



Comfort Zone

Safe driving during the long weekend

In a couple of weeks Canadians will ring in the unofficial start to summer during the Victoria Day long weekend. A weekend of barbecues, driving out to the lake, heading to the cottage, or just vegging with friends in the back yard, it's a time to celebrate the start of enjoying the great outdoors.

Without doubt this means there will be an increase of traffic on the highways. Some drivers will be anxious to get to their destination to begin their three-day weekend which may mean a few hotheads behind the wheel. Don't let that hothead be you.

Police forces across the country will be out to enforce and raise awareness of safe driving for Canada Road Safety Week, which runs from May 16 to 22. If you are planning a road trip for the May long weekend, here are a few tips to keep in mind:

Don't drive impaired or fatigued

If you have already started the party with a few beers or enjoyed some edibles, or are tired, don't get behind the wheel of



a vehicle for any reason. Driving while impaired or fatigued is a potential recipe for catastrophe.

Driving while under the influence of alcohol or drugs can place others and yourself at risk and likewise, driving while fatigued can increase your chances of getting into a collision. Sleep deprivation can compromise your ability to drive safely. According to the Alberta Motor Association, with six to seven hours of sleep, your crash risk is 1.3 times higher than normal. With less than four hours of sleep, your crash risk is an eye-opening 11.5 times higher than normal.

Don't be a distracted driver

Safe driving requires your full attention and concentration. But if you're playing with a mobile device or reaching for an object, you're not entirely dialled in on

the task at hand. Unfortunately, distracted driving is a significant road safety problem. It is illegal to interact with a mobile phone or any handheld electronic device while driving, even if you're

stopped at a traffic light or stop sign. The only exception is if you need to call 9-1-1 because of an emergency.

Plan and be prepared

You'll likely encounter slow-moving, May long weekend traffic on your journey. Take it in stride. There's no need to drive aggressively, tailgate other drivers, or attempt to pass more slow-moving vehicles on a two-lane undivided highway. Driving with care is less stressful and will help you save fuel. Arriving safely at your destination should be your number one priority. A little pre-long weekend planning can help. Map out your route and alternative routes, be aware of the weather and road conditions, and if you can, leave home earlier or later to avoid high volumes of traffic.



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Health - Get moving outside

(NC) Warmer weather is here, which means it's time to get outside and enjoy the fresh air. Check out these ideas to do just that - whatever your level of fitness.

Walking is one of the best physical activities to do while enjoying the outdoors. If you've been sedentary in recent months, start with short distances and challenge yourself to spend a little more time walking each week. You will gradually build up your strength and stamina. Using walking poles can help with balance and make walking on uneven terrain more enjoyable.

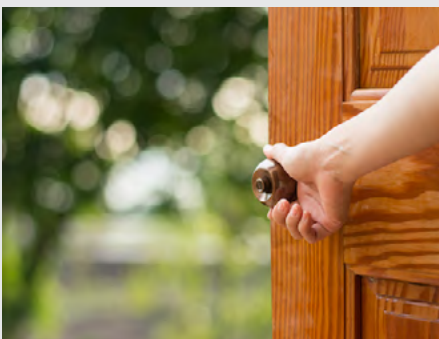
Swimming and aquatic activities like water aerobics are a fun way to cool off on hot days, improve muscle strength and boost heart health and endurance.

For people who suffer from sore or stiff joints, choosing low or no-impact activities is important to reduce pain and stay active longer.

"Any physical activity that you like to do and that is safe for your joints is beneficial," says Trish Barbato, president and CEO of Arthritis Society Canada. "Try to incorporate positive movement in your daily life. Think about what type of movement brings you joy and do more of that."

Other low-impact activities that are great practiced outdoors include cycling, yoga, tai chi, Pilates, golf, trekking and gardening.

Regular physical activity can help strengthen bones and muscles, reduce stress and improve your overall health. Find more exercise tips and videos at [arthritis.ca](https://www.arthritis.ca).



Five things you may not know you can recycle

(NC) Most of us habitually recycle junk mail, empty cans and other common household items that go into the blue bin. But there are several other items that are recyclable if you know where to take them.

