

SAFETY TIPS



NLIPC

2020 SUMMER NEWSLETTER



THIS ISSUE

Safe Kids Week

Boating Safety

Bicycle Safety

COVID-19

ARTICLE 1 - SAFE KIDS WEEK

Due to the current situation with COVID-19, Safe Kids Week 2020 has been postponed. However this year safe kids week topic is poison prevention and is super relevant at the time of COVID-19 with kids spending more time at home than normal. Parachute Canada is running a #CheckForPoisons Campaign while we're stuck at home. There's a focus on common poisons such as:

- * medication
- * cannabis products
- * personal care products
- * car supplies

The Public Agency of Canada says that "Three children ages 14 and younger die each year in Canada, on average, from unintentional poisoning. Another 900 suffer serious injuries that require hospital treatment". Therefore poisoning is a very relevant issue in safety for children.

A poison is something that can make you sick if you swallow it, taste it, smell it, get it on your skin, or get it in your eye. A poison can be a drug or a non-drug substance.

Medications are the leading cause of poisoning in children.

With the legalization of marijuana in Canada, it's important to protect children from poisoning due to accessing marijuana products. Children can have significant effects (i.e., drowsiness, coma, agitation, difficulty breathing) from cannabis edibles such as chocolate bars, gummy bears, brownies and other baked goods. Check out Parachute Canada's page on poisoning for more information: <https://parachute.ca/en/injury-topic/poisoning/>

KEEP ALL MEDICATIONS IN ORIGINAL CHILD SAFE PACKAGING.

EXPERTS RECOMMEND YOU KEEP THESE SMALL PACKETS, BOTTLES OF PILLS OR SYRUPS, IN A LOCKED BOX STORED ON A HIGH SHELF.

NEVER REFER TO MEDICINE AS CANDY.

WHEN VISITORS COME TO YOUR HOME, MAKE SURE THEY KEEP THEIR PURSES OR BAGS OUT OF YOUR CHILD'S REACH. THEY COULD HAVE MEDICATIONS IN THEIR BAGS THAT YOUR CHILD COULD GET INTO.

OTHER HOMES AND ENVIRONMENTS THAT YOU VISIT MAY NOT BE "POISON-PROOF" FOR YOUR CHILD.

SUPERVISION IS THE MAIN KEY TO PREVENTING POISONINGS IN CHILDREN.

A CHILD CAN'T SEE THE DIFFERENCE BETWEEN AN EDIBLE AND THE SAME PRODUCTS WITHOUT CANNABIS. STORE ALL CANNABIS PRODUCTS AS YOU WOULD MEDICATIONS - LOCKED UP AND OUT OF REACH IN CHILD-RESISTANT PACKAGING OR CONTAINERS.

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ARTICLE 2 - BOATING SAFETY

The activities scheduled for Safe Boating Awareness Week May 16 – 22, 2020 will not be going ahead due to Covid-19, however, the Safe Boating Awareness messages are important now and throughout the summer.

For those who will head out on Canadian waterways in their powerboats, sailboats, canoes, kayaks and personal watercraft this season there are 5 key messages for the boating community:

- Wear a PFD or Lifejacket
- Boat Sober
- Take a Boating Course
- Be Prepared, Both You and Your Vessel
- Be Wary of the Dangers of Cold Water Immersion

And Remember to Keep your social distance!

Visit the Safe Boating Awareness Council, Media Section, for great information and resources you can share in your

communities: <https://csbc.ca/en/safe-boating-awareness-week>

Also, download the Transport Canada – Safe Boating Guide for safety tips and requirements for pleasure craft use during this summer season

<https://www.tc.gc.ca/en/services/marine/documents/TP-511e.pdf>

ALWAYS WEAR A LIFE JACKET OR A PFD ANYTIME YOU ON THE WATER

ALWAYS BOAT SOBER: DON'T USE ALCOHOL, CANNABIS OR OTHER DRUGS WHILE BOATING

ENSURE YOUR BOAT HAS ALL THE REQUIRED SAFETY GEAR, ENOUGH LIFE JACKETS PFD'S FOR EACH PASSENGER AND SUFFICIENT FUEL.

BE SURE THE WEATHER IS SUITABLE FOR YOUR VESSEL'S CAPABILITIES; PREPARE A TRIP PLAN BEFORE YOU LEAVE THE DOCK.

ONLY BOAT WITH THOSE IN YOUR HOUSEHOLD/BUBBLE - NO GUESTS.

KEEP YOUR DISTANCE ON WATER - NO RAFTING.

DON'T TIE-UP OR BEACH YOUR BOAT RIGHT NEXT TO ANOTHER BOAT.

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ARTICLE 3 - BICYCLE SAFETY

As the weather is getting warmer, many of us will be enjoying the chance to ride our bicycles. It's extremely important that we take precautions to prevent injuries and that we always wear a helmet.

Newfoundland and Labrador now has Bike Helmet Legislation for all ages. It is mandatory for ALL ages to wear a bicycle helmet while riding. Visit www.gov.nl.ca/bikehelmet for more information.

