



Upcoming Events:

[Global Learning Centre Workshops:](#)

Time Management & Organizational Skills

Mar 4, 12:15 to 1:00 pm.

Dating Culture in Canada

Mar 14, 11:00 a.m. to 12:00 p.m.

Cultivating Consent Culture

Mar 21, 11:00 a.m. to 12:00 p.m.

Emotional Wellness and Resiliency

Mar 25, 2:00 to 3:00 p.m.

Building Community and Connections

Mar 28, 11:00 a.m. to 12:00 p.m.

Exams: What to Expect and How to Prepare

Apr 1, 12:15 to 1:00 pm.

[Student Wellness Centre Webinars:](#)

Navigating the Motivation Traps

Mar 5, 9:30 to 10:15 a.m. or Mar 6, 1:30 to 2:15 p.m.

Flexing your Emotional Agility for Emotional Health

Mar 10, 1:30 to 2:15 p.m. or Mar 13, 1:30 to 2:15 p.m.

Getting out of the Procrastination Pit

Mar 16, 1:30 to 2:15 p.m. or Mar 18, 9:30 to 10:15 a.m.

Surfing Through Exam Stress

Mar 26, 9:30 to 10:15 a.m. or Mar 27, 1:30 to 2:15 p.m.

Let's Talk About Stress

Apr 2, 9:30 to 10:15 a.m.

Women in Engineering

Mar 4, 4:00 to 5:30 p.m., CK187

[Chem & Lab Safety Workshops](#)

Mar 13, 1:30 to 4:00 p.m.

(complete online training first)

[Biosafety Workshops](#)

Mar 19, 10:00 a.m. to 12:00 p.m.

(complete Chem/Lab Safety and online training first)

UofR Safety Expo – more details coming soon!

Mar 25, 10:00 a.m. to 2:00 p.m.

Contacts:

Campus Protective Services:

306-585-4999 emergencies

306-585-4407 non-emergency

Emergency Services:

911

Engineering Safety Coordinator:

Engg.Safety@uregina.ca

Campus-Wide Health & Safety:

Health.Safety@uregina.ca

Resources:

[Mental Wellness Hub](#)

Support and resources for students

[Online Therapy Unit](#)

Free cognitive behaviour therapy

[Health and Safety Policy](#)

For all faculty, staff and students

[Safety Leadership vs Safety Influence](#)

Mar 26: 11:00 a.m. to 12:00 p.m.

Safety Committee Inspections (Dry Labs & Shops):

All semester Winter 2025

Good Friday – No classes Apr 18.

Administrative offices Closed.

Watch Your Step – It’s Slippery Out There! Our recent warm weather has created icy conditions. Despite the University of Regina’s efforts with sanding and salting, slips and falls happen every year—sometimes resulting in serious injuries. Stay safe with these tips:

- **Plan ahead** – Allow extra time to reach your destination.
- **Choose the right footwear** – Rubber and neoprene soles provide better traction than plastic or leather. Avoid heels.
- **Take it slow** – Walk carefully, use handrails on stairs, and wipe snow or water off your shoes when entering buildings.
- **Be cautious when getting in or out of vehicles** – Use your car for support and keep your weight centered over your stable leg.
- **Avoid shortcuts** – Steer clear of snow piles and puddles, as they may hide ice.
- **Assume all wet or dark patches** on pavement are black ice.
- **Stay alert** – Avoid texting or reading while walking.
- **Keep your hands free** – Use a backpack instead of stuffing your hands in your pockets.
- **Walk like a penguin** – Take small, shuffling steps for better stability.

If you notice icy areas on campus, please [let us know](#)! Facilities Management will do some additional sanding and salting.

If you fall on campus, it is important to report it as soon as possible to [Health and Safety](#).

Why?

- We’ll help ensure you get **medical attention** if needed. If you need medical treatment and/or time away from work (if applicable), we’ll help with the **Workers’ Compensation** reporting. This is mandatory in Saskatchewan.
- We’ll ensure the slippery area is **sanded**.
- Documentation is also for **your own protection**, just in case you end up with a **longer-term injury** that requires additional treatment or time away from work or studies.



