



## ***Canadians Can Get Healthier and Safer at Work***

**Safety and Health Week focuses on ways that everyone can contribute to better workplaces**

SAINT JOHN, NB, May 6, 2019 – Mental Health workshops and rescue demonstrations are some of the dozens of events occurring throughout Canada as part of Safety and Health Week, May 5-11. The official launch occurred at a ceremony in Saint John, New Brunswick.

“We spend an enormous part of our lives working,” states the Canadian Society of Safety Engineering president Trevor Johnson, CHSC, CRSP. “This week highlights the importance of occupational health and safety, a key ingredient to a sustainable workplace, company and community.”

“Certified safety professionals help improve the safety and health outcomes of the workplace,” adds Johnson. “Safety professionals are extraordinarily people-focused, with a passion for prevention. For that reason, they play a vital role in the lives of Canadians coast-to-coast, not just this week, but every day throughout the year as well.”

“Safety professionals operate in intense situations, requiring maximum mental performance,” states Doug Smith, the NHLer whose neck got broke ‘at work’ during a game. He spoke at the launch, encouraging Canadians to continue to respect and support safety professionals. “Their number one job is to lead everyone on a common cause: Safety. They have a huge responsibility and deserve a salute from workers, companies and government for continually striving to enhance the safety performance of everyone.”

Even the best workplaces can improve. That point is emphasized at Safety at Health Week events, which highlight that everyone has a role in making workplaces even better. Some of this year’s events are:

- **Spin, Lose Body Part & Putt** – Calgary, AB
- **Safety Selfies & Airplane Slide Demo** – Kelowna, BC
- **What New Canadians Need to Know** – Winnipeg, MB
- **Mentally Healthy Workplace Seminar** – Saint John, NB
- **BBQ & Blood Pressure Clinic** – Dartmouth, NS
- **Tether & Fall Equipment Demos** – Mississauga, ON
- **Accident Investigation Training** – Gatineau, QC
- **Are You Saying What You Think You Are Saying?** – Regina, SK

A full list of Safety & Health Week events are at [www.naosh.ca](http://www.naosh.ca).

At this morning’s launch, The Canadian Centre for Occupational Health and Safety announced that there are three First Place winners for the Canadian Youth Safety Video Contest. The winning movies by high school students are: **Training Works** by Kahless Christopher (Windsor, ON); **Safety is Not a Joke** by Jacob Markham, Etienne Loney, Erik Wiebe, Bennett Sidloski, and Meghan Rempel (Winnipeg, MB); **Workplace Spook** by Braeden Cordero, Markus Cluff, and Meghan Rempel (Yellowknife, NT). The top three videos can be viewed at [www.ccohs.ca](http://www.ccohs.ca).

Contact            Perry Ruehlen  
                         250-537-7851 | [pruehlen@csse.org](mailto:pruehlen@csse.org)

**Safety & Health Week: May 5-11, 2019**  
**People, Passion and Prevention**

The annual campaign, formerly known as NAOSH Week, is led by the Canadian Society of Safety Engineering  
[www.naosh.ca](http://www.naosh.ca) | [www.csse.org](http://www.csse.org)