



Continuing Care Safety Association



July Health & Safety Minute

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Safety Campaign: Self-Care

Self-care more than a luxury! You need to make it a priority if you want to enjoy life and prevent two ailments that are far too common in our industry – fatigue and burnout.

July 24 is International Self-Care Day. What can you do to mark this day as an individual and as an employer?



[Read more](#)

Safety Segments - Strengthening Relationships: To Self and Others

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

Safety is not just about protecting employees from physical harm. Psychological safety is also the responsibility of leaders and organizations. But what does that mean? In this month's Safety Segments, you will learn more about promoting self-care, and preventing mental or psychological harm.



[Read more](#)

Lift of the Month: MIP Techniques - Rolling or Turning a Resident Safely

The most common error in rolling or turning a resident is the overuse of arms. You can avoid unnecessary strain on your shoulders with proper technique.

Workers in the continuing care and senior supportive living industry sectors are prone to injury from both resident handling and manual materials handling. Learn proper musculoskeletal injury prevention (MIP) technique in this quick video. And don't forget about the great courses we offer on this important subject.



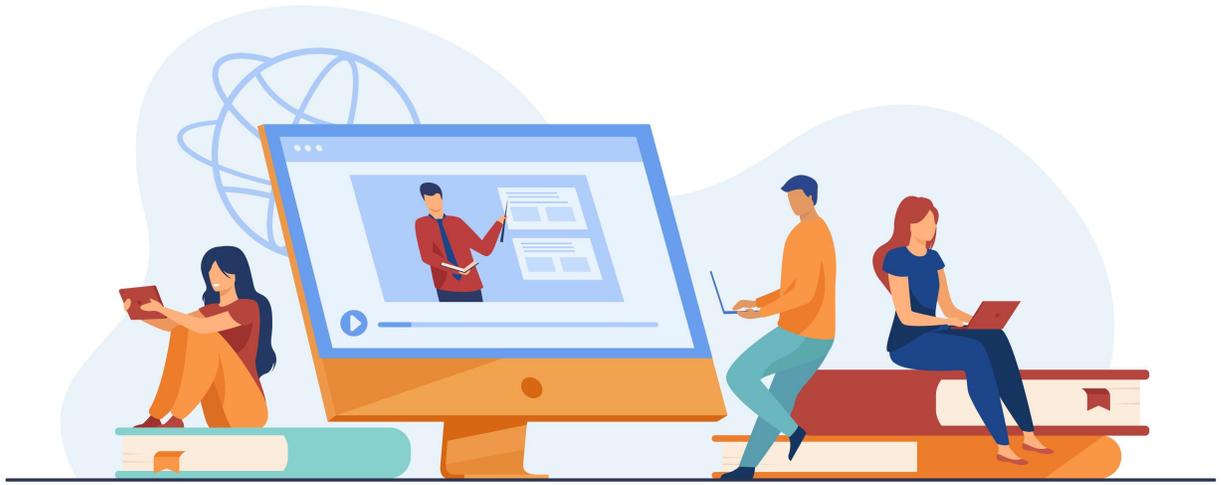
[Learn more](#)

Staff Profile: Meet Marjorie Balangit



With a long career in continuing care nursing, Marjorie Balingit knows first-hand what it's like on the front lines. That's what makes her an excellent Health and Safety Consultant, a role she has happily assumed since 2020.

In addition to developing and delivering training at CCSA, Marjorie conducts COR Audits. She's always creating new resources to help support our members. When we found out that she was a former RAI Coordinator with a major care provider, her private passion for crossword puzzles suddenly made sense. If you can master MDS coding, crossword puzzles probably look like a walk in the park. Her favourite saying is, "Everything happens for a reason". We have many reasons to be grateful for Marjorie. What's an eight-letter word for helpful? You guessed it. It's Marjorie.



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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