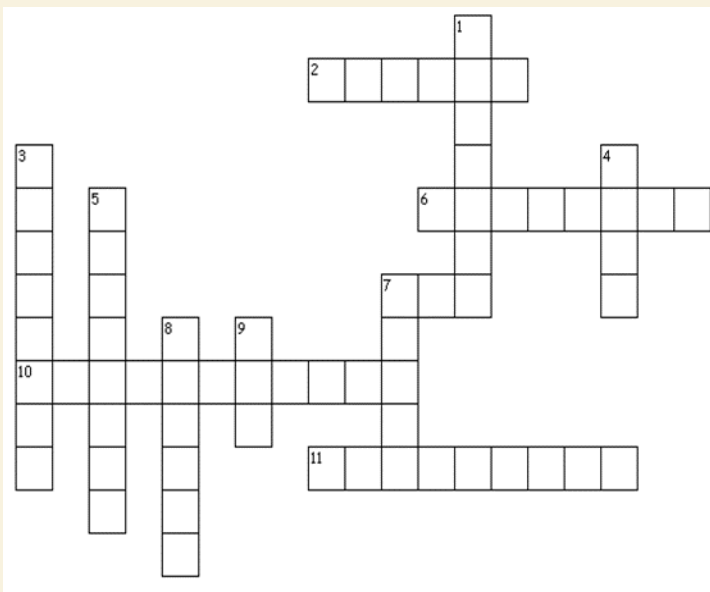


REVIEW OF 2017/18—WHAT YOU KNOW!



Across

2. A chair is not to be used as a _____.
6. Where can you find more information on Life Smart Coaching?
7. This is a kind of depression that appears at certain times of the year.
10. One thing you can do to prevent heat stress.
11. Which month has World Suicide Prevention Day?

Down

1. What was the Mental Health hashtag?
3. If you are injured at work, what onsite care must you seek?
4. How many forms are included in the Violence Prevention Program?
5. An active recovery and coping strategy.
7. What is an essential component of a mindful, healthy lifestyle?
8. When to be more aware of your driving.
9. What month is Emergency Preparedness Week?

Note: You may have to go back in time, try looking on the GVSD Health & Safety Website :)

ENJOY YOUR SUMMER!

Tanya Bellagente, HR Advisor, Attendance Support,
Disability Management & Wellness - 250-475-4163

END OF YEAR CLEAN-UP

As we approach the end of the school year staff will be clearing out their offices, classrooms and other work areas.

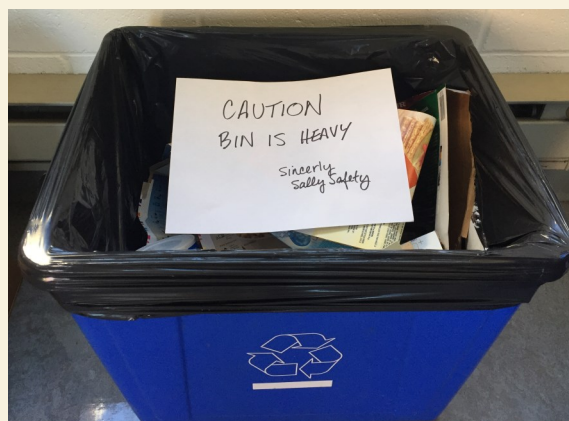
At the end of June 2017, we had several workplace injuries related to lifting the heavy bins. Below are a few tips for staff filling the bins and to those who are required to dispose of the waste.

To staff filling the bins:

- Do not overfill recycling or waste bins
- If a bin is becoming full, grab a new one or ask the custodian to dump the bin
- Do not overfill wet garbage/compost; it is very dense and heavy
- If a bin is heavy, place a sign on it to let the custodian know it is heavy; see image below

To the custodians disposing of the waste:

- Perform the “kick test” - use the outside of your foot to gently try to move the bin; this will give you a sense of the bin’s weight
- Lift with your legs and keep load close to your body
- Do not lift bin if it is too heavy, ask for help
- Use a dolly or cart to move items
- Do not twist when lifting, keep legs and body facing forward



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