



Safety Matters

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Safety

There are a number of dates coming up and ways to recognize and support safety in the workplace:

- There is still time to sign up for May 7th Steps for Life Threads of Life walking fundraiser in Halifax at Point Pleasant Park which provides education and support for workers and family member who have been affected by a workplace tragedy. Check out the link for details and how to enter yourself or your team. Co-workers, family, friends and four legged friends are welcome!
- May 1-7 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!



Motorcycle Awareness Month

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 and Wellness

Before you weigh in, tune in. Empathy is the theme for this year's Mental Health week May 2-8. The Canadian Mental Health Association has a great tool kit to share with your workplaces. Let's #GetReal on how you can help.



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. The additional module for managers emphasizes how to support employees, return to work and accommodation. 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.

COVID-19 Update

We are currently in Phase 3 of the Nova Scotia Reopening Plan! Currently, all gathering limits, social distancing, and mask restrictions have been lifted. This means that in MOST places, you are free to go back to your normal sense of life! Though some institutions still require masks such as schools and some businesses, these regulations will be lifted as time moves forward.

As for travel, destinations you are visiting may enforce strict lockdowns and/or limits on outgoing travel. You may also be subject to your destination's infection-management procedures, such as isolation, should you get COVID-19 while abroad. You may have limited access to timely and appropriate health care should you become ill. Make sure you read this page for more travel information



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](#)