

Seasonal Safety Reminders

What is Heat Stress?

Working or playing where it is hot puts stress on your body's cooling system. When heat is combined with other stresses such as hard physical work, loss of fluids, fatigue or some medical conditions, it may lead to heat-related illness, disability and even death.

This can happen to anybody—even the young and fit. In Ontario, heat stress is usually a concern during the summer. This is especially true early in the season, when people are not used to the heat.

Heat exposure may occur in many workplaces. Furnaces, bakeries, smelters, foundries and heavy equipment are significant sources of heat inside workplaces. For outdoor workers, direct sunlight is the main source of heat.

How We Cope With Heat

Your body is always generating heat and passing it to the environment. The harder your body is working, the more heat it has to lose. When the environment is hot or humid or has a source of radiant heat (for example, a furnace or the sun), your body must work harder to get rid of its heat.

If the air is moving (for example, from fans) and it is cooler than your body, it is easier for your body to pass heat to the environment.



Preventing heat stress

1. Drink a cup of cold fluids every 20 minutes. Do not wait until feeling thirsty, as thirst is not a reliable indicator of dehydration.
2. If doing prolonged work in a hot environment, consider adding a little more salt to food. Consult a physician first if on a low salt diet.
3. Do not consume alcohol or caffeine drinks (such as tea, coffee and colas) in the 24 hours before and while working in the heat. Alcohol and caffeine increase water loss from the body by increasing urination.
4. Wear loose fitting clothing. Choose loose weave, cotton undergarments, as these are best in sweating situations.
5. Wear a bandanna or hat.
6. Take short restbreaks in a cool area, as needed, during hot weather activities. Short, frequent breaks are more effective than long ones.
7. Be aware that certain medications or being overweight can reduce the body's ability to tolerate heat.



Check these websites for more information:

Environment Canada

<http://www.msc.ec.gc.ca/>

Environment Canada Fact Sheet: Summer Severe Weather

<http://www.on.ec.gc.ca/severe-weather/summer.html>

Safety Tip Tommy

Skateboarding Safety Tips

Skateboarding is a popular activity enjoyed by many young people. However, it's also an activity that causes many unintentional injuries.

More than 10,000 people require medical treatment each year for injuries related to skateboarding. Fractures are a frequent type of injury. Deaths as a result of collisions with motor vehicles and from falls are also reported.

Irregular riding surfaces account for more than half of the skateboarding injuries caused by falls. Wrist injury is the most common, usually a sprain or a fracture. Skateboarders who have been skating for less than a week suffered one-third of the injuries.

The Canadian Safety Council offers these skateboarding tips:



Use Proper Safety Gear

- Wear closed, slip-resistant shoes
- Always wear a helmet
- Knee and elbow pads and wrist braces or special skateboarding gloves can help absorb the impact of a fall.

Tips for using a skateboard

- Give your board a safety check each time before you ride.
- Always wear safety gear.
- Never ride in the street.
- Obey the city laws. Observe traffic and areas where you can and cannot skate.
- Don't skate in crowds of non-skaters.
- Only one person per skateboard.
- Never hitch a ride from a car, bicycle, etc.
- Don't take chances; complicated tricks require careful practice and a specially-designated area.
- Learn to fall—practice falling on a soft surface or grass.



CAER Community Report

Spring/Summer 2005

**Community Response Emergency Preparedness
for the communities of Sarnia-Lambton**

 **CAER.ca**



Community Awareness Emergency Response

Working Together for a Safe Community

Few Canadian cities compare to Sarnia-Lambton when it comes to the network of local organizations dedicated to improving safety, emergency response and the environment.

Four key groups are:

- Community Awareness Emergency Response (**CAER**)
- Sarnia Lambton Environmental Association (**SLEA**),
- Industrial Education Cooperative (**IEC**)
- Lambton Safe Community Council (**LSCC**).

From reading this newsletter, you know what CAER is all about. Here's a snap shot of the other groups. Refer to the associations' website for more information.

SLEA

Sarnia boasts the most extensive and longest running air and water monitoring programs in Ontario, dating as far back as 1952. The Sarnia Lambton Environmental Association is an industry cooperative that collects and shares data among themselves and with government and the community in order to understand and address areas of concern.



Eleven stations analyze air samples and record hourly averages of contaminants present in the air. The system has been recording data for over 30 years, and shows local ambient air quality has dramatically improved.

