

February is Heart Month

February 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!

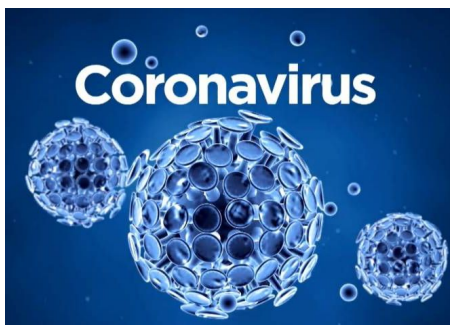
FEBRUARY IS HEART MONTH

And is a great time to ensure your CPR training is up-to-date. And to take a look at lifestyle and habits to ensure that you're doing what you can to reduce heart disease.

On the importance of CPR training (click video pic):



CORONAVIRUS - WHAT EMPLOYERS SHOULD KNOW



With news of the Wuhan Novel Coronavirus ("Coronavirus") making headlines internationally and positive cases now in Ontario, risk of potential exposure may cause concern for employees and employers.

In this environment of heightened awareness, an employer must balance its legal obligation to take every reasonable precaution to protect the health and safety of employees against its obligation to provide a workplace free of harassment and discrimination.

[CLICK HERE](#) for full article
Courtesy of Sherrard Kuzz LLP



ICYMI: WSIB "NEW" HEALTH AND SAFETY EXCELLENCE PROGRAM

*IMPROVE HEALTH & SAFETY,
EARN REBATES & REWARDS*

*** FREE INFO SESSIONS ***



The WSIB has a NEW Health and Safety incentive program for employers in the province of Ontario. **The Health and Safety Excellence program** is designed to create a safer workplace and save money.

The new program provides a roadmap for businesses to improve workplace safety, whether they are just getting started or want to optimize what they already have in place.

Businesses that are successful in the program will earn \$\$\$\$ Rebates and other non-financial recognition for their investment in health and safety.

Registration for the new program is now open for the 2020 program year.

We will be holding free, 1-hour information sessions on:

Thursday, March 19th at 4:00 pm

Thursday, April 16th at 3:30 pm

Contact to register/info: office@niagaraconstruction.org



How to Perform CPR ON AN ADULT

Do a primary survey first!
Make sure the scene is hazard-free before entering.
If it is safe, check the casualty's airway, breathing and circulation.

DIAL 911
AND BEGIN CARDIOPULMONARY RESUSCITATION (CPR)
Alternate between two rescue breaths and 30 chest compressions until the casualty regains consciousness or paramedics arrive.

RESCUE BREATH

- If the casualty is not breathing, roll them onto his or her back.
- Kneel beside the casualty's chest.
- Tilt the head backwards to open the airway by placing one hand on the casualty's forehead and the other under his or her chin.
- Pinch the casualty's nostrils shut, and breathe into his or her mouth twice until the chest rises. The casualty's chest should rise and fall as you deliver breaths.

CHEST COMPRESSION

- Place your dominant hand over the other hand, palms down. Intertwine the fingers of your dominant hand with the ones on your other hand.
- With your hands in this position, place the heel of your palm in the centre of the casualty's chest. This is normally a line between the armpits. Ensure hands are in the center of the ribcage.
- Lock your elbows and use all of your strength and bodyweight to sharply compress the casualty's chest by at least two inches. Then, release the pressure. A single compression should take 1 second.
- Continue CPR until rescue arrives, or there are signs of life.

To learn CPR, sign up for a CPR & Emergency First Aid training course over the phone, at your local St. John Ambulance branch or at sja.ca

How to Perform CPR on an Adult

Set yourself a reminder to review this every month!

(Note: this pertains to an adult; please review your First Aid/CPR notes for CPR for infants/children.)

Click the infogram to view or download
Courtesy of St. John Ambulance



Rick Factors for a Heart Attack

There are many risk factors of heart disease that you should consider to fully understand your chances of developing heart disease. Check out the infographic to assess your risk, and change your everyday routine accordingly to live the most heart-healthy lifestyle possible. We encourage you to share it with your friends and family on social media.

Click the infogram to view or download
Courtesy of St. John Ambulance

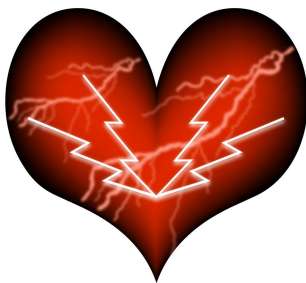
Risk Factors for a HEART ATTACK

There are two types of risk factors for cardiovascular issues: CONTROLLABLE and UNCONTROLLABLE. Focus on managing the controllable risk factors, especially if you identify with many of the uncontrollable ones.

