



### Upcoming Events:

[Incident Reporting Health & Safety Survey](#)

**Open until end of day, Dec 23**

(survey is very brief – please contribute!)

**University Closure: Dec 25 to Jan 1 inclusive.**

**Engineering is also closed Dec 24.** Other departments and faculties may be closed that day as well.

[The Importance of Recharging Over the Holidays](#)

Podcast, on-demand

[Chem & Lab Safety Workshops](#)

Jan 16: 1:30 p.m. to 4:00 p.m.

(complete online training first)

[Biosafety Workshops](#)

Jan 21: 1:30 to 3:30 p.m.

(complete Chem/Lab Safety and online training first)

[Calming Your Mind in Challenging Times](#)

Homewood Health Wellness Session (register now)

Jan 22: 10:00 to 11:00 a.m.

**Local Safety Committee Meeting**

Jan 23: 1:00 to 2:30 p.m.

(send your concerns/suggestions to your program/area rep)

[Safety for Supervisors](#)

Watch for emails with Winter 2025 dates

**Safety Committee Inspections (Dry Labs & Shops):**

All semester Winter 2025

**Dialectical Behaviour Therapy (DBT) Skills Group**

Psychology Training Clinic (\$300 total cost)

Tuesdays Jan 14 to Apr 15, 4:30 to 6:30 p.m.

Email [psychology.clinic@uregina.ca](mailto:psychology.clinic@uregina.ca)

**Future Homewood Health Sessions:**

[The Science of Happiness](#) Feb 20: 1:30 to 2:30 p.m.

[Thriving in Hybrid Work](#) Mar 17: 10:30 to 11:30 a.m.

[Mental Health in the Workplace](#) Apr 8: 3:00 to 4:00 p.m.

### Contacts:

Campus Protective Services:

**306-585-4999 emergencies**

306-585-4407 non-emergency

Emergency Services:

**911**

Engineering Safety Coordinator:

[Engg.Safety@uregina.ca](mailto:Engg.Safety@uregina.ca)

Campus-Wide Health & Safety:

[Health.Safety@uregina.ca](mailto:Health.Safety@uregina.ca)

### Resources:

[Mental Wellness Hub](#)

Support and resources for faculty and staff

[Online Therapy Unit](#)

Free cognitive behaviour therapy

[Health and Safety Policy](#)

For all faculty, staff and students



( [Ziti Cards](#) )

**Year-End Reminders:** An email was sent to the faculty earlier this month with some important safety reminders, with mention at Faculty Council as well. Here is a recap:

- If you have graduate students wrapping up their research/studies, ensure they complete the [Exit Inspection](#) process for lab spaces. For student offices, they can handle this independently.
- The university is closed from **December 25 to January 1** (Engineering closes on **December 24**). Avoid working during this period if possible. If you must work, use Protective Services' [Lone Worker](#) program and ensure all risks are properly assessed and managed. Graduate students must have your written permission to work during the closure. Innovation Saskatchewan remains open the last week of December (except for the statutory holidays), however on-campus resources will be extremely limited and work during this time is not recommended.
- **To prepare your labs and offices for the University Closure:**
  - Remove food and empty garbage bins.
  - Shut down experiments and cooling water systems.
  - Turn off/unplug small appliances and equipment, where reasonable.
  - Lower fume hood sashes.
  - Secure chemical and waste containers properly.
  - Ensure gas cylinders are secure.
  - Conduct a final walkthrough to confirm everything is safe and shut down.

**Safety New-Year's Resolutions, Perhaps?** Let's start off 2025 on the right foot! Here are some important requirements that are sometimes forgotten, plus a few new initiatives:

- Starting January, ensure safety is a regular topic in program, lab instructor, and staff meetings. Document discussions in meeting minutes. Include a **"safety moment"** (as done at Faculty Council) and an update from your **safety committee representative**.
- Post your updated **office hours** in January to reduce stress for students seeking teaching and research assistance.
- Updated templates for PI and Lab Instructor **lab inspections** will be sent in early January.
- Watch for appointment requests coming soon from the Faculty Safety Coordinator, with the goal of developing a **risk register** for the faculty. Start thinking about your top 5 potential risks.
- All labs (except for computer labs) must update the **emergency signs and contact information** for Protective Services. The Faculty Safety Coordinator will request details in early 2025.
- The faculty's **monthly safety audits** will focus on **site-specific orientation** documents in January. PIs will be asked to submit these documents for review, for lab-based students and researchers (again, excluding computer labs). In February, we will verify that the biweekly/monthly **lab inspections** are completed and posted.

