



Safety Tips for the New Year



The start of a New Year marks the making of resolutions to improve health and well-being. While making the list of personal resolutions, consider the health and safety of yourself and family members.

Exercising Safely

Striving to achieve new fitness goals? Before taking on a more strenuous exercise regime, consider the following tips

- Take five to 10 minutes to warm up and cool down properly. Plan to start slowly and boost your activity level gradually unless you are already exercising frequently..
- Listen to your body. Hold off on exercise when you're sick or feeling very fatigued. Cut back if you cannot finish an exercise session, feel faint after exercise or fatigued during the day, or suffer persistent aches and pains in joints after exercising. If you stop exercising for a while, drop back to a lower level of exercise initially.
- Choose dedicated clothes and shoes designed for the type of exercise. Replace shoes every six months as cushioning wears out.

Fire Safety

- Smoke and carbon monoxide detectors save lives. They should be installed outside each sleeping area, and on each level of your home, including the basement. Test these devices monthly to ensure they are working properly. Replace any device that is more than ten years old.
- Purchase a fire extinguisher for your home and keep it handy in the event of a small fire. Ensure your extinguisher is labelled by a nationally recognized testing laboratory. Although fire extinguishers do not expire, they should be serviced and inspected regularly, and recharged after use. Install fire extinguishers near escape routes and away from potential fire hazards.

Safety in the Car

- According to Transport Canada, up to 96% of severe injuries of child passengers, were due to the infant or child not using the appropriate passenger restraint at the time of the crash. Child car seats make road travel safer for infants and children. They keep your child in place, so that in a sudden stop or crash, your child has increased protection. Children must be in some form of car seat until they reach at least 80 pounds (36 kg) and 57 inches tall (145 cm), which are not usually reached until at least age 9. Visit www.childseatingo.ca to learn more about the appropriate car seat for your infant or child and how to properly install them in your vehicle. Make sure the car seat you are using has not expired.
- Travelling with pets: You may have a lap dog at home, but in your vehicle, always keep your dog in the back seat to prevent you from driving while distracted. Buckle up your dog with a dog harness (dog seatbelt) or crate. Visit the Travelling with your Pet section of ICBC's website to learn more tips to keeping pets safe while travelling in your vehicle at www.icbc.com/road-safety/driving-tips/Pages/Travelling-with-your-pet.aspx
- A correctly adjusted head restraint can help to prevent soft-tissue neck and back injuries, also called whiplash, during a crash. When correctly positioned, head restraints will prevent one's head and neck from jolting backwards on impact. Make sure the top of the head restraint is at least level with the top of the head. Position the head restraint so it is as close to the back of the head as possible, this may require adjusting the back of the seat.

Home Protection Tips

- Keep an inventory of valuables and possessions. Having an inventory simplifies the process of filing an insurance claim should your home be burglarized. Take photos or videos of your valuable possessions, and make a note of their serial numbers. Marking items with an identifying number, such as one's driver's license number (do not use your social security number).
- Review your home insurance policy. Check the provisions within your policy to see if what you have still meets your needs. Are you fully covered for the value of your valuables and possessions, for fire, flood, and storm damage?
- Starting the year with an organized home: As you clear your home of its excess clutter and unwanted items; use proper lifting techniques and wear appropriate footwear when moving large pieces of furniture or appliances. When reaching for high spaces, use an appropriate height ladder or step stool and exercise caution not to lean too far to either side. Follow the safety instructions for use and storage of cleaning products and dispose of such products to appropriate hazardous waste collection facilities.
- Use de-cluttering as an opportunity to also inspect the electrical cords of appliances that are used year-round to check for damage and replace if necessary to prevent injury from electrical shock or fire.