

Safety in Your Environment



Fire Safety Tips

- Smoke alarms save lives by giving you an early warning of a fire in your apartment – do you have one that works? Test it monthly and change the battery at least once per year.
- Do you know how you are going to escape from your building if there is a fire? Most apartment buildings have at least two exit stairways. Find out where these are and practice using them. If you are in a high-rise, don't use the elevator if there's a fire.
- Keep space heaters a safe distance from articles that could ignite.
- Never use electrical cords that are damaged or frayed.
- When cooking stay by your stove – never leave burners unattended.
- Do not cook food when intoxicated or under the influence of drugs that cause you to be sleepy.
- Do not use your stove top as a counter top –especially for placing articles that could burn, such as cardboard boxes.
- Never leave candles unattended.
- Never smoke in bed – always use ashtrays and be sure to wet down ashes before placing in the garbage.

Safe Food Storage

At the supermarket:

- Choose canned and dry goods first. Buy refrigerated/frozen and hot deli items last.
- Don't choose cans that bulge, leak or are dented at the seam or rim.
- Check eggs to make sure that they are not cracked or dirty.

On your way home:

- Once you have purchased your food, go directly home. If this is not possible, place perishable foods in a cooler until you get home.

Storing shelf stable foods:

- Store foods in a clean, dry place where temperature is neither too hot (above 100°F) nor too cold.
- After opening, refrigerate any foods that need to be kept cool.

Storing refrigerated food:

- Maintain a temperature of 4°C or 40°F to reduce bacterial growth.
- Keep your refrigerator clean and check expiry dates on all foods. Discard if past expiry date.

Storing frozen foods:

- Keeping food at -18°C (0°F) stops bacterial growth, but it will not kill bacteria already present.
- Food can be safely defrosted in the refrigerator, under cold running water or in the microwave. If you defrost food in the microwave, cook it immediately.