

HEALTH AND SAFETY MATTERS

Promoting a Positive Health and Safety Environment
Red Deer Public Schools



Good Day Team

Well it certainly is beginning to look a lot like Christmas around here. May the Holiday Season find everybody warm, well fed and enjoying the company of family and friends. Merry Christmas, Feliz navidad, Buon Natale, Eid milad majid, Gezuar Krishtlindjet, Kala Christougenna.



Be prepared for an emergency at home or at work. Get an emergency kit!

Basic emergency kit checklist:

- Water — two litres of water per person per day (include small bottles)
- Food that won't spoil, such as canned food, energy bars and dried foods (replace once a year)
- Manual can opener
- Wind-up or battery-powered flashlight (and extra batteries)
- Wind-up or battery-powered radio (and extra batteries)
- First aid kit (extra gloves)
- Extra keys for your car and house
- Cash, have a small amount of cash on hand in cash there is no other way to pay
- Important family documents such as identification, insurance and bank records
- Emergency plan — include a copy in your kit as well as contact information

Consider these additional emergency kit supplies:

- Two additional litres of water per person per day for cooking and cleaning
- Candles and matches or lighter (place in sturdy containers and do not burn unattended)
- Change of clothing and footwear for each household member
- Sleeping bag or warm blanket for each household member
- Toiletries and personal hygiene items
- Hand sanitizer, toilet paper and garbage bags
- Prepaid phone card, mobile phone charger
- Pet food and supplies
- Infant formula, baby food and supplies
- Activities for children like books, puzzles or toys
- Prescription medications, medical equipment
- Utensils, plates and cups
- Household chlorine bleach or water purifying tablets
- Basic tools (hammer, pliers, wrench, screwdrivers, work gloves, pocket knife)
- Small fuel-operated stove and fuel
- Whistle (to attract attention)
- Duct tape

Weather for December

December is here and so is the snow. Please remember that all surfaces are slippery. Please wear footwear appropriate to the conditions, watch where you are walking and remember the penguin walk.



Safety Tip: Winter Safety Indoors and Out

Canadian winters are famous for being cold. The mercury keeps dropping, and suddenly, the bears aren't the only ones hibernating!

While it's true that many of us spend more time indoors in the winter, there are also those who embrace the outdoors, the snow and cooler temperatures.

For many parts of Canada, winter can mean bitter cold and winter storms that bring high winds, icy rain, or heavy snowfall.

This winter, get prepared for whatever the season will bring, whether you are indoors or out. Follow these FIVE tips for staying safe in a Canadian winter:

Get informed and go outdoors.

Are you eagerly awaiting your chance to hit the slopes? Dreaming of making tracks with snowshoes? Check out AdventureSmart.ca to help you plan for a safe and enjoyable outing, whatever your passion. AdventureSmart.ca encourages everyone to follow the three T's: Trip planning, training and taking the essentials for any outdoor adventure. Here are some key tips for winter adventures:

Before heading out, complete a trip plan and leave it with friends or family. You can find a template online at AdventureSmart.ca http://www.adventuresmart.ca/trip_safety/planning.htm Get trained for your adventure and stay within your limits.

Take survival essentials with you and equipment like a communications alerting device in case of an emergency. In avalanche terrain, for example, essential equipment includes a probe, beacon and shovel.

Wear a helmet when skiing, skating, snowboarding and snowmobiling. Dress in layers to avoid hypothermia and keep your head, ears and hands covered to prevent frostbite.

Stay safe indoors

Winter is a busy season for fires in Canada. That's why it's important to be mindful of fire prevention and safety. Make sure you have working smoke alarms, don't leave burning candles unattended and if a pot catches fire while cooking, put a lid on it. Read more tips. Check your family emergency kit

You likely have some basic emergency kit items already in your home, such as a flashlight, battery-operated radio, food, water and blankets. The key is to make sure they are organized, easy to find and easy to carry (in a suitcase with wheels or in a backpack) in case you need to evacuate your home.

Use this checklist to help put your kit together.

Keep an emergency kit in your vehicle

Prepare an emergency kit and keep it in your vehicle. Refresh the supplies for winter. For example, add an extra blanket or new food items. Use the following list for ideas.

Check weather reports

When severe winter weather threatens, Environment Canada issues special alerts to notify Canadians in affected areas so that they can take steps to protect themselves and their property. Check out Environment Canada's page on winter weather to learn more about the various weather alerts

Winter may be cold, but it doesn't have to be dangerous -- stay warm and safe and enjoy your winter, inside and out!

This tip has been brought to you by Public Safety Canada.

How to Smoke a Turkey

Smoking a turkey results in an aromatic bird with a delicate, smoky flavor and a beautifully tender and juicy texture. Learn how to smoke a turkey, and get our best seasoning and storage tips, right here.

How to Smoke a Turkey

It's easier than you think to make a perfectly smoked turkey. You'll find the full, step-by-step recipe below – but here's a brief overview of what you can expect:

Rub Turkey: Pat turkey dry with paper towels. Rub the entire turkey with crushed garlic, then sprinkle with salt and pepper. Place the turkey in an aluminum roasting pan.

