



**Welcome to the first edition of our faculty's Grad Student Safety Newsletter!** Each month, we hope to provide information and resources to keep you safe, healthy, and well during your time at the UofR. Newsletter content will also help prepare you for careers as professional engineers. Have ideas for future newsletters? We would love to hear from you! Suggestions are welcome at [Engg.Safety@uregina.ca](mailto:Engg.Safety@uregina.ca).

**New student in our faculty?** Make sure you complete the **Engineering Safety Orientation** on UR Courses as soon as possible. This orientation is also required for all office and lab access requests.

If you are a thesis-based student and need an office space, the first step is to submit the [Waitlist Form](#) to [Engg.Grad@uregina.ca](mailto:Engg.Grad@uregina.ca). Once you have been assigned an office space, return to the Engineering Safety Orientation and follow the instructions for **Grad Student Access Requests**. MEng students can apply instead for access to ED 485.2, the MEng lounge (no waitlist form needed).

**For chemical lab users, glass that is broken or contaminated is considered hazardous waste.**

Students often have questions about how to dispose of this. Please refer to the Health and Safety [Glass Waste](#) poster for detailed instructions. The poster also includes instructions for disposal of unbroken glass.



**CAUTION - GLASS WASTE**

ONLY DRIED, TRACE RESIDUAL CONTAMINATION PERMITTED. NO LIQUIDS. SEPARATE AND PACKAGE CHEMICAL, BIOLOGICAL, AND RADIOACTIVE GLASS WASTE INTO MULTIPLE PAILS, IF POSSIBLE.  
RADIATION, BIOLOGICAL TOXINS (B-1), CYTOTOXINS, AND MERCURY CONTAMINANTS MUST BE PACKAGED SEPARATELY FROM GENERAL CONTAMINATED/BROKEN GLASS WASTE.

LIST FULL NAMES OF EACH CONTAMINANT (IF APPLICABLE)	
LABORATORY MANAGER	LAB/ROOM LOCATION
ACCOUNT NAME	

**Important Contacts:**

Campus Protective Services:  
**306-585-4999**

Emergency Services:  
**911**

Engineering Health & Safety Coordinator:  
[Engg.Safety@uregina.ca](mailto:Engg.Safety@uregina.ca)

Campus-Wide Health & Safety:  
[Health.Safety@uregina.ca](mailto:Health.Safety@uregina.ca)

**Upcoming Events:**

**Fire Drills**

Oct 1: CL, LB, CK  
 Oct 2: CW, GG, ED, RC  
 Oct 3: LY, RI, AH, CT  
 Oct 4: CM, KI, PA, WA, CB  
 (refer to [Building Codes](#))

**Step-In-Step-Up Healthy Relationships Training (Free!)**

Oct 3: 10:00 to 11:30 a.m.  
 Oct 9: 7:00 to 8:30 p.m.

**Safety Committee Research Lab Inspections:** Oct 1-31

**Chem & Lab Safety Workshops**

Oct 8: 9:30 a.m. to 12:00 p.m.  
 Oct 23: 1:30 p.m. to 4:00 p.m.  
 (complete [online training](#) first)

**Biosafety Workshops**

Oct 7: 2:00 to 4:00 p.m.  
 Oct 25: 10:00 a.m. to 12:00 p.m.  
 (complete [Chem/Lab Safety](#) and [online training](#) first)

## The Engineering Local Safety Committee

meets four times a year and advises the faculty about policies and procedures to improve safety in teaching and research. If you have safety concerns or suggestions, you can contact your representative on the committee at any time.

