HEALTH AND SAFETY MATTERS
Promoting a Positive Health and Safety Environment
Red Deer Public Schools

SAFETY OBSERVANCE CALENDAR

Good Day Team,

We love spring. But we also recognize that the season of warmer weather comes at a price – and mosquitoes are the least it. Most notably, from a road safety perspective, 28% of all fatal collisions in Alberta occur between April and June.

With the beginning of spring comes a host of different hazards to keep in mind. Here are some tips for keeping workers safe in spring:

1. Be ready for changeable weather. It can easily flick between dry and deluge and warm and cold in no time during spring. Outdoor conditions change in a flash and we should be prepared for anything.
2. Slips, trips and falls can be an issue following a frozen winter. The big thaw can lead to boggy conditions around your work areas. These add hazards to the workplace.
3. Do not become complacent with changing weather condition especially in Alberta.
4. Slow down, particularly in intersections, but on the highways as well.

HEALTH AND SAFETY TIP

I get asked quite a bit about working at computers all day. While they make our lives way easier, they also cause a lot of their own problems.

20-20-20 Vision
Follow the 20–20–20 rule. Look away from your screen every 20 minutes for 20 seconds at a time and focus on a fixed point 20 feet away. There’s even a free web app that alerts you after 20 minutes has gone by so you know it’s time to give your eyes a rest. It’s called eye care – protect your vision and it’s compatible with a variety of search engines.

Position your screen 20–30 inches away from your face, and make sure your eyes are level with the very top of your monitor. If you don’t have ability to adjust your screen’s height, stack some hardcover books beneath it. Raising or lowering your chair can also help. The key thing to remember is that you should be looking slightly down at your work.
**Healthy Eating**

**Health and Safety is about many things including healthy eating.**

Health and safety is about many things and eating good is one of them. This one-pot Irish beef stew is packed with veggies and rich meaty flavor. Make this Irish beef stew recipe with Guinness—a dark, malty Irish stout—to keep it authentic. Serve with a side of Irish soda bread to sop up the leftovers.

**Ingredients**

**Ingredient Checklist**

- 2 ¼ pounds boneless chuck roast, trimmed and cut into 1 1/2-inch pieces
- ¾ teaspoon salt
- ½ teaspoon ground pepper
- 2 tablespoons canola oil, divided
- 1 small yellow onion, chopped
- 3 medium carrots, diagonally sliced into 1-inch pieces
- 3 stalks celery, cut into 1-inch pieces
- 1 tablespoon tomato paste
- 1 (12 fluid ounce) bottle stout beer (such as Guinness)
- 2 teaspoons chopped fresh thyme
- 4 cups low-sodium beef broth
- 1 ½ pounds baby Yukon Gold potatoes, halved
- 2 tablespoons cornstarch
- 2 tablespoons cold water
- 2 tablespoons chopped fresh flat-leaf parsley, plus more for garnish

**Directions**

- Sprinkle beef with salt and pepper. Heat 1 Tbls oil in a large heavy pot over medium-high heat. Add half of the beef; cook, turning to brown on 2 or 3 sides, about 3 minutes per side. Transfer the browned beef to a bowl; repeat the process with the remaining beef and 1 Tbls oil.
- Add onion, carrots and celery to the drippings in the pot; cook, stirring often, until the veg begin to soften, about 4 minutes. Add tomato paste; cook, stirring constantly, for 1 minute. Add beer and thyme; cook, scraping the bottom of the pot to release any browned bits, until the liquid is slightly reduced, about 2 minutes. Add broth and the beef (with any accumulated juices in bowl); bring the mixture to a boil over medium-high heat. Reduce heat to medium-low; cover and cook until the beef is mostly tender, about 1 hour or so. Stir in potatoes; cover and cook until the beef and potatoes are tender, 15 to 20 min.
- Whisk cornstarch and cold water in a small bowl. Increase heat to high; add the cornstarch mixture and cook, stirring constantly, until thickened, about 2 minutes. Remove from heat; stir in parsley. If desired, garnish with additional parsley.

**Weather for the Month of March**

I was just looking back at November’s Newsletter, and I discovered that what the Farmers Almanac predicted for our winter season was incorrect. We were supposed to get major snow in Jan, as well as periods of snow in between. Thoughts to ponder.

Our weather for March could be a bag of mixed weather again. Look forward to nice days and not so nice days. We could be getting some snow next week so do not put your shovels away yet, this weekend could have a bit of snow accumulation. Temps appear to be stable around the zero to minus 12 mark.

momisms: If March comes in like a lamb it will leave like a lion. I assume that means if March comes in mildly it may leave harshly. Be prepared.