

SHAPE NEWSLETTER

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Promoting
Safe & Healthy
Workplaces in the
Performing Arts
and Motion Picture
& Video Industries
Since 1998

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When scaffolding is being used, WorkSafeBC regulations identify employers as being responsible for ensuring that scaffolds used by workers are in safe condition and are able to withstand the load, regardless of who erects scaffolding.

There is no certification requirement for scaffold erection training however scaffolding must be erected, altered, and dismantled by qualified workers or under the direct supervision of a qualified person. The qualified person must ensure that the erection is carried out according to acceptable practices in compliance with any drawings and the manufacturer's or supplier's instructions, and that the correct components and materials are being used. Training courses are available to ensure users are familiar with, and can follow manufacturers' instructions for safe scaffold erection. In the lower mainland, training is available through info here Sky-Hi Scaffolding (<http://www.sky-hi.com>).

The Canadian Standard for scaffolding is found in CAN/CSA S269.2 M87 Access Scaffolding for Construction Purposes. Major components of scaffolds must be used in accordance with technical data provided by the manufacturer, or in writing by a professional engineer, that:

(a) shows the rated load, erection procedures and compliance with an applicable standard under section WorkSafeBC OHS Reg. 13.2, and
(b) is available at the workplace for reference.

Fall Protection

Fall protection is, by far, the greatest safety challenge for erectors and all types of scaffolding and access systems. Falls kill – over 70% of all scaffold related fatalities are falls from the platform or access. In addition, the use of most personal fall arrest systems (PFAs) for scaffolding represents even greater challenges. PFAs used on scaffold and access devices must contend with difficult issues such as: anchorage, free-fall, swingfall, energy absorption, obstructions and impalement hazards.

Guardrails are by far the most common and effective fall protection tool for supported scaffolds, however, they are not an easy solution for scaffolds while being erected or dismantled or even for other access systems such as: swingstage scaffolds and powered elevating work platforms.

The following information on Scaffolds is from the WorkSafeBC document How to Erect Access Frame Scaffolding:

Before Erecting Access Frame Scaffolding, consider:

- What will the scaffold be used for? For example, light duty (one or two workers; painting), or heavy duty (several tradespersons, with large and heavy materials on the platform)?
- How high will the scaffold be? Will it be erected in one operation or as the work progresses?
- Is the ground firm? Can it support the loads from the scaffold, workers, and materials on it?
- Will the scaffold need to be tied in? How will this be done? Will the ties be moved as the work progresses?
- Is the scaffold likely to be covered or enclosed as a protection against the elements? Is there a provision for adding additional ties to the adjoining structure?
- What will be the method of access and egress? For example, a sloping ladder, vertical ladder, built-in stairway, or direct from the floors of the building structure?
- On a multi-level scaffold, how many levels will be loaded with materials at one time? Will an engineer be required to make the calculations for the total anticipated loading and possibly design the scaffold and sills?
- If a rolling scaffold is required, consider ground surface, height restriction (3 to 1 rule), hazards when moving (such as power lines, projections from the building/structure, and potholes).

Requirements for Access Frame Scaffolding:

- A scaffold must be erected, altered, and dismantled by qualified workers or under the direct supervision of a qualified person.

The qualified person must ensure that the erection is carried out according to acceptable practices in compliance with any drawings and the manufacturer's or supplier's instructions, and that the correct components and materials are being used.

- All equipment must be inspected before use to ensure that it is in good repair and suitable for intended use.
- The base must be firm and level enough to support the load of scaffolding, workers, and materials. Sills and base plates are required on any soil or unstable ground condition, or where any levelling adjustment is needed. The sill must be sound, rigid, and capable of supporting the maximum loads without settlement or deformation.
- Adjustable base plates must be adjusted within the limits specified by the manufacturer or supplier.
- The frames must be plumb and level and spaced to adequately support the loads.
- If uplift could cause the components to separate, locking pins must be used and the components secured. Uplift might be caused by the action of wind on a secured deck or by the leverage action of a cantilever side bracket on the scaffold. All joints must be pinned on rolling scaffolds and free-standing towers.
- With a rolling scaffold or free-standing tower, the platform height must not exceed three times the smallest base dimension (3 to 1 rule).
- A scaffold built above the 3 to 1 rule must be effectively guyed or secured to a building or structure to prevent overturning. The guying of a scaffold should be of a push-and-pull-type mechanism and located no more than 6m (20ft) vertically and 6.4m (21ft) horizontally, after the first tie has been installed to comply with the 3 to 1 rule.
- Guardrails must be installed on all open sides of the platform where a person could fall a distance of 3m

(10ft) or more. The top rail must be placed 102-112cm (40-44in) above the work surface. An intermediate rail must be placed halfway between the top rail and the toeboard, if one is provided, or halfway between the top rail and the work surface if no toeboard is provided. The guardrail must be able to withstand a load of 550N (125lb) applied at any point on the top rail.

- Toeboards must be installed on all the open sides of a platform where it is possible for tools and/or materials to roll off. The top of the toeboard must be at least 10cm (4in) above the platform. If loose materials are to be stacked above the height of the toeboard, then the toeboard must be increased in height or mesh panels must be installed to prevent materials from falling off the scaffold.
- Ladder access may be vertical or sloping. Ladders must be secured at the point of support and must extend approximately 1m (3ft) above the landing. A vertical ladder must have a clear space of at least 15cm (6in) behind each rung.

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Occupational First Aid Level One: Major Changes in 2010



WorkSafeBC regulates Occupational First Aid training in British Columbia and for 2010 they have made some significant revisions. Students who successfully complete Occupational First Aid Level One after March 1, 2010 will be trained in the use of AEDs (automated external defibrillators) and will have an expiration date of three years on their certification.

