



### Upcoming Events:

#### **RSI Day Musculoskeletal Disorder and Injury Prevention Webinar Series**

*Feb 7, Feb 14, Feb 21, and Feb 28*  
(multiple free sessions each day)

#### **Global Learning Centre Workshops:**

**Midterms & Exams, What to Expect:** *Feb 5*

**Intercultural Awareness:** *Feb 7, 14, 28*

**Intercultural Perspectives:** *Feb 25*

**Fundamentals & Academic Expectations:** *Feb 26*

**Time Management & Organizational Skills:** *Mar 4*

#### **Student Wellness Centre Events:**

##### **Getting out of the Procrastination Pit:**

*Feb 5, 9:30-10:15 a.m. or Feb 6, 1:30-2:15 p.m.*

##### **Surfing through Exam Stress:**

*Feb 10, 1:30-2:15 p.m. or Feb 11, 9:30-10:15 a.m.*

##### **Let's Talk About Stress:**

*Feb 24, 1:30-2:15 p.m. or Feb 27, 1:30-2:15 p.m.*

##### **Navigating the Motivation Traps:**

*Mar 5, 9:30-10:15a.m. or Mar 6, 1:30-2:15 p.m.*

##### **Flexing your Emotional Agility for Emotional Health:**

*Mar 10, 1:30-2:15 p.m.*

#### **Chem & Lab Safety Workshops**

*Feb 11: 9:00 a.m. to 11:30 a.m.*  
(complete online training first)

#### **Biosafety Workshops**

*Feb 14: 9:00 a.m. to 11:30 a.m.*  
(complete Chem/Lab Safety and online training first)

#### **Family Day**

*Feb 17: No classes! Enjoy free time with family, friends, or just a relaxing day of some well-deserved "me time".*

### 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 students

#### [Online Therapy Unit](#)

Free cognitive behaviour therapy

#### [Health and Safety Policy](#)

For all faculty, staff and students

#### **Local Safety Committee Meeting**

*Mar 20: 1:00 p.m. to 2:30 p.m.*

*(send your concerns/suggestions to your representative Muhammad Tariq at [ress.universityaffairs@uregina.ca](mailto:ress.universityaffairs@uregina.ca)).*

#### **Safety Leadership vs Safety Influence**

*Mar 26: 11:00 a.m. to 12:00 p.m.*

#### **Safety Committee Inspections (Dry Labs, Shops, and Student Lounges):**

*All semester Winter 2025*

## For Undergrad Capstone Students or Research Associates on Campus:

**Chemical Purchasing and Hazardous Sample Acquisitions:** Over the past six months, several instances have been reported where chemicals were purchased without adhering to UofR policies or hazardous samples were acquired without involving the Faculty General Office and UR Stores RIC. These practices create significant compliance challenges related to WHMIS, TDG, IATA, the National Fire Code, and other regulations, exposing us to unsafe conditions and potential financial penalties.

To address these issues, a new **Engineering Purchase Requisition Form** is being introduced. This form will include a **Safety Checklist** to guide chemical purchases and hazardous sample acquisitions. An official announcement with details will follow soon.

In the meantime, here are some best practices to streamline the ordering process and ensure safety compliance:

- **Use the Engineering form only.** The UR Stores form lacks safety reminders, disclaimers, and required signature details.
- **Check your inventory first.** Ensure the chemicals or materials you need are not already in stock.
- **Purchase only what's needed.** Avoid bulk orders or stockpiling to save costs. Excess inventory can pose safety risks and increase disposal expenses annually.
- **Provide detailed information.** Include the catalog number, CAS number, and container size for each requested item.
- **Attach the SDS.** Include a link to the vendor's Safety Data Sheet (SDS) with your order.
- **Follow storage requirements.** Flammable liquids in containers larger than 4L must be stored in a flammable cabinet. Combustible liquids exceeding 20L require the same.
- **Use compliant shipping containers for hazardous samples.** For example, crude oil shipping containers must be ULC-listed (ULC/ORD-C30).
- **Plan ahead for hazardous samples.** Provide ample notice so all shipping and safety requirements can be arranged well in advance.
- **Adhere to special safeguards for certain chemicals.** Orders for chemicals such as hydrofluoric acid, peroxide formers, or highly toxic substances require additional precautions. Submit proposed Standard Operating Procedures (SOPs) to [Engg.Safety@uregina.ca](mailto:Engg.Safety@uregina.ca) for review before purchasing.

