

Health & Safety Newsletter

BULLIVANT & Associates Inc.

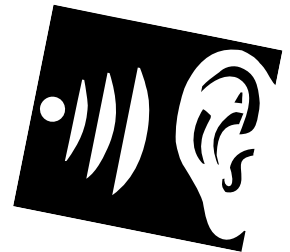
End of January 2007

Noise Exposure Limits Are Changing

Changes to Industrial Noise Requirements come into effect July 1, 2007.

Regulation 851 of R.R.O. 1990 (Industrial Establishments) has been amended to read: "Every employer shall ensure that no worker is exposed to a sound level greater than an equivalent sound exposure level of 85 dBA."

Ontario's Noise Exposure Limit has been **reduced** from 90 dBA to 85 dBA.



Did You Know?...

As of February 1, 2007, the General Minimum wage will be \$8 per hour. For more information, go to the Ministry of Labour website:
www.labour.gov.on.ca

Winter Walking—Preventing Slips/Trips/Falls



With the arrival of winter comes the need to "walk safe". Walking surfaces are now covered with snow and/or ice, increasing the risk of slips, trips or falls.

What can you do to prevent slips, trips, or falls on snowy or icy surfaces?

- ❄️ Wear suitable footwear—winter boots with treads
- ❄️ Wipe your feet before entering a building to prevent tracking of ice/snow indoors
- ❄️ Take short & deliberate steps when walking on ice or snow
- ❄️ Always hold the handrail when walking up or down stairs in snowy/icy conditions
- ❄️ When climbing out of a vehicle, brace or support yourself to make sure you have firm footing before moving
- ❄️ Don't rush!! - Pay attention to your walking surface
- ❄️ Walk on cleared pathways only
- ❄️ Don't take short-cuts or go over snow piles (routes not intended for pedestrians)

Did You Know?...

February is **Heart Health Month**. ❤️

When is the last time you had your blood pressure & cholesterol tested? Lowering these *dramatically* reduces risk of heart disease and stroke !!!



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