



RSI Awareness Day introduced new tools and technologies available for injury prevention in the workplace

Your Construction Safety Association of Manitoba (CSAM) hosted two back-to-back presentations in honour of Repetitive Strain Injury (RSI) Awareness Day.

Zach Gomez, Industrial Product Sales Director with SuitX, and Marnie Courage, Director & Inclusive Design Consultant with Enabling Access Inc., met with attendees to discuss the latest in tools, technology and resources available to the building construction industry.

Gomez did a presentation on SuitX technology: a series of exoskeletons that aid your back, legs and arms when lifting, carrying and using tools for extended periods of time. This “smart technology” knows when you move and offers assistance with strenuous activities. The materials used to create SuitX are metal and fabric - designed to work in essentially any conditions and fit-to-wear with any body type. And the structure of SuitX even encourages good posture.

The cost of SuitX ranges from \$4,000 - 6,000 and product information can be found at www.suitx.com.

Courage followed with a presentation about RSI prevention and the importance of communication in the workplace. Enabling Access Inc.'s *Research and Workplace Innovation Project (RWIP)* shows that 10-20 minute safety talks (e.g. Toolbox Talks) are an effective method for safety professionals to communicate their message to construction workers.

The bottom line with incident prevention is communication: all levels of workers need to be valued, communicated with and educated about different hazards and its association with injuries in the workplace. 46% of injuries in Manitoba is caused by forceful exertion - this is due to a lack of communication from “the bottom up”.

Management/supervisors need to promote clear and consistent communication about specific hazards with a Toolbox Talk that shows a step-by-step action plan (with photos/visuals) that educate and aid workers on-site.

To learn more about Enabling Access Inc.'s list of offerings, including customized safety talks, visit enablingaccess.ca.

HIGHLIGHTS

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RSI Awareness Day introduced new tools and technologies available for injury prevention in the workplace

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The Westman Safety Conference registration brochure

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Learn how to conduct and communicate Effective Toolbox Talks at the Westman Safety Conference

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Women of Influence Speaker Series sparks inspiration, generates discussion and highlights groundbreaking projects for women, by women

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Toolbox Talk: Winter Slip & Trip Hazards



WESTMAN SAFETY CONFERENCE

April 18 & 19, 2018: TWO-DAY WORKSHOPS

Confined Space Entry and Rescue

Confined spaces present life threatening hazards in construction. This workshop is for anyone who is responsible for coordinating or supervising work in confined spaces as well as those workers required entering confined spaces.

Course elements will include all elements in the one day Confined Space Awareness course and also detail entry and rescue procedures.

This workshop includes an interactive practical demonstration of proper work procedures utilizing required breathing apparatus and rescue equipment. This workshop will have practical/hands on training component.

Safety Essentials For Leaders / LSE

Workplace leaders - such as Owners, Directors, Managers, Supervisors, Lead hands - have direct, immediate control and effect over the workplace than any other group; however, most organizations are unaware of their legal responsibilities.

Topics include the guiding principles of safety management systems, legislated rights and responsibilities, how to research legislation, the WCB system and how supervisors can have a direct impact on the organization's WCB premiums. Additional topics include risk and hazard analysis, assessment and control; inspections; investigations and incident cost analysis, return to work programs and EAP programs.

April 18, 2018: ONE-DAY WORKSHOPS

First Aid/CPR

Have you ever been first on the scene? This nationally recognized workshop will provide attendees with practical assessment techniques and basic life saving skills in: artificial respiration, choking, bleeding, bandaging of wounds, dealing with shock and unconsciousness, identifying heart attack and stroke victims and training in CPR. An official First Aid/CPR certificate will be issued which is valid for three years. This workshop will have practical/hands-on training component.

H2S Alive

This program explains the properties of H2S and Initial Response Strategy, respiratory protective equipment, detection of H2S, as well as the detection of H2S and rescue techniques. This certification is recognized world-wide and is valid for a period of three years.

Principles of Safety & Health Management

This course is designed to provide learners with adequate information, tools, and resources to effectively develop their safety and health program and safety management systems to meet legislative compliance. This course meets the training standards for SAFE Work Certification and COR™ Certification.



