



WHAT WENT WRONG?

A guide to discussing the **Water Fight** safety advertisement in your workplace

Workplace safety doesn't become any less important after you clock out. In fact, it's what – and who – we come home to at the end of the day that makes our safety so valuable.

It should never take a loss to put what's important into perspective. This discussion guide is designed to start conversations about safety *before* injuries occur.

In **Water Fight**, a home care worker sustains a back injury while helping a patient on the job. It's a situation far too many Nova Scotians have faced. Home care and continuing care are among the sectors with the highest injury rates in the province, with back injuries being the most common injury type.



Safety starts with conversation. Use this guide at your next team meeting, toolbox talk, or JOHSC meeting.

QUESTIONS & DISCUSSION POINTS

- What workplace hazards have you seen or experienced on the job?

- What equipment is provided to help you do your job safely? Do you feel this equipment is sufficient?

- In **Water Fight**, the worker places an emergency call and says, "The lift wasn't working, and he was in pain so I tried to lift him on my own." Have you ever felt that you had to sacrifice your own safety as part of your job?

- What are three ways this injury could have been prevented? (prompt for: Safe lifting equipment, adequate lift and transfer policies, more than one person on the job, asking for help beforehand, etc.)

- What safety measures do we/you use to control our hazards?

- What hazards are an everyday part of your job? What do you think can be done to decrease the risk of these hazards?

- At our workplace, how do we identify and report hazards? What role do Hazard Reports play in getting safety issues fixed?

- How can all employees (and managers) influence a positive safety environment?

- What are some ways that work-related injury impact our lives outside of the workplace?

- Who or what do **you** work safely for?

WHERE FROM HERE?

Everyone in a workplace shares responsibility for safety, based on their own level of authority and ability. That's the central message behind the [Internal Responsibility System \(IRS\)](#).

What can you do next?

- Visit awarens.ca to learn more about what leaders in the industry are doing to change outcomes.
- Get the training you need to safely do your work. If it's not offered right away, ask for it.
- Ask your boss to explain safety rules, and follow them.
- Take the time to work safely. If you're feeling way too rushed, talk to your supervisor.
- Don't take shortcuts, even if other people do.
- Always use safety equipment, including safety equipment and personal protective gear and clothing.
- Operate machinery and tools properly.
- Be an advocate for safety. Help others to speak up too.
- Report anything you feel is unsafe.
- Work with your supervisor and boss to make positive change happen.

The **PACE** video series shows tools that help make day-to-day tasks safer.

Point of Care Assessment Tools:

- [PACE Yourself](#) – A health care worker's guide for assistance
- [PACE Yourself Pictogram](#) – A poster for workplaces
- P – Physical – [Slings](#) – Sling selection and integrity checklist
- P – Physical – [Transfers](#) – An assessment based on mobility
- P – Physical – [Repositioning](#) – A guide for bed repositioning
- A – [Agitation](#) – Safe handling guide for agitated or aggressive behaviour
- C – [Communication](#) – Safe handling guide for better communication
- E – [Environment](#) – Conduct an environmental scan to identify hazards and evaluate risk
- [PACE Form](#) – Sample safe resident handling assessment form
- [PACE Logos](#) – For download and printing

Visit the [Nova Scotia Occupational Health and Safety Division](#) to find out more about the OHS Act and IRS rights and responsibilities.

For more workplace safety tools and resources visit worksafeforlife.ca.