

# Safety Matters



Edition 3, October 2021



## Fire 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. Check out the link on Fire Safety for more tips. For those working from home, check out the Fire Safety checklist to ensure you are working as safely as possible. For basic fire awareness & instructions on using a fire extinguisher go to our online catalog. For more in-depth fire education, check out SSNS fall offerings on Fire Prevention courses. Check out the SSNS training calendar for upcoming offerings! Also, note that all students/clients of Safety Services Nova Scotia must show proof of vaccination to attend our services as of October 4, 2021, at 8 am. Who needs to be trained in Emergency First Aid? Check out the link for First Aid Regulations guidelines 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.



## Health & 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!

## World Mental Health Day

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. 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.



## 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 to evacuate in case of an emergency need to have two employees assigned to provide assistance.
- Be clear in communications to note who will respond in an emergency.

## COVID-19

Nova Scotia will be moving into Phase 5 of its COVID-19 reopening plan on October 4, which coincides with the beginning of the province's proof of full vaccination policy for certain events and activities. For more information and resources, please see COVID-19 information. <https://novascotia.ca/reopening-plan/>

