

Do you have spill kits in your workplace?

Review your emergency response plans.

Review employee emergency contact information.

Complete first aid kit inspections.

NEWS24-7

DUNK & ASSOCIATES MONTHLY NEWSLETTER

POWERED BY SYSTEMS 24-7

Dunk & Associates

March 2017 | Issue 30

FEATURED ARTICLES

EMERGENCY: TO HELP OR NOT TO HELP? THAT IS THE QUESTION!

It's that moment when someone suffers a medical emergency within close proximity to you and you need to make that decision, should I help? Can I help?

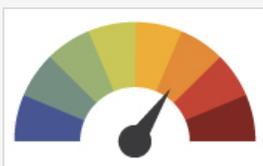
[Read More](#)

AFTER AN EMERGENCY

While it is important to remember that strong emotions are normal reactions to an abnormal situation, there are supports and resources available to those in need.

[Read More](#)

WHEN DOES SOUND BECOME NOISE?



The Centre of Occupational Health and Safety defines sound as what we hear and noise as unwanted sound. Noise can be continuous, variable, intermittent or impulsive depending on how it changes over time. What doesn't change is that sound that is too loud can be harmful to hearing, cause stress and can become a safety issue.

So, when is sound too noisy or too loud? Click [here](#) to find out.

READY FOR A SPRING CLEANING?

To do an effective job, you need a clean and safe environment where tools are easily accessible. This allows everyone, whether in a factory, an office or a shop, to focus on their immediate task without seeing work hindered by organizational problems.

Click [here](#) to learn about the The 5s Japanese Method.

- 1 Seiri – Select
- 2 Seiton – Situate
- 3 Seiso – Shine
- 4 Seiketsu – Standardise
- 5 Shitsuke – Support

MONTHLY SAFETY REQUIREMENTS



Click [here](#) for a full list of Monthly Safety Requirements.

NEW RESOURCES FOR OUR READERS!

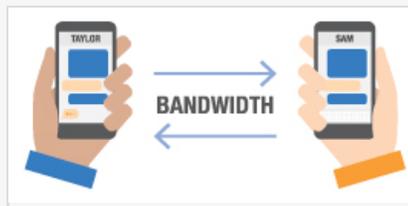
Each month we provide you with great resources to use in your

workplace. Click the links below to download them. *For our Safety Groups Members, as always, you can log into your resource library to gain access to these at any time.*

- [10 Ways to Relax and Reduce Stress - Wellness Poster](#)
- [Emergency at Work - Safety Poster](#)
- [Have you witnessed an emergency? - HR Poster](#)
- [Managing Stress After an Emergency - Wellness Talk](#)
- [Self Care After A Traumatic Event - HR Talk](#)
- [When Medical Emergencies Happen - Safety Talk](#)



TECH TALK: WHAT IS BANDWIDTH?



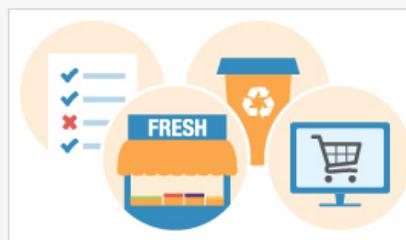
In this day and age, we always hear Technology professionals talk about bandwidth. They always wonder how much do we have and possibly blame it for some of the issues that we are having. What exactly Bandwidth? What good is it to us? How do we know if we have enough?

Click [here](#) to learn more.

WELLNESS TALK: REDUCE WASTE TO PROTECT THE FUTURE FOR YOUR FAMILY AND YOUR COMMUNITY

Being "environmentally friendly" or going green is a term we have heard a lot about over the past 20 years, maybe more. And yet, there are still a lot of people and businesses who chose cost or convenience over the environment.

There are four things that you can do to help make an impact at reducing waste and helping the environment. Click [here](#) to read more.



UPCOMING EVENTS



Click on the date below for more information.

[03/15/2017](#) - Webinar: Mock Emergencies - It's more than just a fire drill

[04/19/2017](#) - Webinar: WHMIS Today

[05/17/2017](#) - Webinar: How to stay cool when it's just so HOT!

WSIB SAFETY GROUPS CHECKPOINT

Are you on track for the WSIB Safety Group Program?

Click [here](#) to find out what you should be focusing on this month.



Thanks for reading. See you in April!

Stay Connected

