



Stand for Safety

SEIU-West Worker Safety Committee

September 2018

Worker Safety Committee Mission Statement:

Create strategies and programs that broaden awareness of safety for all SEIU West members. We will strive to be a knowledgeable resource for staff, Executive Board and members and offer education and support for all members on matters relating to Occupational Health and Safety.

Fall Safety Tips

Fall is a beautiful time of year! The leaves change colour, insects become less bothersome and we can enjoy the bounty of a garden harvest. Here are some tips to help you safely enjoy all that autumn has to offer.

- **Fallen leaves**, while pretty, can pose hazards for motorists and cyclists. Fallen leaves can gather on roadways and when they get wet can cause slippery conditions. Add freezing temperatures to the mix, and your vehicle could lose traction similar to driving on icy roads. Slow down on roads covered with leaves as they may cover things like road markings and deep pot holes.
- **Wildlife** is more active during fall and on the move. Slow down when driving and watch for animal crossing signs. Collisions with animals are sadly common, but many could be avoided with a little extra attention.
- **Fall hikes** are fabulous. If you hike, be prepared for weather changes. Dress in layers, have a wind breaker or waterproof jacket, plenty of water and never hike alone.

We also need to take care of our health.

- **Fight the flu.** Fall is the start of flu season. Get your flu shot: a yearly vaccine can provide protection against complications from the flu. Wash your hands often. Avoid close contact with sick people when possible.
- **Take care of your back.** Getting the lawn and garden ready for winter is a lot of work--those leaves do not rake themselves. Make sure you stretch to get your muscles ready for the task, and take breaks every 10 -15 minutes. If you opt to use a leaf blower, make sure you cover arms and legs with clothing, use proper shoes and eye protection to avoid being injured by flying debris.

Have a great fall! Take a hike! Take care of yourselves! Be safe!

Winter Preparation

Here are a practical tips to make sure you're ready for a safe fall and winter:

Your Home:

- Get your furnace serviced, change the filter(s), and run it to make sure it's working properly.
- Change the batteries in your smoke and carbon monoxide detectors and go over your fire safety plan with your family.

Your Car:

- Get your car serviced. Check your wiper blades, and make sure you have cold weather rated washer solution.
- Get winter tires installed. Make sure your spare tire has enough air.
- Change your air filters and get an oil change. This will help your gas mileage.
- Check your battery and make sure your block heater is ready.



Check out our committee page on www.SEIUWEST.ca.