



**CONSTRUCTION SAFETY
ASSOCIATION OF MANITOBA**

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Safety Conference - February 7 & 8, 2017

CSAM NEWS

**CSAM's second annual NCSO™
Professional Development
Conference deemed a success**

*Nearly 100 students learned how to become a
leader, communicator & safety professional in
the workplace*

The Construction Safety Association of Manitoba (CSAM) hosted its second annual National Construction Safety Officer (NCSO™) Professional Development Conference on October 5, 2016, at the Victoria Inn Hotel & Convention Centre.

This one-day conference equipped nearly 100 students with the knowledge, tools and skills needed to embrace soft skills as tools in the construction industry.

This skillset will help workers rise above the call of duty to build relationships, adapt to different situations and enhance their level of emotional intelligence – creating new and aspiring opportunities for leaders, mentors and safety professionals in the construction industry.

Mike Jones, Executive Director of CSAM, is pleased with the successes of this year's conference and what this means for the construction industry.

“This conference has supplied our industry’s workers with the tools needed to properly assess, interpret and respond to social and psychological situations in a manner that reflects their position as a leader, communicator and safety professional,” says Jones. “This caliber of education and training will bridge employees and employers together with a mutual goal to set a safety standard in the workplace - where good communication, leadership skills and team work are recognized a part of the company’s successes and achievements.”

On behalf of the Construction Safety Association of Manitoba, we thank all participants and instructors, Wendy Hoffard, Grow Advisor; Tanya Steele, BC Construction Safety Alliance; and Gail Archer-Heese, SAFE Work Manitoba, for participating/being a part of our second annual NCSO Professional Development Conference. We look forward to working with you all again with our next initiatives in making Manitoba’s construction industry a safe one to be a part of.



Wendy Hoffard - Instructor, NCSO Professional Development Conference



Mike Jones, Executive Director of CSAM, giving opening greetings



Gail Archer-Heese- Instructor, NCSO Professional Development Conference



Tanya Steele - Instructor, NCSO Professional Development Conference



Students in class - NCSO Professional Development Conference



Students in class - NCSO Professional Development Conference

CSAM hosts second COR™ Companies Meeting for 2016

Shares the latest safety news & initiatives for the construction industry

The Construction Safety Association of Manitoba (CSAM) hosted its second semi-annual COR™ Companies Meeting on September 29, in Brandon, and October 4, in Winnipeg, MB.

The primary objective of the meetings was to share the latest safety news and initiatives, that are dedicated to the construction industry, from CSAM, SAFE Work Manitoba and Elite Safety Services.

CSAM is actively working to launch a COR™/SECOR™ electronic audit system by the end of the year. This system will help aid companies archive and submit all audit and supporting documentation throughout the year.

CSAM is also actively working with SAFE Work Manitoba to establish a provincial standard in COR™/SECOR™ Certification, education and training courses, and the collection of analytics for the construction industry.

These steps will help CSAM understand trends in workplace incidents and how to effectively work with its Member companies to create new initiatives that speak to those trends.

“CSAM wants to work with you by providing initiatives that are tailored to you,” Derek Pott, Operations Manager with CSAM, explained at the meeting.

Peter Malegus, Portfolio Leader at SAFE Work Manitoba, discussed these joint-initiatives, including *Compass*, in further detail.

Compass is an electronic platform that is designed to provide instant access on information, trends and resources to all of Manitoba’s Safety Associations.

This program consists of five interactive dashboards that showcase analytics on workplace incidents, types of injuries, demographics of workers and more.

“SAFE Work Manitoba is developing tools, such as *Compass*, to help its partners be proactive with safety training,” says Malegus. “CSAM will be able to use these statistics to see trends, create initiatives and share resources with its members.”

SAFE Work Manitoba plans on launching *Compass* in October, 2016. To learn more about *Compass* and how it can benefit you, contact us at CSAM.

Marc Watt, Director of Elite Safety Services, also shared some valuable insights on the latest safety practice: using rope access in the workplace.

“Rope access refers to a set of techniques where ropes and specialized hardware are used as the primary means of providing access and support to workers,” Watt explains.

