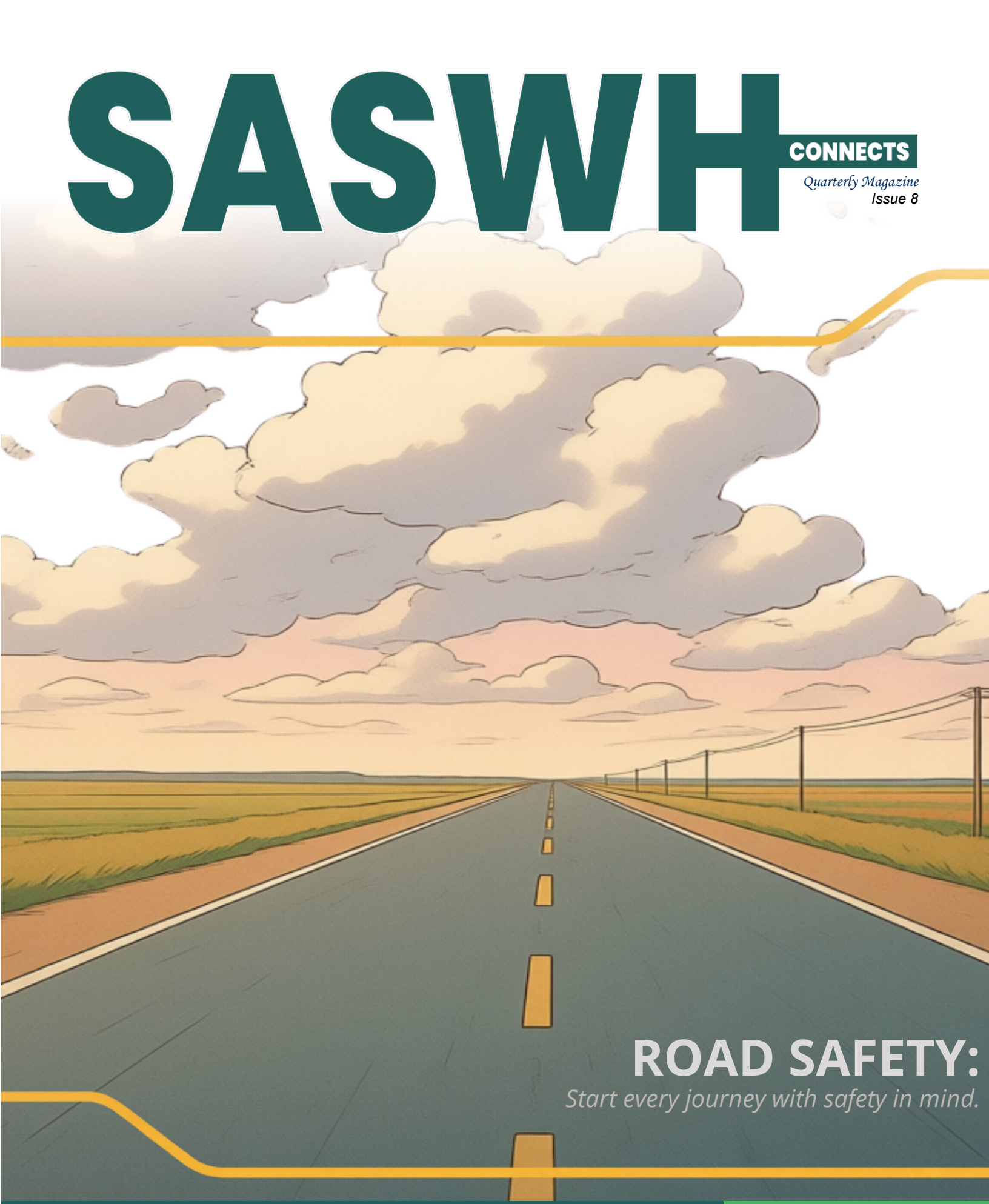
SASWH CONNECTS

Quarterly Magazine
Issue 8



ROAD SAFETY:

Start every journey with safety in mind.

Workplace health and safety: a priority for all.

SASWH



MISSION

TO GUIDE THE HEALTH-RELATED INDUSTRY IN THE ELIMINATION OF WORKPLACE ILLNESS AND INJURY.

VISION

WORKPLACE HEALTH AND SAFETY: A PRIORITY FOR ALL.

