

SafetyCanada

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Using Your (Pool) Noodle

Backyard Pool Safety

As the summer begins to heat up, there's nothing more tempting than taking a dip in the water. While a pool day in the backyard with your friends and family is a fantastic way to relax, the need for pool safety never takes a break.

Before you stick your toes in the water, dive into these tips to make sure the day goes swimmingly.

1. Adult supervision is of the utmost importance. One of the leading causes of fatality in children between the ages of one and four is drowning. Keeping a close eye on children and inexperienced swimmers can give you a head start on intervention, which significantly reduces the risk of serious injuries or fatal accidents. Drowning can happen instantaneously, so don't tempt fate by leaving your child unattended for even a moment.

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President's Perspective

The Canada Safety Council (CSC) is pleased to announce the appointment of Gareth W. Jones as President of the organization. CSC is a nonprofit charity that recently celebrated 100 years in safety, dedicated to the minimization of avoidable death, injury and damage to property. Mr. Jones begins his new duties effective July 2, 2019.

Gareth joins the CSC with over 15 years of experience in executive management including an appointment as Acting President and CEO of the Canadian Centre for Occupational Health and Safety (CCOHS) in 2015. CSC and CCOHS share similarities and priorities as safety focused organizations working to deliver information and services that promote the safety of Canadians.

"I am very excited to join an organization that is founded on a vision of making the world a safer place in all environments," said Gareth Jones, Incoming President, Canada Safety Council. "I look forward to working with the CSC team to continue the great work that has been done over the past 100 years and to exploring opportunities that further extend the

reach and impact of our services."

Gareth brings a wide range of leadership experience to the position and has demonstrated success in the growth and profile development of the organizations he has worked at. Gareth has worked in several different industries and in both public and private sector organizations with differentiating leadership in strategic alignment, partnership development, business optimization and organizational engagement.

Prior to his six years with CCOHS, Gareth held senior positions with Neopost Canada (Vice President, Customer Service & Operations), Remark Logistics Inc. (National Manager, Customer Service and Operations) and Nike Canada Ltd. (Manager, Customer Service). Additionally, he also held the position of Chief Operating Officer and Vice-President, Operations with CCOHS.

Gareth's educational background includes a B.P.E. from McMaster University and a B.Ed. from the University of Western Ontario.

Gareth replaces outgoing President Jack Smith, who is retiring after a 38 year career at CSC.



Continued from page 1

2. Secure your surroundings. Whether your pool is in or above ground, building a fence can prohibit unintended entry. Ensure that the fence is self-closing and has a self-latching gate. Select a smooth fencing material that is free of any obvious footholds. This will make the barrier difficult for anyone to climb or bypass. Check your local municipality for information surrounding standard requirements on pool fencing. For added security, consider installing a safety cover. Above-ground pools should have the ladder or steps removed from the pool when not in use.
3. Avoid trips and slips. What pool day is complete without some toys and tasty treats? Whether it's a pool floatie or a popsicle stick, ensure that objects are not littered around the deck and are put away or disposed of properly. Falling debris from trees or other nearby plants can pose a trip hazard as well and should also be removed as soon as possible.



4. Establish pool rules. Create a non-negotiable set of rules everyone must follow in order to use the pool. Some example rules may include: enter the pool feet first, swim with a buddy, remain sober while swimming and be aware of your surroundings at all times. Ensure that pool occupants understand the rules and agree to abide by them before they enter.

5. Create your action plan. No matters how many precautions are taken, incidents can still occur. It is important to develop a plan to act quickly and efficiently in times of need. Keep a first aid kit and a working phone nearby. Program the local emergency contacts into the phone or have a sheet readily accessible detailing the phone numbers. In addition, have a life preserver and a rescue hook on hand in case the need arises for emergency assistance.

Following these safety tips will surely help keep your head above water and give you a buffer against any potential tragedy that may surface. Happy swimming!

Looking Ahead

Though the summer months provide a general break in our campaign programming, rest assured that we're busy at work getting our fall messaging together and ensuring we're staying abreast of safety issues as they come up.

In the meantime, because safety doesn't take summer break, neither do we! Canadian summers provide their own unique set of challenges and circumstances that always merit a deeper dive.

