TOOLBOX TALK EDITION

CSAM NEWS

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CONSTRUCTION SAFETY ASSOCIATION OF MANITOBA

All about the renovations

Summer's here and projects of all sizes are appearing in residential and commercial areas across the province.

This ongoing demand for renovations presents many opportunities and challenges surround updating and modernizing a space.

Knowing that you can build a home/work environment that speaks to you, your values and culture can be inspiring; however, underneath the floor, behind the walls and in between the cracks can be all kinds of hidden issues, waiting to be found.

This month's issue of ***CSAM News: Toolbox Talk Edition*** sheds light on safety practices and procedures around some of the tools you'll need for the renovation you decide to take on.

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

CONSTRUCTION SAFETY ASSOCIATION OF MANITOBA

Scaffolding Safety

IDENTIFY

Scaffolding incidents can happen in an instant if the proper safety precautions aren't taken. If the scaffold isn't structurally sound - components are defective, damaged or wrongly installed - it could tip over or collapse: resulting in workplace injuries and property damages.

To ensure that your scaffolding area is safe and incident-free, follow these guidelines on scaffolding safety.

DEMONSTRATE

Demonstrate to your team how to install, dismantle and use a scaffold properly and make an example of all listed safety practices and procedures, potential hazards, and proper PPE needed.

COMMUNICATE AND CONTROL

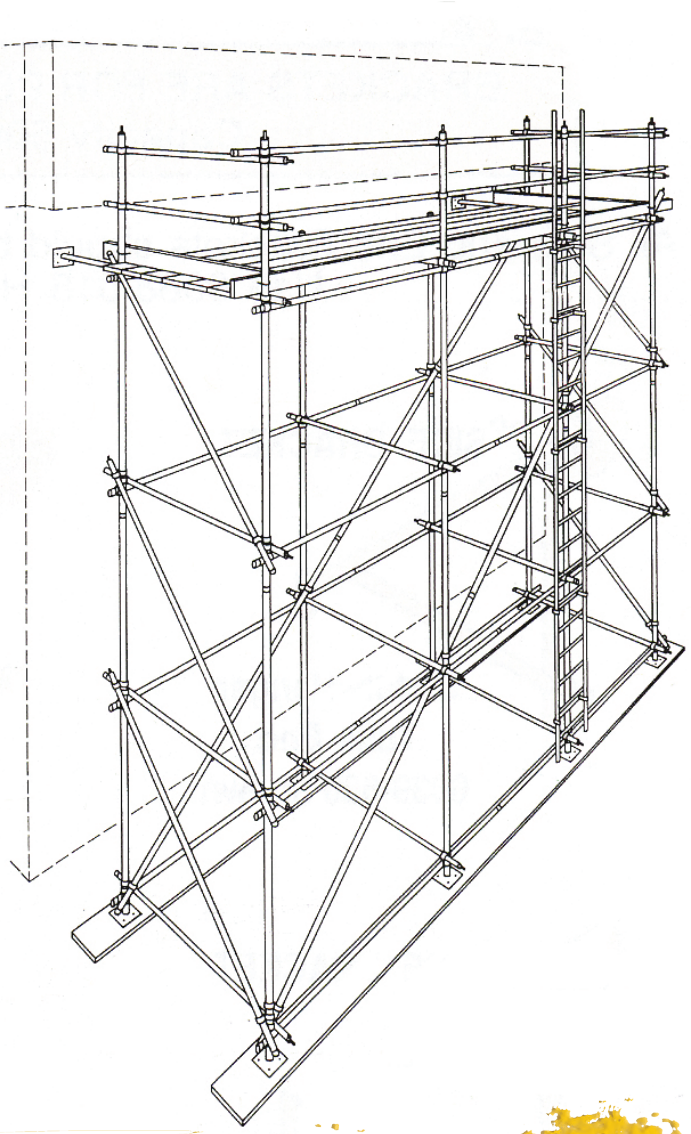
Proper Training
Operators must be properly trained on the erection, use and inspection of scaffolds. This training should include safety practices and procedures on the proper installation, dismantling and use of a scaffold, comprehensive fall protection training and how to identify potential hazards.

Respect Load Capacity
Design the scaffold to handle large loads in order to prevent the structure from collapsing. Always keep the work area on a scaffolding clean of clutter and never overload it with equipment, tools or materials.

Use Guardrails
If a scaffold is structured over 10 feet above ground, you must install guardrails on the three openly-exposed sides of the scaffold that face away from the building. Guardrails must consist of a top rail, a mid rail and a toe-board.

Inspections and Maintenance
Scaffolding must be regularly inspected by both a supervisor and engineer. If any components of the scaffold are worn out, broken or damaged, they must be immediately removed from the structure and replaced. Check frames, braces and other parts for bends, damages, rust, and other signs of wear and tear. Motors, platforms and wire ropes must also be inspected for chemical corrosion.

