

The purpose of this newsletter is to unite all the UNBC campus's (Prince George, Prince Rupert, Terrace, Gitwinksihlkw, Quesnel, Likely, Ft St John) and grow our UNBC Community's Safety Culture together by regularly communicating important Safety information. UNBC's mission is to Ignite, Inspire, and Lead change.

The Christmas holidays can be a wonderful time filled with joy, but they can also bring unique challenges for mental health. Here are some tips to help you maintain your well-being during this festive season:

Managing Holiday Stress

Acknowledge Your Feelings: It's okay to feel a mix of emotions during the holidays. Allow yourself to feel whatever comes up without judgment.

Set Realistic Expectations: Avoid overcommitting and set boundaries to prevent feeling overwhelmed. It's okay to say no to certain events or tasks.

Stay Connected: Reach out to friends and family, even if it's just a phone call or video chat. Social connections are crucial for mental health.

Practice Self-Care: Make time for activities that recharge you, such as reading, exercising, or spending time in nature. Prioritize sleep, a balanced diet, and regular physical activity.

By taking these steps, you can help ensure a more balanced and mentally healthy holiday season. Remember, it's important to take care of yourself and seek support when needed. Wishing you a peaceful and joyful Christmas!

Winter Safety

The Safety of our UNBC Community is a top priority year-round, however winter is a time to be extra cautious. As we know, slips, trips and falls pose a serious threat once the snow hits the ground.

We all have busy schedules and deadlines to meet, often leading us to walk while multitasking on our devices. However, walking with our phones in hand, earbuds in our ears, and heads down poses a serious hazard to ourselves and others, especially around moving vehicles during the winter season. Please stay mindful and alert when walking this winter.

Good winter walking habits include wearing the appropriate footwear with a slip-resistant sole, using special care and attention when entering and exiting vehicles, walking in designated walkways and looking ahead when you walk, extending your arms to the side to maintain balance, keeping your hands out of your pockets and taking shorter steps or shuffling for stability. Check out www.ratemytreads.com for slip testing results of winter boots.

The driving speed limit at the main campus is 30 km. With winter road conditions you may need to reduce your speed even more, drive cautiously and maintain a safe distance from other vehicles. The Maintenance team reported a near miss that happened while operating an ATV on the campus road. They were passed on the right-hand side. This is very dangerous. When you see UNBC's ATV's operating on the roadways, you MUST follow the Motor Vehicle Act (MVA) and respect all units & or vehicles on campus roads.

Snow clearing

During winter snow clearing operations, please be aware of equipment and ATV units working on sidewalks and roadways to clear and sand the areas. Please be patient and move out of the way, when it is safe to do so, to allow the clearing to proceed.

Once the snow hits the ground, the snow clearing process follows the established Priority Routes (PR) 1- Work on Priority 1 and Priority 2 routes may be repeated multiple times, weather dependent, before Priority 3 routes are started.

Now keep in mind that even with the pre-designated routes. The maintenance team is only so big with a lot of ground to cover each snowfall. Here are some sizes of the individual routes in meters. PR # 1 is 627 m, PR # 2 1609 m, PR # 3 860 m, PR # 4 2472 m. unbc.ca/facilities/snow-and-ice-removal

Fun Fact!

Each snow fall 5733 meters of snow is cleared.

Holiday Decorations

Holidays are a time when our minds are consumed by multiple things. Which makes it very easy to be distracted. This is a big problem that leads to incidents and injuries. When you're focused on the result, it's hard to think you could be injured. Even in the process of decorating.

We often ignite the magic of the season with amazing outdoor displays and complementary office holiday décor, sparking people to capture the same magic.

Cuts and lacerations from opening packaging or broken ornaments can be painful, but the number one cause of decoration injuries is falls. Most injuries are related to falling off ladders, stairs, furniture, rooftops and porches, or tripping over boxes. This brings us to the topic of

Ladder Safety. To avoid falling from ladders always use a stable ladder, placed on a flat surface, have someone hold it steady, and avoid overreaching.

Electrical safety basics are just as important at work as they are at home. Check lights for frayed wires and broken bulbs. Use outdoor lights for exterior decorations and avoid overloading electrical outlets. Thousands of people are treated each holiday season after sustaining an electric shock. These incidents are mostly caused by carelessness and misuse of decorations and can cause cardiac arrests, tissue and nerve damage, and other dangerous outcomes. By keeping these tips in mind, you can enjoy a festive and safe holiday season!

The Safety and Risk Management team warmly wishes you a joyful 2024 holiday season and a very happy New Year! May 2025 bring you happiness, health, and prosperity!

Safety & current events

Maintenance team spreading traction material first thing in the morning. Thank you!

Maintenance has placed 5-gallon pails of traction material in high use and troubled entrances with metal scoops placed in the buckets.

This is so anyone can spread the material.

Maintenance does apply more traction material to cross walks as needed, throughout the day.



App Store



Google Play



Positive Observations

Promoting a Safety Conscious Culture for our UNBC Community

Here is an excellent example of barrier warning signage, for the unit with the flat tire but it doesn't stop there. The crew placed a block under the wheels spot to support its weight. Wheel chocks were in place and the blade was placed on the ground.



One of the first rules to establishing a work zone is to place signage notifying others in the immediate work area that may be affected. Here is a terrific example of Danger Barrier signage blocking access.



If you see any positive safety initiatives, please photograph them, and send the pictures to safety@unbc.ca

Working together for safety

We would like to thank everyone for participating in our growing Safety Community at UNBC!