

HEALTH AND SAFETY BULLETIN

August 2026!

Transitioning from a summer-time fun into a school-year learning frame of mind can be tough. This issue explores how to prepare for the back-to-school season as well as how to make it to September without being drained by mosquitoes!

In This Issue

- Back to School
- Stop the Bite

Observances/Awareness:

Month: [Autoinflammatory](#), [Gastroparesis](#),
[Hair Loss](#), [Psoriasis](#), [Minority Donor](#),
[Spinal Muscular Atrophy](#)

Days/Weeks:

[Can-It-Forward Day](#): 1
[Breast Feeding Week](#): 1-7
[Farmers Market Week](#): 2-8
[Heritage Day \(STAT\)](#): 3
[Cloves Syndrome](#): 3
[PVNH Disorder](#): 7
[International Youth Day](#): 12
[Perseid Meteor Shower Peak](#): 12-13
[Left-Handers Day](#): 13
[Backflow Prevention Day](#): 16
[Contact Lens Health Week](#): 16-22
[Stevens-Johnson Syndrome Day](#): 18
[Breast Cancer Research Day](#): 18
[World Humanitarian Day](#): 19
[World Water Week](#): 23-27
[More Herbs, Less Salt](#): 29
[Day Against Nuclear Tests](#): 29
[Day of Enforced Disappearances](#): 30
[Overdose Awareness Day](#): 31
[Diatomaceous Earth Day](#): 31





*August is
Back to School
Safety Month*

Back to School

It's that time when parents across the nation [prepare](#) for the start of another school year.

Reset Sleep Schedules for Back-to-School

- Try to adjust your child's sleep schedule gradually
- Use a routine and focus on relaxing before bed

Fuel the Day with Breakfast

- Break the overnight fast with a nutritious breakfast to set up kids (and adults) with vitamins and minerals to boost energy levels, alertness, and start their day

Backpacks: Pack it Light, Wear it Right!

- **Pack it:** use compartments and pockets to distribute weight with lighter items in the front
- **Adjust and carry:** use both shoulder straps and opt for a bag that has a sternum strap and hip belt to improve balance. Backpacks should fit snugly against the back and sit just above the waistline
- **Put it on:** Teach kids to pick up the bag by bending and lifting at the knees rather than from the waist
- **Use it Right:** Incorrectly wearing a bag, or using one that is too [heavy](#), increases risk of [musculoskeletal injury](#) in kids. Watch for back/neck/shoulder strain.

Pack a Safe Lunch 101

- Keep hot foods hot with insulated containers/thermos
- Keep cold foods cold with ice packs or frozen juice packs yogurt tubes
- Consider [shelf-stable foods](#) like trail mix, crackers, whole fruit, carrot/celery sticks (ants on a log!), etc.

Prepare for Back-to-School Plagues:

With [good hand hygiene](#) and staying home when sick, many common illnesses can be avoided such as:

- [Coughs](#), [colds](#), [flu](#), [COVID](#), [strep throat](#), and [stomach bugs](#) like [norovirus](#) or [rotavirus](#); [Pink eye](#); [Lice](#), skin infections like [impetigo](#) are more common with [skin issues](#), i.e., [bug bites](#), [allergies](#), or [eczema](#)

Update your Emergency Plan for the school year

- Change in [school plan](#), school, after school care, or contacts? Take time for an update, check the [kit](#) too!

QUESTION!

RAE Staff who answer correctly will be entered in a prize draw! Email responses to raesafety@raeengineering.ca by 8am Pizza Friday 28 August 2026, the winner will be announced that day.

Stop the Bite

With heavy rainfall this summer, [mosquitoes](#) have been more active than ever. Here's how to [fight the bite](#) and help prevent mosquitoes

Bite Prevention

- Wear long, loose, light-coloured clothes
- Use a [repellent](#) containing DEET or picaridin
- Check around your yard/home for standing water, drained or remove to prevent breeding areas
- Avoid being outside when mosquitos are most active, from dusk to dawn
- Use mosquito nets strollers/smaller areas and screens for windows/doors
- Plant [mosquito repelling plants](#)
- Consider electric [repellents](#) or coils

Understand Why Mosquitoes Bite You So Much:

- Stagnant/pools of water
- Darker colours
- Type O blood (not as interested in those with A)
- Floral scents, i.e., deodorant, bath/body products
- Bacteria and lactic acid in your sweat as well as your body heat
- Carbon dioxide is produced when you breathe more heavily, such as during exercise

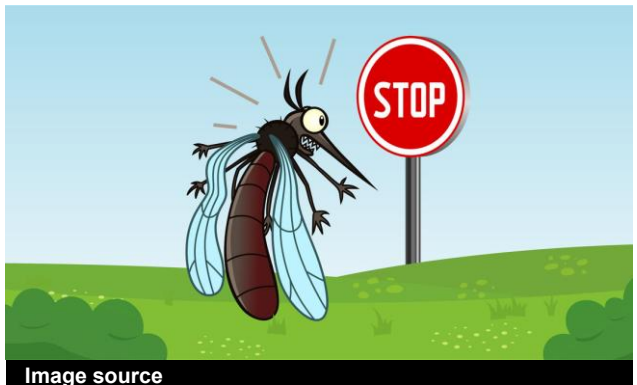


Image source

Informative Links

- [Back to School Means Sharing the Road](#)
- [Navigating Schools and Playground Zones](#)
- [5 Ways Parents Can Keep Children with Food Allergies Safe at School](#)
- [Lessons from Child Identity Theft Awareness Day](#)
- [Emergency Preparedness Games for Kids/Teens](#)
- [Back to School Health – Family Resources](#)
- [Back to School Safety Checklist](#)
- [Contacts for Children | What to Consider](#)
- [Understanding Left-Handedness in Children](#)
- [How to Stop Mosquito Bite Itching](#)
- [RAE HSE Manual](#)
 - S.9 Ergonomics
 - S.6 Emergency Preparedness and Response

Wearing a too-heavy or ill-fitting backpack can cause repetitive strain injury, also known as:

- A) Overexertion injury
- B) Overextension injury
- C) Overuse injury