



HALDIMAND-NORFOLK HEALTH UNIT

WORKPLACE HEALTH

Emergency Preparedness at Your Workplace: Make it a Priority

While the workload of day-to-day operations often leaves emergency planning at the bottom of the 'to do list,' the importance of pre-planning and training for a disaster cannot go overlooked. When emergencies occur there is often a need for rapid decisions with limited information, a shortage of time to react and the potential for a lack of immediate resources and trained personnel to respond. Without pre-planning and training to help address these issues as well as potential communication problems, the result can be catastrophic.

Lacking guidance and practice in emergency response, the stress of finding answers to the crisis during the disaster can become overwhelming for an individual leading to poor judgement and resulting in severe losses. Pre-planning and training while you have time to be thorough will reduce this stress when it matters most and consequentially lead to a better response.

Here are some reasons why workplaces should plan and train for an emergency:

- It enhances your organization's ability to recover from financial losses, business interruptions and damages to equipment or products (e.g. training on fire extinguisher locations and operation reduces impact of fire).

- It strengthens your organization's ability to adapt by considering back-up plans for routine processes (e.g. operating under a Boil Water Advisory).
- While planning, you may discover unrecognized hazards that would aggravate an emergency situation and you can work to eliminate or mitigate the hazard (e.g. back-up generator located in basement that is prone to flooding).
- It often helps break silos in compartmentalized organizations as the entire organization is usually called to respond with a significant amount of teamwork.
- It is a component of Occupational Health and Safety programs.
- It demonstrates that the organization cares for the safety of its workers.
- The number of natural disasters and extreme weather events are on the rise.

Wondering where to start? Here are some links to help with emergency planning at the workplace:

- <http://www.ccohs.ca/oshanswers/hsprograms/planning.html>
- http://www.ready.gov/sites/default/files/documents/files/EmergencyResponsePlan_Oct2012.pdf
- <http://www.ready.gov/sites/default/files/documents/files/BusinessContinuityPlan.pdf>
- <https://www.osha.gov/Publications/osh3088.html>



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Cancer Facts

What is Cancer?

Cancer is when cells in your body grow out of control, making those parts of the body not function properly.

Statistics:

- An estimated 24% of Canadian females and 29% of males will die from cancer.
 - This is 1 out of every 4 Canadians.
- Every hour in Canada, 20 people will be diagnosed with cancer.
 - 8 will die of it.

Most Commonly Diagnosed Cancers in Canada in 2012

Men: prostate – lung – colorectal

Women: breast – lung – colorectal

Leading Cause of Cancer Deaths in Canada in 2012

Men: prostate – lung – colorectal

Women: breast – lung – colorectal

Every day you are given 86,400 seconds, 1440 minutes or 24 hours. Life can be very busy at times and some days 24 hours doesn't seem to be enough time. What you do with your time is your choice. Nothing is more important than you! Take the time to get screened for cancer!

References:

1. Canadian Cancer society's steering committee on Cancer Statistics, 2011
2. Canadian Cancer Statistics 2012

Flu Season

With influenza season knocking at the door, we'd like to gently remind you to educate and encourage your friends and family members to get their annual immunization. It is FREE to all Ontarians over 6 months of age who live, work, or study in Ontario.

The flu virus is a contagious illness that is easily spread through respiratory droplets expelled during coughing and sneezing. It may also be acquired by coming into contact with contaminated surfaces and then touching the mouth, nose or other mucus membranes.

Upcoming Events

September

- Men's Cancer Health Awareness Month
- Sept. 28 – World Rabies Day
- Sept. 29 – World Heart Day

October

- Breast Cancer Awareness Month
- Healthy Workplace Month
- Oct. 1-7 – World Breastfeeding Week
- Oct. 6 – Run for the Cure
- Oct. 6-12 – Mental Illness Awareness Week

November

- Diabetes Awareness Month
- November Canada
- Nov. 14 – World Diabetes Day
- Nov. 20 – National Child Day



The "flu shot" is an annual immunization against strains of the flu viruses expected to circulate for that year. Since the flu strains vary year to year, annual immunization is necessary to provide the best protection. Studies have found that the flu shot can prevent 70 to 90% of influenza in healthy adults and children.

