



## February 2025 Health & Safety Minute

### In this month's edition...

- [Safety Segments: Repetitive/Musculoskeletal Strain Injury \(RSI/MSI\) Prevention](#)
- [Safety Bytes: Avoid Pain with these Top 6 Ergonomic Tips](#)
- [Safety Talks Are Back!](#)
- [New! Monthly OHS Drop-In Sessions for Members](#)
- [Team Profile: Meet Darcie Gibb, Health & Safety Consultant](#)
- [For Employers: Annual Return Reminder](#)

## Safety Segments: Repetitive/Musculoskeletal Strain Injury (RSI/MSI) Prevention



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

RSI and MSI made up over half of the reported injuries in 2023, making prevention a top priority. This month, we are exploring how ergonomics, safe handling techniques, and simple stretches can help. Learn how proper movement reduces strain, discover techniques like "Power Position" for safe handling, and try quick chair yoga exercises to relieve tension.

[Learn more](#)



### Repetitive Strain Injury (RSI) Awareness Day is February 29th\*.

As the only "non-repetitive" day of the year, it's the ideal date to devote to raising awareness of repetitive strain injuries.

**\*February 28th in non-leap years**

## Safety Bytes: Avoid Pain with these Top 6 Ergonomic 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!

In this video, we cover six key ways to prevent back, neck, and wrist injuries from prolonged computer use. The most important tip? Take regular breaks - stand, stretch, and change positions every 30 minutes. A professional ergonomic assessment is ideal, but these 6 tips introduced in the video can significantly lower your risk of repetitive strain injuries. Watch the full video to learn more about each tip and start implementing them!



## Safety Talks Are Back!



In addition to our monthly safety segments, CCSA creates **Safety Talks** - short discussions on specific safety topics. They can be used with Safety Segments or separately in Health and Safety Committee meetings. In 2025, Safety Talks will focus on the **National Standard for Psychological Safety in the Workplace**, covering the 13 factors plus two healthcare-specific ones: Moral Distress and Protection for Self-Care. Find these resources in our Resource Library under [Safety Talks](#).

February Edition

## New! Monthly OHS Drop-In Sessions for Members



Did you know that CCSA is implementing monthly 1-hour informal sessions to provide an opportunity for members to engage with CCSA Consultants to share experiences and gain valuable insights into OHS practices? Whether you're dealing with specific workplace challenges or looking to connect with like-minded peers - join us to ask OHS questions and share concerns or ideas.

Register

## Team Profile: Meet Darcie Gibb, Health & Safety Consultant



With over 6 years of experience in continuing care and 30 years in coaching sports, Darcie brings a unique blend of expertise and dedication to her role as a Health and Safety Consultant at CCSA. Her qualifications include an OHS Certificate and a Disability Management Certificate, building a deep understanding of the challenges faced in the continuing care sector.

Her favourite saying is: "Embrace the challenges, trust the journey, and remember that every step forward brings you closer to the greatness within you."

## For Employers: Annual Return Reminder

Beginning January 1, 2025, you can submit your 2025 annual return by logging into [myWCB](#) and selecting File my annual return. You have until **February 28, 2025**, to file.



Note: If you are enrolled in the Partnerships in Injury Reduction (PIR) program, you must submit your return on time as late filing may prevent you from receiving your 2024 PIR refund.

[Read More](#)



## 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!



**Our mailing address is:**

225 Parsons Rd SW  
Edmonton AB T6X 0W6 Canada

Want to change how you receive these emails?

You can [update your preferences](#) or [unsubscribe from this list](#).