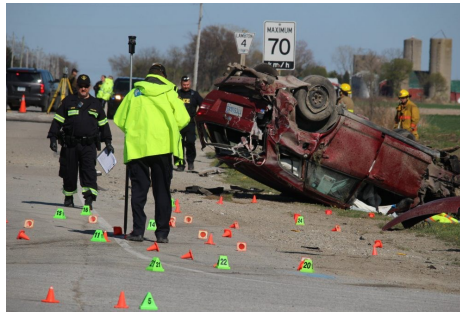


## Ontario Road Fatalities Up From Last Year

In numbers released by the OPP for Ontario Road Safety Week, preventable road deaths are on an uphill trend compared to this time last year. While speed remains the province's No. 1 killer — increasing 13% from 2019 — distracted-driving deaths have seen a nearly 300% increase over the same period last year. The number of fatal crashes is up 10.5% from 2019.



As lockdowns ease and Ontario looks forward to a summer of coronavirus recovery, police urge motorists to halt a worrying trend on provincial roads., take the following precautions:

- Obey speed limits, even if roads are clear and traffic is light
- Practice defensive driving and buckle up
- Designate a sober driver or arrange alternative transportation
- Get plenty of sleep to avoid fatigue and drive attentively, avoiding distractions.
- Be aware of increased pedestrian and bicycle traffic, particularly in urban areas; conversely, pedestrians and bicyclists should remember that streets are getting congested again, and vulnerable roadway users need to be careful.

## Bicycle Accidents: Common Causes

More cyclists are killed or injured in the month of July than any other month of the year. Coronavirus has caused a bicycling boom; life style changes due to more leisure time and commuting concerns are some of the reasons. Collisions can be a very unfortunate side effect of cycling. A Hamilton bicycle accident lawyer, said they see many bike injuries due to collisions with motorists.

Most crashes occur due to the cyclists riding at high speeds, or the cyclist or motorist not being aware of their surroundings or the rules of the road. Injuries can range from minor to fatal, and often, the severity of the injury could have been lessened with proper protection such as a helmet.

It is important that **both cyclists and motorists** follow the rules of the road so everyone can enjoy a safe bike ride. Under Ontario's Highway Traffic Act ( HTA ), a bicycle is a vehicle, just like a car or truck. Cyclists and drivers must obey all traffic laws.



## Test Yourself

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

If an employer is advised that a worker has tested positive for COVID-19 due to exposure at the workplace the employer is required to notify whom?

Send your answer by email to: [newsletter@safetyscope.net](mailto:newsletter@safetyscope.net)

## This Months Tip: Cyclist Potential Fines

Cyclist risk fines for not following the Highway Traffic Act. Most fixed fines are \$85.00 but some of these are more: If you fail to:

- Traffic Signal and Signs \$85.00
- Stop at a red light \$260.00.
- Yield to pedestrian \$150.00
- Stop for stopped school buses \$400.

There are fines are increased when committed in a community safety zone.

**Think about it.**

## Safetyscope Upcoming courses

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

**Contact Us** with your training needs [training@safetyscope.net](mailto:training@safetyscope.net)

### Be Kind. Be Calm. Be Safe

Each generation has their unique place mark question – “What were you doing when ...?” For the older folk, now entering retirement, it was “... when Kennedy was killed?”, for many in the next generation, it was, “... when the planes hit the towers?” For a lot of us, young and old, that question will probably be asked about that time in March of this year, when the schools closed, businesses were shuttered and a whole lot of plans got put on hold.



Three months and more later, we have a bit more perspective on the situation, but that does not mean, by any stretch, that life is back to normal. In spite of what the “experts” and the media tell us, no one in the world has more than six or even eight months of experience with this virus, and while we can make some intelligent guesses about the future, guesses are simply a mixture of hopes and fears, with a bit of experience mixed in. We hope for a vaccine, we fear the second wave, we hope for immunity, we fear a fall with a continuing lock-down, we know that one person can infect many, but we have learned that many of the outside gatherings that led to predictions of doom turned out to be overblown.

Time marches on. Many of us have adapted, to a degree. More of us work from home, many of us do not work at all anymore, most of us desperately want to get back to work, if only to return to some sense of normalcy. Above all is a great cloud of financial uncertainty – what if my business never opens up, can I survive on “gigs” in the new world or are those gone forever, can the government keep handing out money, what if the vaccine takes longer than we plan?

Stressful times. All on top of the normal stresses of life. And, all on top of those special stresses that mark life’s milestones – deferred weddings, failed businesses, cancelled funerals, special vacations now gone. Some of us simply could not believe it when we got the news about that event, what ever it was – cancelled, deferred, postponed, gone. And, some of us were angry. Still are about some things. Part of our brain can rationalize that this is a global pandemic, and we are, to a certain extent, all in this together, so soldier on – but another part of our brain is screaming “Enough already! This is stupid! I don’t deserve this!” And, you are right, both parts of your brain.

What to do? Something positive. Anything positive. Because, what follows the denial and the anger, is often bargaining (which won’t work – you can’t bargain with a virus), and shortly after that, depression. So, to avoid depression, do something positive. If you have the time and space, plant a garden or help a neighbour with theirs. Donate to a charity – they are in desperate need right now, with donations down and need higher than ever. You probably have a positive idea running around in your brain right now – take this as encouragement to get started.