Whether it's precautionary messaging surrounding children in hot cars, the dangers of drowning, safety advice surrounding the use of fireworks, camping or one of any number of potential topics that may garner public interest, we've got it covered.

An important organizational philosophy here at CSC is that it's better to be prepared than to be sorry. Because of this, we always do our best to inform about how to avoid a safety concern, rather than how to mitigate after the fact.

Proactivity, not reactivity, is the theme. Stay tuned and stay safe!



Staying Active with Arthritis

(NC) If you're living with the daily stiffness and pain of arthritis, exercising is probably the last thing you feel like doing. But experts say staying physically active is important for joint and overall health.

"Many people think the best way to treat arthritis pain is to rest, however the opposite is true," explains Anthony Harper, a Canadian certified pedorthist and president of the Pedorthic Association of Canada. "If you don't exercise, your joints will become stiffer and even more painful as the muscles supporting your bones' functional movement will grow weaker, placing more stress on your joints. Staying physically active will reduce joint pain, increase strength and flexibility, boost energy levels, improve sleep, and help you maintain a healthy weight."

Harper says an exercise regimen that includes range of motion, strength and endurance activities is best for your joint health. Walking, dancing, running, golf, tennis, biking, swimming, aerobics, yoga, Pilates and Tai Chi are all good choices.

Harper provides the following tips:

Ease into it. Although everyone beginning an exercise program or increasing their physical activity should increase their activity levels

gradually, individuals with arthritis should take extra time. Add five to 10 minutes of activity everyday and monitor your body closely.

Always warm up. Dynamic stretching before you work out is very important if you have arthritis as it helps lubricate your joints and increases blood flow and muscle temperature. Static stretching should be reserved for post exercise as this can damage cold muscles.

Know when to slow down. If one of your joints is very painful before you start exercising, switch to a different activity that doesn't put stress on the painful joint. However, if you experience severe pain while working out stop immediately and consult your health-care provider.

Consult an expert. Comfortable, activity-specific, properly fitted shoes are essential to helping you stay injury-free. Book a consultation with a Canadian certified pedorthist to determine which footwear is best for your foot type, biomechanics, arthritic condition and activity of choice. Your pedorthist will also determine if foot orthotics will help you.

More information on staying active with arthritis can be found at pedorthic.ca/arthritis.

Home Safety Dos and Don'ts

(NC) Whether you live in an apartment or a house, these are some of Health Canada's tips on keeping a safe and healthy home.

Dos

- Remove outdoor shoes when entering your home, and ask visitors to do the same. The soil outside your home can track in harmful substances that you don't want inside.
- Regularly wash your hands with soap and warm water for at least 20 seconds to help prevent infection and reduce your exposure to harmful substances. Hand washing is especially important before every meal.
- Wipe down surfaces, vacuum, dust and wet-mop regularly to reduce dust and dirt.
- Understand the hazard symbols on the labels of household chemical products and take appropriate precautions.
- Dispose of household chemical products safely. Check with your municipality to learn how and where.

- Ventilate your home to reduce pollutant and moisture levels that may result in poor comfort and adverse health effects.

Don'ts

- Don't flush expired medications down the toilet. Return leftover medications to your pharmacy.
- Don't smoke cigarettes, cigars, or cannabis inside your home.
- Don't use kerosene, oil space-heaters, lamps, barbecues or portable generators indoors unless they are meant to be used indoors. These appliances could release carbon monoxide, a poisonous gas that has no colour, smell or taste.
- Don't store products that may release harmful fumes or catch fire inside your home. These products include paints, solvents, gasoline, fuels or varnishes. Store them according to the instructions on the product's label in a separate building if you can, or in a place that is well vented to the outside.
- Never mix household chemical products together. Some mixtures can produce harmful gases and cause burns.
- Don't store textile products, food, paper or wood in damp areas like a storage locker or basement where mould may grow. To prevent mould growth, fix any moisture problems right away and control humidity levels in your home.

Find more tips at canada.ca/healthy-home.



