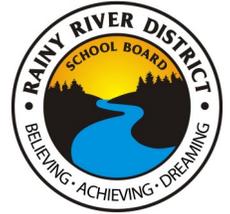


SAFETY FIRST!

Don't learn safety by accident



February 2019

Rainy River District School Board

Safety Talk—Travis Enge

Everyone needs to give themselves a pat on the back. After a very rough first three months, the last two have been excellent from a health and safety standpoint, with only one recordable incident (ie. trip to the hospital) each month. While no recordable incident would have been preferable, averaging one per month is a huge improvement and where we want to be. I truly believe that our all of our efforts are creating a culture of safety mindedness.

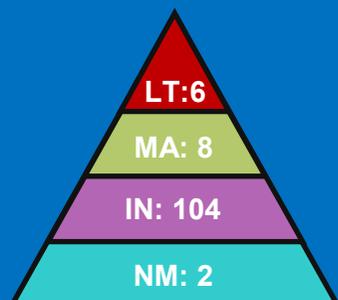
Since we are now half way through the year, some things to note in regards to our health and safety performance in comparison to this time last year are:

- 14 Recordable Incidents this year, compared to 17 last year.
- Slips Trips and Falls are down by almost half.
- Stuck by or Against incidents have more than doubled.
- For the first time since keeping statistics, Child Aggression incidents are down slightly.

Lastly, CUPE and OSSTF permanent workers have not suffered any recordable injuries so far this year. That is approximately 156 people or about a 1/3 of our permanently employed people. Please keep up the good work and don't learn safety by accident!!

Board statistics

There were a total of 120 reported incidents from Sept. 1, 2018 - Feb. 11, 2019, resulting in:



Winter blahs? Here's a few tips to get you off the couch.

1. Sign up for indoor classes and teams

Ever had a yen to try salsa dancing? Play racquetball? Join a bowling team? Now's the time. Winter classes and groups not only help keep you active when it's too cold outside, they can also shake up a stale aerobic routine. Joining with a friend or partner keeps you accountable and amps up the fun.

2. Break out the cold-weather gear

For anyone who loves the bite of crisp air and the comfort of a warm sweater, this one's a no-brainer: Have fun with all the equipment and activities you can't enjoy any other time of year. We're talking skating, skiing, snowboarding, sledding, snowshoeing and winter hikes.

3. Create your own mini home gym

When you really don't want to head out into the cold, get a fun workout in at home. These affordable pieces of fitness equipment can help you turn any corner into a home gym.

- Yoga mat. Rolled up and stashed in your workout area, a yoga mat takes up little space, but offers a soft surface for your routine.
- Resistance bands. Light, portable and available in a range of lengths and strengths, these flexible elastic bands can help you maintain an effective resistance training program without big weight machines or cumbersome dumbbells.
- Foam rollers. These self-massagers come in a variety of lengths and densities; beginners can start with medium density. Using the rollers can help you increase flexibility and improve mobility, and help speed muscle recovery after an intense workout.
- Bike trainer/roller. New bike trainers and rollers, which allow you to ride your bike inside instead of out in the snow, span a wide range of affordability and portability options. Both have been shown to help with cycling training.

From the Mayo Clinic

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



September 1st 2018 - February 11th 2019

Severity					Total	Incident Type																																						
LT	MA	IN	NM	STF		SBA	SBC	MS	CA	VI	OTHER																																	
6	8	104	2	120	12	16	4	8	78	-	2																																	
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7	12	3	5	75	-	2																																						
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September 1st 2017 - February 11th 2018

Severity					Total	Incident Type																																						
LT	MA	IN	NM	STF		SBA	SBC	MS	CA	VI	OTHER																																	
3	14	112	-	129	22	6	3	7	87	-	4																																	
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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 Aggression
VI	Violent Incident
OTHER	Allergic Reaction, Other

CAUGHT WORKING

**This month's winner:
Yenny Degretchie**

"She was using a step stool properly to reach a high shelf."

Please continue to send in nominations for employees you "Caught Working Safely," to heather.latter@mail.rrdsb.com

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

**REPORT ALL HAZARDS
AND INCIDENTS.**

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

This publication is available in accessible formats upon request.