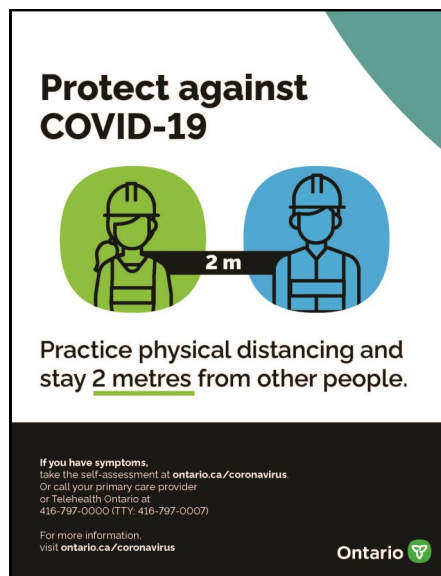


New Construction COVID-19 Posters

The Ministry of Labour, Training Skills Development has provided social distancing posters in both French and English to keep workers informed and updated. They have requested that training providers provide links to these posters.

These posters are available in English and French in two (2) sizes (8.5" x 11" and 11" x 17"). Click here for the [English Posters](#) and [French Posters](#).



Test Yourself

First Correct answer wins a prize – answer to be published on the web site.

How quickly must you take JHSC Part 2 Certification training?

Send your answer by email to: newsletter@safetyscope.net

Working at Heights and Refresher Training

Safetyscope is still offering these courses to service our clients' while putting strategies in place to protect both your and our workers.

The health and safety of our clients, staff and stakeholders is our top priority. We will continue to meet your immediate training needs either at our site or yours for working at heights training. Our confined space services and fit testing will also continue as required by our clients.

Our new infectious disease policy requires that our clients complete a checklist prior to our staff arriving on site:

- No workers that our staff may be in contact with have been out of the country within the last 14 days.
- There is a policy in place for your staff to disclose if they feel ill or concerned that they may have symptoms.
- Your workers will maintain a distance within a 6' (2m) radius from others, whenever possible.
- Your workers will wear PPE as required: gloves and face mask, if feasible and available, and if tolerated.
- Your workers have been provided with up-to-date education and training on COVID-19 risk factors and protective behaviors (e.g., cough etiquette and care of PPE).
- Your workers who need to use protecting clothing and equipment have been provided with such.

Contact us if you require and ask for a copy of our policy.

This Months Tip: Reg 297

Effective March 27, 2020, the validity period of Working at Heights training for workers who successfully completed an approved program between February 28, 2017 and August 31, 2017 has been temporarily extended. The validity period has been extended to four years from the current three.

But if you can get the training, don't let safety training be ignored.

Think about it.

Safetyscope Upcoming courses

Working at Heights	TBA
W@H refresher	TBA
Confined Space Awareness	TBA
Confined Space Rescue	TBA
First Aid	TBA
Competent Supervisor	TBA

Contact Us with your training needs training@safetyscope.net

Working at Home – It's Time to Take a Stand

Perhaps you are one of the many who are now “working from home” – or at least trying to. If not, it is a virtual certainty (no pun intended) that you know someone who is. The results are mixed – some never want to go back to the pre-COVID days, and others can't wait for the office to open and life to return to the way it was.

One of the advantages of working from home, even temporarily, is that you can try some new things without the boss and the whole office watching. One of the things you may want to try is a standing desk. A standing desk allows you to work standing up. The first question that comes to mind is, “Why would anyone want to work standing up?” Turns out, there are many reasons.

The first reason is that standing up burns more calories than sitting does. So, as long as you keep your snacks under control, all things being even, working standing up will result in weight loss. Given that many of us now work much closer to the fridge than we used to, this can be a good thing. The numbers vary, of course, but those who work standing up all the time can burn 30,000 additional calories over the course of a year.

Also, standing to work after lunch has been shown to lower the post-lunch blood sugar spike (excessive sitting has been linked to type 2 diabetes by the NIH), and standing at work in general has been shown by numerous studies to lower the risk of heart disease. Among the possible long term effects of standing at work are a decrease in lower back pain, increased energy and general mood elevation. Add all of that together and you can see why those who work standing up often believe that they will live not only better, but longer.

Of course, doing it right is important. Some of us are old enough to remember some of the horrors of trying to use standard office desks when computers arrived for the first time. There are a few suggestions to make your initial stand-up attempts more likely to be successful.

