



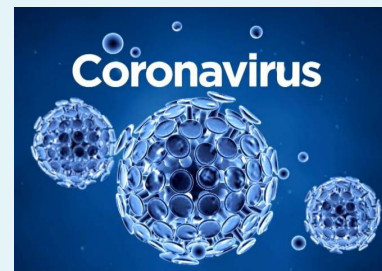
May 2020

"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!

COVID-19 UPDATE TO MEMBERSHIP

The Niagara Construction Association (NCA) is monitoring the COVID-19 situation closely and is ensuring that our members have up-to-date information by communicating through e-blast, social media posts, and our COVID-19 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 \(CCA\) COVID-19 Resources](#)
- [Government of Ontario: construction resources, best practices and information during COVID-19](#)
- [Council of Ontario Construction Associations \(COCA\) COVID-19 Resources](#)
- [Ontario General Contractors' Association \(OGCA\) COVID-19 Resources](#)
- [IHSA COVID-19 Resources](#)
- [WSIB COVID-19 Resources](#)
- [Niagara Region Public Health COVID-19 Resources](#)



Ontario releases more than 60 additional technical sector guidance documents to further support employers and employees during the COVID-19 outbreak



Newsroom

In partnership with the IHSA, PSHSA, WSN and WSPS the Ministry of Labour, Training and Skills Development has released a series of more than 60 technical sector guidance documents to further support employers and employees in remaining safe in the workplace during the COVID-19 outbreak. Click [HERE](#) for the full media release and details.

Ontario Providing Safety Guidelines to Additional Workplaces / Sectors

On April 30th the Ontario Government released additional safety guidelines to provide direction to those working in manufacturing, food manufacturing and processing, restaurant and food service, and the agricultural sector. These measures build on more than 60 guidelines developed by Ontario's health and safety associations in response to COVID-19 for various sectors such as retail, health care, construction, transportation, police services, firefighters, and transit employees.

Additionally, 58 new inspectors will join the hundreds of existing provincial labour inspectors on the ground. The inspectors, which include workers from the Technical Standards and Safety Authority (TSSA) and the Ontario College of Trades (OCOT), will be tasked with communicating COVID-19 safety guidelines to essential workplaces or enforcing emergency measures, including physical distancing and the closure of non-essential businesses.

Click [HERE](#) for the full media release.

The Province's "Construction site health and safety during COVID-19" can be viewed [HERE](#).



Ontario 

what's **new**

Ministry of Labour,
Training and Skills Development

Special COVID-19 Edition

This is a special edition of the What's New e-newsletter released in late April, mainly devoted to workplace issues related to the COVID-19 outbreak to help keep you safe and informed.



Free COVID-19 H&S Webinar for Construction Sector “Supporting Employees Mental Health during COVID-19”

On Monday, May 4th at 3:00 PM - 4:15 PM,
presented by the League of Champions
via Zoom Meeting



This is a difficult time for both businesses and their employees so it's helpful to take some time to focus on mental health and effectively supporting our employees.

Presenters:

- Dr. Katy Kamkar Ph.D. presents “Employees Mental Health Reaction to COVID-19”:
Dr. Kamkar a Clinical Psychologist in the Psychological Trauma Program/Work, Stress and Health Program/Mental Health Program at the CAMH. Dr. Kamkar will focus on normal reactions, emotions and thoughts during COVID-19 and will discuss individualized self-care strategies for healthy and proactive coping including self-comparison, and supporting employees.
- Julian Toy presents “Fit for Duty/ Mental Health Strategies During a Pandemic” :
Julian Toy is a Substance Abuse Professional and Human Services Counselor. Julian’s article on his strategies for COVID 19 - Mental Health / Substance Abuse and the ICI Construction Industry is [HERE](#).

For details and to register (before noon May 4th) click [HERE](#).



LOC Webinar Video - Sharing Best Practices COVID19

- April 23, 2020

Featuring:

- Dan Fleming (NORCAT – GTA) (Moderator)
- Michael Mancini (Matheson Constructors), Self-Assessment Survey – Pre-Screening
- Bruno Alves (Stuart Olson), Applying Physical Distancing Protocols
- Corey Lofft (Pomerleau), Working with Your Subs – Committed Contractor
- Craig Sparks (Maple Reinders), Thermal Screening Procedure and Facial Fabric Coverings
- Sobi Rangunathan (4S Consulting), E-learning Module on Construction Protocol

** click the picture below to link to the video **



CCA Video: Navigating COVID-19: Construction worksite protocols for health & safety



Canadian
Construction
Association

Click [HERE](#) for April 23rd webinar video

Click [HERE](#) for CCA's COVID-19 - Standardized Protocols for All Canadian Construction Sites, April 16th document



Briefs and Presentations from Sherrard Kuzz LLP and Kennaley Law LLP

[Employment, Labour and other Workplace Issues](#) - April 7

[Health and Safety, Labour and Employment Issues](#) - March 31

[Health and Safety, Labour and Employment Issues](#) - March 26

These free construction industry webinars are currently being offered every Tuesday from 9AM-10AM. Click [HERE](#) to register and for all past webinar presentations.

