



Upcoming FREE Events:

[Breaking Down Barriers to Care: Insights on Alcohol Misuse and Internet-Delivered Therapy](#)

Nov 28: 12:00 to 1:00 p.m.

[Deadline to Allocate Flexible Spending Benefit](#)

Nov 30 (select Employee, then Flexible Spending Allocation under Benefit Information)

[Leadership Insights: Minerva's Rising Stars in Safety Management](#)

Dec 4: 1:00 p.m.

[Homewood Health Stress Busters](#)

Dec 4: 1:00 to 2:00 p.m.

Managing Holiday Stress

Dec 5: 5:00 to 8:00 p.m.

Email Psychology.Clinic@uregina.ca to register

[Chem & Lab Safety Workshops](#)

Dec 9: 1:30 p.m. to 4:00 p.m.

(complete online training first)

[Biosafety Workshops](#)

Dec 11: 1:30 to 3:30 p.m.

(complete Chem/Lab Safety and online training first)

[Minerva Canada Case Study Competition](#)

Submissions due Dec 20

Please encourage your students to participate!

Safety Committee Lab Inspections (Wet Labs):

All semester Fall 2024

[Safety for Supervisors](#)

Sessions will be offered in Winter 2025

Local Safety Committee Meeting

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

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

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.

Contacts:

Campus Protective Services:

306-585-4999 emergencies

306-585-4407 non-emergency

Emergency Services:

911

Engineering Health & Safety
Coordinator:

Engg.Safety@uregina.ca

Campus-Wide Health & Safety:

Health.Safety@uregina.ca

Resources:

[Mental Wellness Hub](#)

Support and resources for faculty and staff

[Online Therapy Unit](#)

Free online cognitive behaviour therapy

[Coordinator, Respectful University Services](#)

Kayla Stefan, RC 251

[Sexual Violence Prevention and Response Coordinator](#)

Miranda Tarnes, RC 251

[Healthy Workplace Advisor](#)

Stuart Signarowski or Yvonne Barabash hwa@uregina.ca

[Health and Safety Department](#)

Health.Safety@uregina.ca

[Health and Safety Policy](#)

For all faculty, staff and students

First aid kits are crucial for handling minor injuries and stabilizing more serious ones until professional help arrives. Knowing where to find these kits can make a huge difference when seconds count.

Within our faculty, kits can be found in most labs. Likewise, the Faculty General Office ED 409 has a kit (mailroom), and one is also available in the Faculty Safety Coordinator's office, ED 412. Calling Protective Services is always an option or stop by RI 120, 24 hours a day, 7 days a week.

If you do use a first aid kit on campus, help yourself to whatever is needed! Don't be shy. You don't need first aid training to use the supplies. But please let someone know (contact your supervisor or Engg.Safety@uregina.ca). Nobody will be disciplined for the incident, or for using the kit. We just need to make sure everyone is OK and will replace any supplies that were used.

Need a kit for your home or vehicle? Many low-cost options can be found at Walmart and Amazon. Many pharmacies carry them as well. Higher-quality kits can be found at [St. John Ambulance](#), [Canadian Red Cross](#), [J&T First Aid Consulting](#), [HBI Office Plus](#), and [Grainger-Canada](#).



Resources:

[What should be in a first aid kit?](#)

[10 Basic First Aid Training Tips](#)

[Canadian Red Cross First Aid Booklet](#)

[Canadian Red Cross First Aid App](#)

Safety Legislation: What is the Saskatchewan Employment Act? In our previous newsletter, we mentioned that in Canada, **Acts** are laws made by parliament or the legislature. Acts are legally binding and enforceable. An important example that current and future engineers should be familiar with is the [Saskatchewan Employment Act](#) (SEA). The SEA includes information about employment standards, as well as workplace rights and responsibilities for Saskatchewan employers and employees (and by extension, graduate students). There are nine parts of the SEA, however the most important to you (as employees, engineers, supervisors) will be Part II: Employment Standards, **Part III: Occupational Health and Safety**, Part V: Radiation Health and Safety (for some of you), and Part VI: Labour Relations.

