

WorkSafe



for building safer workplaces in B.C.

WorkSafeMagazine.com
March / April 2010

Full plate

A commitment to worker safety is on order for B.C.'s bars and restaurants

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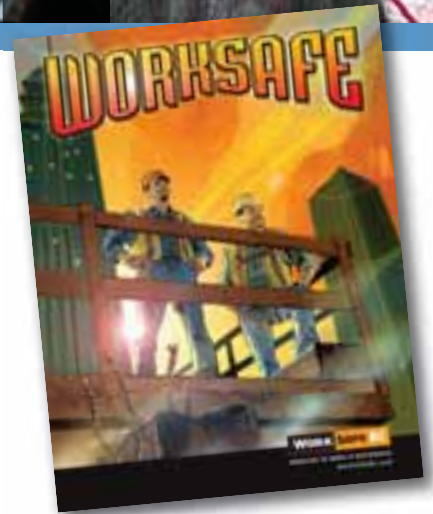
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Looking for a strong safety message? Turn to our centre spread for a graphic look at the hazards of bad housekeeping on construction sites. This removable poster is designed for a worksite wall or bulletin board. It tells the safety story in pictures – appealing to workers of all ages and cultural backgrounds. Watch for our next comic-book-style poster in the July/August issue, or download the series from WorkSafeBC.com (click on Safety at Work, then Construction).

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On the Cover: Slips, trips, and falls are some of the many hazards restaurant and bar workers face daily on the job. Read the full story, page 8.

Cover illustration by Graham Coulthard

In B.C. — and particularly the Lower Mainland — restaurant, bar, and pub owners pride themselves on setting a world-class table. Given the rapid turnover associated with this sector, along with last year's economic downturn, their entrepreneurial spirit is worth celebrating — as is their commitment to improving workplace health and safety.



The food and beverage industry is characterized by fierce competition and a high rate of injuries — slips, trips, and falls; MSIs; burns; strains and sprains. But employers are putting competition on the back burner so they can take a collective bite out of their injury rate.

And it looks like their efforts are paying off. Thanks to organizations such as the Canadian Restaurant and Foodservices Association, BarWatch, go2, ABLEBC, and the Vancouver Police, along with WorkSafeBC, employers are confronting the injury toll head-on. These employers include White Spot — an industry leader in health and safety that serves roughly 15 million patrons a year.

Patrons are the industry's bread and butter. But for some employers, patrons were once their greatest hindrance to safety. Today, through violence prevention workshops and the Serving It Right program, altercations with unruly customers have dropped off, and employees are saying they feel safer than they did at the beginning of the millennium.

The industry is dangling carrots too, such as the Certificate of Recognition program. And go2's new web site promises a wealth of safety materials targeting all industry needs.

At the end of the day, the biggest payback for employers is in knowing their workers — many of whom are just entering the workforce — are making it home unharmed. Time will tell whether their safety initiatives translate into fewer injuries. But for now, the industry seems to have found a recipe for success — one other industries might want to keep on file for themselves.

Donna Freeman
Editor-in-Chief

WorkSafe

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Diana Stirling
OnTrack Media

WORK SAFE BC
WORKING TO MAKE A DIFFERENCE



Enthusiasm builds for photo safety contest

Readers interest continues to grow in the “What’s wrong with this photo?” contest. In response to our January/February photo page – featuring a worker on a roof without adequate fall protection – we heard from 86 readers.

The subject matter also generated some discussion. One reader was conscientious enough to ask us whether we’d followed proper safety protocol for the photo shoot. We reassured him we’d taken the appropriate precautions. Nonetheless, when it comes to injury prevention, it’s good to know our readers are always on solid ground.

So what was wrong with the photo in the January/February issue? Here’s what WorkSafeBC occupational safety officer Andrew Lim had to say:

- No fall protection (lanyard not connected to anything)
- Incorrect use of harness (twists, adjustment)
- Defective harness (damaged chest strap)
- GFCI (ground fault circuit interrupter) needed for electrical equipment
- Hard hat on backwards
- Food near chemicals
- MSDS (material safety data sheets) for caulking
- Damaged electrical cord

Now it’s your turn. If you’ve yet to enter the contest or would like another try, please see page 7 for this month’s photo – and a closer look at hazards in the health care industry.



Too many risks for a poor caulking job

Editor, *WorkSafe Magazine* (Re: January/February issue, “What’s wrong with this photo?”)

1. The fall arrest rope for the fall protection harness is apparently not connected to anything.
2. The fall arrest rope appears to be an old rope with tape on it. Worn-out ropes should not be used.
3. The positioning of the fall arrest rope going from behind the worker to the front of the worker creates a tripping hazard.
4. The fall protection harness is not being worn properly (e.g., the worker’s arm is through it) and the straps are twisted.
5. The tool belt shown may not be compatible with simultaneous correct use of the fall protection.
6. Materials and tools (sheet metal, shears, thin rope, etc.) not related to the current task are too close to the worker and may become tripping hazards.
7. The coffee cup on the rail is likely to fall and may hit bystanders below.
8. No gloves are shown in photo, yet will be needed for the cutting of sheet metal. Note also that the worker appears



to be left-handed, yet has right-handed cutting shears, which would increase the injury risk.

9. The hard hat is improperly worn.
10. The small rope behind the worker looks old, knotted, and may be frayed or rotten – why is it there? It should not be used for hoisting anything up or down from the roof as its load capacity is suspect.
11. The extension cord in the foreground appears jury-rigged from black and yellow cord segments and it needs to be replaced. However, no power tools are shown in the photo. The worker will also need a GFCI (ground fault circuit interrupter) power source with the replacement cord. If the cord is not going to be used, it just becomes another tripping hazard.
12. The shoes worn are not steel-toed, CSA-approved, a factor since the worker is presumably manipulating some heavy objects, such as the wood block behind him.
13. Does the worker need gloves to prevent skin contact with the caulk? We don't know which chemical is in the caulk without having seen the MSDS (material safety data sheets), but it may be hazardous. Gloves (and perhaps safety glasses) would also reduce the risk of the caulk transferring into the worker's eye, since there is no means of eye wash.
14. The worker is working alone with no apparent means of summoning first aid.
15. The means of the worker's safe access/egress to the roof is not shown. Whether it's the roof hatch ladder or exterior ladder, some of his items (e.g., the wood block) would be difficult to safely carry on a ladder.

Also, there is no plausible reason to caulk or glue the underside of an EMT (electrical metallic tubing) conduit to an outdoor flashing. If the work he is doing isn't really required, then the worker's exposure to (and need for proper control of) the above safety hazards was unnecessary to start with – other than to stage the photo. Coming up with a safe work procedure also leads to better planning of the underlying production task.

Brent Olund
Director of Commercial Construction
ITC Commercial – A Division of ITC Construction Group
Vancouver, B.C.

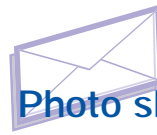


Photo shoot subject putting his own life at risk?

Editor, *WorkSafe Magazine* (Re: January/February issue, "What's wrong with this photo?")

I'm thinking the gentleman in the picture is risking that this year will be his last. I see the following hazards:

1. He is not tied off to fall arrest equipment – the biggie!
2. He has his left arm through the harness, making the fall arrest equipment useless, even if he was attached to it.
3. His hard hat is on backwards over a cap. It does not offer proper protection and could easily fall off, striking someone on the ground.
4. The ropes trailing from his harness are a tripping hazard – potentially pitching him off the roof.
5. The coffee cup on the ledge could fall, striking someone on the ground.
6. There is loose rope on the roof behind him – again, a tripping hazard.
7. There is loose rope on the roof in front of him – a tripping hazard.
8. Loose tools and materials like the rolled sheet metal, tools, and tool belt around him are also tripping hazards.
9. He is not wearing gloves and there is no indication that his eyewear is a pair of protective safety glasses.
10. He does not appear to be wearing steel-toed footwear.
11. It is possible he is working in isolation, since there are no other workers in the picture.

Now, I have a question: Previous photos have shown some risky situations. This one actually appears to put the person staging the image at genuine risk of injury, in violation of the health and safety regulation. Since they are not evident in the image, what real precautions, if any, were in place to protect this worker and those on the ground as he staged this obviously risky picture?

Terry Eady
Human Resources Manager
Helton Industries Ltd.
Abbotsford, B.C.

View more responses to the "What's wrong with this photo?" page on our web site
(WorkSafeBC.com, under Publications/WorkSafe Magazine).



Ed. Note: In staging this workplace scenario, we could not use a passive or active fall protection system (e.g., guardrails, fall arrest, or fall restraint) in order to demonstrate the oversight. What you do not see is the designated safety monitor or control (delineated) zone used as the fall protection system during the photo shoot. We also had a fall protection plan as outlined in the OHS guideline, explaining “work procedures acceptable to the board.” As well, the area where this photo was shot was not easily accessible to anyone, on the ground or otherwise.

