

# HEALTH & SAFETY NEWSLETTER

## NORTH AMERICAN OCCUPATIONAL SAFETY AND HEALTH (NAOSH) WEEK - MAY 6—MAY 12, 2007

### IN THIS ISSUE:

NAOSH WEEK

BACK SAFETY

DAY OF MOURNING

May 6 to May 12 is North American Occupational Safety And Health (NAOSH) week. It's an annual initiative led by the Canadian Centre for Occupational Health and Safety (CCOHS), Canadian Society of Safety Engineering (CSSE), The American Society of Safety Engineers (ASSE), and Human Resource and Social Development Canada (HRSDC), and involves Canada, The United States, and Mexico.

The goal of North American Occupational Safety and Health (NAOSH) week is to focus the attention of employers, employees, the general public, and all partners in Occupational Safety and Health on the importance of preventing injury and illness in the workplace, at home, and in the community. NAOSH week is an excellent opportunity to reinforce and focus on health and safety.

It is important to COMMIT to Health and Safety, both in the workplace and in the community. Some ideas your company can use for this week include: Safety training sessions, Safety talks & demonstrations, Safety poster contests, Hosting a Health & Safety Open House, Employee safety recognition events, and/or Safety Bulletin Board postings. The theme for this year is: **Safety and Health: A Commitment for Life—Start Today!**



CSSE



CCOHS



ASSE



Canada  
HRSDC

### Did You Know?...

April 28th is

The Day of Mourning.

It has been designated as a day to honour those who have died, suffered injury, or experienced illness due to work-related causes.



See [www.wsib.on.ca](http://www.wsib.on.ca)

### LET'S ALL GET INVOLVED TODAY!!!

#### SAVE YOUR BACK

Many people suffer from back ailments. Some sure fire ways to help protect your back are:

##### Sit up Straight

- Sit with your back straight and both feet on the floor
- When sitting, use a lumbar support or cushion at the base of your spine

##### Lift Correctly

- Lift with your legs, NOT your back
- Bend at the knees
- Keep heavy items close to your body
- Never twist while lifting



##### Maintain a Healthy Weight

- Lose weight if you have extra weight, particularly around your abdomen

##### Condition your Back Muscles

- Stretch and do moderate physical activity for at least 30 minutes daily

##### Push rather than pull objects

##### Wear shoes that are flat or have low heels and have good arch support