



### 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*

**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](mailto:Engg.Safety@uregina.ca)

Campus-Wide Health & Safety:

[Health.Safety@uregina.ca](mailto: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](mailto:urincluded@uregina.ca)



**SABSW**  
Saskatchewan Association  
of Black Social Workers Canada



University  
of Regina

Go far,  
*Together.*



UNIVERSITY OF  
SASKATCHEWAN

**Affinity**  
Credit Union





## 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:

*"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](mailto:Engg.Safety@uregina.ca). We would love to hear from you!