



BULLETIN

OHSAH Health & Safety E-Update March 2009

June 2, 2009

Ergonomic workstation resources available

The Injury Prevention department at OHSAH will release two new print items this month: a workstation assessment checklist (Computer Workstation Assessment Checklist) and poster (Avoid Discomfort at your Workstation). Both the poster and the checklist contain visual guidelines to personal workstation improvements.

To order your copy, you can contact webmaster@ohsah.bc.ca or download them from our [webpage](#).

Last Week for the Violence Prevention Survey!

The Violence Prevention survey will be concluding this month on March 31st, 2009. Learning about the experiences of healthcare workers is critical to efforts to prevent violence in healthcare. Take the survey today and be entered to win an iPod: www.ohsah.bc.ca/violenceinhealthcaresurvey

Steps to Engage:

Insights from the Changing the Workplace Initiative

The Mental Health and Organizational Development department has created a brochure summarizing the process used in a project for employee-led change in healthcare.

The document, Steps to Engage, outlines a process for increasing employee engagement and workplace change capacity.

To receive an electronic copy of the document, contact:

Elizabeth Smailes

Co-Principal Investigator, [Changing the Workplace](#)

Director of Mental Health and Organizational Development, OHSAH
elizabeth@ohsah.bc.ca

Are Female Healthcare Workers at Higher Risk of Occupational Injury?

A recent article collaboration with VCH has been published in *Occupational Medicine* entitled "Are Female Healthcare Workers at Higher Risk of Occupational Injury?" To read the full article, click below.

[Alamgir H., Yu S., Drebit S., Fast C. and Kidd C. Are female healthcare workers at higher risk of occupational injury?](#)

Depression in the Workplace Conference

The Depression in the Workplace healthcare networking conference took place on March 4, 2009. The event was well attended and well received; we look forward to the event next year! For more information on the agenda and the individual presentations please visit our [website](#).

Day of Mourning: April 28, 2009

The Day of Mourning is hosted by WorkSafeBC to remember all workers who lost their lives to work-related injuries. In 2008, 160 BC workers lost their lives to workplace injury and disease. This year the Day of

Mourning ceremony will be held on April 28th, 2009 in Vancouver.

For more information please visit the news room at WorkSafeBC or the online memorial at:
www.dayofmourning.bc.ca/

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180 East Columbia
New Westminster, BC V3L 0G7

Website
www.hsabc.org

Telephone 604-517-0994
1-800-663-2017