



CAPSC
Safety
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 NEWFOUNDLAND
 LABRADOR



Celebrates the 101 Safety Days of Summer

Summer is the time when people tend to forget and get complacent about safety while they are enjoying the summer weather and having fun. Safety should never take a vacation. Let's make this summer a safe one.

Friday May 28, 2010	Let's Get Ready to Spring into the 101 Safety Days of Summer
Saturday May 29 Day 1	Bicycle Riding Does everyone's helmet still fit correctly? Does everyone know the rules of the road?
Sunday May 30 Day 2	Hot and Cold When you bring food on a vacation, it's important to know how to pack it to keep it safe. Keep the Hot foods Hot and the Cold foods Cold.
Monday May 31 Day 3	Around the Block Sometimes the most child-friendly neighborhoods don't produce the most street-savvy children. Review important street smarts with everyone.
Tuesday June 1 Day 4	Weapons of Grass Destruction Wear a pair of steel toed boots to protect your feet as you mow. A pair of safety glasses, hearing protection and long pants will help protect as well.
Wednesday June 2 Day 5	Slippery when Wet On rainy days expect the potential for hydroplaning. Slow down, be aware of standing water and drive defensively this summer.
Thursday June 3 Day 6	Dig Gardening – Watch your Back Instead of bending over to work on your garden, kneel on a soft cushion. Take frequent breaks

Friday June 4 Day 7	<p style="text-align: center;">Be Seen</p> <p>When out for a walk or a ride on your bike, ensure you are visible to the traffic around you. Wear light colored, high visibility clothing. Install lights / reflectors on your bike.</p>
Saturday June 5 Day 8	<p style="text-align: center;">Reaching Safe Heights</p> <p>When using a ladder, always maintain a 3-point contact when climbing. Keep your body between the side rails and always face the ladder while climbing.</p>
Sunday June 6 Day 9	<p style="text-align: center;">Summer Sizzle</p> <p>Do not let ready-to-eat foods like lettuce, tomatoes, cheese, etc. come into contact with raw meat or its juices. Always pack raw meat separately from other products.</p>
Monday June 7 Day 10	<p style="text-align: center;">Do Bugs Bug You?</p> <p>When using insect repellents, read and follow all label directions. Make sure that door and window screens fit tightly and have no holes that may allow bugs inside.</p>
Tuesday June 8 Day 11	<p style="text-align: center;">Ready Aye Ready</p> <p>Whether you're driving a minivan or a subcompact, find space in your vehicle in which to keep your safety supplies.</p>
Wednesday June 9 Day 12	<p style="text-align: center;">First Aid and CPR</p> <p>Find out about local classes. Encourage a friend, and sign up together. Even if you think you know all about first aid, it never hurts to take a refresher course.</p>
Thursday June 10 Day 13	<p style="text-align: center;">Keep Everything Clean</p> <p>Always wash your hands before and after handling food, and don't use the same platter and utensils for raw and cooked meat and poultry.</p>
Friday June 11 Day 14	<p style="text-align: center;">Be a Safe Sport</p> <p>When playing your favorite sport this summer, think safety. Wear appropriate PPE and stay hydrated. Don't forget your sunscreen and take frequent breaks.</p>
Saturday June 12 Day 15	<p style="text-align: center;">Driven to Distraction</p> <p>There are many driver distractions: cell phones, texting, eating, etc. Driving a vehicle defensively requires ALL of your attention. Keep your focus. Arrive safely.</p>
Sunday June 13 Day 16	<p style="text-align: center;">Going it Alone</p> <p>If you are doing any summer activity alone (hiking, boating, driving etc.), make sure someone knows where you are going and when you are expected back.</p>

