

# HEALTHY WORKPLACE | OCTOBER SAFETY SEGMENTS



Keeping healthy and staying safe is important for our mind and body. Not only does getting sick take a toll on our daily life, but it also impacts our workplace and the safety of those who are around us. We must always remember take care to give care.

## FLU AWARENESS

### DIRECTIONS

Start out the discussion by setting the expectations for creating a safe space and being respectful of everyone's feedback. Show this video from the CDC: "[How does the flu make you sick?](#)" After everyone is done, use the guiding questions to facilitate a group discussion

### SAFETY SEGMENT DISCUSSION

#### Guiding Questions:

- What causes the Flu?
- What does the virus trigger in your body?
- What are some ways we can prevent spreading the flu?

#### Alternative Activity:

Instead of the handouts, you can visit our [October safety campaign page](#) for short information about the flu.

What produces flu symptoms?



Follow the CCSA and check our other resources.



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## INFECTION PREVENTION AND CONTROL

### DIRECTIONS

Start out the discussion by setting the expectations for creating a safe space and being respectful of everyone's feedback. Print out or share an electronic copy of "[Infection Prevention and Control](#)" by the Alberta Government. Give each staff member 5 minutes to read. After everyone is done, use the guiding questions to facilitate a group discussion

### SAFETY SEGMENT DISCUSSION

Guiding Questions:

- How can you prevent and control infections?
- Why is IPC important in healthcare settings?

Alternative Activity:

Instead of the handouts, you can watch a [short video](#) about infection prevention and control.

How are infections caused??



Follow the CCSA and check our other resources.



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Although there are many resources that are available to support you in the workplace, it's important to take the rights steps to protect your own health and find ways to help us cope. There can be times when we deal with feelings and emotions that we cannot control but, there are always things within our control that we can do to comfort us.

## MENTAL HEALTH FOCUS: SELF-CARE

Getting sick can create additional stress for employees. This recommended "Lunch and Learn" type of activity opens awareness and assists staff on understanding the importance of self-care.

### DIRECTIONS

Watch this short video: ["A Self-Care Action Plan."](#) After watching, use the guiding questions to facilitate a group discussion

### SAFETY SEGMENT DISCUSSION

Guiding Questions:

- Why is it important that we take care of ourselves?
- What are some self-care steps?

Notes to the Team Leader:

- Facilitate an atmosphere of support and openness to feedback by encouraging the staff to share experiences or opinions without fear of reprisal.



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## OUTBREAK MANAGEMENT

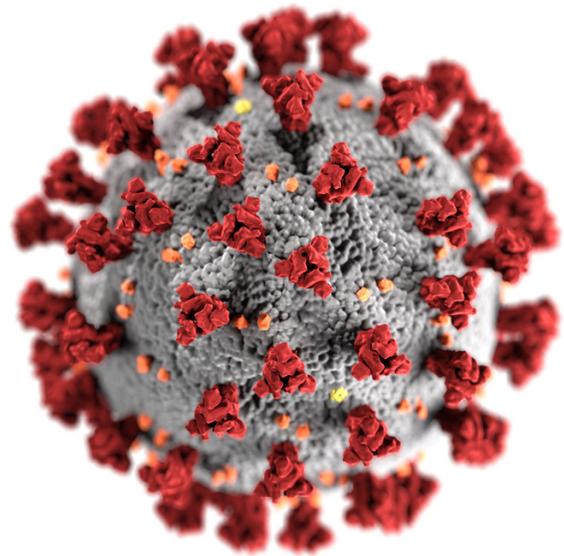
### DIRECTIONS

Start out the discussion by setting the expectations for creating a safe space and being respectful of everyone's feedback. Print out or share an electronic copy of the ["AHS's Symptoms? What Do I Do to Prevent a Potential Outbreak?"](#) Give each staff member 5 - 10 minutes to read. After everyone is done, use the guiding questions to facilitate a group discussion

### SAFETY SEGMENT DISCUSSION

Guiding Questions:

- Who is responsible for keeping the residents safe?
- What are the things you can do to manage a symptomatic resident to prevent an outbreak?
- What are the things you can do to manage a symptomatic resident to prevent an outbreak?
- What can you do to prevent an outbreak?



Follow the CCSA and check our other resources.



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## ALTERNATE RESOURCE: IMMUNIZATION AWARENESS

This resource is created to remind staff that immunizations are important in order to protect the health of all Albertans.

### DIRECTIONS

Print out or share an electronic copy of the "[Immunization and Common Questions About Influenza](#)". Give each staff member 5 - 10 minutes to read. After everyone is done, use the guiding questions to facilitate a group discussion.

### SAFETY SEGMENT DISCUSSION

Guiding Questions:

- Why is immunization important?
- How can you get immunized in Alberta?
- How can you protect yourself and others?
- Can you get influenza from the flu vaccine?

Alternate Activity:

Instead of the handouts, you can watch a [short video](#) about if you could see viruses.

What is the overall goal of vaccines?

