

# Safety Matters



Edition 5, December 2021

## Safety

When do you assess for hazards? The best answer is all of the time. New hazards may be introduced as a result of new processes, new equipment, new employees, or any change in the work environment. Monitoring and reviewing hazards and controls are essential to make changes and ensure we are still working safely. Hazards are identified during formal and informal inspections. [Hazard recognition training and Inspections training](#) can assist your employees to be safety advocates and to contribute to a safer workplace. Holidays bring the rush of traffic and shoppers looking for that perfect gift. Give yourself ample time to shop and consider road conditions, crowded parking lots, and malls. Online shopping may be a safer and more convenient alternative for some. Preferring to support locals in your community plan ahead, remember to keep packages hidden in the trunk of your vehicle and [back into your parking spot](#).

## Health & Wellness

Did you know December 5th is [International Volunteer Day](#)? It is a chance for individual volunteers, communities, and organizations to promote their contributions to development at the local, national, and international levels. This year, Safety Services is coming together with the [Senior Smiles Society](#) to raise donations to bring joy and smiles to seniors in need. The added bonus is volunteering is good for you too! Research shows it can create a heightened sense of wellbeing, provide relief from insomnia, improve the immune system, and speed up recovery from surgery. Studies have even shown those who volunteer are living longer than non-volunteers.



## Holiday Tips for Pets

- Be Careful with Seasonal Plants and Decorations; mistletoe, holly, and poinsettia can cause stomach upset to cardiac problems.
- Chocolate is toxic to dogs; Keep a close eye on platters of sweets and keep a lid on the garbage. Chocolate contains an ingredient called theobromine (a bit like caffeine), which is toxic to dogs.
- Tie your tree to the wall; Cats can climb and dogs can knock over a tree which can cause injury to pets and children either directly or indirectly by breaking light bulbs and glass ornaments.
- Keep your pets away from windshield washer antifreeze;
- Ingestion of windshield wiper fluid can be lethal to pets. Prevent & clean up spills.
- [Other Holiday Safety Tips](#)



**HAPPY & SAFE  
HOLIDAYS FROM  
SAFETY SERVICES  
NOVA SCOTIA  
STAFF!**



## COVID-19

Proof of full vaccination protocol continues, you need proof of full vaccination to participate in discretionary, non-essential events and activities that gather people together (like going to restaurants, movies, sports events, theatre performances, social events, and the gym). Proof of vaccination isn't required for children 11 and younger (they can attend events and activities with a fully vaccinated adult or on their own).