



**Welcome to the March edition of the Health & Safety Newsletter. After a tough winter in North America, we hope that spring is around the corner. This month we talk about slips, trips, and falls, we wrap up the second outing for the Events Club, and we celebrate National Nutrition Month by offering some kitchen shortcuts and Vereena's awesome salmon recipe. Enjoy!**

### Why is prevention of slips, trips and falls important?

In Canada over 42,000 workers get injured annually due to fall accidents. This number represents about 17% of the "time-loss injuries" that were accepted by workers' compensation boards or commissions across Canada (based on statistics from Association of Workers' Compensation Boards of Canada, 2011). Statistics show that the majority (66%) of falls happen on the same level resulting from slips and trips. The remaining 34% are falls from a height.

#### Slips

Slips happen where there is too little friction or traction between the footwear and the walking surface. Common causes of slips are:

- wet or oily surfaces
- occasional spills
- weather hazards
- loose, unanchored rugs or mats
- flooring or other walking surfaces that do not have same degree of traction in all areas

#### Trips

Trips happen when your foot collides (strikes, hits) an object causing you to lose the balance and, eventually fall. Common causes of tripping are:

- obstructed view

- poor lighting
- clutter in your way
- wrinkled carpeting
- uncovered cables
- bottom drawers not being closed
- uneven (steps, thresholds) walking surfaces

#### How to prevent falls due to slips and trips?

Both slips and trips result from some a kind of unintended or unexpected change in the contact between the feet and the ground or walking surface. This shows that good housekeeping, quality of walking surfaces (flooring), selection of proper footwear, and appropriate pace of walking are critical for preventing fall accidents.

#### Housekeeping

Good housekeeping is the first and the most important (fundamental) level of preventing falls due to slips and trips. It includes:

- cleaning all spills immediately
- marking spills and wet areas
- mopping or sweeping debris from floors
- removing obstacles from walkways and always keeping them free of clutter
- securing (tacking, taping, etc.) mats, rugs and carpets that do not lay flat
- always closing file cabinet or storage drawers
- covering cables that cross walkways
- keeping working areas and walkways well lit



Without good housekeeping practices, any other preventive measures such as installation of sophisticated flooring, specialty footwear or training on techniques of walking and safe falling will never be fully effective.

### Footwear

In workplaces where floors may be oily or wet or where workers spend considerable time outdoors, prevention of fall accidents should focus on selecting proper footwear. Properly fitting footwear increases comfort and prevents fatigue which, in turn, improves safety for the employee.

### What can you do to avoid falling at work?

You can reduce the risk of slipping on wet flooring by:

- taking your time and paying attention to where you are going
- adjusting your stride to a pace that is suitable for the walking surface and the tasks you are doing
- walking with the feet pointed slightly outward
- making wide turns at corners

You can reduce the risk of tripping by:

- keeping walking areas clear from clutter or obstructions
- keeping flooring in good condition
- always using installed light sources that provide sufficient light for your tasks
- using a flashlight if you enter a dark room where there is no light
- ensuring that things you are carrying or pushing do not prevent you from seeing any obstructions, spills, etc.

### EVENTS CLUB UPDATE

We had 26 people out at our latest event (would have been 40+ had it not been for the crappy winter weather) which involved tubing at Manning Park. We had a great time and will definitely go back!

Young and old, office and driving staff, took their turns sliding down the 4 runs and then we all enjoyed some snacks and refreshments in the lodge. Our next event will be held in about 3 months' time so make sure you sign up to join our club. Send us an email to [healthandsafety@vtlg.com](mailto:healthandsafety@vtlg.com) and we will respond with all the details.



### In A Hurry? Make it Easy!

**Take a kitchen shortcut with healthier convenience foods.**

Healthier convenience foods, combined with fresh ingredients, can help you make tasty meals in minutes. Choose items with less sodium, fat and sugar. Here are 10 convenience foods that make great healthier shortcuts:

- Light canned tuna or canned salmon



- Canned legumes such as chickpeas or lentils
- Canned diced tomatoes
- Shredded cheese
- Eggs
- Plain frozen fish fillets
- Frozen vegetables and fruit
- Fresh or frozen whole wheat tortellini
- Whole grain pizza crusts

### Feeling short on time? Enjoy a sandwich for supper.

Cooking doesn't have to be complicated. Sandwiches made with whole grain bread, tortillas or flatbread and filled with delicious, good-for-you ingredients make for a perfect casual supper. Try these tasty sandwiches, served with a side of crisp raw veggies:

- Fresh roasted turkey breast, avocado, tomato and lettuce
- Cheddar cheese, thinly sliced pear and spicy red pepper jelly
- Fresh roast beef, roasted red peppers and red onion
- Hummus, thinly sliced cucumber, shredded carrot and lettuce



### Make a no-fuss meal with just six simple ingredients!

You don't need a long list of ingredients to make a healthy, delicious meal. Get inspired with these ideas, which use just six main ingredients:

- Cheesy Frittata – eggs, spinach, diced potato, red onion, milk and old cheddar cheese baked together into a fabulous frittata
- Lemony Pasta – whole grain pasta tossed with grilled zucchini, cherry tomatoes, roasted garlic, chickpeas and freshly squeezed lemon juice
- Loaded Sweet Potato – baked sweet potato topped with black beans, green onion, tomato, cilantro and a spoonful of plain yogurt

### Tools of the trade: A few good kitchen tools can make cooking a lot easier!

Cooking tools don't need to be expensive or fancy. Along with quality pots in different sizes, stock your kitchen with these 5 basic tools. They can help you cook like a pro.

- Sharp knives – including a paring knife for small slices
- Box grater – for grated vegetables, citrus zest and shredded cheese
- Immersion (hand-held) blender – perfect for puréeing vegetable soups right in the pot
- Steamer basket – makes cooking tender-crisp veggies a snap
- Instant-read thermometer – so you know when food is cooked to safe temperatures (no more guessing!)





### RECIPE OF THE MONTH

#### Maple Glazed Salmon

##### Ingredients

- 4 skinless salmon fillets (each fillet should be about 3 ounces or 85 grams)
- 1/2 cup (125 mL) almonds, chopped coarsely
- 1/4 cup (50 mL) maple syrup
- 1/4 cup (50 mL) orange juice
- 2 tablespoons (25 mL) fresh lemon juice
- 2 tablespoons (25 mL) light soy sauce
- 2 cloves garlic, crushed

##### Directions

Preheat the oven to 425°F (220°C). Line an 8-inch (20 x 20 cm) square baking pan with parchment paper.

Place the four salmon fillets in pan, leaving 1/2 inch (1 cm) between pieces.

Chop the almonds by hand or use a hand-held blender or chopper (it only takes a few seconds with a hand-held blender). Distribute the chopped almonds evenly on top of the fillets.

In a small bowl, mix together the maple syrup, orange juice, lemon juice, soy sauce and crushed garlic.

Use a spoon to gently baste the marinade over top of each fillet.

Bake salmon for about 15 to 20 minutes or until fish is just done.

While the fish is baking, baste top with marinade at least once or twice.

When removing fish from the pan, leave the leftover marinade behind and discard.

Serve the fish with brown rice and a green salad or vegetables.



Serves 4 people

Serving size: 1 salmon fillet

Nutritional information

Calories 260

Cholesterol 54 mg

Total fat 15 g

Saturated 2.4 g

Monounsaturated 6.6 g

Polyunsaturated 4.8 g

Carb 11 g

Protein 21 g

Fibre 1.1 g

Calcium 45 mg

Magnesium 54 mg

Sodium 187 mg

Potassium 446 mg

Vitamin E 2.3 mg