Recolour your world

You should never pour leftover paint down the drain or into the sewer. Instead, many paint and building supply retailers have programs through which you can drop off cans with leftover bits of old paint to be recycled.

Caffeine boost

If you use a machine with coffee pods, many manufacturers offer mail-in or drop-off options to recycle the single-use containers. If you use ground coffee, you can repurpose the grounds as fertilizer in your garden.

Used textiles

Many of us regularly donate clothing and linens that we've outgrown or no longer need. But you may not know that some of the charitable organizations that accept

these reusable goods will also take scraps of other textiles, such as remnant fabric swatches left over from a sewing project, for recycling. Check with your local outlet to confirm before dropping them off.

Municipal affairs

A potential one-stop shop to drop off your atypical recyclables is your local household hazardous waste depot. Depending on the site's capacity, they may collect things like paint and stain, aerosol containers, household cleaners, motor oil, electronics and more.

The write stuff

While we may live in a high-tech world, many of us still put pen to paper every day. While we're used to putting the paper in the recycling bin when we're done with it, did you know that you can also recycle pens and other writing implements when they run out? Terracycle shows you how and where you can recycle these items. Visit <https://www.terracycle.com/en-CA/> for more information.

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Stop wildlife collisions in their tracks

Canada is a country where people and wild animals have learned to co-exist; however, one place that can be terrifying for both is our highways, especially at night.

Wildlife collisions are a real worry for Canadian drivers, particularly in the spring months when wildlife collisions are most frequent. The costliest result is injury or even death of both the animal and the driver. They're more common than you'd think. A report from Transport Canada found that between four and eight large animal vehicle collisions take place every hour in our country.

Road collisions kill and maim wildlife, pets and humans, and result in millions of dollars in insurance claims, explains the Canada Safety Council.

Collisions with wildlife are a hazard throughout the year, but they start to peak in the summer and fall. Many of these crashes occur between dusk and dawn when visibility is low.

The route to a cottage or campground usually includes driving long distances on highways in forested and rural areas. Many vacationers start their trip in the wee hours of the morning or drive until well after dark.

The sudden appearance of a large animal in the middle of the highway, seemingly out of nowhere, is any driver's nightmare. To protect yourself, adapt your speed to

conditions and keep alert for wildlife.

Vigilance is the first and best defence, especially when driving on unfamiliar rural roads. Watch out for warning signs that indicate high-risk areas. Use eye-lead time and take extra care. Ask passengers to help by scanning both sides of the roadway. Use your high beams when no traffic is approaching and never over-drive your headlights — you need to see an animal in time to avoid hitting it.

Here are a few more tips to help reduce your chances of being involved in a wildlife collision:

- Read the signs and watch the road: Those yellow signs with the prancing deer are erected to warn drivers to slow down and to be more aware, especially at night.
- Stay in control: If the animal is in your path, brake firmly but do not swerve to avoid it. Sound your horn in a series of short bursts to frighten it away. Provided you can slow down with control, steer around the animal but stay on the highway. Watch out for oncoming traffic.

Should you spot an animal beside the road, slow down until you have safely passed it. Expect more animals to follow. Animals near the roadside may bolt suddenly, so approach with caution. Turn on your flashers to warn other drivers.



Make your back matter



Do you spend most of your day sitting, whether it's at work, in the car, on public transport, or watching TV? Canada is a nation of sitters and it can take its toll on our health. Almost all of us will suffer from back pain at some point in our lives. In fact, low back pain (LBP) is the leading cause of disability worldwide.

Here is how you can tell if you have bad posture:

- When you look at yourself straight on in the mirror, one shoulder looks higher than the other.
- If you stand with your back against the wall, you have to push your head back to get it to touch the wall.

What contributes to bad posture?

- Poor sitting and standing habits
- Obesity
- Poor work environment
- Pregnancy
- Weak core muscles (abs)
- High-heeled shoes
- Tight muscles; decreased flexibility

There are several exercises and stretches that can help improve posture and spinal health such as:

- Stand up straight and tall.
- Keep your shoulders back.
- Pull your stomach in.
- Put your weight mostly on the balls of your feet.
- Keep your head level.
- Let your arms hang down naturally at your sides.
- Keep your feet about shoulder-width apart.

