





**We are all tired of wearing masks and the endless washing of our hands. It is also difficult not being able to have close personal contact and interactions with our co-workers, extended family and friends. The ongoing stresses of COVID is also having a negative impact on all of our mental health.**

**Now that we are coming into the holiday season and winter, it is still important to follow our company and community's established COVID controls. We also need to focus on maintaining our workplace safe work procedures like:**

- **Lockout**
- **Wearing Ice Cleats (when the walkways are icy)**
- **Using good communication with our co-workers when there are hazards in the area**
- **Watching out for Mobile Equipment**
- **Working at Heights**

**To help support fellow workers, family, extended family, friends:**

- **Engage in positive and supportive dialogue regarding following COVID safe procedures**
- **Help to identify and communicate both workplace and COVID hazards, immediately report these to your supervisor**
- **Support those that may end up catching COVID, it can happen to any of us when we least expect it**
- **If you are finding it hard to keep up with COVID controls and precautions consider checking out the six tips to staying on track on the Heart & Stroke website (QA code below) or <https://www.heartandstroke.ca/articles/covid-fatigue-here-are-6-ways-to-overcome-it>**

