



# Continuing Care Safety Association

## August Health & Safety Minute

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### Injury Statistics and Reports

When it comes to making informed decisions, numbers speak louder than words! That is why we want to get our members up to speed with the latest injury statistics and reports.

Check out this **new** page on the CCSA website to access these resources from our key partners in Alberta Labour and Immigration and WCB Alberta.



[Read more](#)

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## **Safety Campaign: Know your resident**

We care for our residents just as much as we do for our caregivers! That is why August is Know Your Resident month.

Check out these CCSA resources on different ways to engage with residents, how to keep them active and involved, and how to know if someone you care for has undergone changes that may alter how you provide care.



[Read more](#)

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## **Safety Segments: Personal Protective Equipment (PPE)**

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

Do you think when you wear PPE you are instantly protected? As the last line of defense, each worker must select the right PPE and use it correctly in order to be effective. These resources aim to help facilitators lead discussions on PPE topics and emphasize the importance of informal hazard assessments in their daily work.



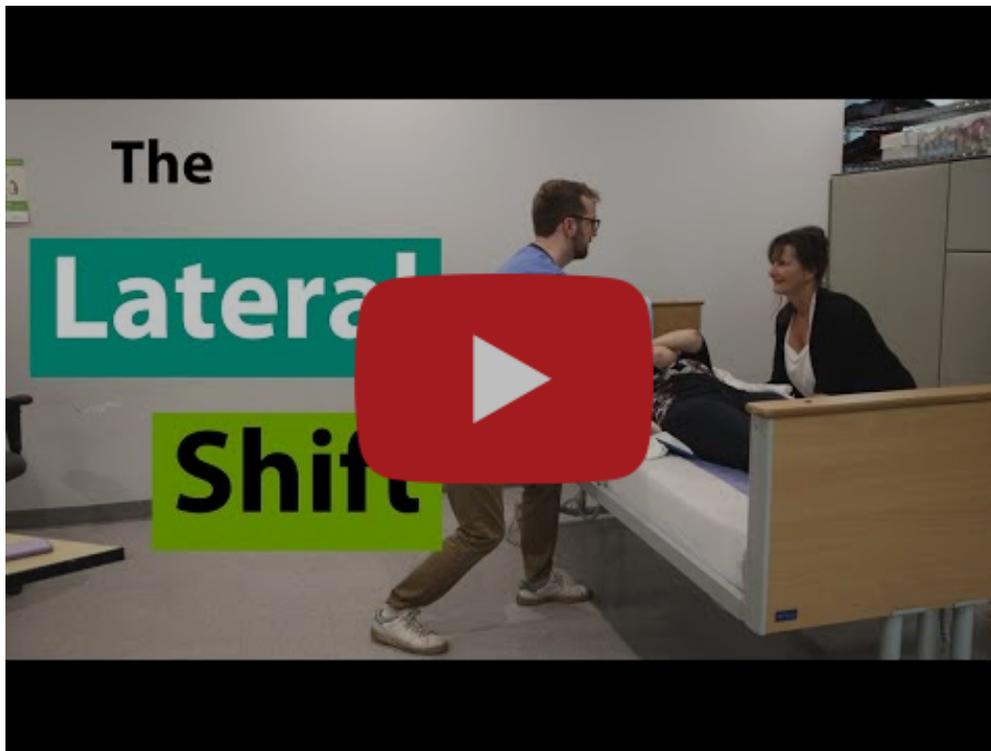
[Read more](#)

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## **Lift of the Month: MIP Techniques - The Lateral Shift**

When moving a resident sideways in their bed, the most common mistake a caretaker makes is the overuse of their arms as they should not extend. It is very important to perform the movement correctly to avoid twisting or bending your back.

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

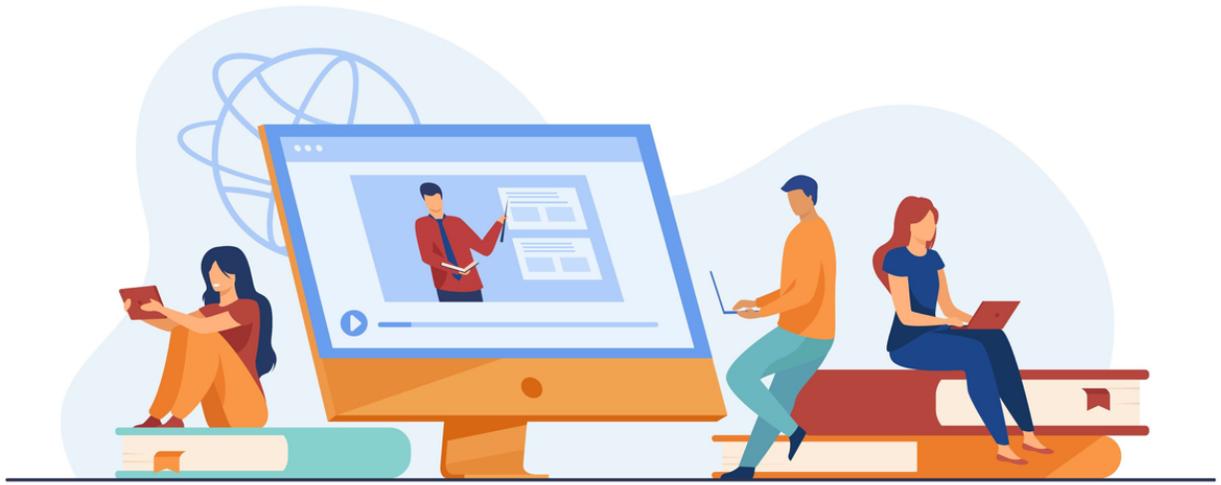


## Staff Profile: Meet James Davis



What do you get when you combine a passion for teaching with leading-edge technology? You get James, our go-to guy for developing online learning content. Perhaps we should introduce him by saying, “Lights, camera, action!” because James is the face and voice featured in many of our CCSA digital products.

A teacher by trade, James was hired as a Health and Safety Consultant at CCSA in 2018. He’s currently working on his master’s degree in Distance Education, so he’s full of ideas that push us to leverage technology and elevate the learning experience. Don’t get us wrong... James likes to relax, too. His favourite catchphrase is, “Does this place have a hot tub?” That gives you some insight into his teaching style, too. James is passionate about making learning fun. Cannonball! We all want to be in James’ class.



## 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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