

# SAFETY FIRST!



*Don't learn safety by accident*

September 2019

Rainy River District School Board

## Safety Talk—Travis Enge

Welcome Back, everyone. I hope you all had a great summer! This year we are going to keep our focus on creating a culture of safety-mindedness and doing everything we can to prevent workplace injuries.

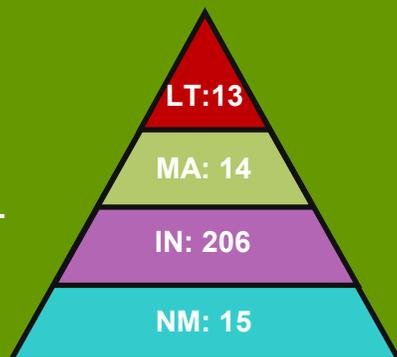
We ended last year with the same results as the year before with 27 trips to the hospital in 2018-19 compared to 26 in 2017-18. We had a really rough start last year so it was an uphill battle all year to reduce our incidents by the end of the year. So far this year, we are doing much better so I am optimistic that this will be the year we see lower incident rates as a result of all of our efforts, together, to be safe in all aspects of our work.

This year, the September 30th PD Day is focused on the review of our Violence in the Workplace Risk assessments. Staff across the system will also be doing an online Bullying Prevention module and completing any outstanding H&S modules during that day. Please remember that to log into the online training system, you follow Staff Portal -> Health, Wellness & Safety -> Safe Schools Training. The username and password are the same ones you use to log into a Board computer.

Have a safe September and please approach everything you do with safety in mind.

## Board statistics

There were a total of 248 reported incidents from Sept. 1, 2018—Aug. 31, 2019, resulting in:



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 to improve health and safety practices, or recognizing someone who is always a role model when it comes to safety. Email: [travis.enge@mail.rrdsb.com](mailto:travis.enge@mail.rrdsb.com)

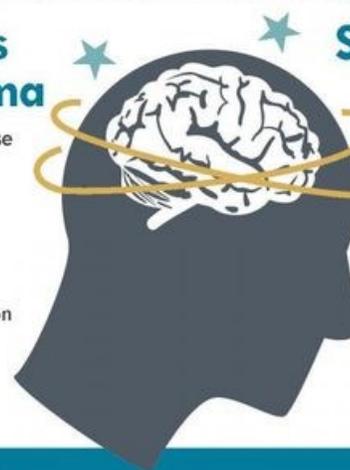
## THE TRUTH ABOUT CONCUSSION

*A concussion is a mild traumatic brain injury (mTBI). Most concussions occur without losing consciousness.*

### Effects of trauma

Trauma can cause vestibular dysfunction

- Ongoing dizziness
- Vertigo
- Blurred vision
- Imbalance
- Fatigue
- Falls



### Symptoms

**Thinking**  
Difficulty concentrating, memory

**Emotional**  
Irritability, sadness

**Physical**  
Headache, dizziness

**Sleep**  
More/less than usual

### Common causes

Falls: 41%  
Struck by/against: 15%  
Traffic accident: 14%

Assault: 11%  
Other: 19%

### Next steps



1. Stop sport/activity  
When in doubt, sit it out



2. Seek medical evaluation

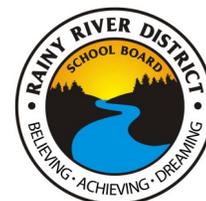
## CONCUSSIONS IN THE WORKPLACE

In recent years, concussions in professional athletes have received significant media attention. However, concussions can occur anywhere, including in the workplace. Statistics reveal that the number of time loss claims for work-related concussions increased by 371% in Ontario from 2004 to 2013. This increase is likely due in part to increased reporting and awareness of this injury.

Workers who experience any of the above symptoms after an injury should alert a supervisor and seek immediate medical attention. It is important to consult with a medical professional on how best to manage a concussion. Someone with a suspected concussion should not be left alone or drive.

