



HEALTH AND SAFETY BULLETIN

January 2026!

Start 2026 off on the right foot with a commitment to safety, security, and energy efficiency. Read on to learn more!

In This Issue

- Home Office Safety & Security
- Energy Efficiency

Observances/Awareness:

Month: [Get Organized](#), [Teen Driving](#), [Dry January](#), [Cervical Health](#), [Creativity](#), [Bread Machine Baking](#), [Slavery and Human Trafficking Prevention](#), [Slow Cooker](#), [Codependency](#), [Birth Defects Awareness](#), [Veganuary](#)

Days/Weeks:

[First Foot & New Year's Day](#): 1
[Earth at Perihelion](#): 3
[Twelfth Night](#): 5
[Bean Day & Epiphany](#): 6
[Orthodox Christmas](#): 7
[Houseplant Appreciation Day](#): 10
[Cut Your Energy Costs Day](#): 10
[Home Office Safety & Security Week](#): 11-17
[World Logic Day & Orthodox New Year](#): 14
[Makar Sankranti](#): 14
[Snowmobile Safety and Awareness Week](#): 17-24
[Take a Walk Outdoors Day](#): 20
[International Day of Education](#): 24
[Burns Night & World Leprosy Day](#): 25
[International Day of Clean Energy](#): 26
[Holocaust Remembrance](#): 27
[National Geographic Day](#): 27
[Data Privacy & Reducing CO2 Emissions Day](#): 28
[School Day of Non-Violence and Peace](#): 29
[Chronic Traumatic Encephalopathy \(CTE\) Day](#): 30

2026
HAPPY NEW YEAR



Image source

Home Office Safety & Security

Whether you work from home full time or only once in a while when not in-office or in the field, it's important to think of your health and safety while working from home and [protecting your remote workspace](#).

Your Health and Safety

- Use the right equipment and office set up to support proper posture and prevent MSIs. Keep lighting and air quality in mind. RAE's health benefits and health spending may cover items such as lumbar pillows, glasses, eye drops, etc.
- Plan for regular body/eye [exercise](#) breaks, even just a few minutes, to [stretch](#) to prevent fatigue, [eye strain](#), and MSIs.
- Maintain a work-life balance by fully disconnecting after your set work hours whenever possible

Home Safety

- Ensure windows and doors are locked and consider a home security system to protect your home office
- Smoke and CO detectors
- Ensure your home office items are covered by [insurance](#)
- Have an emergency response plan and equipment for your home (fire extinguisher, first aid kit, evacuation route, etc.)
- Power strips with surge protectors to reduce cord clutter and protect equipment from power spikes

Data Security

- Physical files should be stored securely and disposed of securely when no longer required, according to RAE's [OPS-11A Archiving, Retention, and Destruction Policy](#)
- Ensure you have anti-virus software and firewalls and that your computer [updates](#) regularly, contact IT with questions.
- Use [strong passwords](#) and consider [MFA](#). [Password managers](#), such as from RAE's Company Portal or Google Chrome, can help simplify. Contact IT for details.
- Watch out for [phishing](#) and other scams, avoid clicking links or downloading attachments from unknown or unexpected sources. Be sure to complete the Webroot Security training modules which are issued regularly.
- Back up to cloud storage to prevent data loss.

QUESTION!

RAE Staff who answer correctly will be entered in a prize draw!

Email responses to raesafety@raeengineering.ca by 8am Friday 30 January 2026, the winner will be announced that day.

Energy Efficiency

As the coldest months are underway, gas and electric bills may climb. Consider these [tips to cut costs this winter](#) by [lowering your winter energy bill](#) and [keeping heat in](#).

- Check your insulation, particularly if you have areas of your home that are prone to icicles/snow melt before outside temperatures rise
- Ensure windows/doors are free from drafts/[condensation](#)
- Consider upgrading to a programmable thermostat.
- Switch to [LED](#) lighting where appropriate
- Upgrade appliances, [windows and doors](#) to [Energy Star](#).
- Set your washer and water tank to a lower temperature
- Turn off lights and monitors. Ward off [energy vampires](#), avoid [standby](#) mode and unplug devices not in use.
- Dish washing by machine uses less water than by hand, run [clothes](#) and dishwashers on full loads.
- Open [window coverings](#) during the day and close at dusk
- Layer up while at home with cozy sweaters, socks, etc.
- When time to upgrade or replace appliances, windows, insulation, etc. check for [programs](#) for possible rebates.



Image source

Informative Links

- [More Than 100 Ways to Improve Your Electric Bill](#)
- [Alberta Home Efficiency Rebates and Loan Programs](#)
- [Top tips to heat your home for less](#)
- [Change Habits for Climate Guide](#)
- [Energy-Saving Tips for Homeowners \(and renters\)](#)
- [Home Office Safety and Security Week: Top Tips to Protect Your Remote Workspace](#)
- [Protecting Your Remote Workspace: Home Office Safety and Security Week](#)
- [30 Office Exercises to Try Right Now](#)
- [6 Desk Exercises That Help You Get Stronger While Working](#)
- [Safe Work from Home Tips and Advice for Employees](#)
- [Desk Fit Booklet from NASA](#)
- [RAE HSE Manual](#)
 - ⇒S.9 Ergonomics Policy
 - ⇒S.29 Emergency Preparedness and Response

Per HR's email (Mon 5 Jan 2026), how many days will you have to complete your annual HSE Competency once it is issued Monday 12 January 2026 ?

- A) 30 days
- B) 45 days
- C) 60 days
- D) 75 days