Initial pulse check no longer advised for basic CPR

Editor, *WorkSafe Magazine* (Re: September/October issue, “CPR pullout poster”)

I had a chuckle when I read reference to the mistake made in your September/October issue regarding the magazine’s CPR pullout poster and the depth of chest compressions required to perform CPR.

Yes, it’s correct that chest compressions should be 3.8 to 5.1 cm (1.5 to 2 inches). But it seems everyone missed an even bigger mistake. The instructions in your poster go on to state that after two breaths are given, it’s time to landmark and give compressions. But is the patient’s heart still beating?

The instructions overlook the need to assess the carotid pulse for 10 seconds. Even though the pullout was an exercise in CPR, the carotid pulse must be assessed in an orderly fashion without deviation. Unless I was instructed incorrectly in CPR

(OFA Level 2 of 20 years), somebody was asleep at the drawing board.

Daryl Lange
OFA Level 2
Okanagan Tree Fruit Co-op
Oliver, B.C.

Ed. Note: Here’s what WorkSafeBC certification officer Kenneth Merrells has to say:

As an OFA Level 2 first aid attendant (health care professional), your concerns are justified. However, in 2005, emergency cardiovascular care requirements changed, based on studies from the previous five years of ILCOR (International Liaison Committee on Resuscitation) research. This research showed that a lot of people – including some nurses – could not detect a pulse on a patient who actually had one, thereby wasting precious time. The health care community decided CPR was better started as soon as possible on the unresponsive casualty, rather than taking time to find a pulse. The number of Level 2/3 attendants (profession health care providers) is small compared to the number of Level 1 and emergency first aid certificate holders working in workplaces such as nursing homes, day cares, recreation centres, etc. In some of these cases, every worker must have emergency first aid certification. Therefore, this pullout is relevant to all worksites as it is. And Level 2/3 attendants will still use their higher level of training skills when they arrive on the scene, which is no different from paramedics arriving and starting to use their training protocols on site.

Cover guy



His cover’s been blown: *WorkSafe Magazine* graphic designer and illustrator Graham Coulthard is the creator of our new-look front cover.

Coulthard, a 19-year veteran with WorkSafeBC’s Communications Services, recently abandoned the magazine’s

traditional photo front for the eye-catching appeal of hand-drawn cover illustrations – a powerful way, he says, to convey the importance of workplace injury and disease prevention. In this month’s issue, he applied his former restaurant experience to depict a vertically challenged server and underline the typical slip and trip hazards employees face daily.

“I was a waiter at night while going to school during the day,” he explains. “That was when I witnessed a few such falls – the inspiration for this illustration.”

Previously illustrated cover themes in November/December and January/February include a Wild West-style showdown with electrical dangers and a snowplow negotiating a treacherous, frozen landscape.

Coulthard studied graphic design at Capilano College (now Capilano University) and Vancouver Community College. “Most of my illustration education,” he says, “really just comes from many years of drawing and painting for myself and others.”



What's wrong with this photo?

When you're committed to workplace injury prevention, a picture is worth a thousand words. In fact, depending on the intended message, a photo can speak volumes about how to work safely – or unsafely.

As part of our responsibility to demonstrate safe work practices, we scrutinize every photo we publish. Based on feedback we receive from readers, we know you're equally vigilant. We regularly get comments pointing out a potential hazard that's been overlooked in one of our photos, so, once again, we've decided to give you the chance to share your expertise – for everyone's benefit.

The photo above has been deliberately staged to display at least half a dozen dangerous work habits. We're inviting you – as dedicated employers and health and safety professionals – to tell us how many hazards you spot; and then e-mail your responses to Dana.TyeRally@worksafebc.com by April 6, 2010. Please include your full name, work title, workplace, and workplace location.

We'll publish as many responses as we can, and one lucky respondent will win a prize. Ultimately, we hope this exercise reminds everyone to use the same laser-eyed precision in creating their own injury-free work spaces.

Sharleen Graham, a waitress at the Flying Beaver in Richmond, B.C., is one of many industry employees kept on her toes with the health and safety hazards that accompany a high-pressure job.

Full plate

B.C. restaurant and bar owners are putting worker health and safety on the menu — despite the challenges of a competitive marketplace.

In recent years, a new spirit of cooperation is on the table for WorkSafeBC and the bar and restaurant industry — a sign that change looms on the horizon.

And from the perspective of committed industry associations and others in the health and safety community, that shift is

more than welcomed. The food and beverage industry struggles with a high employee turnover; a soaring number of young, inexperienced, and foreign workers; the financial pressures common to small businesses owners; and, a historically high injury rate.

Meanwhile, as customers tuck into those delicious burgers, or chug ice-cold lagers while settling in to watch the big-screen hockey game, restaurant and bar staff might have to navigate slick kitchen floors, vats of oil hot enough to sheer skin off bone, and industrial-grade knives



By Helena Bryan

“The days when someone operated a meat slicer without a guard are definitely over. Employers are much more aware of their responsibilities when it comes to protecting their patrons and staff.”

—Vance Campbell, vice-chairman of BarWatch

sharpened to startling efficiency – all amid the rush to get orders to tables. Then there are the hefty kegs of beer to lift, the trays loaded with dishes to carry, and the occasional belligerent – even violent – customer.

Restaurants and bars battle high injury rate

In 2005, an incident in a Lower Mainland restaurant offered an example of just what can happen when restaurants and bars don't have sound safety policies and procedures in place. A young worker at a fast-food restaurant slipped on water on the kitchen floor and plunged both hands and forearms into hot fat. His injuries were so bad he had to be rushed by ambulance to the nearest hospital and sedated. It turned out the restaurant lacked clear safety policies and procedures and provided minimal training to its mostly young and inexperienced staff.

While serious injuries like this one dropped by seven percent in restaurants between 2004 and 2008, these workplaces still account for an inordinate number of sprains, strains, and tears, as well as musculoskeletal injuries, and slips, trips, and falls. Although the restaurant injury rate may have dropped from 2.3 to 2.1 during this period, claim costs rose by 18 percent – claim costs in bars increased by 91 percent.

Despite the slow progress, industry stakeholders are starting to see brighter business and working conditions for employers and employees. In fact, Mark von Schellwitz, vice-president of the Western Canada division for the Canadian Restaurant and Foodservices Association

(CRFA) says its 4,000 B.C.-based members – ranging from caterers and five-star restaurants to cafeterias in hospitals – believe that a positive working relationship with WorkSafeBC is improving workplace safety in this industry. These strides, von Schellwitz says, are bound to signal an end to the high number of injuries – and the beginning of an unprecedented era in which owners prosper and employees feel safer and healthier than ever before.

A new era of teamwork

Several years ago, WorkSafeBC and the CRFA started working together to make the White Spot Restaurant chain's health and safety program available to smaller scale establishments throughout the province. “It was a really nice template for these small operators, many of them dealing with language barriers,” von Schellwitz says.

WorkSafeBC worked closely with industry representatives to identify staff safety concerns. Along with industry associations, such as the Alliance of Beverage Licensees of B.C. (ABLEBC), they co-hosted violence prevention workshops focusing on problem patrons. These workshops built on the Serving It Right program, which teaches servers and bar staff about responsible beverage service. The strategy seems to be working, says Kim Haakstad, executive director of ABLEBC. “Lots of our members tell us they haven't seen an incident involving a problem customer for years.”

Vance Campbell, a fixture in the industry for 45 years, is the vice-chairman of BarWatch, which works in collaboration

with the Vancouver Police to enhance security at Lower Mainland bars and restaurants. Campbell believes that today's service staff are already much safer and healthier than they were at the beginning of the millennium. “The days when someone operated a meat slicer without a guard are definitely over,” he says. “Employers are much more aware of their responsibilities when it comes to protecting their patrons and staff.”

In most establishments today, Campbell says, security staff are trained according to a provincially mandated format; bar staff are Serving It Right certified and most kitchen staff have FoodSafe training.

Employers discover prevention incentives

As employers demand higher safety standards, they're starting to see the financial benefits of fewer injuries. Go2, the human resources association for the hospitality and tourism industry, has created a dedicated health and safety division funded by WorkSafeBC. One of its main duties is to build awareness of the importance of workplace health and safety, and to provide the training and materials associated with it. Go2 also administers the Certificate of Recognition (COR) program, which has improved health and safety in other industries by rewarding employers who develop effective health and safety programs.

WorkSafeBC industry specialist Lorne Scarlett is encouraged by go2's work on a range of initiatives since January of last year, including a revamped web site that

Continued on page 13



Cold case

By Helena Bryan



No time to put on your PFD? If you fall in frigid water, you'll be fighting for your life in no time at all.

In March 2002, two resource-management company employees were monitoring fish in a channel off the Skeena River when they got stuck on a sandbar about 90 metres (less than two standard pool lengths) from shore.

