



# HEALTH AND SAFETY BULLETIN

June 2022

## June is National Safety Month!

Back in 1996, the US designated June as National Safety Month. Canadians deserve safety too, so we're piggy-backing it.

### In This Issue

- Week 1: Musculoskeletal Disorders
- Week 2: Workplace Impairment
- Week 3: Injury Prevention
- Week 4: Slips, Trips, and Falls

### Monthly Awareness:

[Men's Health](#);  
[National Indigenous History](#); [Brain Injury](#); [PTSD](#);  
[National Safety](#); [Alzheimer's](#); [Pride](#)

### Observances:

[Intergenerational & Global Parents Day](#): 1  
[National Health & Fitness & Tabletop Day](#): 4  
[World Environment Day & Shavuot](#): 5  
[CSF Leak Awareness Week](#): 6-12  
[World Oceans Day](#): 8  
[Action Anxiety Day](#): 10  
[World Blood Donor Day](#): 14 [Week](#): 12-18  
[World Elder Abuse Awareness Day](#): 15  
[World Sickle Cell & Father's Day](#): 19  
[National Indigenous Peoples Day](#): 21  
[Midsummer](#): 24  
[World Drug Day](#): 26  
[National Cancer Wellness Awareness](#): 26  
[PTSD Awareness & Multiculturalism Day](#): 27  
[World Scleroderma Day](#): 29

#### Week 1



##### Musculoskeletal Disorders

MSDs are a leading cause of workplace injury and cost billions each year in workers' compensation and lost productivity. Gain the latest resources and practical tools to help your organization take action.

#### Week 2



##### Workplace Impairment

We all know the dangers of substance use on the job. But did you know mental distress, stress and fatigue are also impairing? Access resources to recognize the signs and address impairment, in all its forms.

#### Week 3



##### Injury Prevention

In 2020 alone, more than four million workplace injuries required medical attention in the U.S. Learn about approaches to preventing injuries and deaths, including identifying hazards and assessing risks.

#### Week 4



##### Slips, Trips and Falls

With falls the second-leading cause of unintentional injury-related death, this week we'll focus on reducing slips, trips and falls, falls from heights and how technology can play a role in saving lives.

## Musculoskeletal Disorders

Musculoskeletal Disorders (MSDs) develop over the course of time as a result of several factors.

**Risk factors and causes for MSDs include:**

- Highly repetitive tasks, Forceful exertions, Repetitive/sustained awkward postures, Lack of physical fitness

**Common MSDs include:**

- Back pain, shoulder pain, neck pain, muscle strain, carpal tunnel syndrome, rotator cuff syndrome, tennis elbow, etc.

**Prevention**

- Eliminate or reduce awkward postures through ergonomic modifications and tools
  - Ensure proper training to provide workers with the knowledge of how to reduce their risk and job rotation and task enlargement to limit repetitive tasks
  - Stretches, particularly reverse stretches, can help reduce the effects of repetitive or sustained motions and postures
- Early intervention (proactive or preventative healthcare) can help avoid costly reactive healthcare—don't wait until the damage is permanent before seeking help



Image source

## Workplace Impairment

Per [OHS](#), Workers are expected to cooperate with employers by reporting known impairment that may affect their ability to perform the job safely or the safety at the workplace, i.e.

**Medications, Drugs, and Alcohol**

- Inform your supervisor of side effects from your medication (fatigue, drowsiness, dizziness, tingling, numbing, etc.)
- The use/misuse of drugs/alcohol use can have serious adverse effects and is not permitted

**Health Conditions**

- Mental health concerns (such as depression, anxiety, etc.)
- Medical conditions (seizures, low/high blood sugars, etc.)

**Fatigue**

- Let employees know how they can [get a better sleep](#):
- Explore options to [prevent fatigue](#), such seeking screening to rule out sleep disorders if you suffer from unexplained fatigue

**Temporary or situation stressors**

- Grief, financial problems, family stressors, etc.

## QUESTION!

RAE Staff who answer correctly will be entered in a \$25 draw!

Email responses to [raesafety@raeengineering.ca](mailto:raesafety@raeengineering.ca) by 8am Friday 24 June 2022, the winner will be announced that afternoon.

## Injury Prevention

Identifying and mitigating hazards is vital to prevent injury.

- Assess job sites/tasks to identify existing and potential hazards
- Using the [hierarchy of controls](#) to mitigate hazards
  - ⇒ Eliminate hazards whenever possible
  - ⇒ Substitute for a lower risk hazard
  - ⇒ Engineered controls
  - ⇒ Administrative controls
  - ⇒ Use PPE as the last line of defense



Image source

## Slips, Trips, and Falls

Slips, Trips, and Falls are one of the leading causes of injury at work and home.

- **Prevent slip ups**
  - ⇒ Immediately clean up any spills
  - ⇒ Wear slip-resistant footwear
- **Don't be tripping**
  - ⇒ Practice good housekeeping to keep work areas clear
  - ⇒ Ensure a clear sufficient lighting in work areas
- **Avoid falling victim to complacency**
  - ⇒ Use 3-point contact when using scaffolding, ladders, or other work from heights
  - ⇒ Use hand rails when available

## Informative Links

- [National Indigenous History Month](#)
- [Safety Brief - Is Work a Pain in the Neck](#)
- [Free MSDs Awareness Course](#)
- [Fatigue at Work](#)
- [RAE's Employee & Family Assistance Program \(EFAP\)](#)
- [RAE's Health, Safety, and Environment Manual](#)
  - ⇒ Section 9: Ergonomics Policy
  - ⇒ Section 10: Fit for Duty Policy
  - ⇒ Section 2: Hazard Assessment, Elimination, and Control Policy
  - ⇒ Section 30: Entrances and Walkways SWP

True or False

**Per OHS, an employee experiencing impairment must disclose the cause of impairment to their employer.**