Inspection a key to scaffold safety

Scaffolds can pose serious risks if proper precautions are not taken. One of the most important precautions is inspection, which is not only a good idea, it's the law.

Occupational health and safety regulations require that regular inspections be carried out by a competent person (defined as someone possessing knowledge, experience and training to perform a specific duty).

Exact requirements differ in various jurisdictions, but generally, a scaffold must be inspected to ensure it's erected in accordance with the design drawings. There are also specific inspection frequency rules for particular types of equipment.

Regulations aside, every worker who works on or around scaffolding should be aware of safety requirements.

Here is a list of things to watch for:

- Scaffolding must be erected on firm footing capable of carrying the maximum intended load. Boxes, barrels, loose concrete blocks or brick must not be used to support the structure.
- Check for cracks or bent parts, connectors, bracing, guardrails, access ladders, and especially footings. Never use any equipment that has been damaged. If a component is damaged, it should be repaired or replaced immediately.
- Know and follow the weight limits of the scaffold. The load includes not only the people on the scaffold but also any supplies and equipment being used. Bricklayers, stonemasons, concrete and demolition workers need heavy-duty scaffolds, whereas carpenters and general trades might only need medium-duty scaffolds.
- Materials should be brought up as needed. Excess materials and scrap should be removed from the scaffold when work is completed.

- Scaffolding is naturally unstable because it is usually a tall structure with a narrow base. To counteract this, the scaffold must be braced or tied off to a stable structure such as a ship's hull or building wall.

- The planking used must be "scaffold grade." The wood must be clear, free of loose knots, splits or other defects. To create a proper work surface, generally two planks need to be laid side by side to create a wide work platform.

- Never allow unsupported ends of planks to extend an unsafe distance beyond supports and be sure all planks are secured so they cannot be dislodged.

- Guardrails, midrails and toeboards must be installed on all open sides of scaffolds.

- Access ladders must be provided for each scaffold. Climbing off the end frames is prohibited unless their design incorporates an approved ladder.

- The scaffold platform/deck should be kept clear of debris, excess clutter and slip hazards.

- Fasten all braces securely. Do not mismatch side braces.

- Ladders are an essential component of scaffolding safety, and they should be checked to ensure they are secure and intact. The ladder should be properly secured and tied to prevent it from slipping or sliding. The base of the ladder should be on a stable and secure surface, and it should be extended to the required height.

- Provide overhead protection if there is a hazard above the work area.

- Don't use scaffolds near power lines.

- Never make any changes to scaffolding yourself. Only designated competent persons should make modifications.

Places where asbestos might be hiding in your home

(NC) Asbestos is a naturally occurring, fibrous mineral that is durable, and it's known for its fire-retardant properties. As a result, it was frequently added to common building materials.

By now, most of us are aware that asbestos is a potential carcinogen - that means it can cause cancer if it gets into your body. The good news is that, in most cases, if the material is left undisturbed - sealed behind walls and floorboards, for example - the fibres aren't floating in the air so, it's not really something to worry about.

But if you live in an older home and are planning on doing some renovations, you should test for the presence of asbestos first.

Here are some examples of materials that might contain asbestos:

- Exterior siding
- Plaster walls
- Floor tiles
- Roofing shingles
- Insulation in the walls
- Insulation around water pipes and ducts

If you suspect there could be asbestos in your home, you can hire a professional to test for it. If asbestos is discovered, contact a qualified asbestos removal specialist to remove and dispose of it safely.

Find more information about asbestos on the Health Canada website, canada.ca/healthy-home.



Tips on solvent safety

Solvents have numerous uses, but if not handled or stored properly they can be very dangerous. Health problems can result from skin contact with solvents or from inhalation of their vapours. Many of those vapours are flammable and explosive.

A solvent is any substance, usually a liquid, that dissolves another liquid, a solid or a gas, creating a solution. The most common solvent is water. The most frequently used workplace solvents are organic (carbon containing) chemicals and they are usually clear, colourless liquids. Many have a strong odour.