Rope access may be new to Manitoba but it comes with a long list of assurances and benefits - it’s exceptionally safe, versatile, efficient and cost-effective.

Elite Safety Services Rope Access services can assist with welding, concrete inspections/restoration, electrical, painting, pipe-fitting, power assisted washing, insulation, refractory, sandblasting and coating applications.

To learn more about Elite Safety Services rope access services, check out an in-house Rope Access Demonstration, held on November 3, 2016, or visit elitesafetyservices.ca.

WASP promises new series of events in Westman area, starting with a BBQ launch party



The Westman Association of Safety Professionals (WASP) is launching a new series of events that will help make safety a priority in the Westman area.

The Construction Safety Association (CSAM) is at the helm of this initiative, working with WASP President, Darcy Phillips, to make this year's events larger and more impactful amongst audiences.

Starting with a BBQ launch party, held on September 28, 2016, at CSAM's Westman office.

This event brought Executive Directors, Committee members and supporters together in support of WASP and its ongoing initiatives for the coming year.

Mike Jones, Executive Director of CSAM, reflects on this event's turn out, stating, "It was great to see a combination of new and familiar faces come together to celebrate and support the importance of safety," says Jones. "These individuals represented

health and safety and friends - all coming together to help make a positive impact in the Westman area."

WASP is now looking for industry leaders to take part as guest speakers at its upcoming safety events. To learn more, or to sign up as a guest speaker for WASP's upcoming events, contact Trish Carlisle at trish@constructionsafety.ca or 204-728-3456.

Ten eye-injury pitfalls to watch for at work

Published by OHS Canada

Wear your safety glasses. It's a simple rule, and one that workers obey more than ever thanks to awareness campaigns, enforcement and the wide array of technologically advanced, funky-looking protective eyewear on the market today. Yet many Canadian eyes remain unprotected, with injuries occurring at an alarming rate. A recent study found that 60 per cent of workplace eye injuries result from not wearing eye protection.

What goes wrong

Gerry Culina, manager of general health and safety services at the Canadian Centre for Occupational Health and Safety, knows about some of the common errors or deficiencies in the workplace that can lead to eye injuries. Here's what he says can go wrong:

Not knowing the hazards — It's important to conduct a needs assessment, since whether or not you need eye protection (and what kind) depends on the work, the work environment and the hazards in the workplace. The process can involve, for example, a workplace survey that asks what types of accidents have taken place, what hazards people are reporting, whether the Ministry of Labour has ever issued an order and whether someone has had an eye injury in the last few years. Inspect, audit, interview — do whatever is necessary to fully understand the hazards of everyone's job.

Using PPE as a safety shortcut — The way to address a workplace hazard, according to virtually every safety authority in the world, is to eliminate the hazard at the source, eliminate the hazard along the path and, as a last resort, eliminate it at the worker. That means before relying on protective eyewear, it's much safer to eliminate the hazard altogether or, if that's not possible, along the path via labeling, administration controls, automating dangerous tasks and/or keeping workers at a distance from the hazard.



“The farther away or least amount of time we can expose a person to a chemical or particulates, the less chance of injury,” Culina says. He adds that personal protective equipment is a short-term method that shouldn't be considered a long-term solution.

Improper fit — The chances of safety eyewear fitting the wearer are greater now that manufacturers offer them in various shapes and sizes, a vast improvement over the one-size-fits-all era of the past. When selecting eyewear, make sure it is form-fitting to protect the eyes from particulates and liquids getting in.

Inappropriate lenses for the circumstances — The term “safety eyewear” can mean many things, so know what yours is meant to protect you from. If it keeps out harmful chemicals, it might not necessarily protect you from a high-speed projectile. If it's



practically bulletproof, it might not necessarily be designed to keep out small, airborne particulates.

Find out all you can about exactly what features you need in your protective eyewear. Watch out for tinted lenses. There are right and wrong applications for tinted lenses. They might actually be mandated for outdoor workers, as long as they have the appropriate UV protection rating. Some workplaces, however, forbid the use of tinted lenses, Culina says, because it's hard to see out of them once you enter an indoor hazardous environment.

Not safety approved — Beware of products that call themselves “safety glasses”. Make sure they fit the standards referenced in your occupational health and safety legislation.

