

Health and Safety Matters

September 1, 2026



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Upcoming events

- WORKSHOP** - The Working Mind for Managers and Leaders (Virtual)
- WORKSHOP** - Provincial Violence Prevention Curriculum
- WEBINAR** - Beyond Diet Culture: Rethinking Food, Stress, and Wellbeing at Work
- WEBINAR** - Compassion begins with curiosity

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Infection prevention starts with everyday practices

As fall approaches, so does the return of cold and flu season—a time when communicable diseases spread more readily. Everyday practices, supported by the right workplace controls, can help reduce exposure and the spread of infectious diseases.

Clean your hands at the right times. One of the simplest practices is also one of the most effective. Use soap and water when hands are visibly dirty or when your workplace procedure requires it, such as before and after care.

Practise respiratory etiquette. Cough or sneeze into your elbow or a tissue, clean your hands, monitor yourself for symptoms, and stay home when sick.

Keep vaccinations up to date. Follow current provincial recommendations and workplace requirements for influenza, COVID-19, and other vaccines recommended for your role.

Learn more about infection prevention and control ›

Gloves are not a substitute for clean hands

Safety huddle 

Handwashing

Instructions

- Before the huddle, print out the *hand washing poster* and post it at the sinks around your site.
- Start the safety huddle by watching the *Eden Gardens handwashing training video*. Then, use the guiding questions to facilitate a discussion about hand washing.

After this huddle

Staff should be able to:

- Follow proper handwashing procedures.

Notes to the huddle leader

- Consider adding an activity to this huddle, where everyone physically participates in a simulation of washing their hands for the time it takes to sing Happy Birthday twice.

Guiding questions

- Why is it important to wash your hands in the setting that we work in?
- How do you properly wash your hands?
- When should you wash your hands?
- Are any barriers preventing you from washing your hands properly at work? If so, how can they be adequately addressed?

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Clean your hands when required, including after removing gloves

Gloves are one form of personal protective equipment. They do not replace hand hygiene. Follow your workplace hand hygiene procedure and clean your hands after removing gloves.

If empty dispensers, skin irritation, workload, or the location of supplies makes proper hand hygiene difficult, tell your supervisor so the barrier can be addressed.

Use the handwashing safety huddle
with your team ›

Register for an upcoming event



Beyond diet culture: Rethinking food, stress, and wellbeing at work September 10

This practical webinar explores the complex relationship between food, stress, and wellbeing in workplace settings.

Drawing on weight-inclusive and trauma-informed frameworks, we'll examine how productivity culture shapes our relationship with food, how "wellness" can mask new forms of diet culture, and how emotional eating is far more nuanced than it's often portrayed.

Register ›



Mental Health First Aid Certification September 21-22

Mental Health First Aid Certification provides comprehensive training to prepare participants to respond to a wide range of mental health challenges and crises.

The course builds practical skills through structured learning, discussion, and scenario-based activities.

Register ›

Running an effective safety committee in home and community care



Home and community care presents unique challenges for joint occupational health and safety committees (JOHSCs). Workers may be spread across many locations and spend much of their time working independently, making clear communication and reporting especially important.

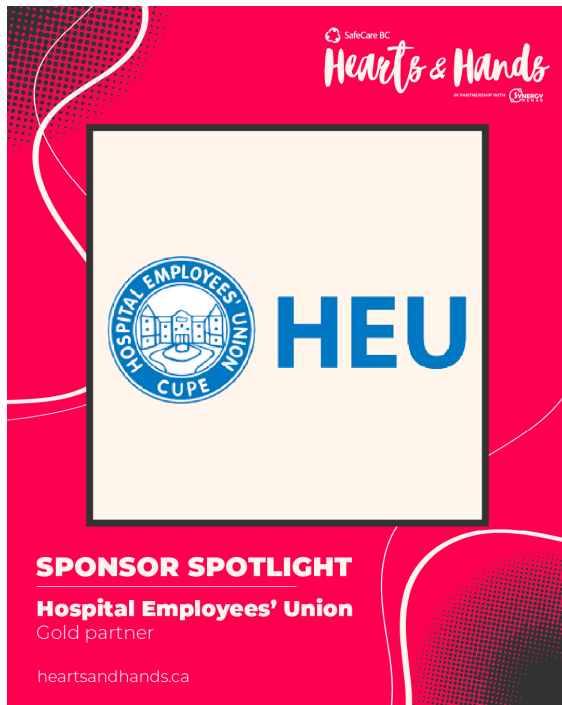
Here are three tips to help your committee stay connected and effective:

- **Focus on electronic communication:** Share updates through email, digital tools, or virtual team huddles so important safety information reaches workers across different locations.
- **Look for patterns across multiple homes and work locations:** Consider whether the same hazards are being reported in different settings. For example, are workers regularly raising concerns about working alone, workplace violence, or access to equipment?
- **Make reporting pathways clear for workers in the community:** Workers should know how and when to report hazards and safety concerns, including when a supervisor is not on site.

In home and community care, an effective JOHSC depends on strong communication and clear ways for workers to raise concerns, wherever they work.

Visit our JOHSC page for more
tips and resources ›

Hospital Employees' Union supports Hearts and Hands as gold partner



We'd like to thank Hospital Employees' Union for supporting the Hearts and Hands conference for healthcare assistants, as a Gold Partner.

Learn how you can be like them and become one of our event partners by checking out our [sponsor prospectus](#).

Support Hearts and
Hands ›



We strive to empower those working in the continuing care sector to create safer, healthier workplaces by fostering a culture of safety through evidence-based education, leadership, and collaboration.

LEARNING AND EDUCATION SUPPORTED BY

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