

# THE NEWS LETTER

## Safety Tip

### Christmas Tree Safety Tips

- \* Artificial trees should be flame resistant
- \* Choose fresh over cheap and dry
  - \* Keep the water coming
- \* Don't choke the cord
  - \* Keep trees away from heat sources
- \* Use low energy, safe lighting
  - \* Never leave the lights on overnight

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# NLIPC

NEWFOUNDLAND LABRADOR INJURY PREVENTION COALITION

## NLIPC Winter Newsletter

### Article 1 - Holiday Safety



Holidays can be busy and joyous times but holiday decorations and new toys can bring risks along with festive cheer. Minimize your risks by following these safety tips:

1. **Inspect electrical decorations for damage before use.**
2. **Do not overload electrical outlets.**
3. **Never connect more than three strings of incandescent lights.**
4. **Protect cords from damage.**
5. **Keep trees fresh by watering daily.**
6. **Keep combustibles at least three feet from heat sources.**
7. **Check decorations for certification label.**
8. **Stay in the kitchen when something is cooking.**
9. **Turn off, unplug, and extinguish all decorations when going to sleep or leaving the house.**
10. **Use battery-operated candles.**

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## Safety Tip

### Winter Driving Safety Tips

- \* Prepare your vehicle
  - \* Drive slowly
  - \* Don't tailgate
- \* Brake before making turns
  - \* Lights always on
  - \* No cruise control
  - \* Don't 'pump' the brakes
- \* Pay attention to the road at all times
- \* Learn how to control skids

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## Article 2 – NLIPC, NLPHA & SafetyNL Joint Position Paper on ATV/Snowmobile Safety



The evidence is clear – ATVs and snowmobiles are a safety issue in the country and especially in the province of Newfoundland Labrador. Safety promotion is necessary for the general population, but especially children and youth. Enhanced legislation and education is essential to creating a culture of safety while utilizing these machines.

Read the Position paper [HERE!](#)

## Article 3 – Winter Driving



Drive slowly and leave plenty of distance between vehicles. Get winter tires – Traction is the key to good movement, turning and stopping on wet, slushy or icy surfaces. Check tires and tire pressure at least once a month when tires are cold and remember that tire air pressure decreases in colder weather. **#nltraffic**

# THE NEWS LETTER

## Safety Tip

### Snowmobile Safety Tips

- \* Operate a machine that's the right size
  - \* Know your area
- \* Dress for the weather
- \* Always wear a helmet
  - \* Ride with a buddy
  - \* Never ride impaired
- \* Ice thickness must be 25 cm thick
- \* Carry an emergency kit and signal flares
- \* Ensure sled is in good mechanical condition

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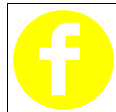
## Article 4 – Ice safety



1. Measure **ice** thickness in several locations.
2. Avoid travelling on **ice** at night or when it is snowing.
3. Never go onto **ice** alone.
4. Stay off river **ice** and avoid the narrows between lakes.
5. Wear a thermal protection buoyant suit or a life-jacket.
6. Take **safety** equipment with you.



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