



## December 2019

"NCA 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!



### ICYMI: WSIB Rate Framework Effective January 1, 2020



Effective January 1, 2020, the new WSIB model will change the way businesses are classified, boosting fairness and increasing transparency in how premium rates are set and adjusted.

**"Most Ontario general contractors will experience another decrease in their WSIB premiums again next year.**

**Over a three year period, the premium for general contractors will be cut by just over 50%, saving our (OGCA) members hundreds of millions of dollars."**

What to expect and key features/details from WSIB click [HERE](#)

For more info: [rateframework@wsib.on.ca](mailto:rateframework@wsib.on.ca)



### SNOW ROOF GUARDS

*The idea is to evacuate the snow in a predictable and controlled fashion, as opposed*

- protection from overhead objects
- a roof is often a workplace

*to a sudden release*  
*Zack Schipper, Merit Contractors*  
*Niagara Ltd.*



Snow guard products help prevent damage from avalanching snow and ice while remaining practically invisible. Snow guards are a practical, cost-effective addition to any sloped metal roof in winter climates. A snow guard system mitigates the risk of sudden and unexpected release of snow from the roof, which can lead to damaged roof panels, gutters, light fixtures, walls and foundations, protection of lower roofs or worse, severe injury to people. The idea is to evacuate the snow in a predictable and controlled fashion, as opposed to a sudden release.



## HEALTHY WORKERS IN HEALTHY WORKPLACES QR CODES







Info links on MSD's and occupational illnesses, from MSD Prevention, MOL, IHSA and Institute for Work & Health.

Click the graphic to enlarge and/or download.



### OCCUPATIONAL HEALTH AND SAFETY LINKS AND QR CODES – HEALTHY WORKERS IN HEALTHY WORKPLACES (MSD'S & OCC. HEALTH)

The following information was developed by the Niagara Regional Labour Management Health & Safety Committee with the intent of providing information on Occupational Health and Safety. The links and QR Codes can be opened or shared by most mobile devices. It is important to note that this document is for information purposes only and does not constitute or intend to constitute, legal advice or service.

DESCRIPTION	INFORMATION – LINKS AND QR CODES
<b>Healthy workers in healthy workplaces:</b>  <b>MSD's</b> Musculoskeletal disorders (MSDs) are the top lost time injury at work reported to the Workplace Safety and Insurance Board (WSIB). Left unaddressed, MSDs threaten both worker health and safety and the province's economic performance. Preventing MSDs can help workplaces to reduce costs, boost productivity, improve product and service quality and stimulate innovation.	<b>MSD Prevention Guideline for Ontario</b> <a href="https://www.msdpreservation.com/">https://www.msdpreservation.com/</a> 
<b>Occupational illness:</b> Everyone has the right to return home healthy at the end of each day. In the same way that we need protection from hazards such as falls, we need protection from work-related illnesses such as lung cancer. These illnesses range from acute to fatal. In some cases, symptoms can be reduced or reversed. But too often they become something people have to live with for the rest of their lives. They are all preventable.	<b>Ministry of Labour Occupational Health Hazards and Illnesses</b> <a href="https://www.labour.gov.on.ca/english/hs/topics/health_hazards.php">https://www.labour.gov.on.ca/english/hs/topics/health_hazards.php</a> 
	<b>Ministry of Labour Construction sector compliance plan</b> <a href="https://www.ontario.ca/page/construction-sector-compliance-plan-2019-2020#section-3">https://www.ontario.ca/page/construction-sector-compliance-plan-2019-2020#section-3</a> 
	<b>IHSA MSD Webpage</b> <a href="https://www.ihsa.ca/topics_hazards/msds.aspx">https://www.ihsa.ca/topics_hazards/msds.aspx</a> 
	<b>IHSA Occupational Health Webpage</b> <a href="http://www.ihsa.ca/Occupational_Health.aspx">http://www.ihsa.ca/Occupational_Health.aspx</a> 
	<b>Institute for Work and Health – MSD Prevention Series</b> Part 1, MSD Prevention Guideline for Ontario Part 2, Resource Manual for the MSD Prevention Guideline Part 3, the MSD Prevention Toolbox <a href="https://www.iwh.on.ca/tools-and-guides/msd-prevention-series">https://www.iwh.on.ca/tools-and-guides/msd-prevention-series</a> 

A publication of the Niagara Labour-Management Health and Safety Committee in partnership with the Infrastructure Health & Safety Association

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## GREAT GIFT IDEA! EMERGENCY ROADSIDE VEHICLE KIT

Whether for yourself or a loved one, nothing says, "I care about you!" like a gift that could save a life. Don't forget to add your own water and nutrient-dense snacks.



