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# **December 2024 Health & Safety Minute**

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## Safety Segments: Holiday Safety Tips



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

The holiday season is a time for celebrations, decorations, and cherished gatherings. However, it also brings unique safety challenges. **This month, we focus on key risks—fire, falls, and fatigue—and how to prevent them**. With increased use of electrical decorations, candles, and busy schedules, it's crucial to stay mindful and take simple precautions to ensure a safe and joyful holiday season.

#### Code of the Month: Lockdown Contingency Plans

While we hope to never face a lockdown situation, having a plan is essential. This December, take time to familiarize yourself with your workplace's lockdown procedures to ensure you're prepared for any scenario.



#### Safety Bytes Video Series: Stay Safe at Home



The CCSA Safety Bytes are short "byte-sized" videos about safety topics and tips that will help increase awareness and skills for our members. Subscribe to the <u>CCSA's YouTube Channel</u> to stay tuned!

Did you know you're more likely to experience an injury at home than at work? While workplace accidents often come to mind as major risks, more debilitating accidents happen at home. During the busy holiday season, with increased activities, decorations, and time spent indoors, these risks are even higher.

The increased use of electrical decorations and heating devices elevates the risk of home fires.

This month we gathered the Safety Bytes series which offers essential tips to help you stay safe at home.



>>>Watch Video





>>>Watch Video

#### Winter Wellness and Mental Health



>>>Watch Video

**Do you have any employees currently working modified duties?** CCSA offers a variety of training opportunities and "The Working Mind for Frontline Employees" might be an excellent opportunity for them to receive training as part of their modified duties or accommodation.

It helps employees recognize and manage stress, equipping them with valuable tools to maintain a balanced and productive work life. This **virtual training** not only supports employees in their current roles but also enhances overall workplace wellbeing, creating a more supportive and understanding environment for everyone.

Free Registration

### Looking Ahead to 2025: Courses and Events



CCSA is excited to announce the release of our 2025 Instructor-Led Training Calendar (January to June) and OHS Members Forums. Through evidence-based education, leadership, and collaboration,

we aim to foster a culture of safety across the industry sector. Start planning for a safer, healthier workplace in 2025 - secure your spot in our upcoming courses and events today!

2025 Training Calendar

**Season's Greetings and CCSA Holiday Hours** 





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