



Sample Topic: INJURY PREVENTION



AWARENESS RAISING ACTIVITIES	EDUCATION & SKILL-BUILDING ACTIVITIES	ENVIRONMENTAL SUPPORTS	SUPPORTIVE POLICIES
<p>Distribute credible information on your workplace wellness bulletin boards, e-blasts or intranet such as</p> <p>Various injury prevention posters and brochures from Workplace Safety & Prevention Services</p> <p>Musculoskeletal Disorder Prevention posters from MDSprevention.com</p> <p>Office Ergonomics handbook, apps, videos, and factsheets from the Occupational Health Clinics for Ontario Workers Inc.</p> <p>Fall Prevention posters, brochures and factsheets from Finding Balance Ontario</p> <p>Slips, Trips and Falls posters or information sheets from Workplace Safety & Prevention Services</p> <p>Working in Cold Environments information from the Canadian Centre for Occupational Health and Safety or Workplace Safety & Prevention Services</p>	<p>Host a Lunch & Learn or an education session.</p> <p>Host an archived Healthy at Work webinar from the Windsor-Essex County Health Unit:</p> <p>To Sit or Not to Sit? That is the Question</p> <p>How Technology Hurts</p> <p><i>Have employees complete an Office Workstation Checklist from Workplace Safety & Prevention Services and implement appropriate changes.</i></p>	<p>Provide adjustable work stations to prevent poor posture and strain.</p> <p>Rotate workers through several jobs with different physical demands to reduce stress on the body.</p> <p>Provide funds for employees to purchase appropriate and supportive footwear.</p> <p>Use of signs, warnings, barricades, non-slip mats, or non-slip strips or surfaces when a risk has been identified.</p> <p>For outdoor workers, provide broad brimmed hats, long sleeve shirts, long pants, UV protective eyewear and sunscreen.</p> <p>When possible, adjust work schedules to limit time in the sun between 11 a.m. to 3 p.m.</p>	<p>Ergonomics Assessment Policy</p> <p>Distracted Driving Policy from Road Safety at Work</p> <p>Sun Protection Policy from Sun Safety at Work.ca</p> <p>Slips, Trips and Falls Policy</p>



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<p>Sun Safety posters and tip sheets from the Canadian Dermatology Association Sun Safety and Heat Stress posters, fact sheets, videos, and presentations from Sun Safety at Work</p> <p>Sun Awareness Week (early June) or Melanoma Awareness Month (May) social media and posters from the Save Your Skin Foundation</p> <p>Safe Winter Driving brochures and videos from the Ontario Ministry of Transportation</p> <p>National Teen Driver Safety Week (late October) social media messages or infographics from Parachute Canada</p> <p>Concussion information from the Ontario Ministry of Health and Long-Term Care</p> <p>Brain Injury Awareness Month (June) brochure and social media from Brain Injury Canada</p>			