

NATIONAL INJURY PREVENTION DAY - JULY 5, 2023

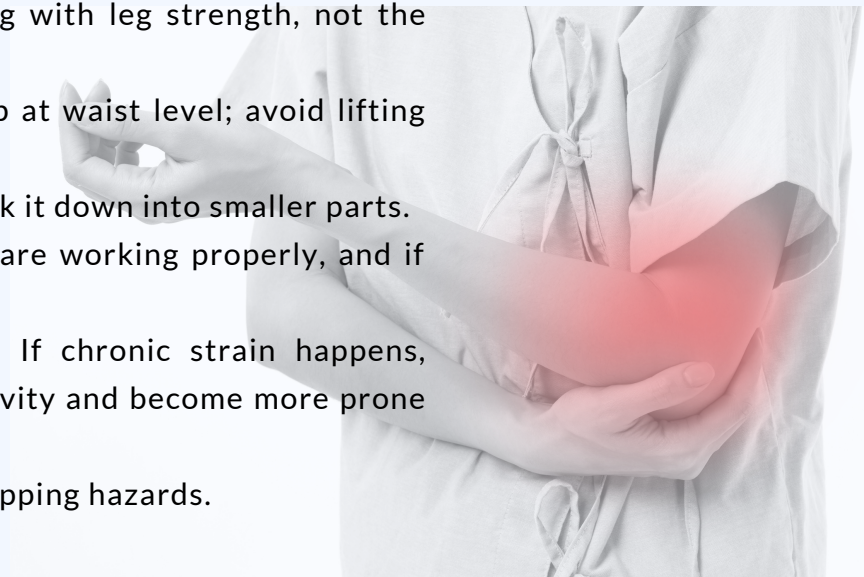
"TOMORROW - YOUR REWARD FOR WORKING SAFELY TODAY"

July 5th is National Injury Prevention Day (NIPD), a day to raise awareness about the harmful effects of predictable and preventable injuries across Canada.

Sprains and strains are among the most common injuries for B.C. workers, including those in healthcare. They can arise from a number of incident types, such as overexertion, repetitive motion, and slips, trips, and falls. These are referred to as musculoskeletal injuries (MSIs).

HOW TO AVOID SPRAINS & STRAINS IN THE WORKPLACE

- Always lift by bending at the knees, lifting with leg strength, not the back.
- Carry all loads close to the body, and keep at waist level; avoid lifting upward unnecessarily.
- Avoid lifting heavy loads alone, and/or break it down into smaller parts.
- Ensure all equipment such as patient lifts are working properly, and if not report to supervisor ASAP.
- Stretch every day to increase flexibility. If chronic strain happens, muscles become less able to withstand activity and become more prone to injury.
- Keep workspaces free of spills and other tripping hazards.



*Sources: worksafebc.com & workplacesafetyscreenings.com

MARVELOUS MENTOR AWARD

Shout out to Health Care Assistant RICK MORCOMBE, the winner of last quarter's MARVELOUS MENTOR AWARD.

Rick was selected for the passion and care he demonstrates in mentoring our HCA students during their practicums at Broadway Lodge.

Thank you Rick for always going above and beyond in creating such a positive learning experience for our students.



There have been 2 major announcements from the Government of Canada recently which have very positive impacts on those who wish to pursue training at Drake Medox College.

Elimination of Canada Student Loan Interest

- Effective April 1st, 2023, the Government of Canada has permanently eliminated the accumulation of interest on all Canada Student Loans including loans currently being repaid
 - Students are still responsible to pay any interest that may have accrued on your loan before April 1, 2023.
 - BC Province has eliminated interest rates effective February 19, 2019
 - Out of BC province applicants must verify residency requirement before application as other Canadian provinces still have provincial interest rates applied to student financial assistance
- **Must be Canadian Citizen, Permanent Resident, or designated as protected person to apply*

Work Permit Holders Can Study without Study Permit-No Matter How Long The Program

Starting immediately, foreign workers will have the opportunity to seek additional training and education that can help them in their careers. Prior to this change, foreign workers could study while working, but only in programs of 6 months or less. For longer programs, they had to apply for a separate study permit. With this new 3-year temporary measure, foreign workers can study full time or part time while their work permits are valid or until the expiration of the policy, with no restrictions on the length of the program.

This temporary measure applies to those who hold a valid work permit or who have submitted an application to renew their work permit on or before June 7, 2023, and are authorized to work. If a foreign worker wishes to study longer than the duration of their work permit, they still need to apply for a study permit. *Full details at: www.canada.ca/en/immigration-refugees-citizenship/news/2023/06/*

Call an advisor to learn about our special tuition grants and extended payment terms for those on Work Permit

Vancouver: 604-629-0196

Surrey: 778-725-2965

JULY EVENTS-COME BY TO VISIT OUR BOOTH & ENTER TUITION SCHOLARSHIP DRAWS

FIESTA EXTRAVAGANZA-Celebrating Filipino Heritage:
July 22 & 23 at Surrey Civic Plaza

PICS JOB & EDUCATION FAIR: July 27 at North Surrey Ice & Sports Complex 10:00AM - 3:30PM