SASWH+

Saskatchewan Association for Safe Workplaces in Health

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Safety Culture: From Commitment to Action

CEO UPDATE

By: Sandra Cripps, MHRM
SASWH Chief Executive Officer

"What motivated you to choose a career in health care safety?"

When I was asked this question, the answer came to me almost immediately.

I grew up in a community where coal mining was a primary source of employment for many Maritime families. Conversations about mining were common around the dinner table, and my family was no exception. In September 1991, there was tremendous excitement and optimism surrounding the opening of the Westray Mine. The optimism dwindled rather quickly as the Westray Mine disaster remains a powerful reminder of what can happen when safety is not treated as a core value. It reinforced a lesson that has stayed with me throughout my career: every employer has a responsibility to create a workplace where people can return home safely at the end of their shift.

That same commitment continues to shape how I think about safety today. It also connects closely with the theme of this issue of SASWH Connects finding ways to prevent harm, both in the workplace and on the road. As a team, SASWH is committed to reducing the amount of "windshield time"; the time our staff spend travelling by vehicle as we support our members across the province. Where possible, we strive to have our team support members within reasonable geographical areas that are closer to home. While this is not always possible, reducing unnecessary highway travel is something we continually work toward. The risks



Your story can spark meaningful conversations, strengthen how we care for one another, and help a colleague make it home safely."

associated with highway driving are significant, and the high number of incidents we see on our roads is something we all need to keep top of mind. The same energy we bring to promoting safe work practices must also extend to how we travel to and from the workplaces we support.

Prevention is key to reducing injuries. Each of us has a role to play not only in creating safer workplaces, but also in using what we know about safety to protect ourselves and the people we care about. Speak up. Share your knowledge. Support safe practices whenever you can.

I am proud of the workplace culture we have built at SASWH, where the health and safety of our team is a genuine priority. That culture is strengthened every day by the actions and choices of our people. I encourage all SASWH and G22 members to take a moment to reflect on the experiences that shaped your own career path and your commitment to safety. Personal stories have the power to start meaningful conversations, strengthen our safety culture, and help us learn from one another's successes and challenges.

Whatever your motivation, don't lose sight of it. It may be the very reason someone else returns home safely tomorrow.

Please be safe and stay safe.

COMMUNITY PARTNERSHIP

Did you know SASWH members are eligible for a 10% discount with St. John Ambulance? Healthcare employers in the province can claim this discount using promo code **SASWH10SK** for:

- 10% discount on Intermediate First Aid with CPR & AED (2-day course)
- 10% discount on Intermediate First Aid Recertification (1-day course)
- 10% discount on First Aid supplies including AEDs and inhalant naloxone kits

St. John Ambulance Saskatchewan provides training throughout Saskatchewan and operates training centres in Regina, Saskatoon, Prince Albert, Moose Jaw, Yorkton, and Lloydminster. Contact your local St. John Ambulance centre to take advantage of this perk!


St. John
Ambulance

Saskatchewan Association for Safe Workplaces in Health

SAFETY TALK: ELIMINATE DISTRACTED DRIVING

According to Saskatchewan Government Insurance (SGI), distracted driving is the number one factor in motor vehicle collisions, and one of the top three factors in fatal collisions. SGI found that between 2019 - 2023, distracted driving was listed as a contributing factor where someone was injured in 754 collisions; 15 were fatal.

Tips for Eliminating Driver Distractions

Some elements within a vehicle can be controlled to minimize distractions to which the driver will be most susceptible. Using devices while driving is one of the biggest distractions. Drivers also need to be aware of other distracting activities before getting behind the wheel.

Plan Ahead

- Make sure the driver and passengers have everything needed before driving to avoid the driver reaching behind to grab or hand off items.
- Pre-program radio stations or connect to Bluetooth and select a music playlist.
- Review maps and/or set the GPS before leaving. When possible, ask a passenger to navigate.
- Eat and/or drink before getting in the car.
- Either get ready before leaving or wait until at the destination.

Secure Loose Items

- Avoid storing items on the dashboard, mirror, or seats; unsecured objects can slide off surfaces during sharp turns or sudden stops. Store items in the trunk if they can't be secured.
- Make sure things like coffee, water bottles, and bags are secure before driving so they don't slide around or spill.

