

CSAM NEWS

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CONSTRUCTION SAFETY ASSOCIATION OF MANITOBA

School's out, summer's in

The school year is now coming to a close for the summer and people of all ages are anxiously-waiting for summer to arrive, like the end-of-the-day school bell to ring... for the last. time. ever.

Summer's promise for hot weather brings plans for day-trips to the park, week-long trips to the "lake" or summer-long projects at the house.

Whether you're working or playing outside, CSAM has a list of Toolbox Talks that are designed to keep you, your friends and family safe once the school bell rings and your plans are set for the summer.

This month's issue of **CSAM News: Toolbox Talk Edition** is geared towards the upcoming Summer season and the types of scenarios that come with hot weather.

To view our full list of Toolbox Talks, suited for all seasons, visit constructionsafety.ca/downloads

Summer Safety

Identify

Summer is here and seasonal plans for day-trips to the park, week-long trips to the “lake” or summer-long projects at the house are underway. This Toolbox Talk on Summer Safety is geared towards the Summer season and the types of scenarios that come with hot weather.

In the Water

Canada Red Cross reminds us that water activities can lead to tragic incidents and fatalities, if the proper measures aren't taken.

In open waters, never estimate the power of a current - swimmers and waders can be swept away in an instant if caught in a current that pulls them out of their depth of reach at an abrupt drop-off point in the underwater landscape.

In backyard, portable or commercial pools, always ensure that children are supervised by an adult. If you plan on jumping/diving into the pool, always check the water levels before you make a move.

Consider giving non-swimmers a life jacket to help keep them at the water's surface.

On the Roads

Fact: more vehicle accident fatalities occur during the summer months, compared to any other time of year, due to factors such as alcohol consumption, fatigue and aggressive driving.

Before you hit the road, check your vehicle's fluid levels, tire pressure and lights to make sure everything is filled up right and working properly. Also, watch for potential repairs that may stem from old, worn parts.

Once you're driving, make sure that all passengers are buckled up at all times. If you are traveling with young children or animals, make sure to make regular stops.

Always drive at a safe speed and leave plenty of space between your car and the car ahead of you. Apply the three-second rule so you have time to manoeuvre and avoid potential dangers.

In the Wilderness

When you're planning your trip into the wilderness, do your research - look into the types of wildlife that live in the area, surrounding campsite areas/regulations, and information on how to avoid human-wildlife conflict.

At picnics, BBQs and other outdoor meals

When packing and preparing a meal, make sure you keep foods cool, separate raw/cooked meats, and wash your hands before/after handling foods.

Communicate

Examine your environment, make note of potential hazards that may arise with your planned activity, and make others aware.

Equip individuals with any tools they may need - life jacket, insect repellent, hand sanitizer, sunscreen, etc.

Demonstrate

Inspect places where potential hazards could occur (deep waters and currents; hiking trails)

List potential hazards

Sun Protection

List jobs with highest UV exposure

Identify

At some point we've all been burned by the sun.

Sunburn is the effect of ultraviolet (UV) radiation on the skin. Ultraviolet light is beaming down on us every day, and always has. But now there's less protective ozone in the atmosphere and risks of exposure have increased.

UV rays are more powerful than visible light rays. They're so powerful that they can cause cancer.

Ultraviolet radiation can also cause cataracts, other eye damage, and premature aging of the skin.

When you work in the sun, especially in spring and summer, you need to minimize the hazards of UV exposure.

Communicate & Control

- 1) Wear a shirt and long pants to cover most of your skin.
- 2) Protect the rest of your skin with sunscreen. Use SPF 30 or higher. Follow the instructions about how often to reapply. Don't forget your ears. The more you sweat, the more often you need to reapply sunscreen.

3) Protect your eyes. Wear safety sunglasses if the tint doesn't interfere with vision. (Most safety glasses—clear or tinted—decrease your UV exposure.)

4) Avoid contact with substances known to cause photosensitization, such as coal tar.

SPF stands for Sun Protection Factor. Multiply the SPF number by 10 to know how many minutes you can stay in the sun without burning.

