



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

[Global Learning Centre Workshops:](#)

SK Health Card Information: Jan 8, 9 & 17

Time Management & Organizational Skills: Jan 22

Midterms & Exams, What to Expect: Feb 5

Intercultural Awareness: Feb 7 & 14

and many more...

Engineering Grad Student Orientation

Jan 15: details coming soon!

[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)

Local Safety Committee Meeting

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

*(send your concerns/suggestions to your representative
Muhammad Uzair, c/o Engg.Safety@uregina.ca)*

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

Contacts:

Campus Protective Services:
306-585-4999 emergencies
306-585-4407 non-emergency

Emergency Services:
911

Engineering Safety Coordinator:
Engg.Safety@uregina.ca

Campus-Wide Health & Safety:
Health.Safety@uregina.ca

Resources:

[Mental Wellness Hub](#)

Support and resources for
students

[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 your supervisors earlier this month with some important safety reminders. Here is a recap of items relevant for graduate students:

- If you are wrapping up your research/studies, complete the [Exit Inspection](#) process with your supervisor for lab spaces. For student offices, you can do the exit inspection on your own. Contact Engg.Safety@uregina.ca if you have questions.
- 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 you work with your supervisor to properly assess and manage all risks. You must have your supervisor's 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 new initiative:

- New templates for Principal Investigator (PI) **lab inspections** will be distributed to them in early January. Routine inspections are required monthly for most labs, and biweekly for CETRI and PTRC labs. Remember, **you have a legal right to be informed about hazards in your work areas**. Make it a habit to review the posted inspection results in your lab to stay aware of potential risks. **You also have a legal right to participate in safety activities**. Take the initiative—ask your supervisor about accompanying them during inspections and contribute to efforts that address safety concerns in your work areas.
- The faculty's monthly safety audit in January will emphasize **site-specific orientation documents**. Principal Investigators (PIs) will be asked to submit these documents for review, specifically for lab-based graduate students and researchers (excluding computer labs). If you use a lab and have not received a site-specific orientation, it is crucial to act promptly. Contact your supervisor or reach out to Engg.Safety@uregina.ca as soon as possible. Remember, the primary goal of these efforts is to ensure *your safety*.
- The Faculty Safety Coordinator will be working with PIs in Winter 2025 to develop a **risk register** for the faculty. They have been asked to start thinking about their top 5 potential risks in their research activities. Have ideas for your own area? Please discuss with your supervisor and/or email Engg.Safety@uregina.ca.

Studying or Working Alone After-Hours

What is “after-hours”?

- If you are planning to work/study when the University is closed:

- At night
- On weekends
- During holidays



What do you need to do?

- If working in a high-risk area like a research lab, you must get your supervisor’s permission to work alone
- Check in with Protective Services by calling 306-585-4407
- Tell them you will be working or studying alone
- Call them when you leave to let them know you’re done
- If you like, Protective Services can also walk you to your vehicle or bus stop to make sure you get there safely

Why is this important?

- Anything can happen when working or studying alone (e.g. illness, injury or assault)
- In many cases, it can be crucial to get help right away. If no one knows you’re in a lab or office, no one will find you until the morning, or worse!
- Many accidental deaths could have been prevented by using Work or Study Alone programs.
- It is required by the University, and by law (SK Occupational Health & Safety Regulations) to use this program.



What will Protective Services do?

- Someone from Protective Services will periodically walk by or call you
- They will check to make sure you’re alright
- They won’t interfere with your work or study activities
- They’re friendly and just here to help!