Rather than waiting for help, one of them decided to swim ashore. As his colleague watched, helpless, "this healthy young guy drowned in about a metre of water after making it to within two metres of the beach," recalls Shane Neifer, a WorkSafeBC

At left, Bruce Logan demonstrates the perils of cold water submersion without a personal flotation device.

“The truth is that sudden, unexpected immersion in water below 15 degrees Celsius is very dangerous if you’re unprotected, which pretty well includes all West Coast water – even during the summer.”

–Cold water survival expert Chris Brooks

occupational safety officer in Terrace. “He didn’t know his muscles and nerves would cool so quickly.” He didn’t know that in minutes he’d lose his fine motor skills, then his large motor skills and, finally, everything. “He was unaware of the risks,” Neifer says. “And he paid the ultimate price.”

What makes this story so heartbreaking is that, with a little education, this young man might well have gone home to his family at day’s end. And he is not the only one who has paid such a high price for lack of awareness. Even in the commercial fishing sector, where the dangers of submersion are well known, drowning is still the number one cause of death.

This, despite the fact that the Occupational Health and Safety Regulation requires all employees working on, over, or around water – including commercial fishers, logging truck drivers whose routes cross creeks or rivers, ecotourism and sport fishing guides, hunting outfitters, bridge crews, and fish samplers – to receive instruction on cold-water risks and be properly equipped in case the worst happens.

The science behind cold water physiology

Cold water steals lives because its effects on physiology are not well understood by the people who work or play on or over the water, says Chris Brooks, retired professor in the faculty of health and human performance at Dalhousie University, and a cold water

survival expert. “First of all, water doesn’t have to be drastically cold to kill you,” he says. “The truth is that water below 15 degrees Celsius is very dangerous if you’re unprotected, which pretty well includes all West Coast water – even during the summer.”

Then there’s the myth that hypothermia, the gradual cooling of the body’s core, is the primary cold water concern. In fact, “the first seconds and minutes of immersion, when cold shock or swimming failure occurs, are more critical,” Brooks says. “Together, they kill more than half the people who drown.”

Brooks explains how cold water kills. “It’s not uncommon for people to pant involuntarily at a rate of 65 times a minute when they first go into cold water, making it impossible for them to hold their breath,” Brooks says. If you go under now, or if a wave splashes over your face, chances are you’ll take in some water. And a mere 150 ml (five ounces) is enough to drown you. If water intake doesn’t kill you, Brooks adds, the massive increase in heart rate and blood pressure might, particularly if you’re older or in less than optimal physical shape.

If you survive those first few minutes, your respiratory rate will start to drop, but your muscles and nerves will already be cooling rapidly and you’ll find swimming increasingly difficult. “Even if you’re an excellent swimmer,” Brooks says, “for the next five to 30 minutes you’ll have to work ever harder just to keep your nose



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and mouth above water.” Exhausted, and increasingly less buoyant if you’re not wearing a personal flotation device (yelling or waving your arms for help now will seriously reduce your buoyancy), you’ll eventually sink below the water’s surface and, without the strength to resurface, drown.

How to prevent the worst


So, how to keep such a terrible sequence of events from becoming a reality? Employers must teach workers the cold water hazards, instruct them on how to control the hazards, and then supply the necessary gear. Brooks and Neifer stress taking the following precautions:

Wear a personal flotation device (PFD), life jacket, or immersion suit – before you need it. Remember, when you’re fighting for your breath and sinking at the same time, it’s impossible for you to don your life jacket or PFD. So you drown; it’s virtually impossible to survive cold water immersion without one. A PFD will keep you buoyant and your mouth above water and give rescuers time to get to you safely. Keep in mind these words of wisdom from Gina Johansen, program manager of B.C.’s Fish Safe Program, which recently rolled out a major awareness campaign to get more commercial fishers to wear PFDs and

reduce the number of drownings every year: “The only practical PFD is the one you’re wearing,” she says. And with newer, more comfortable PFDs on the market, there’s no excuse anymore not to wear one.

Know you’re at risk. If you work on, near, or over the water, expect and prepare for the worst. Bridge crew workers, for example, should wear PFDs while they’re working, in addition to using guardrails and fall protection. And PFDs offer a practical advantage: some floater coats currently being marketed on the West Coast double as winter jackets.

If PFDs conjure up images of the bulky, Titanic-era life jacket, Johansen says new technology has allowed for an altogether more wearable PFD. In fact, the Fish Safe campaign, which was built around the tag line, “Real fishermen wear PFDs” has resulted in a huge increase in the number of fishers willing to don them. Consider their shifts can be 20 hours at a time. If they can wear them, anybody can.

For more information, see the WorkSafe Bulletin on cold water immersion at www2.worksafebc.com/i/posters/2004/WS%2004_01.htm. 

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links employers with a wide range of health and safety resources. Go2 is also working with WorkSafeBC to ensure employers are aware of how to administer their health and safety policies for young and new workers, as well as those working alone.

Go2's efforts mean that restaurant and bar employers have increased online access to a number of training programs and resources specific to their needs. And these employers will be working more closely with go2 to ensure they're meeting their health and safety obligations when it comes to, say, a young employee working alone at a fast-food restaurant or a cold beer and wine store.

"Go2's job is to make sure employers understand their responsibilities and how these responsibilities pertain to them," Scarlett says. "Go2 offers them widespread access to health and safety resources. The idea is for people to be pushed in that direction a lot more."

As far as the COR program is concerned, Terry Bertram, go2's COR program manager, says the association has worked closely with industry representatives to develop a scorecard to measure the success of their programs. Employers who register and pass the COR health and safety audit will receive a 10 percent

reduction in basic premiums. An additional five percent reduction will go to those who implement sound return-to-work programs.

With the understanding that a number of restaurants and pubs may lack the resources to register with COR, go2 is providing a full roster of resources on its web site (ohs.go2hr.ca), including sample policies, risk-assessment tools, and crew talks. These will address the top three injuries in each sector. A full launch of the web site is scheduled for the first quarter of 2010.

Better communication and support such as this is much needed in this industry, Haakstad says. "Accessible, relevant resources really are the best way to reach these small employers."

Now that everybody's sitting at the same table, Terri Holizki, WorkSafeBC Industry and Labour Services manager, says restaurant and bar owners are poised to tackle workplace safety in a new way. "With industry leaders taking steps to deal with health and safety issues, with awareness higher than ever before, and with industry talking to their representatives through the new health and safety division of go2, the good news is we're all working together to bring injury rates down."



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UBC forestry researcher Kevin Lyons is working to remove fallers from the base of the tree – where most injuries occur.

Fall safe



By Andrew Topf

It's a dangerous world for manual fallers in B.C. Now a forestry researcher has come up with a system he hopes will cut those hazards down to size.

To get an idea of the pressing need to improve safety in the forests for manual fallers, you need only check the facts. The following accounts of recent tree-falling injuries come from summaries of WorkSafeBC incident reports:

- A faller was trying to fall a cedar tree and an alder snag limb tied into the cedar. As the cedar began to fall, pulling the alder along with it, the alder hung up in an adjacent fir tree. This caused the alder's stem to break and fall back onto the faller, who suffered a concussion.
- As a faller was moving away, a maple tree broke off the stump and slid downhill. The top of the maple swung and fell from about 12.2 m (40 ft.), striking the worker's back and knocking him to the ground, fracturing his vertebrae and ribs.
- A tree faller was cutting a 91-cm (36-inch) diameter red cedar tree. He intended to fall the cedar so that it knocked

down a 12.2-m (40-ft.) limbless hemlock snag about 1.2 m (4 ft.) behind it. When the cedar tree fell, the top of the snag broke off and catapulted back toward the faller, injuring his shoulder.

To many, the astonishing fact about these incidents is that they occurred over a two-month time period. Yet, anyone who's worked as a logger in the B.C. woods knows that falling trees is a dangerous profession.

Just how dangerous? According to stats, WorkSafeBC handled 26 fatal claims related to fallers and 1,400 faller injury claims between 1998 and 2002; it recorded 30 fatal injury claims between 2000 and 2008. The year 2005 was particularly horrific: eight fallers were killed among a total of 45 B.C. forest worker fatalities tallied by the B.C. Coroners Service.

Paul Lawson, a 35-year logging industry veteran who manages the University of B.C.'s Malcolm Knapp Research Forest, says



“The idea is to get out of the way (of the tree) before anything happens. But you don’t always get out of the way.”

– University of B.C. associate professor Kevin Lyons

he’s always associated the dangers with falling trees as simply “part of the job.” But that kind of thinking is beginning to change, thanks to a new faller certification program, along with an increased emphasis on prevention. “The current focus on worker safety is badly needed,” Lawson argues.

