

NCA SAFETY NEWS



November 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 [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

Introducing the all new **NCA Safety Question Box!**

Let's get started!

Question:

How often do I need to have my WAH harnesses and equipment inspected?

Answer:

NCA member Chad Bubish of Trillium Safety Supply tells us:

"Of course, they should be inspected every day with every use. They should also be inspected monthly for defects, damage and deterioration as well as be inspected by a competent person annually as defined by the OSHA or CSA."

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



Why The Safety Pass?

Construction sites have many safety hazards; any one of them can cause serious harm, so you need to know how to manage them all.

Contractors are responsible to provide their workers with a complete safety awareness orientation, which will ensure that everyone works safely.

The Safety Pass provides an online orientation of the 13 most common hazards and prepares you to deal with them. It's convenient, easy-to-use, easy-to-understand, and is interactive and accessible online.

The program begins with an introductory module that describes the content, purpose and important practical information necessary to help participants navigate through the training experience.



NCA Member Testimonial for Safety Pass Program

"Safety Pass has been a great tool for us to train our new employees on the safety hazards in the construction industry. The fact that Safety Pass allows us to give standardized training to everyone is a valuable asset. Safety Pass is easy to use and helps us to promote working safe on all job sites. The Safety Pass training offered by the OGCA has been nothing but positive within our company and it is a tool we will continue to use to make our job sites and employees as safe as they can be."

Zack Schipper

Health & Safety Coordinator / Project Coordinator

MERIT CONTRACTORS NIAGARA LTD.

Monthly Safety Tip Vehicle Safety: 12 Safety Guidelines in Winter Weather

Every year, hundreds of accidents happen on the road. A great percentage of them involves drivers who are on duty. Most of them are not rookies but are actually experienced drivers for many years.

With roads covered with ice and snow this time of the year, the hazards are tenfold. In fact, sometimes drivers are advised to not go on the road in winter weather. Then again, in the case of workers in charge of delivering goods or transporting equipment and materials to different work sites, traveling during winter is a necessity. If you happen to be one of them, then read on to know the 12 safety tips on driving in winter weather:



1. Set some extra time for travel. Consider delaying the trip if the weather is harsh.
2. Buckle up first before driving. Keep your seat belt buckled at all times.
3. Slow down. Whether you're inexperienced or a pro, it's always best to slow down while driving on slippery surfaces, especially in winter weather.

4. Before going on the road, inspect your tires. Make sure they have sufficient tread. A tread of at least 4 millimeters should be enough. Remember that the more tread there is, the greater the traction and amount of control available.
5. Keep a high pressure for your tires. Raising it to 10 percent should keep you safe. A high tire pressure on slippery surfaces helps in keeping tread open and channeling snow and water away. Also, it reduces the risk of sidewall damage to your tires.
6. Avoid making sudden movements of the steering wheel when driving in winter weather. Always accelerate and brake smoothly.
7. Set a following distance that is twice that on dry surfaces.
8. Stay in the right-hand lane unless you need to pass other vehicles. Use turn signals when changing lanes. Also, make sure to change lanes slowly or you'll be more at risk of skidding.
9. Always reduce your speed when approaching intersections covered with snow or ice.
10. Drive with low-beam headlights on. This way, your vehicle is more visible to pedestrians and other vehicles. Low-beam headlights are brighter than daytime running lights and with them on, you can activate your tail lights.
11. Slow down when you're approaching a bridge. Remember that concrete and steel bridges tend to be icy.
12. Watch out for "black ice" on the road. It usually makes a road look like shiny new asphalt. Remember that pavement in winter weather looks grey-white.

Source: www.safetyservicescompany.com



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

PATHS.

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

N I A G A R A
C O N S T R U C T I O N
A S S O C I A T I O N

The graphic features a stylized city skyline with construction workers in the foreground. The text is arranged in a vertical column, with the NCA logo at the bottom.

Training at the NCA

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



In Partnership With:



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:

- 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

GO FOR GOLD

Take a moment to read some amazing Gold Seal success stories [here](#). Visit [Gold Seal site](#) for more information.

NCA EDUCATIONAL & TRAINING COURSES

ALL TRAINING SESSIONS
 NCA Foundations for Construction
 Working at Heights
 January 2022
 Substance Use Prevention in Your Construction Business
 2-Day Supervisor Course
 Construction 101
 Construction Industry Ethics
 Applying Essential Skills in the Classroom
 Communication, Negotiation, Conflict Resolution
 Construction Law
 Construction Project Management
 Creating Workbooks for Successful Training
 First Level Supervisor Training Course
 Introduction to Building Information Modeling
 Introduction to Construction Estimating
 Confined Spaces Safety Awareness
 National Construction Safety Awareness
 Positive Construction Safety Training (New)

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, 2019: 9:30 am to 4:30 pm
- INJURED WORKER? Successful WSIB outcomes for Construction Workplace Injury Claims (TESTIMONIALS) - Thursday, October 4, 2019: 9:30 am to 4:30 pm
- Taking Care of the 'Bad Seeds' in Your Construction Business - Thursday, November 7, 2019: 9:30 am to 4:30 pm
- Handling Workplace Violence & Harassment in Construction - Thursday, November 8 & Friday November 9, 2019: 9:30 am to 4:30 pm (2-day course)
- Mental Health & Your Construction Workplace - Monday, December 10 & Tuesday, December 11, 2019: 9:30 am to 4:30 pm (2-day course)
- Impact of your Attitude on Employees (New date coming soon)
- So You're Managing in Construction Now - A Cause for Concern or Celebration? (New date coming soon)

Download a [registration form](#) and e-mail to kate@niagaraconstruction.org or fax (905) 688-9029

Working at Heights

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

*Half-hour course is for participants that have completed a full day WHA 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.
 *Please visit <http://www.osha-slc.ca/wha/wha-regulation130202/> for complete

2019 NCA Educational & Training Course Schedule - Coming Soon!

Sign up today!



