



Image source

Health Check

Use the May Awareness events as a reminder to check-in on your own health:

Hearing/Audiometric Testing (required for field staff)

- [Your ears deserve an audiologist](#). Did you know that only 1 in 5 people who could benefit from hearing aids wear them? [NIHL](#) can happen gradually and is difficult to detect without regular audiometric testing.

Vision Testing (required annually for some inspection work)

- [Comprehensive eye exams](#) can help [detect serious health conditions early](#), plus help you see. You could also eat more [foods that are beneficial to eye health](#).

Mental Health

- The CMHA offers great articles and [check-in tools](#) to help you assess your mental health and well-being. Acknowledge emotions: name them, don't numb them.

Fitness

- There are plenty of [free apps](#) to guide all experience levels with moving your body, exercising, meditation, etc. which can help prevent many diseases, lower the risk of injury, reduce stress, and support mental health.

High Blood Pressure (Hypertension)

- Hypertension may lead to heart disease, stroke, kidney disease, and dementia—it's the leading preventable cause of death around the globe. Learn [your number](#) and risk.

Have you struggled to quit smoking?

- The WHO offers resources for quitting in their [Toolkit](#).

Save your Skin

- Did you know there are more cases of skin cancer than breast, prostate, lung, and colon cancers combined each year? Learn how to [check yourself](#) and [reduce your risk](#).

COVID-19 Vaccination

- Protect yourself from more serious outcomes, book [your shot!](#)

QUESTION!

Answer correctly for a chance to \$25 *plus* Safety Rewards Points!

Email responses to raesafety@raeengineering.ca by 8am Friday 28

May 2021, the winner will be announced that afternoon.

Safety Check

With some regular practices, you can make life safer too!

Safety Assessments

- HSE Programs are only effective if they are practiced by everyone. ESC has [10 Life Saving Rules](#) to prompt critical thinking when performing safety assessments.

Digital Safety

- If it's been months (or years) since you've changed your password— it's time. Hate having to remember all of those passwords? There's lots of [free password keepers](#) to keep your passwords strong and secure.
- Always be on the lookout for phishing scams and other digital threats too. [Think before you click!](#)

Checking your PPE and Equipment

- Proper maintenance of PPE and equipment is important in keeping you safe and proper function. Supervisors are required to document an inspection of employee assigned equipment and PPE each year. See S.16.3.2 of the [RAE HSE Manual](#).

Good Housekeeping Practices

- Keeping work areas tidy is important to help prevent slips, trips, and falls. For [Pack Rat Day](#), why not dive into some spring cleaning and declutter around your home too?



Image source

Informative Links

- [Importance of Regular Eye Exams](#)
- [Why do Audiometric Testing?](#)
- [#GetReal: Name It, Don't Numb It](#)
- [Free National Safety and Health Week Virtual Events](#)
- [At Home Blood Pressure Devices](#)
- [7 Benefits of Regular Physical Activity](#)
- [Housekeeping at Work?+ Tips for Effective Housekeeping](#)
- [5 Most Important \(& Forgotten\) Home Maintenance Tasks](#)
- Cecil Recommended Password Keeper: [KeePass](#)

Supervisors and Employees fill out and sign-off on this RAE form to ensure assigned tools, PPE, and equipment are in good condition:

- | | |
|-------------|-------------|
| A) HSE-206D | B) HSE-217D |
| C) HSE-213D | D) HSE-236D |