

MAY 2025

HEALTH AND SAFETY MATTERS

Promoting a Positive Health and Safety Environment
Red Deer Public Schools



Safety Health Week

Together We can create **safe workplaces** and **communities**

What is Safety and Health Week?

Safety and Health Week is an annual initiative aimed at raising awareness about the importance of preventing injury and illness in the workplace, at home, and in the community. The initiative focuses on employers, employees, partners, and the public working together to create safe workplaces and communities.

Safety and Health Week, which takes place this year from May 5-10, is an ideal time for employers, employees, partners, and the public to focus on the importance a safe and healthy workplace, home life and community,

Workplace safety is not just about following rules and regulations; it is about cultivating a culture where safety is a core value. When employees feel safe, they are more productive, engaged, and committed to their work. A strong safety culture leads to fewer accidents, reduced costs, and improved overall well-being. But achieving this requires teamwork and commitment at all levels of an organization. One of the best ways to reinforce the importance of workplace safety is by actively participating in Safety and Health Week. This annual event serves as a reminder of the importance of safety in all industries. Safety & Health Week provides an opportunity to promote awareness, educate employees, and recognize the efforts of those who prioritize safety every day.

Why did the chemical refuse to join the safety meeting?
It didn't want to react badly!

Why did the worker wear goggles to the meeting?
Because the future was so bright, she had to wear shades!

Weather report

Yeah May, I have waited a long time for May. All of the April showers and snow should give us some beautiful greens to look at within a week or so. May is for renewal of Mother Nature and for us to bask in sunlight and good vibrations. Please remember the bees when you are fertilizing or doing pest control. Of course it can still snow in May, but I am hoping for some wonderful weather. Facility Service workers are out cleaning up from the winter and getting the Division ready for spring and summer. If you see them let them know you appreciate there hard work.



Steps for Life Red Deer

Date and Time:

Sat May 03, 2025 at 09:30 AM

Event Location and Address:

Bower Ponds Main Stage Main Stage Red Deer, AB

Registration Opens: 9:30am

Opening Ceremonies:

11:00am

Hosting Organization:

Threads of Life

Event Description:

Steps for Life – Walking for Families of Workplace Tragedy is a national movement to change the way Canadians think and act about workplace health and safety, and to help those directly affected by fatalities, life-altering injuries and occupational disease. The event supports Threads of Life, a Canadian charity providing services to families affected by workplace tragedy.

It demonstrates the devastating ripple effects of every work-related tragedy, and illustrates how we can work together to prevent others being injured or killed on the job. Steps for Life is a fun, 5-km walk with options for either community-based events or personal, at-home activities. Created in 2004, this flagship event for the Association for Workplace Tragedy Family Support (known as Threads of Life) raises funds to provide peer support programs and services for Canadian families who have suffered as a result of workplace tragedy.

Steps for Life raises awareness at the national and community level, about the importance of workplace health and safety. It is also a unique opportunity for families to honour the memory of their loved one or their own experience.

RDPSD volunteers, decorating smile cookies

Tim Hortons Smile cookies

Those delicious chocolate chunk cookies with the bright pink eyes and big blue smiles are back! Tim Hortons' Smile Cookie Campaign returns April 28 – May 4, and we're thrilled to share that this year's proceeds will once again support Reading College, a project of the Foundation for Red Deer Public Schools.

