

Health and Safety Matters



February 13, 2025



Contribute to a safer workplace with our featured eCourse

Workplace health and safety is everyone's responsibility. Our General Workplace Health and Safety eCourse will help you identify and prevent hazards, so you can benefit from higher productivity, a healthier team, and fewer work interruptions.

Whether you're new to your job or a seasoned veteran, this course is designed for workers of any role.

Special Offer: Use code General50 at checkout to receive a discount on this course.

learn.safecarebc.ca ›

Upcoming events

February 20 | WEBINAR
Addressing Bullying and Harassment in the Workplace

March 5 | WEBINAR
Managing Challenging Conversations as a Leader

March 6 | WORKSHOP
Occupational Health and Safety Committee: Part 2 - Beyond the Basics

Register at safecarebc.ca/events

February is Heart Health Month

A healthy heart contributes to better overall well-being, heightened productivity, and a lower risk of serious health issues.

Here are some quick wins you can do to improve your heart health at work:

- **Move more:** Take the stairs instead of the elevator. Do some stretches or light exercises during breaks. Stand up and walk around every 30 minutes, even if it's just for a minute or two.
- **Hydrate:** Keep a water bottle handy and sip throughout your shift. Dehydration can strain your heart.
- **Pack healthy snacks:** Avoid sugary vending machine temptations. Bring fruits, vegetables, nuts, or yogurt to keep you energized and satisfied.
- **Be mindful:** Take short breaks to practice deep breathing or meditation to reduce stress. Even a minute or two can make a difference.



Read the full issue