

The way to Wellness...



Displays

Displays can be set up at your site to raise employee awareness of health issues and topics. Pamphlets and/or handouts can be left for interested employees to take. Call us to discuss or book one of the following displays.

Low Risk Drinking Guidelines: Intoxiclock Pro is an interactive tool used to visually demonstrate how drinking different types and amounts of alcoholic beverages raises a person's BAC. The program calculates the time it takes for the body to metabolize that alcohol back to zero BAC. An interactive Pour Challenge will increase awareness of standard drink sizes and Canada's Low Risk Alcohol Drinking Guidelines.

Dangers of Alcohol Impairment: The Danger In Every Step (DIES®) Roadside Sobriety Test and Stairs Challenge Mat is an interactive activity designed to raise awareness of the dangers and consequences of alcohol impairment. Users will be challenged with a roadside sobriety test and/or walking down a set of stairs while wearing Fatal Vision® goggles with varying levels of impairment.

DIES® Winding Sidewalk Mat: This interactive activity will have users attempt to walk a winding path or sidewalk while wearing Fatal Vision® goggles with varying levels of impairment. By participating in this activity, users will become aware of the consequences of falling off of a sidewalk or path, and will understand the dangers of walking home while impaired.

Fatal Vision® Goggles: Participants will experience the various ways in which alcohol can impair balance, vision, reaction time, and judgment. Simple activities will be performed with the Fatal Vision® goggles such as walking a line, standing on one leg, tossing a ball, or grabbing an object. Users will become aware of the potentially dangerous consequences of alcohol impairment.

Roadside Sobriety Test: The Line Detector® is an interactive experience, allowing users to "walk-the-line" while wearing Fatal Vision® goggles. Sirens will alarm and harm-reduction messages will be given to users who deviate from the line.

SUM-IT-CUP® (Standard Drink Units): This educational tool will test your 'bartending skills' by providing hands on experience with pouring and measuring a volume of liquid in order to determine the number of standard drink units for various popular alcoholic beverages.

You Call the Shots (Standard Drink Units): This brightly colored table top banner shows the audience how many standard drink units are in popular alcoholic drinks. Remember, just because a drink is in one glass does not mean it's just one drink. Underestimating the amount of alcohol in a drink can lead to impairment levels higher than you may have anticipated. As a bonus, this banner also provides the calories contained in 52 popular alcoholic beverages.

Smash Match® Impairment Challenge: Think you have what it takes to match and place simple traffic-related shapes on the Smash Match® mat? Try it 'sober', and then attempt it while wearing the Fatal Vision® goggles. Not hard enough for you? The final attempt will be made while wearing Fatal Vision® goggles, while someone is asking you questions as you attempt to complete the activity. Users will learn how impairment in our senses can greatly decrease our ability to accomplish tasks.

Cannabis Impairment: This Fatal Vision® simulation experience comes with six interactive activities where users will learn about the consequence of impairment resulting from cannabis use. Activities will show a loss of (and altered) visual perception, short-term memory loss, and slowed reaction time and decision making.

For a Healthy Blood Pressure: About one in five Canadians are at risk of developing heart disease due to high blood pressure. Know your risks and how to maintain a healthy blood pressure.

Smoke-Free Homes “Breathing Spaces”: Second-hand smoke is poisonous, and contains over 4,000 chemicals – and more than 40 of them are known to cause cancer. Learn how to make your home and car smoke-free.

Quitting Smoking Display or Banner Up: Your employees can find out what stage they are in, if they are deciding to quit. Understand the benefits of not smoking as well as Quit tips for that time when you’re ready to give it up.

Get Going, Get Active, Be Creative Physical Activity Display: Fifty-two percent of people in Ontario are inactive, making physical inactivity a definite health issue facing Ontarians today. Learn about Canada’s Physical Activity Guidelines and how much physical activity you should be doing in a week as well as how much your children should be getting.

Healthy Eating: Customize a display for your workplace by selecting any 3 of the following topics: Plan, Shop, Cook, Eat, Caffeine, Sugar, Fibre, Fat, Sodium, Move and Celebrate. Accompanying visuals, handouts and information will be provided based on the topics of interest.

Healthy Eating and Cancer Prevention: It is estimated that about one third of all cancers can be prevented by eating well, being active and maintaining a healthy body weight. Learn what it takes to eat healthy.

Battle of the Beverages (Banner Up): How much sugar is in your favourite drink? Too many sugary drinks add a lot of calories and can replace nutritious drinks like water and white milk. We will provide the accompanying handout to find out how much sugar is in your favourite drink, and how you can rethink your drink.

Relax and Enjoy Life!: We all talk about stress, but we are not always clear about what it is. This is because stress comes from both the good and the bad things that happen to us. Find out more about stress and how to manage it.

Test Your Sunsense: Exposure to the sun’s ultraviolet (UV) rays can lead to: sunburns, skin damage, wrinkles, and skin cancer. Find out how to be sun smart by answering the questions on this interactive display.

Sunsense Guidelines (Banner Up): The occurrence of a single sunburn in one’s childhood years puts a person at risk of skin damage and skin cancer. Learn how to apply sunscreen, what the SPF number means, and how to protect yourself from the sun’s damaging rays.

Early Detection is the Key Cancer Display: Roughly 1 out of 2 men and 1 out of 2 women will develop cancer during their lifetime. Ask your doctor about age and risk appropriate screening test. Know your body so that you recognize changes early.

Going to a Party - Having a Party: Learn what the Low Risk Drinking Guidelines for men and women are. What a serving of alcohol actually is. Understand what your liabilities are when serving guests at your house,

workplace event, or fund-raising sport activities? Find out how to avoid any liabilities and answer the True and False question to test your knowledge.

Be Food Safe: Cook, Clean, Chill and Separate (Banner Up): Find out basic food safety to protect yourself and your family and friends. Learn what temperature food should be kept at, how to clean food properly and much more.

The Way To Wellness: This display discusses what environmental supports and health policies a worksite can put in to place for their employees to help promote healthy lifestyles. Learn how to promote healthy eating, physical activity and stress management.

On The Way to Healthy Living: This display shows us a number ways to have a healthy lifestyle. Being physically active, eating healthy, managing our stress, living tobacco free and getting regular screening are just some items shown on the display.

Concussion is a Brain Injury: A bump, blow, or jolt to the head can cause a concussion, a type of traumatic brain injury. It is extremely important to seek medical attention immediately if you receive a blow to the head, or body that results in signs or symptoms of a concussion. Learn what those signs and symptoms are.

Wash Your Hands – 5 Steps: It is important to remind people to wash their hands after going to the washroom, blowing their nose, touching pets and before eating, caring for someone who is sick. Learn how to wash your hands and prevent passing germs to yourself and others.