WESTMAN SAFETY CONFERENCE

April 18, 2018: HALF-DAY WORKSHOPS (A.M. & P.M.)

Chemical Spill Response (P.M.)

Participants will gain an understanding of pre-spill planning, the deployment and use of equipment for spill clean-up and the importance of risk assessments. This training is essential for workplaces which use, handle or transport dangerous and hazardous substances; enabling organizations to respond quickly in the event of an accident or emergency.

Effective Toolbox Talks (A.M.)

When done right, toolbox talks can have a significant positive impact on the health and safety of your workforce on site. They can help create a positive health and safety culture within your organisation, and reduce the number of near misses and accidents - this is particularly important in the high risk construction industry. This workshop will give participants the tools to create and deliver toolbox talks that are meaningful and effective.

Emergency Response Planning for Remote Sites and Farms (A.M.)

This will be a two hour course to familiarize workers, supervisors, managers and farmers on what is and what is not available to you when you work in areas of limited or no cell phone coverage. We will discuss what planning and communications must be set up prior to working in these areas and what you need to do in the event of a serious injury, fire or other major incident.

Environmental Protection & Emergency Preparedness (P.M.)

In this seminar participants talk about good practices in heavy construction required to protect the health of our natural environment. Topics will include working in-water, sediment and erosion control, oil and fuel spills, and general site management. We'll also cover emergency preparedness for heavy construction sites. We'll review emergencies such as excavation cave-ins, various injuries at worksites, fires/explosions, fuel and oil spills, outdoor extremes such as lightning and tornadoes.

General Safety and Employer Liability (P.M.)

Workplace safety impacts numerous areas of human resources management and employment law. From employee discipline to privacy, human rights and accommodation, to employment and labour standards, recognizing how safety can impact these other areas and learning how to appropriately address them in various workplace contexts is important to ensuring employer compliance with various legal responsibilities.

Harassment and Violence Training (P.M.)

The Employer has more direct and immediate control over the workplace than any other group. Most organizations are unaware of their legal responsibilities when it comes to violence and harassment in the Workplace.

This course will provide learners with the ability to meet their legislated duties in the workplace.

Topics include the workplace harassment, legislated rights and responsibilities, handling complaints. The course also covers violence in the workplace as well as working alone. The course will also have examples of violence and harassment policies, procedures and many other resources that companies can use when they return back to the workplace after training.

Hazard Identification and Risk Control (P.M.)

This half day course is an introduction to the basics of identifying and controlling hazards in the workplace. Participants will learn how to identify, assess, rank, and control hazards, how to conduct JHAs and create safe work procedures, the basic steps of a workplace inspection, and the legal requirements for hazard identification and risk control in workplace.

Incident Investigations (P.M.)

Investigations are a required element of an effective workplace safety and health program. Participants will learn the seven steps involved in conducting effective investigations: visiting the scene, gathering physical evidence, conducting interviews, evaluating evidence, recommending corrective actions, writing the report and follow-up. Legal requirements for incident reporting and investigation will also be discussed.

The information presented can be applied to all types of investigations, including: right to refuse, harassment, violence, worker concerns, near misses and serious incidents. Supervisors, safety and health committee members, managers, employers and workers will leave this workshop with clarity of their roles and responsibilities and the tools and resources required for application.



WESTMAN SAFETY CONFERENCE

April 18, 2018: HALF-DAY WORKSHOPS (A.M. & P.M.)

Inspections (A.M.)

Inspections are a proactive indication of a fully functioning Safety Management System. Legislation requires many different types of inspections to be completed throughout your facility. This course will provide information and explanation on those required inspections.

This course will enable the learner to go from understanding what needs to be inspected and when, to completing the inspections and making recommendations of corrective action for deficiencies. Topics include legislative inspection requirements, developing inspection checklists, conducting an inspection and making recommendations to employers for corrective actions.

Legalization of Marijuana - Impact on the Workplace and Safety (A.M.)

Recreational marijuana will be legal this year across Canada. This heightens the need for strong workplace policies on impairment on the job. Led by Taylor McCaffrey LLP, experts in the field of labour law.

MSI Prevention - Ergonomics in Motion (A.M.)

