



Holiday Edition 2018



"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 [Karin Sheldrick](#) with your input and suggestions. We value your feedback!

Reminder: Working at Heights training - The Ministry wants to remind workplaces that those who took mandatory Working at Heights training in 2015 must take refresher training, as the training is valid for three years.

If the training has expired and a worker hasn't taken refresher training, they cannot work at heights. See our NCA training dates [here](#).

NCA SAFETY QUESTION BOX

Do you have questions or suggestions on safety and/or safety training? [Email](#) our Safety Committee for assistance.



Monthly Safety Tip
Are poinsettias

or any other holiday plants poisonous?



Contrary to a stubborn myth, poinsettias are not poisonous to humans; medical resources have found the poinsettia plant benign. Consuming a large amount of any plant can cause cramping and diarrhea, but no one has ever died or become seriously ill from eating poinsettias.

“There haven't been any deaths reported due to eating poinsettia leaves,” said Michael Wahl, MD, medical director of the Illinois Poison Center, in WebMD. In fact, a 1971 study tested the toxicity level of poinsettias on rats, and concluded that ingesting the plant had basically no effect, according to The Ohio State University College of Food, Agricultural, and Environmental Sciences. In fact, poinsettias are only mildly toxic to domesticated animals such as cats, dogs, birds, horses, and cows, at most resulting in drooling or vomiting.

Holly and pyracantha (also known as firethorn), both of which are frequently used in holiday decorations, are toxic.

The plant to really beware of this season is mistletoe; ingesting the stuff will cause severe stomach cramps and diarrhea and can even be fatal. If you decide to hang a sprig over your doorway, make sure it's secured well and that it won't be knocked to the floor where a pet or young child could happen upon it.



Additionally...allergies:

The milky sap that oozes from the branches (of poinsettia plants) can result in contact dermatitis in some people...be sure not to touch your eyes after touching the sap.

If you have a known allergy to latex, avocados, bananas, kiwis, or chestnuts, then there may be an increased risk of poinsettia allergy, according to the Mayo Clinic. People with these allergies may be at risk for mild eye or skin irritations from the plant.

Sources:

https://www.babycenter.com/404_are-poinsettias-or-any-other-holiday-plants-poisonous_10452.bc

<https://www.romper.com/p/is-poinsettia-safe-for-babies-the-answer-may-surprise-you-3904578>

<https://www.thespruce.com/facts-about-poinsettias-that-may-surprise-you-2132343>

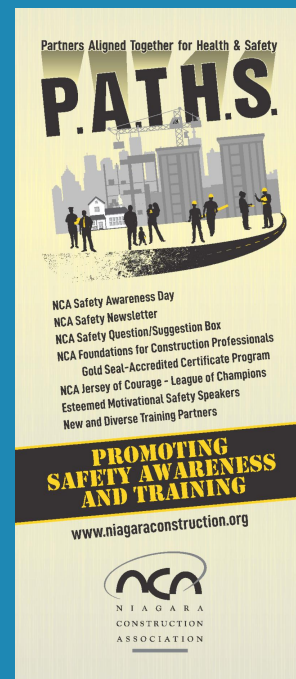
Additional information and holiday plants:

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3555592/>



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.



Training at the NCA

ALL NEW this year, the NCA Foundations for Construction Professionals Certificate, a

NCA FOUNDATIONS FOR CONSTRUCTION PROFESSIONALS CERTIFICATE

Earn the NCA Foundations for Construction Professionals Certificate by taking all seven training courses below:

- Impact of your Attitude on Employees
- Creating Successful Employee Engagement
- Injured Worker? Successful WSIB outcomes for Construction Workplace Injury Claims
- Handling Workplace Violence & Harassment in Construction
- Taking Care of the 'Bad Seeds' in Your Construction Business
- Mental Health & Your Construction Workplace
- So You're Managing in Construction Now - A Cause for Concern or Celebration?



