

Features

7 ON THE COVER Wise guys

When workplace risks demand safer alternatives, often the best and brightest ideas come from within.

By Helena Bryan

12 WORK SCIENCE Foot soldiers

A University of B.C. study touts exercise over injections to get working plantar fasciitis sufferers back on their feet.

By Gail Johnson

15 NUTS AND BOLTS Help wanted

A well-stocked first aid kit won't cut it in a true on-the-job emergency, especially if your employees lack training in first aid.

By Lynn Welburn

22 TOOL BOX Balance of power

At first glance, most low-voltage electrical jobs look pretty harmless. But one jolt can inflict serious injury – or kill.

By Robin Brunet

24 SAFETY SOLUTIONS Warning signs

Construction employers increasingly see crane anti-collision technology as a way to elevate industry safety standards.

By Sabita Majid

Contents



7

Centre pullout: What's wrong with this photo?



Departments

- 3 From the editor
- 4 In your own words
- 18 WorkSafeBC update
- 27 Penalties