their rides, which is why we've also developed a module where other ride-share drivers share tips and advice on the best ways to deliver safe and friendly service to maximize the experience for everyone.

In the world of ride-sharing, safety should always be a top priority. Safety training for ride-share drivers plays a vital role in achieving this goal by enabling drivers to handle various situations as they arise, to keep passengers safe, and to maintain service integrity throughout.

Organizations and employment centres across Canada are benefitting from this training — could yours be next? Read more at the following link: <https://driverforhire.skillspass.com/>

Make safety a priority!

Gareth Jones
President and CEO



Halloween Safety (Continued from page 1)

- 3. Accompany younger children.** For younger children, it's a good idea as a parent or trusted adult to accompany them while trick-or-treating. Hold their hands when crossing streets and remind them to look both ways before stepping onto the road. Older children can go with a group of friends, but parents should still establish a clear curfew and ensure they have a means of communication, such as a cell phone.
 - 4. Stay visible.** Darkness begins setting in earlier in the fall months, making visibility crucial for safety. Remind your children that it is important to see and be seen. Equip them with flashlights to make them easily seen by motorists. Consider adding reflective tape to their costumes and bags. Remind them to stay on well-lit sidewalks and avoid cutting across lawns or alleys. Predictability goes a long way!
 - 5. Check treats.** Halloween candy should be store-bought and sealed. Before your children dive into their sugary stockpile, take a moment to inspect. Look for any signs of tampering, such as broken wrappers or unusual odors. Discard anything suspicious or unsealed — even homemade snacks cannot be trusted.
 - 6. Be mindful of decorations.** While Halloween decorations can be fun and spooky, they can also pose tripping hazards. Be aware of decorations like cobwebs, gravestones, and pumpkins placed near walkways. Make sure your children are careful and avoid accidentally tripping and risking injury.
- Halloween should be a time of excitement and joy for children. With these precautions in mind, parents can confidently help their children enjoy the magic of Halloween night.



Safeguarding Vehicles Against Theft

In the last few years, Canada has seen a rise in vehicle thefts across the country.

According to a report from the Canadian Finance and Leasing Association, a vehicle is stolen across the country every six minutes, making this a critical issue that is deserving of additional attention.

Protect your investment and keep your property safe by following these tips.

Store your vehicle in the garage. It is much harder for a would-be thief to access a vehicle when it's stored behind a locked door. If you do not have access to a garage, or if it is already in use, consider a well-lit spot in a busy area instead.

Know how thieves are stealing vehicles. In the era of electronic keys, thieves are using radio waves to make copies that pass the vehicle's authentication checks and verify the copy as a legitimate key. Knowing this helps us safeguard against the practice.

Store keys away from the door. The further away from the entrance you can keep your key, the better. The frequency of the radio waves used only allows for a certain range and, since these devices are used from outside your home, the entrance is generally a place that falls within range.

Use a box to store your keys that blocks these tools from functioning properly. Cloning of keys is done through use of a wireless system called Radio Frequency Identification, or RFID. A box made of shielding fiber, metal or aluminum creates an effect that blocks and prevents wireless communication, making your keys shielded from any spoofing attempts.

Add in visible deterrents. A steering wheel lock, for instance, is a simple device that can deter would-be thieves and make it more difficult for them to access the vehicle even if they've managed to copy your electronic key. Steering wheel locks are generally secured via either a combination or a sturdy, mechanical key that is resistant to lock-picking and brute-force entry.

Use a tracker device. While this will not help prevent your vehicle from being stolen, hiding a small wireless tracker device can help you locate your vehicle after it has been stolen.

Having your vehicle stolen is an inconvenience at best and a significant financial setback at worst, to say nothing of the mental and emotional toll loss of property can have.

Be smart, be proactive in protecting your property and, should you fall victim to car theft, call the dealership or vehicle manufacturer to see if they can trace it.

YOUTH SAFETY

STORAGE TIPS TO HELP PREVENT POISONINGS

(NC) Whether you're a parent, a babysitter or hosting friends with children, it's important to protect youngsters from poisonings. There are a surprising number of potential poisons found throughout the home.

Laundry lessons

Laundry detergent packets are small and often brightly coloured. Children and adults with cognitive impairment can mistake them for food or toys. Laundry detergent packets should be stored out of sight and out of reach, such as in a secured cupboard or on a high shelf, in the manufacturer's child-resistant container.

Cleaning supplies

The products you use to clean your house can contain toxic ingredients. They can create harmful gases if mixed together, and the bright colours of some can be mistaken for some kids' favourite sugary drinks. Keep them locked in cupboards or drawers and out of reach and sight from young children and pets. Make sure closures on child-resistant containers are working.