A WorkSafeBC review of tree-falling injuries pointed to a lack of training for fallers, so the industry decided to develop a standardized faller training and certification program to ensure all fallers received the same high-quality training. This training and certification program became known as the B.C. Faller Training Standard.

While the new standards have resulted in fewer fatalities – between 2006 and 2007 no certified fallers died – fallers still risk serious injury, including being struck or compressed by falling trees and parts of trees.

According to UBC associate professor Kevin Lyons, one solution involves getting the faller away from the base of the tree, which is where many serious injuries occur. “You’ve got a person intentionally making a tree unstable while standing near it,” Lyons says. “And the idea is to get out of the way (of the tree) before anything happens. But you don’t always get out of the way.”

Using his background in structural mechanics, Lyons sought to discover a way to fall the tree from a distance. The answer he came up with involved a lightweight jack called a “flange spreader.” Ordinarily a tool used for separating flanges on pipes, in this case the flange spreader is used to initiate the falling of a tree and is activated by a pump that sends hydraulic pressure through a hose about 4.5 metres from the base of the tree.

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The write stuff

Students in an ergonomics program morph into pseudo *WorkSafe Magazine* journalists — sharing their technical knowledge through the power of the written word.



◀ SFU ergonomics students (left to right) Matthew Lloyd, Alastair Lindsay, Megan Jackman, and Tim Kang perform a biomechanical and ergonomic task analysis of guitar-playing as part of a class writing project for *WorkSafe Magazine*.

“I felt like I was on a mission to write a convincing and memorable article. I really wanted readers to finish reading it and say to themselves, ‘Hmm, that was something different.’”

—SFU ergonomics student Tim Kang

Magazine as daunting as it was rewarding.

Anne-Kristina Arnold, chair of ergonomics in SFU’s department of biomedical physiology and kinesiology, teaches Kinesiology 180. An introduction to ergonomics – the study of the relationship between people and their working environments – the course covers everything from product design to safety procedures. It’s also one of the university’s “W” courses, which emphasize writing skills in an array of disciplines.

After Arnold’s 35 students completed a technical report last fall, she had them tackle a mock, feature-length article on ergonomics for *WorkSafe Magazine*. “It gave students a format to follow,” she says, noting the publication required students to write for a specific audience of workers, employers, and safety professionals.

“Ergonomics is so much about trying to send a message that everyone can relate to. It’s important to write technically to meet clients’ needs, but it’s also important to disseminate information in an engaging style – to reach those who want to know more about ergonomics in the workplace.”

Students probe the impact of high heels to hand-held devices

Chloe Eaton is a former student of Arnold’s, who now works as an ergonomist with WorkSafeBC. Her job is to help employers identify, assess, and control risk factors that could lead to workplace injuries. She says this kind of assignment offers students tremendous, lasting benefits.

“Any practical application of theory into the workplace is essential,” Eaton says. “Especially in a high-risk industry. Any information that emphasizes the ergonomic risks will make workers and management more aware of potential hazards.”

Arnold’s students came up with a vast range of ergonomic issues as story topics – from high heels leading to back injuries to the prevalence of musculoskeletal injuries among physiotherapists.

Alastair Lindsay, who hopes to pursue medicine, took the course to satisfy his curiosity about ergonomics, which he had



By Gail Johnson

It’s one thing to specialize in ergonomics; quite another to take the field’s technical knowledge and convey it in a meaningful, useful way.

That’s why Simon Fraser University students in an ergonomics program found a recent writing assignment for *WorkSafe*

associated mainly with correcting the posture of people who sit at a desk all day.

His article, “Practising safe text,” identifies young adults as the most “textually active” group and notes that they’re at risk of “textually transmitted diseases.” But if they use their electronic devices properly and take short, multiple breaks, he writes, they can go on to have a “healthy text life.”

“You might think texting is all pleasure and no pain, but a number of studies from the United Kingdom say otherwise,” Lindsay writes. “We’ve all heard about the dangers texting poses as a source of distraction to drivers, people on the job, and pedestrians in general, but what about the effect it has on your physical self? In addition to the acute risks that exist, texting can also put you at risk for injuries that fall into a category known as repetitive strain injuries.”

Assignment considered both fun and challenging

Like other students, Lindsay says he was surprised by how much he took away from the assignment.

“I found the experience of writing about ergonomics in this way challenging, but interesting, as the style of writing was quite different from any I’d done before,” he says.

“I learned a lot about musculoskeletal injuries associated with cellphone use. But the process was fun. I was able to write about a topic of interest and relevance to myself, knowing that it has the potential to inform people and help them avoid injury.”

Tim Kang, who plans to work as a physiotherapist, wrote an article about the use of back belts during heavy lifting. He learned how poor product design can affect people’s health. He also gained insight into

the power of the written word.

“I was absolutely thrilled to write for a magazine audience,” Kang says. “I felt like I was on a mission to write a convincing and memorable article. I really wanted readers to finish reading it and say to themselves, ‘Hmm, that was something different.’”

“Education is a key way to reduce musculoskeletal injuries,” he says. “Knowing at least the basic ergonomic principle – changing the job to fit the user, not the user to fit the job – offers you a clearer understanding of ergonomics.”

Even rock stars can suffer the MSI blues

Katarina Pavlikova, who hopes to work as an ergonomist in an industrial design or hospital setting, picked a particularly intriguing subject for her article: “Musculoskeletal disorders, drugs, and rock ‘n’ roll.” She examines the “Jimmy Page dream” and suggests well-meaning parents who give their kids guitars at an early age could be setting them up for lasting joint and muscle injuries.

Pavlikova covered functional dystonia – the onset of involuntary muscle contractions in a particular area of the body, such as the fingers of a professional guitarist – and the harm someone could experience as a result of plucking strings while sitting atop a barstool, complete with pelvic tilt.

“Professional guitarists are at high risk for developing work-related musculoskeletal disorders on a daily basis,” Pavlikova writes. “Practising their instruments, they spend hours and hours in awkward postures trying to play a particular musical passage flawlessly. Musicians have an artist mentality that strives for perfection. When they’re ‘in the zone,’ nothing can stop them

from reaching that peak of perfection.

“Many of them, however, are either self-taught or do not consider warm-up prior to a practice session a necessity. This, along with prolonged, break-free training sessions, leads to the development of painful musculoskeletal disorders.”

Pavlikova was surprised to find that she enjoyed sitting down to share information with a wide audience.

“It was fun,” she says. “We were supposed to write it for the general public and a broad range of workers, so we anticipated readers with no academic background. Yet we were supposed to keep the subject as technical as possible and still understandable. To make our articles innovative and interesting – that was the biggest challenge.”

WorkSafe Magazine editor-in-chief Donna Freeman says that conveying technical details in a reader-friendly style is an undervalued talent. “The ability to write clearly and accurately about a complex subject requires genuine skill,” Freeman says. “If people with science backgrounds can get their messages across about workplace safety, everybody benefits.”

At the same time, the demand for skilled ergonomists in B.C. workplaces continues to grow. Here’s hoping Arnold’s students don’t give up sciences to pursue journalism.



Roofers pitch for better fall protection

By Gail Johnson

Of all the trades within the construction industry, steep-slope roofing stands out for its soaring rates of penalties, injuries, and fatalities. Despite disastrous results time and again, the use of proper fall protection continues to be widely overlooked by employers and workers alike.

For proof, look no further than the numbers. Falls comprise the largest portion of the claims and almost 85 percent of the costs in this industry. They also lead to the most severe injuries, with an average of 92 workdays lost and about \$66,000 in costs per claim. Between 2004 and 2008, WorkSafeBC handled 388 claims involving worker falls from elevations, some of which proved to be deadly. That figure compares to 248 incidents involving someone struck by an object, the sector's next most prevalent injury.

Fortunately, while the steep-slope roofing industry has earned a reputation for neglecting such a crucial safety concern, stakeholders are now saying enough is enough. At an upcoming conference, companies, contractors, employees, and safety officers alike will emphasize that the status quo is no longer acceptable.

"Fall protection is the most frequent order I've written," says WorkSafeBC occupational safety officer Lindy Monahan, who's helping coordinate the

March 24–25 Putting the Roof on Injuries conference.

"It would be easy for me to spend my entire career writing up orders. But we want to effect some real change in the industry. We want to bring everyone together to come up with viable solutions, to have real dialogue."

Several factors contribute to the high penalty rate, chief among them the fact that small businesses operate on "piece work," meaning they get paid per project. To maximize profits, they work quickly. Stopping to strap on a harness only slows things down, or so the thinking goes. In fact, the cost and time involved in providing and using proper safety equipment are negligible, according to Monahan.

Furthermore, Monahan says labourers

who work for small companies specializing in steep-slope roofing receive no specific training.

Putting the Roof on Injuries – scheduled to take place at Okanagan College – will feature safety product demonstrations, guest speakers, and a full-day course on fall protection offered by the Roofing Contractors Association of B.C.

