Safety Talk: Securing Loads

**Explain dangers**

If a load isn’t properly secured on your vehicle it can severely injure you during loading and unloading.

Risk factors for operators when securing loads include

- overexertion injuries
- being struck by parts of the load
- slips and falls—either when working at heights or from the ground due to ice, snow, and rain.

Here are two examples of actual workplace incidents:

1. **Strapping loads** – A flatbed driver was strapping a load of steel from the side of a flat-bed truck. While pulling and turning the strap wheel, the driver felt a sudden pain in his right shoulder: a musculoskeletal injury. This injury required therapy and days off work.

2. **Unstrapping loads** – A worker was killed by a falling pipe when unloading a transport trailer. The worker was in the process of unstrapping the load when three high-density polyethylene pipes, weighing about 500 kg each, rolled off the top tier. The pipes were resting on dunnage but it failed to block or restrain the load once the strap was removed.

If a load isn’t properly secured, it can cause major problems during transportation. Studies have found that up to 25 per cent of unsafe highway incidents were attributed to cargo inadequately secured on trucks and vehicles.

**Identify controls**

There are many methods and materials available to secure loads and cargo on vehicles and intermodal containers. These methods can include

- strapping (steel, polyester, nylon, and polypropylene)
- fasteners (nails and bolts)
- dunnage
- lashing (ropes, cables, wires, and chains).

**Demonstrate**

To prevent injuries, follow proper work practices to secure loads.

1. Workers and independent operators should be trained to recognize the danger to themselves and the public from materials becoming dislodged.

2. All loads must be secured to comply with Ontario’s *Highway Traffic Act* (s. 111) and the *National Safety Code Cargo Securement Standard*.

3. Workers should wear comfortable boots with anti-slip resistance.

4. When placing straps over loads, tie a rope with a ball to the end of the strap. Make sure that no one is near the other side of the trailer. If someone is helping you on the other side, tell them to stand far back. Then, throw the ball over the load and pull the strap over on the other side.

5. Use telescoping tools to help you pull straps down from the top of the load.

6. Use a power strap winder or drill-attached strap winder to save your wrist from repetitive strain and forceful exertion.

7. Consider installing geared or powered winches.

8. Use a properly designed winch bar. When tightening or loosening winches, always maintain a firm grip on the winch bar. Never release a winch bar without checking the pawl to ensure that it is fully engaged between the ratchet teeth. Releasing a winch bar without the pawl being properly engaged can cause serious injury to the user or bystanders. Never use cheater bars with the winch bars.

9. Loading and unloading may also involve equipment such as forklifts or cranes. Drivers should not operate this equipment unless they are competent to do so based on their training, experience, and knowledge of occupational health and safety legislation.
On the cover...
The membership of the Infrastructure Health & Safety Association includes six major industries: construction, transportation, electrical & utilities, aggregates, natural gas pipelines, and ready-mix concrete.

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The majority of workers who suffer critical injuries either fall or get struck by a piece of equipment or material. In most cases, falling or being hit by something leads to that unmistakable sound of cracking bone—fractures to arms, legs, heads, hips, and backs.

According to statistics from the Workplace Safety and Insurance Board, truck drivers and loading-dock workers, homebuilders, and lumber-yard workers suffer the bulk of fractures experienced in IHSA’s industries (see the chart below).

Not only are fractures a leading type of injury, they are also one of the most expensive types of workplace insurance claims.

In the last issue of the magazine, we outlined what construction workers and employers can do to prevent fractures. In this issue, we’re looking at how truck drivers, loading-dock workers, and their employers can reduce the risk of fractures.

Turn the page to find out how to reduce the risk of fractures in general trucking. Use these tips to give a safety talk.

In the next issue of Health & Safety Magazine, you’ll find the last article in this series on preventing fractures. It will focus on lumber and building supply yards.
Preventing fractures in general trucking

Prevent slips and falls

In the trucking industry, slips and falls contribute significantly to the number of workers who suffer fractures. Whether it’s a driver who slips while climbing in or out of the truck, or a loading-dock worker who slips while unloading the truck, the slip often results in a broken bone.

Climbing in or out

When truck drivers slip, it’s usually because they didn’t use 3-point contact when getting in or out of the cab. Remind your drivers to keep one hand and two feet, or two hands and one foot on the truck while climbing up or down. Never jump to the ground. If it’s wet or uneven, you could easily slip. Step down carefully.

