



SAFE NS

QUARTERLY

Autumn 2025



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October

24

We will be hosting an onsite flu vaccine clinic on October 24, 2025, at 10:00 a.m. Employees wishing to participate can register with Arthur Gaudreau, the Safety Representative. Please register by October 20, 2025.

Getting your flu shot is one of the simplest and most effective ways to protect your health during flu season. Influenza can spread quickly through shared workspaces, leading to increased absenteeism and disruptions. By offering this clinic onsite, we're helping to reduce illness related absences while promoting a safer and healthier workplace for everyone.



With fall now in full swing we at Safe NS just wanted to take some time to talk to you all about a common form of depression, seasonal affective disorder (SAD)

its effects and ways you can mitigate them. SAD is brought on by the change of seasons, and it tends to begin in the late fall or early winter. The change in seasons also bring shorter days. Between 2% and 3% of people in Canada suffer from SAD in addition 15% may experience a mild form of winter depression. Stats show that SAD tends to affect women more than men.

Treatment for SAD can include a multitude of remedies such as light therapy, medicine and behavior therapy. If one of the solutions does not help, you should consult with your family practitioner as they may recommend a combination of treatments. Light therapy takes about 30 min each day throughout the fall and winter. If light therapy helps it is recommended that you continue to use it until enough sunlight is available. Stopping light therapy prematurely can result in a return of symptoms.

There are few side effects to using the lights, but excessive use could result in eyestrain, headaches, fatigue, irritability and inability to sleep. Special care should be taken by those who have bipolar disorder, skin that is sensitive to sunlight and preexisting medical conditions.

There is a local initiative to help mitigate SAD is put on by the Halifax public library to provide therapy lamps to those who may need them. They are free of charge and can be borrowed up to 14 days at a time and may be renewed up to 3 times depending on demand. All that is required is a library card which is free of charge you just need to sign up. ernment initiatives and a collaborative community.



- Difficulty concentrating
- Irritability and anxiety
- Increased sensitivity to social rejection
- feeling of guilt and hopelessness
- Headaches

SIGNS OF SAD



- drop in energy
- fatigue
- oversleeping



- Loss of interest in the activity you used
- Avoidance of social situation

- craving for sweet or starchy food
- weight gain



Cranberry Chutney

Celebrate a year of health and abundance with this preserved cranberry chutney that will warm your cockles and impress your friends.

6 cups cranberries, preferably picked ocean-side

6 cups chopped onion

2 cups white vinegar

½ cup water

2 cups white sugar

1 ½ tsp each: salt, cinnamon, allspice and ground cloves

- Add onions, cranberries, water and vinegar to a large pot.
- Allow to boil on medium heat for twenty minutes, before adding sugar and spices.
- Continue to bubble on medium heat for 1.5hrs, stirring occasionally.
- While your chutney simmers, you can begin the necessary process of sterilizing your jars and lids in a covered pot with boiling water for 15 minutes.
- When the water is evaporated and the fruit is soft, fill the sterilized jars to ½" from the top lip.
- Place the caps and lids on your jars until they are finger tight.
- Return the filled jars to boiling water for 10 minutes.
- Remove and allow the jars to cool.

To confirm that the jars have successfully sealed, press down on the lid. If it is not popped up in the middle, it is safely sealed. Secure the lids and date your product. Enjoy your safely prepared preserved cranberry chutney over the next year.