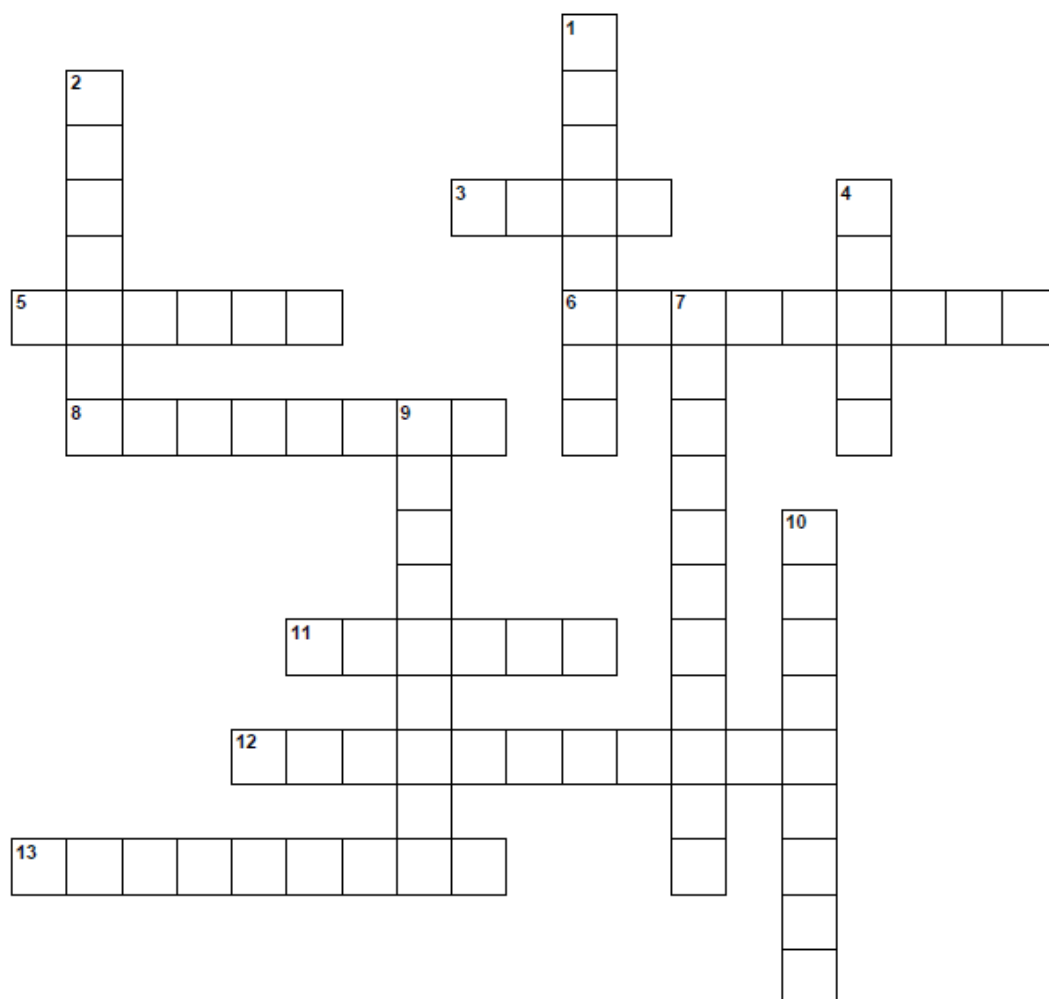
Reading College is a life-changing summer program that helps Grade 2 students build confidence and develop essential reading skills. By supporting the campaign, Tim Hortons restaurants in Red Deer are helping to set struggling young readers on a path to success.



Don't we look cool with our hair nets on...lol Honestly, decorating the cookies was very satisfactory. The cause is awesome and volunteering for RDPSD is very rewarding. Thanks to all the volunteers.



Work Health & Safety



Across

- [3] Objects and obstacles in hallways and thoroughfares in general are serious _____ hazards and can lead to serious injuries.
- [5] Anything with the potential to cause injury is a _____.
- [6] Emergency procedures explain what needs to happen if an _____ alarm is triggered.
- [8] One of the responsibilities of an _____ is to protect their own health & safety.
- [11] One of the steps to manage work health and safety risks is to _____ hazards.
- [12] If injuries or accidents happen you must report _____.
- [13] An employee has a legal duty to _____ with an employer regarding WHS matters.

Down

- [1] Form to fill out if you are injured in anyway is an _____ form.
- [2] WHS involves the assessment and migration of risks that may impact the health, safety or _____ of those in your workplace.
- [4] Always lift items from the _____ (not back) and hold item close to our chest when carrying them.
- [7] Duties of employers to their employees is to train them, provide protection and maintain a healthy work _____.
- [9] One of the responsibilities of an employer is to provide safe _____.
- [10] It is _____ duty to ensure the health and safety of all in the work place.

Ingredients

Creamy Cajun Shrimp

- 1 lb. large shrimp, peeled, deveined, tails removed, patted dry
- 2 tsp. store-bought or homemade Cajun seasoning.
- 6 Tbsp. extra-virgin olive oil, divided
- Kosher salt
- 1 small yellow onion, coarsely chopped
- 1 red bell pepper, seeds and ribs removed, coarsely chopped
- 4 garlic cloves
- 12 oz. fresh linguine
- 1 cup heavy cream
- 1/2 cup finely chopped fresh parsley
- 1/2 cup thinly sliced chives

Directions

Step 1

In a large bowl, toss shrimp, Cajun seasoning, and 2 Tbsp. oil; lightly season with salt.

Step 2

In a large, deep, 12" skillet over medium-high heat, heat 2 Tbsp. oil. Working in batches, cook shrimp, making sure shrimp is touching skillet, until browned and cooked through, about 1 minute per side. Transfer to a plate. Wipe out skillet.

Step 3

In a food processor, pulse onion, bell pepper, and garlic, scraping down sides if needed, until very smooth and a puree forms, about 1 minute.

Step 4

In a large pot of boiling salted water, cook pasta, stirring occasionally, until al dente according to package directions. Reserve 1 cup pasta water, then drain.

Step 5

Meanwhile, in same skillet over medium heat, heat remaining 2 Tbsp. oil. Cook onion mixture, stirring frequently and adding a splash of water if browning too quickly, until most of the liquid is evaporated and mixture becomes drier and thicker, 7 to 10 minutes.

Step 6

Add cream to onion mixture, scraping any bits stuck to bottom of pan. Bring to a boil, then remove from heat. Add shrimp, pasta, parsley, chives, and 3/4 cup pasta water, stirring and adding more pasta water if needed, until sauce is smooth and glossy.