The above are not legal documents and all employers are advised to seek legal advice as part of their overall due diligence process.



Nine Suggestions to Help Navigate Work Refusals

One of the consequences of working in an essential industry during a time of pandemic is a heightened awareness of risk. It's only human to be concerned for yourself and for others. Could my customer or my co-worker be an asymptomatic transmitter? Am I putting my family at risk?

Employers have an obligation under the Occupational Health and Safety Act to take reasonable care to maintain a safe and healthy workplace at all times, including during a pandemic. At the same time, workers have the right to refuse work if they believe it is likely to endanger themselves or other workers. This right is a pillar of our prevention system.

Click [HERE](#) for full article.



Keeping the Body Healthy and the Mind Calm

Jane Snyder will be sending some advice to our community at no cost/benefit for the next few weeks to try to keep you healthy and reduce stress. If anyone wishes to call her, you can see her number in the [attached article](#). Jane does wellness/nutrition for her company (Snyder Construction) for many years now. She has a diploma and a Masters in Nutrition Education, and have had her own practice for over 12 years, part time. Retired from private practice, she now volunteers her services.



Courtesy of the OGCA News



Working from home? 6 tips for setting up your workstation

Many of us have recently received the direction to work from home. In some cases, the news was a simple “grab and go” situation, grabbing your laptop and heading home. Some people may be lucky enough to have equipment that can help with a temporary home office set-up, such as a mouse, external keyboard, or monitor. Either way, how can we get comfortable using everyday household objects and basic ergonomic principles? Although the couch may be tempting, try these recommendations instead to set up your temporary home workspace: Click [HERE](#) for full article

Courtesy of WSPS



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



Construction Safety Week Postponed

This year's annual May **Construction Safety Week** has been postponed to this Fall.



Protecting and promoting mental health during COVID-19



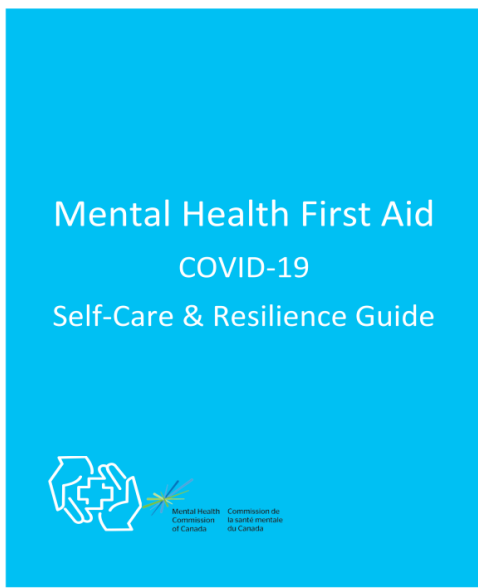
As businesses and individuals navigate the current COVID-19 situation, many people in our community are experiencing increased anxiety, stress and isolation. Now, more than ever, it is important to ensure that you are taking steps to promote and protect your own mental health, as well as the mental health of your workforce. Below are some valuable mental health tools and resources to utilize during this time of uncertainty.

Webinars and videos:

- Free webinars from [Morneau Shepell](#)
- Free webinar series from [Mental Health Works](#)
- Free video series around Mental Health and COVID-19, available from [Conference Board of Canada](#)

Resources

- [Responding to an employee with anxiety](#)
- [Tips to support mental health during COVID-19](#)
- [Tips for stress and coping during COVID-19](#)



Mental Health First Aid COVID-19 Self-Care & Resilience Guide



Treasury Board of Canada / Secrétariat du Conseil du Trésor du Canada

Canada

Centre of Expertise on **MENTAL HEALTH** in the Workplace
Également disponible en français

COVID-19 and Mental Health @ Work
Mental Health Tips for Working from Home

Maintain social connection for mental health... from a distance.

Meaningful social connections help protect our mental health. But how do you maintain social connection at a time when public health authorities call for "social distancing" to stop the spread of illness? This fact sheet offers tips to help address isolation and loneliness some employees may experience while working from home.

