



CSAM NEWS

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CSAM's 8th Annual Golf Tournament registration in full swing

The Construction Safety Association of Manitoba's 8th Annual Golf Tournament is back and coming in full swing at Bridges Golf Course on Tuesday, August 16, 2016.

Recognized as one of the largest industry-based golf tournaments in Manitoba, CSAM's tournament has something for everyone - a day of 18-hole golf; interactive contests and games; networking opportunities amongst member companies, stakeholders and industry professionals; and a hot lunch, three-course dinner and prizes to be enjoyed throughout the day.

To register, simply create a team of four and fill out the CSAM Golf Tournament registration form - conveniently located on page two of the CSAM News - or call us at 204-775-3171 for more information.

Want to sponsor a hole? You can do that, too! Simply check off the box that confirms that your company is interested in sponsoring a hole, then sign and submit your registration form.

Thank you all for your continued support - we look forward to seeing you all there!

Yours truly,

Team CSAM

**CONSTRUCTION SAFETY
ASSOCIATION OF MANITOBA**



AUGUST 16, 2016
BRIDGES GOLF COURSE | STARBUCK, MB
 SHOTGUN START TIME: **10 A.M.** FEE: **\$160^{+GST} per player**



REGISTRATION FORM

Company Name: _____ Your Name: _____

Mailing Address: _____

Email: _____ Phone: _____ Fax: _____

Players Names and T-Shirt Sizes (please circle):

1) _____
 S M L XL 2XL 3XL

2) _____
 S M L XL 2XL 3XL

3) _____
 S M L XL 2XL 3XL

4) _____
 S M L XL 2XL 3XL

PAYMENT

VISA/MC: _____

Exp. _____

Please invoice my company (CSAM Members only)

YES, my company will sponsor a hole for \$250 _____

signature

Once filled out, please fax the Registration Form to 204-779-3505 or email Dominika Fryca at dominika@constructionsafety.ca.
 If you do not receive confirmation or receipt within one (1) business day, please contact our office at 204-775-3171.



FEATURE

CSAM's NCSO™ Conference returns with new caliber of professional development training

The Construction Safety Association of Manitoba (CSAM)'s second annual NCSO™ Conference is returning to Winnipeg on October 5, 2016, at the Victoria Inn Hotel & Conference Centre.

This one-day conference introduces a series of courses on psychological safety, human resources and professional communications that showcase the value of embracing soft skills as tools in the construction industry.

Soft skills are recognized as transferable people skills, interpersonal skills and social skills that help you build relationships, read and adapt to different situations and enhance emotional intelligence. These skills will help you effectively communicate with others, articulate goals and build a team atmosphere in the workplace.

This caliber of education and training is designed to bridge employees and employers together with a mutual goal to create a safety culture in the workplace. This joint-effort will create a safe and positive work environment - **for all levels of employees** - where good communication, leadership skills and team work are all recognized as part of the company's successes and achievements.

Registration for the NCSO™ Conference will go live on Monday, June 13, 2016, at constructionsafety.ca.

For more information on the NCSO™ Conference, course listings and registration, call us at 204-775-3171.





**PROFESSIONAL
DEVELOPMENT
TRAINING
FOR YOUR
CAREER
AT YOUR
WORKPLACE.**

**EMBRACE YOUR FUTURE
OCTOBER 5, 2016
CONSTRUCTIONSAFETY.CA**



CSAM celebrates re-opening of its Westman office

The Construction Safety Association of Manitoba (CSAM) is pleased to announce that its Westman office is now re-opened - after undergoing an extensive renovation over the past year and a half - and staff, member companies and industry partners came together to celebrate.

The office party took place on May 11, 2016, where invited guests enjoyed a glass of wine and sampling of hor d'oeuvres while touring the re-vamped facility.

The newly-designed office building now includes a training space that's equipped with Smart TVs and video-conferencing technology, designed to provide training to remote communities across Manitoba.

This is one of many steps that CSAM is taking to strengthening the safety culture in Manitoba's construction industry by connecting businesses with education, training and consulting that supports safe work practices, career development/ advancement and COR™/SECOR™ certification across the province.

To see what else we're up to, visit us at www.constructionsafety.ca.



L to R: Les Sikala, Connie Morrow, Mike Jones, Tasnim Banuga, Trish Carlisle and Elaine Alvis gathered together for the official red ribbon-cutting ceremony



**CONSTRUCTION SAFETY
ASSOCIATION OF MANITOBA**

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

CSAM ON TOUR

Travelers: 3.7 Million Workers Injured Per Year

The Travelers Companies Inc., the country's largest workers' compensation carrier, released its Injury Impact Report, which identifies the most common causes of workplace accidents and injuries.

