

Take a Break from the Shake

Producers and farm workers are exposed to whole-body vibration (WBV) on a regular basis when operating farm machinery.

All of these effects can increase your risk of an accident or error during or following operation of farm machinery, including equipment and machine related injuries, falls or crashes.

How to reduce the risks from WBV?

As producers, you need to operate farm machinery and often for long periods of time. There is no way to completely eliminate the hazard of WBV in agriculture, but there are ways to reduce your risk of exposure and injury when spending long days operating machinery.

A research project is currently underway at the Canadian Centre for Health and Safety in Agriculture's (CCHSA) Ergonomics Lab to determine how different types of activity breaks throughout the day could help reduce the risk of back and hip pain, egress injuries, and operator error-related collisions that result from exposure to WBV. An activity break provides a procedural control that is simple to implement on any farm with no additional cost for producers and may help to reduce the health and safety risks associated with long periods of exposure to WBV and sitting.

Short term effects of WBV

- Cognitive impairment
- Stress
- Loss of balance
- Reduced sense of self movement and body position
- Reduced sensory and motor responses



Visit our website for:

- Council agendas & minutes
- Public notice - such as fire bans or meeting changes
- Road restrictions
- Applications and Permits
 - Building, development & sign permit applications
 - Burn permit application & open air fire application
 - Delegation form
 - Hail withdrawal form
 - And many more



rmnipawin.ca



Did you know you're an APAS member?
See the pamphlet for more information



Fire Permits

Reminder fire permits are required from April 1 - October 31. Please fill out our burn permit application and call 1-866-404-4911. Burn permits can be found on our website.



Burn permits happening within 4.5 km of a provincial forest are through the Lower Fishing Base 306-426-2600.

Farm Work is Tough Enough: Musculoskeletal Disorders and Task Difficulty Among Rural Saskatchewan Farmers

Research Question:

How are work-related functional demands affected by musculoskeletal disorders (MSDs) in rural Saskatchewan farmers?

What they did:

Online survey measured:

- MSD location on body
- Work tasks
- Difficulty performing work

72 participants surveyed:

- Average age: 40
- 58% men/ 42% women
- 80% grain
- 36% beef cattle
- 22% dairy cattle

What they found:

MSD Location

- Shoulder (75%)
- Neck (65%)
- Knees (61%)
- Lower back (58%)

Council Meetings - mainly held every second Tuesday of each month

Reminder council meetings are public and anyone can attend. If you want to address council, a delegation form will need to be filled out and an appointment needs to be set up. Check our website for dates and times.



Reeve & Councillor Contact Information

Reeve: Dona Berntsen	306-862-1651	reeve.rm487@sasktel.net
Division 1: Glen Gray	306-862-7805	div1.rm487@sasktel.net
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Division 5: Ken Skibinsky	306-862-7730	div5.rm487@sasktel.net
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Contact Us

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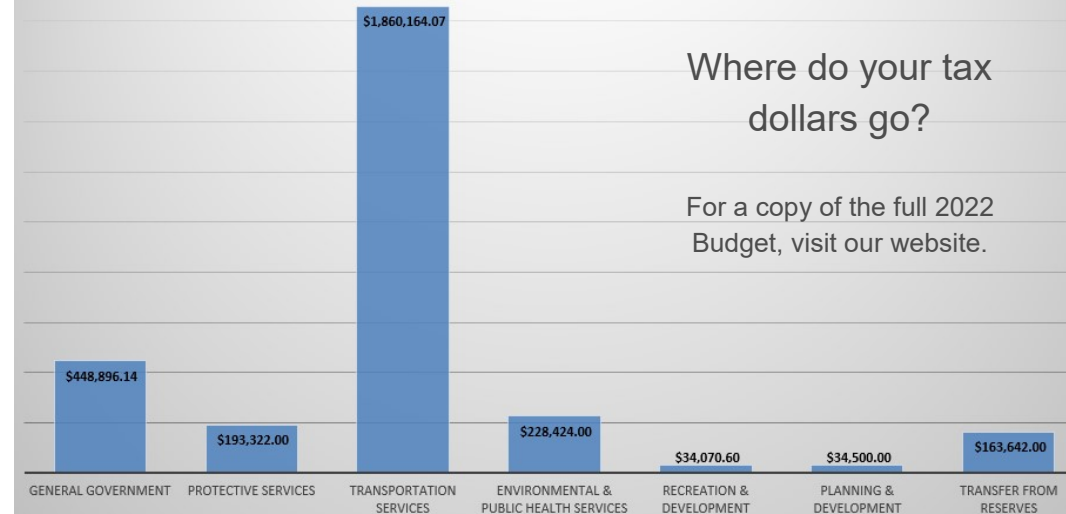
rm487@sasktel.net

