

Health, Safety and Emergency Planning

**2024 Corporate Services Committee Update
Colleen McCabe, HSER Manager**

HSEP

- Health and Safety
- Emergency Planning
- Corporate Administrative Services
- Occupational Health Services

Our Staff



Rebecca Dahle
H&S Coordinator



Darren Burke
Emergency Planning
Coordinator

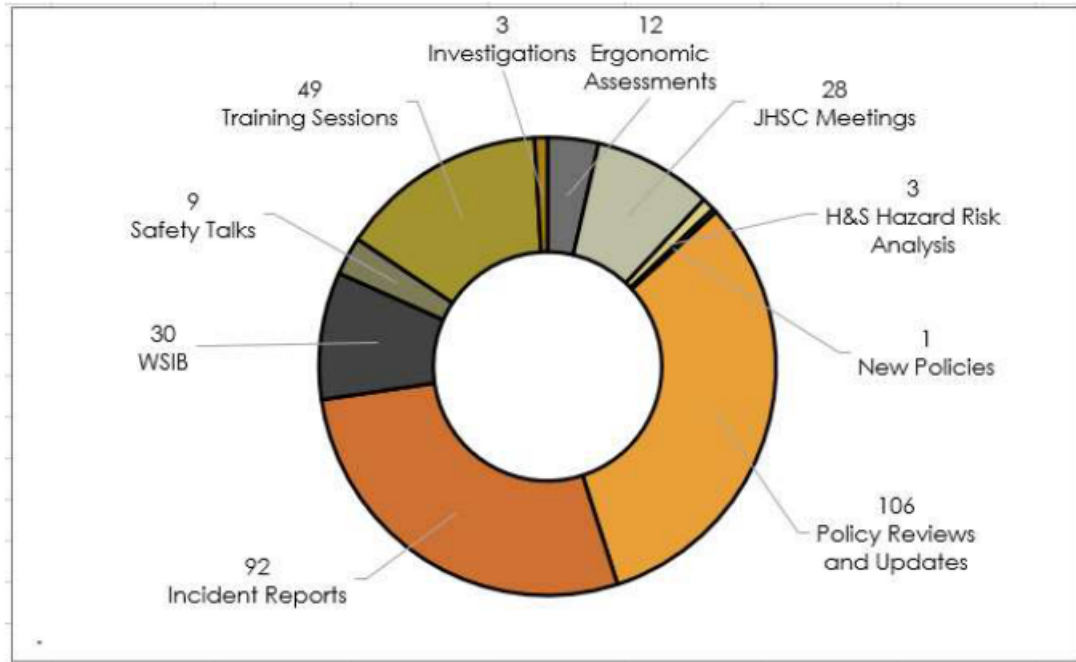


Brenda McDonald
Customer Care
Representative



Mikayla Paul
Administrative Clerk

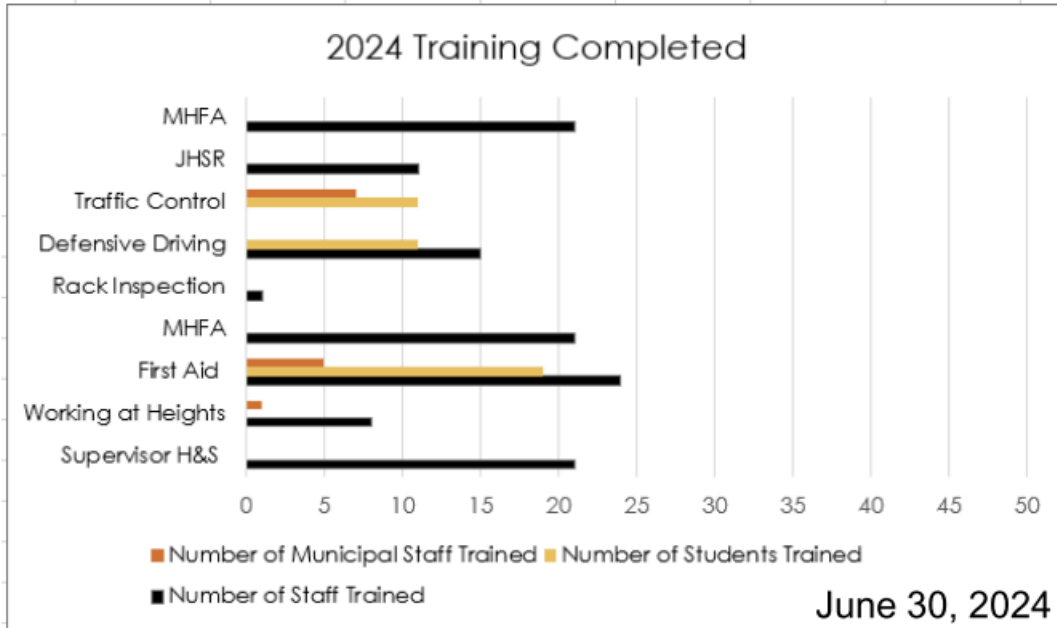
H&S Management System



June 30, 2024

- Safety and Health Week
- Electronic incident reporting
- Respirator Fit Tester loan program for municipalities and agencies
- Wellbeing Committee initiatives
- Perks program
- Ivy's Monthly Wellness Tips

2024 H&S Training



2024 Municipal H&S training support provided to:

- Cramahe
- Port Hope
- Alnwick/Haldimand
- Cobourg

