

GET READY FOR spring start-up

Spring is finally here and work activities are ramping up for many of the industries IHSA serves. But increased activity creates more chances for workplace injury. Spring is a great time to check that your health and safety procedures are in place, your vehicles and equipment are working properly, your workers are trained and ready, and the jobsite conditions are safe.

Policies and procedures

Your health and safety policy and program must be reviewed at least once a year (OHSA, s.25 (2)). Check to see if there are any gaps or if the regulations have changed. If you revise the policy and program, make sure you communicate the changes to your workers.

Use the checklist below to make sure you have covered some of the basics.

- A Joint Health and Safety Committee (JHSC) or health and safety representative has been appointed.
- First aiders have been designated.
- Worker training has been scheduled to take place before the work activity begins.
- Workers and subcontractors have been instructed on site-specific jobsite hazards and emergency procedures.
- Workers have the proper personal protective equipment (PPE) required by the company and the regulations.
- Start-up and maintenance procedures follow the best safe work practices.

Vehicles and equipment

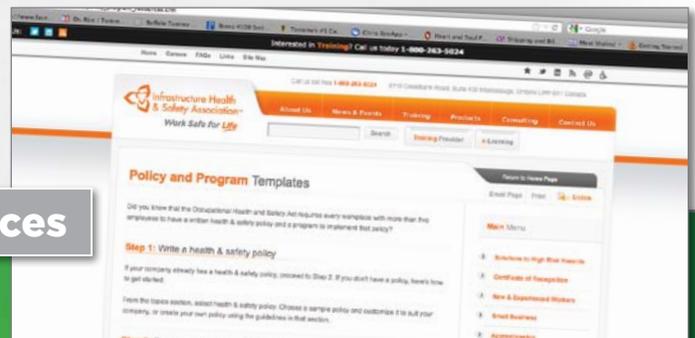
Inspect vehicles and equipment and make sure everything is in good working order. They may have been inactive over the winter or been damaged by ice and snow. Some best practices include the following.

- Exhaust systems have been checked for leaks. (Diesel exhaust can damage the lungs and cause cancer.)
- Manufacturers' instructions, operators' manuals, and maintenance logs are available on the equipment.
- Operators are qualified and competent to operate the vehicles and equipment safely.
- Procedures are in place to safely off-load equipment or material from delivery vehicles.
- PPE, lifelines, lanyards, and ropes (including wire rope) have been inspected.

Policy and Program Resources

Visit IHSA's Policy and Program section at ihsa.ca. There you'll find useful resources that you can customize to suit your needs, such as

- Sample health and safety policies
- Safe work practices and job procedures
- Tool and equipment maintenance checklists
- PPE checklists
- Training and orientation checklists
- Workplace inspection checklists.





Jobsite conditions

Water is everywhere in the spring, so the site may be slippery and soil conditions may have changed. Check that you are following the proper procedures to deal with wet conditions on site.

- A housekeeping system is in place that includes controls for mud and water (e.g., walkways will be provided where necessary).
- Ground-fault circuit interrupters will be used when operating electrical equipment outside or in wet conditions.
- Soil stability will be tested before setting up heavy equipment.
- Soil stability will be tested before trenching.
- Trenches will be properly sloped or shored—or workers will be protected by a trench box.



Workers

Workers may have been less active over the winter, and that makes them more prone to injury when their work activity increases. It's a good idea to remind workers about health and safety requirements on the site by having them answer the questions below.

- I am familiar with the company's health and safety policy and program.
- I know the name of my health and safety representative or JHSC members and the designated first aiders.
- I know my rights and responsibilities and the procedure for reporting unsafe working conditions.
- I have been properly trained for the work I will be doing.
- I am familiar with the jobsite, its hazards, and the emergency response procedures.
- I am familiar with the equipment I will be using, its hazards, and how to use it safely.
- I am aware of the hazards of heavy equipment (e.g., soil conditions may change).
- I have checked my PPE, tools, and equipment before using them. If they are defective or degraded, I will inform my supervisor.
- I have prepared my body for the work ahead (e.g., by doing warm-up exercises before starting work and using good ergonomic techniques to reduce the strain on my body).

By completing these checklists you'll help ensure your workers are not only well-prepared for **spring start-up** but also on their way to a **safe and healthy year**.