



# HEALTH AND SAFETY BULLETIN

## March 2026!

The days are getting longer already. As the clocks will spring ahead, so should regular inspections and maintenance of homes, yards, and vehicles.

Spring is a time of renewal, so let's renew our commitment to conserve resources and take care of earth.

### In This Issue

- Spring Safety & Maintenance
- Reduce, Reuse, Recycle

### Observances/Awareness:

**Month:** [Brain Health](#), [Nutrition](#), [Epilepsy](#), [Women's History](#), [Colorectal Cancer](#), [Kidney Health](#), [Endometriosis](#), [Juvenile Arthritis](#), [Liver Health](#), [National Social Work](#), [Multiple Myeloma](#), [Pharmacy Appreciation](#)

#### Days/Weeks:

[International Women of Colour Day](#): 1

[Self-Injury Awareness Day](#): 1

[World Hearing & Birth Defects Day](#): 3

[World Wildlife Day](#): 3

[Holi](#): 3 & 4

[World Obesity Day](#): 4

[World Lymphedema Day](#): 6

[Dress in Blue Day](#): 7

[International Women's Day](#): 8

[Day Light Savings Begins](#): 8

[World Glaucoma Week](#): 8-14

[Safer Sleep Week](#): 9-13

[Long COVID Awareness Day](#): 15

[National Poison Prevention Week](#): 15-21

[Neurodiversity Celebration Week](#): 16-20

[St Patrick's Day](#): 17

[Global Recycling Day](#): 18

[Spring Equinox & World Oral Health Day](#): 20

[Eid ul Fitr \(end of Ramadan\)](#): 20 (tentative)

[Digital Cleanup & World Down Syndrome Day](#): 21

[World Water Day](#): 22

[World Tuberculosis Day](#): 24

[Purple Thursday & Purple Day](#): 26

[Earth Hour](#): 28

[Zero Waste & World Bipolar Day](#): 30



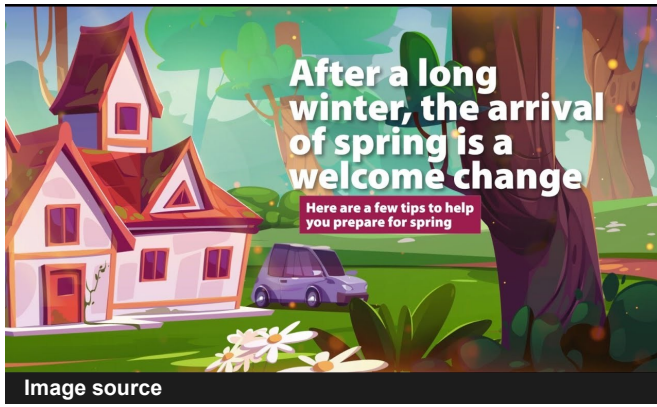


Image source

## Spring Safety & Maintenance

The start of a new season is prime time to be reminded on how to [spring forward safely](#) with regular inspections and [spring maintenance](#) to prepare your home for the upcoming warmer season.

### Around the House

- Daylight savings serves as a good reminder to change batteries in smoke/CO detectors. While you're definitely testing your detectors every week as recommended, test them for the new season while you're at it.
- Check that your fire extinguisher is not expired, that it is in good shape, and is charged.
- If you didn't get your furnace tuned up before winter, now is a great time after it's been working all season.
- Be sure to change filter pads and arrange for cleaning of HVAC units
- Check [windows](#) for frame and sash condition, hardware check, signs of moisture, drafts, and seal integrity
- Check your attic for insulation blowback caused by strong winds, these empty cold spots can lead to condensation
- Lubricate hinges and mechanisms on doors and windows
- Deep clean your home, spring cleaning is good for your house and [good for your health too](#)

### Outside the Home

- Check that [gutters](#) and downspouts are clear to drain away from walkways to ensure proper drainage
- Clear snow away from decks, the foundation, and window wells to reduce the risk of flooding and rot from melt
- Check decks for loose boards, nails, or rot
- Plan to [prune](#) trees and shrubs while they're still dormant
- [Resist the urge to clean up garden beds](#) right away, do as little as possible, as late as possible to give native insects a chance to wake from hibernation
- Consider ditching the lawn, [switch from mow to grow](#)

### Vehicles

- Get all-season tires ready to replace winter tires once temps hit 7°C consistently
- Give your vehicle a good wash (inside and out)
- Change oil and top up fluids

## QUESTION!

RAE Staff who answer correctly will be entered in a prize draw!  
 Email responses to [raesafety@raeengineering.ca](mailto:raesafety@raeengineering.ca) by 8am Pizza Friday 27 March 2026, the winner will be announced that day.

## Reduce, Reuse, Recycle

While we may not get there right away, here are some ways to help achieve zero waste.

### Reduce

- Reduction is the most effective way to save resources and preventing waste because it reduces the need to manufacture more items
- Buy second hand or use sites like [Free Cycle](#) for free
- Use the green bin program if available in your area or consider starting your own [compost](#) and learn how to [save the food](#) through planning, proper food storage, etc. to reduce food waste
- Find ways to reduce consumption of resources like [water](#) (shorter showers, rain barrels, etc.—[make every drop count!](#)) and [energy](#) (turn off items not in use, avoid using [energy hogs](#) when possible)

### Reuse

- Buy in bulk or concentrate and portion things out at home for less packaging waste
- Make the [switch to reusable](#) rather than single use items (i.e. rags or cloths vs. paper towels)

### Recycle

- [Recycling](#) decreases the amount of raw materials used while helping to divert waste from over crowded landfills
- [Beverage containers](#) can be returned or donated



Image source

## Informative Links

- [Top 10 Spring Cleaning Safety Tips](#)
- [Printable Spring Cleaning Chart for Kids](#)
- [Spring home maintenance checklist](#)
- [Reduce, Reuse, Recycle. Most of All, Reduce](#)
- [5 Facts about obesity everyone should know](#)
- [SOAR: Highlighting Invisible Brain Injuries](#)
- [Help Available for Mental Health and Suicide Prevention](#)
- [Explore Circularity Day 2026: Calgary \(March 18-19\)](#)
- [HSE Manual:](#)

⇒S.7 Environmental

⇒S.13 Work Site Inspection Policy

Inspections are not just for spring time. How often are worksite inspections required for RAE offices, Lab, and vehicles?

A) Weekly      B) Monthly      C) Quarterly