



Safety Matters



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Safety

Each day in Canada, more than 40 workers under the age of 19 are injured on the job. Statistics from the Association of Workers' Compensation Boards of Canada (AWCBC) show that new workers have a higher rate of injury, especially during the first six months of employment. [See poster on Safety and Young Workers.](#)

As per the Canadian Centre for Occupational Health and Safety (CCOHS) and the Institute for Work and Health a research study identified four primary "vulnerability dimensions" that lead to increased risk of injury:

- Actual workplace risks and hazards workers experience.
- Workplace or organizational-level protection workers are/are not offered in the form of policies and practices.
- Awareness of Occupational Health and Safety Rights and responsibilities.
- Extent to which workers are empowered to take part in work-related injury prevention and refuse unsafe work.



Health and Wellness

June 4 is National Health and Fitness Day this year, and we're inviting all Canadians from coast to coast to get up, get out and get active throughout the week of May 30 to June 5. Obesity, smoking and musculoskeletal disorders (MSI) have been associated with a high injury risk for workers aged ≥45.

Sprains, strains, and other soft-tissue injuries are by far the most common way (2021 WCBNS Community Report – 64% MSIS) that people get hurt at work in our province and of all time-loss injuries were to THE BACK, the most frequently injured part of the body. Being fit for life will help prevent injuries on the job. Employers can play a role by promoting health, fitness and wellness.



Respectful, Diverse, & Inclusiveness

June is Pride Month. The Halifax Pride Festival is an annual 11 day gathering in the Halifax Regional Municipality for the 2SLGBTQ+ community. This year it is July 14-24. It features over 150 community and Pride organized events celebrating the history, culture, activism, and perseverance of the queer community. While the Halifax Pride Society organizes a number of large- and small-scale events, they engage actively with various queer groups and individuals throughout the year to support them in the planning of their own events and activities.

COVID-19 Update

Currently, all gathering limits, social distancing, and mask restrictions have been lifted. This means that in MOST places, you are free to go back to your normal sense of life! The mask mandate for public schools around Nova Scotia was lifted on May 24th and children are now permitted to be mask free at school, although it is still recommended to wear masks to slow the spread of Covid-19. As for travel, destinations you are visiting may enforce strict lockdowns and/or limits on outgoing travel. You may also be subject to your destination's infection-management procedures, such as isolation, should you get COVID-19 while abroad. You may have limited access to timely and appropriate health care should you become ill. [Make sure you read this page for more travel information.](#)