Wear Proper PPE
Personal Protective Equipment (PPE) must be worn at all times while operating on a scaffold. This includes a hard hat, CSA-approved footwear and fall protection equipment.



CONSTRUCTION SAFETY ASSOCIATION OF MANITOBA

THE QUIZ: Scaffolding Safety

These questions are meant to help you remember what was discussed today — not to test your patience or challenge your intelligence.

The answers are at the bottom of the page. Cover them up and complete the quiz as quickly as you can.

1. TRUE OR FALSE: Scaffolds structured over 10 ft tall must have guardrails

TRUE FALSE

2. If you plan on operating a scaffold, you must have training in the following areas:
A) The proper installation, dismantling and use of a scaffold
B) Fall protection training
C) How to identify potential hazards
D) All of the above

3. Who inspects the scaffolding:
A) You
B) Your supervisor
C) Your supervisor and an engineer
D) You and your supervisor

4. TRUE OR FALSE: You do not need fall protection training or equipment when working on a scaffold

TRUE FALSE

5. List three (3) structural components that need to be regularly inspected for wear, tear and damages:

_____

_____

_____

ANSWERS

1. TRUE 2. D 3. C 4. FALSE
5. Frames, braces, motors, platforms, wire ropes

CONSTRUCTION SAFETY ASSOCIATION OF MANITOBA

FOR THE RECORD

Date of Meeting: _____

Location: _____ **Start time:** _____ **Finish Time:** _____

Topic: _____ **Meeting Leader:** _____

In attendance (please print):

CONSTRUCTION SAFETY ASSOCIATION OF MANITOBA

Nail Guns

IDENTIFY

Nail guns are powerful tools that are easy to operate and can help get the job done faster; however, this tool can be very dangerous, especially for workers who lack experience or proper training.

More than half of reported nail gun injuries are to the hand and fingers. One-quarter of these injuries involve structural damage to tendons, joints, nerves and bones. Other vulnerable areas are the leg, knee, thigh, foot and toes.

Reports of serious nail gun injuries to the spinal cord, head, neck, eye, internal organs and bones have resulted in paralysis, blindness, brain damage, bone fractures and death.

Incidents like these can easily prevented with the right safety steps, practices and procedures to proper nail gun instruction and operating on the job.

COMMUNICATE AND CONTROL

Thing to know about nail guns
Nail guns are usually powered by compressed air or gas, a small explosive charge (powder actuated) or electromagnetism.

All nail guns rely on two basic controls: a finger trigger and a contact safety tip, located on the nose of the gun.

Trigger mechanisms can vary based on:
1) the order in which the controls are activated; and
2) whether the trigger can be held in the squeezed position to discharge multiple nails OR if it must be released and then squeezed again for each individual nail.

Wear proper PPE
Always wear the proper personal protective equipment when operating a nail gun — hard hat, high-impact eye protection and hearing protection.

Inspect your work area carefully
Check for leftover nails, damaged areas and imperfections in all types of work surfaces that could cause the nails to recoil or ricochet.

Inspect the nail gun before use
Inspect the tool before each use to make sure it's in working order and that all the safety features are intact. An unexpected malfunction could lead to a critical injury.

It is very important to always use the proper kind of nail for the gun and never try to modify or override the safety features, such as tying the nose contact in the activated position.

Handle the nail gun safely
When you're not using the nail gun, remove your fingers away from the trigger and keep your hands away from the path of the nail. If you need to secure an area, use clamps.

If you are nailing a work area that is out of reach, don't attempt to reach for it - you must have a firm grip on the nail gun at all times.

Never operate a nail gun with your non-dominant hand.

Never drag the nail gun by its connected hose (if a hose or cord gets caught on something, don't pull on it; find the problem and release the hose).

Before you reload the nail gun, clear a jam or perform any maintenance, always disconnect it from the power source or remove the cartridge.

DEMONSTRATE

Demonstrate to your team how to properly inspect your work area and the nail gun, before use, as well as how to properly handle and operate the tool on the job.

CONSTRUCTION SAFETY ASSOCIATION OF MANITOBA

THE QUIZ: Nail Guns

These questions are meant to help you remember what was discussed today — not to test your patience or challenge your intelligence.

The answers are at the bottom of the page. Cover them up and complete the quiz as quickly as you can.

