



Safety Matters



Edition 14, October 2022

Safety

It is a good practice to check your smoke alarm batteries once per month if not hard wired into your home or at a minimum of twice per year. Many folks change the batteries when the time changes during Daylight Savings time but you can do it as part of fall safety. Check out link on Fire Safety for more tips. For those working from home, check out the Fire Safety check list to ensure you are working as safely as possible. For basic fire awareness & instruction on using a fire extinguisher go to our on-line catalogue. For more in depth fire education, check out SSNS fall offerings on Fire Prevention courses. Check out the SSNS training calendar for upcoming offerings!



Who needs to be trained in Emergency First Aid? Check out the changes in the following link for First Aid Regulations to find out who needs to be trained including those working from home, working in a remote location and recent changes on Sept 3 for increased flexibility in approved providers.

If an employee is having a medical emergency, an emergency First Aider and a manager should assess the employee and choose the appropriate mode of transportation to medical services. Should 911 be called the First Aider will direct someone to meet the First Responders at the main entrance of the appropriate building to allow entry and direct them to the injured person.

Health and Wellness

October is National Ergonomics Month and ergonomics should be top of mind as many employees are working remotely and are experiencing changes to their workstations in the office environments upon return from working remotely. If you know someone that is experiencing discomfort encourage them to seek an ergonomic assessment. SSNS can help!



Mental Health

World Mental Health Day is observed on October 10 every year, with the overall objective of raising awareness of mental health issues around the world and mobilizing efforts in support of mental health. Why wait to talk about it? Include mental health and psychological health at your safety/tool box talks/staff meetings.

Check out your organization's resources and/or the Mental Health Commission of Canada resources for a practical mental health guide. Training is offered through MHCC and SJA. #WorldMentalHealthDay



Safety Tips

- Designated Fire Wardens need to be trained in First Aid & be physically capable of quickly clearing the area in case of an emergency.
- Employees who are physically challenged and/or have mobility issues in the case of an evacuation need to have two employees assigned to provide assistance.
- Be clear in communications to note who will respond in an emergency.
- One of the most important features of your workstation is the chair. Check to see that your chair has all the required adjustable features. Another key feature is posture. Make sure you are using correct posture when sitting and using correct body mechanics when lifting. Check out WCBNS for more resources to help out in your workplace.