

# THE NEWS LETTER

## Safety Tip

### Motorcycle Safety

#### *Some Basic Tips*

- \* Practice emergency breaking & obstacle avoidance
- \* Watch drivers for clues
- \* Use your signal lights
- \* Plan your path prior to a curve
- \* Ride at a safe speed
- \* Be seen
- \* Always wear a helmet

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# NLIPC

NEWFOUNDLAND LABRADOR INJURY PREVENTION COALITION

## Spring/Summer 2021

(All Photos are Links)

### Article 1 – Motorcycle Safety Awareness



Join the **NLIPC** and **SafetyNL** in sharing the message 'May is Motorcycle Safety Awareness Month'. With warmer weather, it's time to remind everyone to be on the alert & to **#sharetheroad** with motorcyclists. Both motorcyclists & motorists need to be aware of their surroundings. Checking blind spots, mirrors & using turn signals are necessary when changing lanes & when passing. Have a *safe riding season!*

**#WatchOutForEachOther #Motorcycles #MotorcycleLife**

**Motorcycle Training Course** – safety starts with proper training! @SafetyNL

# THE NEWS LETTER

## Safety Tip

### Boating Safety

- \* Be weather-wise
- \* Follow a pre-departure checklist
- \* Get your pleasure craft operator card
- \* Make proper use of lifejackets / PFDs
- \* Never mix alcohol/ drugs and boating
- \* Always be aware of other water craft

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## Article 2 – Boating Safety - Canadian Drowning Report from the Lifesaving Society



## Article 3 – #NIPD2021 – Parachute Canada



*NIPD: St. John's City Hall Lights Up **GREEN***

**July 5, 2021 - #NIPD2021** - raising awareness about the devastating effects of predictable and preventable injuries.

# THE NEWS LETTER

## Safety Tip

### ATV Safety Tips

- \* Never drive impaired.
- \* Get safety certified.
- \* Always wear an approved helmet and eye protection.
- \* Ride an ATV that's right for your size and age.
- \* Always ride at a safe speed on a trail meant for ATV use.

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## Article 4 – ATV/Off-Road Safety



The **NLIPC** has been working with **SafetyNL** on ATV and Off-Road Safety and continue to progress our efforts to make NL 'Injury and Fatality Free' in the near future but it's up to all of us to make this happen!.

We continue to work with *Minister Stoodley* (**Minister of Digital Government and ServiceNL**) to address the alarming number of fatalities and injuries regarding ATVs, UTVs, and Snowmobiles.

More meetings are planned to do our utmost with our health, safety and injury prevention partners to ensure we inform government of the needs and concerns that relate to off-road safety in Newfoundland and Labrador.

- [ATV Safety](#) – Digital Government and Service NL
- [Position Paper](#) - NLIPC, NLPFA and SafetyNL



# THE NEWS LETTER

## Safety Tip

### Water Safety

- \* Ensure children are supervised.
- \* Learn how to swim.
- \* Wear a life jacket when boating.
- \* Ensure there is emergency equipment
- \* Never underestimate the power of current.
- \* Play with care.

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## Article 5 – Safe Kids Week 2021



### A Few Video Resources:

- <https://youtu.be/2xbw6-GMlww> – How To Choose Proper Life Jackets for Kids (Canadian Red Cross)
- <https://youtu.be/5KMpm4elAd0> – Pool Rules for Kids by Kids (Canadian Red Cross)
- <https://youtu.be/NoUt9zD0VKo> – Life-Saving Boat Safety Tips for Kids (Canadian Red Cross)
- <https://youtu.be/T50LWSX-jhg> – Bike Safe (Parachute Canada)
- <https://youtu.be/W0Mjx9fPSJw> – Bike Helmet Safety (Toys R Us Canada)
- [https://youtu.be/A\\_iJlq5yTcA](https://youtu.be/A_iJlq5yTcA) – 12 Tips for Safe Cycling (Rethink Dalhousie)



**CONTEST** – send [NLIPC](#) a message, safety tip, photo/video etc on our Web Site, Facebook, Twitter, or Instagram from your family discussing or portraying water and/or boating safety for a chance to win a Children's Life Jacket & Fun Water Kit!  
**Contest Ends JUNE 5, 2021!**

# THE NEWS LETTER

## Safety Tip

### Steps to Prevent Heat Stroke

- \* Wear loose fitting, lightweight clothing.
- \* Protect against sunburn.
- \* Drink plenty of fluids.
- \* Never leave anyone in a parked car.
- \* Take it easy during the hottest parts of the day.