Certificate Duration

Effective January 1, all OFA certificates will be valid for three years. This is an extension from the previous two year duration. Please note, certifications issued ON or BEFORE December 31, 2009 expire as per the date on your card. If you have taken OFA in 2009, it will still expire in 2011! The extension only applies to training taken after January 1, 2010.

Class Sizes

Originally restricted to 12 students, OFA Level 1 class sizes will be increased by WorkSafeBC to 18 students, as of March 1, 2010. SHAPE will be restricting our class sizes to 16 students to ensure a comfortable experience.

AED Training

Effective March 1, 2010, automated external defibrillator (AED) training will now be part of the OFA Level 1 course. An automated external defibrillator is a portable device which applies electrical therapy that may assist a distressed heart beat to reestablish an effective rhythm. These are designed for the layperson to use and are becoming more common in workplaces.

AED Workplace Programs

It is important to note that if your workplace has an early defibrillation program, OHS Guideline G3.17 applies. This guideline states that first aid attendants are expected to recertify annually in early defibrillation. An OFA level 1 certification will only meet the terms of this guideline for the first year of the certification. If you are a first aid attendant whose workplace provides AEDs, you will need to recertify annually.

Our Occupational First Aid Courses tend to fill up fast. If your current OFA certificate is coming up for renewal, be sure to book a course early to avoid being left without proper certification.

Call us at 604.733.4682 to book your spot today.

Cell Phone Ban: Does It Go Far Enough?

The new law banning the use of cell phones and handheld devices while driving in BC is a step in the right direction for driver safety, but does it go far enough?

Popular perception is that it's safer to drive and talk while using a handsfree device than it is using a handheld cell phone. However, there has been much research to indicate that both may be equally dangerous: both distract a driver's attention from the road and other vehicles.

While hands-free phones do free you from having to physically operate the phone, they don't reduce your need to think about the conversation, which is also distracting. Research suggests that drivers using a cellular phone, even when it is in handsfree mode, are 4-6 times as likely to get into a collision than those who are not talking on the phone.

In a press release, BCAA has asked that motorists "get in the habit of turning off your cellphone or other portable electronic devices before getting in the car, or leaving them in a briefcase or in the trunk where it is out of reach and won't tempt you." They've also stated that handsfree devices are still a distraction and are urging drivers to practice cellphone abstinence. Craig Amundsen with BCAA summarizes the concern: "There are so many distractions we have in driving as it is... Driving is something that needs skill, and focus and attention and it doesn't need to be filled up with cellphone conversations."

The key to safety is you

SHAPE Olympic Hours

SHAPE staff will be supporting the 2010 Olympics by working from home, assisting VANOC in achieving it's goal of a 30% reduction in commuting traffic. Our phones will be answered and staff will be working remotely thanks to the miracles of modern technology. Regular SHAPE activity will continue during this period, despite the closure of the office.

The office will close Thursday February 11th at 3pm. The office will be open Thursdays (February 18 and 25) from 11am - 3pm. Regular office hours will resume Monday, March 1 at 9am.

If you need our services during this time, give us a call or send us an email. We might be at home in our PJs, but we will still be happy to help!

You Spoke, We Listened.

Over the past few months, we've been asking for your input on SHAPE - both on the work that we do and the services we offer. Coming up in our next newsletter we'll have results to show you.

We've received valuable feedback from our community, and, based on that, there'll be some changes to our website, newsletter and new publications as we continue to bring clarity to your concerns about workplace health and safety.

Keep an eye both here and on our website for the upcoming changes. We think you'll be pleasantly surprised.

SHAPE COURSES

For full course descriptions, dates and to register online, visit www.shape.bc.ca/courses/

Courses must be paid in advance to SHAPE. Courses may be subject to cancellation. If you need to cancel or reschedule for any reason, you must give us a minimum of 72 hours notice. If less than 72 hours notice is given, we will not be able to issue a refund or reschedule you to another date.

Call 604-733-4682 for further details.

Aerial Lift Training \$120 (Experienced - 1 Day) \$220 (Inexperienced - 2 Day)

Experienced:
Saturday, March 27
Saturday, April 24
Saturday, May 29

Inexperienced:
Saturday, March 27 and Sunday, March 28
Saturday, April 24 and Sunday, April 25
Saturday, May 29 and Sunday, May 30

8:30am - 4:30pm
Instructor: Leavitt Machinery Operator Training

Counterbalanced Forklift \$120 (Experienced - 1 Day) \$220 (Inexperienced - 2 Day)

Experienced:
Saturday, March 20
Saturday, April 17
Saturday, May 15

Inexperienced:
Saturday, March 20 and Sunday, March 28
Saturday, April 17 and Sunday, April 25
Saturday, May 15 and Sunday, May 30

8:30am - 4:30pm
Instructor: Leavitt Machinery Operator Training

Firearm Safety Level 1 - \$50

Sunday, March 28
Sunday, May 31

10am to 5pm
Instructor: Felcan Enterprises

Motion Picture Safety Awareness* - \$25

Tuesday, March 16
Sunday, April 11
Tuesday, May 11

Tuesday: 6pm-9pm
Sundays: 10am-1pm
Instructor: Marty Clausen

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

Film & Television Supervisor Safety* - \$25

Sunday, April 11

1:30pm - 4:30pm
Instructor: Marty Clausen

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

Occupational First Aid Level One - \$40

Saturday, March 6
Monday, March 22
Saturday, April 10
Monday, April 19

8:45am to 5:30pm
Instructor: Kathy Day

Performing Arts Supervisor Safety - \$25

Monday, March 29 (1pm-5pm)

Instructor: Dave Winstanley

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.