Working at Heights training offered to all member municipalities

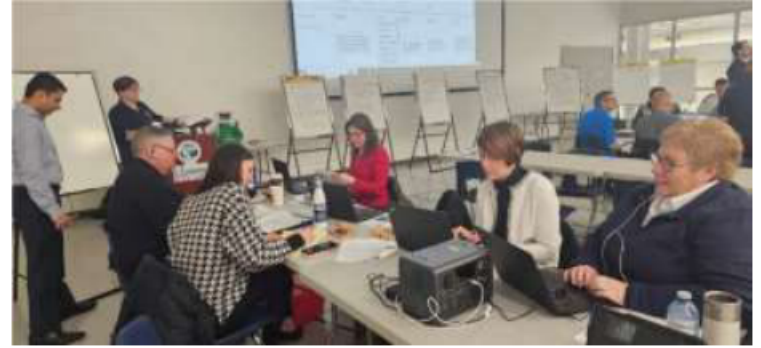
Plus:

138 staff trained in Situational Awareness and De-escalation

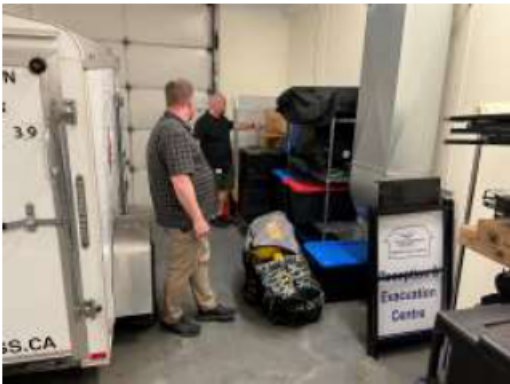
116 staff completed Health and Safety Orientation

Emergency Planning

- Joint exercise with Hastings County
- Comprehensive planning and response to eclipse with all municipalities and Alderville First Nation
- 3 grant applications submitted for generator for fuel supply in event of power outage
- Multiple media campaigns on emergency preparedness completed
- New Emergency Preparedness Guide



Emergency Planning



Evacuation shelter survey updates with NESC

- Brighton - King Edward Park Arena
- Port Hope – Jack Burger Sports Complex
- Port Hope – Town Park Rec Centre
- Cobourg – Cobourg Community Centre
- Cramahe – Keeler Centre

