

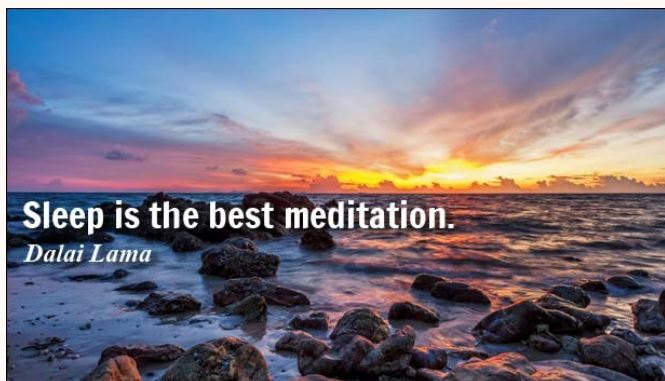
SLEEP HEALTH

With the onset of smart phones, constant emails, iPads and busy lives, it is becoming more challenging to get a restful sleep.

One suggestion to help you transition from the daily demands to going to sleep is to have a buffer zone. During this time, set aside the emails and phones, as your priority will be to start relaxing. This buffer zone is a great opportunity to take an hour or more out of your busy day to talk with your family, walk the dog or watch some TV.

Here are 8 reasons why you should aim for 8 hours sleep:

1. It gives your brain a much deserved break.
2. It helps with memory, alertness and concentration.
3. It regulates your emotions.
4. It repairs your body and helps you grow.
5. It keeps your immune system in check.
6. It regulates your appetite.
7. It may alleviate pain.
8. It can improve your overall well-being.



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CONFINED SPACES



A confined space is an enclosed space or partially enclosed space big enough for a worker to enter. It is not designed for someone to work regularly, but workers may need to enter the space to perform tasks such as inspections, cleaning, maintenance, and repairs.

Incidents in confined spaces are not common, but when they do occur the consequences can be devastating. In BC, 18 deaths in confined spaces have occurred over a 15-year period.

Only those trained on confined space entry are authorized to enter a confined space. Those authorized must follow the Confined Space Entry Program and complete the required Permit before entering the space. If you are **not trained** in confined space entry you **must not enter** a confined space.

All GVSD confined spaces are labeled with the "danger" sign pictured above.

Confined Spaces can be Deadly Spaces

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