

Driver Fatigue

In December of 2020, Transportation Canada stated that it is widely understood that operator's fatigue is a challenge in all modes of transportation.

Driving while fatigued is a significant road safety concern.

Studies in Canada and several other countries show that driver fatigue is a contributing factor in 15-30% of all vehicle crashes*.

The primary contributors to fatigue are:

Acute and Cumulative Sleep Loss

- Acute sleep loss occurs when an individual gets less than the necessary # of hours of sleep within a 24-hour period.
- Cumulative sleep loss occurs over several days.

Continuous Hours of Wakefulness

Studies indicate that 16 -18 hours of continuous wakefulness is associated with significantly reduced performance and alertness.

Disruption of Circadian Rhythms

We function best with traditional patterns of daytime wakefulness and night time sleep. Lifestyles and work that run contrary to that cycle (e.g. evening and night work shifts) confuse one's "built-in" circadian rhythm.

Sleep Disorders

Sleep apnea, insomnia, night terrors, and others – greatly reduce sleep quality. Eight hours of tossing and turning, dozing and waking does not equal eight hours of sleep.

Medications

Some prescription medications and over-the-counter medicines contain caffeine or other stimulants that interrupt normal sleep patterns.

Stress and Workload

How you cope with that stress before you head to bed will determine how good of a rest you get that night .

For more information and tools and resources for employees and employers [Go to Road Safety at Work](#)



This Months Tip:

Psychological Health and Safety

Workplaces can play an essential part in maintaining positive mental health. They can give people the opportunity to feel productive and be a strong contributor to employee well-being. Yet it can also be a stressful environment that contributes to the rise of mental health problems and illnesses. No workplace is immune from these risks and we cannot afford to limit our definition of occupational health and safety to only the physical.

[Watch this video](#) to learn more about [the National Standard of Canada for Psychological Health and Safety](#) in the Workplace and how implementing the standard in your organization can address these risk factors and create a psychologically healthy and safe workplace.

Think about it.

Safetyscope Upcoming courses

Working @ Heights Apr 9, 23
W@H refresher Apr 16, 30

Confined Space Entrant Course Apr 12-13
Confined Space Rescue May 25 - 28

DBC JHSC Refresher Apr 7
Distance Learning

JHSC Part 1 In Class Apr 26-28

Contact Us with your training needs training@safetyscope.net

Tracking Down Your Training Records

Have you gotten an email via Skillspass saying that you did not take refresher training in time for either JHSC certification or Working at Heights Certification? Did it look like this?

Did it say “Failure to complete the Refresher training program within the timeframes specified by the Chief Prevention Officer (CPO) **has resulted in the CPO revoking your certification.**”

If you have completed your training you need to work with Skillspass and the Prevention Division of the Ministry of Labour Training Skills Development (MLTSD) to link files.

There are multiple reasons why the data base may be giving false information.

- Previous records entered under a different email address (personal or work emails differ)
- Your name could be entered incorrectly or you could have gone through a name change.
- Your account may have been set up with no email address or an incorrect one.
- Part of your records are on the old MLTSD data base and not linked to the new data base.

So what do you need to do next?

Notice, I did say “you”. The training provider is not allowed to ask either the MLTSD or Skillspass on your behalf.

Send an email to (MLTSD) PreventionFeedback@ontario.ca and copy (Skillspass) support@skillspass.com and your training provider giving as much information as possible such as:

- Addresses (new and old)
- Email addresses (personal, work and or if there is a new work email address)
- MLTSD Learners ID (Certification #)
- Date of Training (If you don't remember your training provider can assist)

To prevent this from happening in the future, what can you do next?

By linking your Ministry of Labour, Training and Skills Development (MLTSD) Learner ID to a new or existing Skillspass account, you can unlock the full power of online credential tracking and prevent emails from Skillspass with inaccurate information.

[Click to link your training records on line](#)

If you do not wish to access your records online, you may contact the MLTSD directly.

The screenshot shows an email from Ontario with the following content:

March 28, 2021
XXXXXXXXXX,

The Ministry of Labour, Training and Skills Development's records show that it has been more than three (3) years since you completed either Joint Health and Safety Committee (JHSC) Certification Part Two training, or JHSC Certification Refresher training. Your MLTSD Learner ID is XXXXXXXX.

Our records indicate that you were required to complete JHSC Certification Refresher training before XXXXXXXX, 2021. Failure to complete the Refresher training program within the timeframes specified by the Chief Prevention Officer (CPO) has resulted in the CPO revoking your certification. You no longer meet the requirements to maintain your JHSC Certification as required by the Training and Other Requirements established by the Chief Prevention Officer (CPO) under section 7.6 of the OHSA and you may no longer act as a certified member of a JHSC.

