



TIP #1

Avoid driving, using machinery, or cooking if under the influence of alcohol, recreational drugs, or medication that makes you drowsy. These substances impair your judgment.

TIP #2

If you choose to drink alcohol, follow Canada's Low- Risk Alcohol Drinking guidelines: no more than 10 standard drinks a week for women or 15 drinks for men. Women should not have more than two drinks in any day and men should not have more than three drinks in any day.

TIP #3

Inspect your home for fall hazards such as poor lighting, clutter, and/or unsafe throw rugs or carpets. Falls are the leading cause of injuries in Canadians aged 12 and older.

TIP #4

Select proper-fitting shoes that are right for the intended activity and setting. This can lower the risk of trip and fall injuries.

TIP #5

Wear the right safety equipment that meets Canadian Safety Association (CSA) standards when participating in sports. Wearing a helmet that fits and is right for the sport can lower the risk of head injury by 85%.

TIP #6

Slow down. No matter what you are doing, going too fast puts you and others at a greater risk of injury.

TIP #7

Keep sipping water! Staying hydrated helps keep you aware and alert.