Stuff the Turkey: (Note: The turkey should already be clean, with the neck and giblets removed). Stuff the hollowed cavity with butter, cola, apple, onion, garlic powder, salt, and pepper. Cover the seasoned and stuffed turkey loosely with foil.

Smoke the Turkey: Add wood chips to the smoker according to the manufacturer's directions and place the covered turkey in the pre-heated smoker. Smoke the turkey, basting regularly, until the juices run clear and the meat is no longer pink at the bone.

How Long to Smoke a Turkey

How long to smoke a turkey depends on multiple factors, including the size of the turkey and the type of smoker. When you cook it according to this recipe, a 10-pound turkey should be done in about 5 hours.

You'll know the turkey is done when an instant-read thermometer inserted into the thickest part of the thigh, near the bone, reads at least 180 degrees F.

At What Temperature Should You Smoke Turkey?

For this recipe, you'll preheat your smoker to 225 to 250 degrees F. Low and slow smoking ensures a juicy texture and perfect flavor.

Can You Smoke a Frozen Turkey?

We don't recommend smoking a frozen turkey, as a frozen bird may not cook evenly (which may cause foodborne illness). Make sure turkey is completely thawed before smoking.

Seasoning for Smoked Turkey

The outside of this smoked turkey is simply seasoned with garlic and salt. The cavity is stuffed with a variety of ingredients (cola, apple, onion, garlic powder, salt, and pepper) to infuse the bird with irresistible flavor from the inside out.

Should You Brine a Turkey for Smoking?

When it comes to smoking a turkey, brining is completely optional. The low and slow cooking actually draws the moisture into the turkey instead of out, so you don't need to add anything to keep it juicy. This top-rated recipe doesn't require a brine.

How Much Turkey Per Person?

A good rule of thumb is to plan on 1 to 1 1/2 pounds of turkey per person. Remember, you will be cooking a whole turkey with bones, skin, wings, etc. that won't necessarily be consumed at the Christmas table.

Personally, I estimate 1 1/2 pounds of turkey per person. This will ensure everybody gets enough, and you'll have leftovers for sandwiches the next day.

Smoked Turkey Ingredients

Original recipe yields 13 servings

- 1 (10 pound) whole turkey, neck and giblets removed
- 4 cloves garlic, crushed
- 2 tablespoons seasoned salt
- ½ cup butter
- 2 (12 fluid ounce) cans cola-flavored carbonated beverage
- 1 medium apple, quartered
- 1 medium onion, quartered
- 1 tablespoon garlic powder
- 1 tablespoon salt
- 1 tablespoon ground black pepper

Preheat a smoker to 225 to 250 degrees F (110 to 120 degrees C).
Rinse turkey under cold water, and pat dry.

Rub crushed garlic over the outside of the turkey, and sprinkle with seasoned salt. Transfer to a disposable roasting pan.

Fill the turkey cavity with butter, cola, apple, onion, garlic powder, salt, and pepper. Cover turkey loosely with foil.

Add wood chips to the smoker according to the manufacturer's directions. Place the roasting pan in the preheated smoker. Smoke the turkey, basting every 1 to 2 hours with juices from the bottom of the roasting pan, for 5 hours.

Add more wood chips if desired. Continue smoking and basting, until turkey is no longer pink at the bone and the juices run clear, about 5 more hours. An instant-read thermometer inserted into the thickest part of the thigh, near the bone, should read 180 degrees F (80 degrees C).

Smoked Turkeys do not lend themselves to being stuffed with traditional stuffing. Consider making a dressing instead and heat in your oven or crock pot.

Catching the Smoked Turkey Drippings

Make sure you have a drip pan at the ready to catch the drippings as well as keep your smoker environment moist. I use an aluminum pan that I can position on the grill underneath my turkey. Fill the pan with several cups of water at the beginning of the smoke. This water will likely evaporate during the smoking process, so be prepared to refill the pan and keep a few cups of water in there at all times. Once your turkey is done, use those lovely drippings to make the absolute best Smoked Turkey Gravy you've ever had!

Smoked Turkey Gravy

Ingredients

- 4 cups turkey or chicken stock low sodium
- 4 Tablespoon butter
- 4 Tablespoons flour
- drippings from your turkey optional
- 1 teaspoon apple cider vinegar

Instructions

In a large saucepan, melt the 4 Tbls of butter. Add in your 4 Tbls of flour and whisk until smooth. Strain any turkey drippings to remove extra turkey pieces or seasoning. Pour the drippings into the saucepan, whisking frequently until it thickens.

Whisk the mixture slowly over medium heat until it starts to turn brown. Add in 4 cups of turkey stock and 1 tsp of apple cider vinegar, and whisk constantly for 5-8 minutes until the gravy begins to boil.

If your gravy seems too thick at this point, you can add more stock. If it is thinner than you like, you can simmer it until it reaches your desired consistency.

Season with salt and pepper, to taste. Enjoy!