

# THE NEWS LETTER

## Safety Tip

### ATV Safety Tips

- \*Wear All the Gear!
- \*Learn to Ride.
- \*Pre-ride Inspection.
- \*Don't Ride Alone.
- \*No Drinking & Riding.
- \*Tired? Stop Riding.
- \*Ride on Designated Trails or familiar areas.
- \*Ride the Right ATV for your size and age.
- \*Be aware of surroundings.
- \*No Goon Riding.

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# NLIPC

NEWFOUNDLAND LABRADOR INJURY PREVENTION COALITION

## 2019 Fall Newsletter

### Article 1 – National Teen Driver Safety Week



### Save the Date!

**October 20 to 26 is National Teen Driver Safety Week**

**National Teen Driver Safety Week (NTDSW)**, taking place Oct. 20 to 26 across Canada, engages communities to raise awareness about ways young drivers and their passengers can remain safe on our roads.

This year, we're focusing on drug-impaired driving, including cannabis and other drug use, as well as distracted and aggressive driving. Join the conversation on social media using **#KnowWhatImpairedMeans** and **#NTDSW2019**.

The key factors that jeopardize the safety of teen drivers and their passengers are:

- ✓ Impairment from alcohol, drugs, or a combination of both
- ✓ Distraction, including from cell phone use
- ✓ Lack of skill and experience
- ✓ Speeding

[Learn more](#)

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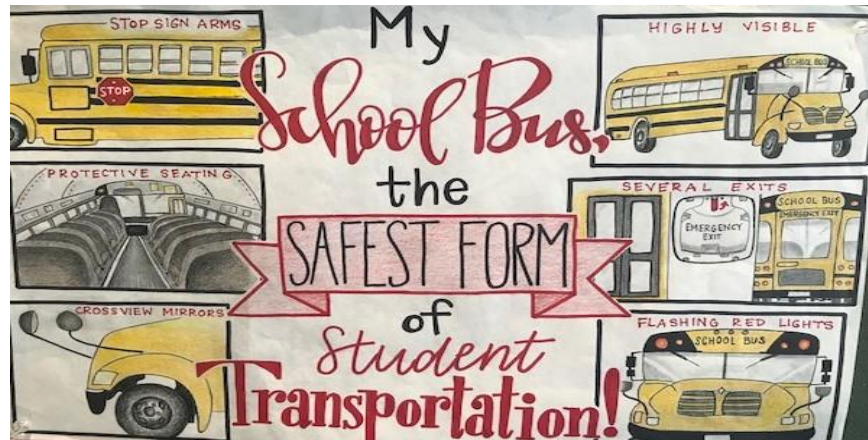
## Safety Tip

### 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 2 – School Bus Safety Week



October 21<sup>st</sup> to 25th

**Theme - “My School Bus, the Safest Form of Student Transportation!”**

Held during the third full week of October each year, National School Bus Safety Week is an active and evolving public education program and an excellent way for parents, students, teachers, motorists, school bus operators, school administrators, and other interested parties - to join forces and address the importance of school bus safety. Designed to promote school bus safety, school districts throughout the country observe School Bus Safety Week. [Learn More](#)

So what have we at the NLIPC been up to this past summer?



**Wear the Gear Helmet Photo Contest**

It's easy! Spend some time doing your favorite helmeted activity, and send us a pic of you wearing your **Helmet!**  
We want to see you wear the gear!

Submit your Name, Grade, Address, Email and a photo with you in your helmet for your chance to win!

Check us out on Twitter or Facebook  
Winners will be selected on July 5th, 2019.  
Contest is open to those in preschool-high school.  
Send Photos to [info@nlipc.ca](mailto:info@nlipc.ca)

- Parachute's National Injury Prevention Day - Government House and St. John's City Hall Lit Green to show support!
- Helmet Photo Contest to promote Helmet Safety - School Visits – Central Newfoundland – 46 Participants
- Safe Kids Expo – Paradise Community Centre
- Safe Kids Week – Beachy Cove Elementary

# 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 3 – November is *Fall Prevention Month*



It takes a community to prevent a fall.

### Why we need Fall Prevention Month:

- Falls are the leading cause of injury-related hospitalizations among Canadian older adults. 20-30% of older adults fall each year
- Falls are the leading cause for hospital admissions from injuries for children ages 0 to 9

Fall Prevention Month encourages organizations to coordinate their efforts for a larger impact. Canadian organizations participate by planning initiatives and sharing evidence-based information on fall prevention. Together we can raise the profile of fall prevention and help everyone see their role in keeping adults and children safe as they age.

### [Learn More](#)

### A Fall Prevention Month Success Story – NLIPC How to Run a Successful Fall Prevention Awareness Event

Falls are the leading cause of injury-related hospitalizations for Canadians over 65 years of age and the number of [older adults in Canada](#) is increasing rapidly. Approximately 30 per cent of older adults fall at least once a year, and those falls often result in disability, loss of independence or death. November is Fall Prevention Month and you can help prevent falls in your community by running an [awareness](#) event or activity. Learn more at: <https://www.fallpreventionmonth.ca/nlipc-story>

# THE NEWS LETTER

## Safety Tip

### Wood Burning Fire Prevention Tips

- \*Clear the area around the fireplace & chimney.
- \*Always use a screen.
- \*Never overload the fireplace.
- \*Keep a fire extinguisher on hand & place smoke detectors throughout the house.
- \*When building a fire, place logs at the rear of the fireplace, preferably on a grate.

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## Article 4 – Carbon Monoxide Safety



**BEWARE OF  
CARBON  
MONOXIDE  
POISONING**

**NO  
COLOUR**



**NO  
ODOUR**



**NO  
TASTE**



### Beware of the Silent Killer: How to prevent Carbon Monoxide Poisoning

**Here are some tips for preventing and recognizing carbon monoxide poisoning.**

- Ensure that a battery-operated or battery back-up carbon monoxide detector is installed in the home or workplace where the alarm will be easily heard.
- Check the carbon monoxide detector's batteries twice a year, ideally once in the fall and once in the spring.
- Have all fuel-based appliances and equipment installed and repaired by a qualified technician.
- Have all fuel-based appliances and equipment serviced annually by a qualified professional.
- Use fuel-based appliances and materials as intended (e.g., do not use generators or portable flameless chemical heaters indoors, do not use a gas stove or oven for heating, and do not burn charcoal indoors).
- Ensure that chimneys are inspected and cleaned annually by a professional.
- Never run a car or truck inside an attached garage. For detached garages, always leave the garage door open when running a car or truck inside.

**Become A Member**



**NOVEMBER IS FALL PREVENTION MONTH**



**Falls among older adults  
accounted for \$3.4 billion in  
direct health care costs.<sup>2</sup>**