



# Safety Matters



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## Safety

Working outdoors in the cold has its challenges. In Canada, the legislation from some jurisdictions provide a range of acceptable temperatures for specific circumstances. A cold environment challenges the worker in three ways: by air temperature, air movement (wind speed), and humidity (wetness). In order to work safely, these challenges have to be counterbalanced by proper insulation (layered protective clothing), by physical activity and by controlled exposure to cold (work/rest schedule). Check out Safety Tips section below.

**February is Heart Health month. Did you know that:**

- #1 cause of premature death in women in Canada is heart disease and stroke?
- 53% of women who experience heart attack symptoms go unrecognized?
- 2/3 of all heart disease and stroke clinical research is based on men?



It is true. Some things you can do for your heart health are to get regular check-ups for blood pressure and cholesterol, participate in an exercise program and manage your weight and stress levels. Go to the Heart & Stroke foundation site for great heart smart tips and information to share with your teams. Ensure you have adequate numbers of employees trained in CPR – it could save a life!



## Wellness, Respect, and Inclusion

Inclusion in the workplace means ensuring that every employee feels included and a part of the team. An inclusive workforce will feel valued, seen, heard, and respected. The positive changes that will be noticed are an increase in innovation, higher rates of cooperation, and increased employee engagement. Check out Respect and Inclusion training offerings at SJA.

February 22 & 23 is Anti Bullying and Pink Shirt day/s in Canada. Read about how two friends in Berwick NS started Pink Shirt day and how wide spread the message of kindness and inclusion has become. It started in schools and has spread to the workplace. How about your team getting their picture taken with their own message on how they spread kindness and acceptance? 😊

## Safety Tips for Working in the Cold

- What factors modify our response to cold?
- What to do about Winter chill hazards?
- What type of footwear is best working in the cold?

Check out CCOHS for answers