"The key thing is to engage people in discussion and to offer opportunities to participate in training programs to upgrade safety measures and prevent injuries," says Brian Hofler, executive vice-president of the association.



Members of the roofing industry are coming together for a conference March 24-25 to tackle the high rate of unprotected falls in the industry.



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Don Schouten, WorkSafeBC manager of Industry and Labour Services, says it's vital to get proper training from the get-go.

"When people are hired, they need training not only around the equipment itself, but also on how to use it properly," says Schouten, who used to work in the construction industry. "I've seen cases where guys are wearing harnesses but they're not connected properly. Or they've had to disconnect to move to a different section – then never connected back up. More thought must be given in the planning stages."

What makes the Kelowna conference so unique is that it's the first time in the industry's history that so many diverse parties have come together with a shared vision.

"Everyone from the apprentice to the developer and the prime contractor has a responsibility for maintaining a safe and healthy workplace," says WorkSafeBC manager of public affairs Gladys Johnsen. "They all need to understand their role in the safety equation."

With its mix of practical information, technical details, and personal accounts, the event aims to make lasting changes in the workplace culture.

"We've got a mother whose son is brain injured (as a result of a fall) speaking at the conference, and a worker who harnessed up and faced adversity from his crew – then did fall, but didn't get hurt because he took proper measures," Monahan says. "It's not just the numbers, it's the real stories. Whether it's someone's son, daughter, or co-worker, we want to stop anyone from having a fall." 

Youth Week 2010: show workers you care

If you employ young workers, you'll want to note May 1–7 on your calendar. These dates mark Youth Week 2010, an event aimed at celebrating youth for their positive contributions to the community and engaging them in fun activities to build their confidence.

As a gold sponsor of Youth Week, WorkSafeBC is asking employers to take this opportunity to recognize young workers by hosting an event that honours their role in the workplace. This could mean anything from bringing in a speaker to talk to young workers about rights and responsibilities on the job to hosting a contest or event with a health and safety theme. It could even form part of your NAOSH Week activities.

The scale of your event could be large or small – but the message is monumental: by investing in young worker health and safety today, you show your young employees how much you value them and demonstrate the commitment and leadership to ensure even safer and healthier workplaces are available for them in the future.

Looking for inspiration? Visit www.bcyouthweek.com to view highlights and media coverage from last year's Youth Week events. If you need help thinking of ways to promote young worker health and safety in your workplace, contact WorkSafeBC's Young and New Worker team at yworker@worksafebc.com.



Petroleum execs burn midnight oil in the name of safety

By Carol-Anne Doucet

An oil rig – bubbling with black gold – shuts down for an hour, costing the company hundreds of thousands of dollars. For some, this scenario is nothing short of disastrous. But for others, like the 500-plus employers in Western Canada who take part in Safety Stand Down, the shutdown is worth every penny. That’s because these employers – CEOs and senior executives from oil and gas companies, as well as contractors – see it as a perfect opportunity to meet with their employees and drill home their commitment to safety.

Launched in 2004, Safety Stand Down is the brainchild of Nabors Canada, a company that maintains drilling and well-servicing rigs. Committed to improving the company’s safety performance, Nabors’ most highly ranked executives decided they’d visit their rigs, shutting down each one for a few hours so they could talk with their employees, hear their concerns, and convey their commitment to improving safety.

That commitment has paid off, says Joe Bruce, Nabors chief operating officer since 2005. “In 2004, when I joined Nabors, our TRIF (total recordable incident frequency) per 200,000 manpower hours was 6.25 for drilling rigs and 8.5 for well-servicing rigs. Today, we’re down to 1.25 for drilling rigs and 2.9 for well-servicing rigs. That’s a pretty significant reduction in the number of injuries.”


Bruce attributes the reduction to a number of safety initiatives, with Safety Stand Down events throughout the year topping the list. “Safety Stand Down allows us to deliver a consistent safety message, in person, to our workforce,” he says. “When employees know that everyone has a stake in their safety, we start seeing fewer injuries. The commitment has to come from the top.”

While Nabors oiled the wheels for Safety Stand Down, thanks to the efforts of Enform – an association that provides health and safety services to the petroleum industry and is now the coordinating agency for Safety Stand Down – hundreds of other companies have since followed suit. “Nabors’ idea took off in the industry, so we decided to formalize it as an annual event,” says Roy McKnight, program manager at Enform.



Health and safety professionals from Apache Canada (north of Fort Nelson) supported the annual Safety Stand Down campaign in January.

“During that week, CEOs shut down oil rigs, shed their ties, and travel to some of the most treacherous parts of the province to meet with their workers – often in 40-below weather. That tells me they’re really serious about safety,” McKnight says. “In fact, some companies – like Nabors – are now holding Safety Stand Down events throughout the year.” While McKnight can’t say with absolute certainty how many lives have been spared thanks to Safety Stand Down, he points to recent studies that show six to 10 percent fewer injuries in companies whose leaders discuss health and safety issues directly with their employees.

Those kinds of positive results are reflected in the industry’s injury rate. In spite of the risks associated with oil and gas, the industry’s injury rate is lower than the five-year provincial average of 3.1 – remaining at two percent since 2004. Budd Phillips, a WorkSafeBC senior officer in Fort St. John, says Safety Stand Down is not only helping the industry prevent injuries, it’s helping WorkSafeBC better understand the needs of the industry. “We learn a lot during that week,” says Phillips, who, along with other WorkSafeBC representatives, accompanies oil and gas executives during some of their site visits. “In turn, we can do a better job at helping employers and workers with their safety issues and improve our inspections of their sites.” 



Out of the woods

A northern B.C. tree-planting company is counting on the fact that an investment to dramatically lower its injury rate will pay off in the long haul.

By Lynn Welburn



In the rugged and unpredictable outdoors, it's a thorny task to keep young, gung-ho, often inexperienced tree planters injury-free. But the owners of at least one northern B.C. silviculture firm have taken a noteworthy stand on health and safety in the forest.

Between 2000 and 2007, the company's injury rate dropped by 50 percent; and, its current injury rate is half the industry's average. But it wasn't always that way. In 2001, WorkSafeBC saw Folklore's claim costs peak at more than \$22,000 for the year.

Bruce Clarke, WorksafeBC regional prevention manager in Prince George, saw the company's previously high claim rate as consistent with an industry possessing fewer incentives for injury prevention. Most claims, he explains, involve young workers, and thus, less of a financial burden.

But when Folklore and WorkSafeBC started working together several years ago in Prince George, they found a way to cut those numbers down to size.

Tree planting company reaps rewards of new safety program

Deanna Gleave, a registered professional forester at Folklore, says the 300-employee company's claim costs have been dropping steadily in recent years. Last year, Folklore logged zero time-loss claims in B.C.

"It's been really positive," Clarke says. "Folklore has really taken ownership of the issue and has made great changes. Their managers have good worker orientation, better bear awareness training, zero drug-and-alcohol tolerance, and well-trained drivers."

In tree-planting, Clarke notes, the vast majority of claims are musculoskeletal injuries and slips, trips, and falls, with a smaller number associated with animal attacks and vehicle incidents. “Lately, all of the companies are improving their safety records. But Folklore is the leader and the stats show it.”

Gleave, whose husband, Kurt Hawkenson, owns the company, cites two incidents as turning points for Folklore.

The first took place in 2003, when a WorkSafeBC officer came upon a Folklore crew who were performing their work without proper supervision and training at a worksite sporting inadequate first aid provisions and loose equipment in vehicle cabs. “The crew foreman wasn’t very diplomatic about being written up for infractions,” Gleave says. “And that’s when George and Ray came into our lives.”

Folklore, WorkSafeBC cultivate strong safety culture

In 2003, WorkSafeBC occupational safety officers George Church and Ray Harpur were assigned to Folklore, and Gleave was determined to work with them as a team. Around the same time, she heard a talk by the father of Julia James, a 20-year-old rookie planter for another firm, who died in a company truck when it veered into a frozen lake near Quesnel in 2003.

“What stuck with me was he said, ‘we loaned you our daughter.’ And it really hit home as a mother that, yes, these parents are lending us their children to work with us. And it’s our responsibility to send them home safe and sound.”

Now, from the top down, Folklore has created a culture of safety that permeates all levels of their work, Gleave says.

“It really hit home as a mother that, yes, these parents are lending us their children to work with us. And it’s our responsibility to send them home safe and sound.”

—Deanna Gleave, professional forester for Folklore Contracting Ltd.

Before a tree planter signs a contract with Folklore, they do an online training test and the results determine where extra training is needed. The prospective workers are also sent information to prepare them mentally and physically for the grueling work ahead. When new employees come to Prince George, the crew holds safety meetings and training sessions before they head out into the field. And once workers get to their camps, a camp safety meeting takes place within 24 hours.

