



Continuing Care Safety Association

June Health & Safety Minute

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Musculoskeletal Injury Prevention Program (MIP) Train-the-Trainer Refresher



Heads up! Our records indicate many trainers are approaching their three-year certification requirement. This is a good time to complete your MIP Train-the-Trainer refresher. Choose one of two dates: June 21 or September 15 for your one-day virtual session. Book now and beat the rush.

[Register now](#)

Safety Campaign: Summer Safety

The warm weather is here at last! We are spending more time outdoors and we are definitely more active. Don't forget, however, that summer comes with its own unique hazards like heat exhaustion, dehydration and heat stroke. And what about bug bites and sunburns? The elderly and those who work outdoors may be particularly vulnerable to these summer hazards. Check out our June Safety Campaign.



[Read more](#)

Safety Segments: Summer Safety

Safety Segments offer information and resources that you can use during safety huddles, team meetings, etc. The discussion guide pulls everything together.

This month's Safety Segments work hand-in-hand with the Safety Campaign above. The message is the same -- we love summer but it does not come without risks!

This month's Safety Segments focus on risks associated with the summer months and what employers and individuals can do to be safe. Topics include severe weather, tornados, wildfires, vitamin D and working in extreme heat.



[Read more](#)

Lift of the Month: Pushing and Pulling

Pushing and pulling objects such as carts, lifts, and tables may not seem like a big risk, but due to how much force is needed to get things going, it is not a risk that can be ignored! So **push** on the button to watch the video and let us **pull** you in the safe direction!



Staff Profile: Meet Erica Blewett



Say hello to our COR & Communications Coordinator, Erica. As a former trampolinist, she is used to bouncing from one project to the next. When she's not busy communicating with members via our three e-newsletters and e-blasts, she works with auditors to ensure they have the information they need to do their job. And if that's not enough, she also works with our COR holders to help them achieve and maintain their COR designation.

This multi-tasker came to CCSA in 2020 from the Alberta Hospitality Safety Association where she spent 11 years as a Health and Safety Advisor. She's been an auditor since 2005, so she has first-hand experience with the auditing process.

When she's not on the job, she's in the pool or on a plane traveling to an exotic locale where the water is warm and inviting. While we think Erica is mighty likeable, she claims, "You wouldn't like me when I'm hangry." Quick! Pass her a sandwich.

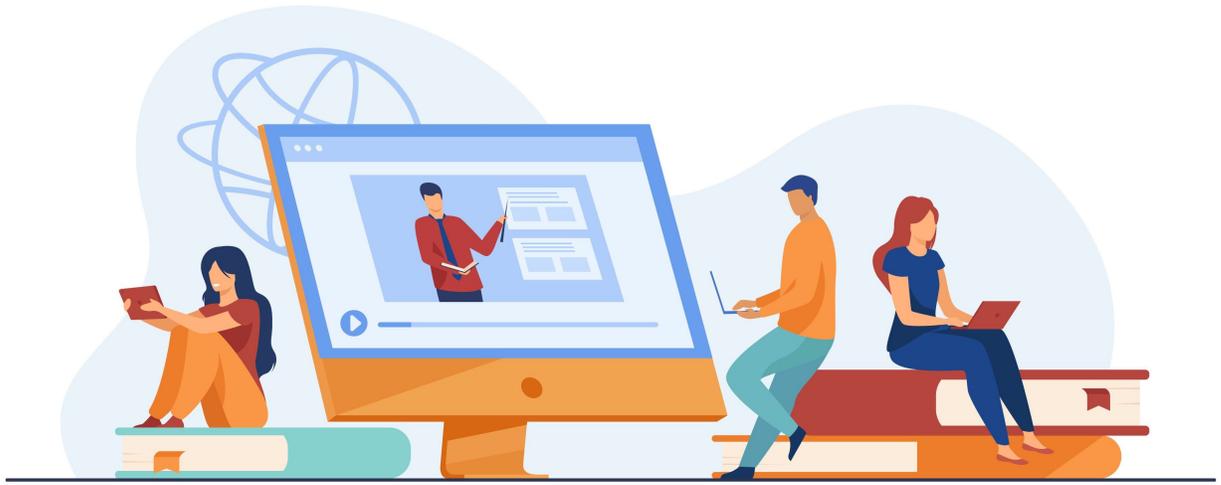
Slips, Trips and Falls: New OHS Resources

Slips, trips and falls are frequent injuries at all worksites. Alberta OHS recently added 10 new items to its online resource portal.

In addition to bulletins, you'll find four narrated PowerPoints perfect for self-directed learning or presentations.



[Learn more](#)



Check out CCSA's Latest Courses

CCSA continues to offer instructor-led virtual training and can now accommodate classroom sessions.

- [Check out our course descriptions and schedules](#)
- Did you know that the CCSA is continuing to add more [FREE webinars](#)? Check out our latest offerings!



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