Written by Sandy Smith, published in EHS Today

Businesses spend \$170 billion per year on costs associated with occupational injuries and illnesses (according to OSHA) – and these findings provide critical insight on how the numbers add up. Of all public sector and private US businesses, roughly 3.7 million workers are injured per year.

The Travelers Companies Inc., the country's largest workers' compensation carrier, released its Injury Impact Report, which identifies the most common causes of workplace accidents and injuries.

Travelers analyzed more than 1.5 million workers' compensation claims filed between 2010 and 2014 from a variety of business sizes and industries and discovered that the most frequent causes of workplace injuries included:

- Material handling (32 percent of total claims);
- Slips, trips and falls (16 percent);
- Being struck by or colliding with an object (10 percent);
- Accidents involving tools (7 percent); and
- Traumas occurring over time, for example when a part of the body is injured by overuse or strain (4 percent).

The above incidents most often resulted in strains, sprains, cuts, punctures, contusions, inflammation, fractures or chronic sicknesses resulting from a type of work (e.g., a skin disease caused by chemical exposure). On average, strains and sprains resulted in 57 missed work days, followed by cuts and punctures at 24 days. Of the most common injuries, inflammation and fractures caused the most time away from work at 91 and 78 days, respectively.

“Even seemingly minor injuries, such as strains or sprains, can substantially impact an employee and slow a business's

operations and productivity,” said Woody Dwyer, second vice president, Workers' Compensation, Risk Control, Travelers. “The most common injuries we see can often be prevented if the proper safety measures are in place, if safety issues are promptly addressed and if leaders continuously emphasize a culture of safety with employees.”

Industry-Specific Findings

Analysis of the workers compensation claim data revealed that certain causes of accidents and resulting injuries were more prevalent in some industries than others.

While material handling accidents were the top cause of injuries overall, these especially were common in the manufacturing and retail industries, causing nearly 40 percent of injuries in both sectors.

Falling from height was among the top causes of injuries in both the construction and retail industries. The oil and gas industry was the only segment in which motor vehicle accidents were one of the most frequent causes of injury. Eye injuries were one of the most frequent types of injuries in manufacturing and construction.

The injuries with the highest average incurred costs included amputations, dislocations, electric shock, crushing and multiple trauma injuries, such as breaking multiple bones at once. These severe injuries typically occurred less frequently overall.

The workplace injury data is particularly relevant as the BLS recently reported an increase in employment, with areas like construction and manufacturing projected to add more jobs in the coming months. While this is good news, more than one-quarter (28 percent) of injuries occur in the first year of employment.



TOOLBOX TALK

LYME DISEASE

Lyme disease is an infection caused by *Borrelia burgdorferi*, a bacteria that's transmitted by two species of ticks - the Deer Tick and Western Black-Legged Tick. In order for the tick to transmit Lyme disease, it must be attached for 36 to 48 hours.

Symptoms of Lyme disease include fatigue; fever or chills; headaches; spasms, or weakness; numbness or tingling; swollen lymph nodes or skin rash. If detected early, the treatment is prescription of antibiotics; however, if left untreated, it can result in facial palsy, meningitis, heart problems, nerve damage and inflammation of the brain and spinal cord.

If you're working outdoors and within areas where tall grass is a prominent part of the landscape:

Wear proper clothing

Wear closed-toed shoes, long-sleeved shirts and pants.

Wear clothing that is light in colour to help you spot ticks more easily.

If you tuck in your shirt and your pant legs into your socks you can prevent ticks from crawling underneath your clothes.

Spot check yourself and your co-workers

Take a moment to check for any ticks that may be crawling around on you or your co-workers.

Use insect repellent

Use insect repellents that contain DEET or Icaridin to keep ticks and other insects at bay.

Double-check yourself at home

Shower or bathe within two hours of being outdoors and do a "full body" check for ticks.

Throw your work clothes in the dryer on high heat for 10 minutes - ticks are very sensitive to hot, dry air - before you wash them.

Take the right steps to protecting you and your workers from Lyme Disease with a Toolbox Talk by the Construction Safety Association of Manitoba - available at www.constructionsafety.ca/resources/downloads.

**CONSTRUCTION SAFETY
ASSOCIATION OF MANITOBA**

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

The National Construction Safety Officer (NCSO™) and Health & Safety Administrator (HSA) programs set the standard for safety & health designation in the construction industry. Be a part of the movement for safety excellence in Manitoba with one of two safety & health programs that are designed for your work, on or off-site.

Visit constructionsafety.ca for program and registration information.



National Construction Safety Officer (NCSO™) Program

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.



Health & Safety Administrator (HSA) Program

The HSA Program provides formal training for individuals taking part in the administration of a health and safety program but does not possess the minimum of three years construction field experience required to achieve the NCSO™ designation.

HSAs provide valuable assistance to employers and their NCSO(s) in the implementation and administration of the company's health and safety program.

**NO
COMPROMISE**



**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

