

Safety Matters



Edition 1, July 2021

Safety

Safety does not take a vacation whether that is safety at work, home, or in the community. As our province begins to reopen, more workplaces, activities, and community events will resume. For more information and resources, please see [COVID-19 information](#). Travel for personal reasons or for work is an ever-changing landscape in Nova Scotia. Check out updates on [Nova Scotia travel restrictions](#). As gathering restrictions lessen this opens up in-person courses. Summer is a perfect time to catch up on safety training. Check out the [SSNS training calendar](#) for upcoming offerings!



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

Summer Celebrations



Taking in Nova Scotia Festivals this summer and fall is a great way to experience our diversity in culture, art, music and food. Whether it is a Backyard Kitchen Party, Acadian Day celebrations or a Strawberry/Blueberry Social, it all is supporting local talent and culinary delights.

There is a much to catch up on since 2020 and this summer hold promise for more connections, concerts and confections! Be sure to check out the link and plan your next local experience.



Halifax Pride Festival August 12-22 – Halifax Pride will be hosting a number of in-person events in addition to a number of safe, socially distant outdoor activities between Aug 12-22. This year, you will have more opportunities to promote and participate in Pride week.

Health & Wellness

The pandemic has impacted everyone's mental health from school-age children, those in the workplace, to those at home, and in our communities. Despite improvements in technology that can connect us, many of us have been disconnected from friends and family and unable to share fully in our lives. Stay informed and be aware of individual differences and level of anxiety in response to the lifting of restrictions and re-opening from the pandemic. Check out your workplace resources along with [Mental Health Commission of Canada](#) and [Anxiety Canada](#) for health information.



Summer Safety Tips

- Check out some good information on [Young worker safety](#) if you have teens or young adults working this summer.
- Wear your PPE when near water or on boats. Personal floatation devices (PFD) should be appropriate to the activity. [Know what drowning looks like](#) and how you can spot someone who is in trouble. At HRM lake beaches, children under the age of 8 must be accompanied by an adult
- Skin cancer is the most common type of cancer. SPF 30 or higher is recommended [Learn more about UV index and SPF](#)
- Check out [tick safety](#) for your family and fur family.