Prepare Children for the Trip

- When buckling children in, make sure they have easy access to any toys or snacks.
- In-vehicle entertainment electronics can distract drivers, so if installed, they should be out of the driver's view and not require their assistance.
- If, during the drive, kids begin to fight, cry, or ask for something, pull over at a safe time/place and tend to their needs while stopped.

Keep the Conversation Light and to a Minimum

- When driving with a passenger, let them know their safety takes priority, not the conversation.

Turn Off Your Cell Phone or Put It Away

The Saskatchewan Safety Council offers various training and education related to safe driving. Visit https://www.sasksafety.org/vehicles--traffic.html for more information.

Sources: SGI – Driver Distraction: https://sgi.sk.ca/distraction/ | SGI – Safety Statistics: https://sgi.sk.ca/safety-stats |

For more information, visit **saswh.ca**


"SGI found that
between 2019 - 2023, distracted
driving was listed as a contributing
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fatal."

DEFENSIVE DRIVER TRAINING FOR PARAMEDICS

In 2020, SASWH responded to a request from Saskatchewan emergency medical services workers to investigate a defensive driver training program for the province. The urgency of this practical education was further emphasized in WorkSafe Saskatchewan's 2023-2028 Fatalities and Serious Injuries Strategy, where the healthcare and transportation injuries were reported as accounting for 29% of all serious workplace injuries in the province.

Canadian ProDrivers in Ontario was quickly identified as an established and respected provider of risk management services including driver training and education for licensed and experienced drivers. Once the training provider and funding were secured, 18 paramedics from rural, remote, and urban locations were selected to attain instructor status so this knowledge could be shared with a wider audience. With the support of a dedicated working group, partner leaders, and members of the EMS community this goal was met.

Since the initial training was completed, the Saskatchewan Health Authority (SHA), has renamed the course to Emergency Vehicle Operators Course (EVOC). EVOC has been included in the orientation process for new SHA emergency medical services workers. Regina EMS alone has taught 62 staff the program since 2024, and continue to run EVOC sessions 4-6 times a year with 5-10 students per session.

SASWH would like to acknowledge and extend thanks to our partners at the Saskatchewan Workers' Compensation Board, WorkSafe Saskatchewan, and the Ministry of Health.

"From 2010 to 2021, workplace-related motor vehicle crashes were the leading cause of acute work-related fatalities in the transportation industry."

WorkSafe Saskatchewan's 2023-2028 Fatalities and Serious Injuries Strategy



RETIREMENT: *The Next Adventure*

It was with bittersweet feelings that the association recognized the retirement of one of its dedicated Workplace Safety Specialists. Brenda Coben spent her time with SASWH providing professional consultation and training services to healthcare organizations in southwest Saskatchewan. Brenda's colleagues both in and outside the SASWH office would like to thank Brenda for her many years of steadfast service, and wish her the best now that she is "off the clock"!





The Impact They Leave Behind



"Brenda has been such a joy to work with; very accommodating, talented, practical, and just an overall strong team member dedicated to workplace health and safety. Her observation skills were amazing; she could pick out efficiencies very quickly and respectfully bring forward options of how to gain the same outcome with fewer steps. I know that those she provided workplace health and safety services to will miss her approach and skills. Brenda was someone who simply added value to anything she touched, and I do wish her all the best for a restful and adventure filled retirement." - Sandra Cripps, SASWH CEO

"Brenda consistently demonstrated exceptional professionalism in every aspect of her work, setting a positive example for those around her. Her dedication to workplace safety was evident in her proactive approach, commitment to best practices, and genuine concern for the well-being of healthcare workers." – Karalyn Ternes, SHA (Swift Current)

"Brenda was not only incredibly knowledgeable at her job, but she also brought such a positive energy with her every time she came to teach. Our staff genuinely looked forward to her visits, and her ability to make learning both meaningful and fun will be greatly missed by everyone at our facility." – Eatonia Oasis Living

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"It has been an absolute pleasure to work alongside such a compassionate and dedicated colleague. Brenda's kindness, unwavering commitment, and genuine care for those around her has left a lasting impression on everyone fortunate enough to work with her. She has made a meaningful difference during her time with SASWH and her presence will be deeply missed." - Candy Rokosh, SASWH Finance/HR Clerk

