



Continuing Care Safety Association

November Health & Safety Minute

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Safety Campaign: Slips, Trips and Falls Prevention Month



Watch your step!

Slips, trips, and falls remain one of the top 3 causes of all injuries in the continuing care and senior supportive living communities, which is why CCSA has put together tools and resources to help your organization on your journey toward building an injury-free workplace. Click the link below to learn more or check out this month's safety segments for engaging activities that you can share with your organization.

[Read more](#)

Safety Segments: Slips, Trips, and Falls

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

Prevent slips, trips, and falls...one step at a time!

Reduce the risk of workplace injuries and learn more ways of protecting your own health, physically and emotionally. Check out this month's safety segment to learn about relevant activities and discussion points to share with your team.



[Read more](#)

Lift of the Month: Assisting a Fallen Person to a Chair

When helping a fallen person, the most common error that a caregiver can make is attempting to lift someone that has fallen to the ground. Trying to lift a fallen person could result in injury to the caregiver, the fallen person, or both. In this video, we provide some instructions on assisting a fallen person to a chair.



Stay tuned for CCSA's first eLearning course!

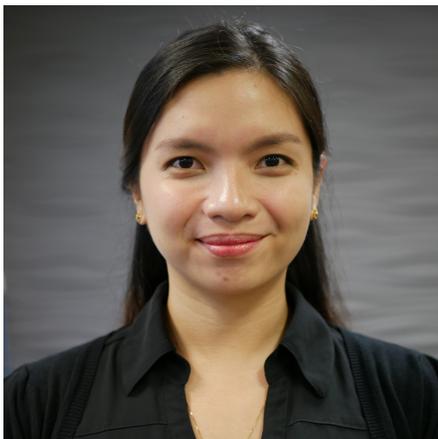
With the launching of our Learning Management System (soon!), we will be introducing...wait for it...our very first **Health and Safety Committee & Representative eLearning Course!** Yes, you got that right!

No more waiting for slots to open or instructor-led courses to be scheduled! We want you to become the best Health and Safety representatives and ultimately effective committees on your own time and at your own pace.

We are working on the finishing touches to ensure that our courses remain highly informative and engaging, so stay tuned (and get excited)!

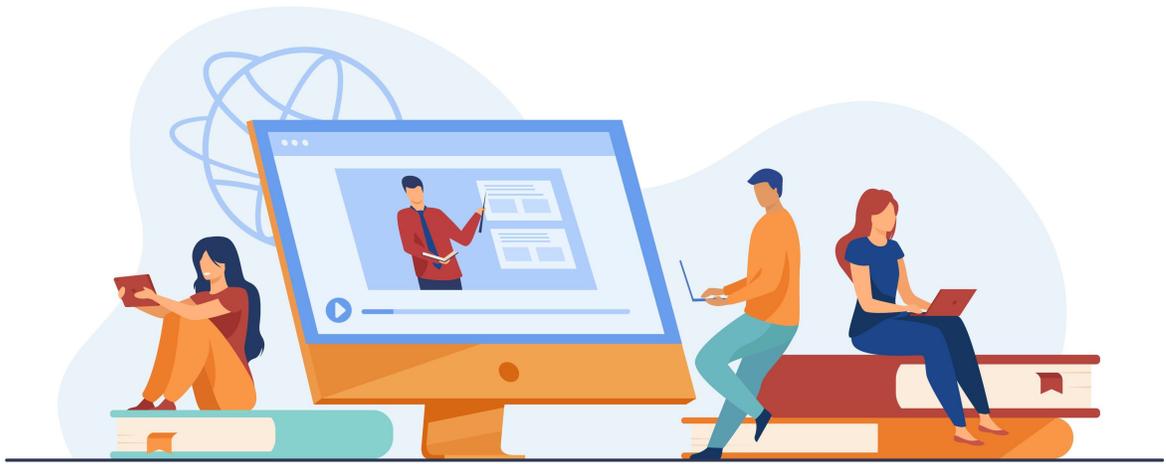


Staff Profile: Meet Marivic Barsaga



Born on a remote island in the Philippines, Marivic made the big move to Canada in 2021 where she found a warm welcome at CCSA. She works the evening shift as an Administrative Coordinator, creating and updating the myriad of Excel spreadsheets CCSA generates for audits and training. She's also a whiz at uploading website content, a skill she picked up when she was in corporate communications in the Philippines. Marivic's favourite catch phrase is, "Intense". We secretly suspect that word became engrained in her psyche after she experienced her first frigid winter in Edmonton. Or maybe it was the realization that she

and Excel were going to spend a lot of evenings together. Either way, we think Marivic is intensely talented!



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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People illustrations by Storyset

Our mailing address is:

#110, 6325 Gateway Boulevard
Edmonton AB T6H 5H6 Canada

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