



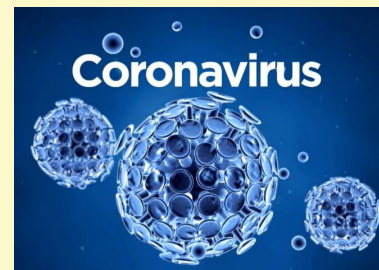
June 2020

"NCA Health & Safety News" provides you with valuable information and assists in your quest to achieve a world-class safety culture. We believe that developing a safe work ethic is a never-ending process that must be part of every business's professional development.

Please do not hesitate to contact the [office](#) with your input, suggestions or safety questions. We value your feedback!

COVID19 UPDATE TO MEMBERSHIP

The Niagara Construction Association (NCA) is monitoring the COVID19 situation closely and is ensuring that our members have up-to-date information by communicating through e-blast, social media posts, and our COVID19 resources webpages [CLICK HERE](#) (please navigate the drop-down menu for industry-specific news & announcements, construction site guidelines, webinars, updates, information and links)



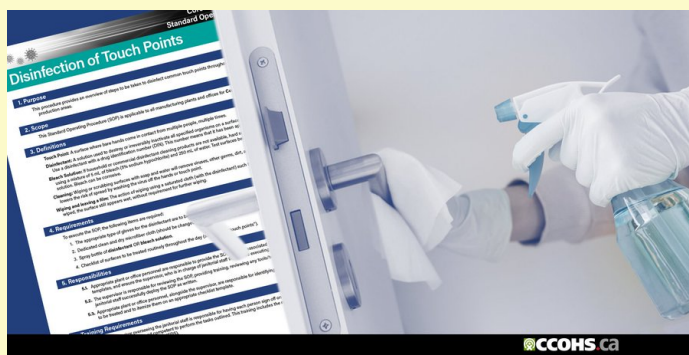
NCA INDUSTRY RESOURCES:

- [Canadian Construction Association \(CCA\) COVID19 Resources](#)
- [Government of Ontario: construction resources, best practices and information during COVID19](#)
- [Council of Ontario Construction Associations \(COCA\) COVID19 Resources](#)
- [Ontario General Contractors' Association \(OGCA\) COVID19 Resources](#)
- [IHSA COVID19 Resources](#)
- [WSIB COVID19 Resources](#)
- [Niagara Region Public Health COVID19 Resources](#)

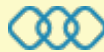


Ready to ReOpen Resources

Many associations are providing guidelines for the safe re-opening of businesses and activities.



- Reopening Ontario: What's in each stage - learn about **what can reopen in each stage** and where, according to the Ontario government's regional approach to stage 2 - click [HERE](#)
- Develop your COVID19 **workplace safety plan**: Learn how you can create a plan to help protect your workers and others from COVID19
 - from the government of Ontario [HERE](#)
 - from Niagara Region Public Health [HERE](#)
- Ministry of Health COVID19 **Workplace Outbreaks V1 guidance document** (June 11, 2020) click [HERE](#)
- For **Disinfection of Touch Points** downloadable onesheet from the CCOHS click [HERE](#)
- a [COVID19 Checklist for businesses opening in Niagara](#) from Niagara Region Public Health
- For COVID19 **Screening Tool** from CCOHS click [HERE](#)
- For **Handwashing Poster** from CCOHS click [HERE](#)



Guidance for In-Vehicle Driver Safety During COVID19

"Public health officials want people to keep two meters away from one another to fight the spread of COVID19. That's pretty difficult to do in a truck cab restricted to a maximum width of 2.6 meters overall."
(from trucknews.com)

Click [HERE](#) for the IHSA downloadable guide.

To view IHSA's "Sanitization and Cleaning of Commercial Motor Vehicles" video above click [HERE](#)



Workplace Guides and Best Practices videos feature:

- Hand Washing/Outdoor Plumbing
- Donning & Doffing of Disposable Latex Gloves
- Hand Washing/Indoor Plumbing
- Sanitation/Cleaning of Commercial Motor Vehicles



Click [HERE](#) for the YouTube link.



