

HEALTH AND SAFETY MATTERS

Promoting a Positive Health and Safety Environment
Red Deer Public Schools



Good Day Team

Welcome to the month of April, fourth month of the year.

Includes Easter, Earth Day, April Fools Day, end of Ramadan, and Administrative Professionals day. April 28th is also the national day of mourning for workers who died, were injured or made ill from their work. Hopefully with the month of April comes spring showers and gets rid of the snow once and for all or for a couple of months anyway.



April is Distracted driving month

Alberta's distracted driving law applies to all vehicles as defined by the Traffic Safety Act and all roads in Alberta. It restricts drivers from doing any of the following, even while stopped at red lights:

- using hand-held cell phones
- texting or e-mailing
- using electronic devices such as laptop computers, video games, cameras, video entertainment displays and programming portable audio players such as MP3 players
- entering information on GPS units
- reading printed materials in the vehicle
- writing, printing or sketching
- personal grooming such as brushing and flossing teeth, putting on makeup, curling hair, clipping nails or shaving

You can be charged with distracted driving, even if your driving performance does not appear to be affected. If you commit a moving violation while distracted, you could receive two tickets – one for distracted driving and one for the moving violation.

Penalties

The penalty for distracted driving in Alberta is a \$300 fine and 3 demerit points.

Activities that are not specifically restricted under the law are:

- using a cell phone in hands-free mode – the device is not held in the driver's hand and is activated by voice or a single touch to the device
- using an earphone – if it is used in a hands-free or voice-activated manner
- drinking beverages – coffee, water or pop, eating a snack
- smoking
- talking with passengers,
- listening to a portable audio player – as long as it is set up before you begin driving
- calling emergency services such as 9-1-1 with a hand-held cell phone
- using two-way radios or hand-held radios (also known as CB radios) when a driver is required to remain in contact with one's employer, such as when escorting oversized vehicles or when participating in search, rescue and emergency management situations
- permitting the display screen of the following:
 1. GPS navigation system – as long as the system is affixed to the vehicle and programmed before you begin driving or the system is voice activated. You cannot hold the unit or manually enter information while driving
 2. Collision avoidance system
 3. Gauge, instrument, device or system that provides information about the vehicle's systems or the vehicle's location
 4. Dispatch system for transporting passengers
 5. Logistical transportation tracking system that tracks vehicle location, driver status or the delivery of goods for commercial purposes
 6. Alcohol ignition interlock device

National Day of Mourning for Workers injured, made sick or killed on the worksite

April 28, 2025

Observance

The National Day of Mourning is a day to remember and honour those lives lost or injured due to a workplace tragedy. It's also a day to collectively renew our commitment to improving health and safety in the workplace and to preventing further injuries, illnesses and deaths.

How to support

Traditionally on April 28, the Canadian flag flies at half-mast on Parliament Hill and on all federal government buildings. Employers and workers observe Day of Mourning in a variety of ways. Some light candles, lay wreaths, wear commemorative pins, ribbons or black armbands, and pause for a moment of silence.

We encourage organizations, employees, communities, and individuals to hold or support an event, or to simply observe a moment of silence at 11 a.m. on April 28. Consider sharing or playing our moment of silence video in your workplace to honour those who have died or suffered injury or illness due to a work-related tragedy. (found on the CCOHS site)

Employers and individuals can also show their support and commitment to a safe workplace by promoting the social media cards and messages provided on this page. By sharing these messages, you remind more people to put health and safety at the forefront of their work and help to prevent further work-related injuries and loss of life.

Beyond the statistics

According to the Association of Workers' Compensation Boards of Canada (AWCBC), in 2023, there were 1,057 workplace fatalities recorded in Canada. Among these deaths were 29 young workers aged 15-24. Add to these fatalities the 274,022 accepted claims for lost time due to a work-related injury or disease, including 32,861 from workers aged 15-24, and the fact these statistics only include what is reported and accepted by the compensation boards, there is no doubt the total number of workers impacted is even greater. And it's not just these numbers on which we need to reflect. With each worker tragedy there are loved ones, family members, friends and co-workers who are directly affected, left behind, and deeply impacted – their lives also forever changed.

History

In 1991, eight years after the day of remembrance was launched by the Canadian Labour Congress, the Parliament of Canada passed the Workers Mourning Day Act making April 28 an official Day of Mourning. Today the Day of Mourning has since spread to more than 100 countries around the world and is recognized as Workers' Memorial Day, and as International Workers' Memorial Day by the International Labour Organisation (ILO) and the International Trade Union Confederation (ITUC).

