

SHAPE NEWSLETTER

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10 YEARS



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there is a worker who occupies a seating position for which a seat belt assembly is provided unless that worker is wearing the complete seat belt assembly in a properly adjusted and securely fastened manner.

The new regulation states that if workers are required to travel on a private road or a resource access road in a worker transportation vehicle, the employer must ensure that:

New updates to Regulation Section 17 comes into affect January 1, 2009.

The changes include new definition of terms and outlines on responsibilities (eg., general, employer and operator).

One of the new definitions is on what is considered a worker transportation vehicle:

Worker Transportation Vehicle defines a motor vehicle provided by, or arranged by, an employer to transport 3 or more workers to and from, or to or from, a workplace.

It further defines the operator's responsibility to make sure a vehicle check is carried out prior to shift and that vehicle occupants are all wearing seat belts. According to the regulation, an operator must not operate a vehicle in which

- a) Reasonable measures are taken to evaluate road, weather and traffic conditions to ensure the safe transit of the workers, and
- b) An inspection of the worker transportation vehicle has been conducted by a *qualified* person before first use on a work shift, and defect which might affect the safety of workers is corrected before the vehicle is used. The term "*qualified*" is defined in Part 1 of the OHSR as "being knowledgeable of the work, the hazards involved and the means to control the hazards, by reason of education, training, experience or a combination thereof.

For further information and guidelines see sec 17: <http://www2.worksafebc.com/publications/OHSRegulation/Part17.asp>.



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Avalanche Safety

Recently, there have been a spate of avalanche related fatalities in BC. While tragic, these accidents may have been preventable in many cases.

In the past 30 years, an average of 11 avalanche fatalities have occurred every year in Canada. In the last ten years alone, this has increased to 14 avalanche fatalities per year. In 2006, a snowboarder died near Bella Coola, BC while filming an extreme snowboarding video.

Productions need to be aware of potential avalanche risks in their filming locations. Those looking for information on avalanche warnings should contact the Canadian Avalanche Centre (CAC) through their website at www.avalanche.ca or by phone at 250.837.2141.

The CAC is a non-government, not-for-profit corporation established in 2004 to serve as Canada's national public avalanche safety organization. Some of their services include:

- Coordinating public avalanche safety programming;
- Providing public avalanche safety warnings;
- Delivering public avalanche awareness and education;
- Providing avalanche training for non-professional winter recreation;
- Serving as point of contact for public, private and government avalanche information; and
- Encouraging avalanche research.

Working in Cold Conditions

When working in cold conditions, the two most common hazards are hypothermia and frostbite. With proper awareness and pre-planning, these hazards can be eliminated.

Hypothermia

Hypothermia occurs when the body's temperature drops below 95°F (35°C).

Watch for the following symptoms:

- uncontrolled shivering.
- cool, bluish skin.
- fatigue or drowsiness.
- slurred speech.
- muscle tension.
- clumsy movements.
- irrational, irritable or confused behaviour.

In all cases of hypothermia, emergency help (911) should be called as soon as is possible.

In cases of hypothermia:

- move the person to a warm, dry area. Do not leave them alone.
- remove any wet clothing and replace with warm, dry clothing or wrap them in a blanket.
- if they are able, have the person drink warm, sweet drinks (sugar water or sports-type drinks). Avoid drinks with caffeine or alcohol.
- have the person move their arms and legs to create muscle heat. If they are unable to do this, place warm bottles or hot packs in the arm pits, groin, neck and head areas. Do not rub the person's body or place them in warm bath water. This may stop their heart.

Frost Bite

Frost bite is the freezing in deep layers of skin and damage to underlying blood vessels as a result of prolonged exposure to freezing or subfreezing temperatures. It normally affects the fingers, toes, ears and nose.

Watch for the following symptoms:

- pale, waxy-white skin colour.
- skin that has become hard and swollen.
- skin that is numb or that starts to burn or tingle.

In case of frost bite:

- move to a warm, dry place.
- remove any wet or constrictive clothing that may cut off blood flow to the affected area.
- do not rub the skin to increase circulation as the friction will destroy already damaged skin and can increase the chance of infection.
- do not hold the affected area close to flame as this can cause burns due to loss of sensitivity in the area.
- place the affected areas into circulating lukewarm water. Do not pour water directly onto the affected area as it can cause further tissue damage. Warming takes approx. 20-40 minutes.

For further information, please refer to SHAPE Safety Bulletin #34: *Working in Extreme Cold Temperature Conditions* and #34A: *Wind Chill Chart*. Both can be found at <http://www.shape.bc.ca/resources/guidelines.html>

Transporting Injured Workers to Medical Aid



When a worker is injured or falls ill and requires transportation to medical aid, a decision must be made as to how the injured worker will be transported.

In or close to an urban environment, there are 2 primary options: Ambulance or car.

