

OCCUPATIONAL HEALTH & SAFETY

Safety@Work: Everyone • Everything • Everyday



2018

Health & Safety Song Video – Looking for Participants



We are looking for participants to perform Health PEI's Health & Safety song from all areas of Health PEI. You can do it individually or as a group. We'll assign different parts of the song to different people and then piece it all together for the video. If you would like more information or would like to participate, please contact Robyn Murphy at rmmurphy@ihis.org or 902-894-2149 by April 27, 2018.

Employee Wellness & Safety Website Re-launch

The Integrated Wellness, Safety and Disability Team has a website on the Staff Resource Centre, which was developed over a year ago. With feedback from staff and from our team, we have decided to re-design the website to make it more user-friendly and easier to access the information you're looking for. The new website can be found at: <http://www.healthpei.ca/src/wellnessandsafety>



Health & Safety Survey



Can you believe it's been a year since our last survey? We are looking for your input on health and safety questions that will help to direct our focus to better serve our employees. The questions focus on our overall status for health and safety as well as violence in the workplace. The survey will only take 5-10 minutes and can be found at: <http://www3.gov.pe.ca/survey/index.php?sid=47813&lang=en> (English version) <http://www3.gov.pe.ca/survey/index.php?sid=94242&lang=fr> (French version)

Hazard Alert: Tripping over Call Bell Cords

Recently we have had several incidents involving staff members tripping over call bell cords. Please keep your eyes open for tripping hazards and when possible, tie the cords up out of the way when leaving them with patients or residents. Slips, trips and falls are among our top incident types and some result in serious injuries. Tripping over call bell cords can be prevented with your help and due diligence.



Recover at Work

By: Carrie Jones



Unfortunately accidents, and injuries, do happen.

If you experience an injury at work, it is important for your overall health and recovery to remain connected to your workplace. Evidence shows that the longer an employee is absent from work, the less likely it is they will return to work. Recovery from most musculoskeletal conditions will be enhanced by maintaining activity and a regular daily routine.

Dealing with the impact of an injury on our day to day life, losing the important value that we derive from the work that we perform, disconnect from the valued relationships with colleagues and clients, negative financial implications and fear and avoidance related to the incident that we experienced can all create negative psychological effects. It is quite common for individuals to experience depression and anxiety after an injury that can further prolong their recovery.

If you experience a workplace injury, Health PEI wants to support your early and safe return to work through the provision of modified duties and easeback programs. Speak with your manager, the Return to Work Officer or your WCB Case Coordinator (if applicable) to develop a plan suitable for you.

Soaker Pad Policy Released



Preamble: To date there have been no Health PEI policies that outline the appropriate use of soaker pads. Although Transfers, Lifting, & Repositioning® (TLR) courses teach that soaker pads are not to be used as repositioning devices, this practice has continued in most facilities. This is a new policy directed at all areas of practice.

Application: This policy applies to all staff and students who use soaker pads for their residents/patients/clients.

Purpose: To outline safe and appropriate uses of soaker pads and reduce the probability of injuries caused by repositioning residents/patients/clients in bed or on stretchers.

Change in Practice: This policy means that staff and students cannot use soaker pads for repositioning residents/patients/clients in beds or on stretchers. They must use the appropriate equipment such as slider sheets or repositioning slings for repositioning. The policy also outlines when soaker pads can be used to help control incontinence or bodily fluids with certain residents/patients/clients.

NAOSH Week: May 6 – 12, 2018

North American Occupational Safety and Health week is fast approaching so it's time to plan some activities for your site. If you're interested in organizing some contests/activities for your site and would like some prizes for participants, please contact Robyn Murphy at rmmurphy@ihis.org or 902-894-2149.



Learnings from the TLR Escape Room

Recently OH&S Officer Carrie Jones and I had the opportunity to participate in a TLR Escape Room at Prince County Hospital designed by MSIP Coordinator Sarah Fullerton and OT Student Daniel MacLeod. After our escape we were able to stay and observe other groups use their skills, follow the clues and escape the room. Many things were done very well, but through our own experiences and these observations there were some important learnings that we felt needed to be shared with other staff members to ensure the safety of all patients and staff.



Apply Training Principles at All Times



The intense music, the timer counting down, the pressure of escaping and a fear of the unknown created a stressful environment in the TLR escape room, much like real life where stress and time constraints are a daily occurrence. No matter what the situation, it is crucial that employees use the training principles that they've been taught at all times. It only takes one wrong move to injure yourself and that injury could last a lifetime. Training is put in place to protect you and keep you safe. Use it.

Communication is Key

When working in a team with patients/residents/clients, effective communication is the key to success. You and your co-workers should establish a plan before approaching the patient/resident/client to ensure you're on the same page. Once the plan is established, communication about that plan to your patient/resident/client is needed. Imagine if two people approached you and didn't tell you what they were doing and proceeded to move you into a wheelchair using a mechanical lift without saying a word to you. You might be scared, you might be confused, you might get combative, you might scream in hopes that someone will tell you what's happening. Being as open and direct with your patients/residents/clients as possible will help to ensure a safe transfer for both the patient and the staff members.



Assess the Environment



We've all learned in our TLR training to assess the environment upon entry into an area/room. This means looking around to see what equipment is available, to see what space is available and to identify any risks in the area such as tripping hazards or poor lighting. Even if you're familiar with a particular room, you should always re-assess the environment every time you enter that room to ensure that it is safe.

Inspect Equipment and Slings



Before using any type of equipment such as mechanical lifts or slings, the user needs to inspect the equipment to ensure that there are no issues such as faulty wires, low battery charge, rips or tears in the material, or anything else that would make the equipment unsafe. If you do find something wrong with the equipment, take that piece of equipment out of use, place a sign on the equipment to communicate to co-workers and bring the issue to your manager or supervisor for repair.

TLR Bedside Logo Accuracy

TLR bedside logos may not always be accurate. This applies especially in acute care where there is a lot of turn-over. If you're using the TLR bedside logo as your source of information, you need to ensure that the logo is correct and that it matches that person's TLR assessment. On the other end of that, please remember to change the TLR bedside logos when you do your TLR assessment to ensure better communication for those needing to use that information.



When Do You Apply Brakes to Portable Lifts?



The brakes of the portable lifts should only be on when the lift is parked and not being used. As soon as the lift is in use, the brakes should be taken off. This is because the person's centre of gravity will change when the lift goes up or down. If you don't take the brakes off the lift, the person may sway in the lift.

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