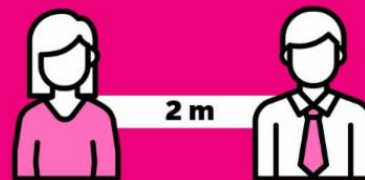
Social circles



- Close contact is allowed (ex: hugs)
- Must always be the same people
- You can belong to only one circle

VS

Social gatherings



- Maintain physical distances (2 metres)
- Can be any group of up to 10 people
- You can gather with different groups of up to 10 people



Social circles are different from social gatherings:

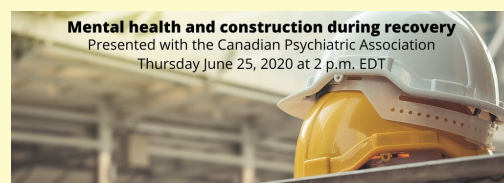
- You can belong to only one social circle up to 10 people; close contact is allowed
- Social gatherings can be any group up to 10 people, but must keep 2m apart from those outside of your social circle

For details on social circles, click [HERE](#)

For details on social gatherings, click [HERE](#)



Free Webinar from CCA: Mental health and construction during recovery Thursday, June 25th, 2PM



Join the CCA as they explore:

- What contributes to an effective workplace psychological health and safety strategy during this recovery?

- Assessment and strengthening of psychologically safe leadership skills
- Enhancement of employee psychological health and resilience
- Tips for supporting team members on the jobsite in the era of COVID
- Communication strategies help navigate psychological stress

Featuring Dr. Ash Bender, MD, FRCPC, Staff Psychiatrist, Centre for Addiction and Mental Health, and Director, Workplace Insight.

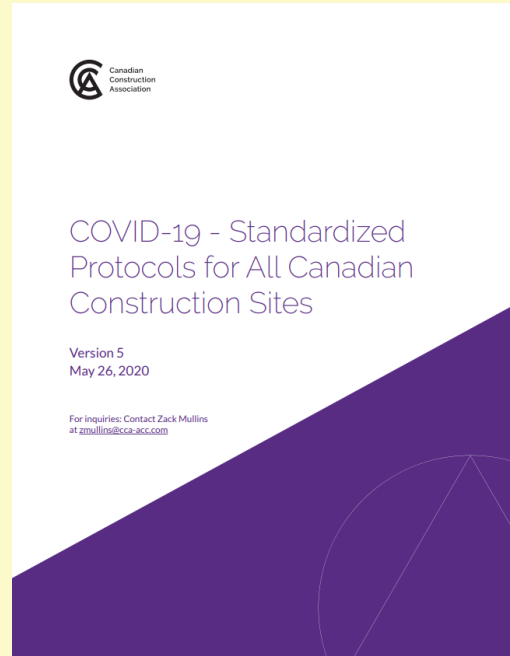
Click [HERE](#) for details and to register.



Construction-Specific COVID19 Resources / Guidelines

Click [HERE](#) for CCA's COVID19 - Standardized Protocols for All Canadian Construction Sites (V5), May 26 document

For Construction Tips from CCOHS click [HERE](#)



Ministry of Labour, Training and Skills Development
Occupational Health and Safety Branch
Construction Health and Safety Program

Report for the Labour-Management Network, June 2020

Reporting Month Statistics

Reporting Month	Fatalities	Critical Injuries	Total
April 1 - 30, 2020	0	13	13

Reporting Month	Fatalities	Critical Injuries	Total
April 1 - 30, 2019	0	20	20

Fatality & Critical Injury Year-to-Date Overview – Construction

Injury Type	2020		2019	
	January 1 – April 30	January 1 – April 30	January 1 – April 30	January 1 – April 30
Fatal	8		3	
Critical	64		92	

Disclaimer: This information has been prepared to assist workplace parties in understanding their rights and duties under the Occupational Health and Safety Act (OHSA) and its regulations. This information does not constitute legal advice. To determine your rights and duties under the OHSA, please contact your legal counsel or refer to the legislation.