As with other potentially harmful substances in the workplace, the preferred methods of hazard control are substitution with a less toxic substance, provision of local exhaust ventilation and enclosure. You must make sure you follow your company's procedures when working with solvents, including having the substance's Safety Data Sheet (SDS) nearby.

But we also use solvents at home. Acetone, for example, is a solvent and a common usage for that is to clean off fingernail polish, or to remove varnish.

Here are some tips to use solvents safely:

- Use recommended gloves, eye and face protection, or barrier creams as required.
- Pour solvents from one container to another carefully, because fire or explosions can occur from static electricity build-up.
- Clean up solvent spills promptly.
- Never wash your hands with solvents.
- Do not eat, drink, or keep food and beverages in solvent areas. This increases the chances someone could accidentally ingest solvents.
- Don't smoke, light a match or use a lighter when using solvents.
- Store flammable solvents in well-ventilated areas and away from anything that could cause a spark. At work, follow all company procedures regarding safe storage of flammable liquids.



Staying safe with 15-passenger vans

There are important safety considerations for the use of passenger vans, especially the 15-passenger version, known to be unstable and prone to crushing when involved in rollover accidents.

A 15-passenger van that is fully loaded with passengers has a potential for rollover that is five times higher than when the driver is the only occupant.

When heavily loaded, there's a problem of understeer at low speeds and of oversteer at higher speeds.

Unless a passenger van is strictly for personal use, it might be defined as a commercial bus, and as such is subject to a broad range of federal, provincial and territorial acts and regulations that govern commercial transport.

According to these requirements, drivers may need a commercial bus driver's licence and meet higher medical fitness standards and might have hours of service work limitations. Drivers of 15-passenger vans who are operating the vehicle commercially are required to have a minimum of a Class 4 driver's licence in most provinces/territories.

The use of 15-passenger vans is not recommended for transportation of workers at high speeds, long distances or in less than favourable road conditions.

Despite the name, it's best not to have more than 10 passengers (including the driver) in a 15-passenger van.

Using 8-passenger vans is recommended for transporting workers in unfavourable driving conditions or at higher speeds.

Always ensure the vehicle is still within the gross vehicle weight (GVW) when passengers are loaded.

The way a van is loaded and the distribution of the weight can change how it handles.

A 15-passenger van should be loaded from the front to the back. When the van is not full, passengers and cargo should be loaded in front of the rear axle.

Fill the front passenger seats first and then put cargo in empty seats or on the floor to the front of the vehicle or evenly distribute it throughout the vehicle. Roof racks, rear cargo boxes and tow trailers should be avoided as they will negatively affect the handling and control of the vehicle. If you do use them, ensure heavier cargo is inside the vehicle and never exceed the recommended weight limitations.

Manufacturers of 15-passenger vans have developed technology to increase safety. This includes electronic stability control (ESC) and tire pressure monitoring systems.

Since 2008, 15-passenger vans have been built with lap/shoulder belts for rear passengers and these belts must be worn.

Vans should be maintained in accordance with instructions established by the manufacturer. Twice a year, they might be subject to thorough inspections by specially-trained mechanics to meet provincial/territorial requirements.

Drivers might also have to inspect the van according to specific criteria at least once each day the van is driven. There also could be roadside inspections by provincial and territorial commercial vehicle inspectors.

Here are some more basic precautions:

- Before each use, check the condition and tire pressure of all tires. They should be designed for the traveling conditions.
- Drivers should be operating 15-passenger vans on a regular basis to maintain their familiarity with the vehicle.
- Swerving at high speed when reacting to obstacles or hazards increases the risk of rollover. With a deer, for example, having it strike the vehicle is safer.
- Drivers should be well-rested, keep distractions to a minimum (such as cell phones and conversations with passengers) and limit drive time to eight hours per 24-hour period.

Are these deadly diseases on their way back?

(NC) Measles, mumps, polio and whooping cough were once common childhood diseases. These illnesses can cause severe complications or sometimes even death, but the development and routine use of vaccines means most are now quite rare in Canada. Vaccines are also available to prevent other serious diseases like meningitis. These vaccines also help to reduce the spread of these infections in the community. Outbreaks can continue to occur, particularly in areas of the world where vaccines are not as widely used. Vaccination against tetanus is also very important, as this bacteria is always present in the soil and dust.