Evacuation supplies inventory update

HSEP

- Hamilton Jr. Firefighter Camp
- Northumberland County Take Our Kids to Work Day
- Municipal Scribe training
- Emergency Preparedness Public Education – CSS Housing BBQs
- Port Hope Walk-in Clinic workplace health and safety review
- Summer Student



Administrative Services

- Reception coverage at 555
- Provide support to HR, HSEP, Legislative Services
- 1,708 resumes ranked
- 1,931 visitors, 2,658 phone calls, 42 emails as of June 27, 2024
- Average 37 contacts from public per day or 1 inquiry every 15 minutes

Occupational Health Services

- Contracted service – Walsh and Associates
- 2 occupational health nurses
- Onsite Monday through Friday
- Occupational health and non-occupational health disability case management
- Return to work, modified work and accommodation support
- Mental health and counselling supports for staff
- 1,292 employee contacts (June 30, 2024)

Occupational Health Services



- Vaccine clinics
- Blood pressure clinics
- Oral health promotion
- Mental health awareness
- Sun safety
- Fitness promotion

Thank You

2024

Northumberland County

WORKING IN HOT WEATHER

During Summer season, the combination of heat, humidity and physical labor can lead to a variety of heat-related illnesses. Proper protection and simple precautions can prevent these types of illnesses. It is important that all workers are aware of the signs and symptoms of these illnesses and know when to seek medical aid.

Hazards caused by working in hot weather

Heat stroke and hyperthermia Heat stroke is a life-threatening condition that occurs when the body's internal temperature rises above 104°F (40°C). Symptoms include confusion, dizziness, headache, nausea, vomiting, and a rapid heartbeat. The skin is hot and dry. Heat stroke is a medical emergency and requires immediate medical attention.	Heat exhaustion Heat exhaustion is caused by loss of body water and salt through excessive sweating. Signs and symptoms of heat exhaustion include heavy sweating, weakness, dizziness, headache, nausea, vomiting, and a rapid heartbeat. The skin is pale and clammy.	Heat rashes Heat rashes are red, itchy spots on the skin that occur when the skin is exposed to heat for a long period of time. They are caused by irritation of the skin and are most common in areas that are covered by clothing.
Heat cramps Heat cramps are painful spasms of the muscles that occur when the body loses too much salt through sweating. They are most common in the arms and legs and usually occur after heavy sweating.	Heat stroke Heat stroke is a life-threatening condition that occurs when the body's internal temperature rises above 104°F (40°C). Symptoms include confusion, dizziness, headache, nausea, vomiting, and a rapid heartbeat. The skin is hot and dry.	Heat rash Heat rash is a skin condition that occurs when the skin is exposed to heat for a long period of time. It is characterized by small, red, itchy bumps that are most common in areas that are covered by clothing.

Brought to you by the County HSE Department (Colleen, Rebecca, Dawn, Brenda, Mikyla and Delaney) if you require this information in an alternate format, please contact the accessibility Coordinator @ Ext. 3227

Northumberland County

Emergency Preparedness Guide

Your preparedness helps us all

Know your risks · Make a plan · Build a kit · Stay informed

If you require this information in alternate format, please contact the Accessibility Coordinator by calling 905-572-3329 ext. 2527 or email accessibility@northumberland.ca

Northumberland County

Ivy's Monthly Wellness Tip

Practicing Self-Compassion

You're doing great!

Ivy's Monthly Wellness Tip: Practicing Self-Compassion

Care Timmermans
2024 Jun 28

40 views · 2 comments · 4 likes · Visible to Everyone

This month's theme for Ivy's Wellness Tip is Practicing Self-Compassion. We all need a reminder sometimes to silence our inner critic and take some time to care for ourselves. TELUS Health offers a toolkit for Building Self-Care [linked here](#).

Dealing with grief, anxiety or depression? We all go through ups and downs, feel sad, or worry about specific events from time to time. Reach out for support using the TELUS Health Care line program under the Support & Resources tab. You are not alone.