



## Health & Safety Newsletter

At Work Or At Play

Stay Physically & Mentally Healthy This Season

### Pandemic Fatigue

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**"Pandemic fatigue"** can occur when people get tired of the pandemic measures and become less likely to follow public health practices or simply begin to drown out those messages. A natural sense of burnout can happen since we've had to stick to these public health measures for such a prolonged period of time. Pandemic fatigue can be experienced differently for everyone but often presents itself as feeling restless, irritable, lacking motivation, and difficulty concentrating on tasks.

But now that winter is here, COVID-19 infections are surging again, mornings and evenings are darker and many of us have had enough. The brain's way of processing new details is more difficult now because the method of obtaining them is mostly digital. Because of social isolation, we can't rely on the brain region that helps us contextualize information by processing intuition or social cues. Learning with people would help us process and positively reinforce responsible behaviors. While we all need to follow new, stricter public health guidelines to help drive down COVID-19 infections, we also need to find ways to take care of our mental health.



### Here are 4 Top Tips to help you cope with Pandemic Fatigue

#### 1. REFLECT AND ACCEPT

Take time to check in with yourself and reflect on how you are doing. If you feel irritated, impatient, angry, or are suffering from fatigue, anxiety or depression, accept that all of these responses are normal and understandable during such a difficult time.

#### 2. BREATHE AND MEDITATE

Breathing exercises are the simplest way to reduce stress and anxiety. Slow your breathing to tell your body that there's no immediate threat. We're built to kick into gear quickly if we need our "fight or flight" response. But stress also can trigger the same systems. And our bodies don't do well if we're constantly on high alert.

#### 3. MONITOR YOUR SOCIAL MEDIA: STOP 'DOOMSCROLLING' AND LIMIT TIME ON YOUR SCREENS

Deliberately stay off social media. If you're hooked on checking your social feeds on your phone, remove the apps. Try scheduling two, 5-minute "check-in" sessions each day. Then, other than that, stay off social media. If you're purposely watching cable news shows that are stressing you out, cut the cord, read a book, listen to music or purposely watch shows or movies that transport you to calmer times and places.

#### 4. RESTORE AND REPLENISH YOUR ENERGY

During difficult times, we need to deliberately carve out breaks to restore and replenish our reserves. Set reminders to take breaks during the day.

"Take a walk. Take a bath. Read a book. Do things that are deliberately calming. Sitting on the couch and binging Netflix can seem relaxing, but it also can be avoidance behavior that isn't actually restorative at all,"



## 8 Toasty Tips for Staying Warm in Cold Weather



1. When cold weather is on the way, warm yourself first.  
It's easier to change your body temperature than room temperature. Instead of turning up the heat, put on another layer of clothing.
2. Turn on the ceiling fan.  
Warm air rises to the ceiling. Run your fan on its lowest setting in a clockwise direction to push the warm air back down to where you can feel it.
3. Switch between hot and cold in the shower.  
Hot showers immediately warm you up, but cold showers improve blood circulation between your skin and organs.
4. Block drafts with a pool noodle.  
Keep heat in and cold out by cutting a pool noodle in half lengthwise, wrapping it in fabric, and sliding it under your door.
5. Trick a locked thermostat.  
Not everyone has access to adjust the thermostat in their apartment or office building. If that's the case, you may need to outsmart the device by making it "think" the room is colder than it actually is. Putting ice near it often does the trick.
6. Dress your windows up in warmer clothes.  
Replace thin curtains with heavier wool or fleece drapes in the winter. But be sure to open them on sunny days for free heat.
7. Bake all day.  
Using your oven heats up the whole house (and it's a good excuse to bake cookies!)
8. Layer your covers with the thinnest, densest ones on top.  
Fluffy blankets should be closer to your skin. Thin, dense blankets should be on top to prevent convective heat loss. Don't put your bed directly against an exterior wall. You'll be warmer if you leave a little space.



**PREVENTING FALLS\***

**FALLS**  **SLIPS and TRIPS**

from **SLIPS and TRIPS**

ONE STEP AT A TIME \* Falls that occur on the same level

That's approximately **28,353** slips and trips annually

About **12%** of all accepted injury claims are from a slip or trip.

**To PREVENT falls:**

- USE appropriate, non-slip flooring material
- PROVIDE adequate lighting

**PRACTICE good housekeeping:**

- CLEAN** up all spills and debris immediately
- MARK** or **IDENTIFY** spills and wet areas
- KEEP** walkways clear of clutter and other obstacles
- CLOSE** file cabinets and storage drawers immediately
- COVER** or **TAPE** down cords or cables
- MATCH** your footwear to all the hazards of your job
- KEEP** shoes in good repair, clean and free from contaminants

**SELECT and WEAR proper footwear:**

Statistical source: Association of Workers' Compensation Boards of Canada, Injury Statistics Across Canada, 2015.

Employers should make sure the health and safety program includes slips and trips prevention:

-  **CONDUCT** regular inspections
-  **IDENTIFY** high-risk areas such as stairs, entrances, and high-traffic areas
-  **TRAIN** managers, supervisors and workers

**5 WAYS to REDUCE the RISK of Slipping or Tripping**

-  **SLOW** down and pay attention to where you are going
-  **KEEP** walking areas clear from clutter or obstructions
-  **PLACE** each foot firmly and flat on the floor
-  **KEEP** flooring in good condition
-  **ADJUST** your stride to be suitable for the walking surface and the task
-  **USE** installed light sources that provide sufficient light for your tasks
-  **WALK** with your feet pointed slightly outward
-  **USE** a flashlight if you enter a dark room
-  **MAKE** wide turns at corners
-  **DO NOT LET** objects you are carrying or pushing block your view

**Common CAUSES**

**Slips** 

- Slippery materials (water, ice, snow, oils, powders, granular solids)
- Slippery surfaces (polished tile or stone, smooth painted concrete or metal)
- Inappropriate footwear for the surface

**Trips** 

- Uneven walking surfaces
- Unexpected or unseen steps, platforms or thresholds
- Wrinkled carpeting, or loose rugs or mats
- Obstructions such as an open bottom file cabinet drawer
- Exposed or loose cables, wires or cords
- Clutter on the floor or stairs

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