

Health and Safety Matters



January 16, 2025



Discover strategies to reduce musculoskeletal injuries

Can you identify the early signs of musculoskeletal injuries? Understanding the symptoms and how to react can be the difference between a minor strain and a major injury.

January's featured eCourse, *Musculoskeletal Injuries*, will teach you strategies to reduce your risk of injuries, so you can stay safe at work.

safecarebc.ca/featuredcourse

Upcoming events

January 21 | WEBINAR - Reaching the Fabulous Zone: Beating Burnout Together

January 27 | WORKSHOP - Occupational Health and Safety Committee: Part 1

January 29 | WEBINAR - Supporting Clients and Their Families with Mental Health Challenges

Register at safecarebc.ca/events

Request a joint occupational health and safety refresher presentation

You can book a free 30-minute presentation (virtual or in-person) to get practical advice on sector-specific safety topics. It also includes an opportunity to ask one of our health and safety consultants site-specific safety questions.

safecarebc.ca/refresher

Join the SafeCare BC Board

Are you passionate about health and safety? Do you want to work more closely with SafeCare BC? Consider joining our Board.

We're accepting nominations for one position At Large Director (Employer - Home and Community Care).

If you are interested in standing for the Board, or wish to nominate someone, please visit safecarebc.ca/boardnominations



Read the full issue