



Never look back unless you are planning to go that way. **Henry David Thoreau**

Cancer Care Ontario President & CEO to visit January 5, 2011

Dr. Terry Sullivan, President & CEO of Cancer Care Ontario will be visiting Windsor Regional Hospital to share the new 2011-2015 Ontario Cancer Plan. The Cancer Plan outlines the priorities in Ontario for cancer services, which includes an investment of approximately \$800 million over the next four years. In addition to a media conference, Dr. Sullivan will be conducting a special Town Hall meeting, and meeting with our leadership team and community partners.

Met Gift Shop Seeks Volunteers

The gift shop at Met Campus is seeking volunteers who can commit to regular shifts. For more information, contact Renee Hopes, Volunteer Coordinator at Met Campus at ext. 52343.

Update Your Info with Human Resources

Staff are reminded to please contact HR with any address or telephone changes. T4's will be mailed out in the New Year. Please contact Melissa Simas at extension 72302 for more information.

Dine at Mazaar and support the Cornerstone of Caring Campaign

On Sunday, January 9, 16 & 23 Mazaar (372 Ouellette Ave., 519-967-9696) is donating 50% of total food bills to the Cornerstone of Caring Campaign for those dining between Noon and 4 p.m. Simply present the coupon available on the Foundation page of the Windsor Regional Hospital internet site and present to the server upon placing your order. Offer is valid for dining in and take-out.

Citrix Upgrade Launch

Reminder: The launch date for the upgrade to Citrix is January 5th, 2011 at the Western Campus. The Met Campus and satellite locations will update to the new version of Citrix on January 18th, 2011.

Hats on for Healthcare!

Hats on for Healthcare will take place on February 16, 2011. Everyone is invited to contribute a toonie to the WRH Foundation and wear a hat to work. Businesses and organizations throughout the region will be participating. For more information contact Danielle Ramsten at ext 52656.

Inclement Weather Protocol

Staff are reminded to check with switchboard to see if Inclement weather Protocol has been put into effect.

Did you know?

Despite early reports from Saskatoon, Montreal and Ottawa, the first Canadian baby of the year was born at Windsor Regional Hospital at 12:01 a.m. on New Year's Day.

The Tribune is a publication of the Public Affairs Department of Windsor Regional Hospital.

Submissions can be made to gisele_sullens@wrh.on.ca or by calling ext. 52008.

Safety Talk



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Welcome to Safety Talk. Safety Talk is a new quarterly publication issued by WRH's Occupational Health and Safety Department. Each issue will focus on a different workplace topic.

PREVENTING EXPOSURE TO FOOD ALLERGIES IN THE WORKPLACE

WHAT IS AN ALLERGIC REACTION?

Severe allergic reactions occur when our body's immune system reacts to a particular allergen or irritant. For some people these reactions can be triggered by certain food or food ingredients. Symptoms of an allergic reaction may include such things as itchy skin; swelling of the eyes, face, lips, throat and tongue; trouble breathing, speaking or swallowing or vomiting. The most severe form of an allergic reaction is called anaphylaxis – with symptoms including breathing difficulties, a drop in blood pressure or shock, which may result in loss of consciousness and even death.

WHAT ARE THE MOST COMMON FOOD ALLERGENS?

The "priority food allergens" include: Peanuts/ Tree nuts, Seafood (fish, crustaceans and shellfish), Eggs, Milk, Wheat and other cereal grains containing gluten, Soy and Sesame Seeds and Sulphites. The principal route of exposure to food allergen is via ingestion of the allergen; however, a sensitive individual may also react to tactile (touch) exposure or even inhalation exposure. Peanuts and tree nuts alone account for the majority of severe and fatal reactions.

WHAT CAN WE DO TO ASSIST IN PREVENTING EXPOSURE IN THE WORKPLACE?

1. As much as possible, staff should consume food only in DESIGNATED food areas or staff lounges. *Do not eat food or snacks at workstations - You never know when someone who has a severe allergy could be in the area.*
2. Wash your hands and surfaces before and after handling/consumption of food!
3. Consider creating/maintaining an "allergy-free" eating area, or "peanut-free table" in your work area.
4. Cross contamination, the cooking or serving of different foods with the same utensils and surfaces, should be avoided.
5. Talk to Occupational Health & Safety about posting signs in the work area to remind everyone that a co-worker has a severe food allergy.
6. Avoid bringing foods that contain food allergens to the work area/unit.

WHAT CAN INDIVIDUALS WITH ALLERGIES DO TO AVOID/PREVENT EXPOSURE TO FOOD ALLERGENS?

1. Know what foods or other factors trigger a reaction and avoid them.
2. When eating out, ask what is in the food you are to be served.
3. When in doubt, do not eat the food.
4. Communicate the seriousness of your allergy to your Manager and co-workers.
5. Wash hands before and after eating.
6. Read/learn the ingredient labels on foods to avoid exposure to even trace amounts of food allergens. If you have ill reactions to foods, such as localized itching and swelling, carry an antihistamine with you.
7. If you have a severe attack, ask your care provider about carrying an EpiPen for emergency purposes.
8. Consider wearing a medical alert bracelet, so that in case of an accident, others will know about your allergies and reactions.
9. Promptly inform and report as soon as accidental exposure occurs or symptoms appear.

'Safety Talk' is a publication of the Occupational Health & Safety Department of Windsor Regional Hospital.

For more information, contact:

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