



# Safety Matters



Edition 17, January 2023

## 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! 2023 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 are correcting posture & checking their set up by doing an [Ergonomic Self-Assessment](#). Winter can mean working in the cold. Check out Safety Tips to stay safe and warm this winter.

## Health and Wellness

Achieving your new year's resolutions is dependent on having a strategy rather than will. Those who are successful in sticking to their new year resolutions use these strategies:

- Keep the goals simple, but measurable – Think [S.M.A.R.T. goals](#).
- Focus on developing new positive habits rather than making it about avoiding something.
- Do it together with others for motivation and accountability.
- Divide big goals into smaller goals.
- Monitor progress to stay motivated.



January 26, 2023 is [Bell Let's Talk Day](#). The largest-ever corporate commitment to mental health in Canada, Bell Let's Talk is focused on 4 key action pillars – Anti-stigma, Care and Access, Research and Workplace Leadership – and is a driver of Bell for Better. Since its launch in 2010, .

Bell Let's Talk has partnered with more than 1,300 organizations providing mental health services throughout Canada, including hospitals, universities, local community service providers and other care and research organizations. To learn more, please visit [Bell.ca/LetsTalk](https://Bell.ca/LetsTalk).

## 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 working in the cold?

Check out [CCOHS](#) for answers



### Quick Facts

- The Bell Let's Talk Community Fund is a \$2 million annual fund
- The Bell Let's Talk Community Fund has issued over 1,000 grants totaling \$17 million since 2011
- The Bell Let's Talk Community Fund has issued 114 grants to date in 2022