



# Safety Matters



Edition 15, November 2022

## Safety

Despite the unseasonal warm temperatures, winter tire season is soon coming. The changing weather conditions both on the roads and sidewalks have an impact on our safety. The question to ask is, “Am I prepared?” Every year there are a number of slips, trips, and falls which occur on employer premises and parking lots that are related to the conditions. A focus on properly maintaining parking lots, wearing appropriate footwear and keeping a hand free in case of falls can prevent a serious injury.



Take time this month to remind your employees (and yourselves) about getting ready for the change of season and the importance of winter driving readiness; driver’s training, winter tires, equip your vehicle for the “what ifs” and check in & let others know at work when you arrive safely.

## Health and Wellness

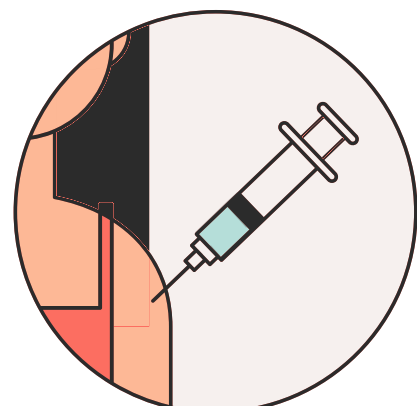
Prevention of injury or illness is number one. Next best is early intervention. Before an injury or illness happens at work, assess the job demands and identify transitional work duties that would be available should an employee go off work and need to transition back into duties and/or hours of work. Collaborating and working together with the employee, employer and health care providers will help make the return to work process successful. Workers’ Compensation Board of NS has great resources on return to work and assessing fitness for work. Check them out here at [WorkSafe.ForLife](https://www.worksafe.ns.ca/WorkSafeForLife).



Men’s Health is the theme for November – and it is why it is referred to as Movember – Mo=moustache (grow during month of November) Our fathers, partners, brothers and friends are facing a health crisis, yet it’s rarely talked about. Men are dying too young. The focus for Movember is on mental health/suicide prevention, prostate and testicular cancer. [Learn more and/or donate.](#)

## COVID-19 Update

It is regular flu season so get your vaccination for both the regular flu and if you are due for a Covid booster. Check with your local pharmacy. Stay healthy & safe.



## Safety Tips

- Some other tips include: wear proper footwear for the conditions, beware of black ice that is hard to see especially after a light snow fall, keep a free hand, avoid carrying too many things at once and be aware of your surroundings.
- Tips to think about when driving safely are: allow enough time for the trip, be well rested, avoid sedating medications, limit distractions and spend time/attention on clearing your vehicle of snow to ensure good visibility.
- Other winter tips are: Do not drive in winter conditions if you do not have to 😊