

# HEALTH AND SAFETY MATTERS

Promoting a Positive Health and Safety Environment  
Red Deer Public Schools



## Good Day Team

Welcome to the month of March, third month of the year. March dates include St Paddy's day, time change, International woman's day, Easter and of course the first day of spring. St Paddy's day is also my Grandsons birthday. **Happy Birthday Connor.** Enjoy the month of March and all it has to offer



## Eye safety month

Every March we observe workplace eye wellness month to bring attention to the wide prevalence of workplace-related eye injuries.

## Eye Protection for Computer Use

Eye-related injuries are not only limited to those who are in industrial occupations or predominantly physical positions. People who work in an office-setting, particularly those who spend a lot of time sitting behind a computer monitor, are also at a great risk of having their vision and eye health be negatively impacted. Those who spend 2 or more hours in front of a computer are at a greater risk of suffering from Computer Vision Syndrome (CVS). The symptoms that are most associated with Computer Vision Syndrome include:

- Headache
- Blurred vision
- Neck and shoulder pain
- irritated eyes (eye strain)
- dry, gritty, red or burning eyes

These symptoms can worsen if treatment or preventative measures are not implemented. There are however certain proactive measures that can be taken to prevent their onset, they include:

- Take 20 second breaks from looking at the screen every 20 minutes (20-20 Rule)
- Adjust the screen's brightness to match the room brightness
- Increase the text size to a comfortable font level
- Minimize glare from surrounding areas
- Blink often to moisten the eyes
- Never view monitors in a dimly light room
- Rearrange your desk setup to maintain an appropriate distance from the monitor (about 60cm is best, and keep the center of the screen at about chin level)
- Use night mode display in the evening

Just a few simple tips to help your eyes. I often say you only have 1 set of eyes

## **Ladder Safety**

### **What should you do when using a stepladder?**

- Conduct a risk assessment when working at heights. It may be necessary to use fall protection equipment while working on a ladder.
- Check the load rating that is marked on the stepladder. The rating should cover the person's weight and the weight of tools that will be used.
- Use a stepladder that is about 1 m (3 ft) shorter than the highest point you have to reach. This length of ladder gives a wider, more stable base and places shelf at a convenient working height.
- Check the ladder for racks, loose or corroded rivets, defective braces, or parts (including the slip resistant feet) that are in poor condition. Make sure it is free of grease or oil or other slippery substances.
- Open the stepladder spreaders and shelf fully and lock the braces.
- Check stability. Make sure that all ladder feet are on a firm, level, and non-slippery surface.
- Place a stepladder at right angles to the work, with either the front or back of the steps facing the work.
- Keep the stepladder close to the work. Lift and carry the ladder when moving it. Do not push or pull stepladders from the side. Repeated sideways movement can make ladders unstable since they are weaker in those directions.
- Face the stepladder when climbing up or down.
- Keep your body centered between side rails. The ladder can become unstable if your body or equipment you are holding move beyond the side rails.
- Work at an appropriate height for the ladder. Generally speaking, you have climbed too high if your knees are above top cap of the stepladder or if you cannot maintain a handhold on the ladder.
- Maintain a firm grip. Use both hands when climbing.
- Keep both feet on the ladder. Do not stand on a ladder and other object at the same time (for example, 1 foot on the ladder and 1 foot on another object).

### **What should you avoid when using a stepladder?**

- Do not overreach. Move a stepladder when needed.
- Do not "shift" or "walk" a stepladder when standing on it.
- Do not stand, climb, or sit on the stepladder top or pail shelf.
- Do not overload. Stepladders are meant for one person.
- Do not use a stepladder as a brace or as a support for a work platform or plank.
- Avoid!
- Do not climb a stepladder that is leaning against a wall. Use a straight ladder instead.
- Do not use stepladders on slippery surfaces
- Do not use stepladders on soft ground where one leg may sink farther into the ground than others.
- Do not place stepladders on boxes, barrels, unstable bases, or on scaffolds to gain additional height.
- Do not climb the back of a stepladder.
- Do not push or pull stepladders sideways.
- Do not use ladders in passageways, doorways, driveways or other locations where a person or vehicle can hit it. Set up suitable barriers or lock doors shut.
- Do not carry tools or equipment while climbing.

## **WEATHER RELATED NEWS**

- The weather in March is always a mixed bag, it will probably be sunny, foggy, cloudy, wet, dry,
- What is a given is that it is going to be very slippery around sidewalk, walkways and parking lots. Each schools have been given walking cleats be sure to utilize them when out walking around these areas.

## Irish Egg Rolls

These Irish spring rolls with corned beef are so tasty, so filling, and so good. It is a great way to get rid of those corned beef and cabbage dinner leftovers!

Prep Time: 30 mins  
Cook Time: 5 mins  
Additional Time: 15 mins  
Total Time: 50 mins  
Servings: 8

### Ingredients

1 ½ quarts oil for deep frying  
  
4 ounces chopped corned beef  
  
1 cup shredded steamed cabbage  
  
1 cup diced cooked potatoes  
  
1 cup shredded carrot  
  
½ cup thinly sliced onion  
  
salt and pepper, to taste  
  
8 (7-inch square) egg roll wrappers

### Directions

Heat oil in a deep-fryer to 375 degrees F (190 degrees C).

Mix shredded corned beef, cabbage, potatoes, carrot, and onion in a medium bowl. Season with salt and pepper to taste. Lay egg roll wrappers out on a clean dry surface a few at a time. Place about 1/2 cup of the mixture into the center of each wrap. Roll up into logs according to the directions on the package. Wet the edge with water to seal.

Fry rolls a few at a time, turning if necessary, until golden, about 5 minutes. Remove from hot oil to drain on paper towels.

To add to this recipe, it has been suggested to either air fry the rolls or to bake in the oven. If you choose the healthy route remember to lightly spray the rolls before baking to ensure some crispiness.

### Dipping Sauce:

- 1 cup mayonnaise
- 3 tablespoons ketchup
- 3 tablespoons sweet pickle relish
- 1 teaspoon lemon juice
- 1 teaspoon smoked paprika
- ¼ teaspoon kosher salt

Mix all ingredients together to make a dipping sauce