



January Safety Topics

WINTER ACTIVITIES AND DRIVING

We all want children to grow up happy and healthy. But with so much information out there, it can be hard to know how to manage. That's where Canada's 24-hour Movement Guidelines for Children and Youth come in. They're like a roadmap to help kids and families plan healthy and fulfilling days.

The Guidelines come from exercise scientists, but are more than fitness rules. Think of them as a practical tool to help your child figure out what a positive 24-hour period looks like. Use them to talk together about how they'll sweat, step, sit less, and sleep for good health.

Sweat Every day

The Guidelines recommend that young people (ages 5-17) get least 60 minutes of moderate-to-vigorous physical activity every day. This means that kids need to do activities that speed up their heart rate and breathing and make them sweat.

- 60 minutes can sound like a lot, but keep in mind that moderate-to-vigorous physical activity can be broken into smaller parts. For example, your child might play active games for 20 minutes during school hours, shovel the driveway for 20 minutes after school, then go for an evening skate at the outdoor rink.
- Keep in mind that physical activity doesn't just mean organized sports. Encourage your child to get active in ways they enjoy, even if their ideas are different from your own. Some kids prefer less structured activities (like playing outside or going on a bike ride), while others like structured ones (joining a sports team, club, or lesson). The key is to help your child find physical activities they love to do.

Step It Up

This recommendation is about light physical activity—movements that encourage taking steps (like playing, walking, stretching, and doing household chores). Kids should aim for several hours of light physical activity daily.

Your child is likely to take more steps when light physical activity is built into their daily routine. Here are some practical ideas to try:

- Use active ways of getting around. Instead of giving your child a drive to school or after-school activities, help them walk or wheel (using bikes, scooters, skateboards, or wheelchairs).
- Get your child involved in age-appropriate household chores. For example, teach them how to carry groceries, take out the recycling, rake leaves, or vacuum.
- As a family, explore nearby playgrounds, pathways, and green spaces (like parks, gardens, fields, and forests).
- Make outdoor time a priority. Let your child play in ways that make sense to them—they might build forts, splash in puddles, or collect rocks. You'll notice that steps come naturally in the great outdoors!

Sit Less

The Guidelines draw attention to sedentary activities (like sitting or lying down). Kids are often sedentary when they do homework, ride in vehicles, play video games, or use devices with screens (like phones, tablets, TVs, and computers).

- Frequent breaks from seated activities are important. Even a few minutes can make a difference. Next time your child is sitting for a longer period, set a timer or remind them to take movement breaks every now and then. For example, they can stretch, do jumping jacks, try yoga poses, or jog stairs.
- To support good health, the Guidelines call for less than 2 hours a day of recreational screen time. Help your child stick to this limit by modeling healthy habits with your own devices. Ask yourself if emails, social media, and other online distractions can wait. Set down your phone, especially when you're spending time with your child.

Sleep Well

Sleep is like a magic ingredient for child growth and development! When kids get regular, quality sleep, they're better able to focus, manage their emotions, and make social connections. They even get an immunity boost!

The Guidelines recommend that kids 5 to 13 years old get between nine and eleven hours of sleep each night. You can help your child by encouraging healthy bedtime routines. Try these tips:

- Turn off screens at least 1 hour before bedtime.
- Try calming activities (like reading, listening to music, or taking a bath).
- Keep bedrooms cool, dark, and screen-free.

Q: What tips can I give my employees for driving on icy roads?

WINTER DRIVING

A. Winter tires are the first line of defense. Make sure vehicles have them. Winter tires with the 3-peaked mountain and snow symbol provide the best traction when temperatures drop below 7C. As for tips, start by reminding drivers to adjust to the conditions. Explain what that means and why it's important. They need to slow down because ice makes it more difficult to steer and stop. They also need to leave at least 4 seconds of distance between themselves and the vehicle in front, and watch for others sliding into their path. Educate drivers about black ice. They often can't see it but they can be alert for clues to its presence, such as a black and shiny road surface or ice build-up on the windshield.

Reminder from Alberta.ca Safer-winter-highways
Stay off the road during winter storms unless travel is necessary. If roads are closed, do not travel at all.

Winterize your vehicle

- Check your vehicle's:
- tires (including your spare)
- battery
- belts and hoses
- anti-freeze
- brakes
- heater
- defroster
- windshield wipers

What's in your vehicle safety kit?

Every vehicle used for work, including ones owned by employees, needs an emergency kit. And every kit needs supplies to help drivers deal with winter conditions if they crash or become stranded.

BASIC VEHICLE EMERGENCY KIT

Gather and store these items in a sturdy, waterproof container or a zipper gear bag

- basic first aid kit with manual
- booster cables
- bottled water
- fire extinguisher (ABC type)
- flashlights with extra batteries or hand-crank flashlight/radio
- HELP / OK sign
- high-visibility apparel
- non-perishable high energy foods (e.g., trail mix, granola bars)
- reflective safety triangles
- survival blanket
- extra clothing (e.g. hat, gloves)
- whistle

Road Safety at Work

Backing Up Safely

scan the qr code to learn more.



Why is this topic important?

Key Points

- Reversing vehicle increases your risk of being in a collision or striking a pedestrian
- On average, 1 worker dies very year in reversing incidents
- Safe driving practices can reduce the risk
- Work-related vehicle crashes are the leading cause of traumatic workplace fatalities

welcome
BACK TO SCHOOL

TEACHERS WHEN THEY RETURN FROM VACATION & TRY TO REMEMBER HOW TO DO THEIR JOB