Monday June 14 Day 17	Safe Storage Find a safe place for matches and lighters. We know you want them handy for your bar-b-que but it just isn't safe to leave them around.
Tuesday June 15 Day 18	SPF Swimwear A number of swimwear companies have suits with a built-in sun protection factor.
Wednesday June 16 Day 19	Wipe it Clean Pack disposable wipes for hands and quick cleanups.
Thursday June 17 Day 20	Pack Safety for your Trip Bring along a first-aid kit which includes treatments for food and insect allergies.
Friday June 18 Day 21	Use a Food Thermometer Another important piece of summer cooking equipment is a food thermometer to ensure meats are cooked thoroughly. Be sure to clean the thermometer between uses.
Saturday June 19 Day 22	Sharing the Road Be more alert for other things sharing our roadways – bicycles, skateboards, scooters, motorcycles and not to forget the four-legged kind, moose!
Sunday June 20 Day 23	Safe Zone When mowing, keep small children out of the yard, and turn the mower off if children enter the area. Never let a child use a mower or carry children on a riding mower.
Monday June 21 Day 24	Dangerous Too's Watch out for the dangerous too's this summer: too tired, too cold, too far from help, too much sun, too much strenuous activity.
Tuesday June 22 Day 25	Protect your Melon Ensure helmets are worn when riding a bicycle or scooter, rollerblading or skateboarding.
Wednesday June 23 Day 26	Buckle Up When traveling this summer throughout our province, always buckle up! Seatbelts save lives.

Thursday June 24 Day 27	<p style="text-align: center;">Keep an Eye on the Q</p> <p>Remember that when using your bar-b-que you should never leave it unattended.</p>
Friday June 25 Day 28	<p style="text-align: center;">Sleep is Important</p> <p>Just because there's no school doesn't mean your child needs less sleep. Keeping <i>some</i> semblance of a schedule is important. Know your child and what works best.</p>
Saturday June 26 Day 29	<p style="text-align: center;">Two Hour Rule</p> <p>Cover and store leftover cooked food in the refrigerator or cooler within 2 hours. If it's been out any longer than that, throw it out.</p>
Sunday June 27 Day 30	<p style="text-align: center;">Navigating the Asphalt Jungle</p> <p>Summer in our province means increased road construction. Be alert to changing road conditions and the added activity of workers and machines.</p>
Monday June 28 Day 31	<p style="text-align: center;">Learn to Swim</p> <p>Teach your children to swim. Many summer camps include swimming lessons in their programs.</p>
Tuesday June 29 Day 32	<p style="text-align: center;">Keeping your Head above Water</p> <p>Personal flotation devices (PFD's) should be worn by people of all ages on all watercraft.</p>
Wednesday June 30 Day 33	<p style="text-align: center;">“Summer”ize your Vehicle</p> <p>The winter is not the only time of the year that your vehicle needs some pampering. Get your vehicle ready for the busy road travel ahead.</p>
Thursday July 1 Day 34	<p style="text-align: center;">Snap Pop Wow</p> <p>Never allow children to play with or ignite fireworks. Keep a bucket of water in case of malfunction or fire. Always read & follow all warnings & instructions. Happy Canada Day!</p>
Friday July 2 Day 35	<p style="text-align: center;">Plan for Safety</p> <p>Similar to a Job Task Analysis at work, before heading to unfamiliar locations it's a good idea to do a little research, ask questions, and obey any warning signs.</p>
Saturday July 3 Day 36	<p style="text-align: center;">Caution Wide Load</p> <p>Camping with a trailer this summer? Be aware that with the extra length and weight of the trailer you'll need extra time to stop and you'll have less maneuverability.</p>

Sunday July 4 Day 37	<p style="text-align: center;">Airplane Travel</p> <p style="text-align: center;">Bring along a car seat for use on the airplane as well as in the rental car at your vacation destination.</p>
Monday July 5 Day 38	<p style="text-align: center;">Keep your Distance</p> <p style="text-align: center;">If you're camping in a tent this summer and using a fire or stove for cooking be sure you keep it at a safe distance from the tent.</p>
Tuesday July 6 Day 39	<p style="text-align: center;">Alcohol Doesn't Always Mix</p> <p style="text-align: center;">Alcohol contributes to an unhappy end to many of our summer's favorite activities. Please drink responsibly.</p>
Wednesday July 7 Day 40	<p style="text-align: center;">Get "Waterproofed"</p> <p style="text-align: center;">When walking on a pool deck or shoreline, make sure everyone wears something on their feet to protect from glass, hot sand, broken debris etc.</p>
Thursday July 8 Day 41	<p style="text-align: center;">Hats and Sunglasses</p> <p style="text-align: center;">Don't forget about hats, which can protect the ears and back of the neck from sunburn, and sunglasses, which help to protect the eyes.</p>
Friday July 9 Day 42	<p style="text-align: center;">Heads Up!</p> <p style="text-align: center;">Never dive in unknown or shallow water. Water depth can change from season to season so check it out before you dive.</p>
Saturday July 10 Day 43	<p style="text-align: center;">No Sleeping at the Wheel</p> <p style="text-align: center;">Fatigue is a deadly road companion. Stay alert when you travel. Take breaks, get plenty of rest before you go and recognize in yourself when it's time to get off the road.</p>
Sunday July 11 Day 44	<p style="text-align: center;">No Standing Around</p> <p style="text-align: center;">Regularly drain standing water from items like pool covers, saucers under flower pots, recycle bins, garbage cans, etc. to eliminate potential mosquito breeding sites.</p>
Monday July 12 Day 45	<p style="text-align: center;">Safety in Numbers</p> <p style="text-align: center;">When your child is playing outside, invite a friend or neighbor to play with them. It can be more fun (and it's safer) to have more than one child playing outside.</p>
Tuesday July 13 Day 46	<p style="text-align: center;">Sunscreen</p> <p style="text-align: center;">Sunscreen should be part of the morning routine. Even if your child doesn't seem to burn, sun damage can occur (don't forget yourself). Reapply frequently.</p>

