



To acquire knowledge, one must study; but to acquire wisdom, one must observe. ~ Diogenes

Taiwanese Nursing Students Visit Windsor Regional Hospital

Windsor Regional Hospital is pleased to be hosting a group of 4 Taiwanese nursing students. The students are 3rd year students from Taipei, Taiwan. They are taking an International nursing studies course through the University of Michigan, and are spending a week at the University of Windsor to learn about the Canadian Healthcare System. Their course objectives are to explore health beliefs and values in Canadian culture and to compare the differences of health care systems in Taiwan and Canada. The visit is coordinated by Karen Riddell, Manager, Professional Practice and includes a visit with WRH's Chief Nursing Executive, Karen McCullough.

Dine at Per Bacco in August

For the entire month of August, Per Bacco Ristorante (1199 Ottawa St.) is donating 10% of all lunch food sales to Windsor Regional Hospital Foundation in support of the Cornerstone of Caring Campaign. This promotion is open to everyone – please let your friends and family know! Call 519-255-1199 for information, or visit www.perbacco.ca.

John Atkinson Golf Tournament

This year the John Atkinson Memorial Fund has chosen Windsor Regional Hospital Regional Children's Centre – Family Learning Place as the beneficiary of funds raised at their golf tournament. The tournament is scheduled for Thursday, September 1 at Sutton Creek Golf Club. They are looking for many golfers to participate! Price per golfer is \$125 and includes 18 holes, cart and steak dinner. For more information call 519-965-2189, or visit www.johnatkinsongolf.com.

Tuition Reimbursement

Reminder—the deadline for Tuition Reimbursement for WRH staff is August 1, 2011. If the course begins during the months of **September 1 - December 31, 2011**, your application (approved by your Manager) must be submitted to Learning Resources no later than August 1, 2011.

Rainbow Run

Windsor Regional Hospital is teaming up with the local Pride organization in hosting the 2nd annual Rainbow Run. It is a 5km Walk or Run taking place on Sunday, August 7, 2011 at Dieppe Park.. Registration is \$28 and all participants receive a t-shirt. There are prizes for every age category and great door prizes. Proceeds support Pride and the Cornerstone of Caring project. For more information visit www.rainbowrun.com.

Racing the Vine Raffle

Tickets are available for the annual Racing the Vine raffle. Tickets are \$2 or 3 for \$5. Prizes include a year of free spa services, a basket of local wine, a Niagara getaway and a Garmin watch. Tickets can be purchased in the Foundation office ext. 52449. Proceeds support the Cornerstone of Caring . Racing the Vine will take place on September 17, 2011 with the raffle occurring September 24th.

Did you know?

Patients can receive emails from friends and family. Send an e-greeting is available at www.wrh.on.ca.

E-greetings are delivered by WRH volunteers.

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 the 3rd Edition of Safety Talk. Safety Talk is a new quarterly publication issued by WRH's Occupational Health and Safety Department of Windsor Regional Hospital. This issue focuses on Sprains & Strains.

Sprains & Strains at Windsor Regional Hospital

A **Sprain & Strain** injury, or Musculoskeletal Disorder (MSD), can develop as a result of repetitive, forceful, or awkward movements to the bone, joints, ligaments, and other soft tissues. Symptoms include but are not limited to discomfort, pain, numbness, tingling, weakness, and restricted movements. MSD hazards include:

Force - Force is the effort exerted by our muscles, which causes pressure on the body. Damage can happen from a single movement, or may result when moderate to high levels of force are repeatedly used. The activities that often involve high force requirements include: Lifting, lowering, and carrying Assisting patients, restraining patients or dealing with resistive patients, pushing or pulling, and gripping and manipulating objects.

Fixed or awkward postures - Posture is the position that different parts of our body are in during any activity. It is when we are moving our joints beyond their normal range of motion that strain is put on the muscles, tendons, and ligaments around the joint. If a worker pulls or lifts repeatedly outside their normal range of motion, there is a higher risk of injury.

Repetition - Is when we use the same parts of our bodies over and over again, with few breaks or chances to rest. Highly repetitive tasks can lead to fatigue, tissue damage, and eventually pain and discomfort. This can even become an issue when the force being used is relatively low and postures are not awkward, for example typing at a desk for long periods of time. Like other MSDs the risk will increase as the force exerted is increased.

Self Assessing MSD Hazards

Force – To understand force and its effects on the body we must consider the weight of the object(s), how much force needs to be exerted and for how long, how many times it has to be exerted, and the posture being used when force is exerted.

Fixed or Awkward Postures – It is important to have good footing and posture before beginning an activity that requires force. Consider how long you need to hold an awkward posture, how many times this posture is used in any given time period, and any force that may be exerted during this position.

Repetition – Consider how repetitive the task is, how long you are needed to perform the task, and the posture you are required to use while doing the task.

Seeking a Solution

- (1) Know Your Limits – Know your strength limits and your weaknesses, set yourself comfortable working parameters, and work within them.
- (2) Rest Your Muscles – Pain caused by holding a posture for an extended time and from repetitive work can be avoided by giving your affected muscle groups mini breaks. Switch tasks, stop and stretch, alternate between safe & comfortable postures.
- (3) Use the Right Tool for the Task – Many tools are available to workers for conducting a wide variety of tasks. Consider patient lifts, a step stool, assistance from another staff member, or tools specialized for activities in your department.
- (4) Work With Your Supervisor – Tell your supervisor what doesn't work and causes you aggravation and pain. Suggest alternate methods of doing a task or ask for assistance where required.

Did you know?

In 2010, 'Sprain & Strain' injuries represented 41% of all employee injuries at Windsor Regional Hospital.