UNCONTROLLABLE	CONTROLLABLE
A family history of heart disease	Diet
Medical conditions like diabetes	High blood cholesterol
Your individual ethnic heritage	High blood pressure
Gender	Physical inactivity
Increasing age	Obesity
	Stress
	Alcohol consumption
	Tobacco use/exposure

For more information about first aid, visit sja.ca

HOW TO SURVIVE A HEART ATTACK WHEN ALONE



Having a heart attack alone is not much fun (mind you, having an attack of any type is never fun). But if you do, here are some solutions...

[CLICK HERE](#) for full article
Courtesy of Jack McKier


ESSENTIAL H&S INFO FOR YOUR SMALL CONSTRUCTION BUSINESS: The HOW TO Series


This is it! 3-hour sessions covering the must-know How To's for your small to medium-sized construction business - to keep you in compliance and reduce fines/charges, covering:

- WSIB paperwork
- Inspections
- the MOL / reports
- Daily Hazard Analysis
- Task Analysis
- Risk Assessment/Registry


For details or to register: [CLICK HERE](#)

Introducing
the new
"HOW TO"
Series!
3 hour sessions,
exclusive to NCA






Q: Why do members need it?
A: Compliance/Due Diligence



Q: What are the members saying about the trainer?
A: "I enjoyed the way Ella presented everything. Easy to learn and understand."



Q: How can it save members money?
A: Reduced Fines/Charges

1) FILL OUT A FORM 7 PROPERLY AND OTHER WSIB PAPERWORK:

- Basics of this WSIB form
- Timelines to follow
- Completing a form

Date: Wednesday, February 5, 2020
Time: 8:30 - 11:30 am | Cost: \$125 +HST

2) UNDERSTAND MANDATORY POSTINGS:


- What the laws require
- Where to post
- Who posts what

Date: February 5, 2020
Time: 12:00 - 3:00 PM | Cost: \$125 +HST

3) DO AN INSPECTION:

- What to look for
- Includes forms
- When to do them - types

Date: Monday, February 10, 2020
Time: 8:30 - 11:30 am | Cost: \$125 +HST



WSIB RATE FRAMEWORK CHANGES QR CODES

The WSIB is changing the way they set premium rates for the 300,000 Ontario businesses covered by workplace injury and illness insurance.


The new model comes into effect January 1, 2020, changing the way businesses are classified, boosting fairness and increasing transparency in how premium rates are set and adjusted.

Click the graphic to enlarge and/or download.



OCCUPATIONAL HEALTH AND SAFETY LINKS AND QR CODES WSIB RATE FRAMEWORK CHANGES

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
Rate Framework: WSIB's New Model:	Information on the Rate Framework Changes and the WSIB "New Model" can be found by following the link below. Information includes:
The WSIB is changing the way they set premium rates for the 300,000 Ontario businesses covered by workplace injury and illness insurance.	The New Model Learn more about the features of the new model and what to expect in 2020.
The new model comes into effect January 1, 2020, changing the way businesses are classified, boosting fairness and increasing transparency in how premium rates are set and adjusted.	Understanding your 2020 premium rate Learn how 2020 premium rates are set under the new model and how the changes will affect your business.
What to expect in 2020?	Changes to our experience rating programs Learn more about why the MAP, NEER or CAD-7 experience rating programs are ending and what that means for you.
The new model will use a two-step approach to set and adjust premium rates for businesses.	Staying connected Sign up for educational webinars, a newsletter and receive updates about the new premium rate setting model.
Step one involves setting an average rate for each industry class based on their risk profile.	Frequently asked questions WSIB have compiled a list of the top questions businesses are asking about the new model.
Step two looks at how your individual claim history compares to the rest of the businesses in your class.	https://www.wsib.ca/en/businesses/premiums-and-payment/rate-framework
	

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

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ICYMI: WSIB Rate Framework Effective January 1, 2020

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



and adjusted.

