SAFETY CANADA

THE MEMBER NEWSLETTER OF THE CANADA SAFETY COUNCIL

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SHOVEL SMARTER, NOT HARDER!

The Canada Safety Council wants you to stay safe and shovel smart, not hard. Here are a few tips to keep in mind as you're clearing the white powder from your paths.

Warm up. You're taking your body out into the cold and exerting energy. The importance of limbering up to prevent muscle strain and injury can't be overstated. Stretch and get the blood flowing before you dive into the chore. You wouldn't let a car run without warming it up, so why do the same to your body?

Wear appropriate clothing for the conditions. Just because there's snow down doesn't mean it'll naturally be ice cold outside. On the other hand, it also doesn't mean it's safe to assume you'll be fine without protective clothing. Take some time to consider what you're wearing.

If it's cold out, layer up. The layer closest to your body should be a fabric that doesn't retain sweat, but rather pushes it away. This will help keep your core warm and avoid chills from damp clothing. Gloves and a toque are also important factors, as windchill and frostbite are no joking matters.

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INSIDE

PRESIDENT'S PERSPECTIVE: COMMUNITY SAFETY AND PUBLIC TRUST

Community policing is a proven strategy for fostering safer neighborhoods by building trust and collaboration between law enforcement and the public. By emphasizing proactive engagement and relationship-building, it helps address safety concerns more effectively and creates a foundation for long-term resilience.

Public trust is essential to successful policing, as it encourages community members to share information, report concerns, and participate in safety initiatives.

However, trust is not built overnight—it requires consistent actions that demonstrate fairness, transparency, and accountability.

Community policing recognizes that safety is a shared responsibility, rooted in mutual respect and understanding.

The Safety Benefits of Community Policing
At its core, community policing focuses on preventing crime rather than just responding to it. By working closely with residents, officers gain a deeper understanding of neighborhood dynamics and specific safety challenges. This collaboration leads to more tailored solutions that address the root causes of crime and disorder.

In Canada, many communities have seen tangible safety improvements through community policing initiatives. Programs like neighborhood patrols, youth engagement, and partnerships with schools help reduce crime and build positive relationships.

For example, officers engaging with at-risk youth through mentorship programs have not only reduced delinquency but also provided opportunities for young people to thrive.

Addressing Broader Challenges
While the focus of community policing is on safety, it also acknowledges the broader socio-economic factors that influence public trust.

Issues like poverty, systemic inequality, and mental health crises often intersect with safety concerns.

Effective community policing requires partnerships with social services and local organizations to provide holistic support for vulnerable populations.

By addressing these underlying challenges, community policing not only improves safety but also fosters a sense of inclusion and care.

Programs that connect residents with housing resources, addiction support, or mental health services demonstrate law enforcement's commitment to the well-being of the entire community.

Community policing is about more than enforcement—it's about building trust and collaboration to create safer, stronger communities. By working together, we can address safety concerns in meaningful ways that also strengthen public trust.

Make Safety a Priority!

Gareth Jones
President and CEO

Shovel Smarter, Not Harder! (Continued from page 1)

Know when to let the snow be. If the weather dips below -40° C, or -25° C if it's especially windy, let the snow be for the moment. It'll be there when the weather warms up, and it's not worth the risk that the extreme cold adds to the equation.

Use the right tool for the job. A lightweight shovel with an appropriately sized blade is important. The larger the blade, the more snow it'll hold and the heavier it will be to lift. Make sure your shovel has a long enough grip that you don't need to stoop to dig out the snow.

Take your time. This seems to be a catch-all safety tip, but holds especially true when shoveling. The temptation is to go quickly, finish the chore and be content. But it becomes a lot more challenging to shovel with sore muscles, overexertion or serious injury.

Go slowly and methodically, making sure to shove the snow rather than lift it where possible. Throwing snow can be unavoidable, but if the situation arises make sure you're throwing in front of you in a linear motion, making sure you're not twisting at the waist.

When done properly, shoveling snow doesn't need to be hazardous to your health or safety. Follow this advice and the necessary task will be done painlessly and without undue stress.

UTV OPERATORS COURSE

The Utility Terrain Vehicle (UTV) Operators Course is a 6-1/2 to 8 hour training program with curriculum based on field-tested techniques. Check out the link below for more information on how to register!

https://canadasafetycouncil.org/utv

SAFETY CANADA

VEHICLE & ROAD SAFETY

In early December, the Canada Safety Council announced an exciting new launch: the Commercial Driving Fundamentals (CDF) online training program!

