



# Continuing Care Safety Association

## October Health & Safety Minute

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## Safety Campaign: Flu Awareness Month

It's flu season again and we can't stress enough how important it is that we protect ourselves and those we care for!

Working with seniors everyday who are considered to be most vulnerable particularly puts the healthcare workers within the continuing care sector in an even more challenging position. That is

why CCSA has put together a wide variety of resources to help your organization keep this virus at bay.



[Read more](#)

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## Safety Segments: Healthy Workplace

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

We must take care to give care!

Keeping health 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. Check out this month's safety segment to learn about relevant activities and discussion points to share with your team.



[Read more](#)

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## Lift of the Month: Safely moving a resident from supine to a sitting position

Due to the higher risk of musculoskeletal injury, MIP or musculoskeletal injury prevention techniques are important. One of these typical high-risk activities where an injury can occur is moving a supine resident to a sitting position. This video emphasizes the need to learn how to

move a resident safely by providing you with some good demonstrations on how to properly reposition a supine resident to a sitting position and minimize the risk of injury.



## GoA launches Psychosocial Hazards Resources

Here's another page to add to your favourites!

The Government of Alberta launched a collection of highly informative resources on psychosocial hazards as part of its OHS prevention initiative. The initiative focuses on reducing common workplace injuries, protecting at-risk workers, and identifying higher-risk work situations. These resources will be added to our library and integrated into our training program. Check out this page and learn more ways to achieve better health and safety practices.



[Read more](#)

**Watch out for CCSA's Learning Management System...launching soon!**



Something awesome is in the works!

Over the past two years, we have been working to launch our Learning Management System and bring to our members a new and improved way of accessing our workshops and courses. We are almost ready and we can't wait to share this exciting new initiative. This marks a major milestone for the CCSA team and more information will be coming soon!

## Take the 2022 CCSA Stakeholder Survey before it's too late!

Tell us what's important to you. We don't want to miss any details! Take the survey now before it closes on Friday, **October 14** and get the chance to win these awesome prizes:

- CCSA-sponsored coffee break for your group for up to \$150;
- Full-day Health and Safety Program Review by CCSA; and
- \$25 coffee card



[Take the survey](#)

## Connect with us on LinkedIn!

**LinkedIn**



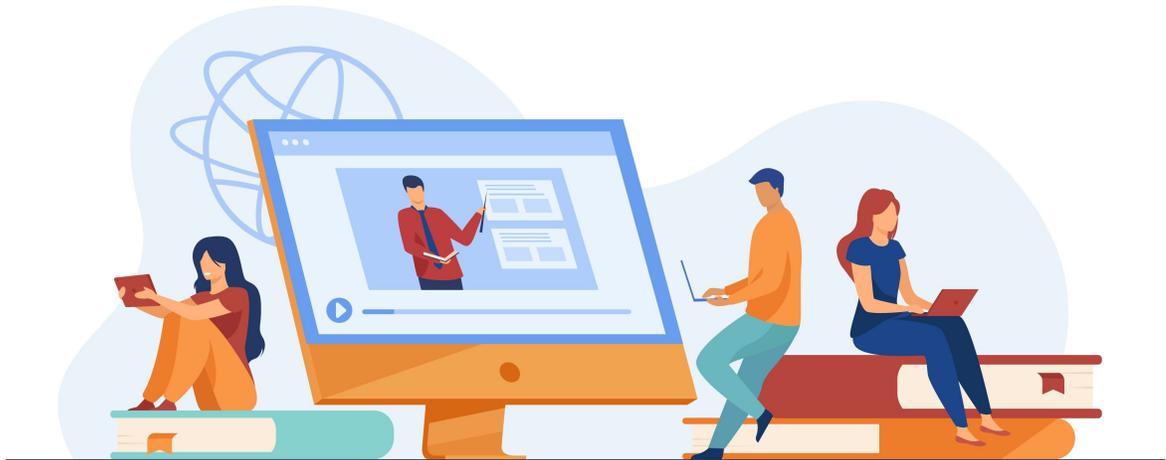
We are ecstatic to announce that CCSA is now officially on LinkedIn! In line with our goal of promoting health, safety, and wellness for employees in the continuing care sector, we are constantly seeking ways to improve our services and expand our reach. We would love for you to be part of our growing community. Connect with us or give us a follow!

[Click here](#)

## Staff Profile: Meet Deena Hopkinson



There are many lessons to be learned from dragon boat racing that can be applied in everyday life. Just ask Deena Hopkinson, CCSA's Administrative Assistant. As a veteran of the inspiring paddling event, she knows firsthand the value of teamwork. And, according to Deena, she's not just on CCSA's team – she's on yours! A 'friendly voice on the phone' doesn't even begin to describe Deena's role. She's more like your person on the inside, the glue, the incredibly important person you go to for answers. As a former product manager for Mastercard Rewards, she says she gets her joy from helping others, and we believe it. "Today, I choose joy," is her motto. No matter what comes her way, Deena delights in a challenge. She's the first to jump into the water, with or without a proverbial paddle!



## 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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