



NSS MONTHLY NEWSLETTER

July 2019

Summer Safety

Although summer activities can be a lot of fun, we should always take proper precautions to avoid any injuries to ourselves and others.



With campfires all it takes is one spark for things to go wrong. A carelessly abandoned campfire or a campfire built without safe clearance can turn a small fire into a dangerous and fast-moving blaze.



All barbecue grills must only be used outdoors — using grills indoors or in enclosed spaces is not only a fire hazard, but it exposes occupants to toxic gasses and potential asphyxiation. Always position the grill well away from combustible objects — buildings, fences, deck railings and landscaping can easily and quickly ignite. Check all propane tanks and lines for leaks and damage. Never leave a lit grill unattended. Periodically remove grease build-up in catch trays to prevent it from igniting. Keep a garden hose nearby, connected and ready for use in case of a fire



The fire service does not recommend family fireworks or informal neighborhood displays. The fire service recommends attending public fireworks displays hosted by your municipality or other responsible organization.

If you still choose to have a family firework or an informal neighborhood display, check with your local fire department about regulations regarding fireworks.



- **Cover up.** Protect your skin as much as possible. Wear light-colored, long-sleeved shirts, pants, and a wide-brimmed hat made from breathable fabric. Ensure to have sunglasses as well to protect your eyes from the UV and UVB ratings as the rays can cause sensitivity.
- **Limit your time in the sun.** Keep out of the sun and heat between 11 a.m. and 3 p.m. The UV index in Canada can be 3 or higher during those times. When your shadow is shorter than you, the sun is very strong. Look for places with lots of shade, like a park with big trees, partial roofs, awnings, umbrellas or gazebo tents. Always take an umbrella to the beach.
- **Use the UV Index forecast.** Wear protective clothing, sunglasses, and sunscreen, even when it's cloudy.
- **Use sunscreen.** Put sunscreen on. Use sunscreen labelled "broad spectrum" and "water resistant" with an SPF of at least 30.
- **Drink plenty of cool liquids (especially water) before you feel thirsty.** If sunny days are also hot and humid, stay cool and hydrated to avoid heat illness.

Northern Safety Solutions is pleased to welcome James Toyota in Timmins to the Workplace Management Systems Program

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