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## Spring is here & construction season has arrived

Spring is here and the construction season has arrived in Manitoba! Everywhere you turn, construction barricades are up, signs are displayed and workers are out tackling the province's ongoing list of construction projects for the year.

Whether it be a new development, old repair or seasonal maintenance, our Association has a list of Toolbox Talks designed to prepare you for the job you're doing within the work environment you're in.

This month's issue of **CSAM News: Toolbox Talk Edition** is geared towards the Spring season and all of the changes and challenges that come after the snow melts and our world comes back into view.

To view our full list of Toolbox Talks, suited for all seasons, visit [constructionsafety.ca/downloads](http://constructionsafety.ca/downloads)

## SAFE Roads sends safety message home in two-city news conference

The SAFE Roads Committee hosted its 12th annual joint-news conference in Winnipeg and Brandon on May 17, 2016.

This two-city advocacy tour sparked conversation amongst city mayors, government officials and representatives from organizations in Manitoba, discussing the importance of prudent driving in and around worksites on or adjacent to the road.

Policemen, firemen, paramedics, construction and hydro workers are a part of the ongoing list of workers that work on or directly onside the roads. And as Winnipeg Mayor Brian Bowman pointed out: when we're driving down these roads, we're literally driving through their workplaces.

"There are many roadcrews out there, doing their best to repair our roads and fill those potholes - you've probably encountered many of those workers, as we transition from pothole season to construction season," says Mayor Bowman. "We need to be cautious around our road workers to protect their safety and yours as drivers. I encourage all workers to slow down and make sure that you're aware of all workers working on the roads."

Winston Maharaj, President and CEO of the Workers Compensation Board of Manitoba, reinforced this important message by stating that we all need to be respectful of our fellow Manitobans by respecting the types of work that they're doing.

"This campaign highlights that we all have a role to play in making our roads and their workplaces safer," says Maharaj. "If every driver decreased their speed, while driving through construction zones, and were more mindful of the increased presence of workers on our roads, we could very quickly increase road safety."

For more information on the SAFE Roads campaign and its initiative in making our roads safe, visit [saferoadsmanitoba.com](http://saferoadsmanitoba.com).



Winnipeg Mayor Brian Bowman addresses the crowd on the importance of securing the safety of ALL Manitobans working on our roads



# West Nile Virus

## Identify

When you're working outdoors amongst the the mosquitos, you can be exposed to the West Nile virus.

The chances of getting bitten by an infected mosquito are very low. Even when infected, most people don't show any sign of the illness.

About 20 per cent of those infected develop West Nile fever, which causes mild, flu-like symptoms:

- fever
- headache
- body aches

Only one in 150 infected people get a severe form of the disease, known as West Nile Encephalitis or Meningitis, which affects your brain. Damage can be permanent or fatal. Symptoms include:

- headache
- high fever
- neck stiffness
- disorientation
- shakes
- convulsions
- muscle weakness
- paralysis

## Breeding Grounds

Mosquitos can reproduce where water stands for more than four days. On construction sites that means excavations, basements, and other low-lying areas.

Mosquitos can also hatch in equipment such as tarps, buckets, barrels and wheelbarrows holding water. Even water-filled ruts in the ground can help breed mosquitos.

## Communicate & Control

Empty equipment regularly - discard tires, buckets, cans and containers. Drill drain holes in containers that can't be thrown out.

Clean out eavestroughs, storm and roof gutters. Check flat roofs for standing water. Fill in ruts and other depressions where water can collect.

## Clothing

Cover up, especially at dawn and dusk when mosquitos are most active:

1. Wear long-sleeved shirts.
2. Wear long pants tucked into your socks.
3. Apply insect repellent containing DEET to your exposed skin—never under your clothing.

## DEET

DEET is the most effective repellent available. The more DEET a repellent contains, the longer it will be effective. A product with 6.65 per cent DEET provides about two hours of protection and 23.8 per cent DEET provides about five hours of protection.

Don't use products with more than 30 per cent DEET. Stay on the safe side—use the lowest percentage of DEET you can get away with while still being protected.

## Demonstrate

Inspect places where mosquitos can breed.

### List West Nile Virus hazards on-site

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# Heat Stress

List cooling stations on site

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## Identify

When your body's cooling system can't keep up with the heat, you dehydrate and your temperature rises above 38°C.

You get heat-related illnesses such as:

- heat rash (plugged sweat glands)
- heat cramps (sweating has caused salt loss)
- heat exhaustion
- heat stroke (very serious—you can die).

Let's take a look at two serious heat illnesses: heat exhaustion and heat stroke.

### HEAT EXHAUSTION

Heat exhaustion is when your body cannot keep blood flowing both to vital organs and to the skin for cooling.

Symptoms:

- weakness, feeling faint
- headache
- breathlessness
- nausea or vomiting
- difficulty continuing work.

### Treatment

Get medical aid and cool down (move to a shaded area, loosen clothing, drink cool water). It takes 30 minutes at least to cool the body down from heat exhaustion, and if it's not treated promptly, it can lead to heat stroke.

### HEAT STROKE

Heat stroke is a medical emergency. You can die from it. Your body has used up all its water and salt and cannot cool itself. Your temperature rises to dangerous levels.

Symptoms:

- confusion and irrational behaviour
- convulsions
- unconsciousness
- no sweating—hot, dry skin
- high body temperature—40°C or more.

### Treatment

If a co-worker shows symptoms of heat stroke, you should act fast.

- Call the local emergency number or get the worker to a hospital.
- Take aggressive steps to cool the worker down (immerse in a tub of cool water or cool shower, spray with a hose, wrap in cool, wet sheets and fan rapidly).
- If the worker is unconscious, don't give anything to drink.

