

Safety and Violence

Violence in the workplace can occur anywhere on the spectrum which may include low level inter personal conflict, to bullying and harassment to verbal aggression, and can escalate to threats and physical aggression. Did you know that Domestic violence in Canada accounts for 70 deaths per year on average and some of these fatalities occur in the workplace? Workplace violence can take many forms. Prevention and early intervention are always key.

Do you have a Workplace Violence Prevention strategy/plan for your workplace? Do you provide training on how to deal with conflict and verbal aggression? And provide education, assistance and emotional support for those who come forward who are at risk? The NS Government Health & Safety site and CCOHS are great resources for you to start or build on what you already have.



Health and Wellness

March is Multiple Sclerosis (MS) awareness month. In MS, the immune system attacks the protective sheath (myelin) that covers nerve fibers and causes communication problems between your brain and the rest of your body. Eventually, the disease can cause permanent damage or deterioration of the nerves. Low levels of vitamin D and low exposure to sunlight may increase the risk. Treatment is dependent on symptoms and presentation. In Canada:

Canada continues to have one of the highest rates of MS in the world - with over 90,000 people living with MS - 1 in every 400 people. The Atlas of MS report provides updated information on people living with MS in Canada. Here are some current facts:

- 4,377 people are diagnosed with MS each year - almost 12 people per day
- Average age of diagnosis is 43 years
- 75% of the people living with MS are women

Check out the World Fact Sheet and/or go to Mayo Clinic on MS for more information.

Safety and Health Week May 1st-7th

The Coronavirus (COVID-19) pandemic has impacted us all and changed the way we do things. Safety and Health Week, from May 1st-7th can still be celebrated in many ways that don't involve large gatherings or person-to-person-contact. Why not try holding a virtual event this year? Share how you'll do it, and you can help inspire others as they plan their activities. The time to plan is now. Start the conversation and celebrate all you and your teams do for health & safety! Want to check out the COVID-19 updates for march? Go to <https://novascotia.ca/coronavirus/> for more information!



International Woman's Day

International Women's Day (IWD) is a global holiday celebrated annually on March 8th to commemorate the cultural, political, and socioeconomic achievements of women. It is also a focal point in the women's rights movement, bringing attention to issues such as gender equality, reproductive rights, and violence and abuse against women. Join us on March 8th to celebrate!