



HEALTH AND SAFETY NEWSLETTER

Volume 4, Issue 8 December 2008

PH: 905-664-4943



PH: 905-664-4943
FAX: 905-664-2553
Email: info@bullivant.ca
www.bullivant.ca

In This Issue:

Improving Industrial Work Areas	1
Accident Investigations	1
Cold and Flu—Prevention through Hand washing	2
MOL Strategy: Health Care Sector	2
Training Schedule	3

In The News

- Manufacturer fined \$65,000 after a worker was injured due to lack of guarding.
- Company fined \$70,000 for worker that was not properly trained and subsequently injured while driving a forklift.
- Refining company fined \$150,000 under Section 25(2)(h) of the Occupational Health and Safety Act when an employee became severely burnt.

In addition to each of the above fines the company was also charged a 25% victim fine surcharge on the total.

Improving Industrial Work Areas

There was a time in the industrial shop when putting in a hard days work meant enduring a tremendous amount of pain and discomfort because of less than adequate working conditions. Shop workers would spend all day, every day, slouched over at a folding table and a second hand office chair as a work station. The modern industrial workplace has evolved and now employees and management have a much better understanding of the importance of ergonomics in the work area.

Poor posture and incorrect body mechanics are the two leading causes of neck and back pain. There is statistical evidence that shows that industrial work-related musculoskeletal disorder is a primary cause of lost work days, productivity and revenue.

Many industrial jobs are usually physically demanding and require employees to move heavy loads or are repetitive in nature and require employees to sit or stand for extended periods of

time. Many times, employees and employers are not even aware of the subtle digression of their specific working condition. Even the simplest adjustment in posture and dynamic movement can develop a more healthy and productive work area.

The best way to improve working conditions, in most situations, is to incorporate an environment that encourages healthy movement and adjustability. Finding free movement that can increase comfort and efficiency can be found in a sit-to-stand work environment. Improving ergonomic conditions at work not only improves the bottom line but will enhance personal well-being for those that work day to day in a light industrial setting.

Creating a sit-to-stand adjustable work environment is simple to achieve. Light industrial assembly teams with multi-shifts can share workstations and adjust the work surface to different positions that work best for each individual. New trends in workplace

design require efficient space management where an entire team can utilize one video terminal or assembly work surface. Having a versatile height-adjustable workstation is no longer a luxury, but an essential part of a cost effective business operation.

Changing positions between sitting and standing is also a healthy way of staying fit at work. Fatigue and discomfort can now be avoided by being able to stand periodically throughout the day without any loss of productivity at work. Your body knows when it is time to move or change positions and an adjustable workstation will allow you to make these posture changes while staying on task.

The definition of a healthy sit to stand work environment simply means that a person can sit in their existing chair for part of the day and have the freedom to adjust their work surface in order to stand part of their day. This movement will help increase blood flow and relieve stress from the back and shoulders.

Accident Investigations

All accidents and incidents with *potential of injury or property damage* must be investigated. These include:

- ⇒ near miss that could have caused property damage
- ⇒ accidents that caused property damage but no injury
- ⇒ accidents that required first aid or minor medical treatment
- ⇒ near miss with potential for serious injury
- ⇒ accidents resulting in lost time
- ⇒ accidents resulting in hospitalization

⇒ accidents resulting in serious injury, amputation, or fatality

Process of Accident Investigation

1. Report the accident to a designated person
2. Provide first aid and medical care to the injured person.
3. Evaluate the scene.
4. Gather physical evidence.
5. Preserve evidence.
6. Record evidence.
7. Gather facts.
8. Interview

9. Re-enact.
10. Analyze facts.
11. Determine cause.
12. Recommend corrective action.
13. Follow-up on actions taken.
14. Evaluate the effectiveness of the changes.

If you need help writing, implementing and training for your Accident Investigation Program call and speak to one of our Occupational Health and Safety Consultants and we will guide you in the right direction.





Cold and Flu Season — Prevention through Hand Washing

It sounds simple enough: wash your hands frequently to help prevent infection from colds and flu as well as food-borne illness, such as salmonella and E. coli infection.

Yet many Canadians still don't do it. In fact, although 90 per cent of Canadians know that washing hands regularly is the most effective way to protect against getting sick, only about 37 per cent of Canadian parents have their children wash their hands before eating, according to the Health and Hygiene Council Canada (HHCC).

This cold and flu season, good hygiene practices - including hand washing and surface disinfection - need to be given more attention, along with food safety, immunization and proper use of antibiot-

ics, the HHCC says.

Good hygiene is also important in the prevention of diseases such as diarrhea and acute respiratory infections. It also helps to reduce risk of hospital infections and the spread of drug-resistant superbugs.

Hand washing: A simple way to prevent infection

Proper hand washing techniques are key to preventing infection. Health officials say it is best to wash your hands with soap and water or to use an alcohol-based hand sanitizer. (For the latter, the Centers for Disease Control and Prevention recommend choosing products that contain at least 60 per cent alcohol.)

What about antibacterial soaps? While

increasingly popular in recent years, these soaps are no more effective at killing germs than regular soap and water, experts say. And using these soaps could lead to the development of bacteria that are resistant to the products' antimicrobial agents - making it even harder to kill these germs in the future.

When to wash your hands

It is especially important to sanitize your hands after being in crowded public places such as the subway or bus, and also after handling pets. And always wash your hands before eating, taking medication or putting on contact lenses.