1

MLTSD Labour-Management Report for June 2020

"It is alarming to hear that some employers have built policies stating things like "short duration work (less than 15 minutes) in close proximity to other workers does not require any forms of source control". This is incorrect and should be discontinued immediately. There is no evidence to suggest any form of short duration work will limit exposure to COVID-19. If physical distancing cannot be maintained, for any duration, then measures must be put in place to protect the workers. "

Click [HERE](#) for full report (critical injuries, fatalities, Provincial Coordinator's Comment, incidence details and codes, news)



Filing WSIB COVID19 Claims Online

- If you contracted COVID-19 while at work (you have a diagnosis or symptoms of COVID-19), you may file a claim to determine if you are eligible for WSIB coverage.
- If you believe you were exposed to COVID-19 while at work, but you are not ill at this time (you do not have a diagnosis or symptoms of COVID-19), please do not file a claim. Instead, you can file an exposure incident form through the Program for Exposure Incident Reporting (PEIR) or Construction Exposure Incident Reporting (CEIR) programs. These are voluntary reporting programs and you will be assigned an incident number. If you become ill in the future, the WSIB will be able to process your claim faster.

To report an exposure, please complete and fax the appropriate form below to 1-888-313-7373 or call the WSIB at 1-800-387-0750, Monday to Friday, from 7:30 a.m. to 5 p.m.

Construction sector: [Worker's Construction Exposure Incident Form \(PDF\)](#) or [Employer's Construction Exposure Incident Form \(PDF\)](#)

All industries (except construction): [Worker's Exposure Incident Form \(PDF\)](#) or [Employer's Exposure Incident Form \(PDF\)](#)

How the WSIB adjudicates claims document [HERE](#)

WSIB Financial Relief Program: click [HERE](#)

For additional information, please visit the [WSIB](#) website.



Ontario's Workplace PPE Supplier Directory

The Workplace PPE Supplier Directory lists Ontario companies that are ready to supply PPE.

If you have a ready supply of PPEs or are looking for PPEs, please note the directory [HERE](#).

Operation Safe Driver Week is July 12-18 with a Focus on Speeding

During this week-long traffic enforcement safety initiative, law



enforcement throughout North America will be looking for drivers who are engaging in unsafe driving behaviors on our roadways. Identified drivers will be pulled over by law enforcement and may be issued a warning or citation.

Historically, drivers' actions have contributed to 94% of all traffic crashes, according to the National Highway Traffic Safety Administration's (NHTSA) Traffic Safety Facts report. And although NHTSA's 2018 highway crash fatality data showed a 2.4% decline in overall fatalities, the number of fatal crashes involving large trucks increased by 0.9%.

Click [HERE](#) for details.

DISTRACTED DRIVING

The IHSA offers a one-hour online DISTRACTED DRIVING course - free and incredibly effective.

We all take our driving skills for granted, yet most people who take this course are extremely glad that they did, as the reminders are invaluable.

Click [HERE](#) for details or to view.



REVERSING VEHICLES AND BLIND SPOTS

For onesheet from IHSA, click [HERE](#)



The Heat is Here

- for Heat Stress chart of symptoms and treatment from IHSA click [HERE](#)
- for Heat Stress onesheet from IHSA click [HERE](#)

- for Heat Stroke and Heat Exhaustion Signs onesheet /poster click [HERE](#)
- for Heat Stress onesheet/infographic from CCOHS click [HERE](#)
- for free download of "Keep Your Cool" heat safety poster from CCOHS click [HERE](#)

THE HAZARDS OF HEAT STRESS

Heat and humidity are a normal part of Ontario summers, but how your body reacts to the heat depends on how hard you are working, how much water you have been drinking, how fit you are, and whether you have become acclimatized to the higher temperatures. Heat stress can occur wherever physical work is being done in a hot, humid environment. The body tries to cool itself by increasing the heart rate to move blood—and heat—to the skin and by sweating to help cool the blood and body. But when too much water is lost through sweating, dehydration occurs. This can lead to heat-related illnesses.