1. What PPE should be worn when operating a nail gun?
A) Hard hat, high-impact eye protection
B) Hard hat, hearing protection
C) Hard hat, high impact eye protection and hearing protection
D) none

2. TRUE OR FALSE: only operate a nail gun with your dominant hand

TRUE FALSE

3. What are the two basic controls of a nail gun?
A) On-off switch
B) Trigger
C) Bumper
D) Contact safety tip
Note: you can select more than one answer

4. TRUE OR FALSE: Compressed air is the only source of power for nail guns

TRUE FALSE

5. List three (3) safe work procedures when using a nail gun

_____

_____

_____

ANSWERS

1. C 2. TRUE 3. B, D 4. FALSE
5. Inspect tool before use, wear appropriate PPE, inspect work area, remove finger from trigger when not in use, always operate nail gun with dominant hand

CONSTRUCTION SAFETY ASSOCIATION OF MANITOBA

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CONSTRUCTION SAFETY ASSOCIATION OF MANITOBA

Hand Tools
Screwdrivers

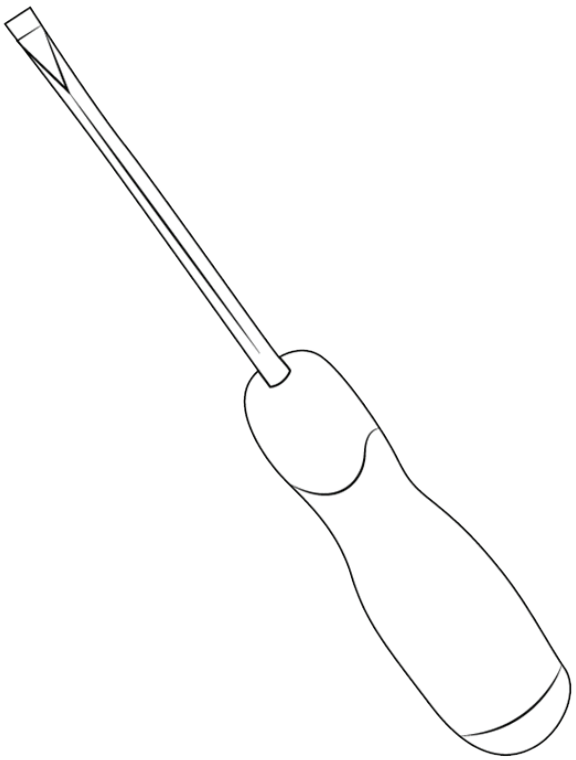
IDENTIFY

People use screwdrivers for chipping, chiseling, scraping, prying, digging, gouging, testing circuits, making holes, stirring paint, propping doors open, and taking the lids off cans; however, this multi-tool has reportedly left workers with cuts, puncture wounds and eye injuries caused from flying fragments.

It's time to use the screwdriver for it's sole purpose with a series of safety practices and procedures that will keep your job easy and incident-free.

COMMUNICATE AND CONTROL

Always use the right screwdriver for the job. Memorize the different types – slot, Robertson, Phillips, Torx Drive and Allen Wrench - and match them with the right style and size of screws. A screwdriver too big or small for the screw can lead to damaging the screwdriver, materials or even your hands.



Before you start work, inspect the screwdriver to make sure that the handle is intact, free of splits or cracks, and clean of grease and oil. If the screwdriver shows visible signs of wear and tear - chipped handles, bent shanks, and twisted or excessively rounded tips - remove and/or discard it from the work area immediately.

You should only need enough force to keep the screwdriver in contact with the screw. With a properly sized and drilled hole, the screw will draw itself into the material with minimum pressure and guidance.

Don't hold the material in one hand and use the screwdriver with the other. The screwdriver can slip and cut your hand.

Use screwdrivers with large handles for better grip. Don't use pliers on the handle of a screwdriver for more power. To remove stubborn screws, use a screwdriver with a square shank designed for use with a wrench.

DEMONSTRATE

Review the different types of screwdrivers and inspect them for evidence of wear, damage, or misuse.

CONSTRUCTION SAFETY ASSOCIATION OF MANITOBA

THE QUIZ:
Hand Tools: Screwdrivers

These questions are meant to help you remember what was discussed today — not to test your patience or challenge your intelligence.

The answers are at the bottom of the page. Cover them up and complete the quiz as quickly as you can.

1. A screwdriver with a smaller handle provides as better grip

TRUE FALSE

2. When inspecting a screwdriver, what signs of wear and tear do you look for:
A) Splits and cracks
B) Bent shanks
C) Chipped handles
D) All of the above

3. If you come across a 'stubborn screw', what do you do?
A) Abandon the project
B) Place a new screw directly beside it
C) Use a screwdriver with a square shank and reinforce your grip with a wrench
D) Use nails as an alternative

4. TRUE OR FALSE: You can use any size of screwdriver for any type of screw

TRUE FALSE

5. List the five (5) different types of screwdrivers:

_____

_____

_____

_____

_____

ANSWERS

1. FALSE 2. D 3. C 4. FALSE
5. Robertson, Phillips, Slot, Torx Drive, Allen Wrench

CONSTRUCTION SAFETY ASSOCIATION OF MANITOBA

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Topic: _____ **Meeting Leader:** _____

In attendance (please print):

CONSTRUCTION SAFETY ASSOCIATION OF MANITOBA

AUGUST 16, 2016

BRIDGES GOLF COURSE | STARBUCK, MB

SHOTGUN START TIME: 10 A.M. **FEE: $160+GST per player**

8TH ANNUAL GOLF TOURNAMENT

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.

