There are a number of ways you can help make your workplace safer for everyone.

- **Orientation to Safe Work Practices**
  Improved safety starts with knowing how to do things the right way, right from the beginning. A combination of comprehensive training and orientation on the specific safety practices of your workplace is an essential part of getting everyone on the same page and off to a safe start. Do your part to make it possible.

- **Working Safely**
  Whether you know it or not, your actions can have an effect on the safety of those around you. This is especially true in a health care workplace. That’s why it’s so important for you and those you work with to work safely at all times.

- **Health and Safety Worker Representation by Committees**
  Get involved in your Workplace Safety and Health Committee. The safety committee has manager and worker representatives. This group has a joint responsibility regarding site safety issues and programs and makes recommendations to management for resolution.

- **Reporting and Responding to Concerns**
  As a health care worker, you know how quickly a small, solvable problem can grow into something much bigger and more dangerous. Any incident involving a safety issue – no matter how seemingly small or insignificant – is an incident that needs to be reported and addressed.

Greetings,

I am proud to support the SAFE Health Care initiative through the promotion of an organizational culture that ensures the highest possible Occupational Health & Safety Standards for all of our employees. The WRHA’s commitment to promoting and maintaining the highest degree of health & well being of our employees allows us to provide safer and more effective services to our clients. We believe that safety is the responsibility of all members of our organization, including Senior Management, Supervisors and employees. We encourage everyone’s involvement with the SAFE Health Care initiative to help make Health Care a safer workplace.

Dr. Brian Postl,
President and CEO of the Winnipeg Regional Health Authority

Supported by a grant from the Community Initiatives and Research Program of the Workers Compensation Board of Manitoba.

For more information on SAFE Health Care Programs, visit:

**WWW.SAFEMANITOBA.COM**

Call 957-SAFE in Winnipeg or 1-866-929-SAFE outside Winnipeg
Like most of us in health care today, you likely work in one of three types of workplace environments: acute care, long term care or community care. Though each of these workplace types is different from one another, they all share a common need for safety. Not just the safety of patients and clients, but our own safety as caregivers.

SAFE Health Care is a new injury prevention strategy program developed by health care workers for health care workers. It has been created specifically with our unique safety needs in mind.

SAFE Health Care is rooted in four key, everyday principles:

**COMMITMENT** – Making real change requires real commitment from every member of your health care team, from administrators to volunteers.

**ACCOUNTABILITY** – Know what is expected of you and everyone on your team at work from a safety standpoint.

**RESPONSIBILITY** – Workplace safety is everyone’s responsibility…which is why everyone needs to work together to make the workplace a safer place. There are a number of ways you can help make your workplace safer for everyone.

**SAFE PLAN OF ACTION** – You work in a wide variety of potential hazards. Actively following the SAFE Plan will prevent problems from ever happening.

As you know, the health care workplace includes hazards that don’t exist in other workplace environments; hazards that can impact your health and quality of life both at work and at home.

Watch for:

**Ergonomic and Mechanical Hazards**
- patient handling
- handling of materials
- workstation (design)
- malfunctioning/improperly maintained equipment

**Physical Hazards**
- excessive noise
- air quality
- sharp instruments
- slip and fall hazards
- electricity/radiation
- extreme temperature changes

**Chemical Hazards**
- corrosive materials
- toxic materials
- compressed gases
- medications

**Biological Hazards**
- blood and body fluids
- infectious materials

**Psychosocial Hazards**
- stress
- workplace violence

It’s one thing to create a safer workplace and another to keep it that way. Here are control measures to keep in mind to maintain a high level of workplace safety everyday:

**Engineering**
Create physical changes in your environment
- ensure proper ventilation
- eliminate hazards at their source
- reduce the risk of hazard by re-thinking the workspace

**Administrative**
Write, enact and maintain safety practices and procedures
- understand the core set of safe work practices and train in those practices
- analyze work schedules to reduce potential fatigue-related errors
- review procedures and identify possible areas for improvement
- follow routine practices

**Personal Protective Equipment**
Dress to avoid danger
- ensure that respirators or masks are available and in good condition
- make certain there are always protective gloves available
- wear gowns, face shields, etc. whenever required