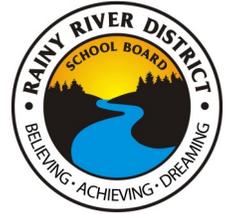


SAFETY FIRST!



Don't learn safety by accident

March 2019

Rainy River District School Board

Safety Talk—Travis Enge

Thank goodness the weather is warming up and the snow is starting to melt! Today, with the start of spring, we need to be aware of the freeze-thaw cycle and the chance of slippery surfaces when walking on our pathways, playgrounds, and parking lots. I have stated in past Safety Talk newsletters that there is a 30% chance of going to the hospital when a fall occurs. Please keep an eye out for this hazardous condition. Let custodians know where sand or salt is needed. The Custodians will be glad to help you out.

We had one incident in January where a worker was hit in the head by a basketball which turned into a recordable incident. This type of incident seems to occur at least once per year. Gymnasiums can be very active areas and we need to constantly be aware of our surroundings and control our activities to ensure both student and worker safety. Even with that recordable incident, our H&S performance has still improved by 4 recordable incidents when compared to last year. That is a great improvement. Also, our total number of incidents is 144 compared to 148. This shows that we are still reporting incidents as much as we did last year; however, the injuries have been less severe. Please keep up the good work!

Have a safe and healthy month and stay on your feet!

Barriers to fitness: Overcoming common challenges

Sticking to a regular exercise schedule isn't easy. After all, there are plenty of potential hindrances — time, boredom, self-confidence. But these issues don't need to stand in your way. Consider practical strategies for overcoming common barriers to fitness.

From the Mayo Clinic

1. I don't have enough time to exercise

Setting aside time to exercise can be a challenge. Use a little creativity to get the most out of your time.

- **Squeeze in short walks throughout the day.** If you don't have time for a full workout, don't sweat it. Any amount of activity is better than none at all.
- **Get up earlier.** Get up 30 minutes earlier a few times a week to exercise.
- **Drive less, walk more.** Park in the back row of the parking lot or even a few blocks away and walk to your destination.
- **Revamp your rituals.** Your weekly Saturday matinee with the kids or your best friend could be reborn as your weekly Saturday bike ride, rock-climbing lesson or trip to the pool.

2. I think exercise is boring

It's natural to grow weary of a repetitive workout day after day, especially when you're going it alone. But exercise doesn't have to be boring.

- **Choose activities you enjoy.** You'll be more likely to stay interested. Remember, anything that gets you moving counts.
- **Vary the routine.** Rotate among several activities to keep you on your toes while conditioning different muscle groups.
- **Join forces.** Exercise with friends, relatives, neighbors or co-workers. You'll enjoy the camaraderie and the encouragement of the group.
- **Explore new options.** Learn new skills while getting in a workout.

3. I'm self-conscious about how I look

Don't get down on yourself! Remind yourself you're improving your cardiovascular health, or focus on how much stronger you feel after a workout.

- **Avoid the crowd.** If you're uncomfortable exercising around others, go solo at first. Try an exercise video or an activity-oriented video game. Or consider investing in a stationary bicycle, treadmill, stair-climbing machine or other piece of home exercise equipment.
- **Focus on the future.** Praise yourself for making a commitment to your health. And remember that as you become fitter and more comfortable exercising, your self-confidence is likely to improve as well.

RAINY RIVER DISTRICT SCHOOL BOARD
INCIDENT/ACCIDENT SUMMARY



September 1st 2018 - March 19th 2019

Severity				Total	Incident Type						
LT	MA	IN	NM		STF	SBA	SBC	MS	CA	VI	OTHER
6	9	128	2	145	18	16	5	10	93	-	3
Severity				LT	2	2	-	1	1	-	-
				MA	3	2	1	2	1	-	-
				IN	13	11	4	7	90	-	3
				NM	-	1	-	-	1	-	-

September 1st 2017 - March 19th 2018

Severity				Total	Incident Type						
LT	MA	IN	NM		STF	SBA	SBC	MS	CA	VI	OTHER
3	16	130	-	149	29	7	3	8	97	-	5
Severity				LT	2	-	-	-	1	-	-
				MA	5	2	1	4	4	-	-
				IN	22	5	2	4	92	-	5
				NM	-	-	-	-	-	-	-

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.
	Recordable is LT + MA

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:
Susan Deschamps

"Susan was properly using a step ladder in the hallway at RMS to put art on the bulletin boards above the cubbies."

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

Protect your eyes.

Here's how: **1) Wear your safety glasses.**

2 Wear eyewear properly tinted for the particular job you are working at.	5 Keep your eye protection clean.	8 Get medical attention immediately if you have an accident.
3 Get regular eye exams to prevent eye problems.	6 Wear prescription lenses if you should.	9 Wear glasses that provide proper UV protection.
4 Wear eye protection when working with power tools or chemicals.	7 Get regular eye exams to prevent eye problems.	10 ...and most importantly, <i>Wear your safety glasses!</i>

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

This publication is available in accessible formats upon request.