When standing, keep your head, neck, torso and legs vertically aligned. Wear shoes – they will give your feet and legs more support.

Your monitor should be 50 cm (about 20 inches) away from your face, with the screen at or slightly below eye level, unless you use bifocals, in which case lower the screen by 3 to 5 cm (1 -2 inches).

Put the keyboard and the mouse on the same flat surface. The desk height should be the height that allows your wrists to be straight while typing, with your hands at or slightly below the level of your elbows.

And, just like your regular office, if you spend a lot of time typing while on the phone, get a headset. Keep other useful items within easy reaching distance.

These suggestions come from the Mayo Clinic, and they also suggest that those who use their mouse a lot should alternate their mousing hand – good luck with that.

Why not try it? You may find you like it. But, take it easy at first. Harvard Medical School suggests starting with 30 to 60 minutes a day (set a timer) and gradually increasing. If your work area is carpeted, that will help, but if not, you will probably be happier with a mat under your feet. Remember, just as we learned with ergonomic chairs, you are unique and your work station has to fit you.

If you have been thinking about standing desks, now could be the best time to give it a try. Go ahead – take a stand!



Health and Safety on Construction Sites



Ministry of Labour,
Training and Skills
Development

TORONTO — On March 29, 2020 Monte McNaughton, MLTSD, issued the following statement today regarding health and safety on construction sites:

"The health and safety of construction workers is a top priority for our government. With the COVID-19 situation changing day by day, we are working to ensure that workers have the tools they need to help keep job sites safe. We must do everything possible to fight the spread of this disease.

Today, Ontario's Chief Prevention Officer announced updated guidance to help employers better understand their responsibilities and what is needed to prevent the spread of COVID-19 on the job site. The update follows an initial guidance document circulated on March 20, 2020, and addresses sector topics including:

- providing better on-site sanitation, including a focus on high-touch areas like site trailers, door handles and hoists
- communicating roles, responsibilities, and health & safety policies, by, for example, posting site sanitization schedules and work schedules
- enabling greater distances between workers by staggering shifts, restricting site numbers and limiting elevator usage
- protecting public health by tracking and monitoring workers

Under Ontario law, employers must take every reasonable precaution to keep workers safe. Workers have the right to refuse unsafe work. If health and safety concerns are not resolved internally, a worker can seek enforcement by filing a complaint with the ministry's Health and Safety Contact Centre at 1-877-202-0008.

Ministry inspectors are inspecting job sites today and every day. Employers and constructors should know: failure to comply with the OHSA and its regulations could result in a stop work order.

Keeping job sites open during the current pandemic requires a heightened focus on health and safety.

Read the [Chief Prevention Officer's guidance](#) to the construction sector on H&S related to COVID-19.

Visit [Ontario's website](#) to learn more about how the province continues to protect Ontarians from COVID-19

New Standard JHSC Certification Training Program

In 2019, the ministry announced that changes would be made to the JHSC Certification Training Program and Provider Standards, as well as the training and other requirements set out by the Chief Prevention Officer. I'm happy to let you know that these changes will be coming into force on May 1st, 2020.

These changes include:

- Allowing Part One training to be taken entirely online
- Extending the timeline for JHSC members who complete Part One training to give them 12 months to complete their Part Two training
- Removing the need for JHSC members to apply for extensions or complete Refresher after Part One to give them an additional 6 months

Is on line training more effective than in class instruction? No. This is an Ontario Initiative and it is a step back from provinces focus on the importance of JHSC and their training. So, how many employers will take advantage of this training? Is there a financial advantage? Is that a good enough reason? How many JHSC will agree to this training? As per the Ministry of Labour, Training Skills Developments' Guide to JHSC, each committee should have developed their terms of reference and in that term of reference they can indicate what training is acceptable to them.

WHMIS – It’s Not 2015 Anymore

Remember that weird period of time there were multiple kinds of WHMIS programs around? It started in 2013, when the government announced that Canada was moving to a new “Global Harmonized System of hazardous materials information, and it ended in 2016, when all of the provinces and territories completed the necessary changes to their legislation and regulations to complete the move to the new system. In between we had this strange mixture of WHMIS 1988 (the old system) and WHMIS 2015, the new system.



But, guess what? It is now 2020. The new system did arrive, on time, in 2016. In Ontario, there was a strange “transition period”, lasting from July 2016 until December 1, 2018, during which workers could use products with old labels and (remember this?) “material” safety data sheets.