“We start before they’re in the field. But once they get there, their training is reinforced because they can actually see the layout of the camp and the worksites,” Gleave says. “They do a mock emergency evacuation and learn how to use the safety equipment. We spend extra time with any new staff and have a ramp-up period as they get used to the hard work.”

Workers endorse measures to protect them in the forests

Not surprisingly, the company has encountered some resistance to the changes.

Tammy Laidlaw is a tree planting supervisor who has worked with Folklore on and off since 1998 and full time for the past five years. “It’s easy to get the newer workers to buy into all the safety procedures,” she says. “But some people, who have been doing the job for years,


kind of roll their eyes about the extra paperwork.

“The changes have been for the best – like the working alone policy. Before, a checker (who travels around to check on the workers) might be working alone all day. Now, no one works alone. Each camp has two GPS locators and the checker is given one and if they don’t press the okay button at regular intervals, someone will go check on them,” she says. The cooks, who work at camp while the planters are out, have a satellite phone/internet system for emergencies as well.

Laidlaw says the fact Folklore management has bought wholeheartedly into the safety program makes workers feel protected, as well as committed to safety. “Most of the changes everyone was glad to see.”

Harpur says the close working relationship with Folklore’s managers ensures most workers see the officers as allies.

“When we found all the shortcomings back in 2003, the company got on board and really solved the problems themselves,” he says. “The managers live their health and safety program. I think if other companies of the same size did this, they could see the same results.”

And while Gleave admits program and training costs – an average of \$65,000 per year – are not totally offset by reduced claim costs, the costs are well worth it. “We want to know we do our best – every day – to send those kids home safe.” 



Help wanted

By Jeffrey Rotin



New licensing requirements make now the ideal time to ensure your workplace has an effective first aid program.

In the spring of 2007, when a woman in her 50s suddenly collapsed in the main office of the Coquiltlam school district, her co-workers panicked. Fortunately, the office's first aid attendant calmed everyone, called 911, made sure the ambulance had a clear path to the worker, and stayed with her until help arrived.

While it turned out the woman's condition wasn't serious, this incident could have been disastrous if it weren't for the know-how of the first aid attendant.

That's why it's so important to have an effective first aid program in your workplace. It's especially timely to evaluate your program, since new certification requirements for emergency

medical responders (EMRs) came into effect at the beginning of this year.

Your regulatory responsibilities

As an employer you have certain basic responsibilities, and one of those responsibilities is to provide a first aid program.

According to Sections 3.14 to 3.21 of the Occupational Health and Safety Regulation, you must:

- Provide appropriate equipment, supplies, facilities, services, and a trained and certified first aid attendant
- Conduct an annual first aid assessment

- Maintain up-to-date written and posted first aid procedures
- Provide effective means of communication between first aid attendants and the workers they serve
- Maintain first aid records of all reported injuries, illnesses, and exposures to contaminants

The type of supplies and level of workplace first aid you must provide depend on:

- The number of employees
- Your hazard rating
- How close your workplace is to a hospital
- The results of a first aid assessment conducted for the workplace

Warehouse associate Gurpreet Basra and receiving associate Derek Crouchill display a standard workplace first aid kit.

For example, a downtown retail store with a few employees and close to a hospital might only require a basic first aid kit, a means of reporting injuries or illnesses, and no certified attendant. By contrast, a large sawmill in a remote rural area would require a certified first aid attendant and an emergency transport vehicle or industrial ambulance to transport injured workers to a hospital; in other words, they'd require the most advanced level of first aid, Level 3.

Changes in EMR licensing

In some workplaces, EMRs serve as first aid attendants. Until now, the EMR licence was considered equivalent to Occupational First Aid (OFA) Level 3 Certification. However, as of January 1 of this year, EMRs now need to successfully complete the Paramedic In Industry (PII) course to receive an OFA Level 3 Paramedic In Industry Certificate to work in industry. EMR licence holders who were licensed prior to January 1, 2010, have until July 1, 2010, to get the new certification without any further instruction or evaluation. EMR licences that were issued after January 1, 2010, require their holders to have a PII certificate to work as an OFA 3 in industry.

Is your program effective enough?

But meeting your regulatory requirements is just the starting point. "Even if you follow all the regulations, it doesn't mean you have a functioning first aid program," says Cliff Carswell, WorkSafeBC certification officer. "You need to continually assess your program."

"It's really awful to see something catastrophic happen and be completely at a loss to do anything to help. When you have first aid training, it gives you a framework to respond in some fashion, even if you're just calling 911."

*—Wendy Bennett, manager of health and safety,
Coquitlam school district*

Some additional ways to ensure you have an effective first aid program:

- **Yearly first aid drills.** While this isn't mandatory, it's a good idea to put a scenario together and evaluate the response of the first aid attendant and other workers.
- **First aid incident analysis.** Whenever there's a serious injury, you must conduct an accident investigation. However, Carswell says employers rarely analyze the first aid response as part of that investigation.
- **Analysis of injury statistics through first aid records.** The point is to look for trends and problem areas that can be addressed; that's key to preventing future injuries and hazardous situations.

Proper training for first aid attendants is also essential. "They're the first people to tend to injured workers," says Christine Harrison, WorkSafeBC manager of certification services. "Prompt and competent first aid may make a life or death difference. Certainly, it can mean the difference between a short or long duration of an injury."

The sooner an injured worker gets back to work, the lower the human and financial cost to you. It reduces overtime costs, and

the cost of training replacement workers. More injuries and longer injuries – and by consequence, higher claims – could result in WorkSafeBC inspections and higher premiums. And if an injured worker is off work for a long time, that can affect the productivity and morale of co-workers, who might be afraid to do the same task that injured their co-worker, Harrison says.

Program offers more in-depth training

WorkSafeBC has created a training program that covers all aspects of an effective first aid program. Called Injured at Work...Cared for at Work, it's designed for first aid attendants, managers, and joint health and safety committee members, and consists of four modules:

1. Conducting a first aid assessment
2. Creating an effective first aid program
3. Creating a return-to-work program
4. The role of an attendant in a first aid program

Modules 1, 2, and 3 are available through the WorkSafe Education Partner network, and module 4 is available through first aid training agencies (a list of available agencies can be found at WorkSafeBC.com).

Continued on page 30

Fall safe *Continued from page 15*

To date, Lyons has received three research grants from the Research Secretariat at WorkSafeBC, which provides research funding for occupational health, safety, and worker compensation research through an annual competition.

The first research grant examined changing the holding wood pattern used to stabilize a tree while the faller made cuts and initiated falling with a small jack. The second studied the use of a unique holding wood pattern and flange spreader – rather than a traditional bottle jack – to stabilize the tree during falling cuts. This alternative approach enables the faller to fall trees from a safer distance.

“Once the researchers perfect this

procedure, the project seems to be very promising in terms of serious injury prevention,” says Peggy MacDonald, a policy analyst with WorkSafeBC’s Research Secretariat. MacDonald says tree falling has one of the highest frequencies of fatalities and injuries in the logging industry. “The project is a novel approach, and it was funded for those reasons.”


After test-logging nearly 120 trees in the UBC research forest, Lyons says he’s satisfied the new procedure is effective in keeping the tree in “static equilibrium,” while the faller gets out of the way. But he says further development on the device used to initiate falling is necessary before he’s ready to promote the new procedure to industry.

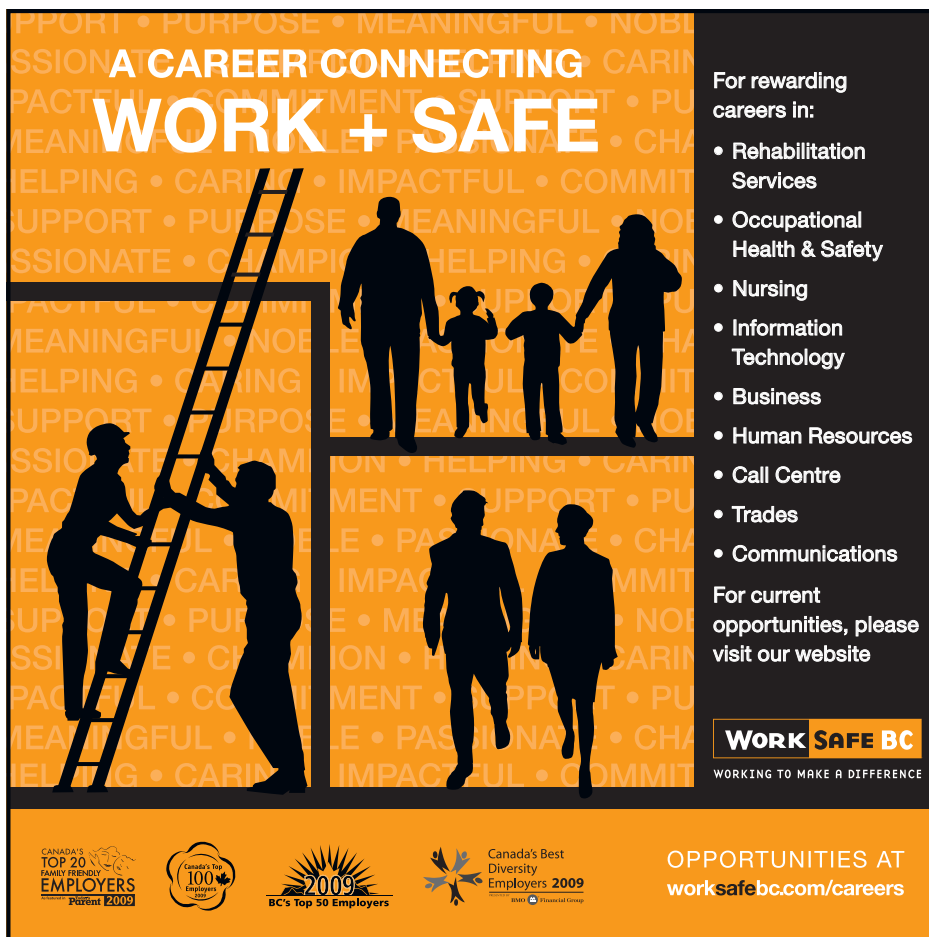
In late January, Lyons heard that he’d been approved for a third grant – one that