Write a note of appreciation to someone and put it in the mail. Why mail? When depressed, avoid social media – for two reasons. First many of those on social media are still stuck in denial and/or anger, and you do not need any more of that right now. And second, the kind positive thing you do should be a private thing, not done in front of an audience, but quietly. It will light a spark in your soul that will give you light, and keep you warm through the dark night.

The title of this article “Be kind. Be calm. Be safe.”, is, of course, the mantra borrowed from Dr. Bonnie Henry, Chief Provincial Health Officer in British Columbia. We are three months and more into this pandemic, and the news from many parts of the world is not good. There will be dark days ahead. Be kind. We are not all in the same mental place, so cut everyone some slack and try, try hard, not to judge. Be calm.

### Be Kind. Be Calm. Be Safe cont...

When you are calm, those around you become calm. What we need right now are a lot of calm people doing kind things. And, stay safe. Because the road ahead will be tough and we need you. We need you healthy and calm, being kind to others, and that means being kind to yourself. We can all remember what we were doing when we heard that our province was shutting down.

Be kind, be calm, be safe, and we can share the stories we all will have when we really do get past this.

### Summertime

In the words of George Gershwin, “Summertime, and the livin’ is easy ...” Well, not quite true if your job is outside, in the sun. We seem to have moved from a long, cool spring into what is shaping up to be long, hot summer. We have had quite a few very hot days, with more on the way. Some of the usual hazard control techniques (control at the source, and engineering solutions) just do not work when your job puts you outside in the sun for most of your workday.



Time for Heat Control 101, again.

Heat transfer mechanisms are generally considered to include the following five topics – conduction, convection, radiation, metabolic heat and evaporation of sweat. To protect workers from the four stages of heat-related disorders (heat rash, heat cramps, heat exhaustion and heat stroke) we need to look at the heat transfer mechanisms that are present in our workplaces, and see which tools we can use to control our workplace environment.

**Heat conduction is the transfer of heat by direct touch.** Workers handling hot materials or objects will gain heat as they work. This applies to such jobs as paving and roofing in the outside world, but also to working in bakeries, smelters, and molding operations which are all indoors. It can be controlled by changing the direct contact with hot items through automated processes, the use of carts and trollies rather than manual handling of hot items, the use of insulated tools and equipment, or by simply allowing hot items to cool before handling, where possible.

**Convection is the transfer of heat by the movement of air.** Air heated by hot objects or materials will heat the surrounding air, which will increase the heat in which the worker must work. Controls include altering the air movement around hot items, with fans, and by changing the work clothing to lighter material if possible. It is easier in inside workplaces, where air conditioning, increased ventilation and decreasing the humidity all can play a role. Outside, it is more of a challenge, but portable fans can be used, as well as changing, if possible, the time of work. Paving a road at night could be an option (there is also less traffic at night, which addresses an entirely different problem).

**Heat transfer by radiation** refers to the fact that hot items will radiate heat without requiring either direct contact or needing an intermediate medium, such as air, to heat up surrounding items, or workers. The best example of this is the heat produced by the sun, but all hot items will radiate heat to cooler items. Since this radiant heat travels in a straight line from the source to anything else, the best control is a barrier. Umbrellas, open-sided tents, and awnings are all examples of portable barriers that can be used outside. And, radiant heat decreases with the square of the distance, so creating a safe distance around heat sources is also an option for

## Summertime cont...

decreasing the effects of radiant heat on workers.

**Metabolic heat is the heat produced by physical exertion** – it is a good thing in the winter months, but working hard in the sun in July can be a significant problem. Metabolic heat is unique in that it only results in an increase in body temperature – conduction, convection and radiation can reduce body heat when a worker is working in a cold environment (in winter the problem becomes keeping enough heat in). Working harder only makes you hotter. To decrease metabolic heat, the worker has to slow down. Controls include reducing the physical demands, increasing rest times, and limiting work, where possible, to times when radiant heat (sun) is less intense. Increased use of assistive devices (carts rather than carrying, and mechanical rather than manual material movement) are useful controls. Scheduling more workers to perform intensely physical tasks also is an option.

When you work hard, you sweat, and that is a good thing. As sweat evaporates, it cools your body. Sweating always leads to heat loss. There are two sides to this control. One is the proper selection of work clothing – pick materials that permit air flow across the body, and which do not trap heat. This is not always possible, but should be considered. Secondly, sweating requires fluid. Have extra fluids on hand at the work site, and encourage workers to drink before they get thirsty. Heat exhaustion, which occurs just before heat stroke, results from extreme fluid loss, to the extent that blood volume is decreased. This leads to dizziness, weakness, nausea, headache, and fainting. Supervisors should monitor their crews – workers who stop sweating in the heat need fluid, cooling and rest immediately.

Finally, there is data to show that acclimatization can occur when working in the heat – workers can become conditioned to working in hot environments, but the acclimatization process can take up to several weeks. If you are supervising a crew, pay special attention to new workers, and those workers who are returning from vacations. They may not know it, but they need some time to get used to performing in the heat – and new workers are trying to impress their new bosses, right until they faint and need to be carried off the job site. Use the information above to prevent things from going that far.

Summertime, and the working is hot. Do it right and, in a few months, we can all start to worry about working in the cold again.

## 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**