Tips to Stay Safe During BBQ Season

(NC) As the weather warms up, we turn to our barbecues to grill delicious foods and enjoy the season. Here are some tips from Health Canada to keep you and your guests happy and healthy this summer:

- 1. At the store.** Buy cold food at the end of your trip. Raw meat may contain harmful bacteria, so keep it separate from other items to avoid cross-contamination. Put packages of raw meat in plastic bags to keep juices from leaking onto other foods.
- 2. In the fridge.** Always refrigerate perishable foods as quickly as possible, especially in warm weather. Keep raw meat on the bottom shelf, away from other foods.
- 3. In the cooler.** If it'll take you longer than a couple of hours to get home after shopping or when bringing food up to the cottage, pack perishables in an insulated cooler with ice packs. Keep the cooler out of direct sunlight and the internal temperature at or below 4°C (39°F). Try using separate coolers for food and drinks so that food stays colder longer.
- 4. At the BBQ.** Inspect your barbecue brush and the barbecue grill before each use. The metal bristles on the brush can become loose over time and stick to the grill, then stick to food and be acciden-



tally swallowed, possibly causing serious throat or digestive injuries.

- 5. Avoid cross-contamination.** Use separate utensils, cutting boards and dishes when handling raw and cooked meat. For example, do not place cooked meat on the same plate used to bring raw meat to the grill. Raw juices can spread bacteria to your safely cooked food and cause food poisoning.
- 6. Keep it clean.** After washing your hands with soap and water for at least 20 seconds, sanitize all cooking equipment and work surfaces with a mild homemade bleach solution. Mix 5 mL of bleach with 750 mL of water in a spray bottle. Spray the solution on and let stand briefly, then rinse with clean water and air dry or use clean towels.
- 7. Cook thoroughly.** You can't tell if meat is done and safe to eat by looking at the colour alone. Use a digital food thermometer and check the below Government of Canada food safety website for the safe internal cooking temperatures for beef, poultry, pork, and other foods.
- 8. Store leftovers.** Put food in shallow containers so that it cools quickly. Discard any food left out for more than two hours. On hot summer days, don't keep food at room temperature for more than one hour.

Find more information at canada.ca/foodsafety.

Do you have a safety story, tip or pet-peeve to share?

Email media@safety-council.org, tweet us @CanadaSafetyCSC or send us a post or a message on our facebook page <https://www.facebook.com/canada.safety>.

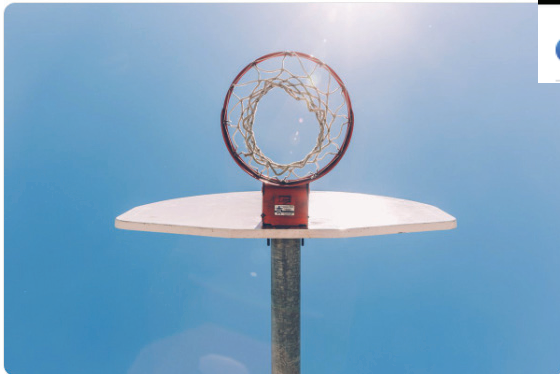
Social Media Highlights

Safety Canada



If you're planning on consuming alcohol or cannabis while watching the Raptors game, a reminder: impairment and driving don't mix. Taking a taxi or having a designated driver is a slam dunk.

canadasafetycouncil.org/impairment-and...
#WeTheNorth 🍁



3:41 PM - 10 Jun 2019



Canada Safety Council

28 April · 🌐

April 28 is the National Day of Mourning, dedicated to remembering those who have suffered injury, illness or death due to work-related incidents. Please take a moment today to reflect and pledge to do your part to improve health and safety at work.



Prabhath Indika, William Wallace and 4 others

4 shares



Canada Safety Council

1 May · 🌐

National Summer Safety Week is May 1 – 7, and the Canada Safety Council would like to take this opportunity to remind Canadians about the perils of heat-related conditions, and specifically to emphasize the fast onset and deadly nature of heat stroke.



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Heat Stroke is No Joke – Canada Safety Council

National Summer Safety Week is May 1-7, and the Canada Safety Council...



Tina Winterlik, John Alaska Avode and 1 other

1 share



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