"It is health that is the real wealth, not pieces of gold and silver." Mahatma Gandhi

MOL Snapshot: Health Care Sector

Major Hazards

- Influenza pandemic
- Needle stick injuries
- Exposure to infectious diseases in the workplace
- Musculoskeletal disorders
- Violence in the workplace
- Contact/struck by injuries
- Slips, trips and falls

Key Issues

- Asbestos in the workplace
- Exposures to chemical, biological and radiological hazards
- Legionella prevention and control
- Ventilation maintenance and monitoring
- Lifting devices and mobile equipment

- Emergency preparedness and response
- Motor vehicle accidents
- Material Safety Data Sheets (MSDS) and [Workplace Hazardous Materials Information System](#) (WHMIS) training
- Workplace safety culture
- Reporting of occupational illness

Enforcement Focus


All hospital networks and/or hospitals will be inspected.

- Infection Prevention and Control
- Needle Safety
- Musculoskeletal Disorders
- Workplace Violence Prevention
- Workplace Safety Culture and the

Internal Responsibility System (IRS)

- Reporting Occupational Illnesses:
- Exposures to Chemical, Biological and Radiological Hazards
- Emergency Preparedness and Response
- Asbestos
- Ventilation maintenance and monitoring:
- Lifting Devices and Mobile Equipment
- Transportation
- MSDSs and WHMIS

BULLIVANT & Associates Inc. Winter Training Schedule 2009

 <p style="text-align: center;">BULLIVANT & Associates Inc. Your Partners in Health & Safety</p>	<p style="text-align: center;">Overhead Crane Operator Training – Half Day</p> <p>Stoney Creek: January 13th, February 10th, March 10th</p> <p>Cost: \$120+ gst per person # 8000</p>
<p style="text-align: center;">Forklift Certification – Full Day</p> <p>Stoney Creek: January 14th, February 11th, March 11th</p> <p>Cost: \$120 + gst per person # 8001</p>	<p style="text-align: center;">Forklift Re-Certification – Half Day</p> <p>Stoney Creek: January 15th, February 12th, March 12th</p> <p>Cost: \$75 + gst per person # 8002</p>
<p style="text-align: center;">WHMIS – Half Day</p> <p>Stoney Creek: January 13th, February 25th, March 18th</p> <p>Cost: \$99 + gst per person # 8003</p>	<p style="text-align: center;">Lockout/Tagout – Half Day</p> <p>Stoney Creek: January 16th, February 13th, March 20th</p> <p>Cost: \$120 + gst per person # 8004</p>
<p style="text-align: center;">Confined Space Awareness – Half Day</p> <p>Stoney Creek: January 15th, February 10th, March 23rd</p> <p>Cost: \$120 + gst per person # 8005</p>	<p style="text-align: center;">Due Diligence for Managers – Half Day</p> <p>Stoney Creek: January 22nd, February 19th, March 23rd</p> <p>Cost: \$120 + gst per person # 8006</p>
<p style="text-align: center;">JHSC Certification Part I – Two Day</p> <p>Stoney Creek: January 5th/6th, February 2nd/3rd, March 2nd/3rd</p> <p>St Catharines: January 12th/13th, February 9th/10th, March 9th/10th</p> <p>Mississauga: January 14th/15th, February 11th/12th, March 11th/12th</p> <p>Cost: \$395 + gst per person # 8007</p>	<p style="text-align: center;">JHSC Certification Part II – Two Day</p> <p>Stoney Creek: January 27th/28th, February 24th/25th, March 24th/25th</p> <p>St Catharines: January 22nd/23rd, February 19th/20th, March 30th/31st</p> <p>Mississauga: January 29th/30th, February 26th/27th, March 26th/27th</p> <p>Cost: Dependant on number of modules required. # 8008</p>
<p style="text-align: center;">First Aid/CPR – Two Day</p> <p>Stoney Creek: January 19th/20th, February 17th/18th, March 16th/17th</p> <p>Cost: \$115 + gst per person # 8009</p>	<p style="text-align: center;">First Aid/CPR Re-Certification – Full Day</p> <p>Stoney Creek: January 12th, February 9th, March 9th</p> <p>Cost: \$70 + gst per person # 8010</p>
<p style="text-align: center;">Fall Arrest – Half Day</p> <p>Stoney Creek: January 16th, February 13th, March 13th</p> <p>Cost: \$120 + gst per person # 8011</p>	<p style="text-align: center;">Train the Trainer – Full Day</p> <p>Stoney Creek: January 7th, February 4th, March 4th</p> <p>St Catharines: February 4th, March 4th</p> <p>Mississauga: January 20th, February 17th, March 17th</p> <p>Cost: \$275 + gst per person # 8012</p>
<p style="text-align: center;">Forklift Train the Trainer – Full Day</p> <p>Stoney Creek: January 8th, February 5th, March 5th</p> <p>St. Catharines: February 5th, March 5th</p> <p>Mississauga: January 21st, February 19th, March 18th</p> <p>Cost: \$900 + gst per person # 8013</p>	<p style="text-align: center;">WHMIS Train the Trainer – Full Day</p> <p>Stoney Creek: January 9th, February 6th, March 6th</p> <p>St Catharines: February 6th, March 6th</p> <p>Mississauga: January 22nd, February 20th, March 19th</p> <p>Cost: \$900 + gst per person #8014</p>