Overall, keeping up to date with vaccines is the main way to avoid these infections. While there is generally very good vaccine uptake in Canada, delays in vaccination due to the pandemic have resulted in some children falling behind in recommended vaccinations, therefore increasing the chances of the spread of some infections in the community.

For the most effective protection, the Public Health Agency of Canada recommends that children receive vaccinations on time. The specific timing may vary somewhat by province and territory, but the first vaccines are usually given in infancy to help protect them before they are exposed to the illnesses.

The vaccines themselves go through thorough testing and review processes before they are approved by Health Canada, which also continues to monitor vaccines after approval.

For more information about vaccines or vaccine-preventable diseases, speak with a health-care provider and find out more at canada.ca/childhood-vaccines.



Drivers are reminded to adjust the headrest

While buckling seatbelts is second nature when getting into a car – how many of us think to adjust the headrest? Reports show that headrests are one of the most overlooked safety features in motor vehicles today and many of us don't realize the important role they play in preventing neck, brain and spinal cord related injuries.

Headrests are designed to work alongside the seatbelt so that when an accident occurs it prevents the head from twisting backwards, causing whiplash. Drivers can sustain an injury from an incorrectly adjusted headrest even at speeds as low as 15 kilometres per hour – the same speed as the average bicycle.

A Canadian study on headrest use, funded by the Insurance Bureau of Canada (IBC), found that only 14% of Canadian drivers had their headrests adjusted in the 'good' position. For 5% of the drivers observed, the adjustment was so inadequate that it would not protect them from injury in a rear-end collision.

According to IBC, soft tissue injuries are largely preventable, given that about

75% of the headrests in vehicles today are adjustable. Drivers and passengers can reduce the risk of whiplash simply by raising their headrests to a safe position, where the headrest is level with the top of the head and 5 to 10 cm from the back of the head.

If Canadians followed this simple guideline, the number of neck injuries could be reduced by about 40%, according to the Canada Safety Council. That could save people from unnecessary pain and suffering.

Here are three steps to help prevent injuries associated with improper headrest position:

1. Align the top of the headrest with the top of your head.
2. Position the centre of your headrest so that it is slightly above the top of the ear.
3. Ensure that the distance between the headrest and the back of the head is between five and 10 centimetres.

If you're a family with multiple drivers, always make a specific point of adjusting the headrest before starting the ignition.

Are you brushing your teeth right? Tips from the pros

(NC) Taking good care of your teeth and gums will help prevent tooth loss and keep the rest of your body healthy. Poor oral health has been linked to diabetes, heart disease and respiratory diseases.

Getting toothbrushing right is the first step. To clean the surfaces and hard-to-reach areas of your teeth properly, you must use the right toothbrush:

- Choose a soft or extra-soft toothbrush.
- Choose a brush with a smaller head (even a children's toothbrush) if you have a small mouth.
- Power toothbrushes, if you can afford one, make it easier to remove dental plaque than a manual toothbrush.

Once you've got your toothbrush in hand:

Wet the brush and then place a pea-sized amount of fluoride toothpaste on the bristles.

Divide your mouth into four sections: top, bottom, left and right.

Position the bristles of your toothbrush so that they touch both your gums and teeth and brush all surfaces of your teeth: cheek side, tongue side and biting surfaces.

Brush for two minutes, spending 30 seconds in each section of your mouth.

Don't forget to brush your tongue, using a sweeping motion from the back to the tip of the tongue to remove harmful bacteria.

Brushing your teeth twice a day reduces your risk of cavities, gum disease and bad breath, and it prevents bacteria in your mouth from spreading to other parts of your body. It's a quick and easy way to protect your oral and overall health.

Find more oral health tips and information at dentalhygienecanada.ca.



Safety tips for arts and crafts time

(NC) Arts and crafts is the best part of the day for many children – and many children at heart. Yet, depending on the situation, that time can easily be marred by accidental cuts, skin irritations or even poisonings. Here are some tips to keep the creativity flowing while staying safe.

