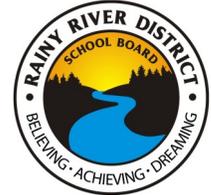


SAFETY FIRST!



Don't learn safety by accident

June 2017

Rainy River District School Board

Safety Talk—Travis Enge

Happy June!! As of the end of May, we have had 20 recordable incidents YTD. By the end of the 2015-16 School Year, we had 21 recordable injuries. In order to beat that record, we need to complete this school year and get through the summer injury free. Of the 20 recordables this year, 7 were lost time injuries. These were due to 4 musculoskeletal, 2 slips, trips and falls and 1 workplace violence. The other 13 recordable incidents required a trip to the hospital and were due to 9 slips, trips and falls and 1 each of struck by/against, shock/burn/cut, musculoskeletal and other. So it really sticks out that we need to concentrate on staying on our feet and looking for those slips, trips and falls hazards. About half of them occurred inside and half outside. If we got rid of all of those, we would have had the best year yet. The 4 musculoskeletal are also important to note that we need to ensure that we seek help if we are feeling sore, numb, tingly or constant pain when doing any portions of our jobs. We have a number of resources, such as different tools and work methods to eliminate these. Talk to your Supervisor.

This month, please take a moment and visit our new Staff Wellness Webpage. It can be found on the rdsb.com website under initiatives or from the RRDSB Staff Portal. From the Staff Wellness Webpage, you can find more Health and Safety information. This is a work in progress so feedback is appreciated.

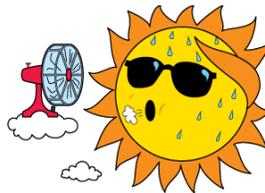
Please have a safe and fun summer.

Working in the Heat

When you work outdoors in the summer, you must take steps to protect yourself from heat-related illness and the sun's harmful ultraviolet radiation (UV).

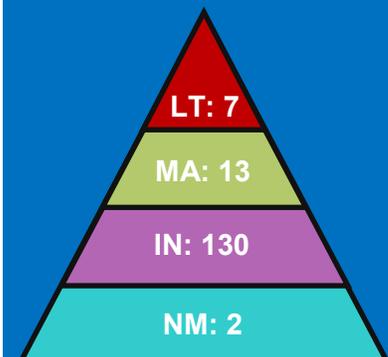
Some tips to help you keep your cool:

- Thirsty or not, drink plenty of water – a cup every 15 to 20 minutes. Avoid caffeine which can dehydrate you.
- Acclimatize – It takes time to adjust to working in the heat. Gradually increase your work load and heat exposure.
- Cover up and protect – Wear light, loose-fitting clothing, UV rated sunglasses, and a wide-brim hat. Apply sunscreen with a SPF of at least 30 and UVA protection. Reapply every two hours and after sweating.
- Shield from sun – Set up shade structures or use umbrellas, buildings, or trees to shield you from the rays of the sun. You can get sunburn on a cloudy day.
- Time it right – Avoid the sun and strenuous tasks between 11 a.m. and 4 p.m. when the sun's rays are strongest.
- Cool off – Take breaks to rest and cool off in the shade or in air conditioned buildings. Don't over exert yourself.



Board statistics

There have been a total of 152 reported incidents as of May 31, 2017, resulting in:



This time last year, there were 123 reported incidents—LT: 5, MA: 12, IN: 98, and NM: 8.

If you have a story regarding safety within the board that you would like to share, please let us know. It could be something you learned or noticed, something that could be done better, or recognizing someone who is always a role model when it comes to safety.
Email: travis.enge@mail.rrdsb.com

**RAINY RIVER DISTRICT SCHOOL BOARD
INCIDENT/ACCIDENT SUMMARY**



Current Year - September 1, 2016 - May 31, 2017

Severity				Total	Incident Type						
LT	MA	IN	NM		STF	SBA	SBC	MS	CA	VI	OTHER
7	13	130	2	152	39	9	5	13	80	3	3
Severity				LT	2	-	-	4	-	1	-
				MA	9	1	1	1	-	-	1
				IN	28	8	4	8	79	2	1
				NM	-	-	-	-	1	-	1

Last Years Comparison - September 1, 2015 - May 31, 2016

Severity				Total	Incident Type						
LT	MA	IN	NM		STF	SBA	SBC	MS	CA	VI	OTHER
5	12	98	8	123	12	16	4	9	79	-	3
Severity				LT	2	1	-	2	-	-	-
				MA	1	3	2	2	2	-	2
				IN	9	12	2	5	69	-	1
				NM	-	-	-	-	8	-	-

LT	Lost Time - Time missed after day of injury.
MA	Medical Aid - Visit to hospital.
IN	Incident - First aid required or physical contact.
NM	Near Miss - No physical contact but close call.

STF	Slip, Trip, Fall
SBA	Struck By, Struck Against
SBC	Shock, Burn, Cut
MS	Musculoskeletal
CA	Child Agression
VI	Violent Incident
OTHER	Allergic Reaction, Other

**Apply
by June 15**



STAFF WELLNESS INCENTIVE PROGRAM

Eligible reimbursement towards a variety of options which promote physical activity, wellness and work-life balance.

Visit: www.rrdsb.com/staff-resources/wellness for more information on this funding.

"Together, we empower all students to believe in themselves, to achieve, and to dream."

This publication is available in accessible formats upon request.