Medicine

If you have children in the house, all medicines should be stored in a locked cabinet. That includes things that you might think of as relatively harmless such as over-the-counter pain killers. If

a child finds a bottle of these in, say, a night table drawer and mistakes them for candies, they could become seriously ill. If you have expired medications or old prescription drugs you no longer need, drop them off at a pharmacy for safe disposal.

Store your loose change, small magnets and button batteries safely

If you tend to empty your pockets on a counter or desk when you walk in the door, you'll need to rethink your habits. Countless young children have swallowed shiny silver coins, button batteries and small magnets over the years. The risks range from choking to severe internal injuries, even death. Find a safe place to store these items out of sight and reach of young children.

Store your cannabis safely

If you're a consumer of cannabis, particularly edible cannabis products make sure they're safely stored where children can't access them and experience a poisoning. Leave them in the plain, child-resistant packaging of the legal supplier you bought them from and store them in a locked drawer or container that is up high and out of reach of children.

Find more cannabis safety advice at canada.ca/cannabis.

Occupational Health & Safety Training

Our OH&S courses are designed to maximize engagement, comprehension and retention in a dynamic, interactive style. Sign up for online safety training today!

<https://canadasafetycouncil.org/occupational-health-and-safety/>



Noise-induced hearing loss is a concern in many workplaces, and a condition that can have a lasting impact on your overall health and quality of life. Here are three essential safety tips for safeguarding your hearing while at the worksite.

Wear Proper Hearing Protection

One of the most effective ways to prevent noise-induced hearing loss is wearing appropriate hearing protection. The type of protection you need depends on the noise level in the workplace. Common options include earplugs, earmuffs, and custom in-ear protection for a more secure fit.

Before starting your job, identify the noise levels in your work area and consult with your employer or safety officer to determine the most suitable hearing protection for your needs.

Know the Noise Levels

Understanding the noise levels in your workplace is crucial. Many industries have regulations in place to limit noise exposure. Employers are responsible for monitoring and

assessing noise levels and providing adequate protection when necessary.

As an employee, you can take steps to protect your hearing by familiarizing yourself with noise exposure limits in your industry, wearing hearing protection consistently, and monitoring your own hearing health while reporting any hearing loss signs to your employer.

Take Regular Breaks

Continuous exposure to loud noise can be detrimental. It's essential to take regular breaks to give your ears a rest. Short breaks in quieter areas can reduce the impact of noise exposure.

During breaks, remove your hearing protection temporarily if it's safe to do so. Allow your ears to recover, using this time to hydrate and relax.

Protecting your hearing at the worksite is a responsibility shared by both employers and employees. Remember that hearing loss is often irreversible, so taking proactive steps to protect your hearing is vital for your long-term health and well-being.

Looking Ahead

The coming months bring the Canada Safety Council's fall campaign season. Have a sneak peek at the upcoming dates and topics we'll be discussing:

National School Safety Week (October 17 - 23)
Bullying can take on many forms. Do you know how to spot them? We'll be discussing tips to spot warning signs and to advocate on your child's behalf.

National Community Safety and Crime Prevention Month (November)
Being away from home can sometimes bring

stress and uncertainty. We'll discuss tips to keep your home safeguarded and hardened against would-be thieves, including strategies to create the illusion of an occupied home.

National Senior Safety Week (November 6 - 12)
Prescription medications can be difficult to keep track of at any given time, and these issues get compounded when multiple medications are involved, as is often the case with Canadian seniors. We'll discuss practical tips to keep medication regimens controlled and effective.

It'll be a busy season. Stay tuned!

SENIOR SAFETY

BOOSTING THE IMMUNE SYSTEM

(NC) As we age, our immune system weakens, which is why seniors are more susceptible to getting sick and often take longer to recover from illness than they did before. The older we get, the more important it is to give your immune system the support it needs. Here are three ways you can do that.

Eat well

The food you eat is the fuel your body needs to function. Consuming a variety of foods, including plenty of fruits and vegetables, to get all the nutrients you need while minimizing the amount of processed foods you eat will help you stay healthy.

Remember adult vaccines

Throughout one's life, vaccination including adult vaccinations provides effective protection against disease. While many of us are familiar with childhood vaccinations, they don't provide lifelong immunity against

every disease. As well, some vaccines are prescribed only for adults.

Adults require helper, or booster shots to maintain immunity for some conditions. And, if you didn't get all your shots as a child, you could still be at risk of infection from vaccine-preventable diseases.

Exercise regularly

Regular exercise improves your cardiovascular health, lowers blood pressure and helps protect against a variety of viruses and diseases.

A balanced diet and regular exercise will also help you maintain a healthy body weight, which in turn helps boost the immune system.

While exercise is important, allowing your body to rest is equally valuable. Sleep is the tool your body uses to recharge its batteries.



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