



## HOSPITAL EMPLOYEES' UNION

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### PROVINCIAL OFFICE:

5000 North Fraser Way, Burnaby, BC V5J 5M3 • TEL: 604-438-5000 • FAX: 604-739-1510 • WEB: [www.heu.org](http://www.heu.org)

September 17, 2015

Secretary-treasurers

Dear Sisters and Brothers:

### **Re: Be Care Aware Day – Thursday, September 24, 2015**

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It's astonishing that health care workers in British Columbia have higher injury rates than police officers, fire fighters and lumberjacks.

That's why HEU has joined SafeCare BC in its awareness campaign – Be Care Aware! – to draw attention to these growing injury rates, examine the risks, and make recommendations on best practises to keep health care workers safe on the job.

According to WorkSafeBC, residential care staff – particularly care aides – have an annual injury claim rate four times the provincial average – at about 2,900 claims – with an estimated 120,000 days of missed work each year. Not surprisingly, musculoskeletal (MSI) and violence are the two leading causes of health care injuries.

As HEU members know, chronic short-staffing and increased pressure to get the job done with less time and fewer staffing resources, often lead to burnout and substantially heightens the risk of workplace injuries.

On **Thursday, September 24 – Be Care Aware Day** – event organizers plan to start a province-wide conversation on workplace safety, and we encourage HEU locals to participate by ordering a “Be Care Aware” kit (send an email to [tracey@safecarebc.ca](mailto:tracey@safecarebc.ca)), and by talking to supervisors and each other about health and safety at your work site.

There are educational videos and resources available online at [www.SafeCareBC.ca/BeCareAware](http://www.SafeCareBC.ca/BeCareAware), and SafeCare BC is recommending that workplaces organize a “Be Care Aware” challenge.

Photos posted to social media sites should use the hashtag #BeCareAware.

In solidarity,

Jennifer Whiteside  
Secretary-business manager

cc: Provincial Executive, Chairpersons, Reps and Directors