**Compressed Gas Purchases** must follow the same process as mentioned for chemical purchases. The NFC limits how many cylinders we can have in each lab: for each cylinder in use, we are permitted one spare in the same room. Before ordering, ensure you have adequate space to accommodate the cylinder, with wall or bench clamps and straps or chains. Propane cylinders >5lb are not permitted indoors; we are permitted a maximum of four 5lb cylinders per lab. And like toxic chemical orders, toxic gas orders require additional safeguards before purchasing. Send proposed SOPs to [Engg.Safety@uregina.ca](mailto:Engg.Safety@uregina.ca).



## For Undergrad Capstone Students or Research Associates on Campus:

**Equipment Purchases:** The upcoming Engineering Purchase Requisition Form (announcement coming soon) will also include a helpful Checklist for Equipment Purchases. This checklist is designed to ensure safety, regulatory compliance, and a smooth procurement process by addressing potential challenges before the order is placed.

Key considerations include verifying that the equipment:

- Is certified for use in Saskatchewan by a recognized testing agency.
- Meets all specialized installation requirements, such as electrical connections, ventilation, gas or air supply, water supply, and clearance.

By following this checklist, you can minimize unexpected costs and delays related to installation while ensuring compliance with safety standards.

### Safety Reminders for Chemical Lab Users:

- A chemical exposure incident last year reminded us of the importance of hand hygiene in the labs. This incident was attributed at least in part to the absence of handwashing supplies. Reminder that hand soap and paper towels are provided free of charge by the faculty, but you must let us know when you need them! Contact [Engg.Safety@uregina.ca](mailto:Engg.Safety@uregina.ca).
- An audit of the faculty's spill kit contents revealed that many kits are missing supplies, yet no chemical spills had been reported. ALL chemical spills are considered an incident and need to be reported. This is to ensure sufficient cleanup, treatment of injuries (if applicable), documentation of potential exposures, root cause investigation, and to ensure the contents of the spill kits are replaced. Incidents can be reported [here](#).
- A recent audit by Transport Canada showed many issues with "misleading labels". TDG-labeled boxes and containers are being reused for other purposes, or discarded, without removing the TDG labels. Please check for this in your labs and ensure these labels are removed before reusing or discarding. TDG labels are similar to WHMIS.



## Safety Reminders for EVERYONE:

- If **traveling for class or university business**, make sure you follow the university's procedures for [Travel/Fieldwork and Work-Based Learning](#). If unsure about the requirements, contact [Engg.Safety@uregina.ca](mailto:Engg.Safety@uregina.ca).
- Feeling some aches and pains associated with your workspace or tasks? There are some great resources online to improve **ergonomics** when studying or working. A good example is the Texas Woman's University [Ergonomic Tips for Students](#), or the University of Toronto's [How to Protect Your Body While Learning At Home](#) (see the next page of this newsletter for illustration). The University of Toronto also recommends these additional resources:
  - The [eyeCare app](#) (web-based) to protect your vision
  - The [Healthy Browsing app](#) (web-based) with ergonomic reminders
  - Canadian [24-Hour Movement Guidelines](#) for adults 18-64 years old
  - Canadian Centre for Occupational Health and Safety (CCOHS) [Ergonomic Fact Sheets](#)
  - UC Santa Cruz [Ergonomics Tips for Laptop Users](#)
- A recent incident showed us that many students are unaware of the free **Student Health Centre** on campus. If you need medical support (non-urgent), the clinic is located on the main floor of **Paskwāw Tower**, open Monday to Friday, 8:15 a.m. to 4:30 p.m. Appointments are required. To book an appointment, you can email [Health.Clinic@uregina.ca](mailto:Health.Clinic@uregina.ca) or schedule online: [Student Health Clinic](#). Students can visit the Nurse Practitioner for a wide range of medical services, including:
  - ✓ General medical care & minor injuries
  - ✓ Treatment for common infections
  - ✓ Specialist referrals & prescription refills
  - ✓ Sexual health, contraception & reproductive care
  - ✓ Health screenings, education & preventative care
- The website for the Student Health Clinic also has many **resources for urgent needs**, such as urgent medical care (Regina Urgent Care Centre, General Hospital, Pasqua Hospital); crisis situations (Protective Services, Mobile Crisis, Suicide Helpline, Regina Sexual Assault Centre, Canada Crisis Line), and wellness needs (Healthline 811, Togetherall, Hope for Wellness, and 211 Saskatchewan).



