



Safety Matters



Edition 12, Summer 2022

Safety

We all enjoy the hot days of summer, but care needs to be taken when we are physically active on those days. Physical exertion on hot and humid days may make us susceptible to the risk of Heat Stress. Heat stress is the buildup of heat in the body to the point where the body's thermostat has difficulty maintaining normal internal body temperature. When the body is unable to cool itself through sweating, serious heat illnesses may occur. The most severe heat-induced illnesses are heat exhaustion and heat stroke. If actions are not taken to treat heat exhaustion, the illness could progress to heat stroke and possible death. Generally speaking: **High Temperature+ High Humidity+ Physical Work=Heat Stress**. Check out [NS guidelines for heat stress guidelines](#).



Care also needs to be taken indoors in areas of high temperature. According to the Canadian Centre for Occupational Health and Safety, heat in a working environment can come from many sources:

- Hot or molten material (foundries, bakeries, glass factories etc.)
- Sunshine (construction, agriculture, open-pit mining etc.)
- High humidity (laundries, restaurants, kitchens etc.)

Health and Wellness



July 24 is [International Self Care day](#). Self-care is a crucial cornerstone of health, and International Self-Care Day was established by the International Self-Care Foundation in 2011 to raise awareness about it. The celebration of International Self-Care Day on July 24 emphasizes the advantages of self-care that can be felt at any time of day or night, seven days a week, regardless of the season. For July and August, you and your employees are encouraged to disconnect from work when on vacation and put self-care on your daily agenda. It is a broad term that encompasses everything from health promotion and disease prevention to nutrition and lifestyle. You get to decide what self-care looks like for you. Check out the [Mental Health Commission of Canada \(MHCC\) resources](#) to help get you started (or restarted) down the path to resilience and self-care.

Summer Safety Tips

- Check out some good information on [Young worker safety](#) if you have teens or young adults working this summer.
- Keep young kids away from off-road vehicles. Children younger than 16 years do not have fully developed nervous systems and judgment; and these vehicles are particularly dangerous for them.
- 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.
- Check out [other pet safety tips](#). Even pets can use lifejackets.
- Know how to [protect yourself from ticks](#) when enjoying the great outdoors.
- Remember to [check out garden safety tips](#).

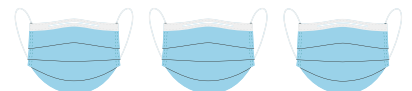


Summer and Fall Driving and Safety Courses



Plan ahead for your team's or your individual training needs. We have training courses scheduled from Driving, to chain saw, forklift, fall protection, confined space to OHS training for your committee. [Check out the offerings and register today](#). Organizations are becoming more aware of the diverse needs of their companies, check out [Diverse and Inclusive work place training](#). First Aid courses are running in class and or a blended version on line at [SJA](#).

COVID-19 Update



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! Nova Scotia is moving to lift all remaining COVID-19 restrictions this week, including the mandatory self-isolation period for those who test positive. 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.