Other Gold Seal Accredited Training Courses we offer in partnership with Safety Works Consulting Inc. include the following:
 Construction Industry Ethics Course
 Substance Use for the Construction Industry
 Two-Day Supervisor
 Injured Worker - Part Two
 Ask us about our WSIB Safety Group facilitated by Ellaline Davies of Safety Works Consulting Inc.

For more information & to register contact:
 905-682-6661 or office@niagaraconstruction.org



GO FOR GOLD

program offering seven Gold Seal accredited training courses instructed by Ellaline Davies of Safety Works Consulting Inc:

- Mental Health & Your Construction Workplace
- INJURED WORKER? Successful WSIB outcomes for Construction Workplace Injury Claims (TESTIMONIALS) (Jan 22)
- Taking Care of the 'Bad Seeds' in Your Construction Business
- Handling Workplace Violence & Harassment in Construction (Jan 31 & Feb 1)
- Impact of your Attitude on Employees
- So You're Managing in Construction Now - A Cause for Concern or Celebration?
- Creating Successful Employee Engagement

Take a moment to read some amazing Gold Seal success stories here. Visit Gold Seal site for more information.

NCA EDUCATIONAL & TRAINING COURSES

NEW SKILLS

TRAINING

Classroom Training Courses

NCA Foundations for Construction Professionals Certificate

ALL NEW this year, the NCA Foundations for Construction Professionals Certificate, a program offering seven Gold Seal accredited training courses instructed by Ellaline Davies of Safety Works Consulting Inc.

- Creating Successful Employee Engagement - Wednesday, October 3, 2018 9:30 am to 4:30 pm
- INJURED WORKER? Successful WSIB outcomes for Construction Workplace Injury Claims (TESTIMONIALS) - Thursday, October 4, 2018 9:30 am to 4:30 pm
- Taking Care of the 'Bad Seeds' in Your Construction Business - Thursday, November 1, 2018 9:30 am to 4:30 pm
- Handling Workplace Violence & Harassment in Construction - Thursday, November 8 & Friday November 9, 2018 9:30 am to 4:30 pm (2-day course)
- Mental Health & Your Construction Workplace - Monday, December 10 & Tuesday, December 11, 2018 9:30 am to 4:30 pm (2-day course)
- Impact of your Attitude on Employees (one day coming soon)
- So You're Managing in Construction Now - A Cause for Concern or Celebration? (one day coming soon)

Download a registration form and e-mail to karn@niagaraconstruction.org or by (905) 682-6661

Working at Heights

Course includes a CPD approved training provider and colour course manual for each registrant.

*Refresher course is for participants that have completed a full day WAH training and have a Chief Prevention Officer issued proof of completion card or a proof of completion card issued by the approved training provider as proof of completion before attending. Card must also be brought to session. Card must also be brought to session. Please visit <https://www.ontario.ca/law/regulation/130202> for complete

2019 NCA Educational & Training Course Schedule - Coming Soon!

Sign up today!

ATTENTION!

Substance Use Prevention in Your Construction Business
 Tuesday, October 16, 2018
 8:30 am to 4:30 pm

Are you ready for legislated controls in your workplace? It's time to get ready for the October 17th legislation.

What does this mean for your workplace? Join us in working through the legislation to see what you can and cannot do in your construction workplace.

Substance Use Prevention in Your Construction Business
 Tuesday, October 16, 2018
 8:30 am to 4:30 pm
 *1 Gold Seal Credit Level is provided
 \$20 (NCA Members) \$20 (NCA Non-Members)
 Instructors: Elaine Davies, President of Safety Works Consulting Inc.

We have been changing in our construction workplaces around medical marijuana and the ban on the recreational use of cannabis.

What can we do about this and other substances that are being consumed in our workplaces?

In this course we will talk about substances and what we can expect the outcome to be if we do nothing.

The course has a lecture format followed by small group participation and large group discussion.