In addition to maintaining 3-point contact, remind your workers to:
- check the ground below for obstacles before exiting (e.g., tools, materials, a spill)
- never climb down with something in your free hand. Instead, put it on the vehicle floor and reach for it when you get down to the ground.
- climb out of the cab slowly after a long run to avoid pulling a muscle
- face the cab when getting in or out
- grip rails and handles firmly with your hands
- never use door frames or door edges as handles to climb down
- never use tires or wheel hubs as a step surface
- wear shoes with good support
- wear shoes with good soles that offer appropriate grip for the conditions—never sandals or bare feet
- be extra cautious in bad weather (e.g., rain or snow)

Avoid getting hit

Metal can become much more slippery than other materials such as wood or concrete. When metal dock boards or ramps get wet with water, mud, or grease, they can be very dangerous. So, remind your workers to assess the conditions and use greater caution on metal surfaces.

After falls, being hit or struck by vehicles or material is the most common way workers in the trucking industry end up with fractures. Review the tips below with your workers to help prevent them from getting hit.

- When opening the doors of a trailer, open one door first and then stand off to the side. This will prevent the door from swinging open if the load has shifted during transport. It also allows you to move quickly to one side if material falls out of the trailer.
- Always wear a safety vest to make yourself visible to other drivers. Safety vests are legally required in areas where there are moving vehicles.
- Before you remove a load from a trailer, make sure it’s stable and that it hasn’t shifted.
- If you are using a lift truck to unload material, keep workers out of the trailer when the lift truck enters or exits the trailer.
- Make sure the work area is well lit so that drivers and loading-dock workers can see clearly.

Secured loads

Removing material from a flatbed requires some special attention. If the load is secured by straps, workers should stand to one side of the flatbed when disengaging the ratcheting system. This will prevent the bar from striking the worker if it kicks back.

If the load is secured by chains, workers should stand to one side when removing the wire from the load binder. When releasing the straps or chains, workers should stand near the secure part of the load. This reduces the risk of something falling off the flatbed and hitting someone.
Let’s face it. It takes time and money to train new workers. But as an employer, it’s your responsibility to ensure that the workplace is a healthy and safe one and that workers are provided with the information, instruction, and supervision they need to protect themselves against potential hazards.

New workers of any age are at increased risk for workplace injuries. Studies have shown that they are four times more likely to be injured in the first four weeks of a new job than at any other time.

There are several reasons why new workers may be particularly at risk.

- They may lack the experience and training to recognize and avoid hazards.
- They may not know their rights.
- They aren’t properly supervised.
- They haven’t received adequate orientation.

New workers are often considered young workers, but a new worker can be any newly hired worker or a current worker who has been assigned new tasks. Every worksite is different and each company has its own set of safety procedures that they expect workers to follow.

Here are some key steps that you can take to ensure new workers have all the information and instruction needed to protect themselves and those around them.

1. Conduct an employee orientation

Develop an orientation checklist for new workers and review it with them before they start work. The checklist can include such things as:

- the location of first-aid facilities and fire equipment
- emergency procedures
- procedures for reporting an injury or a hazard
- names of the Health and Safety Representative or Joint Health and Safety Committee members
- a list of potential hazards and procedures to avoid them
- a list of training the worker has already done and what they still need to do.

There’s a sample orientation checklist in IHSA’s Contractor Toolkit (B045). Download it from the IHSA website and customize it to suit your needs.

2. Review the company’s health & safety policy and program

A workplace with more than five employees is legally required to have a written health & safety policy and a program to implement it. Review the program with new workers so that they know what's expected of them. Make sure you enforce the program. If a new worker sees others disobeying the safety rules, he or she will likely disobey them as well.

Did You Know?

From May 1st until the end of August, Ontario’s Ministry of Labour is conducting a safety blitz focusing on new and young workers. For more info about the blitz and helpful resources, visit IHSA’s New and Young Workers web page.
3. **Tell new workers their rights**

Workers who know their rights will be less likely to put themselves in unsafe situations. The *Occupational Health and Safety Act* gives workers three basic rights:

- **The right to know**
  
  Workers have the right to know what hazards exist in their workplace and how to protect themselves.

- **The right to participate**
  
  Workers have the right to participate in making their workplace safe and healthy (e.g., joining a Joint Health and Safety Committee).

- **The right to refuse unsafe work**
  
  If a worker feels a job is unsafe and the employer does not address it, the worker has the right to refuse to do the work without fear of reprisals.