will enable him to develop a new tool to replace the flange spreader. “The flange spreader was good for this research, but ultimately – because you’ve got the hose, the pump, and the spreader – it’s too awkward,” he says, noting he needs a device that’s even more lightweight and powerful than the flange spreader, and can be operated easily by a single faller.

Bill Bolton, a senior advisor with the B.C. Forest Safety Council, says any new method to reduce the risks to fallers would be considered and then evaluated, based on the hazards associated with the new method. Some of these hazards could include loss of control of the tree, the jack breaking due to undue strain by the faller or the tree itself, and potential musculo-skeletal injuries associated with using a hydraulic pump and jack system.

Bolton also identifies other factors that could play into the decision to jack a tree or use conventional falling methods, such as the terrain and the type of tree species, since some trees are easier to break than others. The council has been at work for a number of years to look into alternatives, such as developing specialized explosives to reduce the hazards associated with tree blasting. “Any new method that will reduce the dangers to fallers will be considered,” he says.

In concert with new provisions requiring qualified supervisors to oversee alternative falling methods, Bolton is pleased to hear that Lyons’ research has received further funding. “The new procedure is potentially a good one, as long as it’s used in the right application – and fallers are well-trained to use it.” 



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Penalties

Penalties are fines for health and safety violations of the *Workers Compensation Act* and/or the Occupational Health and Safety Regulation. For information on when penalties are considered and how the amount of the penalty is calculated, visit our web site at WorkSafeBC.com, then search for "Administrative penalties."

Note: Dates shown indicate when penalties were imposed. The location given is the location where the violation occurred and not necessarily the location of the penalized business. The registered business name is given as well as any "doing business as" (DBA) name.

The delay between the date of the penalty and publication of the penalty by WorkSafeBC is partially a result of allowing time for employers and other interested parties to respond to the initial penalty and for the appeal process.

CONSTRUCTION

Atwal's Enterprises Ltd. **\$4,685**

North Vancouver, August 27, 2009

Two workers were on a roof at a height of about 13.5 m (45 ft.) and were not attached to their lifelines. This was a repeated violation of the fall protection requirements.

Pro Construction Ltd. **\$4,613**

Surrey, August 27, 2009

This firm repeatedly violated the guardrail and fall protection regulations after receiving a warning letter.

Smythe Roofing Ltd. **\$17,804**

Esquimalt, August 27, 2009

Four of this firm's workers were working without fall protection close to the edge of a roof about 4 m (13 ft.) above grade. This was a repeated violation of the fall protection requirements.

0806245 BC Ltd. **\$2,500**

New Westminster, August 26, 2009

This firm repeatedly failed to comply with the requirement to provide a fall protection system for work where a fall of 3 m (10 ft.) or

more could occur. It also failed to ensure the health and safety of its workers and knowingly provided a WorkSafeBC officer with false information.

BL Roofing Ltd. **\$2,500**

Squamish, August 26, 2009

Four of this employer's workers were working without fall protection on a steep-sloped roof 6 to 7.5 m (20 to 25 ft.) above grade. This was a repeated violation of the fall protection requirements.

Shane Edmond Hebert **\$9,097**

Burnaby, August 24, 2009

This firm repeatedly violated the fall protection requirements.

North Star Framing Ltd. **\$5,000**

Vancouver, August 4, 2009

A worker without fall protection was standing more than 5.5 m (19 ft.) above grade on the edge of a two-storey house under construction. This was a repeated violation. The employer also failed to provide the worker with a work platform.

J.P.D. Roofing Ltd. **\$2,500**

Richmond, August 4, 2009

Two of this firm's workers were working without fall protection on a roof more than 6 m (20 ft.) above grade. This was a repeated failure to comply with the fall protection requirements.

Min Environmental Services Ltd. **\$2,894**

White Rock, August 4, 2009

During the demolition of multiple houses, this firm failed to adequately remove, contain, and dispose of asbestos-containing vermiculite and other friable, asbestos-containing materials. Unprotected workers were exposed to airborne asbestos fibres.

Natt Roofing Ltd. **\$29,506**

Burnaby, July 29, 2009

This firm failed to protect its workers from the hazard of falling from roofs more than 3 m (10 ft.) high. This was a repeated high-risk violation of the fall protection requirements.

Perm Roof 1 Ltd. **\$11,561**

Coquitlam, July 24, 2009

Two workers, one of them on his first day on the job, were working without fall protection on a roof about 10 m (32 ft.) above grade. This was a repeated high-risk violation.

Moonlight Roofing Ltd. **\$2,500**

New Westminster, July 23, 2009

This firm's principal and one of the firm's workers were on a roof about 6 m (20 ft.) above grade. They were wearing fall protection harnesses but were not connected to lifelines. This was a repeated violation of the fall protection requirements.

Westway Roofing Ltd. **\$2,500**

Surrey, July 20, 2009

This firm failed yet again to comply with the fall protection requirements after receiving a previous administrative penalty.



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Coastal Steel Systems Inc.
\$6,987

Surrey, July 15, 2009

Fatality. This employer's worker fell off a roof and then through insulation to a concrete floor 5 m (17 ft.) below. He died in hospital from his head injuries. The employer failed to ensure the use of a fall protection system for work where a fall of 3 m (10 ft.) or more could occur. It also failed to provide its workers, including the deceased worker, with adequate information, instruction, training, and supervision to ensure their health and safety.

Retirement Concepts Developments Ltd.
\$17,745

Surrey, December 16, 2008

As prime contractor, this firm repeatedly violated the requirement to coordinate health and safety activities on site.

Intracorp Projects Ltd.
\$24,832

Parksville, December 15, 2008

This firm repeatedly failed to comply with the Occupational Health and Safety Regulation and the *Workers Compensation Act*. Among its violations are ones related to prime contractor responsibilities, supervision and training, personal protective equipment, fall protection, ground fault circuit interrupters, equipment maintenance, inspection records, and accident investigations.

Paraline Commercial Form Work Ltd.
\$7,965

Surrey, November 6, 2008

This employer failed repeatedly to ensure that its workers wear personal protective equipment, particularly safety headgear wherever there is a danger of head injury. It also failed to provide workers with the information, instruction, training, and supervision necessary to ensure their health and safety.

HB Roofing Ltd.
\$6,283

Delta, October 28, 2008

A worker was on a ladder-jack scaffold that ranged from 2 to 6 m (7 to 19 ft.) above grade. The worker was not using any fall protection. This was a repeated violation of the fall protection requirements and the requirement to provide workers with adequate information, instruction, training, and supervision.

HB Roofing Ltd.
\$8,975

Delta, October 28, 2008

Two workers were on an 8:12 pitch roof about 3.5 m (12 ft.) above grade. They were not using any fall protection. This was a repeated violation of the requirement to ensure that workers use a fall protection system for work at heights of 3 m (10 ft.) or more.

B-Cheema Roofing Ltd.
\$3,186

Richmond, August 28, 2008

Four workers were on a roof 4.5 to 8.5 m (15 to 28 ft.) above grade. They were not using any fall protection. This was a repeated violation of the fall protection requirements and the requirement for a written fall protection plan where a fall of 7.5 m (25 ft.) or more may occur. This firm also failed to comply with the requirement to provide workers with the necessary information, instruction, training, and supervision to ensure their health and safety.

A-1 Jas Roofing Ltd.
\$14,086

Anmore, August 20, 2008

This employer's workers were working 7 to 8 m (23 to 26 ft.) above grade without fall protection. The employer failed to ensure the use of a fall protection system for work where a fall of 3 m (10 ft.) or more could occur. This was a repeated violation.

