



Forest City

LONDON CONSTRUCTION LABOUR MANAGEMENT HEALTH & SAFETY NEWS BULLETIN

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NEWS RELEASES

MOL: TAKE OUR KIDS TO WORK DAY – info on some of the initiatives regarding young workers
http://www.labour.gov.on.ca/english/news/2006/06-toktw_s.html

CSAO: [New 2006 Edition of Construction Health and Safety Manual \(M029\)](#)- DOWNLOAD THE UPDATED CHAPTER ON CONFINED SPACES

WSIB: Mandatory Retirement at age 65 ends December 12, 2006 - [Read the FAQ](#) for answers about benefits and services provided by the WSIB for older workers.

E&USA: SAFE PRACTICE GUIDE COLLECTION – info at www.eusa.on.ca

CONSTRUCTION SAFETY TRAINING

For summer/fall 2006, safety-training courses can be found at the following web link:

<http://www.csa.org/t.tools/t7.training/SearchTrainingForm.cfm>

Additional safety training courses: <http://www.ldca.on.ca/education-csao.htm>

MOL GUIDELINES

- Safety Guidelines for the Live Performance Industry in Ontario:
<http://www.labour.gov.on.ca/english/hs/guidelines/liveperformance/index.html>
- Confined Spaces guideline:
<http://www.labour.gov.on.ca/english/hs/guidelines/confined/>

COLD STRESS (excerpt from Dru Sahai's article)

Cold stress or hypothermia can affect construction workers who are not protected against cold. The cold may result naturally from weather conditions or be created artificially, as in refrigerated environments.

Cold is a physical hazard in many workplaces including: roofs, open or unheated cabs, bridges or other projects near large bodies of water, large steel structures that retain cold or are exposed to cold, high buildings open to the wind and refrigerated rooms, vessels and containers.

Exposure to cold causes two major health problems: hypothermia and frostbite.

Hypothermia - Signs and symptoms:

- Persistent shivering-usually starts when core temperature reaches 35^o C (95^o F)
- Irrational or confused behaviour
- Reduced mental alertness
- Poor coordination, with obvious effects on safety
- Reduction in rational decision-making.

Hypothermia – First Aid:

Stop further cooling of the body and provide heat to begin rewarming.

- Carefully remove casualty to the shelter. Sudden movement or rough handling can upset heart rhythm.

- Keep casualty awake
- Remove wet clothing and wrap casualty in warm covers
- Rewarm neck, chest, abdomen and groin, but not extremities
- Apply direct body heat or use safe heating devices
- Give warm, sweet drinks, but only if the casualty is conscious
- Monitor breathing. Administer artificial respiration if necessary
- Call for medical help or transport casualty carefully to nearest medical facility.

Frosbite- Signs and symptoms

Frosbite is a common injury caused by exposure to severe cold or by contact with extremely cold objects. Frosbite occurs more readily from touching cold metal objects than from exposure to cold air. The body parts most commonly affected are face, ears, fingers and toes. The first indication of frosbite is skin that looks waxy and feels numb. Once tissues become hard, the case is a severe medical emergency.

Frosbite - First Aid

- Warm frostbitten area gradually with body heat. Do not rub.
- Don't thaw hands or feet unless medical aid is distant and there is no chance of refreezing. Parts are better thawed at the hospital.
- Apply sterile dressings to blisters to prevent breaking
- Get medical attention.

Exposure Limits

Ontario has no legislated limits for working in cold environments. Table below was developed by Saskatchewan Department of Labour and adopted by ACGIH. It indicates Treshold Limit Values (TLV's) for properly clothed personnel working at temperatures below freezing.

Air temperature - sunny sky		No noticeable wind		8 k/hr wind (5 mph)		16 k/hr wind (10 mph)		24 k/hr wind (15 mph)		32 k/hr wind (20 mph)	
°C(approx.)	°F(approx.)	Max work period	Number of breaks	Max work period	Number of breaks	Max work period	Number of breaks	Max work period	Number of breaks	Max work period	Number of breaks
-26° to -28°	-15° to -19°	normal breaks	1	normal breaks	1	75 min	2	55 min	3	40 min	4
-29° to -30°	-20° to -24°	normal breaks	1	75 min	2	55 min	3	40 min	4	30 min	5
-32° to -34°	-25° to -29°	75 min	2	55 min	3	40 min	4	30 min	5	Non-emergency work should cease	
-35° to -37°	-30° to -34°	55 min	3	40 min	4	30 min	5	Non-emergency work should cease			
-38° to -39°	-35° to -39°	40 min	4	30 min	5	Non-emergency work should cease					
-40° to -42°	-40° to -44°	30 min	5	Non-emergency work should cease							
-43° & below	-45° & below	Non-emergency work should cease		Non-emergency work should cease							

Adapted from Occupational Health and Safety Division Saskatchewan, Dep. Of Labour

CHANGES TO THE CONFINED SPACE REGULATIONS

According to the MOL, a Confined Space is a fully or partially enclosed space that is not designed or constructed for continuous human occupancy, and in which atmospheric hazards may occur. These include a build-up of hazardous gases or dust, or lack of Oxygen, that could result in an immediate life-threatening hazard such as suffocation, fire or explosion.

The changes enhance protection for workers by requiring:

- The development of a written assessment that identifies hazards inherent to the confined space or that may arise from work to be done in the space
- The development of a plan that includes procedures on how work will be done safely and controls to address hazards identified in the assessment
- Training on confined space hazards and safety precautions
- An entry permit identifying hazards and precautions be issued and available to persons prior entering or working around a confined space.
- On-site rescue procedures and equipment are in place and ready for immediate implementation
- Other precautions are present to control substances and situations that may endanger a worker.

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