



Continuing Care Safety Association



March Health & Safety Minute

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March is Workplace Wellness & Nutrition Month

Health is wealth and we got some real gems of workplace wellness and nutrition tips to add to your treasure chest!

CCSA has put together resources to help you freshen up your knowledge on workplace wellness, nutrition, general food safety and food borne illnesses and outbreak. We also included links to some useful and relevant websites you can visit for more information.



[Read more](#)

NEW! CCSA Safety Bytes: MIP Technique - Lifting Awkward or Uneven Loads

*Because you loved our 2022 Lift of the Month Series, we are introducing the **NEW CCSA Safety Bytes Series** for 2023! These are short "byte-sized" videos about safety topics and tips that will help increase awareness and skills for our members. We will have a different safety topic per month so stay tuned!*

Care to lift with grace and some good musculoskeletal injury prevention (MIP) techniques?

Lifting awkward or uneven loads can increase the risk of injury because we are tempted to perform the lifts in such a way that we ignore good lifting techniques. Watch this month's Safety Byte for some good hints for lifting awkward or uneven loads, along with some good demonstrations on how to properly boost a resident in their bed and minimize the risk of injury.



Safety Segments: Your Health and Safety Committee

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

Health and safety committees (HSCs) are an integral part of the safety culture of any organization regardless of the organizations size or complexity. HSCs serve a vital purpose beyond being drivers of a healthy safety culture, they are stewards of the safety programs within the safety management system.



[Read more](#)



Let's catch up! Registration is still open for 2023 CCSA AGM!

[REGISTER](#) now and join us for the 2023 CCSA Virtual Annual General Meeting (AGM) on April 12, 2023.

If you're interested in serving on the CCSA Board of Directors or would like to nominate someone who would be a good fit for a Long Term Care Director and/or Seniors Supportive Living Director position(s), you can start submitting your

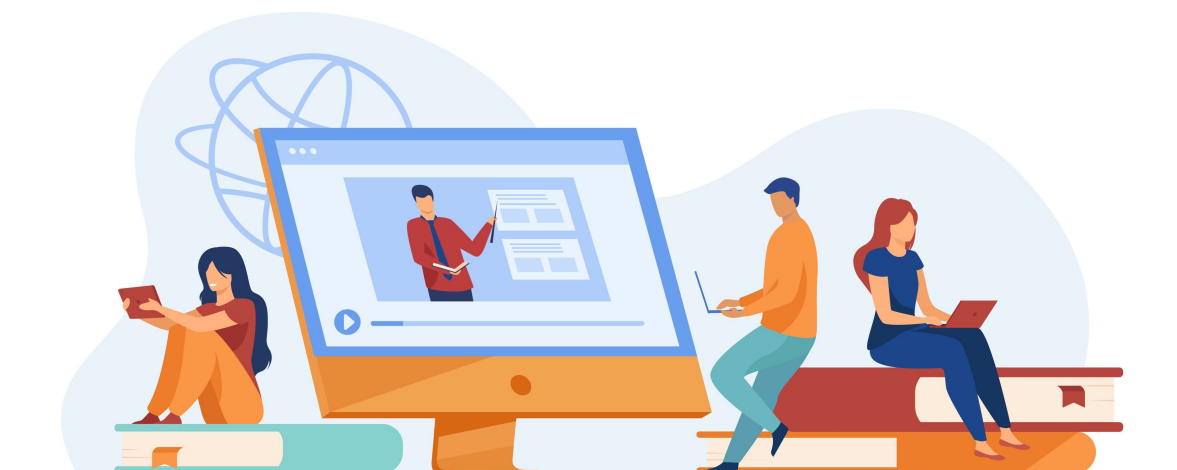
[NOMINATIONS](#) here.

Staff Profile: Amy Fenton

As a former hockey coach, Amy Fenton knows how to motivate people to work together. It's no surprise then that this former goalie and teacher is now CCSA's Director of Partnerships and Innovation. This role is all about teamwork. When she was first with CCSA in 2012 to 2017, Amy led the development of the popular Workplace Violence and Aggression Program. Later, when she was with the charity SafeGen, she founded innovative partnerships to bring the safety message to young people. And while she sounds like she's always in motion, there's another side to Amy. This WWII history nerd relaxes by curling up on the couch to watch



a good crime show. Pass the popcorn, Amy. We can't wait to see what you're up to next!



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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