**What is a Safety Charter?** It is a written document intended to represent a commitment from leaders and all employees in achieving a safe and healthy workplace.

On September 27, Dr. Choi requested that everyone in leadership or supervisory roles (including all PIs and Lab Instructors) sign the University's Safety Charter.

*As recommended by the Internal Audit on Safety in Research Labs (2019), Business Continuity Planning (2022), and the External Review (2022), the University is seeking to continuously develop and enhance our safety culture. One of the specific commitments that the University is striving to advance will require your leadership and support. It is to sign the University's Safety Charter, which was developed by Health and Safety, in cooperation with the Vice President (Research) and other stakeholders. This Safety Charter was approved and signed by all UET members in October 2023.*

*The Safety Charter highlights some specific actions, and the graphic below can help guide additional initiatives. For example:*

- a. sharing a 'safety moment' at the beginning of a team meeting,*
- b. ensuring your onboarding process for new students or staff includes safety information for your area,*
- c. posting the 3 basic rights on the breakroom fridge,*
- d. reporting safety concerns and incidents,*
- e. asking staff/students to identify potential hazards in your area and working together to find ways to mitigate the risks,*
- f. encouraging and supporting staff/students to attend safety training or information sessions,*
- g. creating written procedures for higher-risk activities to ensure they are conducted safely.*

*These activities, while they seem simple, can significantly help keep safety in the forefront of the minds of those you lead.*



Unfortunately, the Faculty of Engineering and Applied Science falls behind other faculties in terms of signing completion!

**If you haven't already done so, please sign the [Safety Charter](#) now.**

If you lose the above link, you can also access the Safety Charter on UR Self-Service within the Employee Menu.



# HOLIDAY ERGONOMICS TIPS

1

## DECORATING



Avoid over extending and far reaches by using step stools or ladders or invest in a light hanging pole when hanging your holiday lights

2

## WRAPPING PRESENTS



Remember to work at elbow height when completing repetitive tasks like wrapping presents. Use an ironing board for an easy height adjustable surface

## SHOPPING

Look for opportunities to reduce carrying. Use a cart when available or bring your own foldable shopping trolley and take multiple trips to reduce the weight.

3

## TRAVELING

When driving remember to adjust mirrors to avoid excessive neck movement, take regular breaks & get out of the vehicle ideally every 2 hours

5

## COOKING AND BAKING

Remember when spending long periods in the kitchen to take seated breaks; to limit standing 30 minutes at a time and no more than 4 hours total per day







## Gift Giving: Lithium-Ion Battery Safety



Purchase devices that are listed by a qualified testing laboratory.

Only use battery and charging cord designed for the device.  
Remove charger once device is fully charged.

Always follow the manufacturer instructions.

Charge in a flat, dry area away from children, sunlight, and exits.

Keep batteries at room temperature and store them away from anything can catch fire.

[nfpa.org/lithiumionsafety](https://www.nfpa.org/lithiumionsafety)

### Lithium-Ion Battery Safety:

Health and Safety issued an advisory about electronic devices with lithium-ion batteries...

*As the holiday season approaches, electronic devices (with lithium-ion batteries) will be very popular gifts. With the increasing use and availability of these devices in recent years, **there has also been a dramatic increase in device related fires.** It is important to raise awareness about the potential risks and preventative measures of lithium-ion batteries.*

*Lithium-ion batteries are found in many types of devices -- your smartphone, laptops, e-scooters/e-bikes, toys, and e-cigarettes. These batteries store a significant amount of energy in a small cell, and **if not used correctly, may overheat, catch fire, and explode.** A lithium-ion battery fire is **very difficult to extinguish** and burns at very high temperatures while producing toxic gases.*