Set a schedule
We are creatures of habit. Routine helps us physically and mentally prepare for our day. When working from home:

- **Get ready for work.** Shower. Get dressed. Eat breakfast. Keep the same routine as when heading into the office.
- **"Commute" to work.** If possible, have a dedicated workspace that minimizes distractions and helps reduce the blurring of lines between your work and home life.
- **Schedule your time.** Set regular working hours, including breaks and self-care practices between different tasks. Check in regularly with your manager and colleagues.
- **Respect your limits.** Resist the temptation to keep working beyond your established work hours. Know, respect and share your limits with those around you to avoid burnout.

Make time for self-care
Practising self-care isn't selfish. It is essential to maintaining positive mental health. Back to basics works best:

- **Get sufficient sleep.** Aim for 7.5 to 9 hours of sleep. Maintain proper sleep hygiene for the rest you need.
- **Eat healthy.** Ensure proper, balanced nutrition throughout your work day. Stay hydrated.
- **Exercise regularly.** Your gym may be closed, but the outdoors are not. Get outside for a daily 20-30 minute walk.

Learn more
Watch Ottawa Public Health's have THAT talk video on [Building Social Connections](#) to learn more about the importance of meaningful social connections for better mental health.

Stay connected
Physically distancing ourselves can make us feel disconnected. To help maintain social connection:

- **Call / text a "work buddy."** Pair up with a peer to whom you can relate, sharing successes and challenges.
- **Take a virtual coffee break.** Skype, Facetime, etc., hearing friendly voices and maintaining social connection.
- **"Meet" by the water cooler.** Set up a channel on a social networks for impromptu, informal workplace conversations.
- **Help colleagues with disabilities.** Offer assistance such as taking notes during virtual meetings or writing a descriptive text to relay information on images.

Being connected helps you... Reduce Stress

Tools and tips. Visit [Canada.ca/GCMentalHealth](#) and follow [@CCMHV_CCMH11](#) for resources, services and supports.

In distress? Contact your Employee Assistance Program, or call 9-1-1 if in crisis.

[www.Canada.ca/GCMentalHealth](#) [Intranet.Canada.ca/GCMentalHealth](#) [GC.MentalHealth@fbs.sct.gc.ca](#)



Free Online First Aid Awareness Course from St. John Ambulance



Until May 31, 2020, St. John Ambulance Ontario is pleased to provide the online course entitled **First Aid Awareness**, offered free of charge (valued at \$14.95). An innovative, web-based delivery method for First Aid, Cardio-Pulmonary Resuscitation (CPR) and Automated External Defibrillator (AED) theory and evaluation to refresh participants with the knowledge to confidently handle basic emergency situations until medical help arrives. This is not a certification or recertification course but may be used as a training aid to help refresh your First Aid knowledge if you have previously taken a First Aid certification course.



Filing WSIB COVID-19 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 \(PDF\)](#)

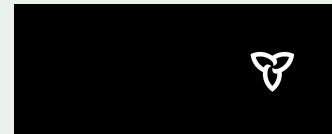
All industries (except construction): [Worker's Exposure Incident Form \(PDF\)](#) or [Employer's Exposure Incident Form \(PDF\)](#)

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

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



Transportation updates from the MTO



As part of the Ministry of Transportation's (MTO) efforts to stop the spread of COVID-19 and to help keep people safe, the ministry has extended the validity of the following driver, vehicle, and carrier products, that expired on or after March 1, 2020:

- Ontario commercial drivers' licences
- International Registration Plan (IRP) Cab Cards
- Ontario licence plate validation stickers
- Online purchase receipts of validation stickers
- Ontario Commercial Vehicle Operator Registration (CVOR) certificates
- Annual and semi-annual inspections.

The United States Federal Motor Carrier Safety Administration (FMCSA) has granted recognition of expired commercial licences issued by Canadian provinces, including extension of the validity date of medical examinations, certification, and/or validity of the corresponding commercial driver's licences. This information is valid until June 1, 2020.

For any questions regarding the extension of these products, please call 416-235-4376. The complete list of Ontario driver, vehicle, and carrier products impacted by this extension can be found on the [Ontario Government website](#).

To support truck drivers who are working hard to deliver food, equipment, and other essential supplies to Ontario families during the COVID-19 outbreak, Ontario is providing more safe places to stop and rest across the province. These rest areas, along with [truck-friendly restaurants](#), can now be easily found on [Ontario 511's interactive map](#) and [text reports](#).