Be prepared

Before you start, it's best to have an idea of the project you'll tackle, what tools and techniques are required, and any safety tips to take. They might seem simple but understanding best practices, like how to hold small scissors or tie the right macrame knots, can limit mishaps, lower frustrations and prevent tiny tempers from rising.

Check your ingredients

Be sure to choose child-friendly activities and ingredients if you're crafting with kids. Some chemicals like shellac, boric acid, craft dyes and powdered paints – often used in crafts like slime or for tie dying – shouldn't be used around children who are more vulnerable to health risks. Pay special attention to ingredients when making homemade playthings like slime or playdough. For example, many do-it-yourself slime recipes call for boric acid, which should be avoided, since overexposure may affect development and reproduction.

Choose the space wisely

Set up your arts and crafts table in a well-ventilated area with an open window, fan or vent. This will help prevent the build-up of volatile organic compounds from paint, glue, markers and other materials, which can be harmful to small bodies. Keep an eye on children while doing arts and crafts. And place food and drink off the craft tables to minimize contamination, mix ups and accidental spills. Have a first aid kit accessible and ensure it's well stocked before you begin.

Clean up carefully

As you tidy up your craft table when you're finished for the day, be sure to store products in their original container. That way you can always check the instructions, ingredients and safety information. Be sure to keep any chemicals, small parts or other hazardous materials out of reach of children and pets. If you have anything to throw out, like paint or epoxy, check your municipal rules for hazardous waste. And finally, don't forget to wash your hands.

Find more information about arts and crafts safety from Health Canada, canada.ca/healthy-home.



Stay safe on the water this summer

Enjoy a summer on the water with friends and family by following these tips to keep people and our waterways safe.

1. Report signs of trouble. Waterways are essential for leisure, travel and the economy. It's important to know when something's wrong so that the Coast Guard can step in to help. Oil slicks, diesel and other toxic spills are all obvious signs of trouble. Persistent water pollution can slowly endanger wildlife.

2. Help keep our waters clean. If you have a boat, you have a responsibility to ensure that no oil and other hazardous products, including sewage, spill into the waters. Avoid any spills, no matter how small, because they affect the environment. Properly remove and dispose of an old boat you no longer need. This could include taking the boat to a boat retailer, a recycle depot or a landfill, depending on what is available where you live. Help protect the environment by reporting any signs of marine pollution or abandoned boats and wrecks.

3. Take weather precautions. If heading out on the water, check weather reports to make sure you're not taken by surprise by changing weather conditions.

4. Keep emergency numbers on hand. Make sure to have a marine radio on board set to channel 16. In

case of an emergency, dial *16 on your mobile device, which will connect you with the closest Coast Guard Marine Communications and Traffic Services centre in both the US and Canada.

Find your local Canadian Coast Guard phone number at www.ccg-gcc.gc.ca/emergency-numbers-hub. For the US, visit <https://www.navcen.uscg.gov/>

Enjoy spending time by the water with loved ones this summer by following these tips:

- * Take an accredited boating safety course. Keep your pleasure craft operator certificate with you at all times.
- * Inspect your boat and all your equipment before departure.
- * Always wear your lifejacket or personal flotation device while on board. It is important to put it on before boarding the vessel.
- * Study and carry your marine charts.
- * Leave a trip/rescue plan with a responsible person.
- * Do not drink and drive and do not cruise with alcohol onboard your boat.
- * Never boat under the influence. It's dangerous — and against the law — to operate a boat while impaired by drugs or alcohol.

How to avoid injuries on the golf course this summer

Golf is one of the most popular Canadian summer past times and is enjoyed by many of us, regardless of how good we are at it. While golf will undoubtedly test our mental strength, it can be even more taxing on our bodies. The constant bending over, repetitive swing motion, and hot weather conditions can take a physical toll.

Here are some tips from the Ontario Chiropractic Association to help prepare your body for a round of golf and avoid injury:

Find your swing: It is very easy for amateur golfers to injure themselves by repeatedly doing an incorrect swing. Everyone's swing is different, but it is important to work with a swing that benefits our game and body. Consulting with a professional before hitting the links will help develop our game and avoid injury.

The right equipment: Wearing soft spike golf shoes, for example, gives you greater shock absorption and cushioning. This helps your back in both the short and long term.

