

Spotlight on Health and Safety

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For us to be healthy and safe we need to live in a healthy environment. When we talk about the environment we mean the surroundings or conditions that affect all life on earth. This includes the air, food chains, the water cycle, plants, animals and other humans. Our society is dependent on natural resources to maintain a standard of living that we have grown accustomed to which is unsustainable and is continuously damaging our environment.

Each of us can make small changes that will add up to big improvements in making our environment healthier now and in the future. Learn about the many available ways to conserve energy, carpool or use public transport, use less water and power. Practice making less garbage by composting and following reduce, reuse and recycle programs. Be aware of your environmental footprint by doing things such as purchasing non-toxic cleaners, trying not to waste food and never litter. Have fun and teach kids valuable life skills by growing some food of your own at home or in a community garden, or by planting a tree. Participate in your town and highway cleanups. Celebrate Earth Day on April 22.

When people protect the environment, they are protecting themselves and their futures; we can have breathable air, drinkable water, and edible food for many generations to come. Let's respect and care for each other and learn to work together to preserve our health, safety and the environment.

<http://www.ec.gc.ca/sce-cew/default.asp?lang=En&n=5499C60D-1>

<https://ecokids.ca/>

<http://www.nrcan.gc.ca/energy/efficiency/kidsclub/7805>

<http://www.ec.gc.ca/sce-cew/default.asp?lang=En&n=87740c94-1>