



# Safety Matters



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## Safety

Summer vacations are over and school is back in session! Employees are returning to work in the office either full time or in a hybrid approach. Many young drivers could not take their driver training due to Covid restrictions and continue to make up for lost time to get their licenses. Construction is still going on strong in HRM and on 100 series highways and overpasses. What does this mean? It means there will be more young drivers, vehicles and school buses on the road and more traffic. Expect delays, plan ahead and focus on safety for all, especially during school zones. Our School Bus Safety Campaign promotes awareness to the public to not put children at-risk by-passing school busses illegally and to watch for change in speed for school zones.



Fall is a good time to review your safety program and consider having an external reviewer of your program. A Safety Audit can provide a different perspective and help identify areas of opportunity for improvement.

Living through a pandemic has been stressful and has raised awareness on mental health. Another way workplaces can demonstrate their commitment to health and safety is by implementing the National Standard of Canada for Psychological Health and Safety in the Workplace (the Standard) – the first of its kind in the world. It is a set of voluntary guidelines, tools and resources intended to guide organizations in promoting mental health and preventing psychological harm at work. Launched in January 2013, it has garnered uptake from coast to coast to coast, internationally and across organizations of all sectors and sizes.

## Health and Wellness



Each September, people unite from all corners of the world to raise awareness and to challenge the stigma that persists around Alzheimer's disease and all types of dementia. During World Alzheimer's Month, we call on everyone, from individuals to large organisations, including every Alzheimer and dementia association globally, to support World Alzheimer's Month by getting involved in some way.

Many people still wrongly believe that dementia is normal ageing. This misunderstanding highlights how important public awareness campaigns, like World Alzheimer's Month, are for changing perceptions and increasing existing public knowledge around dementia and Alzheimer's disease.

## Alzheimer's Facts

### Fall Safety Tips

- The speed limit is 30 km/h in areas where the approaching limit is 50 km/h, when children are present.
- Manage & minimize distractions when driving. Check out driving tips.
- Expect more traffic and delays. Keep your own behavior in check and know how to manage road rage.
- Start at beginning of September and start a transition of going to bed earlier, getting up earlier and getting ready & out of the house earlier to avoid traffic delays.



- Dementia is a term used to describe different brain disorders that affect memory, thinking, behaviour and emotion
- Early symptoms of dementia can include memory loss, difficulty performing familiar tasks, problems with language and changes in personality
- There is currently no cure for dementia, but a range of support is available for people with dementia and their carers
- Dementia knows no social, economic, or ethnic boundaries
- Alzheimer's disease is the most common cause of dementia. Other causes include vascular disease, dementia with Lewy bodies and fronto-temporal dementia

Find out more on the link to Alzheimer's Disease International or contact Alzheimer's Society of NS.

Be healthy. Be safe this fall!