Wear glasses when glasses aren't enough — Some work environments call for mono goggles or a face shield for maximum protection, or both safety glasses and a face shield. You wouldn't want dangerous chemicals, for instance, to get inside your glasses and drip anywhere near your eyes. A workplace hazard assessment should clearly indicate what level of protection is needed.

The wrong lens for the environmental conditions — Some lens materials are made to withstand hot or cold environments. Get the right one to avoid the kind of compromised vision that happens when glasses steam up in a steel mill or frost up in sub-zero weather.

Wearing eyewear somewhere else (other than over the eyes)

— “Wearing safety glasses” doesn't mean wearing them on your head or around your neck. Eye safety glasses are for your eyes only.

Not wanting to trouble the employer for yet another replacement pair — Protective eyewear should be replaced if scratched, damaged or broken. Unfortunately, what often happens, Culina says, is that workers who need prescription safety eyewear, especially bifocals or trifocals, tend to hang onto scratched, damaged ones longer because they're so costly to the employer. The solution: Wear your regular glasses and wear mono goggles over top.

No access to an eyewash station — Again, your workplace hazard assessment should identify whether an eyewash station is needed, what type, and where it should be located. Currently there is no Canadian standard for the design or placement of eyewash standards for emergencies, but there is an American standard, ANSI Z358.1-2014.

The water should be just the right temperature, so that the affected worker will be able to tolerate the recommended minimum 15-minute eye rinse. Some eyewash stations contain a saline solution that's self-contained, eliminating concerns for water that's too hot or cold.

Choosing the Right Lens Tint for Your Safety Glasses

Published by OHS Canada

Eye protection against thrown objects, dust or splashing had been for a long time the main, if not the only, function of safety glasses. Medical and technological breakthroughs allowed us to understand the adverse effects of the light on the eyes better and develop more specialized protective equipment.

While the size and material of the glasses will protect the eyes against impacts, the lens will provide protection against radiation and improve the worker's perception. UV rays, blue light, blinding snow, shadows; light brings its own set of challenges, so better have the right equipment.

To mitigate the intense effects of the light and filter harmful rays, most safety glasses have a UV filter that varies according to the different models. To provide a specific type of filter for a task, manufacturers have developed several different shades of lenses.

The benefits and limits of each shade

Some shades, such as orange, blue or purple, will allow more light in, which will blur colour perception. Therefore, those tints are not recommended for workers who must work with colour codes or traffic lights. On the other hand, amber, smoke or espresso lenses will reflect colours more accurately.

For outdoors, smoke shades are preferable, as well as mirror silver or blue. The last two protect against excessive glaring and reduce reflection. Espresso lenses offer basically the same benefits, in addition to improving depth perception and reducing eye fatigue.

As for amber lenses, they improve contrast and are particularly efficient in low light. However, they are not designed for outdoor use.

Neon lighting is known to cause eye fatigue among workers. A blue-tint lens cancels yellow light, in addition to having a very pleasant effect on the human eye.

Coloured lenses, beyond eye protection

Many work accidents are caused by visual perception deficiency. Some tasks put the workers more at risk. For example, think about forklift operators driving from one building to another. The indoor/outdoor mirror lens has been specifically designed for them, as it reduces the changes in light intensity.

A hand, a foot or even a life could be saved with an improved depth and contrast perception when using different lens shades.

How to ensure employees have access to the best protection?

Within a company, the more numerous and varied the tasks, the more difficult it will be to provide adequate eye protection for workers. Therefore, it is important to create and implement a methodical management of the workers' needs concerning eye safety. To achieve this, it must include the following:

- The documentation of all positions and tasks requiring eye protection;
- The determination of light sources, as well as the type and degree of glare found in the different work places; and
- The identification of the risks for the eyes.

Complete this exercise in collaboration with employees to identify more specific sources of visual discomfort and better understand the task requirements for visual acuity.

However, only providing the employees with the right protective equipment is not enough to prevent accidents. It is important for workers to be informed of the potential workplace hazards in order to increase awareness. This is particularly important concerning radiation. It is a dangerous threat, as its harmful effects on the eyes are rarely immediate. Instead, radiation has long-term consequences that are often irreversible. Do not neglect the future health of your employees' eyes.

