

THE NEWS LETTER

Safety Tip

Ice Safety Tips

- *Use designated ice surfaces.
- *Measure ice thickness in several locations.
- *Never go onto ice alone.
- *Avoid travelling on ice at night or when it is snowing.
- *Stay off river ice and avoid the narrows between lakes.
- *Take safety equipment with you.

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Winter 2022

Article 1 – Know the Dangers of Ice

Ice is Never 100% Safe!
Minimum Ice Thickness Guidelines for New Clear Ice Only

Vehicle/Activity	Minimum Ice Thickness
Person on skis	4"
Person on sled	5"
Motorcycle	8-12"
Car	12-15"
Truck	12-15"

Ice Safety Tips

- Double the thickness guidelines for white or snow-covered ice.
- Carry two large nails to use as ice picks if you fall through.
- Avoid pressure ridges and areas with current.
- Warn children about the dangers of thin ice.
- Don't drive on the ice at night.
- Avoid alcoholic beverages.

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Many factors affect ice thickness including type of water, location, the time of year and other environmental factors such as:

- Water depth and size of body of water.
- Currents, tides and other moving water.
- Chemicals including salt.
- Fluctuations in water levels.
- Logs, rocks and docks absorbing heat from the sun.
- Changing air temperature.
- Shock waves from vehicles traveling on ice.

Learn more from the [Canadian Red Cross](https://www.redcross.ca)



THE NEWS LETTER

Safety Tip

Winter Sports Safety Tips

- *Start easy and build your endurance and strength.
- *Stay in shape and condition muscles prior to participating in winter activities.
- *Protection is a must. Always wear an helmet!
- *Test your equipment.
- *Learn how to fall.
- *Know and follow safety rules.
- *Know your limits.
- *Stop when you're tired.

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Article 2 – Always Be Aware of Brain Injuries – Winter Sports



Winter Sports can be a lot of fun but too can be dangerous if safety protocols aren't always followed.

Harsh winter days offer thrill-seekers a playground of opportunity to participate in extreme sports, such as snowboarding, skiing, heli-skiing, and snowmobiling. The high velocity, living on the edge sense of adventure makes these sports very appealing.

“The Canadian Guideline on Concussion in Sport has been developed to ensure that athletes with a suspected concussion receive timely and appropriate care, and proper management to allow them to return to their sport.

Developed by Parachute and its [Concussion Expert Advisory Committee](#), the Guideline, published in July 2017, is based on a review of the current scientific evidence and expert consensus on best practices for the evaluation and management of Canadian athletes who sustain a concussion during a sport activity.”

Canadian Guideline on Concussion in Sport – Parachute Canada

- **Always wear an helmet**
- **Know before you go**
- **When you can, stay near medical care**
- **Know the Signs of Concussion**

News Release - Government announces release of guideline on concussions in sports. Click [HERE](#)

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.

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Article 3 – ATV/Off-Road Safety (Update)



The **NLIPC** has been working with **SafetyNL** on ATV and Off-Road Safety and continue to progress our efforts to make NL 'Injury and Fatality Free'. It's up to all of us to make this happen Newfoundland and Labrador!

We are just about ready to launch our ATV, UTV, Snowmobile Safety Program to an invited panel for review. It will include police, GSAR, media, government and our partners (SafetyNL) to participate before taking it on the road. We have videos that are being prepared but otherwise we are just about ready to go.

There are two phases to the initiative - one is strictly based on safety information whereas the second phase is a full training program with a practical component.

- [Position Paper](#) - NLIPC, NLPHA and SafetyNL

THE NEWS LETTER

Safety Tip

Winter Driving Tips

- *Winterize your vehicle.
- *Stay home. Only go out if necessary.
- *Drive slowly.
- *Accelerate and decelerate slowly.
- *Increase your following distance to five to six seconds.
- *Know your brakes.
- *Don't stop if you can avoid it.
- *Don't power up hills.
- *Don't stop going up a hill.

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Article 4 – What to Do in a Boating Emergency – Cold Water Survival (Transport Canada)



Transport
Canada

Newfoundland and Labrador's waters are colder than many of us think and can be especially dangerous if you fall into them

unexpectedly. Prevention and being prepared is the best plan when it comes to boating safety on the water. Wearing your lifejacket or personal flotation device (PFD) is your best chance for surviving in cold water and could save your life. If the worst does happen and you end up in cold water, it's vital to know the facts about cold water and what to do.

Remember how to survive in cold water by understanding the facts and the "1-10-1" principle.

FACTS -

- The waters surrounding Newfoundland and Labrador are always cold, even in summer.
- Body loses heat 25-30 times faster in cold water than in air of the same temperature.
- Several factors determine your ability to survive a cold-water immersion, including your body type, physical condition, type of clothing worn, amount of in-water movement and your will to survive.
- Even expert swimmers lose the ability to swim after a few short minutes in cold water.
- Keeping your core body temperature warm is critical. Wearing several layers of wool or synthetic clothing will help slow heat loss even in cold water.
- Survival is possible if you prepare beforehand, most importantly by wearing your lifejacket or Personal Flotation Device (PFD).

Read the Full Article [HERE](#).

THE NEWS LETTER

Safety Tip

Poison Prevention

- *Keep all medicine and other drugs in their original, child-resistant packaging.
- *Put household cleaning products up and away, out of children's reach/ sight.
- *Use safety latches to store dangerous products.
- *Keep natural gas appliances, furnaces, & coal/wood/kerosene stoves in working order.
- *Maintain working smoke and carbon monoxide detectors.

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Article 5 – Parachute’s upcoming webinar **Cannabis and edibles poison prevention: Exploring parent attitudes and behaviours**

Wednesday, January 26th from 1p.m. to 2:15p.m. EST

Since the legalization and regulation of cannabis in 2018 and edible cannabis products in 2019, unintentional cannabis exposures in young children have increased. This webinar, hosted by Parachute, will review key data findings from a 2021 survey of parents/caregivers regarding their cannabis use, storage habits, and perceptions of unintentional cannabis exposure risk for young children.

Featuring presentations from Health Canada and the Ontario Poison Centre, the webinar will also provide an overview of child cannabis poisoning trends, poison centre information and data from across Canada, recommended actions for cannabis poison prevention, as well as priorities for cannabis poison surveillance and prevention.

Register today at <http://parachute.ca/webinar>



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