



Monthly Safety Newsletter



WORKER'S RIGHTS

KNOW

You have the right to know about health and safety matters in the workplace.

PARTICIPATE

You have the right to participate in conversations and decisions that could affect your health and safety in the workplace.

REFUSE

You have the right to refuse work that could affect your health and safety in the workplace.

DRESSING FOR SAFETY

Dress for success by following these tips and tricks!

There are several things to consider this time of year when it comes to dressing appropriately, from weather to work task. Please review the following considerations to ensure that you are properly equipped to be safe in your environment:

WINTER WEAR

- Rather than wear one thicker layer of clothing, ensure to wear several layers to better insulate yourself.
- The base layer should be a synthetic fabric that will help wick moisture away from your skin.
- The mid/insulation layer should be a thick and loose-fitting fabric (like fleece or wool) to trap the heat.
- The outer layer should be a breathable and waterproof coat to block the rain, snow, and wind.
- Do not forget your hat, gloves, and thicker socks at home! Body heat leaves the extremities and head faster than other areas of your body.
- Face masks, neck gaiters, and scarves could help you avoid the sharp windchill.
- Wear boots with good treads that will minimize your risk of slips and falls.
- It is always prudent to have extra clothing in case it gets wet.

WORK WEAR

- Employ the use of personal protective equipment (PPE) based on what is required for the task.
- Hearing protection (earmuffs, earplugs) can protect you from hazardous noise levels.
- Eye protection and gloves can protect your hands from a variety of chemical and physical hazards.
- Speak with your supervisor about what you need to safely complete your task.

LAB WEAR

- Review the lab safety protocols posted on every lab door and the nearby WHMIS safety sheets to determine what PPE you may require to enter and work within the space.
- Review the lab safety manual to determine what additional PPE may be required for your specific tasks.