WHO SHOULD ATTEND: Employers, Owners, Managers, Supervisors, Workers

WHAT YOU WILL LEARN:

- How to identify relevant substances in your workplace
- How to handle situations
- Changing a small program to support the workers
- How employees can protect themselves
- How to deal with the law

Pre-payment is needed for the registration. We require all business hour advice notice for cancellation. Download a registration form and e-mail to (905) 682-6661

Working at Heights

Working at Heights Training Schedule
Full 8-4 and Refresher from 12-4
Course Dates:

REGISTER NOW

Construction 101

Perfect For:

- Administrative staff
- Team coordinators
- New Employees
- Contractors

My Building, we understand the importance of a strong foundation. Your employees are the foundation of your business. Strengthen your building with Construction 101. It's your foundation on the basic levels of the construction industry.

CONSTRUCTION 101

Who: Tuesday, January 29 & Wednesday, January 30, 2019
 Location: NCA, 24 East Beaver Creek, St. Catharines, ON L2R 1C3
 Time: 8:30 am to 4:30 pm
 *2 Gold Seal Credits Level is provided
 Price: \$50.00 (NCA Members) \$50.00 (NCA Non-Members)
 Instructors: Derek A. Smith, Derek A. Smith, AIA - www.ontarioconstruction.ca

Construction is Canada's second largest private producing entity that accounts for almost percent of Canadian GDP. This course will outline the basics of construction including production, time and processes which focus on:

- Introduction to the Construction Industry
- Building Safety and Aspects of Contracts
- Types of Contracts
- Law, Standards and Procedures in Construction
- Risk Management in Construction
- Construction Project Management & Administration

This course aims to familiarize the participants of the Construction industry by showing the various stakeholders - owners, consultants, contractors, subcontractors, manufacturers, workers and service providers - to the industry. Participants will engage in learning activities that will enable them to appreciate project delivery from concept to closed.

This course is ideal for administrative staff or anyone who is new to the Construction Industry

Upon successful completion of this course participants will be able to:

- 1. Summarize the use of various parties within the construction industry
- 2. Compare types of contracts and how drivers related to the financial, commercial, institutional, and (NCA) sector construction process.

LEARNING Objectives



Health and Safety Community

Health and Safety Associations



Ontario
Ministry of Labour

Ontario Ministry of Labour (MOL)

Ministry of Labour What's New - [December 2018](#)

Small businesses, use this free toolkit for step-by-step instruction on how to help ensure your workplace is healthy and safe: [Click Here](#)



Infrastructure Health & Safety Association (IHSA)



IHSA is a leader in health and safety education - stay up to date with the latest industry safety news and training by clicking [here](#).

This 1-day program is designed to assist an organization's Certificate of Recognition (COR™) Internal Auditor in successfully planning, performing, summarizing, and submitting the COR™ Audit - [Click Here](#).

Document your safety talks with this #free downloadable [form](#).

A competent supervisor keeps a record of daily events on the job. Designed with safety in mind, IHSA's Supervisor Log Book contains safety talks, inspection checklists, a job safety analysis form, a due diligence checklist, and other helpful resources. Purchase your IHSA Supervisor from NCA today for \$22 + HST - [email](#).



Workplace Safety & Prevention Services (WSPS)

Workplace Safety & Prevention Services (WSPS) has come a long way since our inception in 2010, when the Industrial Accident Prevention Association, Ontario Service Safety

Alliance and Farm Safety Association merged to form Ontario's largest health and safety association. Today, we serve 167,000 member firms and 4.1 million workers in the province's manufacturing, agricultural and service sectors.