Ventilation systems

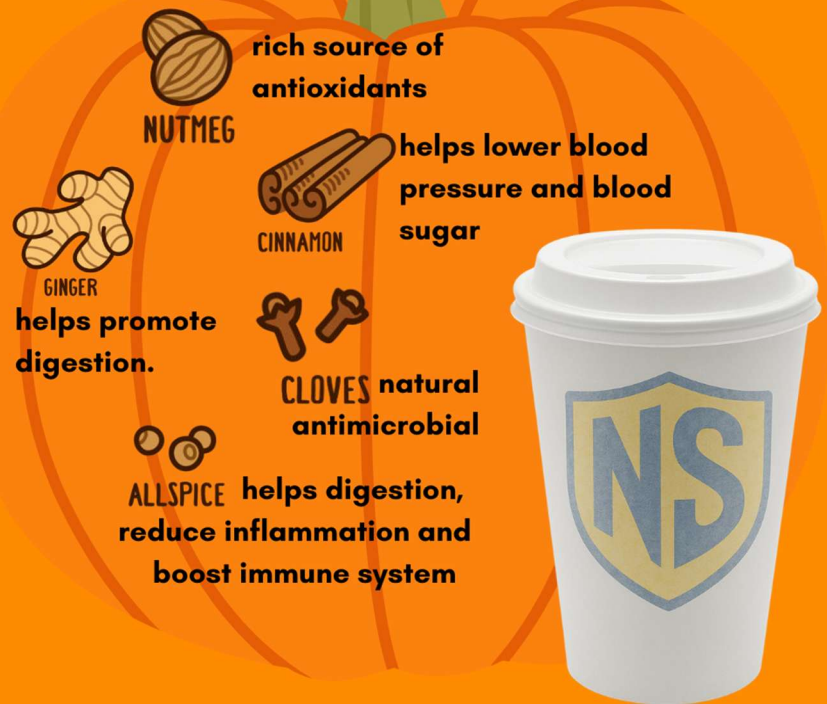
are vital for clean, safe indoor air—especially in Nova Scotia's extreme seasonal weather. Cold winters, humid summers, and damp fall conditions can clog or damage vents, leading to mold, odors, or carbon monoxide risks. Regular checks and cleaning, especially in fall, help prevent blockages from leaves or animal nests. Screens protect vents from wildlife, and filters should be inspected often. Since most people spend their time indoors, air quality is crucial. Workplaces must meet safety standards, and officers ensure vents are accessible and functional. Whether at home or work, proper ventilation supports health, comfort, and overall safety.

100% Of our advisors conducted a Toolbox Talk in the last quarter.

Slips, trips, and falls

are the second most common workplace injury in Nova Scotia, affecting around 1,300 workers annually. Most falls (67%) happen on the same level due to hazards like wet floors, clutter, and poor lighting. These incidents have serious consequences, leading to over 8,000 lost workdays and costing more than \$9 million in benefit payments each year. On average, each injury results in 74 days off work and nearly \$8,000 in claims. The impact is both physical and financial, highlighting the urgent need for improved safety measures to reduce these preventable injuries across Nova Scotia workplaces.

Pumpkin Spice & Everything Nice: Surprising Perks for Your Body and Brain!



As the fall season sets in, many employees may find themselves using chainsaws for tasks like clearing storm debris, trimming trees, or cutting firewood. While cooler temperatures can make outdoor work more comfortable, autumn also brings added risks including wet leaves, uneven ground, and shorter daylight hours, all of which can contribute to accidents.

Chainsaw Safety Checklist:

- ☑ Inspect the chainsaw for damage or wear before each use.
- ☑ Ensure the chain is sharp, properly tensioned, and lubricated.
- ☑ Check that all safety features (chain brake, throttle lock, etc.) are functioning.
- ☑ Wear appropriate PPE: helmet, eye and ear protection, gloves, chainsaw chaps, and steel-toe boots.
- ☑ Clear the work area of tripping hazards and ensure stable footing.
- ☑ Never operate a chainsaw alone and have someone nearby in case of emergency.
- ☑ Be mindful of kickback zones and maintain a firm grip.
- ☑ Refuel only when the engine is cool and in a well-ventilated area.
- ☑ Avoid working in poor visibility or extreme weather conditions.
- ☑ Take regular breaks to stay alert and reduce fatigue.

**Have an idea?
Want us to cover a certain topic?
Want to contact us?**

**drop us a line
newsletter@safens.ca**



Festive Fun, Safe Travels

With our holiday party soon approaching, we will all get a chance to reflect on the great work put in over the last year and celebrate the holiday season with family and colleagues. While this is a great time of the year to strengthen our team and build camaraderie among employees, it is important for us to keep safety in mind during these festivities. If you choose to indulge in adult beverages during the party, please remember to enjoy responsibly and have a safe ride home. CTV news reported the 2024 statistics for drinking and driving, with over 700 people being charged for impaired driving, which is a number we *would love to see drop and we certainly do not want to contribute to (CTV News January 2025)*. Our company will be offering rides at the end of the night and any money spent on Ubers or Taxi's will be reimbursed. Keeping this in mind, along with the resources available, there is no excuse for drinking and driving and a zero-tolerance policy will be enforced. With all that said, we look forward to seeing everyone out for a beautiful festive dinner, fantastic door prizes and a fun night out with your families!

Contacts to Know

- Workers' Compensation Board of NS
800-870-3331 wcb.ns.ca
- NS Provincial Mental Health and
addictions crises line
888-429-8167 mha.nshealth.ca
- Good2Talk 833-292-3698 or text
GOOD2TALKNS to 686868
- Poison Control Centre
844-764-7669 atlanticpoisoncontrol.ca
- Suicide Prevention Hotline
call or text 988
- Occupational Health &
Safety Division (Nova Scotia)
800-952-2687 novasafe.ca

