

SAFETY FIRST!

Don't learn safety by accident



November 2018

Rainy River District School Board

Safety Talk—Travis Enge

Hello All. I hope everyone enjoyed the excellent presentation by Dr. Wells. Even taking on a few of his suggestions will go a long way to improve your health.

I am amazed at how our safety performance has repeated itself for the last three years. I am hopeful, however, that an improvement in our H&S performance is on the horizon with our continued focus on creating a culture of safety mindedness.

Cultural changes are very hard as it is effectively a change in the entire organization. But it is possible, and numerous organizations have proven it. During the wellness PD day, I had a good conversation with the custodians about how each employee is the most important factor in safety. We make hundreds, probably thousands of decisions a day, so many that they are often made on a subconscious level and without any thought. This is the reason why we continue to perform the same as previous years.

Looking ahead, December has always been a very safe month with only 3 incidents in the last 4 years. So, I urge you to think about the decisions you make in your day-to-day actions: Is it the proper and safe way to perform that task? What steps do I need to do prior to performing this task so that I can be safe? Only then will we change our culture to one of safety mindedness. Have a great December.

Thanks!

10 HEALTHY HABITS

for

mental fitness

- Schedule "me time" daily.
- Reward yourself
- Play to your strengths
- Ask for help and offer to help
- De-stress your diet
- Choose a positive attitude
- Practice relaxation techniques and get enough sleep
- Set goals and stay on target with a journal
- Get regular physical activity
- Press pause once in a while—downtime is good

Board statistics

There were a total of 73 reported incidents from Sept. 1 - Nov. 29, 2018, resulting in:

Month	Incidents
LT	5
MA	6
IN	60
NM	2

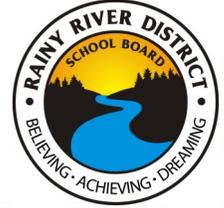
Congratulations!

Mine Centre School

was the top Rainy River District School Board facility in the Northwestern Health Unit's 6th Annual Workplace Wellness Challenge in October. Mine Centre School earned a total of 315.75 points.

A total of eight RRDSB facilities took part in the Challenge—Sturgeon Creek School, Rainy River High School, Atikokan High School, Riverview School, Robert Moore School, North Star Community School, and the Education Centre. All participants should be commended for putting a focus on healthy living!

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



September 1st - November 29th 2018

Severity				Total	Incident Type						
LT	MA	IN	NM		STF	SBA	SBC	MS	CA	VI	OTHER
5	6	60	2	73	7	10	2	6	47	-	1
Severity				LT	1	2	-	1	1	-	-
				MA	2	1	1	2	-	-	-
				IN	4	6	1	3	45	-	1
				NM	-	1	-	-	1	-	-

September 1st - November 29th 2018

Severity				Total	Incident Type						
LT	MA	IN	NM		STF	SBA	SBC	MS	CA	VI	OTHER
2	9	77	-	88	13	-	2	3	66	-	4
Severity				LT	2	-	-	-	-	-	-
				MA	3	-	1	2	3	-	-
				IN	8	-	1	1	63	-	4
				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.

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

Team Safety Sweepstakes



To participate, each team (RRDSB facility) will need to find and fix safety-related hazards or violations in your building. Where an immediate fix is not possible, the team will recommend a solution to management.

Teams will receive points for each safety issue it identifies. Including a photo of the hazard or the fix will earn bonus points. The team that has the most points will win a healthy catered lunch.

Each team should choose a Team Leader to record and submit your facility's safety-related hazards. Please fill out the form at www.rrdsb.com/staff/wellness/health_and_safety/.

Entries must be received by December 7, 2018.

CAUGHT WORKING



**This month's winners:
Diane Veldhuisen & Sarah Kivimaki**

"Diane used a step ladder to change the time on the wall clock in her office."

"Sarah suggested a coworker use a ladder rather than a chair to reach an item."

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

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

This publication is available in accessible formats upon request.