



Continuing Care Safety Association

May Health & Safety Minute

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Emergency Preparedness Week: May 1-7, 2022

Emergency Preparedness Week is a national initiative that encourages Canadians to take three simple steps to become better prepared to face a range of emergencies:

- 1) Know the risks
- 2) Make a plan
- 3) Assemble an emergency kit

In the link below, we'll walk you through each step in detail. If there's an emergency, you'll be glad you took the time to read this.



[Read more](#)

Safety Segments: Emergency Preparedness

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

No workplace wants to deal with an emergency. However, from time to time, they happen. It is important that staff are prepared and can respond in a timely and effective manner so the impact on people and the work environment is reduced. In this month's Safety Segments, we address emergency response both in the workplace and at home.



[Read more](#)

Lift of the Month: Repetitive Motion

Motions such as dusting, wiping down tables, and chopping food can really add up and take a toll on your body. Watch this short video to brush up on the most important things to remember for when you do a task over and over... and over... and over... and over again!



Staff Profile: Meet Gunsheet Purba



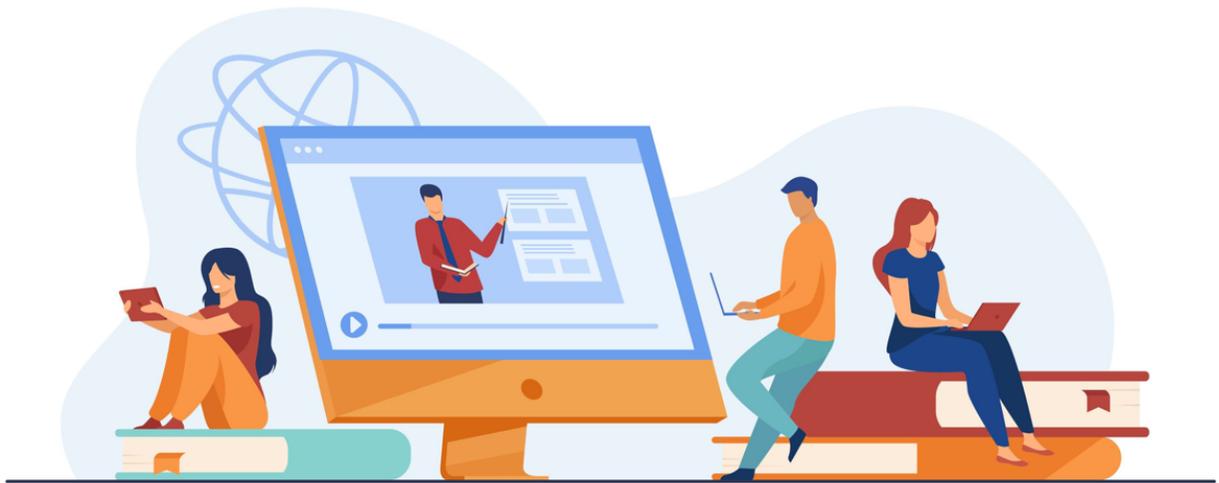
“That’s crazy!” It’s a phrase we hear often from Gunsheet. We’re not sure if she’s referring to the price of groceries or the surprising things she encounters within her role as a Health and Safety Consultant at CCSA. We hope it’s the latter because it means she’s doing exactly what expect of our team – we want them to be curious, innovative and, above all else, member-focussed. That’s the perfect recipe for the occasional crazy idea that just might work.

Gunsheet’s career in the long-term care sector began in HR. She got really excited about health and safety when she became a Health and Safety Manager for an independent business. This hard worker is super easy to talk to. You won’t need it, but a great conversation starter for Gunsheet is her favourite film series – the Harry Potter movies. Well, Harry, you’re not the only one with a crazy story. Meet Gunsheet.

May is a Great Time to Highlight Safety

Perhaps more than any other month, May offers us an opportunity to celebrate safety with designated commemorative weeks. Here's a quick list:

- [National Summer Safety Week](#) - May 1-7, 2022
- [NAOSH Week](#) - May 1-7, 2022
- [Mental Health Week](#) - May 2-8, 2022
- [Emergency Preparedness Week](#) - May 2-8, 2022
- [National Road Safety Week](#) - May 17-23, 2022



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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