If any of the following criteria are present in the injured worker, 911 should be called and the worker should be transported by ambulance:

- Has a decreased level of consciousness or is dizzy or lightheaded.
- Experiences numbness and/or tingling in any extremity.
- Feels a sudden onset of severe back pain.
- Cannot walk or stand without assistance.
- Has breathing or airway problems.
- Has had (or is having) a seizure.
- Is experiencing chest pain, shortness of breath.

- Has received burns to a significant part or portion of the body.
- Has received 3rd degree burns
- Is in a great amount of pain.
- Has signs and/or symptoms of a stroke, heart attack or other life threatening medical condition.
- Significant fractures or trauma to the body.

If less serious symptoms are evident and a decision is made to transport a worker to medical aid by car, attendants should not double as driver if the patient may require on-going medical attention. It's both difficult and dangerous to monitor or treat a patient while driving.

The first aid attendant is primarily responsible for first aid treatment of an injured worker until responsibility for treatment is accepted at a place of medical treatment or by a person with higher or equivalent certification in first aid.

In the case of workplaces where the sole first aid attendant must leave the site to accompany an ill or injured patient to medical aid, an absence of up to approximately four hours is allowed until a replacement attendant is required to be in place.

Please refer to Part 3.14-3.21 of the Occupational Health and Safety Regulation for complete details.

Recycle your Electronics

Old, obsolete electronics are piling up in our landfill sites. Most commodities found in electronic waste can be recycled and recovered. Steel, glass, copper, aluminum, plastic and precious metals can be extracted and reused in new products.

BC's Return-It Electronics is a province-wide, end-of-life electronics recycling program available to all consumers and businesses in British Columbia. You can drop off any of the regulated products at designated collection sites without charge, and be assured they will be recycled responsibly.

Items that can be recycled include:

Desktop computers, computer monitors, keyboards, mouse, cables, laptops, desktop printers, fax machines and televisions.

For further information on recycling your electronics, and a list of recycling depots, refer to www.encorp.ca and select "Electronics" from the menu.

Goodbye Brent!

We are sad to report that Brent Rossington, our Health & Safety Consultant for the Performing Arts, has left SHAPE.

Brent has taken a position coordinating safety & security for the Vancouver Canucks organization. It is a great opportunity for him and we wish him the best of luck.

The key to safety is you

SHAPE COURSES

Courses must be paid in advance to SHAPE. Courses may be subject to cancellation. We would be happy to book a class for you if your group has the minimum number of participants.

Call 604-733-4682 for further details.

Full course descriptions/dates available at www.shape.bc.ca/courses/

Aerial Lift Training

\$120 (Experienced - 1 Day)

\$220 (Inexperienced - 2 Day)

Experienced:

Saturday, January 31
Saturday, February 28

Inexperienced:

Saturday, January 31 and
Sunday, February 1
Saturday, February 28 and
Sunday, March 1

8:30am - 4:30pm

Instructor: Leavitt Training Agency

Counterbalanced Forklift

\$120 (Experienced - 1 Day)

\$220 (Inexperienced - 2 Day)

Experienced:

Saturday, January 24
Saturday, February 21

Inexperienced:

Saturday, January 24 and
Sunday, February 1
Saturday, February 21 and
Sunday, March 1

8:30am - 4:30pm

Instructor: Leavitt Training Agency

Firearm Safety Level 1

\$50

Sunday, February 22
Sunday, May 24

10am to 5pm

Instructor: Felcan Enterprises

Occupational First Aid Level One

\$40

Monday, January 19
Saturday, February 7
Monday, February 16
Saturday, March 7
Monday, March 16
Saturday, April 4
Monday, April 20
Saturday, May 2
Monday, May 11

8:45am to 5:30pm

Instructor: Kathy Day

Performing Arts Supervisor Safety

\$25

Monday, March 9 (1pm-5pm)
Monday, May 4 (6pm-10pm)

6pm - 10pm

Instructor: TBA

Safety Awareness*

\$25

Sunday, January 18

Sundays: 10am-1pm

Instructor: Marty Clausen

Supervisor Safety*

\$25

Sunday, January 18

1:30pm - 4:30pm

Instructor: Marty Clausen

*Take both Safety Awareness and Supervisor Safety for \$45

ONLINE COURSES

Transportation of Dangerous Goods

(TDG)

\$20

Workplace Hazardous Materials Information System (WHMIS)

\$20

SHAPE has an in house computer station available to those who do not have internet access but wish to take our online courses. For details, call 604.733.4682.

SHAPE Staff

Dawn Brennan

General Manager

Marty Clausen

Health & Safety Consultant (Film & Television)

TBA

Health & Safety Consultant (Performing Arts)

Ed Brisson

Production Coordinator

Maureen Kaake

Program Administrator