



Health & Safety Newsletter

At Work Or At Play

Stay Physically & Mentally Healthy This Season

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Protect Your Wrists in Just a Few Minutes a Day with These Easy Movements

Carpal tunnel syndrome affects millions of people each year.

Carpal tunnel syndrome can cause numbness, stiffness, and pain in the fingers and hand. There is no known way to prevent carpal tunnel, but exercise can lower your chances of needing surgery.

Here are three basic moves you can do any time of day. These stretches and exercises are simple and don't require any equipment. You can easily do them before you start work, sitting at your desk, during your break, while waiting in line, or whenever you have a minute or two to spare.



1. Spiders doing push-ups in a mirror

Start with your hands together in prayer position.

Spread fingers apart as far you can, then “steeple” the fingers by separating palms of hands, but keeping fingers together.

This stretches the palmar fascia, carpal tunnel structures, and median nerve, the nerve that gets irritated in a carpal tunnel syndrome.

2. The Shake

This is as straightforward as it sounds: shake hands like you've just washed them and are trying to air dry them.

Do this for a minute or two every hour to keep flexor muscles of your hands and its median nerve from getting cramped and tight during the day.

3. Stretch Armstrong

This last exercise is the deepest stretch of the set:

Place one arm straight out in front of you, elbow straight, with your wrist extended and fingers facing the floor.

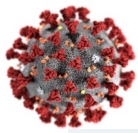
Spread your fingers slightly and use your other hand to apply gentle pressure to the downward-facing hand, stretching your wrist and fingers as far as you're able.

When you reach your maximum point of flexibility, hold this position for about 20 seconds.

Switch hands and repeat.

Do this two to three times on each side, and try to do this stretch every hour. After a few weeks of doing this multiple times a day, you'll notice significant improvement in your wrist's flexibility.





COVID-19 Vaccine — Take Your Shot!

COVID-19 vaccines work by training your body's immune system to recognize and fight the virus that causes the disease (SARS-CoV-2). To do this, the vaccine uses certain molecules or parts of the virus — called antigens — which trigger an immune response when they are introduced into the body through vaccination. If the virus reappears, your immune system will recognize the antigens and attack them before the disease can develop and cause sickness.

In Canada, Drugs, including vaccines, are regulated under the Food and Drugs Act and Regulations.

The vaccines used in Canada have been tested on a large number of people through extensive clinical trials and have met all the requirements for approval, including being safety monitored for any adverse reactions that may occur after vaccination.

In addition to the antigens, vaccines can also include:

- Adjuvants (for example, aluminum salts) – that help boost the body's response to the vaccine
- Antibiotics – to prevent contamination during the manufacturing process
- Preservatives and stabilizers – to keep the vaccine stable, effective and safe when it's being made, shipped and stored



If there is not enough evidence to support the manufacturer's safety, effectiveness or quality claims: Health Canada will not authorize the vaccine the product cannot be sold for use in Canada

Manual materials handling involves moving objects by lifting, lowering, pushing, pulling, carrying, holding, or restraining.

SAFE LIFTING AT WORK

TIPS FOR WORKERS

- Take rest breaks to relax tired muscles and prevent fatigue from building up.
- Report any discomfort you experience during work.
- Know how to recognize a lifting hazard and report concerns.

STEPS TO LIFT SAFELY

- 1 Before lifting, check to see if mechanical aids such as hoists, lift trucks, dollies or wheelbarrows are available.
- 2 Plan and prepare for the lift. Protect your feet and hands with sturdy shoes and work gloves. Test the load for weight and stability. Get help with heavy or awkward loads.
- 3 Grasp with both hands. Keep the item stable.
- 4 Slide and/or pull the load toward your stomach, tightening the muscles as you get ready to lift.
- 5 Lift the load as close to your body as possible.
- 6 Stay centered. Hold the load between shoulder and knee height and don't overreach.
- 7 Step or pivot while moving with a load. Don't twist or side bend.
- 8 Try not to bend. If you must, bend your knees to reach or place low-level objects.

HOW EMPLOYERS CAN DECREASE LIFTING DEMANDS

- Eliminate heaving lifting tasks.
- Plan the work flow. Poor planning of the work flow may result in repeated handling of the same object.
- Decrease the weight of handled objects to acceptable limits.
- Reduce the weight by assigning two people to lift the load or by splitting the load into two or more containers. Use lightweight but sturdy containers to help decrease the weight of the load.
- Change how the load is moved. Lowering objects causes less strain than lifting. Pulling objects is easier than carrying. Pushing is less demanding than pulling.

Note that there is no single correct way to perform every lift. Onsite, task-specific training is essential.



Canadian Centre for Occupational Health and Safety

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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)