Eye Protection

IDENTIFY

Safety eyewear is an essential piece of personal protective equipment; however, workers often wear the wrong kind or, even worse, not at all.

The reality is that construction workers have one of the highest eye injury rates. Particles of dust, metal, wood, slag, drywall and cement are the most common sources of eye injuries.

Even “minor” eye injuries can cause life-long vision problems, if not treated immediately. A simple scratch can cause corneal erosion that is recurrently painful.

This Toolbox Talks highlights the different types of eye protection PPE to best suit you and your line of work.

COMMUNICATE AND CONTROL

CSA-approved Eye Protection

Canadian Standards Association (CSA) approved eye or face protection must be worn on a worksite whenever there is a potential danger to the eyes or face:

Safety glasses provide minimum protection and are for general working conditions where dust, chips, or flying particles may present a hazard. Safety glasses are available in a variety of styles and provide side protection in the form of shields or wraparound arms. Lenses should have an anti-fog treatment.

Goggles provide higher impact, dust, and acid or chemical splash protection than safety glasses. Moulded goggles are suitable when workers are continually exposed to splash or fine dust, and should have indirect venting. For less fogging when working with large particles, direct-vent goggles are recommended.

Face shields protect the full face from injury and they offer the highest impact protection and shelter from spraying, chipping, grinding, chemicals, and blood-borne hazards. A face shield is considered a secondary safeguard to protective eyewear; it should never be worn without safety glasses or goggles.

Welding goggles prevent exposure to harmful radiation, when arc welding, gas welding, or burning. These protectors come in various shades, so wear the right one for the job. Never wear Oxyacetylene welding goggles when arc welding.

Prescription Safety Glasses

If you wear prescription glasses, check whether they qualify as safety eyewear:

- Glasses must be CSA approved;
- Glasses must have side shields;
- Lenses must be made out of polycarbonate or plastic;
- Look for manufacturer’s logo moulded or etched into the top outside edges of the lenses; and
- Look for “Z87” on the temple pieces.

Proper Fit and Care

In order to get the maximum benefit from safety eyewear, your glasses need to fit and must be kept clean and when not in use stored in a place where they are not being harmed.

When not to wear them

Before you remove your protective eyewear, be mindful of the following scenarios:

- When finished with a tool or specific task, see what’s going on around you.
- If you take a break, be mindful of potential hazards around you from other workers.
- When you leave the site, make sure you are out of the hazard zone.

DEMONSTRATE

Create a Eye Safety Policy that includes rules on when to wear eye protection, how and where to get your safety glasses, and what to do if there isn’t a pair of protective eyewear readily available on a jobsite.



THE QUIZ: Eye Protection

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. Eye injuries can occur from the following environmental sources:

- A) Dust
- B) Metal
- C) Cement
- D) Wood
- E) All of the above

2. TRUE OR FALSE: Construction workers have one of the highest eye injury rates

TRUE FALSE

3. If you wear prescription glasses, you must look for the following:

- A) If the glasses are CSA-approved
- B) Lenses must be made out of polycarbonate or plastic
- C) Manufacturer's logo
- D) "Z87" on the temple pieces.
- E) All of the above

4. TRUE OR FALSE: a simple scratch, due to dust particles, can cause corneal erosion

TRUE FALSE

5. List three (3) types of eye protection

1. E 2. TRUE 3. E 4. TRUE
5. Safety glasses, Goggles, Face Shields,
Welding Goggles, Prescription Safety
Glasses

Practical Solutions for a Safer Workplace

**CONSTRUCTION SAFETY
ASSOCIATION OF MANITOBA**

- CUSTOMIZED SAFETY PROGRAM**
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- Online Training
- Westman Association of Safety Professionals (WASP)
- Membership

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FEBRUARY 7 & 8, 2017

Save the date for this two-day conference.

Last year, over 1,800 participants did.

They learned new skills and built on their strengths with interactive workshops, management sessions, and safety training courses; networked with trade show exhibitors; and enjoyed a full serving of breakfast, lunch and entertainment.

Learn more at **construction safety.ca.**

We'll see you then.



**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.

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