Working at Heights

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

Are you ready for legalized cannabis in your workplace?
 How are you going to handle this?
 Get ready now for the October 17th legislation.

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

Substance Use Prevention in Your Construction Business
 Fee: \$100 (includes 1.5 CEU) Non-Members
 Fee: \$150 (includes 1.5 CEU) Non-Members
 Instructor: Elaine Davis, President of Safety Works Consulting Inc.

We have seen changes in our construction workplaces around medical marijuana and the soon to be authorized legislation of cannabis.

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

In this course we'll look at substance use, what it is and what impact it has on other workplace parties. We'll look at the identification of 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 alcohol substances in your workplace
- Other workplace alcohol substances use
- How to handle situations
- Developing a Small Program to manage the workers
- How employers can control themselves
- And what to do and what not to do

Prepayment is needed for this registration. We require 48 business hour advance notice for cancellation. Cancellation is \$100.00. Equal to the 0901 0000020.

Substance Use Prevention in Your Construction Business
 Friday, January 25, 2019

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

REGISTER NOW

Construction 101

Perfect For:
 • Construction and New Professionals
 • New Contractors
 • Contractor Companies

CONSTRUCTION 101

Date: Tuesday, January 29 & Wednesday, January 30, 2019
Location: MCA, 24 South Street West, St. Catharines, ON L2R 1C9
Time: 8:30 am - 4:30 pm

Fee: \$400.00 (includes 1.5 CEU) Non-Members
Fee: \$500.00 (includes 1.5 CEU) Non-Members
Instructor: David A. Smith, David A. Smith, Inc. | david@dasconstruction.ca

Construction is Canada's second largest goods producing activity that accounts for fifteen percent of Canada's GDP. This course will define the basics of construction including production, laws and processes after hours of:

- Introduction to the Construction Industry
- Training, Safety and Award of Contracts
- Project of Contracts
- Laws, Standards and Processes in Construction
- Risk Management in Construction
- Construction Project Management & Supervision

This course aims to familiarize the complexity of the Construction Industry by showing how various stakeholders - owners, contractors, contractors, sub-contractors, manufacturers, suppliers and service providers - fit into the industry. Participants will engage in learning activities that will enable them to appreciate project delivery from concept to closing.

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

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

1. Describe the role of various players within the construction industry.
2. Compare types of contractors and key players involved in the Industrial, Commercial, Institutional, Civil/IDC sector construction projects.

Construction 101
January 29 and 30, 2019
More information

CANNABIS RESOURCES:



Cannabis ... An Employer's Guide to the New Normal
 ebook - [Click Here \\$20.00](#)

The purpose of this guide is to provide employers with relevant and timely information on how to address Cannabis in the workplace considering the legalization

effects. The resource will provide an introduction to Cannabis, information about impairment and its effects in the workplace, relevant legislation and steps that you can take to update your workplace impairment policies.

Cannabis at Work. What the Legalization of Cannabis Means for Canadian Employers - [Click Here](#)

Bracing For Change: Legalization of Marijuana Effective Today

Employers across the country are bracing themselves for the recent legalization of recreational cannabis. **Is your workplace ready?** Have your policies been updated to reflect the changing legal landscape?

This article highlights some of the most important things to consider as Canada moves into a new world of legalized recreational marijuana. [Click Here](#)

Cannabis legalization and workplace safety - On October 17, recreational cannabis was legalized in Canada. Ontario currently has strict rules in place to make sure workplaces are safe. For more information, visit Ontario's page on cannabis legalization. The ministry has also posted guidance material to help workplaces manage occupational health and safety issues related to impairment from substance use. [Visit Ontario's cannabis legalization page](#)
[Read the ministry's guidance on workplace impairment](#)



Health and Safety Community

Health and Safety Associations

Ontario Ministry of Labour (MOL)

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)



Work Safe for Life

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.

Slips, trips and falls: 6 ways to combat winter hazards - [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 calendar 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 Oct-Nov 2018 issue of Every Worker](#)



LADDERS AND LIGHTS: HOLIDAY SAFETY TIPS - Seven easy steps on how to use a ladder safely: 'Tis the season to clear out those gutters, put up the holiday lights or repair a few shingles after a seasonal windstorm, so here's a quick reminder about ladder safety - [Click Here](#)

WHITE OUT! Winter driving tips - on and off the job: [Click Here](#)



Workplace Safety and Insurance Board (WSIB)

The Workplace Safety and Insurance Board is an independent trust agency that administers compensation and no-fault insurance for Ontario workplaces.

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](#)

<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 BUILD FORCE 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 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](#)



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!](#)



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

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>



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 Albert and Energy safety Canada.

[Visit our website](#)