Illness	Symptoms	Treatment	Severity
Heat Rash	<ul style="list-style-type: none"> Red blotches and extreme itchiness in areas persistently damp with sweat. Prickling sensation on the skin where sweating occurs. 	<ul style="list-style-type: none"> Rest in a cool place. Take a shower or rinse skin with cool water. Change into dry clothes. 	If treated, symptoms usually disappear after a few days.
Heat Cramps	<ul style="list-style-type: none"> Painful cramps or spasms in the arms, legs, back, or stomach that occur suddenly at work or later at home. Hard, painful lumps in the muscles as a result of the cramps. 	<ul style="list-style-type: none"> Rest in a cool place. Remove or loosen clothing. Drink cool water or a sports drink containing electrolytes. Stretch and massage muscles. If the cramps are severe or don't go away, seek medical aid. 	If not treated promptly, heat cramps can lead to more serious heat-related illnesses.
Fainting	<ul style="list-style-type: none"> Sudden fainting after at least two hours of work. Cool, moist skin. Weak pulse. 	<ul style="list-style-type: none"> GET MEDICAL ATTENTION. Assess the need for CPR. Rest in a cool place. Remove or loosen clothing. If conscious, make the person lie down. If conscious, give the person sips of cool water. 	If not treated promptly, fainting can lead to more serious heat-related illnesses. Fainting may also be due to other illnesses.
Heat Exhaustion	<ul style="list-style-type: none"> Weakness. Headache. Breathlessness. Nausea or vomiting. Feeling faint. 	<ul style="list-style-type: none"> GET MEDICAL ATTENTION. Rest in a cool place. Remove or loosen clothing. Lie down with feet raised. Drink cool water or a sports drink containing electrolytes. Do not leave affected person alone. Take a cool shower or rinse skin with cool water. 	If not treated promptly, heat exhaustion can lead to heat stroke, which can be fatal.
Heat Stroke	<ul style="list-style-type: none"> Irational behaviour. Confusion. Loss of consciousness (fainting). Convulsions. Hot, dry skin (not sweating). Rapid heartbeat. Rapid and shallow breathing. 	<ul style="list-style-type: none"> GET MEDICAL ATTENTION. Call 911 or get the person to hospital immediately. Move the person out of the sun and into a cool place. Cool the person's body by covering with damp sheets, spraying with cool water, or using a fan. If conscious, give the person sips of cool water. 	Can be fatal if medical assistance is not obtained immediately.

Source: ontario.ca/heatstress (revised December 2016)

Symptoms of heat stress should never be ignored. They are your body's way of telling you that something needs to be done to balance your body's heating and cooling system. For more information on heat stress and helpful resources on how to prevent it, visit the [Heat Stress](#) topic page on [IHSa.ca](#).

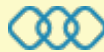
Prevention tips for workers

- **Be aware of the symptoms.** Watch out for symptoms of heat stress in yourself and your co-workers.
- **Drink water.** You need to drink one cup of cool water every 20 minutes, even if you're not thirsty.
- **Avoid alcohol and caffeinated drinks.** Alcohol and caffeinated beverages such as tea, coffee, and cola are diuretics and will dehydrate your body. These drinks should also be avoided the night before work as well.
- **Wear light, loose-fitting clothing.** Wear clothes that allow sweat to evaporate. Light-coloured garments absorb less heat from the sun.
- **Know your personal risk factors.** Any of the following conditions could increase your risk for heat-related illness: excessive weight, poor physical condition, previous heat-related illnesses, older age, heart disease, high blood pressure, recent illnesses, and certain medications.

Prevention tips for managers/supervisors

- **Training.** Make heat stress your next safety talk and remind workers about it periodically throughout the summer. Visit [IHSa.ca](#) for free safety talks on heat stress and sun protection.
- **Breaks.** Give workers frequent breaks in cool areas.
- **Scheduling.** Schedule hotter jobs during cooler parts of the day.
- **Assistance.** Minimize strenuous tasks by pairing up workers or providing material handling equipment, such as carts, dollies, pallet jacks, or manual forklifts.

IHSa.ca
Work Safe for Life
Rev. 2016



June is Stroke Awareness Month

Warnings help us identify danger when it is not always apparent.





Our cars can alert us to the presence of another vehicle in our blind spot when we try to merge lanes. Meteorologists broadcast weather statements for everything from severe snowfall to extreme heat alerts. Some smart fridges even sound an alarm if you leave the door open to prevent food from spoiling. However, not all warnings are as noticeable as flashing lights and ringing sirens.

Instead, some are muted and almost undetectable, even though the consequences of ignoring them are fatal. In particular, the signs of a stroke are easily dismissible, even though a stroke is a medical emergency requiring immediate medical attention – failure to seek medical assistance early can result

Recognizing & Responding to a

STROKE

In most cases, a stroke only impairs one side of the body. To better identify the symptoms think **FAST**.

F	A	S	T
			
Facial droop	Arm drift	Slurred speech	Time is key. Get medical help quick!



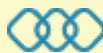
While you wait for emergency services...

