



# Safety Matters



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## Safety

Violence in the workplace can occur anywhere on the spectrum which may include low level inter personal conflict, to bullying and harassment, verbal aggression, and can escalate to threats and physical violence. Did you know that Domestic violence in Canada accounts for 70 deaths per year on average and some of these fatalities occur in the workplace? Workplace violence can take many forms. Prevention and early intervention are always key.



Do you have a Workplace Violence Prevention strategy/plan for your workplace? Do you provide training on how to deal with conflict and verbal aggression? And provide education, assistance and emotional support for those who come forward who are at risk? The NS Government Health & Safety site and CCOHS are great resources for you to start or contact SSNS to have a violence risk assessment conducted.

## Health & Wellness



March 8th is International Women's Day. #EmbraceEquity in the workplace could include providing Personal Protective Equipment, equipment in general and workspaces that are suitable and fit both men and women. Celebrate your successes!

March is Multiple Sclerosis (MS) awareness month. In MS, the immune system attacks the protective sheath (myelin) that covers nerve fibers and causes communication problems between your brain and the rest of your body. Eventually, the disease can cause permanent damage or deterioration of the nerves. Low levels of vitamin D and low exposure to sunlight may increase the risk. Treatment is dependent on symptoms and presentation. In Canada:

Canada continues to have one of the highest rates of MS in the world - with over 90,000 people living with MS - 1 in every 400 people. The Atlas of MS report provides updated information on people living with MS in Canada. Here are some current facts. Check out the world Fact sheet and/or go to Mayo Clinic on MS for more information.

Safety and Health Week May 1-6 is a time to celebrate in your workplace and feature your Safety Committee and representatives and get everyone involved! More workplaces are hosting in person events however you have the option of a virtual event also. Share how you'll do it, and you can help inspire others as they plan their activities. The time to plan is now. Start the conversation and celebrate all you and your teams do for health & safety!