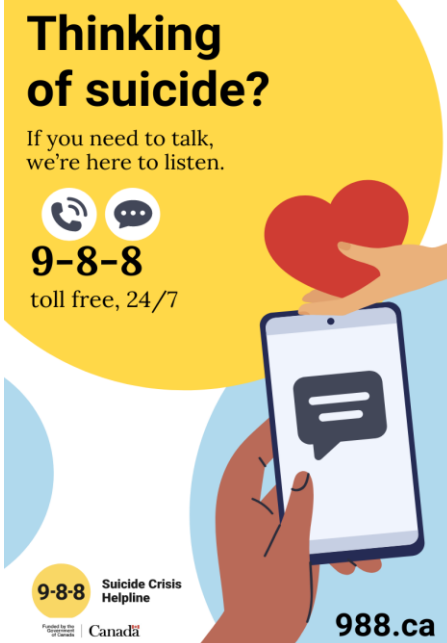
### We greatly value input from students, and the Grad Student Representative position is currently vacant.

If you would like to volunteer, please send an email to [Engg.Safety@uregina.ca](mailto:Engg.Safety@uregina.ca). Briefly describe why you are interested, along with any relevant experience.

<b>Associate Dean (Chair):</b>	Raman Paranjape
<b>Electronics:</b>	Vacant
<b>Environmental:</b>	Amy Veawab
<b>Industrial:</b>	Sharfuddin Khan
<b>Energy/Petroleum:</b>	Saman Azadbakht
<b>Software:</b>	Yogesh Sharma
<b>Lab Instructors:</b>	Syed Zaidi, Lisa Vindevoghel
<b>EYES:</b>	Kevina Mullock
<b>Workshop:</b>	Syied Mohammed
<b>Engineering Safety:</b>	Lauren Bradshaw
<b>UofR Health &amp; Safety:</b>	Grant Norman
<b>Undergrad Students:</b>	Muhammad Tariq
<b>Grad Students:</b>	Vacant

## World Suicide Prevention Day

was observed last month. Canada has a new suicide help line. You can call or text **988**, 24 hours a day, for free. Visit [988.ca](http://988.ca) for more information. Help is also available at the UofR [Mental Wellness Hub](#), or call **911** for an emergency.



**Thinking of suicide?**

If you need to talk, we're here to listen.

9-8-8  
toll free, 24/7

988.ca

9-8-8 Suicide Crisis Helpline  
Canada

The poster features a hand holding a smartphone with a text message icon, a red heart, and icons for a phone and text messages. The background is yellow and blue.



## World Mental Health Day is recognized annually on October 10.

In a survey of nearly 45,000 Canadian post-secondary students for the National College Health Assessment, approximately 44% of students reported difficulty in functioning due to depression; 13% had seriously considered suicide. According to the Mental Health Commission of Canada, "more than 75 per cent of first-time mental health diagnoses occur between the ages of 16 and 24."

While university (and life in general) can be stressful, students have SO MANY supports available. Options are available on campus, off campus or even online, depending on your situation and comfort level. Most offer help free of charge! Keep these in mind, whether for yourself or friends who may be struggling. The UofR [Mental Wellness Hub](#) has links to the **Student Wellness Center** counselling services, advice on how to ask for help, recognizing someone in distress, response strategies, training, on-campus resources, and community resources. UR International's [Global Learning Centre](#) also has frequent workshops about wellness and resiliency. These are open to all students. The [Online Therapy Unit](#) also has free programs, including **Wellbeing for Post-Secondary Students**. These programs involve a review of online materials with therapist support via email or phone.

**Incident Reports** are required if you have an incident that causes injury or property damage or had potential to do so (a “near-miss”). They must be submitted within 24 hours of the occurrence. But don’t fear if you ever need to submit an [Incident Report](#)! **The intent is never to place blame.** Instead, we want to ensure that you are OK, and ensure property damage is fixed. We also learn from every incident and near-miss, so we can hopefully prevent similar incidents from occurring again.

**A Health and Safety Week Contest** was initiated in the faculty last semester, in the form of a safety crossword puzzle on UR Courses. **Congratulations to our winners Folasade Folakan and Muhammad Uzair!** Please email [Engg.Safety@uregina.ca](mailto:Engg.Safety@uregina.ca) to claim your prizes. Thanks to everyone who attempted the puzzle – it was great to see so much participation!

