



TAKE A MINUTE, CHANGE A LIFE.

SEPTEMBER 10TH WAS WORLD SUICIDE PREVENTION DAY

It is estimated that each day in Canada 11 people end their life and 210 make a suicide attempt. Suicide occurs across all age, economic, social, and ethnic boundaries. Their deaths leave countless family and friends bereaved and their communities impacted.

This year's World Suicide Prevention Day (WSPD) theme was "take a minute, change a life." At times the work of suicide prevention can feel overwhelming and we may question what we can do to help, especially when we hear the stark statistics. But, we must always remember that small acts can make a big difference.

WSPD is an opportunity to come together to raise awareness about suicide and encourage everyone to do their part. All of us can take a minute to change a life. Together these moments can make a world of difference.

Taking a minute CAN change a life!

Please visit the Canadian Association for Suicide Prevention for more information on how you can Take A Minute.



<https://suicideprevention.ca/wspd/>

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LADDER SELECTION



Ladders are a frequent source of injury in British Columbia. From 2006-16 there were more than 9,300 work-related injuries due to ladder falls and 17 work-related deaths.

When selecting a ladder for a task consider the following:

- CSA rating must be Grade 1 (construction) or Grade 2 (painting or office use).
- If you cannot comfortably reach your task on the highest step specified by the manufacturer, you need a taller ladder.
- If using a step ladder, ensure the spreader bar is fully open and locked before use.
- Check the load rating to ensure the ladder can hold your weight, plus your tools.
- Ensure a 4-to-1 ratio for straight or extension ladders (see image above).

Please note: A chair is NOT a ladder.

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