For highlights of the SEA, answers to common questions and webinars, you can visit the [Government of Saskatchewan](#) web page. WorkSafe Saskatchewan also has a new app called [Foundational Pillars](#), where you can access Saskatchewan legislation and highlights related to Management and Leadership, Hazard Assessment, Practices and Procedures, Training, Inspections, Investigations, and Emergency Response. **All faculty and staff are encouraged to visit the app, the Saskatchewan Government webpage, and the SEA itself, particularly Part III.** What legal requirements apply to you, based on your current employment? What are your responsibilities as an employee, and as a supervisor (if applicable)?

Flu and Covid Vaccines: It's Not Too Late! As flu season arrives and COVID remains a concern, it is essential for faculty and staff to understand the importance of vaccinations. Flu and COVID vaccines not only protect your individual health but also support campus-wide safety, helping all of us stay healthy, focused on our work, and engaged in campus life.

Keep in mind that all of us are vulnerable to illness. You may be surrounded by peers and students in classrooms, labs, offices, and social settings, where infectious diseases can spread quickly. Illness can force us to miss classes or project deadlines. Even a mild case of the flu or COVID can take a week or more to recover from (and let's be honest, it is definitely not enjoyable).

Flu and COVID can lead to serious illness and even hospitalizations in some individuals. Vaccination significantly reduces the risk of contracting these illnesses, and more importantly, reduces the likelihood of developing severe symptoms or complications if you do get sick. Keep in mind that vaccination doesn't just protect you, but helps safeguard those around you. By getting vaccinated, you also reduce the likelihood of spreading flu or COVID to others, including faculty, staff and students who may be more vulnerable to serious illness.

The flu virus changes each year, and COVID continues to evolve! Vaccines are regularly updated to better protect against the most recent and common strains. Even if you have been vaccinated in the past, getting the latest update can provide better protection against new variants.



Want to learn more? Visit vaccines411.ca for more information about flu/COVID vaccines, common misconceptions, vaccine safety (and many other important vaccines as well!)

Additional information about flu, COVID, and active respiratory outbreaks is available at www.4flu.ca.

In the mood for some extra cash? **Test your "Flu I.Q." for a chance to win a \$100 gift card!** You can enter once daily. The draw will be made on Jan 10/25. Good luck!

Unfortunately, there are no additional on-campus flu and COVID vaccine clinics planned. However, once you are ready to make arrangements, visit www.4flu.ca. There you will find the walk-in clinic listings for Regina and surrounding areas, or you can book an appointment for an upcoming Saskatchewan Health Authority vaccine clinic. You can book online or by phone. This web page also has details of all local pharmacies that are offering flu vaccines, COVID vaccines, or both.

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.

Our faculty regularly employs graduate students to serve in the role of **Graduate Student Safety Leads**. These 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 RI or ED research labs, you may come across our Safety Lead **Jamal Al Mehrate**. He can often be seen doing routine eyewash testing, safety audits, and working on other safety projects. If you see him, please introduce yourself!



Here is a little bit about him:

“I hold a master’s degree in mechanical engineering from the University of Dayton, Ohio, USA. I am currently pursuing a Ph.D. in Industrial Engineering with a focus on water treatment research at the University of Regina. My professional background includes working as an engineer at Arabian Gulf Oil Company AGOCO in the Sarir Field, where I completed specialized safety training on fire extinguishing systems and fire detection provided by the Austrian company TeCo. I also worked with the Chinese company BGP, earning recognition for my dedication to safety. Additionally, in my role as an engineer, I gained valuable experience in report writing, lab safety, and contributed to various industrial projects, including flow line tie-ins, potable water system refurbishments, and foam firefighting system installations.”

Professional Development Highlight: Respect in the Workplace.

Sujata Ross, Advisor of [Equity, Diversity and Inclusion](#), recently communicated a number of key observances for November. These include Indigenous Disability Awareness Month, National Domestic Violence Awareness Month, International Day for the Elimination of Violence Against Women, International Day for Tolerance, and Transgender Day of Remembrance. To honour these important observances, we would like to remind everyone about the UofR Respect in the Workplace training. Respect training promotes the fundamental values of dignity, inclusivity and equality, which are central to addressing the issues these events highlight. This FREE training takes only 30 minutes and can be accessed on [UR Courses](#).



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. 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).