<p>Wednesday July 14 Day 47</p>	<p style="text-align: center;">Staying Afloat</p> <p>Remember to wear a life jacket while skiing or operating a motorized craft on the water.</p>
<p>Thursday July 15 Day 48</p>	<p style="text-align: center;">Pools</p> <p>Remember that no form of water protection can replace the most important one – Parental / Adult Supervision. An important rule of water safety is Never Turn Your Back.</p>
<p>Friday July 16 Day 49</p>	<p style="text-align: center;">Don't Drink and Drive</p> <p>Don't combine alcohol or any other source of intoxication with driving. It is a potentially deadly mix!</p>
<p>Saturday July 17 Day 50</p>	<p style="text-align: center;">Forest Beautiful</p> <p>Never leave fires unattended and be aware of any fire restrictions in your area.</p>
<p>Sunday July 18 Day 51</p>	<p style="text-align: center;">Meeting Spot</p> <p>While attending our many festivals and fairs this summer, talk with loved ones about what to do in the event you get split up.</p>
<p>Monday July 19 Day 52</p>	<p style="text-align: center;">A Bad Mix</p> <p>When doing maintenance around the house do not use electrical tools in wet conditions and keep hands and feet away from cutting blades, moving parts, and hot surfaces.</p>
<p>Tuesday July 20 Day 53</p>	<p style="text-align: center;">I Can See Clearly Now...</p> <p>Purchase swim goggles. Not only will they protect the eyes from chlorine and other irritants, but they also allow people to see underwater and give them their bearings. Know how to wear them properly.</p>
<p>Wednesday July 21 Day 54</p>	<p style="text-align: center;">Feeling Hot, Hot, Hot</p> <p>Young children die every year from being left in a car in the hot sun. Even if you think you'll only be a second, take your child with you.</p>
<p>Thursday July 22 Day 55</p>	<p style="text-align: center;">Dog Days of Summer</p> <p>Don't forget your pooch (and all pets)'s safety! They need protection from the sun as well and require lots of hydration.</p>
<p>Friday July 23 Day 56</p>	<p style="text-align: center;">False Sense of Security</p> <p>Many collisions occur on dry roads and good weather conditions--don't think you're safe because it's a beautiful Friday afternoon.</p>

Saturday July 24 Day 57	<p style="text-align: center;">Boating Limits</p> <p style="text-align: center;">Limit boating to safe weather and water conditions. Pay attention to weather forecasts before you head out on the water.</p>
Sunday July 25 Day 58	<p style="text-align: center;">Parched?</p> <p style="text-align: center;">Drinking water directly from a water source in the great outdoors can make you ill. When in doubt, boil the water for 5 minutes.</p>
Monday July 26 Day 59	<p style="text-align: center;">Monkey Business</p> <p style="text-align: center;">Adults should supervise children on the playground at all times. The unimaginable can happen in the blink of an eye.</p>
Tuesday July 27 Day 60	<p style="text-align: center;">Beat the Heat</p> <p style="text-align: center;">Give yourself and your children plenty of fluids, especially water.</p>
Wednesday July 28 Day 61	<p style="text-align: center;">Fenced In</p> <p style="text-align: center;">Keep toys, garden furniture, and tools away from the pool fence. Kids can climb them to get into the pool.</p>
Thursday July 29 Day 62	<p style="text-align: center;">Feed Me</p> <p style="text-align: center;">Don't start a strenuous activity on an empty stomach. If the activity is longer than three hours, plan to bring along at least a snack.</p>
Friday July 30 Day 63	<p style="text-align: center;">The Eyes have It</p> <p style="text-align: center;">Protect your eyes by wearing UV blocking sunglasses.</p>
Saturday July 31 Day 64	<p style="text-align: center;">Sharp as a Tack</p> <p style="text-align: center;">Be careful with sharp or pointed tools such as rakes, lawn mowers, and hedge trimmers.</p>
Sunday August 1 Day 65	<p style="text-align: center;">Playing Fair</p> <p style="text-align: center;">Review with your children the proper use of playground equipment and your family's basic safety rules (no running, pushing, or hurting other children, respect for other children and people using the equipment).</p>
Monday August 2 Day 66	<p style="text-align: center;">Divide and Conquer</p> <p style="text-align: center;">Use a separate cooler for drinks so the one containing the food won't constantly be opened and closed.</p>