Preparation: Always make sure to gently stretch your muscles prior to and after a round of golf. We may be in a rush to reach the 19th hole, but it is important to cool our muscles down after a strenuous round.

Carrying your bag: Lugging your golf bag around the course adds a lot of unnecessary stress to your body. Elect to either drive a golf cart or use a golf bag cart.

Hydrate: Hydration is fundamental to success and safety in any sport. This is magnified when we are playing an outdoor sport during the summer. Drinking water helps decrease your risk of injury and fatigue when on the golf course.

Avoiding injury on the job

Today's safety meeting is about ways to avoid the most common types of hazards on the job that can lead to injury.

No matter where you work, you can be injured on the job. While some occupations are a lot more hazardous than others, everyone is at some risk of being hurt or perhaps even killed. That may sound drastic, but it's the truth.

The good news is that most injury-causing incidents can be prevented. These incidents result from unsafe conditions or unsafe acts and sometimes both. Unsafe acts are by far the most likely cause and that's where your responsibility to yourself and your co-workers comes in.

Certain types of injuries occur much more frequently than others. The likelihood of them happening where you work depends on several factors, such as the tasks being performed, the workplace environment and the quality of training and supervision.

Top injury causes and ways you can prevent injury include:

Overexertion — When you're overtired or exceed your body's ability to perform a physical task (such as lifting, turning, pushing heavy objects), you're more prone to injuring yourself. Know your body's limitations and use proper techniques for manual material handling. For example, if you are attempting to lift something that is simply too heavy for you to pick up, ask a co-worker for a hand or use a dolly to help you move it. Do not put yourself in harm's way for a heavy box.

Slips, trips and falls on same level — These usually result from wet or slick floors or debris that wasn't cleaned up. Reaction injuries are included in this category. That's where workers hurt themselves while trying to stop the fall. Practice good housekeeping and don't



rush. If you see a spill and are not sure of what the substance is, report it. If you know that it is a cup of coffee that fell or you spilled, clean it up.

Falls from heights — This type of fall happens from an elevated area such as roofs, ladders, and stairways. It can be caused by slip and fall accidents or due to faulty equipment. Risk can be reduced by using proper personal protective equipment (PPE), training and constant diligence. Hook on when working at height. Don't climb up a scaffold if you don't need to be up there. Take your time when walking up and down a flight of stairs, being sure to not be carrying more items than necessary

because you don't feel like walking up and down the stairs several times.

Falling objects — Whether from shelves or dropped by another person, they can cause very serious incidents. Head injuries are a frequent result. Employee diligence is a key to preventing these types of injuries. Proper PPE, such as a hard hat, can be instrumental in keeping you safe. If you don't need to be walking underneath an area where work is taking place, don't.

Collisions — Even cautious people can do dumb things, such as walking into walls, windows, chairs and other stationary items or being struck by moving equipment or machinery. The resulting injuries typically affect the head, neck, knee and foot. Pay attention to your surroundings and move at a safe pace.

Machine entanglement — Serious harm can occur when clothing or body parts get caught up. Wear job-appropriate clothing, remove jewellery and secure long hair. Make sure safety guards are in place.

Hazardous materials — Improper handling, storage and disposal of chemicals and other dangerous substances can result in injury, death and property damage. Make sure you understand their properties and the precautions that need to be taken. This information is usually contained in their safety data sheets.

A little awareness of your surroundings and being alert goes a long way to staying safe on the job.

Thanks for your attention today.

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1 No matter where you work, you can be injured on the job.

True False

4 Improper handling, storage and disposal of chemicals and other dangerous substances can result in death.

True False

2 If you see a spill and are not sure of what the substance is, you should clean it up anyway.

True False

5 Asking for help to lift something is the smart and safe thing to do.

True False

3 You should take your time when walking up and down a flight of stairs.

True False

6 Machinery safety guards can be removed if they are in your way.

True False

ANSWERS: 1.True 2.False 3.True 4.True 5.True 6.False

Date of Meeting: _____

Topic: _____

Location: _____

Department: _____

Start Time: _____ Finish Time: _____

Meeting Leader: _____

Have meeting attendees sign this sheet:

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