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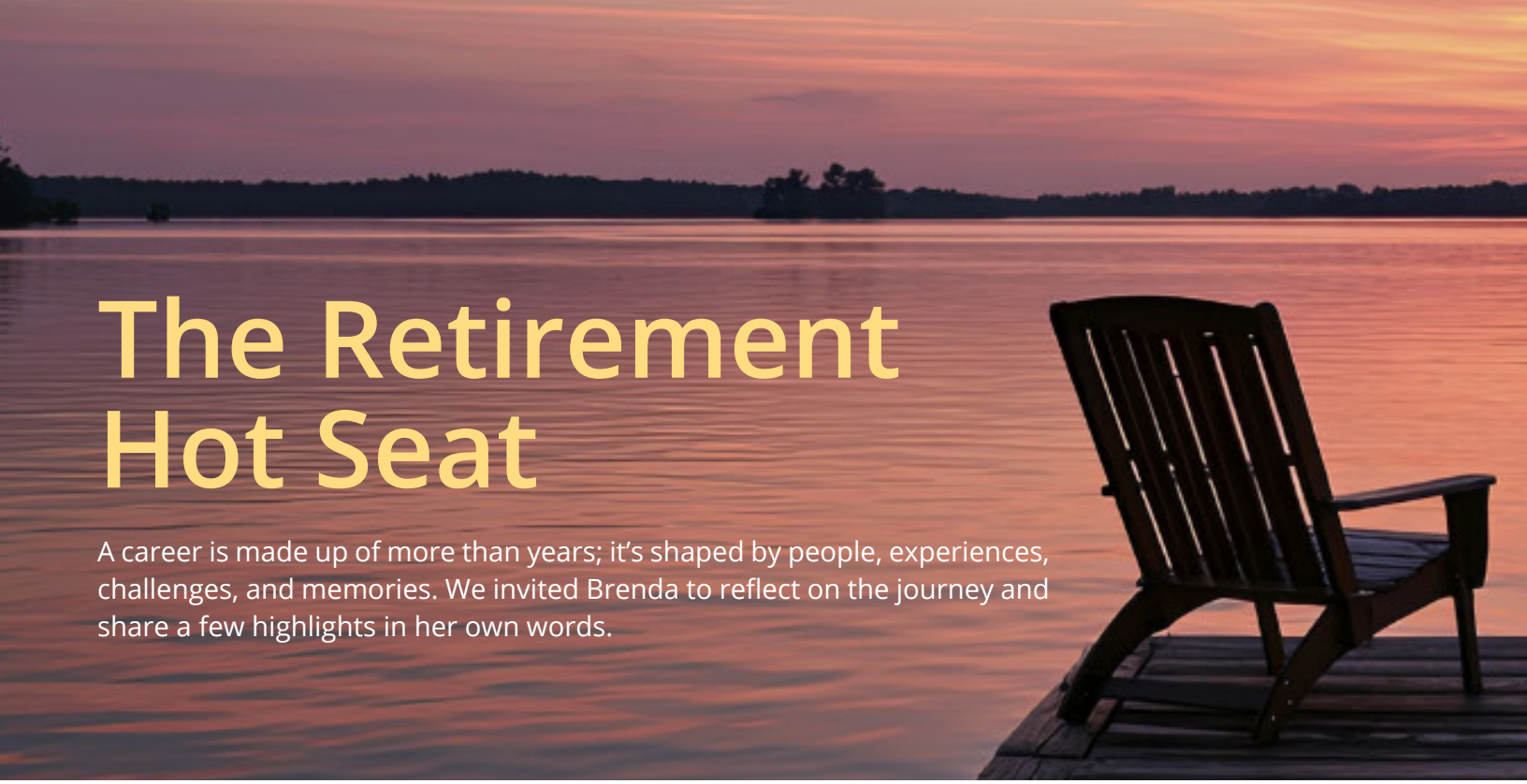
"Brenda brought with her to SASWH a wealth of knowledge, years of hands-on experience, and compassion. I appreciated her steadiness, perspective, and passion for safety in healthcare. She "cared" about those she worked with, whether a resident, patient, or co-worker. Not only did we work together, but our "downtime" was filled with lots of laughs, sharing about our families, and many adventures. All the best to you and your family as you move to the next chapter of life Brenda!" - Jody Palmer, SASWH Workplace Safety Specialist