With proper diagnosis and treatment, most people with concussions recover fully within a short period of time. In some cases, symptoms linger for weeks or months making it challenging to resume normal activities or return to work. The ability to return-to-work can be influenced by co-existing medical conditions and an individual's concussion history.

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



**September 1st, 2018 - August 31st, 2019**

| Severity          |    |     |    |     | Total | Incident Type |     |    |     |     |       |    |
|-------------------|----|-----|----|-----|-------|---------------|-----|----|-----|-----|-------|----|
| LT                | MA | IN  | NM | STF |       | SBA           | SBC | MS | CA  | VI  | OTHER |    |
| 13                | 14 | 206 | 15 | 248 | 33    | 24            | 11  | 16 | 148 | -   | 16    |    |
| <b>Recordable</b> |    |     |    |     |       |               |     |    |     |     |       |    |
| <b>27</b>         |    |     |    |     |       |               |     |    |     |     |       |    |
| Severity          |    |     |    |     | LT    | 6             | 4   | -  | 2   | 1   | -     | -  |
|                   |    |     |    |     | MA    | 5             | 2   | 1  | 3   | 3   | -     | -  |
|                   |    |     |    |     | IN    | 22            | 17  | 10 | 11  | 136 | -     | 10 |
|                   |    |     |    |     | NM    | -             | 1   | -  | -   | 8   | -     | 6  |

**September 1st, 2017 - August 31st, 2018**

| Severity          |    |     |    |     | Total | Incident Type |     |    |     |     |       |   |
|-------------------|----|-----|----|-----|-------|---------------|-----|----|-----|-----|-------|---|
| LT                | MA | IN  | NM | STF |       | SBA           | SBC | MS | CA  | VI  | OTHER |   |
| 4                 | 22 | 182 | 3  | 211 | 38    | 21            | 4   | 10 | 131 | -   | 7     |   |
| <b>Recordable</b> |    |     |    |     |       |               |     |    |     |     |       |   |
| <b>26</b>         |    |     |    |     |       |               |     |    |     |     |       |   |
| Severity          |    |     |    |     | LT    | 3             | -   | -  | -   | 1   | -     | - |
|                   |    |     |    |     | MA    | 5             | 5   | 1  | 5   | 6   | -     | - |
|                   |    |     |    |     | IN    | 30            | 16  | 3  | 5   | 122 | -     | 6 |
|                   |    |     |    |     | NM    | -             | -   | -  | -   | 2   | -     | 1 |

|    |  |
|----|--|
| 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  |



*Not Myself Today*® is a mental health initiative presented by the Canadian Mental Health Association. It aims to change the way we talk about mental health and support our own mental health, as well as that of our colleagues. The different resources, tools and activities are all designed to raise awareness on the issue, reduce stigma, and ultimately, help us build a safe and supportive work environment.

At Rainy River District School Board, we are excited to be on the forefront along with other organizations that are stepping up and making a difference in how mental health is supported at work. Join us and be part of this journey.

**To create an account:**

- 1  Click on the Health, Wellness & Safety tile on the RRDSB Staff Portal.
- 2  Click on the Not Myself Today® tile where you will find the link: <http://www.notmyselftoday.ca/create-account>
- 3  Enter the code **TNTJEM**
- 4  Create a username and password

## Facility Wellness Initiative



The Rainy River District School Board's Well-being Committee supports and encourages staff to improve their health. As part of this support, the Facility Wellness Initiative is being offered this year providing financial support to encourage school-wide health and well-being activities. School activities must allow for the involvement of any school staff wishing to participate (including teaching, support staff, custodial staff and any long-term occasional staff that may be at your school) and must be approved by the Principal.

Funding is available for 100% reimbursement up to a maximum of \$250 per facility. This funding is available for the 2019-20 school year.

See IMPORTANT ANNOUNCEMENTS for the application form and more information.

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