

Safety Matters



Edition 6, January 2021

Safety

Who is responsible for safety in the workplace? If you said “Everyone” then you are correct! The Nova Scotia Occupational Health & Safety Act is based on the foundation of the Internal Responsibility System (IRS) and everyone is responsible for safety at the workplace. Do you have an OHS policy that demonstrates mutual commitment and defined rights and responsibilities for health & safety? Everyone has rights, and an individual’s responsibilities are dependent on his/her level of authority to impact safety. Check out SSNS [offerings for safety & committee training](#).



Prevention & early intervention are key in preventing workplace injuries! 2022 is a new year and a good opportunity for employees to work safely. Many are still working from home due to COVID restrictions. Make sure employees who are working from home or on site are correcting posture & checking their set up by doing an [Ergonomic Self-Assessment](#). Winter can mean working out in the cold. Check out the Safety Tips section to stay safe and warm this winter.

Wellness, Respect and Inclusion



January 26, 2022 is [Bell Let's Talk Day](#). Bell Let's Talk Day 2021 saw Canadians and people around the world take action, sharing a record 159,173,435 messages of support for mental health, resulting in a total of \$7,958,671.75 in Bell funding to mental health initiatives in Canada. To create a working environment that supports the overall mental well-being of your employees, find out information about the [National Standard for Psychological Health and Safety in the Workplace](#).

Inclusion in the workplace means ensuring that every employee feels included and a part of the team. An inclusive workforce will feel valued, seen, heard, and respected. Consequently, you will notice a boom in innovation, higher cooperation, and increased employee engagement. Check out [Respect and Inclusion training offerings at SJA](#).

Safety Tips for Working in the Cold

- What factors modify our response to cold?
- What to do about Winter chill hazards?
- What type of footwear is best for working in the cold?
- [Check out CCOHS for answers](#)



COVID-19 Update

Starting 22 December 2021 – New province-wide restrictions are in place for gathering limits, social distancing and mask requirements (proof of full vaccination is still required to participate in discretionary, non-essential events and activities).

To read all about the new restrictions click on the link below:

<https://novascotia.ca/coronavirus/restrictions-and-guidance/>