<p>Tuesday August 3 Day 67</p>	<p style="text-align: center;">Lifeguard on Duty</p> <p>Take notice of lifeguards at the beach and pool. Swim close to where the guards are stationed, and don't swim when guards are not on duty. Take heed of signs / flags indicating treacherous swimming conditions.</p>
<p>Wednesday August 4 Day 68</p>	<p style="text-align: center;">Hotel Safety</p> <p>Review hotel fire escape procedures and locate exits. It is worth knowing ahead of time where the exits are and where to go for safety.</p>
<p>Thursday August 5 Day 69</p>	<p style="text-align: center;">Clean it Up</p> <p>Use clean utensils and plates when removing cooked meats from the heat source. Don't cross-contaminate with those exposed to raw meats.</p>
<p>Friday August 6 Day 70</p>	<p style="text-align: center;">Scrub-a-dub-dub</p> <p>Wash fruits and vegetables well before packing.</p>
<p>Saturday August 7 Day 71</p>	<p style="text-align: center;">Protect their Little Hands</p> <p>Check that metal slides, steps and platforms on the playground are not too hot to touch.</p>
<p>Sunday August 8 Day 72</p>	<p style="text-align: center;">Go Fly a Kite</p> <p>Fly kites in open areas away from power lines and antennas. Open fields away from busy streets are ideal. Never fly kites in stormy weather; lightning could cause injury.</p>
<p>Monday August 9 Day 73</p>	<p style="text-align: center;">Patio Lanterns</p> <p>When installing decorative lighting on patios or along walkways, inspect your lighting to make sure that it is certified and marked for use outdoors.</p>
<p>Tuesday August 10 Day 74</p>	<p style="text-align: center;">Sun Block</p> <p>People who live in homes with no air conditioning should keep blinds closed from morning until the late afternoon to block extra direct heat from sunlight.</p>
<p>Wednesday August 11 Day 75</p>	<p style="text-align: center;">A Big Fan</p> <p>When it's hot outside, use a fan indoors for air flow. Don't place the fan directly in front of a window because it may push hot air in. Never put fingers where there are moving parts.</p>
<p>Thursday August 12 Day 76</p>	<p style="text-align: center;">Driveway Safety</p> <p>When kids are playing in or around the driveway, it really makes sense to block it off. This keeps kids and drivers contained.</p>

Friday August 13 Day 77	<p style="text-align: center;">Enjoying the Ride</p> <p>When enjoying amusement park rides this summer at home or away, get to know what the restrictions are for that ride and adhere to all safety instructions.</p>
Saturday August 14 Day 78	<p style="text-align: center;">Dangerous Waters</p> <p>Many lakes and swimming holes in our province have strong undercurrents. Know the area you are swimming in and don't swim in areas you do not know.</p>
Sunday August 15 Day 79	<p style="text-align: center;">Lighting your Way</p> <p>If children are afraid of the dark or used to a small night light - take it with you when you travel and use it in the hotel room to prevent a nightly trip or fall.</p>
Monday August 16 Day 80	<p style="text-align: center;">It's the Inside that Matters</p> <p>Reduce the heat or raise the height of the grill if food starts to burn during cooking -- remember it's the internal temperature of the meat that's important.</p>
Tuesday August 17 Day 81	<p style="text-align: center;">Deadly Potions</p> <p>When cleaning this summer, keep all chemical products out of sight and out of reach of children. Make sure they are stored and labelled properly.</p>
Wednesday August 18 Day 82	<p style="text-align: center;">Swimmer's Ear</p> <p>Children with sensitive ears should wear earplugs / protection to avoid swimmer's ear.</p>
Thursday August 19 Day 83	<p style="text-align: center;">Take a Heat Break</p> <p>Schedule outdoor activities during the cooler part of the day.</p>
Friday August 20 Day 84	<p style="text-align: center;">Instant Chill</p> <p>When planning an outing, pack juice boxes that has been frozen overnight to both chill your lunch and become a part of the meal.</p>
Saturday August 21 Day 85	<p style="text-align: center;">Burn Prevention</p> <p>To prevent burns, see that children stay at least three to four feet away from the barbecue and never touch the grill, which stays hot long after food is cooked.</p>
Sunday August 22 Day 86	<p style="text-align: center;">Don't Walk and Chew</p> <p>At the summer picnic, keep an eye on those that eat and run. Encourage all participants to sit, finish chewing then move on to activities to avoid choking.</p>