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"Brenda brought her whole self to her work. She was genuine, expressive, and deeply committed. I had the privilege of working closely with her on a number of initiatives, where her determination always stood out. Even when technology wasn't her strength, she never let it hold her back. My fondest memories, though, are the quieter moments, sharing a glass of wine and a laugh or a cry after long days, which truly reflected the heart she brought to everything she did." - Linda Szabo, SASWH Workplace Safety Specialist

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"It was a true honour to work alongside you Brenda. Your dedication to ensuring safety was a priority not only for yourself, but also for our members that you guided and supported. Anyone who met Brenda was greeted with a smile. Brenda had a way to ensure that the people that she was in contact with understood, and that may have meant extra time spent either in training sessions or in consultation roles. We were fortunate to have you retire with us, and I know that you will always be a strong voice for healthcare safety where ever your next chapter takes you. Thank you, Brenda and cheers...to your next chapter." - Jeff Schwan, Director of Workplace Safety



The Retirement Hot Seat

A career is made up of more than years; it's shaped by people, experiences, challenges, and memories. We invited Brenda to reflect on the journey and share a few highlights in her own words.

What is your favourite memory of working at SASWH?
I think the feeling of being welcomed into the fold like I'd always been there, right from my very first day.

What accomplishment are you most proud of during your time here?
One accomplishment that stands out is the endless hours of respirator fit testing we provided during the height of COVID.

What has been the most rewarding part of your career?
Being able to personally meet and build relationships with my G22 members; to offer support in creating a safer, healthier workplace, especially in the private sector.

What will you miss most about working at SASWH?
Working with our tight knit SASWH team supporting healthcare workers at every career stage, from first year students to frontline professionals who have dedicated themselves to those careers.

What have you enjoyed most about working with your colleagues?
While we may have had differences in opinion, we usually followed it with a healthy dose of humor and laughter.

What advice would you give to current and future employees?
Actively meet and listen to your members and their specific needs, stay current with trends and technology, and most importantly, don't try to do it all yourself; lean on your teammates strengths and abilities and never be afraid to ask for help.



What are you looking forward to most in retirement?
Monday mornings are now just another day of the week. Spending more time with family, attending more of my grandkid's events, travelling with my husband, and playing with my new golden retriever puppy.

What is one fun fact about yourself that your colleagues may not know?
This is a hard one – between many rounds of two truths and a lie as an icebreaker and the close friendships many of us have developed over the years, I am uncertain.

If your time at SASWH could be summed up in three words, what would they be?
Inclusive, flexible, encouraging.

Is there a final message you'd like to share with your SASWH family?
As my time at SASWH has ended, I want to take a moment to say goodbye. Looking back at our time together, I am incredibly proud of all the good work we have accomplished. Our shared dedication to making healthcare workplaces safer across Saskatchewan has been deeply rewarding. Knowing that our daily efforts genuinely protect frontline workers is a legacy I will always carry with me. Beyond the professional milestones, what made working here truly special was the incredible culture we built. I am so grateful for the genuine friendship, the constant laughter, and the shenanigans that always pulled us through. You aren't just co-workers; you have been friends and an amazing support system. Thank you all for the memories, the shared successes, and your unwavering support. I am going to miss our team immensely but look forward to keeping in touch. I wish each of you and SASWH continued success in the future.

Wellness in Action

Connecting Through Staff Challenges

The SASWH Wellness Committee has been keeping staff connected and inspired with fun monthly challenges that make well-being part of everyday life. Whether sharing a meaningful photo or trying a new mental health activity, employees have found simple ways to participate, learn from one another, and build community. Some of our more memorable challenges were:

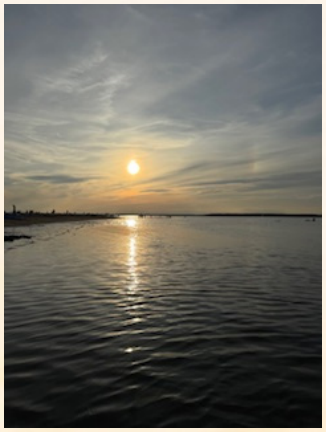
February: Your Favourite Place

Staff were invited to share a photo of a favourite place, which included a peaceful getaway, a cozy corner or any special spot that brings joy and a smile. Below are a few of the photos submitted!



Tatamagouche

Candy R.



New Brunswick

Jody P.



Black Hills

Linda S.



Madge Lake

Erin H.

