BIT 4035

The following actions should be considered to protect your water pipes from freezing:

• A thin stream of cold-water (as thick as a pen) running continuously from at least one faucet will help prevent a frozen water service.
• You should leave the heat on in your home and have a backup source of heat.
• Hot water pipes should be wrapped in insulation using heat tape.

For more information, refer to www.medicinehat.ca/frozenwaterlines

A Polish crew is shown on a tank during a NATO exercise at Camp Adazi near Riga, Latvia on Thursday.

The Canadian Institute for Health Information said Thursday that more than one in five health-care workers put in overtime in 2021, and that the average overtime hours were the highest in more than a decade. The CIHI report cites Statistics Canada survey data that found more than 236,000 health-care workers worked overtime in 2021, with an average of 8.2 hours per week of paid overtime and 5.8 hours per week of unpaid overtime.

When broken down by jobs, 40 per cent of paramedics who responded said they worked overtime, while 34 per cent of salaried family doctors and 32 per cent of respiratory therapists also said they worked extra hours.

The data comes as several hospitals across the country report overwhelming cases of flu and respiratory syncytial virus that are compounding pre-existing workplace stresses and pandemic overtime, while 34 per cent of salaried family doctors and 32 per cent of respiratory therapists also said they worked extra hours.

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