



Safety Matters



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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 including working from home arrangements. 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. There is still room in the Dec 14 session.

Holidays include increased traffic and shoppers out looking for that perfect gift. Give yourself ample time to shop and consider road conditions, crowded parking lots and malls. You may want to bring a healthy snack with you to keep your energy up. On-line shopping may be a safer and more convenient alternative for some. Wearing a mask is still recommended when out in public. Preferring to support local in your community? Plan ahead, remember to keep packages hidden in the trunk of your vehicle and back into your parking spot.



Health and 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 contributing to Feed Nova Scotia. Drop off any donations to the SSNS front office or donate to any charity of your choosing. The added bonus is volunteering is good for you too! Research shows it can create a heightened sense of wellbeing, provides relief from insomnia, improves the immune system and speeds up recovery from surgery. Studies have even shown those who volunteer are living longer than non-volunteers.

Holiday Safety 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.
- If needed, provide your cat or dog with a quiet room or crate during holiday parties and/or prepare ahead of time to discourage barking.
- Other Holiday Safety Tips



Stella is a stickler on safety...



COVID-19 Update

It is regular flu season so get your vaccination for both the regular flu and if you are due for a Covid booster. Check with your local pharmacy. Stay healthy & safe.



HAPPY & SAFE HOLIDAYS FROM SAFETY SERVICES NOVA SCOTIA STAFF!