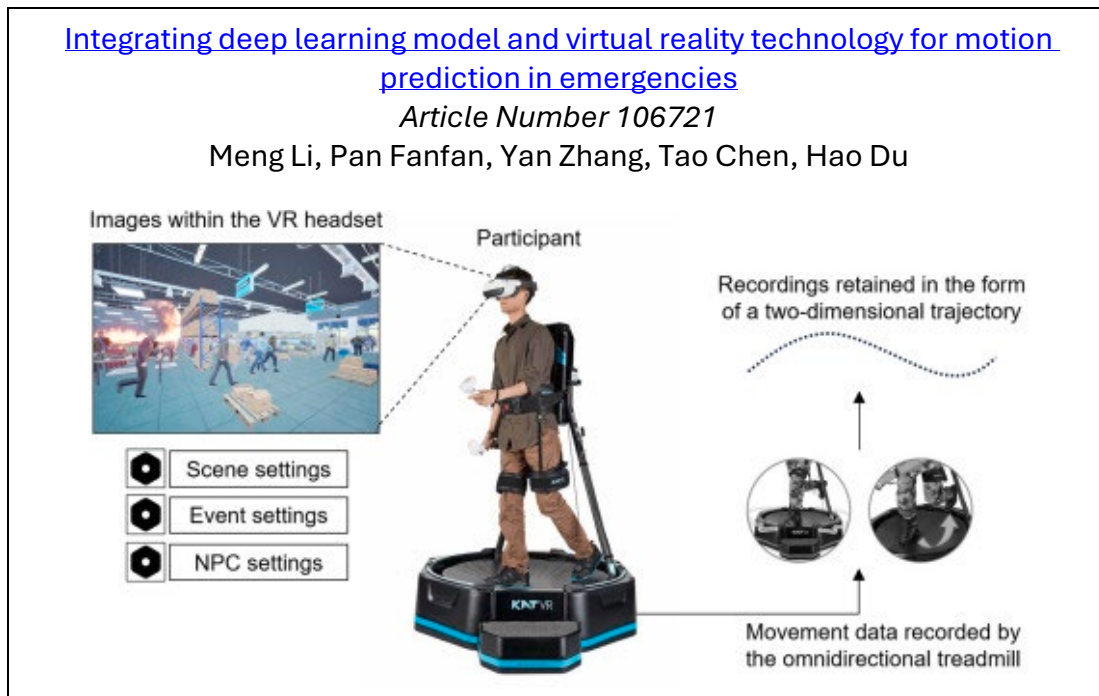
*It is important to only purchase and use devices that are listed by a qualified testing laboratory (ex. **CSA, UL**). Pay attention to your device and follow the manufacturer's instructions on how to properly charge the device. **STOP** using the device if you notice:*

- an odor,
- a change in color,
- it becomes warm or hot; or,
- the battery changes shape or makes odd noises.

*If you live or work on campus and your device begins to show signs of deterioration (or ignites), please call **9-1-1** immediately, then Protective Services at **306-585-4999** when you are a safe distance from the hazard. If you have lithium-ion batteries for recycling while on campus, please ensure they are not put in the trash -- they may be taken to UR Stores (RIC 110).*

*For more information, refer to the OSHA (USA) Safety and Health Information Bulletin, [Preventing Fire and/or Explosion Injury from Small and Wearable Lithium Battery Powered Devices](#).*

**Safety Science:** The latest editions of *Safety Science* have some articles that may be of special interest to our engineers (and perhaps some non-engineers too):



[Research on data-driven coal mine environmental safety risk assessment system](#)

*Article Number 106727*

Cheng Lu, Shuang Li, Kun Xu, Yi Zhang

[Video see-through augmented reality fire safety training: A comparison with virtual reality and video training](#)

*Article 106714*

Lorraine I. Domgue K, Daniel Paes, Zhenan Feng, Susan Mander, ... Ruggiero Lovreglio

[Leader psychopathy and workplace emotional exhaustion: An illustration of uneven distribution of psychosocial hazards within organisations](#)

*Article 106756*

Heidi Wechtler, Christina Boedker, Julia Connell

[Developing A new safety culture framework for aviation Maintenance: Preliminary results](#)

*Article 106729*

Dothang Truong, Sang-A Lee

“The stronger (safety culture) scores among younger and less experienced AMTs suggest that training programs might need to focus more on reinforcing safety behaviors among more experienced technicians, who may have developed complacency over time”.... “Similarly, the findings on overtime and working hours indicate that fatigue and overwork are potential risk factors that could be mitigated through adjusted scheduling and workload management policies.

**Meet our Safety Team!** Each month we will highlight people in our faculty who are “safety champions”. These are people who truly care about your safety and can provide support for any safety, health, and wellness issues that may arise.

This month, we would like to highlight Sophia, our **Graduate Student Safety Lead** for the CETRI and PTRC buildings. Safety Leads help us meet our safety objectives, and most importantly, help ensure the safety of graduate students during their research activities. If you are active in our GG or PTRC research labs, you may come across Sophia. If you see her, please say hello!