4. **Tell new workers their responsibilities**

Explain that they have a duty to protect themselves and their co-workers. Workers must

- comply with the *Occupational Health and Safety Act* and any relevant regulations
- follow the rules set down in the company’s health and safety policy and program
- report any hazards to their supervisor
- use machines and equipment properly (e.g., wear the correct protective equipment).

5. **Provide training**

Keep a record of any training workers have previously received and make arrangements for them to take any workplace-specific training they will require. Make sure the training is up to date. In some cases, recertification may be necessary.

6. **Identify hazards**

Keep an up-to-date list of hazards at the workplace and bring them to the attention of the new worker. Suggest ways that the worker can avoid these hazards. Conditions can change at any time, so check the worksite and equipment regularly.

7. **Give clear instructions**

Explain tasks so that the new worker understands not only what to do, but also how to do it safely. It’s better to demonstrate how to do a job properly rather than just telling. Ask the worker to repeat your instructions back to you to make sure he or she understands. Often a new worker will be hesitant to ask questions, so encourage open communication. Ask the worker for feedback.

8. **Supervise new workers**

Assign a competent worker to monitor a new worker’s performance for the first few days on the job. This way, you can determine if the worker has understood and is applying your instructions. A new worker may be more likely to ask a co-worker for advice if he or she is not sure how to complete a task properly.

9. **Lead by example**

If you create an atmosphere of safety in the workplace, workers—especially new workers—will follow your lead. Find ways to remind workers daily about the importance of safety, such as conducting 5-minute safety talks in the morning before workers begin a task.

For a wealth of information you can use with new workers, visit [www.ihsa.ca](http://www.ihsa.ca).
**Workers must be trained.**

Do you know what they need?

**Safety isn’t just a good idea—it’s the law.** Both provincial and federal legislation require workers to be trained and competent to deal with the hazards they may encounter in the work. Employers are responsible to make sure workers can do their job without danger and workers need to know what hazards they may encounter.

Training can be divided into two categories:
- general
- hazard-specific

General training—such as first aid, fire safety, and the Workplace Safety and Insurance Board’s basic certification—provides a broad overview of knowledge and training for most workplaces. Hazard-specific training covers the precise details of known hazards related to specific jobs. For IHSA members, this could include things such as working at heights, high voltage electrical work, and the transportation of dangerous goods.

IHSA offers a wealth of courses designed to keep workers, supervisors, owners, and managers informed about hazards in our members industries. And if we don’t offer what you need, we can help you find it.

The following list contains just some of the topics and hazards workers should have knowledge about when on the job. Depending on the work being conducted, other courses—whether offered by IHSA or other training partners—may be required.

<table>
<thead>
<tr>
<th>General Knowledge Training</th>
<th>IHSA General Training Courses</th>
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</table>
| Legislation related to health and safety | • Canada Labour Code Part II (Federal)  
• Highway Traffic Act  
• Basic and Sector-Specific Safety Certification |
| Basic health and safety knowledge | • Construction Health and Safety Basic  
• Health and Safety Policy and Program  
• Workplace Inspection/Hazard Recognition |

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<tr>
<th>Hazard</th>
<th>IHSA Hazard-Specific Training Courses</th>
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• Asbestos Abatement Worker  
• Asbestos Work in Construction |
| Confined spaces | • Confined Space Entry  
• Confined Space Hazard Awareness for Construction |
| Electrical hazards | • Arc Flash Risk Assessment  
• Electrical Safety  
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• Electrical Safety – Hydrovac Operators  
• Electrical Safety – Telecommunications  
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• Utility Work Protection Code |
<p>| Elevating work platforms | • Elevating Work Platforms (Training Kit) |</p>
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<tr>
<th>Hazard</th>
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| **Equipment**                 | • Brush Chippers – Safe Operation and Maintenance  
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• Electrical Safety - Hydrovac Operators  
• Hoisting and Rigging - Basic Safety Training  
• Hydraulic Aerial Equipment  
• Ladder Handling - Hands On |
| **Excavation**                | • Lift Truck Safety for Construction – Rough Terrain Class 7  
• Traffic Control and Backing Vehicles  
• Mobile Crane Operator 0-8 Ton (3 days) |
| **Hazardous Materials * **    | • WHMIS (Workplace Hazardous Material Information System)  
• Propane in Construction  
• Propane in Roofing |
| **Hours of Service**          | • Hours of Service and Pre-trip Inspection  
• Hours of Service Seminar  
• CVOR Facility Audit Overview Seminar |
| Propane *                     | • Propane in Construction  
• Propane in Roofing |
| **Scaffolds* **               | • Scaffold Users’ Hazard Awareness |
| **Traffic control * **        | • Traffic Control – Temporary Work Zones  
• Traffic Control and Backing Vehicles  
• Traffic Signal Workers – Safety and Awareness |
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| **Vehicles * **              | • Defensive Driving – G Class Driver  
• Defensive Driving – Commercial  
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• Lift Truck Operator – Part III (Evaluation) |
| **Working at heights* **     | • Advanced Fall Protection  
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• Window Cleaning  
• Working at Heights – Fundamentals of Fall Prevention |
| **Personal protective equipment** | • Personal Protective Equipment |
| **Supervision* **             | • Basics of Supervising  
• Basics of Supervising (Home Study)  
• CVOR Facility Audit Overview Seminar |

