

Health and Safety Newsletter

Falls Can Be Costly



Safe or Not Safe?

Everyday in Ontario, 80 people are injured from falls at work. On average, each injury results on 4 weeks of lost time. (WSIB 2000)

How does your workplace stack up?

- Is equipment such as ladders in good condition and used properly?
- Is lighting adequate?
- Are good housekeeping standards set and followed?

- Are snow, ice and liquids on walking and working surfaces promptly cleared and cleaned?
- Are workers and supervisors **trained before** work starts?
- Are written job instructions available to, understood and followed by workers?
- Is required Personal Protective Equipment in good condition?
- Is fall-arrest equipment worn when working at heights of 3 metres or more?
- Are incidents and injuries investigated to find and eliminate the root cause?

If you answered **no** to any of these questions, call us, **we can help.**

We will provide you with the proper procedures and training required to prevent falls and other accidents in your



STEPS FOR LIFE is an annual walk designed to bring families, friends and co-workers and others together to raise the awareness about the devastating impact of workplace fatalities, life-altering injuries and occupational disease and the importance of injury prevention.

This year BULLIVANT & Associates will be participating in the walk. If you would like to join or sponsor our team, please call us at 905-664-4943.

The walk is being held on Sunday, May 4th, 2008. For more information see the Steps for Life website at:

<http://www.stepsforlife.ca/>



PO Box # 66657
 Stoney Creek, ON
 L8G 5E6
 Ph: (905) 664-4943
www.bullivant.ca

Upcoming Training

Basic Certification (Part I)	<i>Feb 12/13</i>
Workplace Specific (Part II)	<i>Feb 27/28</i>
Forklift Training	<i>Feb 20</i>
WHMIS Training	<i>March 3</i>
Forklift Training	<i>March 5</i>
Forklift Training	<i>March 19</i>
Basic Certification (Part I)	<i>Mar 12/13</i>
Supervisor Due Diligence	<i>March 18</i>
Standard First Aid/ CPR	<i>April</i>

It's Sick Time



Time to shrink-wrap the cubicle. The miserable cold and flu season is upon us. With a million viruses floating around the office, how do you know who's got what? One of the best ways to distinguish between a cold and a flu is how the illness began. If it crept up with a scratchy throat, sniffles or sneezes and slowly progresses into a cough, it's likely

a cold. Most colds peter out about a week to 10 days later.

The flu, on the other hand, hits like a ton of bricks leaving you exhausted. Count on fevers in the 102 to 104 range with muscle aches all over. It leaves as abruptly as it starts, within three to seven days.

TIPS

- Drink lots of water
- Eat fresh fruits and vegetables
- Wash your hands often, especially after opening doors and using the phone.
- Give your phone a daily cleaning with an antibacterial wipe.

DID YOU KNOW:

- BULLIVANT & Associates Inc. now offers on-line training. Visit our website or call and talk to one of our associates on how we best can serve you.
- We are hooked up. You can now pay for your training and services with VISA, Mastercard or Debit.