



Welcome to the first edition of our Safety Newsletter for undergrad students! 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 work placements and careers as professional engineers. Have ideas for future newsletters? We would love to hear from you! Suggestions are welcome at Engg.Safety@uregina.ca.

Are you a new student? Make sure you complete the **Engineering Safety Orientation** on UR Courses as soon as possible. It has helpful information for beginning your studies at the UofR. It is also required for access to our undergrad labs and workshop.

New students (including faculty transfers and readmitted students) also require **WHMIS** training. If admitted for Spring/Summer or Fall 2024, you must complete WHMIS on UR Courses before the next registration time ticket, otherwise a registration hold is placed on your account. Contact Engg.Safety@uregina.ca to enroll in WHMIS. When you finish WHMIS, make sure you download your certificate – this will notify us of your completion, and we'll remove the hold at that time.

Capstone student? We hope your projects are off to a great start! If your project has the potential to improve workplace health and safety, you are eligible for our faculty's **Safe Design Award**. Please contact Engg.Safety@uregina.ca with your project details whenever you are ready. Members of the Safety Committee will attend Project Day presentations to evaluate the candidates.

Capstone students are also reminded to renew **WHMIS** on UR Courses this semester. **Additional safety training** might be needed if your project requires research lab access. Contact Engg.Safety@uregina.ca if this might apply to you.

Important Contacts:

Campus Protective Services:
306-585-4999

Emergency Services:
911

Engineering Health & Safety
Coordinator:
Engg.Safety@uregina.ca

Campus-Wide Health & Safety:
Health.Safety@uregina.ca

Upcoming Events:

[Fire Drills](#)

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 9: 7:00 to 8:30 p.m.

Global Learning Centre Wellness
and Resiliency Workshops (Free!)

Multiple dates Oct 1-31

– see [calendar](#)

UofR Psychology Training Clinic
Wellness Workshops (\$50)

Oct 19: 9:00 a.m. to 5:00 p.m.

Nov 16: 9:00 a.m. to 5:00 p.m.
(call 306-585-5685)

Safety Committee Student Lounge
& Teaching Lab Inspections

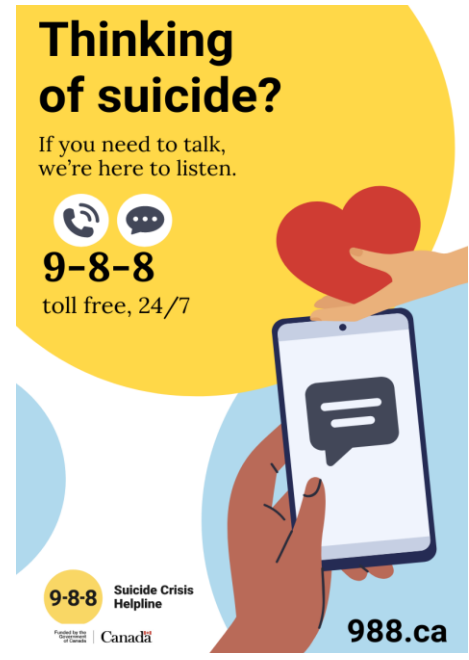
Multiple dates Oct 1-31

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.

The Undergrad Student representative is the RESS VP of University Affairs, Muhammad Tariq. Muhammad can be reached at ress.universityaffairs@uregina.ca.

Associate Dean (Chair):	Raman Paranjape
Electronics:	Vacant
Environmental:	Amy Veawab
Industrial:	Sharfuddin Khan
Energy/Petroleum:	Saman Azadbakht
Software:	Yogesh Sharma
Lab Instructors:	Syed Zaidi, Lisa Vindevoghel
EYES:	Kevina Mullock
Workshop:	Syied Mohammed
Engineering Safety:	Lauren Bradshaw
UofR Health & Safety:	Grant Norman
Undergrad Students:	Muhammad Tariq
Grad Students:	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 for more information. Help is also available at the UofR [Mental Wellness Hub](#), or call **911** for an emergency.



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."

Keep this in mind when interacting with others and be mindful that anyone we encounter may be struggling. And be kind to yourself. Fortunately, students have SO MANY supports available on campus, in the community, and online. Most offer help free of charge. The UofR [Mental Wellness Hub](#) has links to many supports for students, including the Student Wellness Centre, advice on how to ask for help, recognizing someone in distress, training and workshops, mental health resources, on-campus resources, and community resources. The [Online Therapy Unit](#) also has free wellbeing programs, including Wellbeing for Post-Secondary Students, Mental Health, Chronic Health Conditions, and The Alcohol Change Course. These programs involve a review of online materials with therapist support via email or phone.

Incident Reports are required if an incident causes injury or property damage or had potential to do so (a “near-miss”). Reports must be submitted within 24 hours. But don’t fear if you ever need to submit an [Incident Report](#)! **The intent is not to place blame.** Instead, we want to ensure everyone is 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 & Safety Week Contest was initiated in the faculty last semester, in the form of a safety crossword puzzle on UR Courses. **Congratulations to our winner Kailey Fleming!** Please email Engg.Safety@uregina.ca to claim your prize. 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 sometimes understandably 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 unfortunately not available as free training, courses from [J&T First Aid](#), [Armour Safety](#), and [St. John Ambulance](#) are well worth the investment. 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

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.

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.

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).

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. I really enjoy meeting undergrads and learning about your studies, projects, and work placements. I'm here to help with SOPs, risk assessments, professional development, employment preparation, fieldwork planning, PPE selection, capstone projects, and a variety of other safety issues. You may see me in teaching spaces and student lounges 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 I 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. Every suggestion we received will be entered into a prize draw. 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).