This workshop will review the most common musculoskeletal injuries that occur in Manitoba workplaces and why these injuries are occurring. The basics of body mechanics and the role they play in preventing workplace injuries will be discussed as well as measures that can be taken to create an ergonomically safe environment. There will be practical, hands-on components related to safe lifting and office ergonomics in this workshop.

Safe Towing Techniques (P.M.)

Ever had a truck or piece of heavy equipment stuck up to the axles? If you had and you were lucky enough to get it out using slings and tow-rope found in the back of your truck without the rope coming back "like a rocket on steroids" – you may want to attend this course to find out you should have done.

Safety Committee Basics (A.M.)

This half-day course will provide you the knowledge and tools to set up and maintain an effective safety and health committee or worker representative. Participants will learn the purpose of a committee or representative, the legal duties of the committee or representative, the basic principles of recognizing, assessing and controlling hazards, and understanding of what happens if an incident still occurs.

Transportation of Dangerous Goods (TDG) (A.M.)

This half-day course is designed to help those who handle dangerous goods – shippers, carriers, and receivers – better understand the regulations and what their responsibilities are when it comes to transporting dangerous goods. All participants will receive a copy of the most recent edition of the "Transporting Dangerous Goods by Truck" handbook published by the CTA.

Understanding Workplace Safety and Health Enforcement (A.M. & P.M.)

This workshop will address Safety and Health Officer involvement with complaints, right to refuse and serious incident investigations, types of reports issued: report forms, improvement orders and stop work orders. Compliance for employers will also be discussed as well as non-compliance – Administrative Penalty Regulation (MR 89/2014) and the responsibilities for safety and health: employers, contractors, supervisors, workers and prime contractors.

What's Culture Got To Do With It? (A.M.)

Every successful organization, big or small, shares a common thread – a positive safety culture. The culture of an organization is the result of the collective attitudes and behaviour of personnel regarding company policies and activities, all of which greatly affect an organization's bottom line. Values and beliefs are reflections of culture, and are important factors in managing safety and health in the workplace. Learn more about the values, beliefs and dimensions of a workplace safety culture and what you can do to move your workplace in a positive direction.

Learn how to conduct and communicate Effective Toolbox Talks at the Westman Safety Conference

The Westman Safety Conference is returning to Brandon, MB, on April 18 & 19, 2018, with an assortment of two-, one- and half-day courses that speak to the needs of **all** industries.

Our half-day course, *Effective Toolbox Talks*, examines the legislative requirements, challenges and solutions behind Toolbox Talks and equips participants with the tools needed to professionally develop and effectively communicate a Toolbox Talk in the workplace.

Derek Pott, Operations Manager with the Construction Safety Association of Manitoba, says that this course can help workplaces build a foundation of communication - around different safety topics, workplace protocol or other safety-related matters - that all levels of workers can learn from and understand.

“If a workplace doesn’t practice good and consistent communication amongst workers, then the message can easily be lost or skewed,” says Pott. “Our Effective Toolbox Talks course brings all levels of workers together to learn about and discuss new and ongoing safety topics that will properly equip them for their tasks.”

Effective Toolbox Talks is a half-day course offered on April 18, 2018. Seating for this course is limited - to register, visit www.westmansafety.ca.

If you’re interested in this course, you might also be interested in *Environmental Protection & Emergency Preparedness*, *General Safety & Employer Liability* and *Hazard Identification & Risk Control* - all offered at the 2018 Westman Safety Conference!

To inquire about the Westman Safety Conference and all that it has to offer, visit westmansafety.ca or contact us at conference@westmansafety.ca.



ABOUT TOOLBOX TALKS

Toolbox Talks are a proven method of conducting training sessions on site.

Section 44(3) of the Workplace Safety and Health Act requires each employer with five or more workers at a construction site to provide safety education or toolbox talks every two weeks for 30 minutes. The generally accepted practice is to conduct weekly toolbox talks for 15 minutes.

Toolbox Talks aim to provide quality information and generalized practices to construction employers and employees to keep construction safe and to reduce accidents and lower costs.

Your Construction Safety Association of Manitoba has a library of Toolbox Talks available for download at <http://www.constructionsafety.ca/resources/downloads/>

Women of Influence Speaker Series sparks inspiration, generates discussion and highlights groundbreaking projects for women, by women

The *Women of Influence Speaker Series* event took place on Thursday, March 8, 2018, at the RBC Convention Centre in Winnipeg.