Designed to boost safety, skills, and performance for Class 1/A drivers, this program is perfect for long-haul truckers, freight operators, and specialized cargo pros looking to hit the road confidently.

Building on our popular Driver for Hire program, this expansion offers six core modules plus nine additional value-add courses—making it one of the most comprehensive and accessible commercial driving training options out there.

Thanks to funding from the Government of Canada's Skills for Success Program, and in partnership with Bluedrop ISM, we've integrated cutting-edge eLearning technology to ensure drivers, employers, and driving schools across Canada can access this interactive training.

"This program expansion brings the proven formula from our Driver for Hire program to the commercial driving sector," says Gareth Jones, President and CEO of the Canada Safety Council. "It covers new ground and brings opportunities for drivers to further advance their safety and performance skills in an accessible and impactful manner."

For employers, the CDF program strengthens safety initiatives through advanced, certified training that tackles known industry challenges.

Commercial driving schools and non-profit training organizations can elevate their offerings by adding this valuable credential, equipping graduates with enhanced skills and improved employability.

For drivers and job seekers, the program opens doors to skill development, safer driving practices, and expanded job opportunities with an industry-recognized certification.

Commercial drivers keep Canada moving, transporting goods and materials from coast to coast. Ensuring these drivers have access to training that reinforces safety, efficiency, and professional development isn't just good practice—it's essential.

Whether you're new to commercial driving or looking to sharpen your skills, the CDF program offers an opportunity to stay safe, confident, and prepared for whatever the road throws your way.

Let's all do our part to help make 2025 a safer year on Canadian roads—together!

YOUTH SAFETY

HILL YEAH! SLEDDING SAFELY

Winter wouldn't be the same without sledding or tobogganing, but safety should always come first when enjoying this classic Canadian pastime. Follow these tips to make sure your family's fun on the hill is both safe and memorable.

Before heading downhill, take a moment to check your surroundings:

- Pick a clear hill. It should be free of trees, rocks, fences, bare spots, and icy patches.
- Watch out for obstacles. Avoid hills near city streets, parking lots, or bodies of water.
- Check for stopping space. Make sure there's plenty of room at the bottom of the hill to come to a safe stop.
- Avoid overcrowded hills. Too many sledders can increase the chance of collisions and injuries.

Wearing a helmet is highly recommended while sledding. Head injuries can be serious, and prevention is key. A ski helmet is ideal, as it's designed for cold weather and similar speeds and falls. If a ski helmet isn't available, a bicycle helmet is better than no protection at all.

Sled Smart

- Check your sled. Inspect your toboggan or sled before use to ensure it's in good condition.
- Avoid hard-to-control equipment. Inner tubes and plastic discs are not recommended for children as they're difficult to steer and stop. Raised sleds on runners or those with steering wheels may be faster but are often harder to control and less stable.
- Choose the safest position. Kneeling on the sled provides the best protection. Avoid going headfirst on your stomach or lying flat on your back, as both increase the risk of serious injury.

Supervision is Key

Young children should always have adult supervision while sledding. They should:

- Never sled alone or at night.
- Use hills appropriate to their age and physical ability.
- Be taught to quickly move to the side after finishing a run to avoid collisions.

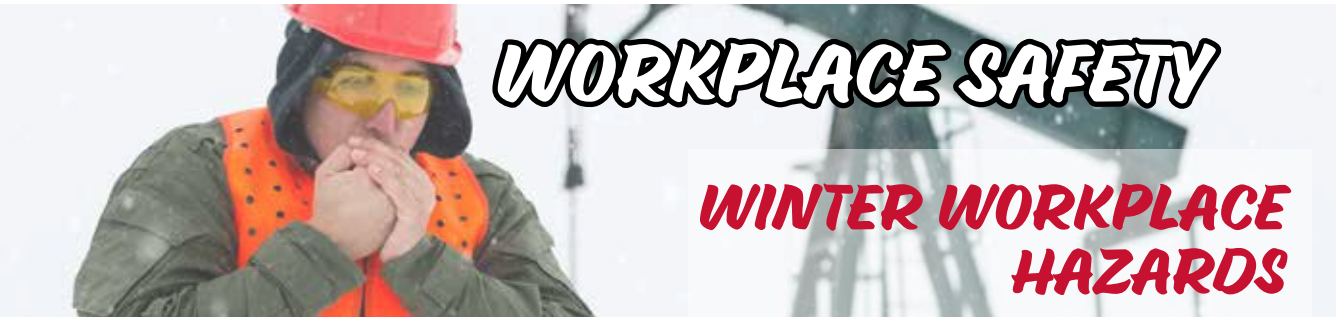
Cold-related injuries like frostbite and hypothermia are common during winter activities. Keep these precautions in mind:

- Dress children in warm layers and ensure their heads, hands, and feet are protected.
- Avoid long scarves or loose clothing that could get caught on the sled or obstacles.
- After sledding, get children out of wet clothes and boots quickly to keep them warm.