Monday August 23 Day 87	<p style="text-align: center;">Keep the Kids Busy</p> <p>During the summer road trip, bring items (games, movies, food) to occupy your children but don't overload the vehicle so that it becomes a distraction to the driver.</p>
Tuesday August 24 Day 88	<p style="text-align: center;">No Running Please</p> <p>When enjoying the pool, make sure there is no running. Wet decks make for easy targets of slips, trips and falls.</p>
Wednesday August 25 Day 89	<p style="text-align: center;">The Buddy System</p> <p>Hiking safety always includes hiking with a partner. If you are alone and seriously injure yourself, you will have no one to help you.</p>
Thursday August 26 Day 90	<p style="text-align: center;">Get Close</p> <p>When doing any lifting, get as close to the load as possible. The further the load is from the center line of your body, the greater the strain imposed on your back.</p>
Friday August 27 Day 91	<p style="text-align: center;">Maintain your Cool</p> <p>Take showers. When it's hot and humid, a cool shower or bath is a great way to stay cool and much more effective than using an electric fan.</p>
Saturday August 28 Day 92	<p style="text-align: center;">Clean the Can</p> <p>Wipe lids of canned food if you are going to consume contents directly from cans.</p>
Sunday August 29 Day 93	<p style="text-align: center;">Relax</p> <p>While on the province's roadways, if you find yourself stressed behind the wheel, calm down and try to relax. An aggressive state of mind will come through in your driving behaviour.</p>
Monday August 30 Day 94	<p style="text-align: center;">I Can be Safe – Canoe?</p> <p>Hold the canoe steady while getting in. Stay low in the canoe for added stability. Always wear a PFD and avoid any sudden or jerky movements.</p>
Tuesday August 31 Day 95	<p style="text-align: center;">Moving things Around</p> <p>When moving things around the yard, use a wheelbarrow or cart to transport earth and equipment to prevent musculoskeletal injuries.</p>
Wednesday Sept 1 Day 96	<p style="text-align: center;">Speed Kills</p> <p>The faster you travel the less reaction time you get if something happens. Obey posted speed limits and give yourself plenty of stopping distance.</p>

<p>Thursday Sept 2 Day 97</p>	<p style="text-align: center;">Layering Effect</p> <p>The days may be warm but the evenings are cooling off. Ensure you have extra layers to put on if you are going to be outdoors enjoying the evenings.</p>
<p>Friday Sept 3 Day 98</p>	<p style="text-align: center;">Don't let your Guard Down</p> <p>A potentially dangerous weekend ahead as a lot of people try to squeeze many last minute summer activities into one short weekend. Don't let safety take a vacation. Bring it with you wherever you celebrate this long holiday weekend.</p>
<p>Saturday Sept 4 Day 99</p>	<p style="text-align: center;">Celebrate your Achievement</p> <p>As the weekend ends take time to remember all the fun you had this summer and celebrate the fact that you reached the end of it safely.</p>
<p>Sunday Sept 5 Day 100</p>	<p style="text-align: center;">Almost There</p> <p>As the summer draws to a close, inspect all your summer equipment and gear before you store it away and fix any defects so you are ready to safely go next year!</p>
<p>Monday Sept 6 Day 101</p>	<p style="text-align: center;">Back to Old Habits</p> <p>Well we've safely reached the end of the summer. Now's the time to get back to fall and back-to-school routines to make the transition a smooth and safe one.</p>