Lauren McNabb, Senior Anchor with Global News; Mayor of Winnipeg Brian Bowman; Colleen Holloway, Manager of Corporate Communications with Qualico; Joanne Machado, Chair of Women Build Committee; Mariette Mulaire, President & CEO of World Trade Centre Winnipeg; and Michelle Finley, Chair of Women of Influence Speaker Series Committee each took the stage to welcome, thank and appreciate all the women in the room and their connection to others in different industries, communities and workplaces who are all working together to make a difference in the Habitat for Humanity Women Build Program.

The Habitat for Humanity Women Build Program is an initiative that promotes the involvement of women in the construction of Habitat homes by sponsoring and hosting build projects. The program is now celebrating the construction of its 15th home that is scheduled to be completed in 2018.

The Habitat for Humanity Women Build Program was established in 1991 is a proud community-based builder for women in construction and women in need of a place to call home. Money collected from Habitat for Humanity fundraising events and initiatives, held throughout the year, go towards the Women Build project.

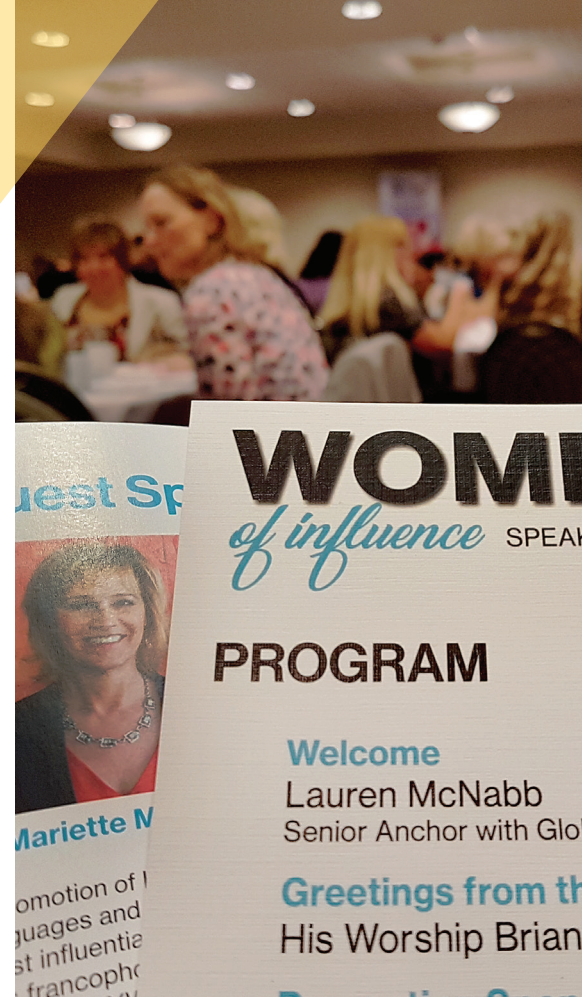
To learn more about Habitat for Humanity Women Build Program and how you can help, visit <http://www.habitat.mb.ca/events-womenbuild.cfm>.

On behalf of the Construction Safety Association of Manitoba (CSAM), we want to thank Qualico - a member of CSAM and a COR™ Certified company in Manitoba - for your dedication and support towards the Women Build Program!

WANT TO MAKE AN IMPACT?

If your company wishes to Build, please contact Susan Buffie at sbuffie@habitat.mb.ca as you may want to accept our Adopt-a-Day Challenge.

If you wish to learn more about joining our fundraising committee, please contact womenbuildvolunteer@habitat.mb.ca.



ABOUT HABITAT FOR HUMANITY WOMEN BUILD PROGRAM

People in our community and all over the world partner with Habitat for Humanity to build a place they can call home. Habitat homeowners help build their own homes alongside volunteers and pay an affordable mortgage. With our help, Habitat homeowners achieve the strength, stability and independence they need to build a better life for themselves and their families.

Habitat for Humanity Women Build Program sets a positive example for women working cooperatively to better their community. Women Build volunteers feel empowered by being a part of the movement that is improving lives. Each dollar raised and every nail hammered makes an impact!

