

# THE NEWS LETTER

## Safety Tip

### ATV Safety Tips

- \* Never drive impaired.
- \* Get safety certified.
- \* Always wear an approved helmet and eye protection.
- \* Ride an ATV that's right for your size and age.
- \* Always ride at a safe speed on a trail meant for ATV use.

[www.nlipc.ca](http://www.nlipc.ca)



# NLIPC

NEWFOUNDLAND LABRADOR INJURY PREVENTION COALITION

## NLIPC Summer Newsletter

### Article 1 – Keep ATV/UTV Safety 'Top of Mind' *#ATV #UTV #WearAHelmet #DontDrinkAndRide*



NLIPC is a member of a committee led by **SafetyNL** regarding ATV safety and participated in meetings regarding the introduction of revised ATV legislation in fall 2021.

In Newfoundland and Labrador the new Off-Road Vehicles Act and Regulations

came into effect on May 19, 2022. The act and regulations aim to enhance safety for all off-road vehicle users. The Act can be found here [website](#) and the [Regulations](#). Effective May 19, 2022, the wearing of helmets on all off-road vehicles will be mandatory. Seatbelts are also mandatory on off-road vehicles where seatbelts have been installed by the manufacturer.

Government is currently working with safety partners to develop training programs and to ensure training is widely available to those who require it.

News Release – May 10, 2022

<https://www.gov.nl.ca/releases/2022/dgsnl/0510n04/>



Check out [SafetyNL.ca](http://SafetyNL.ca) for your Off-Road safety Course!

# THE NEWS LETTER

## Safety Tip

### Boating Safety

- \* Be weather-wise.
- \* Follow a pre-departure checklist.
- \* Get your Pleasure Craft Operator Card.
- \* Make Proper Use of Lifejackets.
- \* Never Mix Alcohol/Drugs and Boating.

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## Article 2 – Summer Health & Safety Tips



June is here and it's the official start of summer. Warmer weather is on the way. Before the summer fun begins we at NLIPC want to remind you of a few safety tips to keep you and your loved ones safe and healthy this summer. Let's take a look at a few things to keep in mind when you are making the most out of summer. Click [HERE](#) for Summer Health and Safety Tips!

## Article 3 – National Injury Prevention Day



On **Tuesday, July 5, 2022**, Parachute will celebrate the sixth National Injury Prevention Day in Canada to raise awareness about the devastating effects of predictable and preventable injuries. **Learn More** from our friends at Parachute Canada

# THE NEWS LETTER

## Safety Tip

### Fall Prevention Tips

- \*Repair or remove tripping hazards.
- \*Install grab bars and handrails.
- \*Avoid wearing loose clothing.
- \*Light it right.
- \*Wear shoes.
- \*Make it nonslip.
- \*Live on one level.
- \*Take extra time.
- \*Pay attention to surroundings.

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## Article 4 – Canadian Injury Prevention Conference 2022



**The Canadian Injury Prevention Conference** will be held November 2-4, 2022 at the Coast Coal Harbour Hotel in Vancouver, BC.

Your hosts, Parachute, the BC Injury Research and Prevention Unit (BCIRPU), and the BC Centre for Disease Control invite you to take part in the Canadian Injury Prevention Conference from November 2 to 4, 2022. This is the first national injury prevention conference held in Canada since 2013!

André Picard, health reporter and columnist for *The Globe and Mail*, will be the opening keynote speaker at the 2022 Canadian Injury Prevention Conference!

Topics will include injuries across the unintentional and inflicted spectrums including traffic, drowning, falls, fire, violence, suicide, and more. In lieu of a full Canadian Fall Prevention Conference, this event will have a focused program stream on fall prevention. [Learn More](#)

# THE NEWS LETTER

## Safety Tip

### Steps to Prevent Heat Stroke

- \* Wear loose fitting, lightweight clothing.
- \* Protect against sunburn.
- \* Drink plenty of fluids.
- \* Never leave anyone in a parked car.
- \* Take it easy during the hottest parts of the day.

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NEWFOUNDLAND LABRADOR INJURY PREVENTION COALITION

## Article 5 – Have Fun in the Sun NL

SIGNS OF	
HEAT EXHAUSTION	HEAT STROKE
DIZZINESS & FAINTING	THROBBING HEADACHE
EXCESSIVE SWEATING	NO SWEATING
RAPID, WEAK PULSE	RAPID, STRONG PULSE
NAUSEA OR VOMITING	NAUSEA OR VOMITING
COOL, PALE CLAMMY SKIN	RED, HOT DRY SKIN
MUSCLE CRAMPS	MAY LOSE CONSCIOUSNESS

Heat stroke is **the most serious heat-related illness**. It occurs when the body can no longer control its temperature: the body's temperature rises rapidly, the sweating mechanism fails, and the body is unable to cool down. When heat stroke occurs, the body temperature can rise to 106°F or higher within 10 to 15 minutes.

**Stay cool in the heat:** Keep cool and hydrated and minimize your time in the sun between 11:00 a.m. and 4:00 p.m. Drink plenty of water, find shade, visit cool buildings, slow down, bathe in cool water and wear light-coloured clothing. Never leave children or pets inside a parked vehicle. When the outside air temperature is 23°C, the temperature inside a vehicle can be extremely dangerous – more than 50°C.

[More sun safety tips here!](#)



# THE NEWS LETTER

## Safety Tip

### Water Safety

- \* Ensure children are supervised.
- \* Learn how to swim.
- \* Wear a life jacket when boating.
- \* Ensure there is emergency equipment
- \* Never underestimate the power of current.
- \* Play with care.

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# NLIPC

NEWFOUNDLAND LABRADOR INJURY PREVENTION COALITION

## Article 6 – Keep Kids Safe Around Water

The NLIPC wants everyone to have a safe summer around the water! Whether you are swimming, boating, fishing or hunting always remember to respect the water around you.

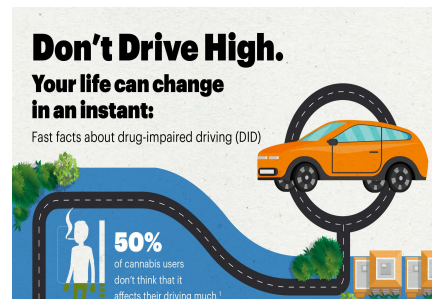


Kids are especially at risk around water!

"Drowning is a leading cause of preventable injury and death in children under age 10. The majority (60 per cent) of child drownings occur during the summer months."

The Canadian Red Cross reports that children between one and four years old drown at twice the rate of children between the ages of 10-14 years. For children under the age of five years, 70 per cent of drowning deaths resulted from unintentional immersion in water. For children aged 5-9, more than one quarter of drownings resulted from unintentional immersion. [LEARN MORE](#)

**Become A Member**



**Have a Fun, Active and Safe Summer!**