**Safety Acts, Regulations, Codes and Standards: What’s the Difference?** When it comes to safety (and many other things that are important to engineers!), we often hear references to Acts, Regulations, Codes and Standards. People are understandably sometimes confused by the differences. In Canada, **Acts** are laws made by parliament or the legislature. **Regulations** are more specific rules that address the details and practical applications of the law, and are created to enforce the Acts. Acts and Regulations are both legally binding and enforceable. Examples related to safety include the [Saskatchewan Employment Act](#) (Part III) and [The Occupational Health and Safety Regulations](#). **Codes** are also enforceable pieces of legislation which set out technical requirements for certain subject areas, such as the [National Fire Code of Canada](#) and the [Canadian Electrical Code](#) (refer to the [Saskatchewan Interpretations](#) for local requirements). **Standards** are produced by voluntary organizations, such as the Canadian Standards Association (CSA), the American National Standards Institute (ANSI), and the International Organization for Standardization (ISO). An example is *ANSI Z358.1: Emergency Eyewash and Shower Standard*. When published by these organizations, the standards are not law but represent “good practice”. However, a standard may be *adopted* by law, in which case it becomes part of the law and becomes enforceable.

### Professional Development Highlight:

**First Aid with CPR-C & AED Training** is often requested by students. While this is not available as free training, courses from [J&T First Aid](#), [Armour Safety](#), and [St. John Ambulance](#) are well worth the investment! You never know when you may need to help a friend, family, or a stranger. Classes are typically 2-days in duration and in-person, however J&T First Aid also offers a hybrid course with an online and shorter classroom component. Training is valid for 3 years. If you renew before expiry, the recertification is only 1-day in length.



[www.amazon.com](http://www.amazon.com)

**Don’t have the time or money for training? You can still help in an emergency!** The [Canadian Red Cross](#) and [First Aid App](#) are excellent free resources. Check out this fun video to learn about [Hands-Only CPR](#) (disco saves lives!) Even if you don’t have training, you can still use an AED to help someone in cardiac arrest. There are many brief videos on [YouTube](#) with simple demonstrations.

**Each year, an estimated 60,000 cardiac arrests occur in Canada** (according to Heart and Stroke, 2024). Few people survive, yet survival rates **double** if a bystander promptly performs CPR and uses an AED (Automated External Defibrillator).

### **To handle an emergency situation, use Emergency Scene Management (ESM).**

- 1 Take charge.
- 2 Call out for help.
- 3 Assess hazards and make the area safe.
- 4 Find out what happened.
- 5 Identify yourself and offer to help.
- 6 If head or spinal injuries are suspected, support the head and neck.
- 7 Assess responsiveness.
- 8 Send or go for medical help and an AED.

**Meet our Safety Team!** Each month we will highlight people in our faculty who are “safety champions”. These are people who truly care about your safety and can provide support for any safety, health, and wellness issues that may arise.

*First up is me! I'm **Lauren Bradshaw**, the faculty's Health & Safety Coordinator. You can find me in office ED 412 or send an email to [Engg.Safety@uregina.ca](mailto:Engg.Safety@uregina.ca). I love to learn about student research, and am here to help with key requests, SOPs, training, purchasing, disposals, exit inspections, employment safety, and a variety of other safety issues. You will often see me in research spaces doing safety inspections, but don't worry, I'm not there to “catch” you doing anything wrong! I'm there to help ensure your safety and welcome your suggestions. My background is in chemistry, and I have a MSc in OHS and Environmental Management. Prior to this role, I was a chemist with CETRI, HTC, Mosaic, Yara, and Syncrude. I'm a proud mom of four girls, sing with two local ensembles, and am a part-time grad student in the Faculty of Education. I also volunteer with [Threads of Life](#), a wonderful Canadian charity that supports families after a significant workplace injury or disease.*



**Have an idea for a future safety newsletter?** Let us know! Please email suggestions to [Engg.Safety@uregina.ca](mailto:Engg.Safety@uregina.ca). Students who send ideas will be entered into a **prize draw**, one entry per suggestion. We can't wait to hear from you!

*Engineers hold paramount the safety, health and welfare of the public and protection of the environment and promote health and safety within the workplace (APEGS Code of Ethics).*