



# Safety Matters



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## Safety

Happy Safety & Health Week! May 1-6 is Safety & Health Week. The goal is to focus employers, employees, partners and the public on the importance of preventing injury and illness in the workplace, at home and in the community. It is a time for your Safety Committee to shine & share!



May is Motorcycle Awareness month. Since 1974, Safety Services Nova Scotia has been providing motorcycle safe rider training for Nova Scotians through a variety of programs and services. Whether you're riding a motorcycle for the first time or looking to become more confident on your bike, we have the courses to keep you safe on the road. Check out our link to register for training and licensing.

## Health & Wellness

New data reveals that 87% of people living in Canada want universal mental health care. Many employers help fill that gap by providing Employee & Family Assistance Program benefits for quicker access to mental health support & services. This year's Mental Health week May 1-7 The Canadian Mental Health Association is continuing to focus on Empathy as the theme for mental health. Check out the link for a great video on empathy (then click on browse YouTube).

Mental Health training programs suitable for your workplace can help provide awareness and skills all year around. The virtually offered Mental Health Commission of Canada's The Working Mind program focuses on addressing stigma, increases confidence in having conversations about mental health, and provides skills on fortifying resilience. Several Mental Health programs are offered through St John Ambulance. Check out their links and consider training for your workplace.

## Tick Safety

There are several kinds of ticks in Nova Scotia, but only the blacklegged tick carries the bacteria and virus that cause tick borne diseases, such as Lyme disease. Educate yourself and workplaces on prevention, identification of ticks, and treatment options by accessing the NS government tick safety site.



### Motorcycle TIPS:

#### Safety is a shared responsibility

- **Ride with a buddy:** In the event of a crash or breakdown having someone with you to provide assistance could make the difference between life and death.
- **Safety tips for motorists:** Be alert: Motorcycles are smaller and harder to see than other vehicles you share the road with.
- **Check your blind spots:** It's hard enough to see cars and other vehicles when looking in your mirrors, always shoulder check before making a turn or changing lanes.

#### Other motorcycle safety tips