YOUTH SAFETY TRAINING

Safety training for our youth remains important in building their confidence and life skills. We offer e-learning programs on youth safety topics including playing hockey, electrical safety and more!

Visit https://csc.vubiz.com/safe-kids for more.



WORKPLACE SAFETY

WINTER WORKPLACE HAZARDS

Winter can be unpredictable, and with it comes a unique set of challenges for workplaces. Cold weather, icy surfaces, and snowstorms can create hazardous conditions that put employees at risk.

Here's a look at two of the most common winter hazards and tips for keeping your workplace safe and your employees protected this season.

Slips, Trips, and Falls
Icy sidewalks, slippery parking lots, and wet floors are a recipe for disaster during the winter months. These conditions can lead to serious injuries, including fractures, sprains, and head trauma.

Preventing them can include:

- Clear walkways and parking areas regularly.
- Use salt or sand to reduce ice buildup.
- Ensure proper lighting. Good visibility helps employees spot icy patches and other hazards.
- Provide non-slip mats and signs indoors. This helps keep floors dry and reduces the risk of slipping as people enter the building.
- Encourage appropriate footwear. Shoes or boots with good traction are a must during winter.

Cold Stress and Hypothermia
Exposure to cold temperatures can lead to cold stress, which occurs when the body struggles to maintain a normal temperature. Symptoms range from shivering and numbness to hypothermia, which can be life-threatening if untreated.

Help prevent these serious issues with the following prevention tips:

- Dress for the weather. Encourage employees working outdoors to wear layered, insulated clothing, hats, and gloves.
- Schedule breaks in warm areas. Provide heated spaces where workers can warm up.
- Monitor weather conditions. Adjust work schedules during extreme cold or wind chill warnings to minimize exposure.
- Train employees to recognize symptoms. Early intervention can prevent cold-related illnesses from becoming severe.

Workplace safety is a year-round priority, but winter brings its own set of risks that require extra attention.

Taking proactive steps can help prevent injuries and keep your team safe, comfortable and productive through the coldest months.

Looking Ahead

The winter months are typically busy behind-the-scenes months for the Canada Safety Council as we plan our activities for the upcoming year.

The winter months also offer plenty of opportunity for safety-related tips and tricks, which you'll be able to find on our social media channels.

We are also hard at work developing safety programs and training courses for snow plow users and ambulance drivers, while also working to keep our award-winning Defensive Driving Course up to date with the latest and most accurate safety information.

2025 is shaping up to be a busy year for the Canada Safety Council, and we couldn't do it without your continued support!

Thank you for your active participation in helping us make Canada a safer place, one mind at a time. You are helping to make a difference!

SAFETY CANADA

HOME & COMMUNITY SAFETY

CYBERSECURITY AND YOU

In an increasingly interconnected world, cybersecurity is a growing priority for individuals, businesses, and governments in Canada. With cyber threats becoming more sophisticated, it is crucial to understand the risks and take proactive measures to protect sensitive data and systems.

Across the country, Canadians face a rising number of cyberattacks, including phishing, ransomware, and data breaches. These attacks target everything from small businesses to critical infrastructure, underscoring the need for robust security measures. The financial and reputational impacts of cyber incidents can be devastating, making cybersecurity a non-negotiable part of any organization's operations.

For individuals, protecting personal information begins with simple steps: using strong passwords, enabling multi-factor authentication, and staying vigilant against suspicious links and emails. Businesses, meanwhile, should prioritize regular security audits, employee training, and the adoption of advanced cybersecurity tools.

As Canada embraces digital transformation, a collective effort is required to safeguard our digital future. By staying informed and prepared, Canadians can build a more secure online environment for everyone.

Click the icon to the left to access an episode of Statistics Canada's **Eh Sayers** podcast, titled *Can Your Business Outsmart a Hacker?* (13 minutes)

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