"Will the flu shot cause influenza?" Quite simply put, no. The flu vaccine is inactivated (dead) flu virus. This allows the immune system to create antibodies in preparation for the flu season.

Please contact the Haldimand-Norfolk Health Unit at 519-426-6170 for any questions, concerns or more information about the influenza vaccine.



Halloween Safety

Four times as many children are injured on Halloween as on any other night of the year.

Some of these injuries are serious and many are the result of falls. Here are some tips to keep your children safe this Halloween:

- ☞ All children should be accompanied by an adult when they go trick or treating. Keep your group together at all times.
- ☞ If you drive your children from house to house, make sure they exit the car on the sidewalk side, not the street.
- ☞ In their excitement children often take the shortest route to the next house rather than the safest route. Be sure the children in your care walk on the sidewalk rather than crossing lawns where obstacles might not be visible in the dark.
- ☞ Make sure the children cross the street at the corner and never dash between parked cars.
- ☞ Children should use flashlights and wear reflective clothing.
- ☞ Be sure your child can see well. Don't allow masks or hats that obscure his/her vision.
- ☞ To prevent tripping make sure the child's costume is not too large or too long.
- ☞ Tell your children to keep their treats in their bags until you have a chance to inspect them carefully. Young children should not eat treats which could pose choking hazards. Watch out for peanuts, popcorn, and small hard candies.
- ☞ Don't allow your children to visit outside your neighbourhood or go to homes that are not clearly lit.
- ☞ Consider alternatives to Trick-or-Treat such as neighbourhood parties or haunted houses.
- ☞ Remember that preschoolers are often frightened by scary masks and costumes. Plan to unmask friends who come to the door and explain to your child that it's really someone they know just pretending to be a monster.

MAKE THIS HALLOWEEN A HAPPY, FUN AND SAFE HOLIDAY!!!

Best After-School Snacks

Children are hungry when they get home from school! Did you know that most children need to eat every three to four hours to recharge their bodies? After school is a good time to offer healthy foods that they may have missed at their earlier meals. Keep your kitchen stocked with a variety of easy, healthy snacks such as veggies and dip. Limit foods such as pop, chips, cookies and candy. Having this food in the house is a temptation for hungry children. Designate a drawer, canister or section of the fridge as a snack area and keep it filled with healthy snacks.

Try these ideas that taste great and meet kids' nutritional needs:

Fruity Ideas

Keeping a bowl of washed fruits within easy reach is a good idea, but if cleaned and sliced, the kids eat more! If left in a plastic container, they will remain fresh till the afternoon. Pour a small amount of orange juice over them to keep the fresh colour. You can also dress it up to capture your children's interest. Fruit and dip or fruit salad, made with fruit in season are good standbys. Add frozen grapes, sliced bananas, and melon balls for a nice twist.

Fruit smoothies, a blender shake that combines frozen fruit and milk or yogurt, or fruit parfaits that layer vanilla yogurt, fruit and a little bit of granola are popular snacks.

Very Fine Veggies

Most children love raw vegetables, even when they think the same ingredients are unbearable cooked.

Help your kids cut up a big bowl of veggies to store in the refrigerator: sugar snap peas, broccoli, Chinese cabbage, cucumbers, string beans, red peppers, carrots or celery.

Zucchini Pizza Bites

Ingredients

- 4 slices large zucchini 1/4" thick (or 1 medium zucchini cut on diagonal)
- olive oil spray
- salt and pepper
- 2 tbsp quick marinara sauce
- 1/4 cup shredded part skim mozzarella

Directions

Cut zucchini about 1/4 inch thick. Spray both side lightly with oil and season with salt and pepper. Broil or grill the zucchini for about 2 minute on each side. Top with sauce and cheese and broil for an additional minute or two (careful not to burn cheese).

Skinnytaste.com



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