April: Building Connection

Ahead of Mental Health Month, the committee highlighted the importance of connection, particularly for employees working remotely. Staff were asked to share at least one activity they use to support their mental health, helping generate ideas that others could try.

May: Mental Health Bingo

Ideas submitted in April became the inspiration for Mental Health Bingo. The challenge transformed employee suggestions into practical, encouraging prompts for supporting mental health and strengthening connection.

Mental Health BINGO

Time outside in the sun	Go for a walk outside	Gardening or visit a greenhouse/ floral conservatory	Activity on the water or visit a body of water
Read a book	Activity of your choosing	A chat or visit with a friend or family member	Time without electronics
Time working on a hobby	Daily wellness check-in with a friend or family member	Grounding activity like 5-4-3-2-1	Indoor workout
A cup of coffee or tea with no distractions	Journalling	Solo workout session	Activity of your choosing

You will receive one entry into the draw for completing at least one line.
You will receive a second entry if you complete the whole bingo card.

July and August: Summer Photo Challenge

Employees captured the season through prompts such as a Canadian flag, a bird, an outdoor activity, a flower, a favourite coffee mug and a historical building. The challenge offered a cheerful way to share summer moments with colleagues. Below are a selection of the entries received!



Photo Prompt: Body of Water

Megan S.

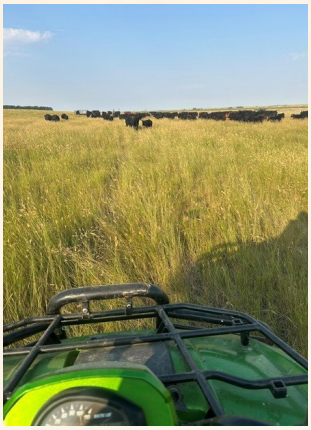


Photo Prompt: Outdoor Activity

Jeff S.

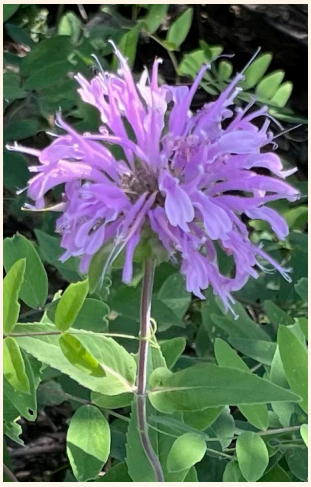


Photo Prompt: Flower

Haley S.

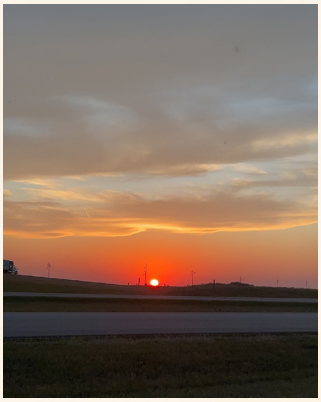


Photo Prompt: Sunrise or Sunset

Brittany G.



Photo Prompt: Bird

Sandra C.



Photo Prompt: Pet

Kat K.



Photo Prompt: Favourite Mug

Gem C.



Photo Prompt: Wildlife

Vince B.



Photo Prompt: Enjoying a Beverage

Aimée S.

Through these creative monthly challenges, the SASWH Wellness Committee continues to promote well-being, connection and a strong sense of community among members of the organization. The committee's efforts demonstrate how simple, inclusive activities can bring people together and support a healthier, more connected workplace.

UPCOMING EVENTS!

World Mental Health Day
October 10, 2026

Latex Allergy Awareness Week
October 4-10, 2026

Canadian Intensive Care Week
October 18-25, 2026

International Infection Prevention Week
October 19-25, 2026

Women in Safety Summit
October 21, 2026 in Toronto, ON

Canadian Safety Summit
October 22, 2026 in Toronto, ON

Canadian Centre for Occupational Health and Safety Forum
October 28-29, 2026 in St. John's, NL

Respiratory Therapy Week
October 25-31, 2026

Canadian Patient Safety Week
October 26-30, 2026

National Nurse Practitioner Week
November 8-14, 2026

Saskatchewan Nurse Practitioner Education Conference
November 6-7, 2026 in Saskatoon

Fall Prevention Month
November

Click the photo below to view the flipbook version of SASWH's Programs and Services Guide.



QUESTIONS OR COMMENTS?
WE'D LOVE TO HEAR FROM YOU!!



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