

This information is available in Arabic, Chinese, French, Korean & Portuguese by visiting
<https://www.uregina.ca/hr/hsw/emergency-management/emergency%20preparedness.html>

Call 911 for fires, crime in progress, violence, or medical emergencies. If you are calling from a U of R phone just dial **911**, then call Campus Security at 306-585-4999.

When you hear a fire alarm:

- Follow the directions of Emergency Wardens (orange vests), and Campus Security.
- Immediately proceed to the nearest available fire exit and leave the building.
- Close the door if you are the last person out.
- **Do not use elevators during an evacuation.** If you or someone else is unable to evacuate down the stairs:
 - Ensure that you/they take shelter on the landing of a fire exit stairwell.
 - All inside fire exit stairwells are places of refuge which will provide at least one hour fire protection when all doors are closed.
 - Immediately notify Campus Security or the Fire Department of the location of the person.
- Upon exiting, move a safe distance away from the building.
- Do not re-enter the building until the Fire Department or Campus Security gives clearance.



Other emergencies:

- In the event of emergencies other than a fire (for example: tornado, chemical spill, or armed intruder), the Emergency Notification System (ENS) will be activated.
- A message will be broadcast on beacons, computers, and building speaker systems across campus.
- Follow the instructions as communicated via the ENS.
- Check for situation updates as they become available on the U of R Emergency Webpage at <http://www.uregina.ca/emergency/>
- Download the ENS software to receive ENS alerts to your personal computer <http://www.uregina.ca/emergency/ens/index.html>
- Download the UofR mobile app (available for iOS and Android) to receive ENS alerts on your smartphone <http://www.uregina.ca/external/communications/app/>



Sample Emergency Message:

TORNADO WARNING issued for Regina.
Remain indoors.

Take shelter in interior rooms or stairwells without windows.



University of Regina Armed Intruder Video

Run - Hide – Decide (available in 6 languages)

While an armed intruder event is very unlikely to occur at the University of Regina, it is important that faculty, staff, and students know what to do in the event that it does. The University of Regina, has produced a short training video depicting the actions to take in the event of an armed intruder on our campuses.

<http://www.uregina.ca/hr/hsw/emergency-management/armed-intruder/index.html>

Health, Safety & Wellness Contact Information

Phone: 306-337-2370

Office: AdHum 435

Hours: Monday to Friday, 8:15 am - 4:30 pm

E-mail: health.safety@uregina.ca

Web: <http://www.uregina.ca/hr/hsw>

Incident Reporting <https://www.uregina.ca/hr/hsw/report-safety-concern/index.html>

- Notice something on Campus that seems unsafe? Let us know! It can help ensure your safety and the safety of our campus community. Reporting a **Safety Concern** is easy using our on-line form included in the link above, or call Campus Security at 306-585-4999

Hand washing

Washing your hands frequently is one of the best ways to remove germs, avoid getting sick, and prevent the spread of germs to others.

- 1) Wet your hands with clean, running water
- 2) Apply soap – lather your hands by rubbing them together
- 3) Scrub your hands for a least 20 seconds
- 4) Rinse your hands well under clean, running water
- 5) Dry your hands using a paper towel, or air dry them.

You can also use the waterless hand antiseptic stations located around our campuses.

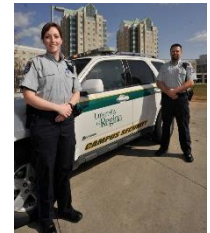


Working or Studying Alone?

Are you studying or working alone day or night and would like somebody to ensure you are safe?

Campus Security provides a service where they can check on you periodically while on campus.

Call **Campus Security** at **306-585-4999** or see <http://www.uregina.ca/fm/campus-security/programs/index.html>



Safe Walk-A-Long

Campus Security can be contacted to walk you to your vehicle or bus stop to ensure you get to your transportation safely. Call them at **306-585-4999**. Available anytime, day or night.

Smoke-free campus

The University of Regina is committed to providing a safe, healthy and clean place for everyone who comes to our campus to study, work, visit, and live. This includes respecting the importance of, and taking responsibility for the quality of the air we breathe and the cleanliness of our surroundings. The University of Regina does not permit smoking or the use of tobacco products in any University owned or leased building, on leased or owned University property, in University vehicles, or vehicles parked on University leased or owned property.



Violence & Harassment

Respectful University Services provides confidential consultations to anyone who feels that they have experienced inappropriate and disrespectful behaviour. There are many possible solutions, including personal coaching, mediation, and a formal complaint process. Please contact the Coordinator at **306-585-5400** or respect.matters@uregina.ca for assistance.

Mental Health Services for Students

U of R Counselling Services provides free individual and group therapy to registered University of Regina students. The most common issues facing students needing support include: adjusting to the University, stress, anxiety, depression, relationship issues, and grief. All services are confidential and both male and female therapists are available. Please call **306-585-4491** or drop by the Student Success Centre front desk (RC 230) to book an appointment.

Sexual Assault: UR Safe, UR Supported, UR Strong

This program responds to, and helps educate our campus community on incidents of sexual assault, sexual violence and prevention. Further information can be found at <http://www.uregina.ca/sexual-violence>. Please contact Coordinator at 306-337-3149 or sexual.violence.response@uregina.ca