

# HEALTH AND SAFETY MATTERS

Promoting a Positive Health and Safety Environment  
Red Deer Public Schools



## WOW June already

Good Day, again June has come upon us and again I feel like this year has whizzed by. I first want to congratulate all the Graduates. Starting with Pre Kindergarten graduating to grade one. How exciting that must be to enter the world of big kids school. All the way up to the grade twelves, how exciting for them to enter the world of higher education, or to enter the work world. Either way challenges await, and more power to you all. A big cheers to all the Teachers who have worked so hard to get all the students to where they are today. Without the Educators throughout our lifetimes we would not be where we are today, and certainly no one would be able to read my newsletter. Thank you to all, have a fantastic summer



**JUNE**

**National  
Safety  
Month**

Join the National Safety Council in June for National Safety Month – the annual observance to help keep each other safe from the workplace to anyplace. Since 1996, NSM has provided free safety resources to highlight leading causes of preventable injury and death. Let's make people safer this June and all year long!

### **Key aspects of National Safety Month in Canada: Focus on Safety:**

The month emphasizes preventing injuries, illnesses, and deaths from various causes, including workplace accidents, traffic incidents, and community hazards.

#### **Weekly Themes:**

The National Safety Council typically selects themes for each week of June to highlight specific safety areas, such as emergency preparedness, slips and falls, and road safety.

#### **Free Resources:**

The National Safety Council provides free materials, including posters, social media tools, and articles, to support safety awareness and education.

#### **Community Engagement:**

Individuals, organizations, and businesses are encouraged to participate in safety activities and promote safety awareness during the month.

### **What if it Were Them?**

June 1-7 each year is National CPR and AED Awareness Week, spotlighting how lives can be saved if more people know CPR and how to use an AED. Did you know about 70 percent of out-of-hospital cardiac arrests happen in homes? If you are called on to give CPR in an emergency, you will most likely be trying to save the life of someone you love. Be the difference for your parent, spouse, or child. What if it were them?

### **Hands-Only Mashup - #CPRsaveslives**

Learn the two simple steps of Hands-Only CPR if you witness a teen or adult suddenly collapse: Call 9-1-1 and Push Hard and Fast in the Center of the Chest until Help Arrives. "Stayin' Alive", is the song to pump the hear too. 100 to 120 compressions per minute.

I just got a great tip for Crystal at Facility Services. This work for animals and their humans as well. Take 50% water and 50% rubbing alcohol. Mix these in a bag (Crystal recommends double bagging it) and put in freezer. This mixture will not totally freeze put it is a very helpful freeze bag for putting on soar areas that need an ice bag, it will conform to any area.

### **Smart Ways to Stay Sun-Safe**

Spending time in the sun can feel great, but too much exposure to UV rays can put your health at risk. A few simple precautions can go a long way:

#### **Use Sunscreen**

Choose a broad-spectrum product with SPF 15 or higher. Don't forget to reapply after swimming or sweating.

#### **Dress for the Weather**

Light, loose-fitting clothing and a wide-brimmed hat offer protection and help keep you cool.

#### **Time your Outings**

Try to plan activities early in the morning or later in the day when the sun's rays aren't as strong.

#### **Stay Hydrated**

Drink water regularly – especially when you're active outside. Caffeinated and alcoholic drinks can dehydrate you faster.

#### **Seek Shade**

Find shade whenever possible, especially during peak sun hour, usually between 10:00 am and 2:00 pm.

#### **Wear Sunglasses**

Protect your eyes from UV damage with sunglasses that offer 100% UV protection.

#### **Avoid Tanning Beds**

Tanning beds are not safe for your skin and can increase your risk of skin cancer.

### **Know the Signs of Heat Illness**

Hot weather can quickly lead to serious conditions like heat exhaustion or heat stroke. Here's how to stay safe when the temperature rises:

- **Check the forecast.** Be aware of heat warnings and adjust your plans as needed.
- **Avoid peak heat.** Limit intense physical activity during the hottest parts of the day.
- **Take breaks.** Rest in the shade or head indoors to cool off when needed.



## **Hawaiian Chicken Pineapple Kabobs**

### **Ingredients**

Original recipe (1X) yields 8 servings

3 tablespoons soy sauce  
3 tablespoons brown sugar  
2 tablespoons sherry (or rice wine vinegar)  
1 tablespoon sesame oil  
¼ teaspoon ground ginger  
¼ teaspoon garlic powder  
8 boneless, skinless chicken breast halves - cut into 2-inch pieces  
1 (20 ounce) can pineapple chunks, drained or 1 whole fresh pineapple  
8 bamboo skewers, soaked in water for 20 minutes



### **Directions**

Mix soy sauce, brown sugar, sherry, sesame oil, ginger, and garlic powder together in a shallow glass dish, split the marinade between two containers. Stir in chicken pieces in one container, and pineapple chunks in another container until well coated. Cover and refrigerate, 1 to 2 hours.

Preheat the grill to medium-high heat and lightly oil the grate.

Thread chicken and pineapple alternately onto skewers. Discard excess marinade. Cook on the preheated grill, turning occasionally, until chicken is longer pink in the center and the juices run clear, 15 to 20 minutes. An instant-read thermometer inserted into the center should read at least 165 degrees F (74 degrees C).

We split the chicken and the pineapple into two different containers because the enzymes in the pineapple make the chicken yucky to our taste.

## **Watermelon lemonade**

### **Ingredients**

2 pounds cubed watermelon (about 4 cups)  
One 12-ounce can pink lemonade

### **Directions**

Spread the watermelon in a single layer on a rimmed baking sheet and freeze until completely frozen like ice cubes, about 2 hours.

Add the pink lemonade to a blender with half of the watermelon and blend, stopping occasionally to push down the watermelon with a wooden spoon or spatula if needed, until the mixture is smooth. Add the remaining watermelon and continue to blend until the mixture is completely smooth. Enjoy

## **Goodbye Dear Colleagues**

At this time I would like to say adios, au revoir, dasvidanizy, arrivederci, sayonara, adeus, farvel, dag, antio, namaste, adjo and good bye to some real fine folks who are retiring or leaving the Division. Good bye, good luck, so long and thanks for all the fish.

Pay a visit sometimes to say hi