It is the hope of CCOHS that the annual observance of this day will help strengthen the resolve to establish safe and healthy conditions in the workplace, and prevent further injuries, illnesses, and deaths. As much as this is a day to remember those who have lost their lives, it is also a call to protect the living and make work a place where people are safe and can thrive.

<https://www.youtube.com/hashtag/dayofmourning>

The LifeQuilt, a project by [Threads of Life](#), is a unique and permanent memorial dedicated to the thousands of young women and men between the ages of 14 and 24, who have been killed and injured on the job. The quilt commemorates 100 young workers killed on the job with individual, personalized quilted blocks. One hundred injured young workers are recognized on the centre panel. [Learn more](#)



Candied Carrots

Ingredients

- 1 1/2 lb. medium carrots, cut into 1/4-inch-thick rounds on the bias
- 1 1/4 tsp. kosher salt, divided, plus more to taste
- 1/4 cup packed light brown sugar
- 3 Tbsp. salted butter
- 2 Tbsp. apple cider vinegar
- Black pepper, to taste
- 1/4 cup fresh parsley leaves, chopped

Directions

- 1 Scatter the carrots in a large skillet and add 1 teaspoon of salt and 1 cup of water. Bring to a rapid simmer over medium heat and cook until the carrots are just tender, about 5 minutes.
- 2 Add the brown sugar, butter, vinegar, remaining 1/4 teaspoon of salt, and a few grinds of pepper to the skillet. Increase the heat and boil, tossing the carrots occasionally, until the sauce is reduced to a glaze, 4 to 5 minutes. Sprinkle with the parsley and season with salt and pepper.

This is a wonderful dish to add to your Easter dinner, I substituted lemon juice for the vinegar, but you do you.

Leftover ham casserole

Ingredients

- Nonstick cooking spray
- 4 cups chicken broth
- 2 cups long grain white rice
- 2 Tbsp. soy sauce
- 4 fresh thyme sprigs
- 2 cups shredded pepper jack cheese, divided
- 1 cup crushed buttery crackers, such as Ritz
- 4 Tbsp. unsalted butter, divided
- 1 medium red bell pepper, seeded and finely chopped
- 1 medium poblano pepper, seeded and finely chopped
- 1 medium yellow onion, chopped
- 1/2 tsp. ground black pepper
- 2 garlic cloves, minced
- 2 Tbsp. all-purpose flour
- 3 cups whole milk
- 1/2 cup sour cream
- 1 1/2 tsp. kosher salt
- 2 cups cubed ham
- 1 1/2 cups frozen peas, thawed
- Chopped fresh parsley, to garnish

- 1 Preheat the oven to 400°F. Spray a 13-by-9-inch baking dish with nonstick cooking spray.
- 2 In a medium saucepan, bring the broth, rice, soy sauce, and thyme to a boil over medium-high heat. Cover and reduce the heat to low; simmer until the rice is tender and the broth is absorbed, about 20 minutes. Remove the thyme sprigs.
- 3 In a small bowl, stir together 1/2 cup of cheese, crackers, and 2 tablespoons of melted butter.
- 4 In a large stockpot, heat the remaining 2 tablespoons of butter over medium heat. Add the bell pepper, poblano, onion, and black pepper; cook until the vegetables are tender, about 5 minutes. Stir in the garlic; cook until fragrant, 30 seconds to 1 minute. Whisk in the flour; cook until the raw flour smell is gone, 2 to 3 minutes. Whisking constantly, slowly add the milk. Cook, stirring frequently, until thickened and smooth, 3 to 4 minutes. Stir in the remaining 1 1/2 cups of cheese, sour cream, and salt. Stir in the rice mixture, ham, and peas. Pour the ham and rice mixture into the prepared pan and sprinkle evenly with the cracker crumb mixture.
- 5 Bake the casserole until it is bubbly and the topping is golden brown, 15 to 20 minutes. Let stand for 5 minutes before topping with parsley. Serve immediately.

Your Weather

Just in from the national weather center. Alberta will be facing a 100 cm snow fall this week. Temperatures will be below normal and the snowfall will stick around for the month of April and May. wink wink

or

Here's to hoping April showers bring May flowers instead of 20 cm of snow. With spring well on its way there is still a chance of freezing over night or freezing rain. Please step gently, and be aware