

Safety Health Week

Together We can create **safe workplaces** and **communities**

May
4 to 9
2026

Health and Safety is pleased to promote Safety and Health Week from May 4 to 9, led by the Canadian Centre for Occupational Health and Safety (CCOHS). This week is an excellent opportunity for faculties, departments, and local safety committees to engage in activities that promote a strong and positive safety culture across campus.

Get Involved

Category	Options & Ideas
Workshops & Learning Opportunities	<ul style="list-style-type: none"> Attend a Health & Safety workshop (e.g., Fire Extinguisher Training, Chemical & Lab Safety, Biosafety Awareness). Register for Health & Safety online courses (UR Courses). Host a session on emergency preparedness, hazard identification, ergonomics, or safe lifting techniques. Register for a free one hour webinar offered by CCOHS.
Activities & Challenges	<ul style="list-style-type: none"> Safety scavenger hunt or safety bingo. Safety poster or slogan contest. Safety-themed quizzes or knowledge challenges. Wellness initiatives (e.g., walking groups, yoga sessions, healthy living activities).

Be Prepared & Know Your Risks

The University of Regina fosters a comprehensive [emergency management](#) and business continuity program to support the health and safety of students, faculty, staff, and visitors on our campuses. Why not explore University and national resources or try simple awareness activities like building an emergency kit.

April 28 – National Day of Mourning

The University of Regina will lower flags to half-mast in recognition of those who have lost their lives, suffered injury or illness, or experienced tragedy due to workplace hazards.

We encourage members of the campus community to take a moment to reflect.



Resources:

[Canadian Centre for Occupational Health and Safety](#)
[Government of Canada – Emergency Preparedness Week 2026](#)

April 2026