- Survey the scene to make sure it's safe
- Call 9-1-1
- If unconscious, place the casualty in recovery position and be prepared to perform CPR
- Seat the casualty in a comfortable position if conscious
- Do not give them anything to eat or drink
- Protect the casualty while moving or convulsing
- Reassure and keep the casualty warm
- Do not leave the casualty unattended



For more information about STROKE, read our monthly newsletter at SJA.ca

*Source: Stroke symptoms and first aid treatment. St. John Ambulance Canada. https://www.sja.ca/English/Safety_Tips_and_Resources/Pages/Stroke/Stroke-symptoms-first-aid-treatment.aspx
St. John Ambulance (Ontario), 15 Toronto Street, Suite 800, Toronto, Ontario M5C 2E3 Canada

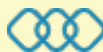


New CSA Group Q&A Documents Related to Bioaerosols & Airborne Infectious Substances

To help promote accurate knowledge as workers across the country are returning to their places of employment and have PPE-related questions, CSA Group has released two new official Q&A documents related to bioaerosols and airborne infectious substances for the following standards:

- **CSA-Z94.3:20, Eye and face protectors**
- **CAN/CSA-Z94.4-18, Selection, use and care of respirators**

You can access these important Q&A documents on the **CSA Group OHS Public Community Space** and the **COVID-19 Response Standards and Handbooks Space**.
courtesy of PSHSA



IHSA 2-Minute News

- IHSA Safety Talk: Respirators—Maintenance



- Reminder: IHSA COVID-19 safety resources available online
- IHSA grateful for supportive member network
- Training spotlight: Defensive Driving eLearning

Click [HERE](#) for full newsletter



FREE WSPS Partners in Prevention Health & Safety Webinar Series

Ontario is lifting more restrictions, allowing businesses to prepare to re-open. Do you have all the information you need to operate during COVID-19?

Protecting your business and your people is of the utmost importance. This series will provide you with timely information on what you need to know today in order to restart your business and return to work safely.

June 23 | 11:00 am - 12:00 pm EDT >> LIMITED SPACE

[Becoming Agents of Change: Building a Health and Safety Mentor Mindset](#)

June 24 | 10:30 am - 12:00 pm EDT >> LIMITED SPACE

[Adapting to a New COVID19 Reality: The Use of Masks and Eye Protection and the Implications for Heat Stress and Other Concerns](#)

Free Webinar: Safety Makes Good Business \$ense - Earn from Your Hard Work

June 26, 2020 | 10:30 am –
12:00 pm EDT

- Are you in the process of building your Health & Safety System at your workplace and need some guidance on how to do it?
- Do you need help in implementing the Ontario Government's safety guidelines to control the spread of COVID19?
- There are a few program options here in Ontario, but which one is best for you?

You can earn both financial and non-financial recognition for making your workplace safer and healthier. This webinar includes:

- the MLTSD discuss their Supporting Ontario's Safe Employer program (accreditation)
- WSIB introducing their Health and Safety Excellence program
- the IHSA presenting information on COR.

This session will be moderated by WSPS with a Q&A period following. Register [HERE](#).



NCA SAFETY AWARENESS DAY 2020

SAFETY PRODUCTS, TECH | TRAINING | PROFESSIONAL DEV

POSTPONED UNTIL FURTHER NOTICE

◆ Trade Show
◆ Training / Workshops
◆ Demo's

PLEASE STAY TUNED FOR UPDATES

REGISTRATION REQUIRED
\$10/person including lunch, refundable upon arrival

GRANTHAM LIONS CLUB
732 Niagara Street
St. Catharines, L2M 7W7

INFO:
connie@niagaraconstruction.org
www.niagaraconstruction.org

NIAGARA CONSTRUCTION ASSOCIATION



H&S Training at the NCA

NIAGARA CONSTRUCTION ASSOCIATION | BUILDING Support and Service for our Members

NCA EDUCATIONAL & TRAINING COURSES

Included below (please scroll down):