In Memoriam: Richard “Dick” Albert McCallum

With heavy hearts we announce that we've lost one of the founders of our Construction Safety Association, Richard “Dick” Albert McCallum, on Tuesday, January 30, 2018, at the age of 76 years.

Dick was well-recognized and respected in the community and Construction Industry - touching many lives through his leadership, mentoring and training skills; always with a hand to friendship, his quick wit and sense of humour.

Dick was the owner of McCallum Electric Ltd. in Brandon, MB, and later the Manager/Safety Advisor for the Construction Safety Association of Manitoba, retiring in 2011.

In 1979, he served as the President of the Brandon Construction Association; in 1991, he served as the vice-chairman of public relations for the World Youth Baseball Championships in Brandon; in 1992, he represented the Manitoba Building Contractors Safety Program in central, western and southern Manitoba; and served in and supported other communities, including Kiwanis Club, Toastmastering and Church.

Dick is survived by his loving wife of 53 years Eleanor; children Shelly (Shane) Ferguson, Mark (Cass) McCallum and Katherine Gibson; grandchildren Matthew, Muskoka, Keanna and Xander; brothers Bill, Bob and Bruce; sisters Lorie and Elinor and their families; and step-father Rosaire and family.

Dick will also be forever remembered and honoured at the Construction Safety Association of Manitoba - we wouldn't be where we are today without his dedication, support and passion for safety.



Winter Slip & Trip Hazards

IDENTIFY

Slips and falls cause an estimated 15-20 percent of workplace injuries and most of them can be prevented. As temperatures drop, the risk of slips and falls rise, but a few important actions can make a big difference to everyone's safety.

Some of winter's hazardous conditions are obvious:

- Snowy and ice-covered pathways
- Slippery indoor surfaces due to water, ice, or snow brought in by foot traffic
- Melted snow, ice, or grit at entrances to buildings
- Black ice on highways and paved surfaces
- Obstructed sidewalks and roadways due to packed or uncleared snow and ice

Other hazards might not come immediately to mind.

- Certain types of footwear may not be designed or suitable for cold/outdoor weather
- Carrying items that are too large or heavy can obstruct your view or put you off balance
- Cumbersome head-wear can obstruct your view or cause fogging of eye-wear
- Trip hazards hidden under snow like uneven surfaces, scrap material, plastic, or ice

COMMUNICATE AND CONTROL

BE PREPARED - MONITOR THE WEATHER

The environment has the potential to be hazardous and should be included in hazard identification methods in order to adequately prepare and mitigate weather related safety risks. Covering work areas prior to snowfall and having adequate traction agents like ice-melt or sand can be effective means of mitigating weather hazards.

WEAR APPROPRIATE FOOTWEAR

The sole of a standard safety boot becomes very hard in cold weather and limits the friction needed to maintain a good grip when walking on slippery surfaces. There are a number of CSA approved safety boots that are rated and recommended for cold weather. Boot accessories with small spikes and soft rubber can be added to standard workboots for extra traction on ice and snow.

HABITS TO PREVENT A FALL

Slip and trip hazard are inevitable in the winter months, but there are some habits you can adopt to prevent a fall in these conditions:

- Walk slowly and never run on frozen ground
- Keep both hands free and out of your pockets (when possible) for proper balance
- Use handrails from start to finish
- Avoid carrying loads when possible
- Keep your eyes on where you are going and take short steps
- Step, don't jump, from vehicles or equipment. Maintain 3 point contact when entering and existing

IF YOU'RE GOING TO FALL, 'FALL SAFELY'

If you're going to fall, there are split second things you can do to lessen or even prevent injury:

- Roll with the fall. Try to twist and roll backwards, rather than falling flat and forwards
- Relax as much as possible when you begin to fall. Tensing up increases the likelihood of pulling a muscle or dislocating joint
- When falling backwards, lean forward or tuck your chin into your chest to avoid hitting your head on the ground
- Toss whatever you are carrying. Protect yourself instead of the object(s) you are carrying

BE AWARE OF YOUR SURROUNDINGS

When you are around buildings, check for overhead ice or snow on roofs, walkways, or electrical lines. Be especially cautious around entrances, loading docks, curbs, and other areas where ice and snow can accumulate.

