



August Health & Safety Minute

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Investing in Workers' Health & Safety to Support the Delivery of High-Quality Resident Care

Continuing care is a high-risk, high-demand, and high-stress industry experiencing constant change, with unique challenges. However, the priority is the residents' health and safety, often at the expense of workers' well-being and work quality.

With a focus on worker safety and its impact on residents, the CCSA emphasizes the necessity for the continuing care sector to transition from a reactive approach to a proactive and innovative mindset. This shift aims to prioritize harm prevention, health promotion, and the well-being of both workers and residents equally, recognizing their integral role in the community.

"Health & Safety Star" Award Nomination Window Closes on August 30

Nominating a colleague for the "[Health and Safety Star](#)" award is a wonderful way to show appreciation for their efforts and give them the recognition they deserve. The nomination process is straightforward, allowing team leads, supervisors, managers, and directors to highlight the outstanding achievements and positive impact of Health Care Aides, Nursing Attendants, Community Home Support, or Personal Care Workers.

Three Winners of the "Health and Safety Star" award random draw (September 2, 2024) will attend the esteemed [SafeCare BC](#) "Hearts and Hands" Conference in Langley, B.C., on October 2, 2024.



[Make a Nomination](#)

Safety Campaign: Know Your Resident

Getting to know your residents and how you can safely care for them creates a community that not only looks at the safety of the people you care for but also our own.



How do you keep residents active and involved? How do you know if a resident has undergone changes that may alter how you provide care? How do you ensure that you are engaging with the residents and their families? CCSA has put together resources to help you!

[Learn More](#)

Safety Segments: Knowing Residents, Families and Yourself



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

Caring is a natural characteristic of workers in the care industry. While caring is a characteristic that all employers desire in the workers they hire, there are some downsides. This month's safety segments deal with how employers can support their workers and how we can help all those who care for the residents, including family members. In addition, the code focus of the month is Code Black.

[Learn more](#)

Safety Bytes: Safety at Home - Safe Storage and Lifting Things



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!

We often think of workplace incidents as the major cause of losing the opportunity for enjoyment outside of work. However, this is not often the case. More debilitating incidents happen at home than in the workplace. In this video, we will look at some safe storage principles to help with the included safe **lifting tips, overhead lifting, lowering, and lateral shifting.**



The Working Mind Training - More Virtual Sessions Added

This course is offered for free, [virtually](#), and in-person, for both employees and leaders and is designed specifically for the continuing care and healthcare sectors and focuses on shifting the way we think, act, and feel about mental health in the workplace. Hurry to secure your spot before it is fully booked!



The Working Mind training aims to help individuals maintain their wellness while also supporting others living with a mental health problem or illness in a psychologically healthy and safe work setting. This program will assist employers who are interested to adopt the Psychological Health and Safety Standard in the workplace.

[Register](#)



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 courses](#)? Check out our latest offerings!



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