HEALTH AND SAFETY BULLETIN

November 2026!

November can bring a wide range of weather to make regular walkways a challenge and working at heights even riskier. In recognition of Fall Prevention month, this issue will explore how to make this a no-fall November.

This November will be the first in 55 years that Albertan clocks will not be falling back, so this issue also explores how to manage and prevent fatigue as days become shorter.

In This Issue

- Fall Prevention
- Fatigue Prevention

Observances/Awareness:

Month: Fall Prevention, Crohn's and Colitis, Diabetes, Pulmonary Hypertension, Eczema, Indigenous Disability, Lung Cancer, Movember, Osteoporosis, Radon Action, Pancreatic Cancer, Vegan,

Days/Weeks:

Vegan Day: 1
Daylight Savings No More: 1
All Souls Day: 2
National Pain Awareness Week: 1-7
National Aboriginal Veterans Day: 8
Neuroendocrine Cancer: 10
Remembrance Day (STAT): 11
World Diabetes Day: 14
World Prematurity Day: 15
Additions Awareness Week: 15-21
World Sanfilippo Awareness: 16
Day of Grief and Bereavement: 17
AMR Awareness Week: 18-24
Enteropathy Arthritis Day: 19
Use Less Stuff Day: 19
National Child Day: 20
Elimination of Violence Against Women: 25
International Day of No Buy: 27
Small Business Saturday: 28
Stomach Cancer Awareness: 30



Image Source



Image source

Fall Prevention

Whether you're navigating walkways or working from heights, at work or home - like getting a head start on hanging holiday lights, be sure to take the necessary steps for prevent falls no matter the task or your age.

Slips, Trips, and Falls

- Wet, icy, or snowy paths raise the risk of slips
- Be especially careful on ladders and scaffolding in wet or rainy weather
- Practice good housekeeping and keep cords, tools, debris, or equipment out from under foot.
- Ensure adequate lighting to see potential hazards

Working from Heights

- If you can't reach with your feet on the ground, use the right height access equipment such as step stools, ladders, scaffolding, etc. – at work and home
- Inspect equipment before use
- Use three-point contact and keep center of gravity centered – never lean off height access equipment
- Be aware that adverse weather conditions, i.e. rain, wind, or wintery weather can increase the risk of falls

Fall Protection

- Fall protection may include safety harnesses, protection systems, fall arrest, restraint, etc.
- Always do a pre-use inspection of equipment
- Ensure harnesses fit properly

Dropped Objects

- When working with tools or equipment at heights, be sure to secure items using lanyards, belts, or nets to prevent dropped objects

Traction Aids

- Traction devices are great on walkways but present a hazard when used on ladders or scaffolding.
- Invest in winter footwear with good treads

Better Balance

- As we age, we lose muscle strength and our reflexes slow which increases the risk of falling. Regular balance and strength exercises can reduce fall risks.

QUESTION!

RAE Staff who answer correctly will be entered in a prize draw! Email responses to raesafety@raeengineering.ca **by 8am Friday 27 November 2026**, the winner will be announced that day.

Fatigue Prevention

While we may not be set the clocks back this fall, fatigue is still a concern, especially as daylight hours dwindle which can contribute to SAD. **Let's talk about fatigue:**

- Fatigue is the lack of alertness due to lack of sleep
- It can affect job performance, awareness, mood, physical health, quality of life, and the safety of yourself and others

Manage and prevent fatigue with fatigue fighting tips:

- **Sleep Better**
  - Sleep is good for your health and the best way to prevent fatigue
  - Master your sleep hygiene to sleep better at night
  - Get enough (7-9 hours) uninterrupted sleep nightly
  - Keep a consistent sleep habits, even weekends
  - Minimize or eliminate screens 1-2 hrs. before bed
  - Is sleep consistently a challenge for you? Unmask your sleep villain to find a solution
- **Fight Fatigue with Food**
  - Drink plenty of water, dehydration may cause tiredness.
  - Caffeine reliance makes you more tired and caffeine before can reduce your quality of sleep
  - Choose foods to boost energy. Protein helps keep you attentive and alert while complex carbs give you a boost of energy
  - Enjoy iron-rich foods. Iron-deficiency anemia can cause fatigue, especially in women.
- **Move more** – physical activity can boost energy levels, get blood flowing, and reduce stress



Image source

Informative Links

- Finding Balance
- 10 Safety Tips for Working at Heights
- 15 Ways to Combat Tiredness
- RAE HSE Manual
  - S.26 Entrances and Walkways
  - S.27 Work at Heights
  - S.28 Fall Protection
  - S.40 Fatigue Management Plan

Which form(s) must be completed before starting work from heights where fall protection is required?

A) FLRA
B) JSHA
C) Toolbox Meeting Form
D) Right to Refuse

Sources: Mitti by SafetyCulture; HeightSafety.net, IAOGP, Sleep Foundation