Health, Safety & Emergency Preparedness
Information for Students at CCE Swing Spaces

Call 911 for fires, crime in progress, violence, or medical emergencies. If you are calling from a U of R land line phone just dial 911, remember to confirm your local street address with dispatch, then call Campus Security at 306-585-4999 for follow-up.

(For example: State your room number at 2151 Scarth Street or at 3rd Floor First Nations University, 1 First Nations Way.)

When you hear a fire alarm:

• Follow the directions of Emergency Wardens (orange vests), and Campus Security.
• Immediately proceed to the nearest available fire exit and leave the building.
• Close the door if you are the last person out.
• Do not use elevators during an evacuation. All inside fire exit stairwells are places of refuge which will provide at least one hour fire protection when all doors are closed.
• If you or someone else is unable to evacuate down the stairs:
  • Ensure that they take shelter on the landing of a fire exit stairwell.
  • Immediately notify Campus Security or the Fire Department of the situation.
• Upon exiting, move a safe distance away from the building.
• Do not re-enter the building until the Fire Department or Campus Security gives clearance.

Other emergencies:
In the event of emergencies other than a fire (for example: tornado, chemical spill, or armed intruder), the Emergency Notification System (ENS) will be activated:

• A message will be broadcast on computers.
• The message will also be posted to the U of R Facebook and Twitter accounts, as well as push notifications through the U of R app.
• Follow the instructions as communicated via the ENS.
• Check for situation updates as they become available on the U of R Emergency Webpage at http://www.uregina.ca/emergency/

UofR Credit Students may:

• Download the ENS software to receive ENS alerts to your computer http://www.uregina.ca/emergency/ens/index.html
• Download the UofR mobile app (available for iOS and Android) to receive ENS alerts on your Smartphone - http://www.uregina.ca/external/communications/app/

Sample Emergency Message:
TORNOADO WARNING issued for Regina.
Remain indoors.
Take shelter in interior rooms or stairwells without windows.

University of Regina Armed Intruder Preparedness Video
Run – Hide – Decide (available in 6 languages)

While an armed intruder event is very unlikely to occur at the University of Regina, it is important that faculty, staff, and students know what to do in the event that it does.

The University of Regina, has produced a short training video depicting the correct actions to take in the event of an armed intruder on our campus. In 6 languages. http://www.uregina.ca/hr/hsw/armed-intruder/index.html

Incident Reporting

• Notice something on Campus that seems unsafe? Let us know! It can help ensure your safety and the safety of our campus community. Reporting a Safety Concern is easy:
  http://www.uregina.ca/hr/hsw/safety-concern.html
• Please report any and all incidents that involve injury to a person, damage to property or the environment, or that have the potential to do so. Complete an Incident Report form:
  http://www.uregina.ca/hr/hsw/incidents.html or contact Health, Safety & Wellness at 306-585-5487.

Hand washing
Hand washing is one of the best ways to remove germs, avoid getting sick, and prevent the spread of germs to others.

1) Wet your hands with clean, running water
2) Apply soap – lather your hands by rubbing them together
3) Scrub your hands for a least 20 seconds
4) Rinse your hands well under clean, running water
5) Dry your hands using a paper towel or air dry them.

Designated Smoking Areas

• Smoking (which includes using electronic cigarettes) is only allowed in designated areas. Please respect the health of our campus community by only smoking in these designated areas.
• At the Palliser building exit out the rear door the area is located to the right ten metres from the door. At First Nations the smoking area is located to the right of the main door (front of teepee) near the picnic tables.

Sexual Assault: UR Safe, UR Supported, UR Strong
This program responds to, and helps educate our campus community on incidents of sexual assault, sexual violence and prevention. Further information can be found at http://www.uregina.ca/ursafe/

Working/Studying Alone and Safe Walk Along Service
Are you studying or working alone day or night and would like somebody to ensure you are safe? The Lone Worker/Student Service is provided by Campus Security 24 hours a day.

Call Campus Security at 306-585-4999 or refer to their website - http://www.uregina.ca/fm/campus-security/programs/index.html
• At Palliser if you are working alone please inform the Commissioner.

Walk A Long: Campus Security can be contacted to walk you to your vehicle or bus stop to ensure you get to your transportation safely.
Call them at 306-585-4999.
• For staff located at the Palliser Building, feel free to contact the front lobby Commissioner for after-hour assistance.

Violence & Harassment
Harassment, Discrimination Prevention and Conflict Resolution Services provides confidential consultations to anyone who feels that they have experienced inappropriate and disrespectful behaviour. There are many possible solutions, including personal coaching, mediation, and a formal complaint process. Please contact the Respectful Workplace Coordinator at 306-585-5400 for assistance.

Mental Health Services available to UofR Credit Students
U of R Counselling Services provides free individual and group therapy to registered University of Regina students. The most common issues facing students needing support include: adjusting to the University, stress, anxiety, depression, relationship issues, and grief. All services are confidential and both male and female therapists are available. Please call 306-585-4491 or drop by the Student Success Centre front desk to book an appointment.

Health, Safety & Wellness Contact Information

Office: AdHum 435
Hours: Monday to Friday, 8:15 am - 4:30 pm
Phone: 306-337-2370
E-mail: health.safety@uregina.ca
Web: http://www.uregina.ca/hr/hsw

Follow @UofR_HSE

January 2017

Human Resources
Health, Safety Wellness

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