[25 holiday health & safety tips for work and home](#) - [Click Here](#)



Public Services Health & Safety Association (PSHSA)



Public Services Health & Safety Association (PSHSA) is pleased to announce the release of its 2018-21 Strategic Plan. "Safe Environments. Healthy Workers." provides a simple, impactful & dynamic roadmap that will guide the organization's work in advancing OHS over the next 3 years - [Click Here](#)

When you start a new job, there is usually a lot of excitement and a lot to learn. Health and Safety might not be top of mind for you, but it is important. Here are 4 simple safety steps to take for a new worker - [Click Here](#)

Check out resources and prevention strategies to manage psychological health & safety in the workplace - [Click Here](#)

PSHSA is working with Ontario employers, supervisors and workers to provide information on cannabis and applicable legislation. Some of the areas we are assisting with are around accommodation and suggested control measures for the workplace. [Read more.](#)

Check out their [resource catalogue here.](#)



Workplace Safety North (WSN)

An independent not-for-profit, Workplace Safety North (WSN) is one of four sector-based health and safety associations in Ontario, and provides province-wide Ministry-approved workplace health and safety training and services for the mining and forest products industries, as well as for businesses across northern Ontario.

[Click here to read the most current issue of Every Worker](#)



8 Tips for Mental Wellness During the Holidays: The holiday season is a busy time for most. There is so much to do, attend and plan, which can bring up feelings of being overwhelmed, anxious, stressed, and depressed. Conversely, this is also a time where people may feel acutely aware of the void left by the loss of a loved one, and their own personal loneliness. [Click Here](#) *courtesy of CMHA Alberta*



The WSIB announced its 2019 premium rates at its AGM this week. Here's the [link](#) to the construction rates. Construction rate groups will see premium rate reductions of between 30 and 48 percent.

NOTE: NCA will be **hosting WSIB 2019 Technical Rate Session Webinars** - please stay tuned for session dates!

Upload and go - document upload tool: The WSIB is making it faster and easier for you to send us claims information. Complete and submit forms, letters and documents related to WSIB claims online. [Click Here](#)

Small businesses, find out what you must post in the workplace by law with our free downloads: [Click Here](#)

Sending us claims information just got easier with our new document upload tool. With our new online service, complete and submit forms instantly. [Click Here](#)

Most small business owners want to do everything they can to keep their employees safe and healthy at work – but many just don't know where to start. Book a free on-site visit with one of our consultants. [Click Here](#)

Compass is our online health and safety tool. You can use it to compare health and safety statistics for businesses across the province. For more information, visit [here](#).



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](#)

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

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.

out the latest blog: [Click Here](#)



Get Involved:

- Make a public statement of your values as a safe company
- Be recognized for achieving safety excellence
- Support to champion safety in your organization including League of Champion's jerseys
- Access to motivational "Rob Talk" by MySafeWork

Visit the League of Champions website for more information - [click here!](#)



Your Guide to Construction Health and Safety Legislation in Ontario. This Guide is designed to provide Ontario workplaces an understanding of the Construction Projects Regulation under the Occupational Health and Safety Act of Ontario.

The Guide to Construction Health and Safety Legislation provides information on 50 topics. Each topic allows the user to read through a plain language summary of each topic, and then link to the legislation itself.

DOWNLOAD THE APP - available online <http://ow.ly/Eeso30iqdzB> iTunes <http://ow.ly/J8hD30iqdzC> and GooglePlay <http://ow.ly/A2AG30iqdzD>



ONLINE training in psychological health and safety: "**Being a Mindful Employee: An Orientation to Psychological Health and Safety in the Workplace**" - free e-course [here](#).

Provided by: Mental Health Commission of Canada



The Canadian Model for Providing a Safe Workplace (the Canadian Model) is a best practice alcohol and drug policy that all stakeholders within the construction industry across Canada can adopt and follow. The purpose of the Canadian Model is to ensure a safe workplace for all workers by reducing the risks associated with the use of alcohol and drugs. Hi Karin and good morning. [Here is a PDF about Alcohol and Drug Guidelines](#). It is a best practices guide from Construction Owners Safety

Association of Alberta and Energy safety
Canada.

[Visit our website](#)