Office Hours
8am-4pm Mon-Fri
(Closed from 12pm-1pm & all stat holidays)

Property Taxes

	2022	2021	2020
Commercial & Industrial Mill Rate	9.2 mills	8.2 mills	15.04 mills
Residential Mill Rate	6.9 mills	6.97 mills	9.4 mills
Agricultural Mill Rate	9.2 mills	8.2 mills	9.4 mills
Minimum Tax	Agriculture Land = \$275 Residential Land = \$275 Commercial & Industrial Land = \$275	Agriculture Land = \$250 Residential Land = \$250 C&I = \$250	Agriculture Land = \$50 Residential Land = \$230 Residential Imp = \$550

Budget 2022



Election coming up in November for Divisions 2, 4, & 6.

Submit your nominations and come out and vote!



Follow us on facebook

@ Rural Municipality of Nipawin No. 487

Paying your property taxes

All taxes are due December 31, 2022

5% discount if paid in August - 4% discount if paid in September

3% discount if paid in October - 2% discount if paid in November

*Discounts only apply to municipal taxes, hail (if applicable) and C&D

Online or Phone Banking

When paying with online or telephone banking through your financial institution, please allow 2-4 business days for the RM to receive your payment.



Please note: your account # is on your tax notice in the top right. You will see it after your name.

By Mail or Courier

Avoid the travel time to the office by mailing your payment to Box 250 Codette, Sk SOE OPO or sending your payment by courier to: 529 Service Street Codette, Sk



Ensure you allow plenty of time for us to receive your payment by mailing early. Cheques may be post-dated if you wish.

In Person

Bring your tax notice & payment to the office Mon-Fri 8am to 4pm (closed 12-1). Didn't make it on time? We have a mailbox located by the door.



Paying by debit? **Know your limit!** Most financial institutions have a daily or per transactions limit on payments.

Credit card payments are not accepted



BUILDING AND DEVELOPMENT PROCESS



Step 1:

PICK UP DEVELOPMENT AND BUILDING APPLICATIONS

Development and building applications can be picked up at the RM of Nipawin office or found on our website at rmnipawin.ca.



Step 2:

FILL OUT DEVELOPMENT AND BUILDING APPLICATIONS

When filling out the development and building applications give detailed drawings with measurements from property lines and plans drawn to scale. Blueprints are highly recommended.



Step 3:

SUBMIT DEVELOPMENT AND BUILDING APPLICATIONS AND PAY THE APPLICATION FEE

Submit the development and building applications to the office in person, by email or fax and pay the application fee.



Step 4:

DEVELOPMENT OFFICER REVIEWS THE DEVELOPMENT APPLICATION

The development officer will review the development application to see if the proposed development is approved or denied. Approval or denial letter will be sent to the applicant.



Step 5:

BUILDING INSPECTOR WILL REVIEW THE BUILDING APPLICATION

Once the development application is approved the building inspector will review the building application to see if the proposed build will be approved or denied. Please note that it will be denied if insufficient information is provided.



Step 6:

PAY INVOICE FOR REQUIRED INSPECTIONS

Once the building permit application is approved an invoice will be sent for the required inspections. Once the invoice is paid the approved building permit will be issued and the building process can start.