***Sophia Emmanuel Ekanem** is a PhD candidate in the Department of Process Systems Engineering. She earned her bachelor's degree in Chemical Engineering from the prestigious Afe Babalola University, Ado-Ekiti, Nigeria (Great ABUAD students! Great!) and completed her master's degree at the University of Nottingham. Her current research aims to contribute to innovative solutions for a more sustainable, low-carbon future.*



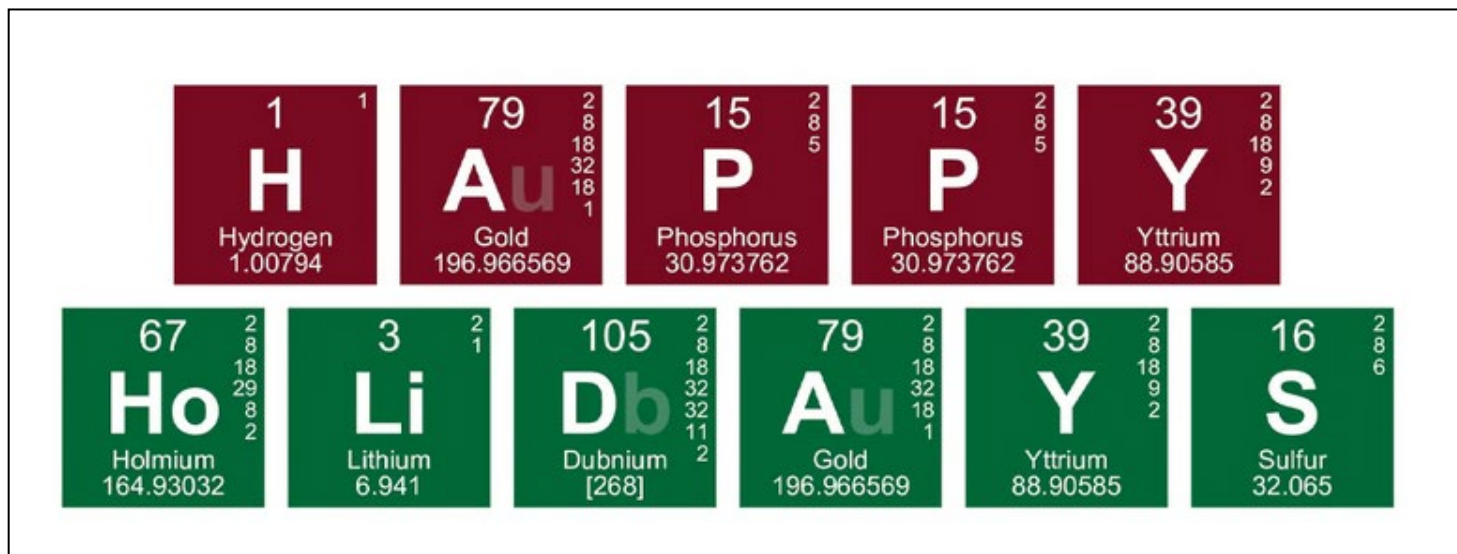
*When she's not dashing between lab experiments and Toastmasters meetings (P.S. you're invited—Thursdays at 12 noon, URSU Boardroom), Sophia can often be found at her desk in GG 314, refining her work or brainstorming new ideas. An avid reader, she holds two library cards and enjoys audiobooks on topics ranging from economics to fantasy fiction. She is currently reading **Christina Van Starkenburg's** *Shadows of memory and stone*.*

*Sophia's journey as an engineer and budding academic has underscored the importance of safety in research. She is honored to be part of the team that ensures the safety and wellness of fellow researchers at the university. Beyond academics, she is passionate about mentoring young engineers and fostering inclusive spaces in STEM fields.*

**Have an idea for a future newsletter?** Is there a safety issue you have been dealing with? Doing research with a safety focus? Email [Engg.Safety@uregina.ca](mailto:Engg.Safety@uregina.ca). We would love to hear from you!

*Engineers hold paramount the safety, health and welfare of the public and protection of the environment and promote health and safety within the workplace (APEGS Code of Ethics).*





<https://becausesciencedc.com/>



**Best wishes for a safe and restful holiday,  
from your faculty's Local Safety Committee:**

Raman Paranjape (Chair)  
 Saman Azadbakht  
 Lauren Bradshaw  
 Sharfuddin Khan  
 Kevina Mullock  
 Grant Norman  
 Yogesh Sharma  
 Muhammad Tariq  
 Muhammad Uzair  
 Amy Veawab  
 Lisa Vindevoghel  
 Syied Mohammed/Chris Yung  
 Syed Zaidi