

## Americas SSHE Week

SSHE (Security, Safety, Health and Environment) week was kicked off for offices throughout the Americas on 7 May 2007, with a series of activities.

Vancouver celebrated with lunchtime activities, handouts, snacks and a hot dog day on the Friday. A selection of topics was covered at the lunchtime sessions including:

- A presentation by Rob Stocki on Fall Protection Basics: demonstrating the correct procedures for wearing a safety harness
- 'Yogic' lunch and learn session: how to relieve tension while at work, learning the steps necessary to ward off the negative outcomes of stress and headaches
- People - Planet - Profit discussion: reviewing basic concepts of AMEC's sustainability plan, what is sustainability, the business case for sustainability for AMEC and what are some things that AMEC is doing today.

SSHE week was honoured by the Calgary Oil Sands, Oil & Gas office carrying out a series of activities around the Transportation Safety theme. Informative and educational activities were scheduled throughout the week and included daily, organic, whole fruit available at each office every morning; daily noon hour presentations by guest speakers; colouring contest and daily quizzes based on the day's theme.

The guest speakers included a representative from the City of Calgary (Transportation), a certified yoga instructor, a bicycle mechanic, a registered psychologist (stress management), and a representative from a local health food store. Prizes included bicycle helmets for employees and their children, emergency roadside kits, a one month pass for Calgary Transit, a personal hydration system, bicycle safety items (lights, reflectors, and bells), water bottles and of course, the coveted hard-hat stress ball. Prizes were available to individuals who attended the sessions and completed the daily quizzes.

Lots of positive feedback and suggestions were made by employees to not only improve next year's SSHE Week but to make the workplace safer and healthier year-round!