

Health and Safety



Newsletter

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BULLIVANT & ASSOCIATES INC.

IN THE NEWS

- A retail store was fined \$50,000 for failing to ensure that materials moved from a storage rack were removed in a way that would not endanger the safety of the worker.
- A manufacturing company was fined \$90,000 after a young worker was pinned between a bundle of steel and a conveyor roller.
- A company was fined \$60,000 after a worker was seriously injured. A manager was fined \$5000 after removing a stop work tag placed on the equipment by the MOL and authorizing work with the equipment.

A 25% victim fine surcharge was added to each of the above fines.

TIPS FOR YOUNG WORKERS

Consider these issues when you are starting a job:

- Will I be trained enough in order to do my job safely?
- Am I able to recognize possible hazards?
- Do I know my rights and responsibilities?
- Could an accident disfigure me or cost me my life?

By law, you have **basic rights, including:**

- 1. The Right to Know** about what hazards are in your workplace and to know what to do to prevent injuries from them.
- 2. The Right to Participate** in health and safety activi-

ties in your workplace without fear of discipline.

- 3. The Right to Refuse** work that you reasonably believe can be dangerous to yourself and others.



Being Safe at Work gives you the freedom to enjoy life.

However, you also have **responsibilities** including:

- 1. Work Safely:** Use all machinery and equipment

the way you were trained to.

- 2. Report Hazards:** If you know that Ontario's health and safety laws are not being followed, you must report the circumstances to your supervisor or employer as soon as possible.

- 3. Use or Wear Protective Devices:** Don't remove a guard or device designed to protect you. Wear your safety gear—it's the law.

*This excerpt has been taken From the Ministry of Labour website <http://www.labour.gov.on.ca/>

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YOUNG WORKER STATISTICS

Students and young workers suffer a significant number of work-related injuries and deaths each year. Consider these statistics:

- In 2006, 11,382 young workers between the ages of 15 and 24, were injured to the extent that they were unable to work for at least one day.
- In 2006, 10 young workers

between the ages of 15 and 24 were killed as a result of a work-related accident or injury.

- In the first four weeks on the job, young workers are over five times more likely to be injured while at work.
- Young workers, individuals between the ages of 15 to 24 years old, make up ap-

proximately 15 percent of the Canadian workforce. This small percentage of the workforce is especially vulnerable to work-place injuries, illness, and death.

A recently conducted Canadian health survey found young workers to be twice as likely to fall victim to a work-related injury as adults.

M O L Snapshot: Wood and Metal Fabrication

Description

Wood furniture & fixtures; primary metal and metal fabricating; heavy equipment manufacturing; miscellaneous manufacturing.

Major Hazards

- Machine entanglement
- Forklifts
- Material handling & repetitive strain injuries
- Sharp metal edges, wood splinters
- Noise, heat
- Chemicals

- Falls from heights
- Wood dust
- Secure storage and stacking of parts

Key Issues

- Young workers
- Temporary workers

Enforcement Direction

- Any previous incidents involving workplace violence
- High noise levels

- Slips and falls
- Adequate guarding and lockout
- Control of chemical exposures
- Inspection, maintenance, worker training and operation of forklifts and cranes
- Storage, stacking and material handling of parts/supplies
- Young and /or temporary workers
- Struck-by hazards e.g. falling raw materials, parts, products, loading areas

AVOID COMMON OFFICE INJURIES



It is generally accepted that in heavy industry, you'll find dangerous work environments that expose employees to potential injury, but fewer companies recognize the potential risks found in everyday office environments. Office work, too, can lead to injuries if appropriate safe work practices are not followed. Learn to avoid these common hazards:

1. Musculoskeletal strains and sprains associated with material handling:

Never lift objects that are too heavy to handle comfortably. Lift objects from the floor correctly by using proper lifting mechanics—hold the load close to your body. Use a stool or step ladder when placing or removing items from high shelves.

2. Stress and strain associated with sitting and VDT use: Arrange your desk or work station so that your arms, wrists, legs, back and neck can be maintained in a comfortable "neutral" position, with proper back support.

3. Injuries that result from slips, trips, and falls: Never run in the office. If liquids are spilled on tile or linoleum floors, clean them up immediately. If a rolling chair pad is cracked or if any part of the pad edge is curled upward, replace it and eliminate the tripping hazard. Do not lay electrical cords or phone cords where they could create a tripping hazard. Keep aisles clear of stored items.

4. Hand injuries from cuts, scrapes, smashes, and punctures: Use a letter opener when opening envelopes and boxes, and a staple puller when removing staples from documents. Store sharp objects in desk drawers or inside closed containers. Always close desk and file cabinet drawers with your hand firmly gripped on the drawer handle—and leave repair of office equipment to the maintenance people.

Although offices are not considered to be "high hazard" work environments, injuries happen when risks are not controlled or when people get careless. Practice safe work habits at all times. Know where the office first aid kit is kept, and who has been trained to administer first aid.

H A N D W A S H I N G T E C H N I Q U E S

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.)

The basics of hand washing

The Mayo Clinic offers these instruc-

tions for washing with **soap and water** :

- Wet your hands with warm, running water and apply liquid or clean bar soap. Lather well.
- Rub your hands vigorously together for at least 15 seconds.
- Scrub all surfaces, including the backs of your hands, wrists, between your fingers and under your fingernails.
- Rinse well.
- Dry your hands with a clean or disposable towel.

– Use a towel to turn off the faucet.

To use an alcohol-based hand sanitizer:

- Apply about 1/2 tsp of the product to the palm of your hand.
- Rub your hands together, covering all surfaces of your hands, until they're dry.

If your hands are visibly dirty, however, wash with soap and water rather than a sanitizer.