

# Safety Matters



Edition 2, September 2021

## Safety

Summer vacations are over and school is back in session! More employees are coming back to work in the office either full-time or in a hybrid approach. Many young drivers could not take their driver training due to Covid restrictions and are making up for lost time to get their licenses, motorcycle training is also available. Construction is still going strong within the HRM and on the 100 series highways and overpasses. What does this mean? It means there will be more young drivers, vehicles, and school buses on the road and more traffic. Expect delays, plan ahead and focus on safety for all, especially during school zones. Our School Bus Safety Campaign promotes awareness to the public to not put children at risk by passing school busses illegally. The campaign also includes our interactive video contest in Safety Audit.

## Health & Wellness



Mental Health  
Commission  
of Canada

Whether you are a new driver getting used to the road, or an experienced one dealing with the challenges of commuting with increased traffic & construction, driving can be a daunting task sometimes. You may feel frustration or anxiety however if you calm yourself in the moment, prepare for a semi relaxing drive, and handle your specific driving concerns you can relax when you are driving.

Covid has contributed to anxiety & depression on many fronts from loneliness & isolation to caregiver stress from elder and child care. The Mental Health Commission of Canada has resources & tool kits to use. Take care of your mental health.

## School Bus Safety Awareness

Our School Bus Safety Campaign promotes awareness to the public to not put children at risk by passing school busses illegally. The campaign also includes our interactive video contest in which students submit their own videos promoting school bus safety, with judging by sponsors and a winner selected for each category. If you have school-age children, check out the Back to School Plan which provides guidelines for Nova Scotia's public education system during the 2020 to 2021 school year. What is your report card on safety? Find out by involving your class team in a Safety Audit process.



## Fall Safety Tips

- Expect more traffic and delays. Keep your own behavior in check and know how to manage road rage.
- The speed limit is 30 km/h in areas where the approaching limit is 50 km/h, when children are present.
- Manage & minimize distractions when driving. Check out driving tips.
- Start at beginning of September and start a transition of going to bed earlier, getting up earlier and getting ready & out of the house earlier to avoid traffic delays.

## COVID-19

Nova Scotia is in phase 4 of our emergency pandemic plan and the province plans to move to phase 5 on September 15th. For more information and resources, please see COVID-19 information.

<https://novascotia.ca/reopening-plan/>