The St. Clair River is also monitored. A fully automated monitor is located at Courtright where 20 chemical compounds are measured. Biological studies are conducted on water fleas, minnows and rainbow trout living downstream from industries and municipalities compared to those living upstream. Years of tests show no significant differences between the two populations. For more information on SLEA, check their website at www.sarniaenvironment.com

IEC

The Industrial Education Cooperative works with nearly 100 contractors who service local plants to improve safety performance. Core to the IEC is the Safety Partnership, comprised of labour, contractors and industry representatives who are dedicated to achieving zero injuries. The IEC has comprehensive training programs and has introduced Behaviour Based Safety to contractors. Visit the IEC website for more details, www.sarniasafety.com



Sarnia-Lambton
**INDUSTRIAL
EDUCATIONAL
CO-OPERATIVE**

LSCC

More than 50 community groups and individuals work together to prevent injuries under the umbrella of the Lambton Safe Community Council. Acknowledging that injuries are predictable and preventable, LSCC has developed a number of programs that make our community a safe place to live, learn, work and play, including:

Safe Roads - aimed at reducing injuries from motor vehicle collisions.

Healthy by Design - aimed at reducing injuries due to falls in those aged 65 and over.

Safe Communities Incentive Program – works with the Workplace Safety & Insurance Board to help small business provided low cost training on the basics of a safety program.

Sport and Recreation – promotes safe cycling, in line skating and skateboarding.

Work Place Safety for Youth - provides workplace safety training to all high school youth prior to their graduating or participating in a co-op work term.

Risk Watch - an injury prevention program presented to elementary school students addressing the major areas where children are being injured.

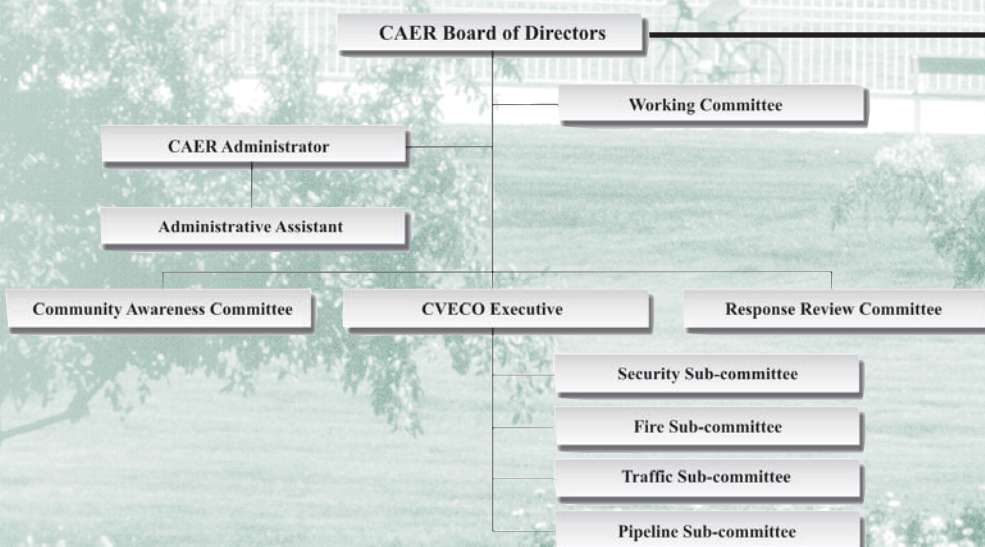
For more information, visit the LSCC website at www.xcelco.on.ca/~lscouncil



Understanding How CAER Works

To help understand how CAER is working for you in the community, each issue of the Community Report will be profiling a different committee within the CAER organization.

Structure of the CAER Organization



CAER Board of Directors

The CAER board provides direction on community issues, industrial policies and municipal priorities for Community Awareness and Emergency Response activities.

2005 Board Members:

- Tom Strifler - Nova Chemicals (Chair)
- Joe Dedecker - Mayor of St. Clair Township (Vice-Chair)
- Kirk Bailey - Suncor
- Marc Mageau - Shell Canada
- Ron Huzingh - Lanxess
- Glen Mutscher - Dow
- Paul Sabatini - Imperial Oil
- Jim Foubister - City of Sarnia
- Glen Sonier - CEO Union Executive
- Jim Bradshaw - Building Trades Executive
- Chris Plain - Chief of Aamjiwnaang First Nation
- Patricia Davidson - Lambton County Warden
- Robert Eick - Fire Chief of Port Huron Michigan
- Dick Kirkland - Mayor of Point Edward

The CAER Board ensures industry and municipalities are accountable for emergency preparedness, incident prevention and response through the setting of performance standards and stewardship of results.