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## Article 6 – NLIPC Booster Seat Chart (2021)


**4'9"**  
144.8cm

KEEPING YOUR CHILD SAFE

**How do I know when my child is ready to move out of a booster seat?**

Your child is ready when they are:

- At least 80 lbs. (37 kgs),
- At least 4'9" (145 cm) tall,
- At least 9 years old,
- The seatbelt fits properly across the chest and hip bones and their knees bend comfortably over the edge of the seat.




**Booster Seats**

- Your child is safest in the back seat until they are 13 years old.

**How do I know when my child is ready to move from a 5-point harness car seat to a booster seat?**

Your child is ready when:

- The middle of their ears are above the top of car seat, or,
- They have reached the maximum guidelines set by the car seat manufacturer, and,
- They are more than 40 pounds and able to sit straight and tall without moving around or unbuckling.



**5-point harness car seat**

- If your child outgrows the 5-point harness before they are ready for a booster, you will need a forward-facing seat that holds a taller, heavier child.
- Some 5-point harness seats will safely hold a child who is 5, 6, or even 7 years old.

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**PLACE ON FLOOR**

The **NLIPC** have developed their Booster Seat Chart again this year! Our members asked for it and we created a current more useful chart for everyone to use. If you would like an electronic copy of the graphic to re-print, just reach out and let us know.

*Limited quantities available of printed copy!*

The **NLIPC** are always here to support our members and mutual injury prevention initiatives to make NL Injury Free.

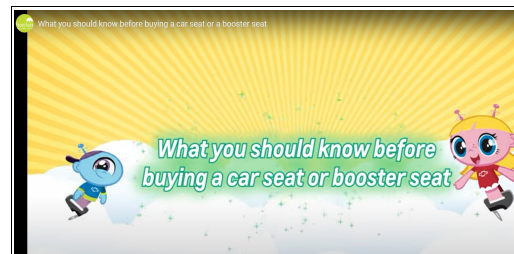
Contact [info@nlipc.ca](mailto:info@nlipc.ca) for your copy!

**Resources:** Learn more by clicking below:

**A. 'How to Choose a Car Seat' - Canadian Tire:**



**B. What You Should Know - Choosing the Right Car Seat – Parachute Canada:**



# THE NEWS LETTER

## Safety Tip

### Poison Prevention

- \* Keep all medication in original child-resistant packaging
- \* Never refer to medicine as candy
- \* Always read the label and check the dosage each time you give or take medicine
- \* When visitors come to your home, make sure they keep their purses or bags out of your child's reach.
- \* Keep Marijuana (i.e. Edibles) Out of Reach/Sight!

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## Article 7 – Poison Prevention - “It’s Not Just For Poison Prevention Week.” #NPPW2021

Poison Prevention Week was held March 21 - 27, 2021. NLIPC partnered with Parachute Canada to promote poison prevention awareness through a social media campaign. The theme for the week was "Poison Prevention ... It's in Your Hands". The messages for the week focused on helping parents understand how to **#CheckForPoisons** and make their homes poison safe, and promoting safe storage practices. [Poison Storage Checklist](#)

With funding support from Parachute Canada, NLIPC will continue to promote poison prevention awareness with the development of a Poison Prevention Resource Package. This resource will build on the Poison Prevention Week messages and will include activities and display information. The resource will be ready in the coming months. In the meantime, NLIPC encourages partners to continue to promote poison prevention messages, using the [Parachute Social Media Guide](#) as a reference.

## 25%

of parents who consume edibles properly store their edibles



**Become A Member**

