



HEALTH AND SAFETY BULLETIN

November 2022

November is Fall Prevention Month

This November, leave the falling to the leaves and Daylight Savings by making a commitment towards fall prevention. Take steps to reduce your risk of injury due to slips, trips, falls and other seasonal injuries.

In This Issue

- Winter Fall/Injury Prevention
- Prevent Falls From Heights

Observances:

Awareness Month: [IDAM](#); [Lung Cancer](#); [Osteoporosis](#); [Movember](#); [Fall Prevention](#); [Family Violence Prevention](#); [Crohn's and Colitis](#); [Pulmonary Hypertension](#)

Days/Weeks:











[Daylight Savings Time Ends](#): 6
[National Pain Awareness Week](#): 6-12
[World Immunization Day](#) and
[International Accounting Day](#): 10
[Remembrance Day](#): 11
[World Pneumonia Day](#): 12
[Fraud Awareness Week](#): 13-19
[World Diabetes Day](#): 14
[World Prematurity Day](#): 17
[Antimicrobial Awareness Week](#): 18-24
[National Enteropathic Arthritis Day](#),
[Women's Entrepreneurship Day](#), and
[International Men's Day](#): 19
[Addictions Awareness Week](#): 20-26
[16 Days of Activism against Gender-Based Violence](#): 25 Nov-10 Dec
[Digital Health Week](#): 29 Nov - 5 Dec



Winter-proof your workplace – Employee tips



Image source

-  Focus on your footing
-  Walk like a penguin
-  Don't use your cell phone when walking
-  Use handrails
-  Be aware of changes in walking surfaces
-  Free up your hands
-  Report unsafe conditions
-  Use authorized paths
-  Step down off curbs, not out
-  Step down not out of car
-  Wear appropriate footwear

Winter Fall/Injury Prevention

As snow and ice accumulate, avoid falling victim to injury this season with these tips:

Avoiding Slips, Trips, and Falls

- Be cautious and allow extra time for travel
- Clear your walks and use designated areas, there may be tripping hazards hidden beneath the snow
- Wear appropriate footwear, invest in [traction aids](#)
- Have both hands free for balance. Keep your hands out of your pockets, wear mittens or gloves instead
- Keep your eyes on the path (not on your phone)
- [Walk like a penguin](#) using slow, short steps or shuffling

What to do in Case of a Fall

- Don't get up right away, take your time and assess how you are feeling
- After assessing yourself and you are able, roll to one side, bend your knees towards you, push up with your arms, and then use your legs to stand the rest of the way
- Try not to take anyone down with you if they're assisting

Reduce the Risk of Shoveling Injuries:

- Warm up! Stretch before going out to shovel and be sure to dress appropriately by wearing layers
- Use a [proper stance](#) while shoveling:
 - ⇒ Back straight,
 - ⇒ Bend at the hips,
 - ⇒ Keep a wide stance, feet a bit more than shoulder width
 - ⇒ Have your feet face the direction of the shovel
- Do **not** twist the spine, [pivot](#) with your feet/hips
- Rather than lifting the snow, try pushing it as much as possible

QUESTION!

RAE Staff who answer correctly will be entered in a prize draw!
Email responses to raesafety@raeengineering.ca by 8am Friday, 25 November the winner will be announced that afternoon.

Prevent Falls from Heights

Whether it's climbing a ladder, stairs, or standing on a rooftop for inspections, working from heights is often a part of our job, but falling doesn't have to be.

- Always do a hazard assessment to be aware of the risks and know how to mitigate them
- Know when fall protection is required, and what type (fall arrest, fall restraint, etc.).
- Inspect equipment before and after use.
- Be mindful of wind conditions when working from heights, high wind speeds can increase the risk of falls from heights
- When using a ladder, have someone hold it to ensure stability.
- Always check scaffolding tags to be sure it's safe for use
- Do not use traction aids while climbing ladders, flip them around for when you're feet are on the ground



Image source

Informative Links

- [Winter Walking Tips: Lower Your Risk of Falling](#)
- [Rate my Treads](#) (rates/comparates winter footwear)
- [Fall Protection Systems and Weather](#)
- [Flu Shots in Alberta + Other Adult Immunizations](#)
- Find out if you're at risk for [Diabetes](#)
- [Health Supports/Resources](#)
- [RAE HSE Manual](#)
 - ⇒ S.30 Entrances and Walkways SWP
 - ⇒ S.31 Working from Heights SWP
 - ⇒ S.32 Fall Protection SWP

When is Fall Protection (*and a JSHA*) required?

- A) If there's a risk of a vertical fall of 3m (9.8ft) or more
- B) If there's risk of injury from a vertical distance of less than 3m (9.8ft)
- C) When there's risk of falling into, onto, or through something that could result in injury
- D) All of the Above