Step 7:

START BUILDING

Now that all the required permits have been issued the building process can begin. Make sure to contact the building inspector when you are ready for the required building inspections.

*If failure to comply or to complete required inspections a building and development lien will be placed against your property.

PHONE: 306-862-9551
FAX: 306-862-2432
Email: rm487@sasktel.net

Recent Changes to Building Standards

Carbon Monoxide and Smoke Alarms

- As of July 1, 2022 all buildings with a residential occupancy (i.e., sleeping quarters) are required to have carbon monoxide and smoke alarms installed.
- This includes older buildings which were initially constructed prior to these devices being required in the relevant building code and farm buildings with sleeping quarters.

Construction Codes Act

- The Construction Codes Act* (the CCA) came into force on January 1, 2022. The CCA has repealed and replaced *The Uniform Building and Accessibility Standards* (the UBAS Act)
- Local authorities are responsible for administering and enforcing the CCA, the building code regulations and the energy code regulations.
- This includes the adoption of three new regulations:
 - The Building Code Regulations
 - The Energy Code Regulations
 - The Plumbing Code Regulations

Technical Safety Authority of Saskatchewan

The Technical Safety Authority of Saskatchewan (TSASK) is a not-for-profit organization that is responsible for Boiler and Pressure Vessel, Elevating Device, Amusement Ride, Gas, Electrical and Plumbing safety in the province of Saskatchewan. TSASK establishes and enforces safety standards through permit, inspection and licensing services.

When is a development application required?

A development application is required when there is construction of a new building, an addition to an existing building, or a change to the use of the building (e.g. a commercial building that was an office that is changed to a residence).

When is a building application required?

A building application is required for any construction, addition, alteration, or reconstruction which includes structural changes.

Saskatchewan's waste reduction commitment

Along with its federal, provincial and territorial partners, Saskatchewan has signed on to the Canada-wide goal of reducing waste generated per person by 30 per cent by 2030, and 50 per cent by 2040 from 2014 baseline levels. This means reducing waste to 589 kg/person by 2030 (30 per cent) and 421 kg/person by 2040 (50 per cent).



Saskatchewan regulates key programs

Government regulates programs for the following products, which are currently operated by the corresponding organizations:

- used oil and antifreeze** – Saskatchewan Association for Resource Recovery Corporation;
- scrap tires** – Tire Stewardship Saskatchewan;
- waste paint** – Product Care;
- electronic equipment** – Electronic Products Recycling Association;
- household packaging and paper** – Multi-Material Stewardship Western Inc.;
- agricultural packaging (grain bags)** – Cleanfarms; and
- beverage containers** – SARCAN.



Saskatchewan produces the second-highest amount of waste in Canada

Every year, each resident of the province generates at least 842 kilograms (1,856 pounds) of waste – roughly the weight of **60 regular (75 litre) household bags of garbage per person per year.**



SaskLander is a rural land access platform and with the ever-present issue for rural land access being a challenge, this is a great solution.

Objectives of the platform:

- help facilitate recreational access on private property
- Promote greater land stewardship
- Promote health and safety for all participants
- Support on an organization level with landowners as the focus

Features of the platform:

- Add your land easily
- Set permissions for access types like hunting, snowmobiling, and hiking
- Can set permissions on all your land or just sections
- All landowner information is kept

Contact Information

Email: sasklander@protonmail.com Website: sasklander.ca

DO YOU HAVE A PEST PROBLEM?

Call the pest control officer Tanner Paslawski at **306-812-9226**



SAVE THE DATES OCTOBER 17-23, 2022



OCTOBER 2022

WEEK 1 (OCT 1-9)

Introducing the circular economy



WEEK 2 (OCT 10-16)

Environmental benefits: clean oceans and freshwater, biodiversity protection, climate change mitigation, reducing carbon emissions, water conservation, embracing reuse.



WEEK 3 (OCT 17-23)

Waste reduction and recycling of issue-based waste streams



WEEK 4 (OCT 24-31)

Social & economic benefits: innovation, job & skills creation, economic savings, driving local economy, community engagement

