

It is getting dark earlier; ensure your outdoor lighting is functioning properly.

Revisit your contract for snow clearing and plowing.

Ensure you are using cones and signage to mark icy areas.

Ensure you have enough salt and/or sand.

NEWS24-7

DUNK & ASSOCIATES MONTHLY NEWSLETTER

POWERED BY SYSTEMS 24-7

Dunk & Associates

October 2017 | Issue 37

FEATURED ARTICLES

WHY DOES EVERYONE HATE ERGONOMICS?

Ergonomics, you either love it or hate it. For some individuals, ergonomics seems fluffy and hard to take seriously because you can't SEE the hazards. The Musculoskeletal Disorders (MSDs) that often occur over time as a result of poor ergonomics are sometimes questioned about their causes.

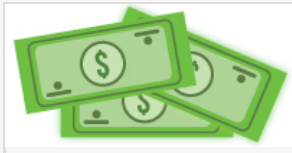
[Read More](#)

THE IMPACT OF INJURIES FOR HR

Preventing ANY injury or illness just makes sense. Who wants to be hurt or sick? In addition to the obvious reasons of why we want to be healthy and safe, the alternative can have a big impact on our business including scheduling, productivity, and even morale.

[Read More](#)

MINIMUM WAGE INCREASE



Reminder: There is a Minimum Wage increase as of October 1, 2017 in Alberta, Manitoba, Newfoundland & Labrador, Ontario and Saskatchewan.

Click [here](#) for more information.

DON'T LET YOUR BACK BECOME A PAIN

When examining recent statistics, lumbar and back sprains are the greatest common musculoskeletal disorder in society. In Canada, they represent the most common cause of workers' compensation.

Most back pains are caused by muscular strains and ligament sprains. Whether it's dull and achy or sharp and stabbing, back pain can make it hard to concentrate on your job. Click [here](#) to find out more.



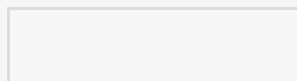
MONTHLY SAFETY REQUIREMENTS



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*

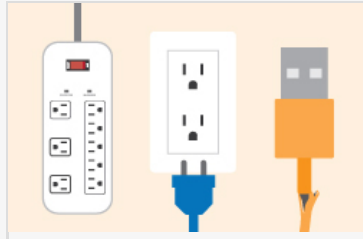


resource library to gain access to these at any time.

- [Be A Smart Weekend Warrior - Wellness Talk](#)
- [Chair Yoga - Wellness Poster](#)
- [Ergonomics and You - Healthcare Poster](#)
- [Ergonomics and You - HR Talk](#)
- [Ergonomics and You - Industrial and Retail Poster](#)
- [Ergonomics and You - Office Poster](#)
- [Join Team Ergonomics - Poster](#)
- [Proper Body Positioning - Safety Talk](#)
- [Safe Lifting Techniques - Safety Poster](#)



TECH TALK: SURVIVING IN A HOUSE OF TECHNOLOGY



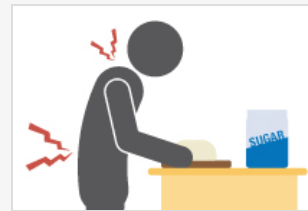
I'm not sure about your home, but you cannot enter a room in my house that doesn't have some sort of technology in it. We have TVs in living room and bedrooms to tablets in the kitchen instead of recipe books. When does it become too much technology? How can we handle having this much technology around us without causing harm to us or the house?

Click [here](#) to read more.

WELLNESS TALK: WHY ARE ERGONOMICS SO UNCOMFORTABLE?

To put it very simplistically, ergonomics are supposed to make you comfortable while performing a task, put the least amount of strain on your body, and make the activity 'fit' for you. So, shouldn't that make you more comfortable?

We all develop habits in our lives and get used to doing things a certain way. The saying "change is hard" has a lot of validity to it... [Read more](#)



UPCOMING EVENTS



Click on the date below for more information.

[10/18/2017](#) - Webinar: Ergonomics 101

[11/15/2017](#) - Webinar: Hazards! Do something about them

[12/20/2017](#) - Webinar: Critical thinking, you can do it!

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 November!

Stay Connected

