



Upcoming FREE Events:

[Time Management and Organizational Skills](#)

Nov 26: 12:15 to 12:45 p.m.

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

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

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

Dec 4: 1:00 p.m.

[Midterms and Exams: What to Expect and How to Prepare](#)

Dec 5: 12:15 to 12:45 p.m.

[Winter Safety, Preparedness, and Fun!](#)

Dec 5: 2:00 to 3:00 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](#)

Nov 26: 9:00 to 11:00 a.m.

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

Safety Committee Research Lab Inspections (Wet Labs):

All semester Fall 2024

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
students

[Togetherall](#)

24/7 anonymous online peer
support community

[Student Wellness Centre](#)

Primary health care and mental
health support (appts required)
PT 119

[Sexual Violence Prevention and Response Coordinator](#)

Miranda Tarnes, RC 251

[Coordinator, Respectful University Services](#)

Kayla Stefan, RC 251

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. Some of the larger shared student offices have a first aid kit as well. Likewise, the Faculty General Office ED 409 has a kit, 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). You won't get in trouble for the incident, or for using the kit. We just need to make sure you are 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 eShop](#), [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 students, employees, current and future engineers, current and future 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 graduate students 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 research activities and employment? How will those responsibilities change when you are a practicing engineer and supervising the work of others?

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

Keep in mind that all students are vulnerable to illness. You are often surrounded by peers in classrooms, libraries, dorms and social settings, where infectious diseases can spread quickly. Illness can force students to miss classes, exams, or project deadlines, impacting your grades and academic performance. 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 classmates, professors and staff 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.

Chemical Disposal Tips: Users of our chemical labs often have questions about how to properly dispose of their chemical waste. Health & Safety's ["What to Do with Chemical Waste"](#) poster covers the basics, but here are some tips:

1. Make sure your waste is in a suitable container from the very beginning. It must be puncture-proof, no cracks/leaks, and be chemically compatible with the waste. When choosing a container, also consider the volume of waste you will actually generate. Use only the smallest size needed, as disposal costs depend partially on container size. Consider how heavy the container will be when filled – please don't prepare something that could cause injuries when lifting. Keep in mind that if the waste is a flammable liquid, containers $\geq 4L$ must be stored in a flammable cabinet. Contact Engg.Safety@uregina.ca or UR.Stores@uregina.ca if you need advice.
2. The container must also be properly labeled from the beginning. The red and white waste labels are available for free from the UR Stores front desk at RI 110. Include the hazard classifications, chemical full name (no acronyms), percentage (for mixtures), supervisor name, and waste location. For the account name, you can write "Engineering".
3. Arrange disposal when your container is **75% full** (see below). You can arrange disposal of partially filled containers if you will no longer be generating that type of waste. Make sure the labels are complete, containers are intact (no cracks/leaks), and container exteriors are clean before arranging.
4. The Health & Safety poster mentions "Waste Wednesday", however this is not an option for most Engineering labs. Instead, complete the [Hazardous Waste Disposal Form](#) and submit to Engg.Safety@uregina.ca (not Health.Safety@uregina.ca). Please also send a photo of the waste to show its location in the lab. The Faculty Safety Coordinator will review your request and then package items for labour crew pickup. The labour crew will then transport items to UR Stores for disposal.

Chemical Name of Waste Component(s)		Percentage in Container
Laboratory Manager		Building/Room Number
Account Name		

Waste Disposal Request Form					
#	Name of chemical	Percentage in container	Quantity (volume/weight of container)	Hazard Class (acid, base, flammable etc)	CAS #
1	EXAMPLE: Hydrochloric acid/Water	30.70	4L bottle	acidic	7647-01-0
Name of Lab Manager/Faculty Member					
Account Name					

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? Email Engg.Safety@uregina.ca. Students who send ideas will be entered into a **prize draw**, one entry per suggestion. 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).