

HEALTH AND SAFETY BULLETIN

May 2026!

Spring has (mostly) sprung and the first glimpses of summer are on the way with melts, rain, and warmer weather—that means potential flooding, delving deeper into wildfire season, and the kick-off of thunderstorm and tornado season.

Knowing the potential hazards and how to prepare for them, whether that's [evacuation](#) or [shelter in place](#). This issue focuses on emergency preparedness for Alberta hazards and how to prepare for them.

In This Issue

- Emergency Preparedness

Observances/Awareness:

Month: [BPD](#), [Celiac Disease](#), [Food Allergy](#), [Huntington](#), [Hypertension](#), [Melanoma & Skin Cancer](#), [Healthy Vision](#), [MS](#), [Physiotherapy](#), [Speech and Hearing](#), [Measurement](#), [Lyme Disease](#), [Sexual Violence](#), [Global Employee Health and Fitness](#), [Necrotizing Fasciitis](#)

Days/Weeks:

[May Day & May Day](#): 1
[Wildfire Community Preparedness Day](#): 2
[International Permaculture Day](#): 3
[Check Your Skin Day](#): 3
[Hospice Palliative Care Week](#): 3-9
[Emergency Preparedness Week](#): 3-10
[Mental Health Week](#): 4-10
[Pulmonary Hypertension & Asthma Day](#): 5
[Safety and Health Week](#): 4-9
[Mental Health Week](#): 4-10
[Red Dress Day](#): 5
[Mother's Day](#): 10
[Day for Chronic Immunological and Neurological Diseases](#): 12
[World Hypertension Day](#): 17
[Global Porphyria & Victoria Day \(STAT\)](#): 18
[World Bee Day](#): 20
[Global Accessibility Day](#): 21
[Shavuot](#): 22
[Early Psychosis & Schizophrenia Day](#): 24
[National Reflexology Day](#): 26
[Eid al-Adha \(tentative\)](#): 27
[World No Tobacco Day](#): 31





Image source

Emergency Preparedness

Alberta's theme for [Emergency Preparedness Week 2026](#) is [In It Together](#).

Stay Informed

- [Communication](#) during emergencies is vital for directions from authorities, staying connected with friends, family, and [emergency contacts](#). [Learn the facts](#).
- Make [community connections](#). Emergencies are handled first by local levels of fire departments, police, and other municipal resources before being escalated to other areas or the province, each of which may have their own alerts.
- Know how your community plans for emergencies, where to get help, and how vital information is communicated [during](#) and [after](#) emergencies.
- Download the [Alberta Emergency Alert app](#) and follow community organizations on social media for updates.
- Use non-voice methods (text, email, or social media). These use less bandwidth than voice communications.

Make an Emergency Plan

- A plan ensures workers (and your family) know what to do
- Have [kids](#)? Make sure you and they are familiar with their school's, clubs, or extracurricular organization's plan.
- Include [pet preparedness](#) in your plan, for evacuation or shelter in place, and include them in your emergency kit.

Have an Emergency Kit

- [Prepare emergency supplies](#), ensure your [kits](#) are able to accommodate everyone in your house (including pets!).
 - Learn how to get prepared on a [budget](#)
 - Did you know there are [two types of kits](#) to have on hand?
- ⇒ A bug-out or grab-and-go bags is designed for when you need to [evacuate](#) quickly.
- ⇒ A 72-hr kit is designed to allow you to [shelter in place](#) for at least three days self-sufficiently.

QUESTION! →

RAE Staff who answer correctly will be entered in a prize draw!
 Email responses to raesafety@raeengineering.ca by 8am Pizza Friday 29 May 2026, the winner will be announced that day.

During an evacuation of a RAE office, who is responsible for taking charge of the scene, liaising with emergency personnel, and doing a final building sweep?
 A) First Aider B) Branch Manager C) Emergency Warden

Know the Risks for Alberta's

[Know the risks](#) for your area, be aware that risks can vary based on the time of year

Wildfire

- Apart from the devastation wildfires bring, there is also [smoke and heat](#) to contend with.
- If you see a wildfire, report it by calling 310-FIRE or 911

Extreme Heat

- [Extreme heat](#) may cause [heat-related illnesses](#)

Water Shortages/Drought

- Be [prepared for water shortages](#) and help prevent them by conserve both indoors and out.
- Stock up for emergencies, min. 4L/person/day for 3 days

Thunderstorms, Lightning, Heavy Rains, and Hail

- Aside from heavy rains, winds, lightning and hail, [storms](#) may precede a tornado

Tornados and Extreme Winds

- [Tornados](#), [extreme winds](#) and [severe weather](#) may prompt [shelter in place](#) orders

Power Outages

- Ensure your 72-hr kit includes flashlights and non-perishable food
- Limit electricity use when the [grid is strained](#)

Flooding

- Know how to [prepare for floods](#) and [what to do after](#)



Informative Links

- [Sexual Assault Services of Alberta](#)
- [Get Prepared](#)
- [Emergency Preparedness Week 2026](#)
- [Wildfire Preparedness; Tornados and Extreme Winds; Thunderstorms, lightning, heavy rain and hail](#)
- [Emergency Preparedness Week 2026 Scavenger Hunt](#)
- [Prepared Together 2026: Red Cross Webinars](#)
- Free Get Ready Info and Training for communities:
 - ⇒ [Edmonton at Borden Park](#): Sat 9 May, 10am-3pm
 - ⇒ [Calgary](#): May 5, 7, and 8 at various locations, + online [Ready Calgary Training \(adults\)](#) and [Ready Squad \(kids\)](#)
 - ⇒ [Red Deer](#): Preparedness Guide, Alerts, and resources
 - ⇒ [Grande Prairie](#): Guides, alerts, resources, & [Workshop](#)
- [RAE HSE Manual](#)
- ⇒ S.6 Emergency Preparedness and Response