

OHS NEWS

WORKPLACE SAFETY IS EVERYONES' CONCERN

JUNE 2014

Public Review of CSA Standards

The Canadian Standard Association (CSA) develops standards that contribute to safer homes, public spaces and workplaces. CSA has more than 3,000 standards and codes addressing subjects that impact on the interests of industry, consumers, regulators and the public at large.

CSA has a review cycle in place to ensure standards remain relevant and up-to-date. Once the standards are reviewed and up dated by CSA working groups they are made available for public comment.

The 2nd edition of Occupational Health and Safety Management Standard Z1000 is now open for public comment. The Standard specifies requirements for an occupational health and safety management system, and is applicable to an organization of any size or type. To provide comment you first need to [create an account](#) (no fees involved); once an account has been created you can provide input to [Occupational Health and Safety Management Z1000](#).

Also open to public review is the new [Standard Z334 “Over the Shoe Toe Protectors”](#). There is currently no standard for over the shoe toe protectors, or more commonly ‘toe caps’, and they are not now permitted under the NS Occupational Safety General Regulations. However, the Division is in the process of updating the requirements for protective footwear and with the advent of this standard, could consider the use of toe caps in very select instances, such as: short term use by visitors or individuals at a work site that need to traverse a foot hazard area. They would still not be allowed for continuous use as a permanent method of foot protection.

To see other CSA Standards currently open for public review/comment go to [CSA Group Draft Review](#).

SSNS—Respect in the Workplace Roadshow

There is still time to catch speaker Paul Kells in his “Respect Matters Tour”.

Safety Services Nova Scotia, workplace safety and respect expert Paul Kells with the support of the Canadian Red Cross are behind the tour which began in the last week of May (Yarmouth, May 27,

Kentville, May 29 and Bridgewater May 30).

The tour continues through June 10 throughout the Province. The sessions are aimed at helping supervisors, managers, JOHS committee members and small business owners develop greater respect and less divi-

siveness in the workplace.

The cost is \$250 per person and part of proceeds help fund Canadian Red Cross bullying prevention activities in schools and workplaces.

For additional information on Paul Kells and the roadshow got [SSNS web page](#).

June date and locations:

- Truro, June 3
- New Glasgow, June 4
- Sydney, June 6
- Dartmouth, June 10

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Prepare Now—Dealing with Working in Hot Environments

Given our current cool Spring, it is hard think about working safely in hot environments; but now is the time to consider developing or reviewing a heat stress management program.

You need to assess and plan for the likelihood of heat stress similar to any other hazard that you may encounter at a workplace. Learn about heat stress; how does the body respond to heat, what signs to look for and what can be done to prevent persons from suffering heat stress or worse.

Generally speaking: High

Temperature+High Humidity+ Physical Work = Heat Stress. It is difficult to know who will be affected and when, as individual resistance varies.

What are some of the warning signs of heat stress to look for?

- Extremely high body temperature
- Hot dry skin—inability to cool body through sweating
- Headache nausea/vomiting due to dehydration
- Muscle cramps
- Dark coloured urine—sign of dehydration

- Confused or hostile behaviour—may seem intoxicated
- Pale or bluish skin colour

Excerpt from “[Can’t Stand the Heat? Tips on Managing Heat Stress](#)”. Workplace Safety North

Some preventive measures include: try to ensure well ventilated areas; have an easily accessible water supply and drink cool water frequently; take regular breaks—short frequent work cycles for example; monitor how workers are feeling; if working outdoors—take breaks in shaded areas; train first aid attendees to recognize and

treat heat stress; if possible schedule more physically demanding work at cooler times of the day—mornings.

For more information and suggested preventive measures please go to [Heat Stress](#). Also the CCOHS web site has several articles on working in hot environments; for example, [Hot Environments-Health Effects](#); [Hazards of Summer Heat](#), and [Maximum Temperature Limit for Working](#).

OHS Division Blitz

The OH&S Division will be undertaking a Province-wide workplace blitz on working-at-heights in the 1st week of June.

What does mean? OH&S officers will be focusing on ensuring working-at-height requirements are being met, i.e.: fall protection plans, fall protection training, use of fall protection PPE.

Part 21 of the Workplace Health and Safety Regulations contain [Fall Protection requirements](#).

We will report the results of this blitz in a future newsletter.

Man Overboard Initiative

The NS Fisheries Sector Council together with Fisheries Safety Association of NS, NS Community College, Professional Fishermen NS, NS Labour and Advanced Education OH&S Division, and NS Workers’ Compensation Board present Man Overboard!

The initiative presents live demonstrations, from a local area captain and his crew, participating in safety drills demonstrating PFDs in action, firefighting, survival suit donning and man overboard rescues.

Demonstrations will take place across the Province. The current schedule has locations in Cape Breton,

July 2nd and 3rd; Digby, July 5th and Pictou, July 12th.

For more information contact the Fisheries Sector Council at 902-742-6167.

MAN OVERBOARD!

Emergency Safety Drill

Are you ready in the case of an emergency?

Come watch as a local captain and his crew participate in a safety drill that will demonstrate PFDs in action, firefighting, survival suit donning and man overboard rescue.

Be Prepared- Safety is everybody's business

| Date | Location | Time |
|-----------------|---------------|----------|
| Wed. July 2nd | Pleasant Bay | 8:30 am |
| Wed. July 2nd | Margaree | 12:30 pm |
| Wed. July 2nd | Inverness | 3:00 pm |
| Thurs. July 3rd | Port Hood | 8:30 am |
| Thurs. July 3rd | Judique | 10:30 am |
| Thurs. July 3rd | Havre Boucher | 1:00pm |



For more information contact:
NS Fisheries Sector Council
902-742-6167

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OH&S Round-up

A brief recap of several recently occurring OH&S related items that may have been previously missed.

