



## Health & Safety Newsletter

At Work Or At Play  
Stay Healthy & Safe This Season



YOU SHOULD BE ASKING YOURSELF, HOW CAN THIS NOT WORK? PEOPLE LOVE FREE STUFF

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**What to do in case of Injury/Illness at work?**

### Horsing Around in the Workplace

**What is horseplay at work?**

Everybody loves to have a good work atmosphere, people love a laugh or a joke.

However we have all seen innocent humor and jokes go too far.

This is the definition of horseplay; It is when joking or pranks go too far into personal space and even injury.

While you should enjoy the work that you do, your work should always be completed safely and responsibly.

**Examples of Horseplay Leading to Injuries:**

- A worker pulls the chair from beneath a co-worker as he goes to sit. The victim falls and has a long recovery time.
- A worker decides it would be funny to blow an air horn in a co-worker's ear. This action ruptures the victim's eardrum, requiring medical attention.

**Some Safety Tips Involving Horseplay in the Workplace:**

- Stay busy at work. As they say "an idle mind is the devils workshop' boredom leads to horseplay or other activities to pass the time that can distract workers from tasks going on around them.
- Do not initiate horseplay. You do not want to be the one responsible for an injury, fatality, or property damage incident in your workplace.
- If others around you are taking part or initiating horseplay, report it to a supervisor. Do not just turn a blind eye. An incident can have a huge effect on you, your job, and the company as a whole depending on the severity of the incident.

For more safety tips, please visit the Safety Talks website:  
<https://www.safetalkideas.com/safety-talks/>

**Step One**

Get medical help immediately, if needed.

**Step Two**

Document—Tell your employer/supervisor about your injury/illness.

**Step Three**

Depending on the incident, report to the WSIB

**Step Four**

Work together—Your employer and WSIB, want to help you recover and return to work safely.

## Stress - C'est La Vie!

Health, Finances & Relationships. All good things but they are also the common stressors for many people. Literally anything can be a stressor for an individual. We are all unique and different living different lives; what causes stress for each of us varies greatly. Stress doesn't stop when we come to work, it colours everything. It can show up at work as a lack of attention and sometimes strain work relationships (anger or quietness).



What can help?

- **Notice:** Take some time to really notice what is bothering you. Sometimes just acknowledging the issue for yourself helps you gain clarity and feel calmer
- **Talk:** Not all stress can be stopped but our reaction to it, is in our control. Talking with a loved one or a professional can help immensely.
- **Relax:** Hobbies, sports etc., help shift our minds from our daily life. Everyone needs a mental break from work or any stress at home.



**Please visit our website to find all of our Health and Safety Policies and Procedures, Health and Safety Training (WHMIS, Health & Safety Awareness) and much much more!**

<http://www.agencyowensound.ca/>

**Be sure to “LIKE” us on Facebook and follow us on Instagram for the latest news and job opportunities!**



THE AGENCY is committed to providing a safe and healthy work environment for all our employees. If you need more information on our Health & Safety Policies and Procedures please contact our office directly at 519 376 **HELP**(4357)