



HEALTH AND SAFETY BULLETIN

April 2024!

Have you or a friend ever had their social media account cloned or hacked? Got a computer virus? Received a scam email, call, or text?

This month, we learn how to stop the wool from being pulled over our eyes with cyber scams, and how to protect our eyes during the upcoming solar eclipse.

In This Issue

- Cyber Security
- Eclipse Safety

Observances/Awareness:

Month: [Caesarean](#); [HIE](#); [IBS](#); [MOGAD](#); [Stress](#); [Earth Month](#); [National Oral Health](#); [Parkinson's](#); [Rosacea](#); [Distracted Driving](#)

Days/Weeks:

[April Fools Day & Easter Monday](#): 1
[World Autism Awareness Day](#): 2
[National Dental Hygienists Week](#): 4-10
[Laylatul Qadr \(Night of Power\)](#): 5
[World Health Day](#): 7
[Window Safety Week](#): 7-13
[International Dark Sky Week](#): 8-15
[Solar Eclipse](#): 8
[Eid ul Fitr](#): 10 (tentative)
[National Clean Up Your Pantry Day](#): 11
[FND Awareness Day](#): 13
[STI & Medical Laboratory Week](#): 14-20
[Advance Care Planning Day](#): 16
[Organ and Tissue Donation Week](#): 18-24
[World Hemophilia Day](#): 17
[Administrative Professionals Week](#): 21-27
[Earth Day](#): 22
[Primary Immunodeficiency Week](#): 22-29
[Shakespeare Day & First Day of Passover](#): 23
[Immunization Awareness Week](#): 23-30
[Red Hat Society Day](#): 25
[National Day of Mourning](#): 28
[Last Day of Passover](#): 30





Image source

Cyber Security

Breaches in [cyber security](#) can result in financial loss as well as potential long-term effects. Here, we'll learn about some common threats and prevention tactics.

Common Cyber Security Threats

- [Phishing](#), or [cloning](#), can be done via emails, calls, or texts. Cyber criminals use multiple [attack tactics](#) to trick you into giving out [Personally Identifiable Information \(PII\)](#).
- [Account Cloning](#) uses a real person's name, photo, and other info to impersonate that individual and [attack](#) their friends and family.
- [Pig Butchering Scams](#) target victims by [earning their trust](#), often through romance scams, before getting them to invest in fraudulent crypto currency or investments, send funds, etc.. "Butchers" are often [victims](#) themselves.
- [Romance & friendship scams](#) prey on people, earning their trust before getting them invest, or send funds for emergencies, travel, etc. to further the relationship.
- [Hacking](#): Unauthorized access to systems.
- [Malware](#): A program or code used to harm a computer.

⇒ [Viruses](#) are malware that infects and copies itself.

⇒ [Ransomware](#) is malware that removes access to your files by replacing them with encrypted data or restricts your login access unless you pay the attacker.

How to Protect Yourself From Cyber Security Threats

- [Secure your accounts](#), i.e. strong passwords, private PII
- Review [social media settings](#), including your friend list.
- Be cautious of unsolicited messages, group chats, and friend or follow requests from people you don't know.
- Use spam filters and be skeptical of emails or texts that want you to open files or click links
- [Search yourself](#) and friends, especially if you get a new friend request for an existing friend. Report any cloned profiles.
- [Secure your devices](#), [backup regularly](#), and stay [updated](#).
- Use trusted [anti-virus protection](#), [connections](#), and a [VPN](#)
- If something sounds too good to be true, it likely is.

QUESTION!

RAE Staff who answer correctly will be entered in a prize draw!

Email responses to raesafety@raeengineering.ca by 8am Friday 26 April 2024, the winner will be announced that day.

Partial Eclipse for Alberta

A [solar eclipse will occur Monday 8 April 2024](#). An eclipse is when the moon crosses in front of the day time sun and partially or totally covers it. For many, this may be the experience of a lifetime, but [view with caution!](#)

- [The partial will be visible for many Albertans](#) starting ~11:48am, peaking ~12:45pm, finishing ~1:46pm.
- Looking at the sun during an eclipse can seriously harm your vision but there are ways to [view the Eclipse](#) safely"

Do

⇒ Observe using ISO-12312-2 glasses, goggles, or [solar filter](#) from a [reputable source](#)

⇒ [Build your own projector](#) ([projector in a box](#))

⇒ Project the sun with [binoculars](#) or a [small telescope](#)

⇒ Use #14 welder's glass (it will have a greenish hue)

⇒ Catch a [livestream!](#)

Do NOT

⇒ Do **NOT** look directly at the sun!

⇒ Do **NOT** rely on regular sunglasses for protection

⇒ **Do NOT use your phone camera**, you can fry it

⇒ **Do NOT buy glasses/lenses from unreliable sources** (Amazon, Temu, etc.) as seller products are not verified.



Image source

Informative Links

- [Total Solar Eclipse Safety](#)
- [Important Warnings about Solar Observations](#)
- [Watch the Total Solar Eclipse Live Stream](#)
- [How much of the eclipse will you see from your location?](#)
- [Vetted Suppliers of Safe Solar Viewers & Filters](#)
- [Why the Solar Eclipse is a Big Deal](#) (video)
- [7 Red Flags of Phishing](#)
- [Attack of the Profile Clones](#)
- [Understanding the Difference: Hacking vs Cloning](#)

You get an email from the company President. They ask you to buy and send them several gift cards to give out to staff. Select the best course action.

- Buy the gift cards, send them along with the receipts, and wait for them to pay you back.
- Report the email as scam/phishing and delete it.
- Reach out to the president via phone or Teams to confirm their unusual request.
- Forward the email to accounting or reception to do.