April 28 Day of Mourning

As many of you may be aware, April 28th is set aside as a National Day of Mourning to remember those who were killed or injured at the workplace. Ceremonies were attended by OH&S Division staff at all locations across the Province—Halifax, Bridgewater, Sydney, Kentville and Port Hawkesbury.

New Resource for Small and Medium Sized Business

Flowing from the Workplace Safety Strategy, the Small &

Medium Enterprise Pillar

RESOURCES FOR SMALL AND MEDIUM BUSINESSES

What business owners need to know about workplace safety



Working Group recently developed and released a new brochure; [“What Business owners need to know about workplace safety.”](#)

It outlines employer’s duties under the Act; when a policy and program are required, what regulations are common to most workplaces, as well as the other regulations that may apply to your type of enterprise.

35% reduction in serious injury rate since 2005

As a result of increased collaboration between safety associations, industry groups, employers, workers, and government the Province’s workplace injury rate dropped to 1.86. That is the

lowest it has been since WCB began tracking this measure.

Also the number of days lost from work declined by nearly 29,000 over 2012; the equivalent of 79 persons working full time for a year.

It is expected the introduction last year of the new Workplace Safety Strategy (2013-2017) will continue to focus the energy of all safety partners to ensure serious injuries, time lost from work and fatalities will continue to decline. The strategy establishes strong goals for workplace health and safety and a long-term vision.

[Excerpt from Canadian Occupational Safety.](#)

FYI—New on-line course in X-Ray Safety for Veterinary Professionals

X-rays have been used as a medical imaging technique/tool since shortly after their discovery in 1896. Since then diagnostic radiology has also become an essential part of veterinary medicine. While these are useful, precautions need to be taken to reduce possible harmful effects to the operator.

The Radiation Safety Institute of Canada (RISC) with input from the Nova Scotia Veterinary Association and support from the Department of Labour and Advanced Education has developed an on-line X-Ray Safety course aimed at Veterinary Professionals.

As noted the Institute worked with the Veterinary Association throughout the development of the course to ensure that it was relevant and

meaningful to the eventual end-user. In addition to the Association RISC also reached out to front-line workers for input and provided free access to the course to several workers as a trial run. Response from Clinical staff was positive and it was noted the course came across as very useful with information on the safety and basic function of radiology being good. According to the participant feedback the course will be particularly relevant to Veterinary Technicians. Similar courses are also being offered in Ontario and Saskatchewan.

For further information or to enroll go to [RISC e-learning portal](#).

For further general information from Health Canada:

- [Facts-Radiation in Veterinary Medicine](#)
- [Radiation Protection in Veterinary Medicine; recommended safety procedures for installation and use of Veterinary x-ray equipment](#)

Good Science in Plain Language®

Radiation Safety Institute of Canada
Institute of Canada
Health and Human Services of Canada

New ON-LINE Course in X-Ray Safety for Veterinary Professionals!

Be Prepared for Workplace Inspections!
This course will give you the knowledge you need to oversee your X-ray Safety Program and comply with the Nova Scotia X-ray Safety regulatory requirements.

TAKE ADVANTAGE OF INTRODUCTORY 2014 PRICING:
\$345 \$100

EARN CERTIFICATE RECOGNIZED BY THE NOVA SCOTIA DEPARTMENT OF LABOUR AND ADVANCED EDUCATION

EARN CONTINUING EDUCATION CREDITS

LEARN AT YOUR OWN PACE

FOR MORE INFORMATION AND TO REGISTER:
Please contact Tanya Ruggenberg, Coordinator
t.ruggenberg@risc.ca
phone: 902-603-9000 ext 22

TO REGISTER:
<http://learning.radiationsafety.ca>

The Course was developed with the financial support and input from the Government of Nova Scotia, Department of Labour and Advanced Education.

**LABOUR AND ADVANCED
EDUCATION**

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For further information come see us on
the Web at:

<http://gov.ns.ca/lae/healthandsafety/>

Update on Steps for Life

The “Steps for Life” walks took place in many locations across Canada in the first week-end in May.; and depending on your location the walks took place in pretty much everything Mother Nature had—snow, rain, wind and yes even sunshine..

In Nova Scotia there were 3 localities that held the 5 k walk fund raiser—Halifax, Sydney and Windsor-West Hants.

Steps for Life is a fun fundraising event to help support families who have been impacted by workplace tragedy. Funds raised by the walk support ‘[Thread of Life](#)’ programs and services for families that have experienced a workplace fatality or debilitating injury or occupational disease. It is also an opportunity to raise awareness about health and safety within workplaces.

As of May 23rd total funds raised reached \$628,941

(fundraising continues online to July 31st if you wish to make a donation). The total, to date, for the Nova Scotia communities stands at nearly \$19,000.

This is a yearly event and you can bet that planning is going on for the 2015 walks. If you’re interested in participating, either as an individual or a corporate ‘team’, check the [Steps for Life](#) webpage for information.



Links to related agencies:

- [Nova Scotia WCB](#)
- [Workers Compensation Appeals Tribunal \(WCAT\)](#)
- [Workers' Advisers Program \(WAP\)](#)
- [Workplace Safety and Insurance System \(WSIS\)](#)
- [Office of the Employer Advisor Nova Scotia](#)
- [Service Canada / Français](#)
- [Canadian Centre for Occupational Health and Safety \(CCOHS\) / Français](#)
- [CanOSH \(Canada's National Workplace Health and Safety Website\) / Français](#)