



Do you find that you seem happier and more energized on a sunny day? Sunlight plays a crucial role in not only our mental health but also to our health in general. The sun provides us a wealth of benefits. So, the next time you step outside on a sunny day, remember that you're not only soaking up warmth but also reaping the benefits of sunlight for your overall health!

SUN & OUR HEALTH

DIRECTIONS

Start the discussion by setting the expectations for creating a safe space and respecting everyone's feedback. Print out or show an electronic copy of the [Sun and Your Health](#) poster. After everyone is done, use the guiding questions below to facilitate a group discussion.

SAFETY SEGMENT DISCUSSION

Guiding Questions:

- What are some of your favorite places or activities to take in or do in the sun?
- Do you experience any health benefits and are any of these health benefits surprising?
- What do you do to make sure that you are getting enough sun for the health benefits?

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.



SUMMER SAFETY | JUNE SAFETY SEGMENT



After a cold winter the thought of the upcoming warm weather of summer brings joy to many. When the first warm days come you may just want to soak up as much as you can. However, it is important that we know when we have had too much. As much as we love the sun and the heat but heat related illnesses are real and can have some serious impacts on individuals health.

HEAT ILLNESSES

DIRECTIONS

Start the discussion by setting the expectations for creating a safe space and respecting everyone's feedback. Have the group watch this short video on [Heat Illnesses](#). After watching the video use the guiding questions below to facilitate a group discussion.

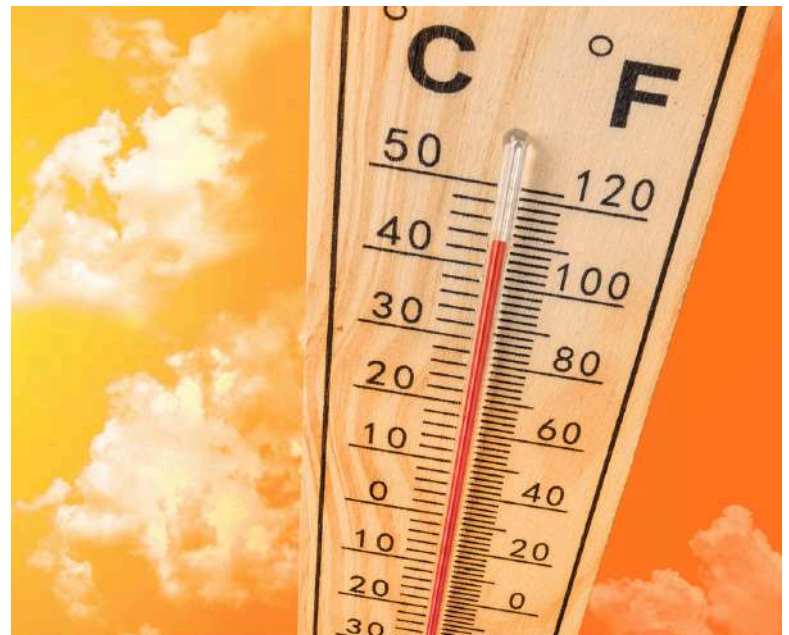
SAFETY SEGMENT DISCUSSION

Guiding Questions:

- What are the signs heat exhaustion?
- What are the signs heat stroke?
- What are the strategies you can use to reduce your risk of heat related illnesses?

Additional Resources:

- [Staying Safe in the Heat Infographic](#)
- [Stay Sun Safe Poster](#)



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SUMMER SAFETY | JUNE SAFETY SEGMENT



When we are at work we are conscience of hazards and safety. But what about when you leave work? Do you have that same safety mind set? Are you on the look out for hazards? Are you taking measures to be safe? When we are at home doing things around the house are we just as conscience about our safety or are we thinking safety is just for work. Summer has us enjoying time outdoors but there are some hazards that can cause significant injuries which can affect our ability to work

OUTDOOR HAZARDS

DIRECTIONS

Start the discussion by setting the expectations for creating a safe space and respecting everyone's feedback. Print out or show an electronic copy of [Gilling Safety Tip Sheet](#) and/or [Yard Work Safety Tip Sheet](#). After everyone is done reviewing the sheet, use the guiding questions below to facilitate a group discussion.

SAFETY SEGMENT DISCUSSION

Guiding Questions:

- How concerned about identifying hazards and controls are you when you are not at work?
- What kind of activities do you or your family enjoy doing outdoors?
- Brainstorm some hazards that are associated with these activities?
- What are some ways you can keep safe doing any of these activities?

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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SUMMER SAFETY | JUNE SAFETY SEGMENT



In the summer, children and families love to spend time around the water in an effort to cool down. To make sure everyone has fun, it's important to know how to stay safe and be Water Smart. Children under 12 have an increased drowning risk and need attentive supervision in and around the water. In fact, drowning is the second leading cause of preventable death for children under 10 years.

WATER SAFETY

DIRECTIONS

Start out the discussion by setting the expectations for creating a safe space and being respectful of everyone's feedback. Print and/or show the [6 Summer Water Safety Tips](#) poster and use the guiding questions to facilitate a group discussion.

SAFETY SEGMENT DISCUSSION

Guiding Questions:

- What are your favorite places to cool off in the water during the summer heat?
- How can we reduce the risk while enjoying the sun and water?
- What things would you pack to spend the day outside in the sun in the water?

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.

Additional Resources:

- [Places to Beat the Heat Poster](#)



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CODE OF THE MONTH | JUNE SAFETY SEGMENT



The Emergency Response protocol is designed to alert staff of emergencies and provide clear direction on responding to those situations. Summer weather can create serious weather situations. These weather situations can produce issues with air quality. Code Grey is activated when a toxic or hazardous substance is present in the air outside the facility.

CODE GREY

DIRECTIONS

Start the discussion by setting the expectations for creating a safe space and respecting everyone's feedback. Print out or show an electronic copy of [Code Grey poster](#) and [Code Grey Scenarios](#) by the Continuing Care Safety Association.

After everyone is done, use the guiding questions below to facilitate a group discussion.

SAFETY SEGMENT DISCUSSION

Guiding Questions:

- When is Code Grey called for?
- What can you do as a staff member when this code is called?
- Use the following Code Grey Scenarios and discuss responses.

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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