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February Health & Safety Minute

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Safety Campaign: RSI and MSI Prevention



Musculoskeletal Injuries (MSIs) and Repetitive Strain Injuries (RSIs) are the most common types of injuries in continuing care and can be caused by resident handling and manual materials handling activities.

Employers are responsible for identifying hazards that can cause MSI and RSI injuries, implementing control measures to eliminate or reduce these hazards, and training workers to use the control measures provided. Workers are also responsible for reporting hazards they identify and to use the control measures provided by the employer.

CCSA offers an OnDemand Course, "[Hazard Assessment & Control](#)", that covers everything you need to create, understand, and implement hazard assessments (informal, site-specific, and formal) at your workplace to help prevent MSI and RSI.

[Read more](#)

Safety Segments: RSI/MSI Prevention And Code Blue

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



February's Safety Segments focus on Musculoskeletal Injury (MSI) prevention, and more specifically Repetitive Strain Injuries (RSI). With a rise in WCB insurance premiums in the industry, being proactive is important for employers.

MSI and RSI can range from minor discomfort with short recovery times to long-lasting impairment that limits a worker's capacity to perform both professional and personal tasks. This month's topics include RSI's of hands, wrists, shoulders, and neck, the importance of early reporting, and hazard identification.

Part of our Safety Segments this year focuses on Emergency Preparedness. The emergency code of the month is **CODE BLUE**.

[Learn more](#)

CCSA Safety Bytes: Preventing Repetitive Strain Injuries - 3 Simple Tips



The CCSA Safety Bytes are short "byte-sized" videos about safety topics and tips that will help increase awareness and skills for our members. Stay tuned for a different topic every month!

On any given day in the continuing care sector there's always a lot of work to do that involves moving things or moving people. The continuing care industry is one of the highest-hit industry sectors for our size and in particular workers suffer are RSIs of the wrist, elbow, and shoulder.

In this video, we will share what to look for, those signs that might indicate you might be experiencing a repetitive strain injury and some simple prevention tips you can utilize to help you avoid repetitive strains at work.



Staff Profile: James Harris

CCSA can proudly announce having a superhero on the team! Being in the Health and Safety field for over 20 years, James is known for his achievements as a Health and Safety Advisor in continuing care and as a National Construction Safety Advisor.

His excitement for superhero movies explains his inspiration to help other people in work and life.

James is always willing to lend a hand, learn something



new, or try something different. Thinking outside of the box is his unique quality at work. “How can I help” is something you hear from James no matter what is on his plate and he is always available to lend an ear. And in case, you are a Spider-Man fan too, James can show you his Spider-Man collectibles from all over the world.

Join the OHS Forum on February 13 and Ask an OHS or COR Question

OHS FORUM



Submit your Questions to
ohs@ab-ccsa.ca

We invite our members to join CCSA, [ASCHA](#), and [ACCA](#) and to catch up on what’s happening in the occupational health & safety world, as well as address common concerns and questions in the senior's housing and continuing care sectors. To help us appropriately prepare for the forum, we kindly request you to register and email your questions in advance to ohs@ab-ccsa.ca.

Register

Participate in a Research Study: Employee's Experience on Chronic Pain

Dr. Duygu Biricik Gulseren from York University, is seeking employees with chronic pain and their leaders (e.g., managers, and supervisors) as a pair, to take part in a study to evaluate a pain-focused transformational leadership training program

designed to improve employee's experience of chronic pain.

Employees can participate in the study if they are suffering from chronic pain and are actively working, together with their manager or supervisor. Compensation is offered.

[Read More](#)

CCSA's Office Relocation Announcement

We are excited to announce that our office will be relocating to 225 Parsons Road SW on March 15th, 2024. This is an important step for the CCSA and a big change for you, so we want to give you plenty of notice before the move happens.





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 [On-Demand webinars](#)?
Check out our latest offerings!



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