Transition to the Rate Framework Operational Policy Manual click [HERE](#)

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

For more info: rateframework@wsib.on.ca



IHSA 2-MINUTE NEWS



FEATURING:

- IHSA Safety Talk: Electrical safety
- Training spotlight: Two new courses for suspended access work
- **Health and Safety Advisory: Asbestos in Elevator Components (W158)**
- **Musculoskeletal Hazards and Controls: Painters and Decorators (W332)**

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



Partners in Prevention 2020 Health & Safety Conference & Trade Show

April 28 - April 29, 2020 | International Centre,
Mississauga, ON

CLICK [HERE](#) for more info



COR Open House and OGCA Leadership Conference Friday, March 6



At the Verdi Convention Centre 3550 Derry Road East, Mississauga, ON L4T 3V7

Click [HERE](#) for brochure



Ontario Construction Company Sentenced \$125,000 fine & 18 Months Probation After Workplace Fatality



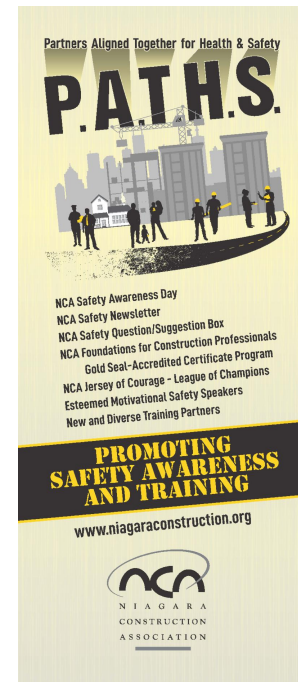
February 12, 2020:

Description of Offence: failing as employer to ensure measures and procedures prescribed...were carried out, contrary to...the Occupational Health and Safety Act. Click [HERE](#) for full report



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.



H&S Training at the NCA

ATTENTION MEMBERS: IMPORTANT MESSAGE REGARDING TRAINING REGISTRATION PROCEDURE for Working at Heights, First Aid, Joint Health & Safety, Elevated Work Platform and Forklift training

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**
- **Forklift**



We have simplified this procedure in our partnership with Langlois Safety Training and Consulting Services.



Here are the instructions to follow:

First time registrants need to register through the **Account** link for Langlois Safety, which can be found in the footer of our website

<https://langloissafety.com/> or users can use the link below:

<https://langloissafety.com/account/>



Users need to sign up (one time only), and then they will be prompted to activate their account by clicking the link automatically sent to their email.

Once they click that link, they will be redirected to the account dashboard page, where they will now see a link to the NCA Members Store -

<https://langloissafety.com/nca-members-store/>



They can now register for any course at the reduced NCA member price.

Credit card is the preferred payment method on their secure site. If a business does not want to pay via credit card, they must register over the phone (289-271-8623) and ask to be invoiced but they *must* mention they are an NCA member to qualify for reduced pricing. Once they have registered an account, they can purchase any course simply by logging in.



Please do not hesitate to contact us if you have any questions. Email or 905-682-6661



**INJURED WORKER?
SUCCESSFUL WSIB OUTCOMES FOR
CONSTRUCTION WORKPLACE INDUSTRY CLAIMS**



Wednesday, February 26, 2020
8:30 am - 4:30 pm
* 1 Gold Seal Credit *Lunch is provided
\$250 (+HST) Members/\$300 (+HST) Non-members

Injured Worker?

**Successful WSIB outcomes for
construction workplace
industry claims
February 26
Learn more [here](#)**

**Sign
Up
Today!**



FEB 18 Close Out of a Construction Project	FEB 20 FREE Gold Seal Info Webinar	FEB 25/26/27 Contracting Excellence Series
MAR 10 Fit For Duty	ONLINE TRAINING 	MAR 11 Successful WSIB Outcomes
MAR 19 FREE WSIB New H&S Excellence program overview	FOR: <ul style="list-style-type: none"> ▸ Working at Heights ▸ Elevated Work ▸ Platform, Forklift ▸ First Aid ▸ JHSC Visit: www.langloissafety.com (and receive your NCA membership discount)	MAR 23 Practical Guide to a Profitable Construction Company

UPCOMING training courses

www.niagaraconstruction.org
905-682-6661



Upcoming NCA Educational & Training Courses

Training Recap: [click here](#)

Check out our online training courses

[Click Here!](#)



Helpful Information



What's New - [FEBRUARY 2020](#)

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](#).



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](#)

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](#)

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](#)

<p>What can an effective Respectful and Inclusive Workplace Program deliver?</p> <ul style="list-style-type: none">• 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	 <p>RESPECTFUL WORKPLACES</p>  <p>BUILDFORCE CANADA</p>	<p>Your blueprint for success!</p> <p>The BuildForce Canada Respectful Workplace Online Assessment Tool</p> <p>RELEASE DATE - NOV. 7, 2018</p> <p>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.</p>
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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



[Visit the NCA website](#)