



# HEALTH AND SAFETY BULLETIN

November 2021

## Don't fall for preventable diseases.

By now, we're all aware that COVID-19 has been a leading cause of illness in Canada, but do you know about the other epidemic plaguing Canadians? Find out is ailing us, how to prevent and manage these diseases, plus how to prevent a fall.

### In This Issue

- Illness and Disease Prevention
- Fall Prevention

### November Awareness

**Month:** [Alzheimer's](#); [COPD](#); [Diabetes](#); [Epilepsy](#); [Fall Prevention](#); [Lung Cancer](#); [November](#)

[World Vegan Day](#): 1

[Daylight Savings Ends \(Fall Back\)](#): 7

[MRT Week](#): 7-13

[STEM/STEAM Day](#): 8

[World Accounting Day](#): 10

[Remembrance Day](#): 11

[World Diabetes Day](#): 14

[Day of Tolerance & World Philosophy Day](#): 16

[World Prematurity Day](#): 17

[World Antimicrobial Awareness Week](#): 18-24

[National Child & Survivors of Suicide Loss Day](#): 20

[Stomach Cancer Awareness Day](#): 30



Add a layer this fall.  
**Get a flu shot to help protect your loved ones.**

Manitoba 

**11 Million  
Canadians  
(one in three)  
live with diabetes  
or prediabetes**



Image source

## Illness & Disease Prevention

While the last years has primarily focused on COVID-19, there are other illnesses that also pose a risk. Luckily, with vaccines and lifestyle choices, you may be able to prevent many illnesses and avoid serious complications

### Influenza

- While not as risky as COVID-19, the flu can still have devastating impacts on health, particularly for those who are under age 5, pregnant, elderly, or have certain underlying health conditions.
- Everyone aged 6 months and older is eligible for their free influenza vaccine through [AHS](#) and participating doctor's offices and pharmacies .

### COVID-19

- Vaccination is the best way to prevent serious outcomes of COVID-19, [combat vaccine myths with the facts](#)
- Albertans who are not fully vaccinated account for the majority of individuals who have been hospitalized or admitted to ICU
- [Fully vaccinated Albertans are the second highest group of active cases and hospitalizations](#) for COVID-19?
- Fully vaccinated Albertans must still follow [public health measures](#) as indicated.

### Diabetes

- People who already have diabetes-related health problems are more likely to have severe outcomes of COVID, regardless of the type of diabetes they have.
- Nearly 6 million Canadians have pre-diabetes, which may lead to Type 2 diabetes and related complications if left untreated—diabetes is an [epidemic](#) in Canada.
- Every 24 hrs, more than 20 Canadians die of diabetes-related complications
- Take the quiz to see if you are at [risk for diabetes](#)

## QUESTION!

RAE Staff who answer correctly will be entered in a \$25 draw *plus* Safety Rewards Points! Email responses to [raesafety@raeengineering.ca](mailto:raesafety@raeengineering.ca) by 8am Friday 26 Nov 2021, the winner will be announced that afternoon.

## Fall Prevention

As the weather fluctuates, leaves, rain, and snow fall the risk of slips and falls increase. Whether at work or at home, a fall has the potential for injury. Falls are a leading cause of injury across age groups and settings in Alberta

### Tips for General Fall Prevention

- Wear appropriate footwear and be mindful of foot health
- Keep active to maintain strength and balance
- Check your vision and ensure adequate, unseen hazards are harder to avoid
- Review your medications annually with your doctor or pharmacist, there may be alternatives less likely to cause dizziness or light headedness
- Practice good housekeeping to avoid tripping and slipping hazards such as cords, fallen leaves, spills, and clutter
- Use assistive devices such as hand rails, grab bars, non-slip treads, traction aids for footwear, etc.
- Don't forget the [penguin shuffle](#) when terrain is slippery!



## Informative Links

- [Book your flu shot via AHS](#) or check your local pharmacy
- [What is the flu? \(NFID\)](#)
- [COVID-19 vs the Flu](#)
- [Diabetes Canada](#) and [Diabetes Strategy Now](#)
- [Canadian Diabetes Prevention Program](#)
- [What is Pre-Diabetes?](#)
- [Preventing Falls for all ages](#)
- [9 Ways to Prevent Falling at Home](#)
- [Preventing Falls and Fractures & What to Do if You Fall](#)
- Try [FitOn](#) or another [health and fitness app](#) to help you get started or maintain a healthier lifestyle
- [RAE HSE Manual](#)
  - ⇒ [S.21 Pandemic Preparedness Policy](#)
  - ⇒ [S.25 Biological Hazards SWP](#)
  - ⇒ [S.30 Entrances and Walkways SWP](#)

### True or False

**Non-skid tape, gritty or abrasive coatings, and anti-slip treads are Administrative controls to increase traction to help to reduce the risk of falling.**