

# Live Safe! Work Smart!

Health and safety e-news for Ontario teachers

## ? You Asked Us

**Did You Know?** Sleep is particularly important for adolescents' development. Inadequate sleep is associated with decreased academic achievement, impaired performance, behavioural problems, accidents, and diminishes quality of life.

Research highlights in this area include:

- Adolescents require 8.5 or more hours of sleep each night
- Approximately 48% of adolescent students have less than 8 hours of weeknight sleep
- 24% of adolescent students reported lower grades due to sleepiness
- 60%-70% of adolescent students indicated that they were very often sleepy between 8:00-10:00 in the morning.
- 6% of adolescents may have an unrecognized sleep disorder

Consider sharing this with your students as they transition from summer to school mode!

## Tish's Tips

As you begin the new year, remember that the WSIB has great free stuff for your classroom. You can find posters, videos and other resources at [www.ywap.ca](http://www.ywap.ca).

Don't forget about the annual student safety video contest, held every spring. Check out last year's winners [here!](#)

## Safety is Good Business

Secondary school business education may be the first step in the careers of future CEOs, supervisors, and workplace leaders. With increased emphasis on co-operative education and the new Specialist High Skills Major, a secondary school education that includes business courses can benefit many areas of students' careers.

The Live Safe! Work Smart! Grade 9-12 CD has resources to meet safety-related expectations that are included in the business and law curricula, including:

- Case studies (building awareness of the business costs of health and safety)
- Information about labour legislation such as the Workplace Safety and Insurance Act, Occupational Health & Safety Act (regulations, rights and responsibilities), and Employment Standards Act (minimum wage, etc.)
- Ergonomics lessons for computer studies courses

The following testimonial describes how the Live Safe! Work Smart! series of resources is flexible enough to meet a variety of expectations.

*During my year as a teacher candidate at the Ontario Institute for Studies in Education (OISE), I was faced with the challenging assignment of preparing an innovative, engaging and fun lesson plan on health and*

*safety issues involving computers. The process of gathering good quality and comprehensive resources started out as a daunting task. Resources were difficult to come by.*



Source: *Work Safe!* University of California at Berkeley

*Thanks to an excellent and inspiring presentation from the Ministry of Labour on the Live Safe! Work Smart! resources, I was able to create an innovative, engaging lesson for all students. In fact, my professor at OISE recommended the resource to me as a tool for my research.*

*The resources are well organized and of good quality. The CD is easy to use and is a valuable resource; it is comprehensive and has everything from overheads to activities. Thanks for an excellent and useful resource for all teachers.*

*Orianna Rago, B.Comm., B.Ed.*



## Bright Idea

Do you have unused Passport to Safety PINs and passwords? Before you order more, please visit Passport to Safety's [Ontario Teacher Zone](#) to find out if you do, and start the year off safely!

**We welcome your thoughts, comments and suggestions for future newsletters at 416-326-8561 or [info@livesafeworksmart.net](mailto:info@livesafeworksmart.net).**

## Links

- [www.passporttosafety.com](http://www.passporttosafety.com)
- [www.prevent-it.ca](http://www.prevent-it.ca)
- [www.ywap.ca](http://www.ywap.ca)
- [www.livesafeworksmart.net](http://www.livesafeworksmart.net)

Vol. 2  
Issue 1