MONDAY, 17 MARCH 2025
LA CITE | CT 215, 10:00 AM TO 1:30 PM

DIGITAL
STORYTELLING

UBUNTU

A FILM PREMIERE

FEATURING THE BLACK COMMUNITY'S CONTRIBUTIONS TO PROMOTE WELLNESS IN SASKATCHEWAN AND BEYOND

Producer and Director: Florence Mudzongo, LLB (hons), BA, MSW

Featuring University of Regina Participants

Kwaku Ayisi, Esi Mensimah Ekwam, Sadia McInnes, and Victor Ejike

The University of Regina
Faculty of Social Work

&

The Equity, Diversity, and Inclusion office
invite you to

The UBUNTU Film Premiere

A powerful celebration of Black Excellence

African Themed Lunch
Registration Required
Scan to register!
Limited spaces



Project Partners and Sponsors

Contact: urincluded@uregina.ca



SABSW
Saskatchewan Association
of Black Social Workers Canada



University
of Regina

Go far,
together.



UNIVERSITY OF
SASKATCHEWAN

Affinity
Credit Union

Exit Inspections: Wrapping up research, finishing classes, or graduating soon? If you had access to labs or student offices, **you must complete an exit inspection and return your keys/cards/fobs.** This is a required step in FGSR's Thesis/Dissertation Submission Checklist and applies to MEng students who used research labs or the MEng lounge. This process keeps spaces clean, safe, and secure. It's also required for your \$100 deposit refund. Skipping it can lead to unauthorized access, costly re-keying of locks, delayed office reassignment, and expensive and hazardous cleanup of abandoned chemicals.

Start the process by downloading the [Exit Inspection Form](#).

For Offices and MEng Lounge:

- Clean your workspace and remove personal items.
- Complete pages 1-2 of the form (no supervisor signature needed).
- Take photos of your desk and inside drawers and cabinets.
- Email the form and photos to Engg.Grad@uregina.ca for review.
- We will email you to confirm whether the form and photos are suitable.
- **AFTER** you receive confirmation, return your key/card/fob to the Engineering General Office.

For Labs (including Dry Labs):

- Complete pages 1 and 3-5 of the form **WITH** your supervisor (their signature is required).
- No photos needed.
- Email the completed form to Engg.Grad@uregina.ca and wait for confirmation before returning your key/card/fob.

Please be patient!

Once all steps are complete, we will ask Financial Services to refund your student account.

Annual Renewal for Grad Student Access: All access cards and fobs must be renewed annually, as they expire on **June 15**. More details about the renewal process will be provided soon. In the meantime, now is the perfect opportunity to review your **safety training** and renew any courses that have expired or will expire soon.

Not sure what training you need? Visit the **Engineering Safety Orientation** on UR Courses and review the **Training Requirements** document for guidance. The Engineering Safety Orientation must be renewed annually. All other safety courses are valid for three years.

How to Renew Your Training:

- **Engineering Safety Orientation, WHMIS (stand-alone), and Robotics:** Revisit the course materials on **UR Courses** and retake the quiz.
- **Chemical & Lab Safety, Biosafety, Radiation Safety:** Enroll with [Health and Safety](#).
- **H2S Awareness:** Enroll at [Hydrogen Sulfide Safety Training](#).
- **Laser Safety:** Enroll at [Laser Safety Awareness Training](#).

Make sure your training certificates are available, as you will need to upload them as part of your access renewal. Questions? Contact Engg.Safety@uregina.ca.

Did you miss the February Safety Share about Hazardous Materials?

You may have a lot of them at home....

- Materials that have passed their shelf life?
- Bottles that are degrading and posing an additional hazard?
- Chemicals stored together that are non-compatible? (e.g. bleach and toilet bowl cleaner)

Check out the [Safety Share](#) from Health and Safety to learn about safe handling and disposal of common household items like bleach, medications, mercury, batteries, and degraded containers.



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.

We would now like to highlight Muhammad Uzair, Graduate Student Representative on the Local Safety Committee. If you have a concern for the committee, you can reach him c/o Engg.Safety@uregina.ca.

"I am a graduate student in Industrial Systems Engineering at the University of Regina and the graduate student representative on the Local Safety Committee. I'm also a See Different National Youth Ambassador for EDI and a Senior Ambassador for CESL, actively involved in volunteering and student engagement. My research focuses on ultrathin heat pipes for SMRs. After completing my bachelor's in mechanical engineering, I have worked for OGDCL, a leading oil and gas company, gaining valuable industry experience in safety, maintenance and industrial gas processing. Beyond academics, I'm passionate about blockchain technology, very active socially, and deeply committed to volunteer work, always looking for ways to contribute to the community."



Have an idea for a future newsletter? Is there a safety issue you have been dealing with? Doing research with a safety focus? Email Engg.Safety@uregina.ca. We would love to hear from you!