Or make your own and keep in a box or knapsack; include items like: jumper cables, flares, motor oil, coolant, first-aid kit, blanket, flashlight and extra batteries, basic tool kit (screwdrivers, pliers, adjustable wrench, pocket knife), tire inflator and sealant, tire pressure gauge, paper towels, washer fluid, ice scraper, marker & paper, granola or energy bars, water



## NEW AMENDMENT TO USE OF TOBACCO, CANNABIS & VAPING IN OUTDOOR PUBLIC SPACES

"Smoking and vaping within nine metres of an entrance or exit of a publicly accessible place, building, or workplace are now prohibited under these new changes."

As a business owner, the Niagara Region asks that you consider the following:

- ☑ Ensure that employees are aware that smoking and vaping are prohibited within nine metres of any entrance or exit.
- ☑ Remove ashtrays and any object that serves as one from the entrance or exit of the workplace.
- ☑ Post No Smoking/No Vaping signs at all entrances, exits, and other appropriate locations in order to ensure that everyone knows that smoking and vaping are prohibited.
- ☑ Ensure a person who does not comply with the prohibition on smoking and vaping does not remain at the entrance or exit of your workplace.

Questions: Tobacco Hotline at 905-688-8248 or 1-888-505-6074, ext. 7393 or [www.niagararegion.ca/health](http://www.niagararegion.ca/health).

- To order free signage for your Niagara-based workplace click [HERE](#).

- To view letter from Niagara Region Public Health click [HERE](#).



**IT'S EASY TO GET DISTRACTED  
WHEN YOU ARE COOKING!**



**Cooking** is the leading cause of fires during the holidays.

This holiday season, **always stay in the kitchen** while cooking.

If you must leave, **turn off the stove.**

**St. Catharines Fire Services**  
[www.stcatharines.ca/SafeAtHome](http://www.stcatharines.ca/SafeAtHome)

**Office of the Fire Marshal and  
Emergency Management**  
[ontario.ca/firemarshal](http://ontario.ca/firemarshal)



## Ontario's top 10 health & safety violations: learn how to avoid them

*"Not all workplaces have the skill set or trained personnel to know everything about health and safety,"* says Donna Beaudette of WSPS. She suggests workplaces review the list to identify opportunities for improvement and offers six ways to move forward.

Click [HERE](#) for full article



## Is fatigue causing impairment on your work-site?

*"Workers who had been awake for 17 hours presented with physical and cognitive impairment similar to having a blood alcohol content of 0.05 ( 0.05 or greater is considered impaired under the Highway Traffic Act)...While*



*we would never tolerate impairment by alcohol or drugs on site, impairment by fatigue often gets overlooked or downplayed."*

Click [HERE](#) for article from Construction Links Network



## FROSTBITE: Know the Signs...

...know what to do and when medical attention is required.

Source:  
St. John Ambulance, Niagara Branch

**FROSTBITE**  
Frostbite occurs when body tissues freeze after exposure to below-zero temperatures. Signs and symptoms include white, waxy looking skin that is firm to the touch and may feel numb. Skin may turn grayish-blue and lose feeling as the frostbite progresses and becomes more severe. Deep frostbite requires medical attention.