Head injuries are the No. 1 cause of serious injury and death to kids on bicycles. A head injury can permanently change the way a child walks, talks, plays and thinks. A properly fitted and correctly worn bike helmet can make a dramatic difference, cutting the risk of serious head injury by up to 80 per cent. Go to parachute Canada's page for more information on bicycle and helmet

safety: <https://parachute.ca/en/injury-topic/cycling>



MAKE SURE THE HELMET FITS PROPERLY:

- * THE HELMET SHOULD COVER THE TOP OF THE FOREHEAD AND SHOULD REST ABOUT TWO FINGERS' WIDTH ABOVE THE EYEBROWS.
- * SIDE STRAPS SHOULD FIT SNUGLY AROUND EACH EAR IN A "V" SHAPE.
- * BUCKLES ON THE SIDE STRAP SHOULD FIT RIGHT UNDER THE EAR. BUCKLE THE CHIN STRAP. TIGHTEN IT UNTIL YOU CAN FIT ONLY ONE FINGER BETWEEN THE STRAP AND YOUR CHIN.
- * CHECK THE HELMET FIT EVERY TIME.

SAFETY TIPS

AVOID TOUCHING YOUR FACE.

REGULARLY WASH YOUR HANDS WITH WARM WATER AND SOAP, OR USE HAND SANITIZER IF PROPER HANDWASHING FACILITIES ARE UNAVAILABLE

COUGH OR SNEEZE INTO A TISSUE OR THE BEND OF YOUR ARM, NOT YOUR HAND. DISPOSE OF ANY TISSUES YOU HAVE USED AS SOON AS POSSIBLE IN A LINED WASTE BASKET AND WASH YOUR HANDS AFTERWARDS.

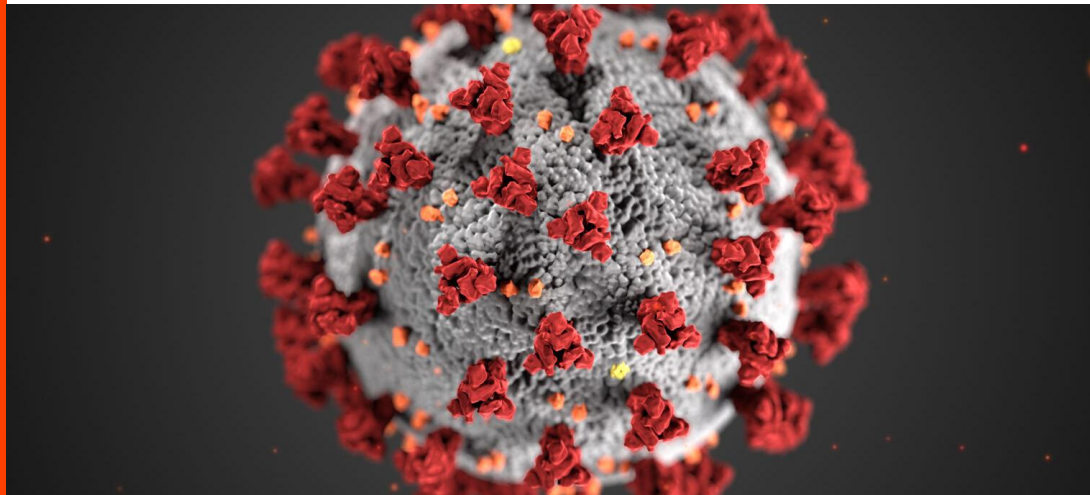
PRACTISE PHYSICAL DISTANCING BY KEEPING A DISTANCE OF AT LEAST 2 METRES FROM OTHERS

HEALTH CANADA RECOMMENDS CLEANING HIGH-TOUCH HARD SURFACES OFTEN, USING REGULAR HOUSEHOLD CLEANERS



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ARTICLE 4 - COVID-19



COVID-19 is a serious health threat, and the situation is evolving daily. Symptoms of COVID-19 are defined as having two or more of the following (new or worsening):

- Fever (chills, sweats, muscle aches)
- Runny nose
- Cough
- Diarrhea
- Headache
- Loss of sense of smell or taste
- Sore throat
- Unexplained loss of appetite
- Painful Swallowing
- Small red or purple spots on your hands or feet

If you start to have symptoms of COVID-19:

Stay at home and complete the 811 COVID-19 self-assessment tool. If you cannot access the self-assessment tool, please call 811.

For the most current information on public health recommendations due to COVID-19, please go to <https://www.gov.nl.ca/covid-19/covid-19-symptoms-treatment/> for local information and <https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection.html> for Federal information.



NLIPC is planning another **Helmet Safety Campaign** this summer. Stay tuned for more information to come on our social media accounts.



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Have a Safe & Happy Summer

IMPORTANT DATES

April 27th - May 15th

- #CheckForPoisons Campaign

May

- Motorcycle Safety Month

May 16th-22nd

- Safe Boating Awareness

June

- NLIPC General Meeting Postponed

July 5th

- National Injury Prevention Day

September

- NLIPC Annual General Meeting to be re-scheduled