The new system is fully integrated into the legislation, and the transition period is over. Now there is only one WHMIS training program, and it is called “WHMIS Training” (no date). Most of you knew that, but some of you did not. Why is this important?

Section 38 of the ON&S Act, the current one, says that a copy of every current safety data sheet required shall be (in 38 (1)(b)) “furnished by the employer to the committee or health and safety representative ...” Since the format of the safety data sheets has changed (since 2016), you should have updated all of them. If you are behind the times – still calling it WHMIS 2016 – you need to get this done. 38 (1)(6) says that “An employer shall consult with the committee and the health and safety representative, if any, on making safety data sheets available in the workplace or furnishing them as required by clause (1)(b) ...” Since you have to talk to the committee about WHMIS anyway, update the name as well as the safety data sheets.

After all, it’s 2020.

Day of Mourning

Every year on April 28, the Day of Mourning, we pay tribute to the workers who have lost their lives, become ill or been injured due to work-related incidents.

We also renew our steadfast commitment to keeping workers healthy and safe on the job.

Today, Monte McNaughton, Minister of Labour, Training and Skills Development, said that the value and vulnerability of our workers has become all the more apparent on this year’s Day of Mourning, as Ontario and the rest of the world grapples with the COVID-19 outbreak. We share this sentiment. There is a special place in our hearts for any Ontario worker who may have been affected by the COVID-19 outbreak. During these challenging times, we owe them an extra debt of gratitude.

We encourage all Ontarians to renew their resolve to prevent workplace tragedies. Workplace health and safety is a shared responsibility. We must work together – employers, supervisors, workers and government – to eliminate workplace hazards that could harm us, our colleagues and our loved ones.

Today, we ask all Ontario residents to reflect on those workers who have needlessly died or suffered injuries or illness, and to join us in preventing others from suffering similarly. Together we must eliminate the terrible human toll that workplace incidents exact and create a better future for Ontario’s workers.

Ron Kelusky, Chief Prevention Officer

Jody Young, Assistant Deputy Minister, Operations Division,
Ministry of Labour, Training and Skills Development



Ministry of Labour,
Training and Skills
Development

How a Stimulus Package Works (by Ayn Rand)

As we watch the out flow of money by our federal government, we can all enjoy this story below written many years ago but feels current.

It is a slow day in the small Saskatchewan town of Pumphandle, and streets are deserted. Times are tough, everybody is in debt, and everybody is living on credit.

A tourist visiting the area drives through town stops at the motel and lays a \$100 bill on the desk saying he wants to inspect the rooms upstairs to pick one for the night.

As soon as he walks upstairs, the motel owner grabs the bill and runs next door to pay his debt to the butcher. The butcher takes the \$100 and runs down the street to retire his debt to the pig farmer.

The pig farmer takes the \$100 and heads off to pay his bill to his supplier, the Co-op.

The guy at the Co-op takes the \$100 and runs to pay his debt to the local prostitute, who has also been facing hard times and has had to offer her “services” on credit.

The hooker rushes to the hotel and pays off her room bill with the hotel owner.

The hotel proprietor then places the \$100 back on the counter so the traveller will not suspect anything. At that moment the traveller comes down the stairs, states that the rooms are not satisfactory, picks up the \$100 bill and leaves.

No one produced anything. No one earned anything... However, the whole town is now out of debt and now looks to the future with a lot more optimism.

And that, ladies and gentlemen, is how a Stimulus package works.

Safetyscope Continuing to Maintaining Registration as an OWWCO Training Provider

These courses meet the criteria in subsection 29(4) of O.Reg. 128, Certification of Drinking Water System Operators and Water Quality Analysts. On Completion of training all participants will receive a certificate of completion with corresponding CEU Value.

1. Working at Heights	.7 CEU
2. WHMIS 2015	.4 CEU
3. TDG	.4 CEU
4. Working in Confined Spaces Rescue Level	2.8 CEU
5. Confined Spaces Attendant Non Entry	1.3 CEU
6. Confined Spaces Advanced Awareness	.7 CEU
7. Confined Spaces Attendant Refresher	.7 CEU
8. Confined Spaces Rescue Refresher	.7 CEU
9. Standard First Aid	1.4 CEU
10. Self Contained Breathing Apparatus	.4 CEU
11. Spill Response	.7 CEU
12. Trenching Hazards	.4 CEU

Safetyscope is a TSSA Approved Training Provider

Safetyscope is an approved provider for Corrections Canada

