

# Safety and Health Week Newsletter

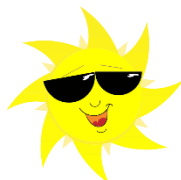
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Together we can create safe workplaces and communities

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## SUMMER SAFETY TIPS

1. Use sunscreen with an appropriate SPF of 30 or higher and not just once! Make sure you are reapplying it regularly when you spend the day outdoors and even more often if you are sweating or swimming. Remember that you can still get a sunburn on cloudy days.
2. Stay hydrated! Especially on those hot, humid summer days. Carry a reusable water bottle with you to fill up as needed. Stay away from caffeine if possible as it will only contribute to dehydration.
3. Use insect repellent. Mosquitoes are not the only thing to look out for!
4. Do a full body and clothing check for ticks after being out in tall grass, bush areas, or in the trees. Make sure to include your head and hair.
5. Don't ignore heat stress! Be sure to listen to your body and take frequent breaks with water and out of the direct sun.



## BARBEQUE SAFETY TIPS

1. **READ THE INSTRUCTION MANUAL FOR YOUR BARBEQUE.**  
This may seem like a no-brainer but it is always important to check the manual before using any appliance, especially one involving fire. This tip is one of the easiest ways to ensure barbeque safety. Even if you have owned a grill before, every model is different so make sure to refer to the instruction manual for specific information on your grill.
2. **OPEN THE LID BEFORE STARTING UP YOUR BARBEQUE.**  
If you start up your gas grill before opening the lid, the propane will be under extreme pressure. Propane is a highly flammable gas and when under pressure, a fire can easily start. Keeping the lid open will allow the gas to dissipate safely.
3. **ALWAYS KEEP AN EYE ON THE FLAME.**  
The most dangerous element of a barbeque is the fire used to cook the food. You should never leave a flame unattended, regardless if it is a propane or gas barbeque. If you have young children, an adult should always supervise them if in close range to a barbeque to avoid harm.
4. **KEEP YOUR BARBEQUE CLEAN.**  
This safety tip is essential for those with gas barbeques. When all sections of your barbeque aren't clean, it's easy for bugs or other debris to block easy gas flow. If you see any blockages in your gas barbeque, turn off the fuel tank, turn off control valves, and disconnect the entire grill. Then, take the time to clean your grill thoroughly, making sure all problems are resolved.
5. **CLEAN GREASE OFF OF YOUR BARBEQUE.**  
When you are done cooking on your grill, it is important to clean its surface so grease doesn't build up over time. Ensure that you clean both the top and bottom of your grill before using it again to avoid flare-ups or other issues.
6. **NEVER USE YOUR GRILL INDOORS.**  
This tip may seem like a no-brainer but it is still important. Your grill will work outside, rain or shine, so even if it's pouring rain, make sure your grill stays outside.

7. USE LONG-HANDLED COOKING UTENSILS.

To avoid any burns, it's best to use long-handled cooking utensils or tongs specifically designed for grilling.

8. ENSURE YOUR BARBEQUE IS STABLE.

Placing your grill on a flat surface will prevent any injuries or fires. For extra safety, consider using a grill pad or splatter mat to protect your deck or patio.



Don't let this be you!

### **SPRING YARD SAFETY – AN ANECDOTE FROM JAY ARPIN**

Throughout our extended NW Ontario “on again/off again” winter, my family and I have been eager to jumpstart our backyard area into some warmer weather activities.

In March, my wife Megs had set up the big 14’ trampoline and made it reasonably level, just over the area of our backyard where our vegetable garden had been. The snow was very high but was slowly melting as the weeks went on. Our daughter would go out on every single “warm-ish” day for weeks on end; she loves the trampoline!

By early April, she was still going strong and on one Saturday she asked me to join her. I did, and we had an absolute blast, both joyously bouncing about until – \*POP\*!! There was a sudden quite sharp pain in the underside of my foot. ... and a one-inch puncture hole in the trampoline!

An unnoticed garden stake was protruding out of the snow. The gradual melt had brought the trampoline lower into the snow and the greater weight of my “generous form” stretched the fabric down much lower than my daughter’s light frame would have.

We patched the hole in the trampoline the same day and my foot didn’t need any patching as the puncture was actually fairly shallow. I was, of course, like any parent, grateful it had been me receiving the “punji stake” in the foot rather than my daughter, but I certainly felt a fool for not continually checking underneath as the snow melted.

It’s kind of similar to those warnings we’ve all heard about ... “diving into unknown water.” I suppose the same notions can be applied to our own backyards as the snow melts. I should’ve checked first, but I didn’t. Lesson learned.

We can be reasonably wary and still have our fun. Enjoy the well-deserved warm days ahead!