## For Medical Emergencies:

PHONE 9-1-1

OR Go to the Nearest Hospital

# HOW TO PROTECT YOUR BODY WHILE LEARNING AT HOME

## A Brief Student Guide to Ergonomics

Sitting for hours to study? Hunched over your laptop? Feeling neck and back pain? Being a student can be hard on your body. Protect yourself from injury by following these tips.

### 1 - SET UP YOUR ENVIRONMENT

Not everyone has an official workspace at home. Some people work at their kitchen table, in bed or on the couch. Use the following diagram as a **guide** to make the workspace you have as comfortable and safe as possible.

1. Eyes in line with top of screen
2. Feet flat, firmly on the floor or a footrest
3. Thighs parallel to the ground
4. Knees bent to about 90 degrees
5. Shoulders relaxed with elbows at your side, bent to about 90 degrees
6. Wrists straight
7. Natural curve of your back is supported by the chair
8. Screen one arm's length away
9. Blank wall or uncluttered space behind screen
10. Light source from above or the side to avoid glare



### 2 - WATCH YOUR POSTURE

The best posture is:

- with your **head straight** (eyes in line with top of screen)
- **shoulders relaxed and elbows at your sides**
- **feet flat on the floor or footrest.** You may need an external keyboard or mouse to achieve this position.

### 3 - MOVE YOUR BODY

- Even if your setup is perfect, your body is made to **move!** Take frequent vision and movement breaks to prevent eye fatigue and sore muscles.
- **20/20/20 Rule:** After every 20 minutes of work, look at an object that is 20 feet away for a full 20 seconds. Set a timer or download a web-based app like [eyeCare](#) or [Healthy Browsing](#) to help you remember.
- Try a [MoveU Movement Break](#) here.



## Chemical Safety

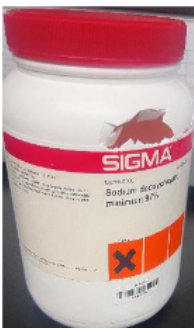


### Incident 1:

An old glass bottle of Glyoxal (a hazardous chemical) was found broken in a fridge during chemical inventory.

Due to the age of the chemical, it was likely the bottle cracked during polymerization over time.

Extreme caution and hours of time were spent to ensure proper and safe clean up.



### Incident 2:

A plastic bottle of chemical became brittle with age and broke during routine handling causing a chemical exposure.

## What Can be Done to Prevent These Types of Incidents?

- ★ Review and take stock of chemical inventory on a regular basis.
- ★ Dispose of all compromised containers or legacy chemicals that are no longer in use, or those that may become more hazardous over time.

## WHMIS Labelling Requirements

- When conducting an inventory, chemicals purchased prior to 2015 must have workplace labels printed and affixed manually by the Health & Safety WHMIS Coordinator. Supplier labels are **not** WHMIS compliant (contain signal word, pictograms, and hazard/precautionary statements).
- Due to the presence of numerous old, unused, and legacy chemicals in the area where Incident 1 occurred, the Health & Safety WHMIS Coordinator had to dedicate approximately two months time to apply the necessary labels to bring these products to compliance.
- Decanted product containers also require proper WHMIS labelling.

## Cost



- § The University of Regina current contract with **GFL Environmental Inc.** for hazardous waste disposal will expire this summer; the cost for disposing of chemicals will increase dramatically.
- § Take this opportunity to review chemical inventories and dispose of unnecessary and legacy chemicals **as soon as possible**.
- § Ensure all unlabelled chemicals are identified prior to disposal. Disposing of unknown substances is exorbitantly expensive!

**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 Muhammad, the Undergraduate Student Representative on the Local Safety Committee:

*“ Hello! My name is Muhammad Tariq, and I am a fourth year Software Systems Engineering student. In my free time I enjoy spending time with friends, building Lego models, and volunteering in the community! I also have the privilege of serving as the Vice President of University Affairs for the Regina Engineering Student Society (RESS). Part of my duties with the RESS involves representing undergraduate students at the Engineering Local Safety Committee meetings, held four times a year. This committee advises the faculty on policies and procedures to enhance safety in teaching and research, ensuring that health and safety protocols are consistently upheld in areas such as our labs. If you have any safety concerns or suggestions, please don’t hesitate to reach out to me at [ress.universityaffairs@uregina.ca](mailto:ress.universityaffairs@uregina.ca). Your feedback is invaluable in maintaining a safe and effective learning environment for everyone in the faculty!”*



**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 (APEGGS Code of Ethics).*