



Welcome to the first edition of our Safety Newsletter for faculty and staff! Each month, we hope to provide information and resources to keep all faculty and staff safe, healthy, and well during your time at the UofR. Newsletter content will also help our professional engineers meet their legal safety obligations. Have ideas for future newsletters? We would love to hear from you! Suggestions are welcome at Engg.Safety@uregina.ca.

Have a new grad student? They need to complete the Engineering Safety Orientation on UR Courses ASAP. If your thesis-based student needs an office, they must submit the Waitlist Form to Engg.Grad@uregina.ca. Once Afifa assigns them a space, they can follow instructions in the General Safety Orientation for online Grad Student Access Requests (please do not submit the old paper forms). MEng students can instead apply online for ED 485.2, the MEng lounge (no waitlist form needed). Grad students should not be using computer labs ED116.2 and ED489, as they are reserved for undergrads.

For chemical lab users, glass that is broken or contaminated is considered hazardous waste. Please refer to the Health and Safety Glass Waste poster for detailed disposal instructions. The poster also includes instructions for disposal of unbroken glass. Disposal pails and labels are available at UR Stores RIC.



CAUTION - GLASS WASTE
ONLY DRIED, TRACE RESIDUAL CONTAMINATION PERMITTED. NO LIQUIDS. SEPARATE AND PACKAGE CHEMICAL, BIOLOGICAL, AND RADIOACTIVE GLASS WASTE INTO MULTIPLE PAILS, IF POSSIBLE.
RADIATION, BIOLOGICAL TOXINS (B-1), CYTOTOXINS, AND MERCURY CONTAMINANTS MUST BE PACKAGED SEPARATELY FROM GENERAL CONTAMINATED/BROKEN GLASS WASTE.

Form with fields for: LIST FULL NAMES OF EACH CONTAMINANT (IF APPLICABLE), LABORATORY MANAGER, LAB/ROOM LOCATION, ACCOUNT NAME.

Important Contacts:
Campus Protective Services: 306-585-4999
Emergency Services: 911
Engineering Health & Safety Coordinator: Engg.Safety@uregina.ca
Campus-Wide Health & Safety: Health.Safety@uregina.ca

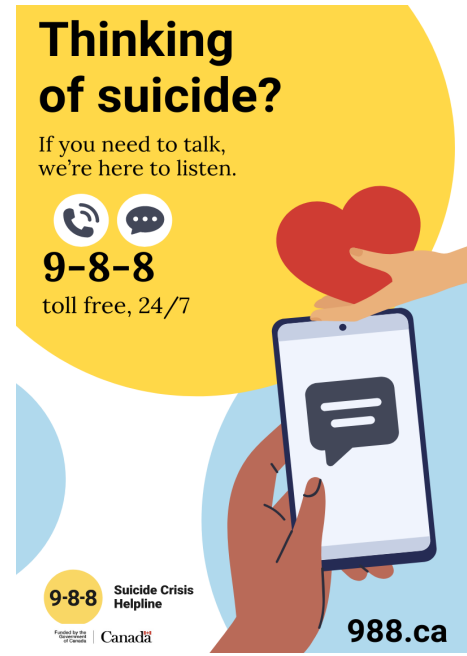
Upcoming Events:
Fire Drills
Oct 3: LY, RI, AH, CT
Oct 4: CM, KI, PA, WA, CB (refer to Building Codes)
Step-In-Step-Up Healthy Relationships Training (Free!)
Oct 9: 7:00 to 8:30 p.m.
Safety Committee Research Lab Inspections: Oct 1-31
Supervisor Safety Training
Oct 24: 8:30 a.m. to 12:00 p.m.
Nov 27: 8:30 a.m. to 12:00 p.m.
Dec 12: 1:00 p.m. to 4:30 p.m.
Chem & Lab Safety Workshops
Oct 8: 9:30 a.m. to 12:00 p.m.
Oct 23: 1:30 p.m. to 4:00 p.m. (complete online training first)
Biosafety Workshops
Oct 7: 2:00 to 4:00 p.m.
Oct 25: 10:00 a.m. to 12:00 p.m. (complete Chem/Lab Safety and online training first)

The Engineering Local Safety Committee meets four times a year and advises the faculty about policies and procedures to improve safety in teaching and research. If you have safety concerns or suggestions, you can contact your representative on the committee at any time. Please also ensure safety is on the agenda for your staff and program meetings, and document this in the minutes.

The Grad Student Representative position is currently vacant. If you know of a student who would be a good fit, please encourage them to express their interest to Engg.Safety@uregina.ca.

Associate Dean (Chair):	Raman Paranjape
Electronics:	Vacant
Environmental:	Amy Veawab
Industrial:	Sharfuddin Khan
Energy/Petroleum:	Saman Azadbakht
Software:	Yogesh Sharma
Lab Instructors:	Syed Zaidi, Lisa Vindevoghel
EYES:	Kevina Mullock
Workshop:	Syied Mohammed
Engineering Safety:	Lauren Bradshaw
UofR Health & Safety:	Grant Norman
Undergrad Students:	Muhammad Tariq
Grad Students:	Vacant

World Suicide Prevention Day was observed last month. Canada has a new suicide help line. You can call or text **988**, 24 hours a day, for free. Visit 988.ca for more information. Help is also available at the UofR [Mental Wellness Hub](#), or call **911** for an emergency.



