



HEALTH AND SAFETY BULLETIN

December 2022

Farewell to 2022!

As 2022 comes to a close with a variety of winter holidays, this bulletin looks at how to stay safe this holiday season at home and at work.

In This Issue

- 12 Holiday Safety Tips
- Winter Work Safety



Observances:

Month: [Human Rights](#)

[World AIDS Day](#): 1

[Women's Brain Health Day](#): 2

[World Wildlife Conservation Day](#): 4

[International Volunteer Day](#): 5

[Day of Remembrance and Action on Violence Against Women](#): 6

[Crohn's and Colitis Week](#): 1-7

[International Anti-Corruption Day](#): 9

[Handwashing Awareness Week](#): 5-11

[Influenza Vaccination Week](#): 6-12

[Human Rights Day](#): 10

[Universal Health Coverage Day](#): 12

[Hanukkah](#): 18-26

[Winter Solstice](#): 21

[Festivus](#): 23

[Christmas Eve/Christmas Day](#): 24&25

[Kwanzaa](#): 26

[Epidemic Preparedness Day](#): 27

[New Year's Eve](#): 31

This holiday, make *safety* part of your celebration.

SITE SAFETY



Image source

12 Holiday Safety Tips

- Slips, Trips, and Falls:** Keep sidewalks and steps shoveled and de-iced. Use 3-point contact on ladders.
- Trees:** Enjoy [trees safely](#). Ensure live trees are well watered. All trees should be stable and placed away from heat sources. Use fire-resistant artificial trees.
- Illness:** Prevent illness spreading at holiday gatherings by asking guests to stay home if unwell and encourage those in attendance to practice proper handwashing.
- Electrical:** Use only [approved electrical products](#). Don't overload electric devices or string more than 3 sets of lights together. Do use a GFCI. Check labels for indoor/outdoor use. Don't take phones or tablets in bed. Discard any damaged electric devices.
- Travel:** Have a journey management plan, drive to conditions, use winter tires, and wait to post about travel plans until your return, don't advertise nobody's home.
- Gifts** Keep [toy safety](#) in mind, give age appropriately.
- Pets:** Keep pets away from [hazardous plants](#); [people food](#), and gift wrapping
- Holiday Food:** Follow food [safety best practices](#). Never leave the stove unattended.
- Heat:** Don't use space heaters with power bars, ensure they are at least 3' away from curtains, upholstery, etc.
- Holiday Parties:** Ensure guests don't drive under the influence and ask about allergies or accommodations.
- Fire:** Ensure smoke and CO detectors are working. Decorations should be least 3' from heat sources. Chimneys should be cleaned
- Snow:** Stretch before [snow shovelling](#) to reduce the risk of injury. Dress appropriately and take rest breaks.

QUESTION!

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

Winter Work Safety

Winter conditions are just beginning to take hold. Follow these tips to work safely.

- Dress appropriately for the weather—wear layers so you can be comfortable when moving in and out of buildings.
- Take more frequent rest breaks to warm up.
- Use traction aids. These are often a requirement on site. Keep in mind there are some situations where you should not wear traction aids as they may pose a hazard such as indoors, on ladders, scaffolding, or driving
- Follow your journey management plan and ensure you are including extra travel time to allow for adverse road conditions. Follow [safe winter driving tips](#).
- Know the signs/symptoms of [frostbite](#) and [hypothermia](#) to know when to action.
- Complete your safety inspections to identify potential issues.



Image source

Informative Links

- [Get Prepared: 12 Days of Holiday Safety](#)
- [ESFI 12 Winter Holiday Safety Tips](#) (video, ~3mins)
- [CDC's 12 Days to Health](#)
- [12 Days of Christmas Safety Infographic](#)
- [Twelve \(or so\) Days of Holiday Safety](#) (video ~30sec)
- [National Safety Council: Safe Holiday Season](#)
- [10 safety tips for the winter worker](#)
- [RAE HSE Manual](#)
 - ⇒S.28 Electrical Safety SWP
 - ⇒S.30 Entrances and Walkways SWP
 - ⇒S.34 Thermal Exposure SWP
 - ⇒S.45 Journey Management Plan

What areas are most common for Frostbite?

- | | |
|------------|---------------------|
| A) Fingers | E) Cheeks |
| B) Toes | D) Chin |
| C) Ears | F) All of the above |