Construction Safety Association of Manitoba
WWW.CONSTRUCTIONSAFETY.CA

Head Office: 1447 Waverley St., Winnipeg, MB R3T 0P7 **P:** 204-775-3171
Westman Office: 950 10th St., Brandon, MB R7A 6B5 **P:** 204-728-3456

Fall Protection for Workers at Heights

Published by OH&S Canada

The risk of falling on the job is often associated with workers who perform their job duties on rooftops or scaling tall buildings. However, falls can occur from overhead platforms, elevated workstations or even into holes in walls, floors or the ground.

Generally, if a worker is at risk of falling three or more metres, a fall-protection system becomes a critical component of occupational health and safety practices and procedures.

Fall-protection equipment includes a broad range of devices such as body belts, body harnesses, connecting components and vertical lifelines. It's mandatory for workers who are at risk of falling to have and make use of proper fall-protection equipment.

CSA Group publishes guides to help with the selection and proper use of current fall-protection equipment. It also offers fall-protection training to help ensure workers and supervisors follow proper safety methods when working with fall-arrest equipment and systems.

Its standards are regularly updated in response to technological change and evolving safety concerns. It tests and certifies fall-protection equipment components to the applicable Z259 standards in Canada and the corresponding ANSI/ASME standards in the U.S.

CSA just published a new document, Z259.17: Selection and Use of Active Fall-Protection Equipment and Systems. It's more of a guide "book" that walks managers through all the basics of ensuring their workplace has the right fall-protection equipment. It provide answers to common questions for managers and supervisors, such as "What should I be looking for?" and "How do I choose equipment?"

CSA Group's series of fall-protection standards cover performance, design, testing, marking, classification and other crucial requirements for a range of fall-protection equipment and systems, such as:

- Full-body harnesses;
- Fall-restrict equipment for wood-pole climbing;
- Anchorage connectors;
- Fall arresters, vertical lifelines and vertical rigid rails;
- Energy absorbers and lanyards;
- Body belts and saddles for work positioning and travel restraints;
- Design of active fall-protection systems;
- Manufactured horizontal lifeline systems;
- Self-retracting devices;
- Connecting components for personal fall-arrest systems; and
- Descent-control devices.

Voluntary standards help ensure workers are protected from potential workplace hazards. Following best practices, ensuring proper training and understanding your legal obligations are an integral part of promoting safety and helping to prevent fall-related injuries.

NCSO CONFERENCE 2016

New registration system in place for second-annual NCSO™ Professional Development Conference

CSAM is pleased to announce that it has implemented a new online registration system for its second annual National Construction Safety Officer (NCSO™) Professional Development Conference - held on October 5, 2016, at the Victoria Inn Hotel & Conference Centre.

This new online registration system is tied to your company's ID, which comes with your CSAM membership. Once you log in, you can register for the following courses:

Snakes & Ladders! Where are you on the Safety Professional Game Board?
This course is designed to evaluate your role as a safety professionals and determine where you sit on the "Safety Professional game board". You will learn how to evaluate where you are in your current position as a safety professional and how to set yourself up to hit the ladders to advance your career.

Don't Let Safety Bully You
This course will help you discover proven instructional techniques that will make your company's safety training sessions interactive, interesting, fun and more effective. Safety will become something you and your co-workers want to do - not because you feel bullied in to it.

What's in your Toolbelt? Do you know how to use it?
This course will prove how coaching, mentoring & negotiating can be the best tools to keep in your tool belt. These tools can help maximize your position, productivity, morale, & produce results. This course will help you discover how these tools can be effective in your safety program & projects, when mentoring is a great investment, and the power of negotiation.

Protecting our Future Workforce
This course will review current trends in worker injuries, how to prevent injuries in the workplace, strategies and best practices.

For more information on the NCSO™ Conference, visit **constructionsafety.ca** or call 204-775-3171.

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 NCSO STANDARD

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.

NCSO
CONFERENCE
2016

PROFESSIONAL DEVELOPMENT TRAINING FOR YOUR CAREER AT YOUR WORKPLACE.

EMBRACE YOUR FUTURE

OCTOBER 5, 2016

CONSTRUCTIONSAFETY.CA

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

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.

See what we're all about at
constructionsafety.ca

You Tube