**St. John Ambulance**  
SAVING LIVES  
at work, home and play

- 1 Handle the frozen tissue gently to prevent further damage
- 2 Do not rub the frozen part, as tiny ice crystals form in the tissues. This may cause more damage
- 3 If the feet or legs are frozen, do not attempt to walk
- 4 Frostbitten tissues should be rewarmed gradually using body heat
- 5 **NEVER** rub snow on the affected area, as this may cause further freezing
- 6 Do not apply direct heat, as this could re-warm the area too quickly
- 7 If the frostbite looks severe (or you are unsure), seek medical attention immediately

Copyright 2015 Priority of Canada of the Most Venerable Order of the Hospital of St. John the Evangelist  
@sja\_canada /sjcanada



## IHSA 2-MINUTE NEWS



FEATURING:

- IHSA Safety Talk: Low-slope roofing – Hot asphalt
- Training spotlight: IHSA's Fleet DCP Signing Authority Program now available
- Product spotlight: W800 - Lockout and Learn
- IHSA provides helpful handbook to those new to COR™
- New WSIB safety program aligns with IHSA's COR™
- New brochure provides useful information to homeowners

Click [HERE](#) for 2-Minute News



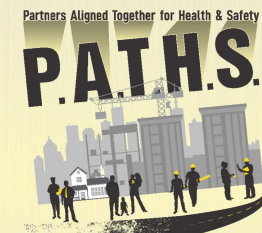
## JANUARY ISSUE: SPOTLIGHT on Substance Use in the Workplace /on the Worksite



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.




Partners Aligned Together for Health & Safety  
**P.A.T.H.S.**

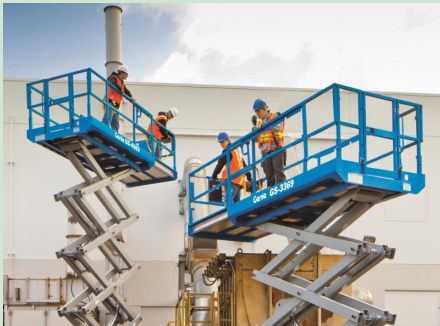
- NCA Safety Awareness Day
- NCA Safety Newsletter
- NCA Safety Question/Suggestion Box
- NCA Foundations for Construction Professionals
- Gold Seal-Accredited Certificate Program
- NCA Jersey of Courage - League of Champions
- Esteemed Motivational Safety Speakers
- New and Diverse Training Partners

**PROMOTING SAFETY AWARENESS AND TRAINING**

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



## Training at the NCA



Elevating Work Platform (Scissor & Articulating ) Training  
Details [here](#)



Forklift Training  
Details [here](#)

# GO GOLD

Gain a Competitive Edge in the Industry. Showcase Your Potential.

Get **Gold Seal** Certified

Take a moment to read some amazing Gold Seal success stories [here](#).

Visit [Gold Seal site](#) for more information.



CANADIAN CONSTRUCTION ASSOCIATION  
CANADIENNE DE LA CONSTRUCTION

# Upcoming NCA Educational

<b>DEC 9/16</b> WSIB "NEW" Health & Safety Program info Sessions	<b>DEC 12/13</b> Standard Two-Day First Aid and CPR	<b>DEC 20</b> Forklift Training Course
<b>DEC 30</b> Elevated Work Platform (Scissor & Articulating) Training Course	<b>ONLINE TRAINING</b> 	<b>JAN 13</b> Prompt Payment & the Mechanics of Construction Adjudication
<b>JAN 29</b> Microsoft Excel Mastery Training Course	<b>CALL US OR VISIT</b> OUR WEBSITE FOR: JHSC & WORKING AT HEIGHTS (Full & Refresher) SCHEDULE	<b>FEB 11</b> Overview of the COR Program Breakfast Session

**UPCOMING**  
training courses

www.niagaraconstruction.org  
905-682-6661



# & Training Courses

Training Recap: [click here](#)

Check out our online training courses  
[Click Here!](#)

Sign up today!



Working at Heights Training Schedule Full 8-4 and Refresher from 12-4 Course dates:  
More information [Click Here.](#)



Joint Health & Safety Committee  
Part 1 & Part 2 - Winter [Dates](#)  
Call for information 905-682-6661



## Health and Safety Community

What an incredible amount of safety information, tips, guidelines and training we have...at our fingertips...SEE BELOW



What's New -  
**NOVEMBER 2019**



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

\*Occupational



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



## Helpful Information:

### 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](#)



#### 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 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



Visit the NCA website