*For more information on Instructor Workshops that deal with these hazards, visit www.ihsa.ca
How fast can your life change? For Paul Hebert, the change came in a fraction of a second.

That’s how fast electricity blew away his old life and threw him into a new one. Paul and his wife Lorraine shared their story this spring at a two-day safety awareness event in Chatham hosted by a group of electrical and utility companies.

Paul had been a lineman for 20 years and worked in Alberta, British Columbia, the Northwest Territories, and California. He had also spent time in Ontario with Hydro One and a utility contractor.

“I really loved everything about it,” says Paul. “It’s a great life.”

Back in 1989 he had returned to his hometown of Fahler, Alberta. Lorraine and Paul had been married for a week when, one snowy day, he got the call to respond to storm damage. A heavy load of snow had caused an outage in a rural area.

He responded and called another lineman to assist. A manager also came along. The issue was a downed line—a single phase 7200 ACSR. The crew put the line back up and installed grounds. Paul gave his clearance and prepared to “go hot” but the fuse didn’t hold.

The manager offered to do the switching and grounding. Paul waited for clearance but the manager thought they didn’t need to re-ground since there was only one customer on the circuit. Paul didn’t question the manager even though Paul says “the situation didn’t feel right.”

It wasn’t right. The control centre staff thought the crew was at a different location and re-energized the line to 14.4 kV. That’s when all hell broke loose.

“It blew me back 20 feet,” says Paul. “I could feel myself fading away. I thought this was it.”

Paul had been blown back into the mud. He was barely breathing and his pulse was gone. During the contact, every muscle in his body contracted fiercely. His fellow lineman panicked and shook him hard, which brought Paul back around.

The manager was face down in the mud, unconscious and not breathing. Paul, despite his desperate condition, managed to tell his shaken co-worker to turn him over. Paul described to the other worker how to use a resuscitation technique on the manager. It worked.

“It’s amazing what you can get out of a safety meeting,” says Paul.

His partner began the mayday procedure but was frazzled and didn’t know the rural address. Paul, who grew up in the area, was able to provide directions.
The hospital

When they arrived at the hospital, it was difficult to assess the severity of Paul's injuries. His body was retaining an incredible amount of heat.

“When Lorraine got to the hospital she couldn't touch me I was so hot. I was burning,” says Paul.

The medical staff prepared Paul for a helicopter flight to the burn unit in the University of Alberta Hospital in Edmonton. “I didn’t want to close my eyes and never wake up,” he says.

Paul did wake up—three day later. That’s when he was told that one of his feet, as well as several fingers on his left hand, had been amputated.

“I thought I was invincible. Then my life started to disappear,” he says.

As the days progressed, doctors assessed the extent of the damage and made attempts to save what tissue they could.

“I pleaded with for them to save my right hand. But they couldn’t.”

With tears in his eyes Paul explains that he then underwent a terribly long surgery to attempt to graft tissue to save his remaining foot.

“When they took that foot, I sank into a depression—if I am honest—for 15 years,” he says.

Paul did recover over time. He suffered not only the loss of two feet, a hand, and several fingers, but he also had to deal with severe internal damage as a result of the electrical contact. He has suffered a heart attack, pain, open sores, and now osteoporosis as a result of the internal burning.

“We all think we aren’t going to have an incident but if you do, who is going to look after your family? Will your marriage survive?” says Paul.