- Prompt Payment, Invoicing Property and Mechanics of Adjudication for Contractors (online)
- Closeout of a Construction Project (online)
- Gold Seal 1-Day Injured Worker (online)
- Construction 101 (online, day and evening classes)
- Effective Contract Administration-Building your Contract Terms to Get Performance Onsite (online)
- Gold Seal 2-Day Supervisor (online)
- 2015 WHMIS (online)
- Confined Spaces (online)
- Ethics (online)
- Working at Heights • Elevated Work Platform • Forklift • Joint Health & Safety • First Aid / CPR (in class as per emergency orders limits)
- HOW TO SERIES - Exclusive to NCA Members
- BuildForce Management Training (online)
- BuildForce Safety Training (online)

Upcoming NCA Training Courses (membership discounts)

- ◆ Live Webinars
 - ◆ Online
 - ◆ In-class

Summer Training Recap:
[click here](#)

Safety courses created to enhance health and safety awareness and help prevent injuries to workers, e.g. Confined Space Safety Awareness, Pipeline Construction Safety Training and more - safety and management



courses. Click [HERE](#) for available courses.

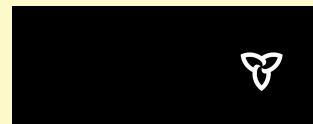
Online H&S Training



FREE AODA training modules

These cover the requirements for providing employment in ways that are accessible to people with disabilities. Watch it, read it, hear it or present it. [Click Here](#)

FREE Worker Health and Safety Awareness in 4 Steps



The Occupational health and safety awareness training provides a basic understanding of the Occupational Health and Safety Act (OHSA), and does not replace any sector specific, hazard specific, or competency specific training.

For FREE workbook and online learning module, CLICK [HERE](#)

FREE Supervisor Health and Safety Awareness in 5 Steps



The Occupational health and safety awareness training provides a basic understanding of the Occupational Health and Safety Act (OHSA), and does not replace any sector specific, hazard specific, or competency specific training.

For FREE workbook and online learning module, CLICK [HERE](#)

What can an effective Respectful and Inclusive Workplace Program deliver?

- **Become an employer of choice** - attract, retain, and advance top talent from all sources of labour
- **Unlock collaboration and innovation** - create high-performing teams through diversity of thought and experience
- **Build your brand** - your organization will gain a competitive edge as a leader and innovator



Your blueprint for success!

The BuildForce Canada Respectful Workplace Online Assessment Tool

RELEASE DATE - NOV. 7, 2018

The Respectful Workplace Assessment Tool allows organization leadership to assess their progress toward a Respectful and Inclusive Workplace and benchmark their progress confidentially against other construction organizations.

The BuildForce Canada Online Respectful and Inclusive Workplace Toolkit -

See what you can you do to ensure that leaders/managers and supervisors are knowledgeable (and continue to learn) about respectful and inclusive workplaces. Check out the latest blog: [Click Here](#)

Also now available:

- Confined Space Safety Awareness
- Pipeline Construction Safety Training

Contact our Office for [DETAILS](#) and to register: 905-682-6661



What's New -
JUNE ISSUE

Ministry of Labour,
Training & Skilled
Trades
NEWSROOM

Stay up to date
with the latest
industry safety
news and training
by clicking [here](#).

***Occupational
Health and Safety
Links and QR
codes -
[Click Here](#)**

Check out this
valuable resource
by clicking [here](#).

Check out this
valuable resource
by clicking [here](#).

Click [Here](#) for
WSIB Newsletter

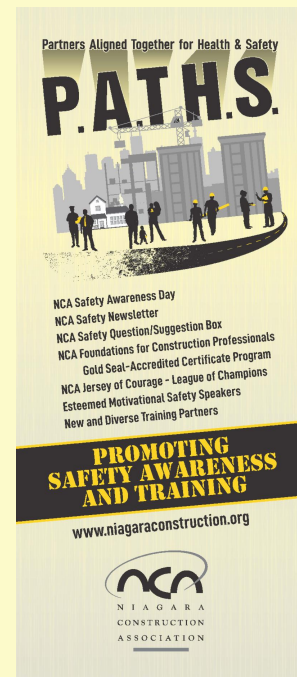
And subscribe to
their [newsletter!](#)

Compare health
and safety
statistics for
businesses across
the province [here](#).



NCA P.A.T.H.S. PARTNERS ALIGNED TOGETHER FOR HEALTH AND SAFETY

NCA has made safety awareness a primary initiative for our Association. We have recently launched our PATHS initiative, Partners Aligned Together for Health and Safety, formally making a stronger commitment to safety awareness and training.



[Visit the NCA website](#)