COVID-19: Worker and Employer Duty to Report

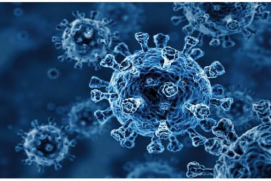
This fast fact provides the basic information that you need to know about Worker and Employer illness reporting

duties.

** Click graphic to download **

COVID-19: WORKER AND EMPLOYER DUTY TO REPORT

To help control the spread of COVID-19, and to ensure an appropriate response, Workers and Employers need to understand their duty to report and who to contact for further guidance.
This fast fact provides the basic information that you need to know about Worker and Employer illness reporting duties.



SYMPTOMS

According to Health Canada, symptoms can appear in as little as a few days or as long as 14 days after being exposed to someone with the disease. [COVID-19 can cause a range of symptoms](#) including fever, cough, sore throat and shortness of breath.

IF YOU HAVE SYMPTOMS

If you have COVID-19 symptoms or you have been in close to someone who has:

- Immediately self-isolate
- Complete the [online self-assessment](#)
- Or Call 811, Telehealth: 1-866-797-0000, your local Public Health unit, your primary care provider (family physician)

WHEN A WORKER BECOMES SICK AT WORK

WHAT WORKERS SHOULD DO

Workers who are symptomatic at work should:

- Inform their manager/supervisor and if applicable, Employee Health/Occupational Health
- Immediately self-isolate
- Contact Telehealth, local Public Health or primary care provider and follow advice

Workers should raise any concerns to their

- Manager or Supervisor
- Joint Health and Safety Committee (JHSC), or
- Health and Safety Representative

WHAT EMPLOYERS SHOULD DO

Employers must **report within 4 days** of becoming aware that a worker may have contracted COVID-19 at work to:

- The Ministry of Labour, Training and Skills Development
- The JHSC/HSR and
- A trade union (if applicable)

Determine the need to inform other employees while respecting the workers privacy in consultant with Occupational Health and Public Health



Safety at Home

Studies have found that more accidents happen in the home than anywhere else. Just like at work, at-home incidents are caused by improper practices and lack of precautions and protection. That's why safe practices at home are just as important as safety on the job. Click [HERE](#) for full article.



Courtesy of the IHSA 2-minute News



Falls Awareness Week

During the first week of May, the Ministry asks workplaces to participate in Ontario's annual Falls Awareness Week (FAW). FAW aims to bring awareness to the falls hazards that exist in every workplace, through workplace discussion and

participation.

How to hold a successful falls safety talk:

1. Plan ahead. If possible, you may want to designate a coordinator to organize your safety talk. Think about asking owners, managers, subcontractors, supervisors or others associated with your project or workplace to participate.
2. Review your fall prevention program. Think about what types of falls could happen at your workplace, what needs improvement, and what training and equipment you have provided to your employees. Is there room for improvement?

Click [HERE](#) for full article from the Ministry of Ontario Ministry of Labour, Training and Skills Development

and [HERE](#) or the graphic for the Ministry's *Fall Hazards in Construction & Inspectors' Enforcement Tools* video

H&S Training at the NCA

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



New Training Registration Procedure at the NCA

Are you looking for training schedules or registration for the following courses:

- **Working at Heights - Full Course or Refresher**
- **Elevated Work Platform - EWP**
- **Joint Health and Safety Certification Refresher Training**
- **Joint Health and Safety Certification Part 1 & 2**
- **First Aid/CPR**

Please see the important message regarding training registration procedures on the above courses, click [HERE](#)



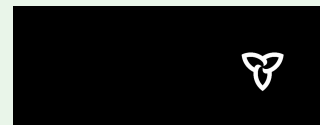
Online H&S Training



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](#)

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.

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



RESPECTFUL WORKPLACES

BuildForce CANADA

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

Helpful Information



What's New - [COVID-19 SPECIAL 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](#).

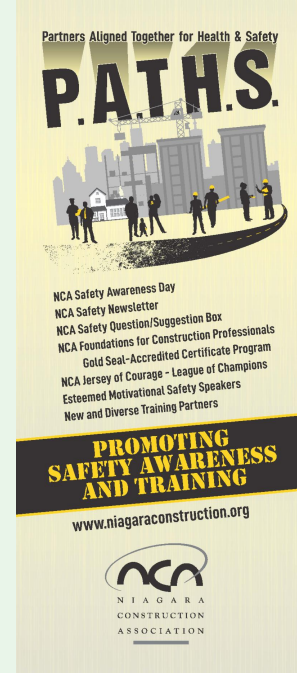


NCA P.A.T.H.S.

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](http://www.niagaraconstruction.org)