While in hospital he met several people badly injured that didn’t have the family and community support that he did. Those people often left the hospital with painful memories and divorce papers.

Lorraine’s view

Paul wasn’t the only one that endured his electrical contact. His wife Lorraine also had to undergo a complete change in her life.

“Let me tell you how uneducated I was about power. I had no idea what it could do to a human being,” she says.

She asked the workers in the audience a simple question that silenced everyone: “Do your wives know how much electricity you work with? Do they know what it can do?”

Lorraine says it took a lot of years, her selling her restaurant business, and her children facing a new life before the family found itself again. She says when she would walk into a room to find her husband crying she would think of the people who made the wrong decisions the day of the incident.

Controlling hazards or cutting corners

Paul went back to work for the firm a few months after the contact. His co-workers were traumatized by the event but the company worked hard to establish safe work policies so that this would never happen again.

Paul stresses the importance of

• identifying risks, and eliminating those risks or at least controlling them through personal protective equipment or more preferably, grounding and bonding

• creating a rescue plan including poletop and bucket rescue, mayday procedures, and training in first aid and CPR.

“This trade can be very, very safe if you don’t cut corners,” says Paul.
Residential framers: How to prevent falls

The facts

In the last ten years there have been nearly 1,000 lost-time injuries in the rough and framing carpentry sector, and five deaths since 2005.

Workers: if you fall, it could lead to a long recovery time, a poor quality of life, loss of income which will never be recovered, and even death.

Supervisors and employers: An injury on the jobsite can lead to loss of productivity, a WSIB surcharge, and Ministry of Labour fines. If you were knowingly permitting people to work in unsafe conditions, you could face criminal charges. Your company could go out of business.

Those are the facts. Here are ways to prevent you, your employees, and others from getting hurt.

Floor openings

If you see an opening in a floor, cover it, secure it, and mark it appropriately.

Guardrails

If you see a guardrail that is not right, fix it. If you see that a guardrail is needed, stop what you are doing and put it up. You can install guardrail posts and rails on the first and second floor walls before putting them up. This way when you go up to install the floor joists and sheeting you will already be protected. You can also install platform systems to avoid working off ladders.

Housekeeping

If you see something on the ground that could cause someone to trip, stop, pick it up and throw it away. Don’t wait for someone else to do it.

Access

If there isn’t clear access to the house or basement, stop and set it up. Put down ramps (with cleats) or set up stairs (with a guardrail) to the ground level. Use ladders or temporary stairs with a guardrail to the basement.
Employers

- Create a culture where a fall is unacceptable.
- Have your workers trained in fall protection.
- Go to your jobsites. Make your presence felt.
- Support the efforts of your supervisors when they enforce the rules.
- Include enough time in the schedule to complete the work safely.
- Have enough workers available to do the job safely.

For more information about preventing falls, including our Working at Heights—Fundamentals of Fall Protection training program, visit www.ihsa.ca.

Supervisors

- Train your workers. A competent person must train workers on fall-protection basics, as well as the specific fall-protection situations and equipment on your project.
- Inspect the site frequently for any trip, slip, or fall hazards. It is your responsibility to have knowledge of any potential or actual dangers to health and safety on your site.

Fall protection

If you have to work at height and you cannot be protected by guardrails or floor covers, wear your fall-protection equipment. If you see others not wearing it, let them know they should. It is a worker’s responsibility under the law to use and wear protective equipment and to report any safety concerns to your supervisor or employer.

Enforce the rules. Enforce the construction regulation and your company’s policies when it comes to fall protection. If workers are ignoring procedures—such as tying off—insist that they follow the procedures and explain the consequences of ignoring them. Don’t be afraid to take disciplinary action when necessary. You and your company can’t afford to tolerate workers who continue to put themselves, other workers, and the business at risk.
MOL inspectors looking for trade qualifications

When Ministry of Labour (MOL) inspectors show up at a workplace, they are not only looking for health and safety problems. They also check whether workers have the appropriate training and qualifications required under provincial legislation. Inspectors check compliance with Ontario Regulation 572/99 on all field visits, whether part of a blitz or not.

Regulation 572/99—Training Requirements for Certain Skill Sets and Trades—sets out the requirements for specific trades. Workers with particular job roles must be able to provide proof they have the required skills and training to conduct this work.

As well, employers of these workers must ensure that the workers are authorized to carry out the work under both the Apprenticeship and Certification Act and the Trades Qualification and Apprenticeship Act, depending on the type of work.

