

# HEALTH & SAFETY NEWSLETTER

ENVIRONMENTAL, HEALTH & SAFETY – DECEMBER 2019

**Fire Drill** – On Tuesday, January 21<sup>st</sup> at 10 am, MRU will hold a fire drill to practice evacuating all buildings on the Lincoln Park Campus, except Residence buildings. The drill is mandated by legislation and all must participate. Drills are scheduled for January and September of each year. The schedule is coordinated with Academic Affairs to minimize the impact to classes.

**Small Appliances** – Ensure that small appliances in your area, such as coffeemakers, space heaters and toasters are turned off and unplugged if you will be away from campus over the holiday break.

**Seasonal Hazards** – It is no surprise that winter weather brings hazards such as cold temperatures and slippery conditions, but did you know that the holiday season can also be hazardous? Below are some common hazards of the holidays and suggestions for how you can reduce the risk of injury to yourself and others:

Fire and electrical hazards from holiday lights or candles	Follow manufacturer's directions Never leave candles unattended and don't leave lights on overnight or when you're not around Water fresh Christmas trees daily
Falling hazards when putting up holiday decorations	Use a CSA-approved ladder (inside and out) when installing decorations at height Use a spotter when on a ladder Only climb up outside during daylight hours
Stress and fatigue from event planning and participation	Delegate tasks when you can Take breaks to recharge Reach out to the MRU EFAP (Employee and Family Assistance Plan) if available to you Don't aim for perfection – your family and friends will still love you if the gravy is lumpy!
Wellness hazards from reduced activity levels and an indulgence in food and drink	Wash your hands regularly and try to avoid touching your face Stay active where you can Don't drink and drive and if the turkey coma is intense, wait until it's worn off before getting behind the wheel of a vehicle so you don't drive fatigued

## More Information

Cold Weather Safety: <https://www.getprepared.gc.ca/cnt/rsrscs/sfttps/tp201101-eng.aspx>

Winter Walking: <https://canadasafetycouncil.org/safety-tips-for-winter-walking/>

Holiday Fire Safety: <https://www.oafc.on.ca/holiday-fire-safety>

Holiday Stress: <https://www.psychologytoday.com/ca/blog/smart-habits-highly-successful-people/200912/7-tips-relieve-holiday-stress>

MRU Employee Wellness:

[https://www.mtroyal.ca/EmploymentCareers/HumanResources/\\_pdfs/wellness\\_brochure.pdf](https://www.mtroyal.ca/EmploymentCareers/HumanResources/_pdfs/wellness_brochure.pdf)

## Legislation

Did you know that the Alberta Occupational Health & Safety Act requires employees to ensure the psychological health of their workers, as well as their physical health and wellness? Learn more:

<https://open.alberta.ca/dataset/9850c542-a0d2-4b72-b687-9828880ffbe9/resource/36eff1cd-b998-412e-8ca9-92cef70d536d/download/ohs-bulletin-bp024.pdf>

**If you have suggestions on future newsletter content, please email [ehs@mtroyal.ca](mailto:ehs@mtroyal.ca) with your suggestion. We would love to hear from you!**

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