For more information, visit
www.uregina.ca/protective-services



University
of Regina



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.*

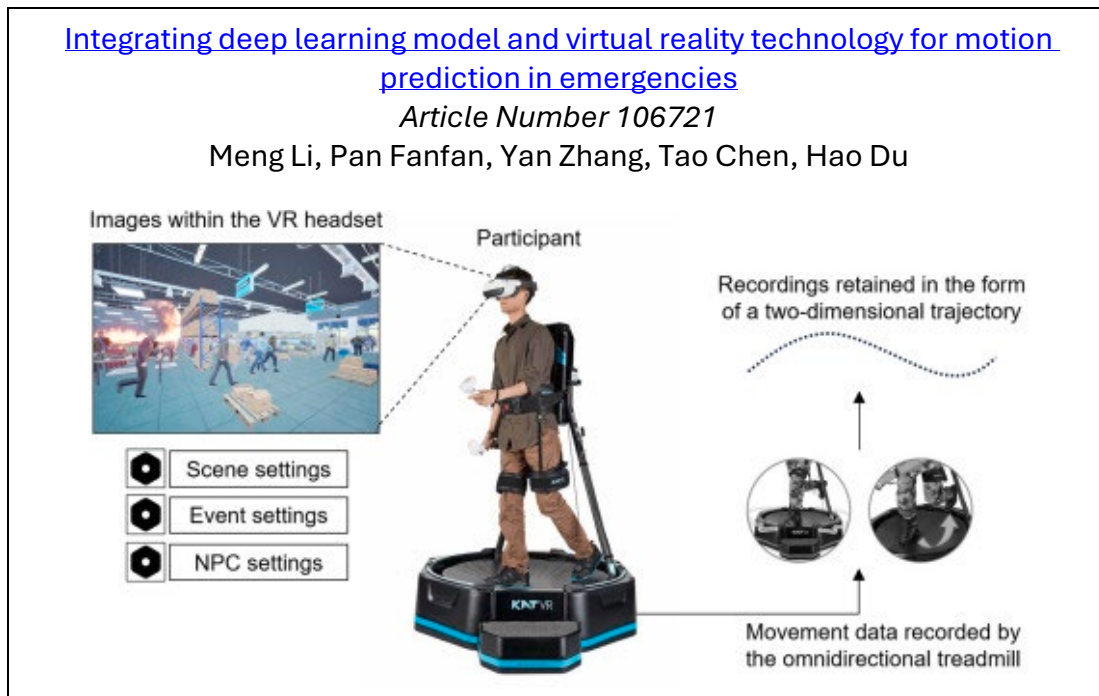
*It is important to only purchase and use devices that are listed by a qualified testing laboratory (ex. **CSA, UL**). Pay attention to your device and follow the manufacturer's instructions on how to properly charge the device. **STOP** using the device if you notice:*

- 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 engineering students:



[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.*

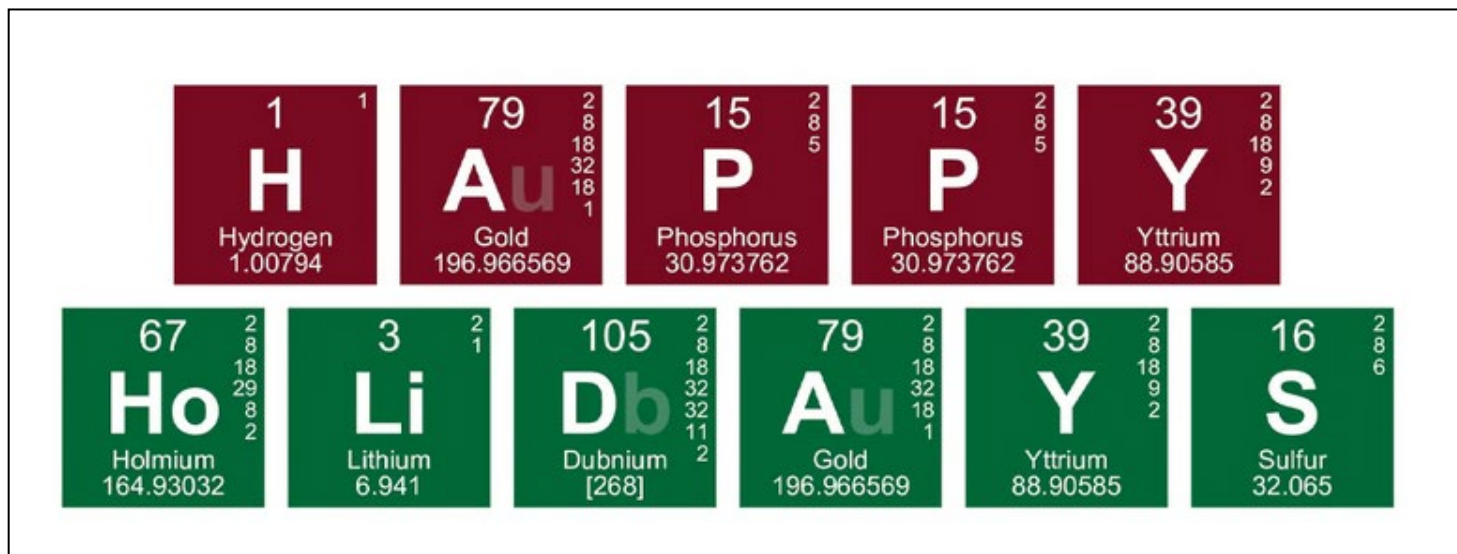


*When she's not dashing between lab experiments and Toastmasters meetings (P.S. you're invited—Thursdays at 12 noon, URSU Boardroom), Sophia can often be found at her desk in GG 314, refining her work or brainstorming new ideas. An avid reader, she holds two library cards and enjoys audiobooks on topics 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. 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).



[\(https://becausesciencedc.com/\)](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