Use a UV-blocking lipbalm too.

Sunlight doesn't have to be direct to do damage. Light reflected off surfaces such as sand, water, concrete, and snow can also cause UV exposure.

Weather reports now include a UV index. This gives you an idea of how intense the ultraviolet radiation will be under clear sunshine or light cloud.

When the index is high (7 or higher) you can get sunburned in only 15 to 20 minutes.

The highest exposure of the day is from noon to 2.

Sunscreen should be standard equipment for anyone working in construction during spring and summer. Keep a bottle handy in your toolbox.

Demonstrate

Pass around bottle or tube of sunscreen (30 SPF) or higher and ask crew to apply it to exposed skin.

Propane

List propane uses and locations on site

Identify

- existing & potential hazards

Explosion and asphyxiation are the main risks with propane. Asphyxiation means loss of consciousness and suffocation.

Propane gas by itself is odourless. But suppliers add a strong-smelling chemical to the gas so that you can smell leaks. The smell is like rotten cabbage.

Propane gas is heavier than air. If it leaks from equipment or cylinders, it can accumulate in low lying areas such as basements, pits, and trenches.

If enough propane gas collects in a low-lying area, it displaces air. If you enter that area you may be overcome and lose consciousness.

Propane will explode if ignited. Simply turning on a light switch or an electric drill can ignite propane concentrations in a basement or trench.

Propane-fired equipment releases carbon monoxide (CO). Even in small doses, CO can kill you. It's a clear, colourless gas that you can't smell or taste.

The first signs of CO poisoning are headache and fatigue. See the Safety Talk on carbon monoxide for more information.

Communicate & Control

- tell others about the hazards and control the risks

If propane equipment such as a torch or heater goes out in a confined or low-lying space, act quickly.

- Shut off the gas and leave the area.
- Don't go back to re-light the equipment.
- Don't enter the area. Inform your supervisor.

The best way to prevent leaks is to handle propane cylinders and equipment properly. [See Safety Talk on "Compressed gas cylinders" for how to deal with cylinders.]

- Whether you're transporting, using, or storing cylinders, make sure the relief valve is in contact with the vapour space in the cylinder.
- Keep propane cylinders at least 10 feet away from the heaters they are connected to.
- Don't let propane saturate your clothing. It may not feel or smell unusual, but clothing remains highly flammable for some time after exposure. Saturated clothing should be aired outside.
- Never expose any part of your skin to liquid propane. Propane under pressure is extremely cold and can cause frostbite or cryo-burns.

Lead by Example

- example is not the main thing in influencing others, it is the only thing

Review arrangements for storing, handling, and using propane on site.

HIGHLIGHTS

Only a few spots left for teams to register at CSAM's 8th Annual Golf Tournament - register now!

CSAM's 8th annual Golf Tournament registration is in full swing and spots are filling up fast! Fill out the CSAM Golf Tournament Registration Form, located on page 6, and join us on August 16, 2016, at Bridges Golf Course for a day of golf, prizes and more!

CSAM's second-annual NCSO™ Professional Development Conference registration is coming soon

CSAM is pleased to announce that its second annual National Construction Safety Officer (NCSO™) Professional Development Conference will be held on October 5, 2016, at the Victoria Inn Hotel & Conference Centre.

Before registration goes live, CSAM has been actively working to simplify for the online registration process so you can input information, select courses and submit payment information with ease.

The Association expects registration for the NCSO™ Professional Development Conference to go live early next week. For more information on the NCSO™ Conference or NCSO™ Designation, visit constructionsafety.ca or call 204-775-3171.

Massive rainfall hits Winnipeg, floods streets

This morning's thunderstorm has flooded some of Winnipeg's streets in the south part of the city.

According to Environment Canada, 44 millimetres of rain fell in less than a half-hour in the St. Vital neighbourhood.

If you're planning on visiting us at the CSAM main office at 1447 Waverley, drive cautiously - there are parts of Waverley that are either flooded or pooled with large puddles of water.

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 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.



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.



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