## Communicate & Control

Here's how to avoid heat stress in the first place:

- Wear light, loose clothing that allows sweat to evaporate. Light-coloured garments absorb less heat from the sun.
- Drink small amounts of water (8 oz) every half hour. Don't wait until you're thirsty.
- Avoid coffee, tea, beer, or other drinks that make you go to the bathroom frequently.
- Avoid eating hot, heavy meals that increase your body temperature.
- Remember that your physical condition can reduce your ability to deal with the heat. Age, weight, fitness, health conditions (heart disease or high blood pressure), recent illness, or medications can all affect your ability to withstand high temperatures.

# Respirators

## Types

List respiratory hazards on site

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## Identify

- Construction can involve airborne hazards—for instance, mist from spray-painting, fumes from welding, vapours from adhesives, and dust from concrete cutting.
- Airborne hazards can have short-term effects such as sneezing or long-term effects such as lung disease.

## Communicate & Control

Respirators are the last line of defence against airborne hazards.

When we can't isolate the hazard or use a different product, we have to wear a respirator.

There is no all-purpose respirator that can be used in every situation.

Respirators must be matched to particular hazards.

There are two basic types of respirator:

- air-purifying
- supplied-air.

### Air-purifying respirators

- filter contaminants like dust and fibres out of the air
- do NOT supply air or oxygen
- must be matched to specific hazards such as solvent vapours or mist from sprayed form oil
- are specified in material safety data sheets (MSDSs) for controlled products used in construction
- have a limited lifespan based on contaminant levels and filter load (do NOT rely on the stated “expiry date”)

### Supplied-air respirators

- supply the wearer with breathable air from a compressor, cylinder, or tank
- offer the BEST protection against many hazards
- have limitations (for instance, air tanks are bulky and air lines can get tangled)
- are the only respirators that can be used for confined space rescue or in dangerous atmospheres.

## Lead by Example

- Show CSA and NIOSH labels and stress that only CSA and NIOSH approved respirators appropriate for the hazard should be used.
- Show examples of air-purifying and supplied-air respirators.
- Show how to replace filters.
- On MSDS, show where information on respirators can be found.
- Review company rules and procedures on respirators.
- Stress that respirators only work when they are selected, maintained, and used properly.

# HIGHLIGHTS

## Get your team ready: CSAM's 8th Annual Golf Tournament team registration goes live next week

CSAM is in full swing prepping for its 8th annual Golf Tournament, which will held on August 16, 2016, at Bridges Golf Course. Team registration will be available on Tuesday, May 24 at [constructionsafety.ca](http://constructionsafety.ca).

## Check your inbox for CSAM's Safety Program Registration Follow-up Survey

To keep companies informed and up-to-date, CSAM has been sending out a quick follow-up survey to get a sense of where companies are at in their audit process.

The audit must be performed and all supporting documentation must be submitted by the first of the month of their official registration date. If a company misses its deadline, its COR™/ SECOR™ certification will lapse and the company will be added to the waitlist.

Check your inbox and stay up-to-date with your safety program. If you are lost, stuck or in need of assistance completing your audit, call us at 204-775-3171 and our team of pre-paid Safety Consultants will visit you on-site and help you establish your customized safety program.

## CSAM on Tour is back and hitting the roads this summer

CSAM is pleased to announce that CSAM on Tour is back and bigger than ever. Our team of Safety Advisors will be on the road, connecting with businesses across Manitoba to talk about the true meaning of safety.

Follow us on Twitter [@CSAM\\_Manitoba](https://twitter.com/CSAM_Manitoba) to follow our journey across Manitoba.

# Safety & Health designations for your work, on or off-site.

The National Construction Safety Officer (NCSO™) program sets the standard for safety & health designation in the construction industry.

Be a part of the movement for safety excellence in Manitoba with one of the Construction Safety Association of Manitoba's safety & health programs that are designed for your work, on or off-site.

Visit [constructionsafety.ca](http://constructionsafety.ca) for program and registration information.



## National Construction Safety Officer (NCSO™)

The NCSO™ program provides practical training in various construction safety management skills and principles, combining formal training with the individual's personal field experience.

Safety officers who achieve the NCSO™ designation will have three years' practical construction experience. NCSO™ designated staff are valuable to management in the administration and implementation of a company's health and safety program.



# CUSTOMIZED SAFETY PROGRAM

**Develop the Safety Program you've always wanted**  
*- tailored to your company's workplace, culture & environment -*  
**with the Construction Safety Association of Manitoba**

The implementation of a customized safety and health program will allow **YOUR** company to meet legislated requirements as well as aid in the identification, communication and control of hazards that are specific to **YOUR** business

*Achieve a safety standard in your workplace with **CSAM: YOUR SAFETY ASSOCIATION.***

*Call us today at **204-775-3171** to book a consultation and we'll take care of the rest.*

A PART OF





**CONSTRUCTION SAFETY  
ASSOCIATION OF MANITOBA**

OUR ASSOCIATION'S MISSION, VISION AND STRATEGIC PLAN IS TO  
**STRENGTHEN THE SAFETY CULTURE IN  
MANITOBA'S CONSTRUCTION INDUSTRY**  
WITH PROACTIVE EDUCATION, TRAINING AND CONSULTING THAT  
SUPPORTS SAFE WORK PRACTICES, CAREER DEVELOPMENT  
AND COR™/SECOR™ CERTIFICATION ACROSS THE PROVINCE.

**NO  
COMPROMISE**

See what we're all about at  
[constructionsafety.ca](http://constructionsafety.ca)