World Mental Health Day is recognized annually on October 10. In a survey of nearly 45,000 Canadian post-secondary students for the National College Health Assessment, approximately 44% of students reported difficulty in functioning due to depression; 13% had seriously considered suicide. According to the Mental Health Commission of Canada, "more than 75 per cent of first-time mental health diagnoses occur between the ages of 16 and 24."

Keep this in mind when interacting with our students and be mindful that our colleagues (or ourselves) may be struggling as well. Fortunately, faculty, staff and students have SO MANY supports available on campus, in the community, and online. Most offer help free of charge. The UofR [Mental Wellness Hub](#) has links to many supports for students. For faculty and staff, the Hub has advice on recognizing and responding to someone in distress, mindfulness, supervisor resources, training, the Employee Family Assistance Program (EFAP), and other supports. The [Online Therapy Unit](#) also has free wellbeing programs, including Wellbeing for Post-Secondary Students, Mental Health, and Chronic Health Conditions. These programs involve a review of online materials with therapist support via email or phone. The UofR [Psychology Training Clinic](#) offers counselling at a reduced rate.

Incident Reports are required if an incident causes injury or property damage or had potential to do so (a “near-miss”). Reports must be submitted within 24 hours. But don’t fear if you ever need to submit an [Incident Report](#)! **The intent is not to place blame.** Instead, we want to ensure everyone is OK, and ensure property damage is fixed. We also learn from every incident and near-miss, so we can hopefully prevent similar incidents from occurring again.

A Health & Safety Week Contest was initiated in the faculty last semester, in the form of a safety crossword puzzle on UR Courses. **Congratulations to our winner Kamran Foroutan!** Please email Engg.Safety@uregina.ca to claim your prize. Thanks to everyone who attempted the puzzle – it was great to see so much participation!

Safety Acts, Regulations, Codes and Standards: What’s the Difference? When it comes to safety (and many other things that are important to engineers!), we often hear references to Acts, Regulations, Codes and Standards. People are sometimes confused by the differences. In Canada, **Acts** are laws made by parliament or the legislature. **Regulations** are more specific rules that address the details and practical applications of the law, and are created to enforce the Acts. Acts and Regulations are both legally binding and enforceable. Examples related to safety include the [Saskatchewan Employment Act](#) (Part III) and [The Occupational Health and Safety Regulations](#). **Codes** are also enforceable pieces of legislation which set out technical requirements for certain subject areas, such as the [National Fire Code of Canada](#) and the [Canadian Electrical Code](#) (refer to the [Saskatchewan Interpretations](#) for local requirements). **Standards** are produced by voluntary organizations, such as the Canadian Standards Association (CSA), the American National Standards Institute (ANSI), and the International Organization for Standardization (ISO). An example is *ANSI Z358.1: Emergency Eyewash and Shower Standard*. When published by these organizations, the standards are not law but represent “good practice”. However, a standard may be *adopted* by law, in which case it becomes part of the law and becomes enforceable.

Professional Development Highlight:

First Aid with CPR-C & AED Training is often requested by faculty, staff and students. While this is not available as free training, courses from [J&T First Aid](#), [Armour Safety](#), and [St. John Ambulance](#) are well worth the investment. Classes are typically 2-days in duration and in-person, however J&T First Aid also offers a hybrid course with an online and shorter classroom component. Training is valid for 3 years. If you renew before expiry, the recertification is only 1-day in length. Those of you with an APEA and/or Personal Spending Account with your health benefits can use these funds to pay for training.



www.amazon.com

Don’t have the time or money for training? You can still help in an emergency! The [Canadian Red Cross](#) and [First Aid App](#) are excellent free resources. Check out this fun video to learn about [Hands-Only CPR](#) (disco saves lives!) Even if you don’t have training, you can still use an AED to help someone in cardiac arrest. There are many brief videos on [YouTube](#) with simple demonstrations.

To handle an emergency situation, use **Emergency Scene Management (ESM)**.

- 1 Take charge.
- 2 Call out for help.
- 3 Assess hazards and make the area safe.
- 4 Find out what happened.
- 5 Identify yourself and offer to help.
- 6 If head or spinal injuries are suspected, support the head and neck.
- 7 Assess responsiveness.
- 8 Send or go for medical help and an AED.

Each year, an estimated 60,000 cardiac arrests occur in Canada (according to Heart and Stroke, 2024). Few people survive, yet survival rates **double** if a bystander promptly performs CPR and uses an AED (Automated External Defibrillator).

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.

*First up is me! I'm **Lauren Bradshaw**, the faculty's Health & Safety Coordinator. You can find me in office ED 412 or send an email to Engg.Safety@uregina.ca. I am here to help with key requests, SOPs, risk assessments, inspections, training, purchasing, disposals, exit inspections, teaching consultations, and a variety of other safety issues. You will often see me in research and teaching spaces doing safety inspections, but don't worry, I'm not there to “catch” you doing anything wrong! I'm there to help ensure your safety and welcome your suggestions. My background is in chemistry, and I have a MSc in OHS and Environmental Management. Prior to this role, I was a chemist with CETRI, HTC, Mosaic, Yara, and Syncrude. I'm a proud mom of four girls, sing with two local ensembles, and am a part-time grad student in the Faculty of Education. I also volunteer with [Threads of Life](#), a wonderful Canadian charity that supports families after a significant workplace injury or disease.*



Have an idea for a future safety newsletter? Let us know! Please email suggestions to Engg.Safety@uregina.ca. We can't wait 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).