Do your employees meet the requirements for their work? Find out before an MOL inspector visits your worksite.

Confined spaces: MOL consolidates regulatory requirements

The Ministry of Labour has approved amendments to consolidate all regulatory requirements respecting confined spaces under the Occupational Health and Safety Act into one regulation, Confined Spaces (Ontario Regulation 632/05).

The amendments revoke confined space provisions in:

- 851, Industrial Establishments
- 213, Construction Projects
- 67, Health Care and Residential Facilities
- 854, Mines and Mining Plants.

The consolidated regulation also requires that respirators be inspected by a person with adequate knowledge, training and experience. This requirement is a slight change from the previous requirements in the construction regulation.

The amendments came into force on July 1, 2011.

Using social media to encourage road safety

LIUNA Local 183 and the Ontario Road Builders’ Association (ORBA) hope you “like” what they are working on this summer. The groups have teamed up to promote road safety with the Safety: A Two Way Street campaign.

Launched in April, the campaign urges people to use Facebook and Twitter to raise awareness about the importance of slowing down through road construction zones. The point is to prevent injuries to workers in these zones.

The organizers are hoping that workers, company owners, and the public will spread the word.

To support the online campaign, go to its Facebook page and click “like.”

You can also go to the campaign’s Twitter feed and click “follow”.

MOL launches tower crane safety video

The Ministry of Labour (MOL) has launched a new tower crane safety video on its website. The video features a Ministry of Labour inspector explaining what to expect during an inspection and the legal requirements that concern tower crane safety.

There is also a transcript available for those who wish to read or print off the information.

To see the video or learn more visit the MOL website at www.labour.gov.on.ca
IHSA hosts multi-sector safety event in Kenora

IHSA is working hard to make sure our members’ needs are met no matter what sector they work in and no matter where they are. Last month, IHSA health and safety consultant Mike Tomashowski organized a local health and safety forum in Kenora to make sure that knowledge got put into practice. More than 30 people took part in a hands-on demonstration on the safe use of a fire extinguisher as well as discussions on health and safety.

The Kenora Fire and Emergency Services were on hand in a controlled environment and supplied the fuel source and protection. In the photo above, we see David Wiebe, Divisional Safety Supervisor of Manitoba and Northwestern Ontario, with Stuart Olson, Dominion Construction Ltd., practicing with the firefighting equipment.

This has been an annual event and was started several years ago by Dan Laurin, a former Construction Safety Association of Ontario (CSAO) consultant. Mike continued the forum because everyone who participated found real value in having a health and safety meeting held in a smaller community in the north.

When IHSA was established, Mike also began to include the electrical, utility, and transportation sectors. This brought even more workplaces to the table to network, discuss health and safety issues and listen to presentations on topics such as occupational hazards and controls.

At this meeting, there were 33 people representing 30 companies. Similar events took place in Dryden in late 2010 and Fort Frances earlier this year.

Take advantage of our training expertise. IHSA is mandated to help prevent injuries and illness in the construction, transportation, electrical, utilities, aggregates, natural-gas pipelines, and ready-mix concrete industries. In our team, we have field consultants with skills and expertise relevant to your industry sector. Our products and publications focus on the problems and solutions you face in your particular line of work. When you call IHSA, you’re calling a team that understands your needs.

We also offer a wide range of consulting and auditing services, as well as an array of safety products designed specifically for the needs of our members.

When you choose IHSA for training, you’re choosing the best. We offer a wealth of training courses throughout the province on such topics as working at heights, basics of supervising, defensive driving, transportation of dangerous goods, confined spaces, and arc-flash risk assessment. You can take courses at one of our facilities or we can deliver courses at your location, no matter how remote.

See what other training options we can offer. Visit www.ihsa.ca today!
If your workers face fall hazards, you’re required to provide them with fall-protection training. Taught by IHSA experts, this full-day program explains the essentials of fall protection in the construction, electrical & utilities, and transportation industries. The course involves classroom instruction and hands-on exposure to some common equipment. (Employers still have to provide application- and equipment-specific training.)

Price: $100 for members*, $320 for non-members.

Courses are already filling up. Register by calling 1-800-263-5024 or visit www.ihsa.ca

* You’re automatically a member if you or your company pays WSIB premiums in one of the rate groups covering the construction, transportation, electrical, utilities, aggregates, natural-gas pipelines, or ready-mix-concrete industries.