Newway Concrete Forming Ltd.
\$14,135

Burnaby, March 4, 2008

This firm failed to maintain the required safe limits of approach to 12-kV overhead power lines.

Newway Concrete Forming Ltd.
\$22,669

Burnaby, February 6, 2008

This firm failed to ensure that a tower crane did not encroach on the safe limits of approach to energized overhead power lines. It also failed to ensure that workers were adequately instructed, trained, and supervised.

Trident Exteriors Ltd.
\$44,521

Richmond, December 20, 2007

This firm repeatedly violated the requirement to ensure that workers use a fall protection system for work at heights 3 m (10 ft.) or more above grade. It also failed to implement a fall protection plan for work at heights 7.5 m (25 ft.) or more above grade.

SERVICE SECTOR

Landtec Ground Experts Ltd.
\$3,500

Abbotsford, August 12, 2009

Two of this firm's workers were in an excavation about 3 to 3.5 m (9 to 11 ft.) deep. The excavation was unshored and unsloped, and a professional engineer had not inspected it. The firm's president obstructed WorkSafeBC's investigation by refusing to speak to the WorkSafeBC officer and by leaving the site while being questioned. When he returned, he denied that the workers on site belonged to his firm.

Metro Waste Paper Recovery Inc.
\$48,743

Surrey, August 6, 2009

This employer impeded or dissuaded a worker from reporting an injury and establishing a claim for compensation with WorkSafeBC.

Okim Holdings Ltd.
\$3,358

Campbell River, February 26, 2009

This firm failed repeatedly to provide a quick and unobstructed emergency exit; conduct a violence risk assessment; conduct an assessment of the risk to workers of musculoskeletal injury; ventilate a designated smoking room with a non-recirculating exhaust ventilation system to meet the requirements of the Occupational Health and Safety Regulation; repair the building envelope to prevent moisture infiltration and mould growth; and, investigate the cause of a fire.

Okim Holdings Ltd.
\$5,397

Campbell River, February 26, 2009

This firm failed repeatedly to ensure that a friable, asbestos-containing material was safely removed, enclosed, or encapsulated to prevent the release of airborne asbestos fibres. Specifically, the employer failed to remove a ceiling that contained chrysotile asbestos at levels above one percent. Despite knowing about the hazard, the employer permitted workers to use the area directly below the ceiling.

MANUFACTURING

River Butte Management Ltd. \$3,210

Brisco, August 19, 2009

This firm failed to maintain a formaldehyde detector (linked to an exhaust ventilation system) to ensure that exposures fall below the eight hour limit of 0.3 ppm. This was a repeated violation. The firm also allowed workers to smoke in undesignated areas, and did not maintain the designated smoking room.

Sigurdson Bros Logging Co Ltd. \$86,690

Vancouver, July 30, 2009

Two serious injuries occurred about five weeks apart in different sawmills operated by this employer. In the first incident, a worker was cleaning under a lumber stacker when he reached through an operating transfer deck chain for a piece of waste wood. His glove got caught in the chain sprocket, and his hand was drawn into the sprocket and amputated. In the second incident, a worker climbed onto the deck of a trimmer machine and approached an unguarded trim saw to straighten out boards being fed into the saw. As the worker tried to kick a board over the saw blade, his work boot

was pulled into the trim saw and he fell onto the saw. The worker's right leg was amputated. His badly injured left leg was later amputated in hospital.

This employer failed to ensure the health and safety of its workers and other workers at its workplace. It failed to remedy workplace conditions hazardous to worker health or safety and to provide its workers and other workers with the information, instruction, training, and supervision necessary to ensure their health and safety. It also failed to lock out and to guard the chain sprocket and circular saw.

Structa Wire Corporation \$30,200

Vancouver, November 27, 2008

A worker's hand was drawn into an unguarded printing press. The worker suffered serious crushing injuries to three fingers. This employer failed to ensure that the press was fitted with adequate safeguards.

High Grade Mill Installations Ltd. \$13,613

Castlegar, September 13, 2007

This firm repeatedly failed to comply with the lockout requirements.

PUBLIC SECTOR

City of Surrey \$52,000

Surrey, June 25, 2007

Fatality. Two workers were installing a storm sewer into an excavation 4.3 m (14 ft.) deep and 6 m (20 ft.) long. The excavation had straight sides and did not have a shoring cage. Shortly after one of the workers climbed out, a wall of the excavation collapsed onto the remaining worker, who died of his injuries. As prime contractor, the firm failed to establish and maintain a system or process for complying with the *Workers Compensation Act* and the Occupational Health and Safety Regulation. The firm also failed to submit a Notice of Project (NOP) to WorkSafeBC for any construction work involving entering a trench deeper than 1.2 m (4 ft.) and longer than 30 m (100 ft.) or that involved entering any other type of excavation deeper than 1.2 m (4 ft.).



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ZOLL

Help wanted *Continued from page 25*

The first three modules are offered in a day-long workshop. The fourth module, an additional half-day workshop, covers the finer details of creating a functional first aid program. It helps to clarify the respective roles of the first aid attendant and supervisors, highlight the importance of good follow-up care, and improve the quality of injury documentation.

The workshop proved valuable for staff from The Brick Warehouse, according to Caroline Cass, human resources health, safety and training manager. "They stopped accepting the status quo and found better ways to do things," she says. "Our return-to-work program is stronger than ever – and we're not done yet."

Wendy Bennett, manager of health and safety for the Coquitlam school district, says the program reinforced the critical


need for first aid training in a workplace emergency. "It's really awful to see something catastrophic happen and be completely at a loss to do anything to help," she says. "When you have first aid training, it gives you a framework to respond in some fashion, even if you're just calling 911."

The bottom line is to recognize an effective first aid program as a value-added service. "Most employers just look at first aid as a Regulation requirement. They need to look beyond that," says Ray Roch, WorkSafeBC director of the Lower Mainland (Worker and Employer Services). "They shouldn't underestimate what first aid can do for their workplaces from a human and productivity cost perspective."

Online resources

For more information about workplace first aid programs, and a list of authorized training providers, visit WorkSafeBC's first aid web site at www2.worksafefbc.com/Topics/FirstAid/Home.asp.

New out-of-jurisdiction certification

WorkSafeBC now recognizes workers with first aid certification from other provinces. Out-of-jurisdiction attendants must apply for certification. They'll be issued a B.C. first aid certificate in accordance with their level of certification in their originating jurisdiction. For more information, visit www2.worksafefbc.com/Topics/FirstAid/Home.asp and click on OFA Certification for workers from other jurisdictions. 



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St. John Ambulance

Dear Safety Professional:

The impacts of legislative change - **TILMA and the Agreement on Inter-Provincial Trade (AIT)** - have arrived. WorkSafeBC training certificates are valid longer, course content is changing, and there is a new focus on Automatic External Defibrillators (AED).

St. John Ambulance has embraced these changes. Our dedicated Team of over 450 Instructors and Staff are “spreading the word” to our 80,000 WorkSafeBC Customers - doing whatever it takes to help you through these changes. Our approach is to ensure that everyone receives the best value and quality of training available. And, as a not-for-profit charitable enterprise, 36 percent of all our revenues are invested into making safer, healthier, caring communities.

As of January 1, 2010 all Occupational First Aid certificates (Level 1, 2, 3 and spinal) are valid for three years rather than two. To further increase value, our top-end WorkSafeBC Level 2 and 3 courses now include a pocket mask, WorkSafeBC Personal First Aid/CPR Shield kit, a full-colour Reference Manual, and a transferable “Life-Long Learning” voucher worth \$30 towards any future St. John Ambulance in-branch course.

St. John Ambulance is extremely pleased that Automatic External Defibrillator training will be introduced to the WorkSafeBC courses in March. Once proper CPR training and AEDs are widely available, it is estimated that over 4000 more British Columbians will survive a cardiac event every year. Our hope is that your workplace agrees this is a goal worth striving for and will ask about our Philips AED product line and how to set up a program for your business.

St. John Ambulance has enhanced its extremely price competitive WorkSafeBC First Aid kits, refills, equipment and supplies. Our WorkSafeBC Basic and Level 1 kits are now compliant with Federal Level A and B kits, respectively.

With our Customer Service Centre open M-F 8-8, Saturday 9-5 at 1-866-321-2651, our 24/7 online registration system at www.sja.ca/bc, our Branches in the heart of 27 Communities throughout our province, and expanding online training offerings – including WHMIS, Transportation of Dangerous Goods and FoodSafety – we’re better able to serve you on your schedule.

At St. John Ambulance, our Customers are our partners in safety and our entire Team is ready to assist and answer questions regarding the new TILMA/AIT agreements and the subsequent WorkSafeBC changes.

Thank you for supporting our mission of saving lives – at work, home and play.

Dave Frank
Director - Marketing and Public Relations