

NAOSH WEEK 2024 - May 6 - 11



NORTH AMERICAN OCCUPATIONAL Safety and Health Week

Health and Safety is pleased to announce the dates for the 2024 North American Occupational Safety and Health (NAOSH) Week – **Monday, May 6th to Saturday, May 11th**. NAOSH Week is dedicated to promoting health and safety in the workplace, and is an ideal time for faculties, departments, local safety committees, and other groups on

our campuses to observe this week by participating in safety-related activities. *This is a fantastic opportunity to support and foster a positive safety culture and awareness for our campuses.*

We encourage you to get creative and organize events that highlight various aspects of safety! Here are just a few ideas to help get you started:

Safety Workshop and/or Demonstration

Host interactive workshops with topics such as emergency preparedness, risk identification, work station ergonomics, or safe practices. Demonstrations of workshops of safe and healthy practices, from proper lifting techniques to information regarding personal protective equipment necessary in your work area. Workshops are also great ways to empower faculty/staff to identify and mitigate risks effectively.

Safety Contests, Walks, Health Initiatives, or Challenge

Competitions are a great way to keep activities exciting and motivates people to participate. Challenge others in your department/faculty to a friendly contest with safety related skills and knowledge questions. How about a Safety Scavenger Hunt, Safety Bingo, Design a Poster Challenge, or Create a Slogan Challenge? May we suggest a Safety Walk around campus, yoga class, healthy eating or wellness seminar? Perhaps an activity to promote programs offered on campus such as Working or Studying Alone and Safe Walk Along.

Get creative, but most of all – get moving!

Contact Health.Safety@uregina.ca for information on how Health and Safety can support your NAOSH Safety & Health Week event or activity.

April 28 – National Day of Mourning

We remember

workers who have lost their lives, suffered injury or illness, or experienced tragedy due to a work-related hazard.

The University of Regina will have the flag lowered to half-mast on **Friday, April 26** (April 28 is a Sunday) to recognize the National Day of Mourning. Please join the University in remembering those whose lives were lost or injured due to a workplace tragedy.

We commit

to continue to foster a positive safety culture on our campuses in order to provide our students, faculty, staff and visitors a safe place to learn, work, and live.