Wipe your feet before entering a building and before climbing ladders, stairs, or equipment.

Remove ice and snow from work platforms and entrances before starting work. Covering walkways or work areas the night before frost or snowfall can save a lot of time and effort the next day. Removing icicles or heavy build up or snow or ice before working in the area where they can fall. Rope off the 'drop zone' and safely remove anything that can potentially come lose later.

Always remember, if you see a slip or trip hazard; stop, communicate the risk to others, control the hazard and monitor the situation moving forward.

THE QUIZ:

Winter Slips & Trips

Answers are at the bottom of the page. Present these questions to attendees and have them answer as a group. Have a discussion to ensure everyone understands the risks and how to control them.

1. Most slips and Trips in the workplace can be prevented.

TRUE _____ FALSE _____

2. Is "black ice" always easy to see?

YES _____ NO _____

3. Name 3 'defensive walking' measure for preventing a slip or fall.

- 1) _____
- 2) _____
- 3) _____

4. When walking on ice, you should take long steps for stability

TRUE _____ FALSE _____

5. Which of these should you do if you are falling:

- A) Relax as much as possible when you begin to fall
- B) Lean forward and tuck your chin to avoid hitting the back of your head on the ground
- C) Roll with the fall. Twist and roll backwards rather than flat and forwards
- D) All of the above

6. When working outdoors in winter, which of these can be dangerous to walk on if ice and snow are not cleared properly:

- A) Access areas
- B) Platforms and scaffolds
- C) Steel or wood beams
- D) Roofs and walkways
- E) All of the above

7. List all areas on site where there is a risk of slip or trip hazards.

- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____
- 6) _____

Stats and Facts

In 2017, the construction industry had over 3,000 workers injured due to falling that can lead to economic loss, life long injuries, and in some cases even death.

2017 statistics show that 57% of falls resulting in injury happen on the same level resulting from slips and trips. 43% are falls from heights.

While extra precautions are needed during winter months, slips and trips are a year round concern.

Slips happen when there is to little friction or traction between the footwear and the walking surface.

Trips happen when your foot collides an object causing you to lose balance and eventually fall.

Good housekeeping is the key to preventing falls due to slips and trips.

Without good housekeeping practices, any other prevention measures like training and good habits will never be fully effective.

ANSWERS

1. TRUE 2. NO

3. See 'Habits to Prevent A Fall' 4. FALSE

5. D 6. E 7. Make list as a group

FOR THE RECORD

Date of Meeting: _____

Location: _____ Start time: _____ Finish Time: _____

Topic: _____ Meeting Leader: _____

In attendance (please print):

Contact your Construction Safety Association for even more *Practical Solutions for a Safer Workplace*

Follow us on Social Media, visit our website at constructionsafety.ca, or give us a call for more tools, resources and information.

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**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.



Mark Your Calendars - CSAM Training & Events

UPCOMING EVENTS:

March 21, 2018

EVENT: The Westman Association of Safety Professionals (WASP) meeting
DETAILS: Visit constructionsafety.ca for full details

April 18 & 19, 2018

EVENT: The Westman Safety Conference
DETAILS: Visit westmansafety.ca for full details

April 26 & May 1, 2018

EVENT: COR™ Companies meetings - Winnipeg & Brandon
DETAILS: Contact us in Winnipeg at 204-775-3171 or Brandon at 204-728-3456
for more information

Consulting Services

Your Construction Safety Association of Manitoba can help your company develop a safety program that is tailored to your workplace, culture and environment. Our team of Safety Advisors are on the road and are available to visit you on-site at your convenience - give us a call at 204-775-3171 to schedule your consultation.

UPCOMING TRAINING:

March 20, 2018 - Winnipeg
Flagperson

March 21, 2018 - Winnipeg
Leadership for Safety Excellence

March 22, 2018 - Winnipeg
Fall Protection

March 22, 2018 - Brandon
WHMIS 2015 - Train the Trainer

March 27, 2018 - Winnipeg
Confined Space Entry, Standby Worker &
Non-Entry Rescue

Visit constructionsafety.ca for our full
course schedule.