

HEALTH AND SAFETY BULLETIN

October 2026!

Come October, fall is well underway with winter not too far behind. This issue looks at how to prepare for fall, start winterizing inside and outside your home and vehicle as well as how to reduce the risk of natural hazards.

In This Issue

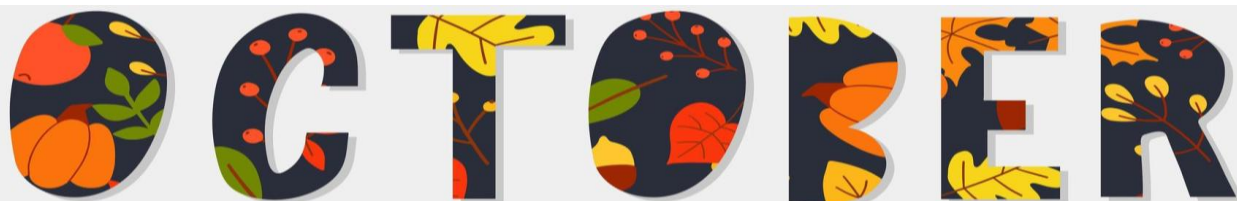
- Prepare for Fall
- Risk Reduction

Observances/Awareness:

Month: [Fairtrade](#), [Children's Vision](#), [Breast Cancer](#), [ADHD](#), [Learning Disabilities](#), [Mark it Read](#), [Dentist](#), [Occupational Therapy](#), [Rett Syndrome](#)

Days/Weeks:

[National Senior's & World Vegetarian Day](#): 1
[HPV Prevention Week](#): 1-7
[National Breastfeeding Week](#): 1-7
[World Ostomy Day](#): 4
[World Meningitis Day](#): 5
[Cerebral Palsy Day](#): 6
[Children's Hospice Palliative Care Day](#): 8
[PANS PANDAS Awareness Day](#): 9
[World Mental Health Day](#): 10
[World Sight Day](#): 10
[Thanksgiving \(STAT\)](#): 12
[Medical Device Reprocessing Week](#): 12-18
[Respiratory Syncytial Virus Awareness Week](#): 12-18
[International Day for Disaster Risk Reduction](#): 13
[World Thrombosis Day](#): 13
[Pregnancy and Infant Loss Remembrance Day](#): 15
[World Spine Day](#): 16
[SUDEP Action Day](#): 18
[Invisible Disability Awareness Week](#): 18-24
[Purple Thursday](#): 19
[Canadian Intensive Care Week](#): 19-25
[National Pharmacy Technicians Day](#): 20
[Brain Cancer Awareness Day](#): 24
[World Amyloidosis Day](#): 26
[Canadian Patient Safety Week](#): 26-30
[World Psoriasis & World Stroke Day](#): 29
[Halloween](#): 31





Risk Reduction

Disaster risk is the consequence of hazards and ways that people and places are vulnerable and exposed. Part of reducing the risk is knowing the risks in your community. The theme for IDDR 2026 is "Resilience Starts at Home". In Alberta, risks include:

- [home fires](#)
- [thunderstorms](#)
- [power outages](#)
- [tornadoes](#)
- [wildfires](#)
- [floods](#)
- [winter storms](#)
- [fall storms](#).

Ensure your household understands the risks and can respond to early warnings to make informed decisions to prepare against natural hazards. Taking part in local planning processes is another way to be an active agent of resilience.

Have an emergency plan and kits:

- [Checklist](#) and kit your [vehicle](#)
- [Emergency kit checklist](#) and kit for home
- Don't forget an [emergency checklist for your pets](#)

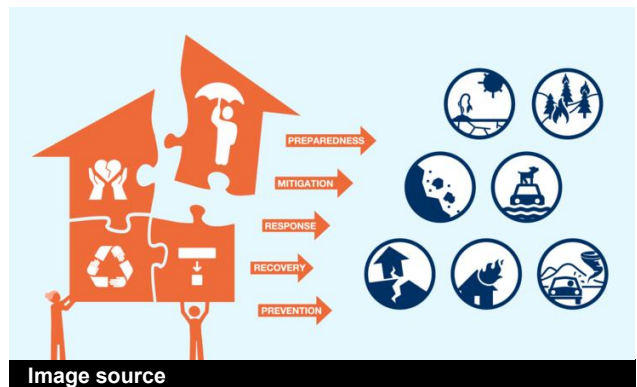


Image source

Prepare for Fall

Fall is the time to pack up summer and prepare for cooler months. Inspect your home to make any repairs before the weather turns and winterize your home while following these [fall weather safety tips](#):

Inside your Home, Check:

- Your fire/smoke/CO detectors and replace batteries
- That the furnace/[heating system](#) is ready for winter
- Your emergency supplies, replace/restock food, water, medications, batteries, etc. as needed
- Check the seal around doors and windows from the inside and out and repair sealant/[weather stripping](#)
- Watch for [fall pests](#) in your home

Outside your Home and Yard:

- Clear storm drains and [gutters](#) of debris
- Trim tree branches to avoid having them fall in winter
- Take care when working from heights
- Rake up leaves and clear up yard debris
- Wear appropriate PPE while doing house/yardwork
- Check for entry points that could be used by critters
- Inspect roof for loose shingles/damage
- Finish any outstanding painting/repairs
- Put away BBQ and patio furniture
- [Winterize your water sources](#) (i.e., hose, taps, pipes)

At Work or Play:

- Switch out warm weather PPE and clothes for items more suitable for cooler temperatures.
- Check the weather before you head out. Remember shorter days can lead to drops in temperature.
- Into cool weather sports? [Expense your gear!](#)

Driving and Vehicle Prep for Winter:

- If you haven't yet, switch over to [winter tires](#) or at least be ready to put them on
- Make sure your [heater works](#) before temps drop
- Adjust your [tire pressure](#) for lower temps
- Be aware [wildlife collisions](#) increase in fall/winter

QUESTION!

RAE Staff who answer correctly will be entered in a prize draw! Email responses to raesafety@raeengineering.ca by 8am Pizza Friday 30 October 2026, the winner will be announced that day.

True or False

Winter outerwear and footwear are not supplied by RAE; however, it may be purchased according to the Safety Apparel and Supplies Policy and, for some types of apparel, through benefits using your LSA.