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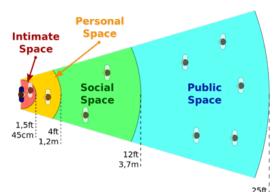
Safety Sound-off

VIDC Occupational Health & Safety Committee Newsletter

Social Distancing and Comfort Levels

We have different personalities, different tolerances for risk and different situations that alter our chances of spreading or contracting the virus and determine how seriously it might affect us.

So how can we respect our different stances on socializing safely without causing rifts? The techniques experts share here can help with tricky pandemic situations — and with building healthy relationships in general. (Jenna Jonaitis – Washington Post)



Understand Where The Stress Is Coming from

Anything that disrupts the harmony between friends and/or family, such as disagreements on socializing, can cause stress and anxiety.

Sometimes, simply anticipating that people will be upset with us creates anxiety.

Create, Then Communicate Your

Boundaries

Decide what kind of socializing you are comfortable with. "Everybody has to do their own risk assessment. "
You have the right to set your own level of tolerance for risk."

Identify your own rules, such as that you'll gather with family outside but not share a meals and accept that these may change with over time and with different circumstances." Says Gary Brown, a Los Angeles Marriage and family therapist.

Lindsay Volpe-Bertram, section chief of Psychology at Spectrum Health in Michigan advises that although setting boundaries can be difficult, but it is important to communicate your rules clearly to let others know where you stand.

Ask About the Other Person's Guidelines

Besides communicating your own boundaries, inquire about what makes the other person comfortable. Manly suggested asking questions such as: "Could you tell me what makes you feel safe with social distancing? What are you practicing?" By asking and listening, you show that you want to honor their boundaries

Get Comfortable With Saying No

"Realize you have a right to your own opinion," Brown said, especially when it comes to health and safety. "It's

Inside this issue:

Social Distancing and Com- 1 fort Levels

A Layered Approach to 2 COVID19 in the Workplace

October is Ergonomics 2
Month

Heath & Safety

Dates to Remember

- Oct 2021: Ergonomics month
- ♦ Feb 23/22: Stop Bullying Day
- Apr.28/21: Day of Mourning

more than [it] simply being okay for you to disagree. It's a basic right, and you don't really have any need to apologize for it."

Read the entire article here:

https://www.washingtonpost.com/lifestyle/wellness/family-friends-disagree-social-distancing-coronavirus/2020/06/06/ec4b034a-a769-11ea-b473-04905b1af82b_story.html







Welcome to our VIDC Health and Safety Newsletter.

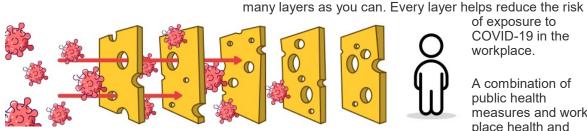
Our Committee members are: Sarah Fairbrass, Chair; Martha Higgins

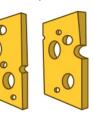
www.vidc.cupe.ca

A Layered Approach to COVID 19 in the Workplace

As workplaces continue to adapt to operating during a pandemic, many may be wondering, "What's the best way to control COVID-19 in the workplace?"

No single preventive measure will be 100% effective on its own. The best approach to control COVID-19 in the workplace is to layer public health measures with







blocking the spread of COVID-19. With each added layer of

control, the risk gets lower. Having too few layers may not

be enough to protect your workers, so make sure to use as

of exposure to COVID-19 in the workplace.

A combination of public health measures and workplace health and

safety measures in a layered approach will give workers the strongest protection against the virus, helping prevent an outbreak.

Watch https://youtu.be/ K1BoxeLPhU for more info on applying the swiss cheese model.

workplace health and safety controls. To illustrate this, we can use what's called the "Swiss cheese model." Each slice of cheese (or barrier) acts as a layer of defense against the spread of COVID-19. Where one slice fails, the next slice may succeed in

October is Ergonomics Month

Recognized in October each year, Global Ergonomics Month is an international outreach campaign promoting human-centered design through the science, application and profession of ergonomics or human factors. These disciplines

are focused on optimizing human well-being as well as overall system performance by proactively designing work and work systems to fit the people interfacing with them in ways that improve efficiency, productivity, health, safety and

comfort. Ergonomics is ultimately good for business and good for people.

Check out the BC Fed's H&S Centre for courses aimed to give participants the knowledge and skills to find effective solutions to ergonomics in the workplace: www.healthandsafetybc.ca