Should you require certification, you may retake the JHSC Certification training program Part One and Part Two programs, available through any CPO-approved JHSC Certification training provider.

A complete list of CPO-approved JHSC Certification training providers can be found on the [Ministry of Labour, Training and Skills Development website](#). If you have any questions or concerns about the JHSC Certification training program, or you believe there has been an error, please contact the ministry at 1-877-202-0008.

To view your training history and easily access your records online, please set up a Skillspass account by following the link below.

Skillspass is a third party site used by the Ministry of Labour, Training and Skills Development to allow learners to access their training records online.

Join us on SkillsPass

Using SkillsPass you can track all of your training records through your desktop, tablet, or mobile phone, as well as share your credentials digitally.

START TRACKING NOW

SKILLS PASS

Contact Ontario Ministry of Labour, Training and Skills Development
1-877-202-0008
ontario.ca/page/ministre-labour

Our mailing address is:
Ministry of Labour, Training and Skills Development
400 University Avenue, 7th Floor,
Toronto, Ontario M7A 1T7

In the Courts

Review the lists below and click on the link to know more if these hazards could occur in your workplace.



Mar 1, 2021 Critical Injury - Machine Guarding - [Select Food Products fined \\$50,000](#)

A worker was injured while trying to remove a stuck label on a labeler machine. The labeler machine was not equipped with a guard that prevented access to the pinch point as required by law.

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Reg. 851 S 25 states that "an in-running nip hazard or any part of a machine, device or thing that may endanger the safety of any worker shall be equipped with and guarded by a guard or other device that prevents access to the pinch point."

The employer failed ensure that the measures and procedures prescribed are carried out in the workplace as per S 25(1)(c) of the Occupational Health and Safety Act.

Mar 10, 2021 Crush Fatality - [Magna Subsidiary - Formet Industries fined \\$70,000](#)

A worker was injured after being struck by a truck frame that was being moved by a bridge crane. A warning audible alarm was sounded but automatically shut off.

An investigation determined that the alarm should be re-set manually by an operator as documented in the Pre-Start H&S Review (PSR).

The employer failed to take every precaution reasonable in the circumstances for the protection of a worker.

This was contrary to S 25(2)(h) of the Occupational Health and Safety Act.

Mar 10, 2021 Critical Injury - Stuck by - [Canadian Linen & Uniform Service Co., fined \\$120,000](#)

A worker on foot outside a building was struck by a company vehicle. The lighting in the area was inadequate and insufficient to ensure the safety of workers in the area.

The investigation by the MLTSD determined that the lighting levels in the area where the worker was struck did not provide sufficient illumination levels to ensure the safety of workers in the area. The issue of inadequate lighting in the parking area in question had been raised by the workplace JHSC just prior to the incident.

The employer failed to ensure that the measures and procedures prescribed by Reg 851 S 21 were carried out at the workplace, contrary to section 25(1)(c) of the OHSA.

Feb 26, 2021 Crush Fatality - Struck by - [R.M. Bélanger Limited, fined \\$210,000](#)

A worker was killed when a wooden telephone pole rolled while it was being loaded with a forklift onto a trailer in the parking lot of a golf course.

The employer was found guilty of two offences: failing to use a safe procedure for loading a pole onto a flat-bed trailer; and failing to ensure that no worker was in an endangered position during the loading of a pole onto a flatbed trailer.

These were both contrary to section 25(2)(h) of the Ontario Health and Safety Act.

Return to Work

Canadian jurisdictions take two basic approaches to RTW requirements for employers under the OHS and workers' comp laws: Specific Requirements & Implied Requirements.

Regardless of your jurisdiction, there are 7 things to do to comply with return-to-work requirements:

1. Stay in contact with injured/ill workers while they're out.
2. Give the workers' comp board the information it requests on a worker's return to work.
3. If the injured/ill worker is able to return to their pre-injury position, offer them that job back.
4. If you can't offer the worker their pre-injury position, offer them alternative employment that's comparable to their prior position.
5. If the worker can't perform the essential duties of their old position, offer them suitable work that they have the skills and are medically able to do and doesn't pose a health or safety hazard.
6. Accommodate the work or the workplace to suit the returning worker's needs to the extent such accommodations don't pose an undue hardship.
7. Don't fire a worker because they got injured or ill.



But there are key duties, responsibilities, policies & procedures that you MUST enforce to be compliant and reduce the costs & risks associated with an employee's return-to-work after an injury or even a COVID illness.

[Download OHS Insider's latest report on Return-to-Work for Canadian Businesses](#) to make sure you are compliant with all the employment law changes that were pushed through in 2020.

It's not worth risking your organization's finances and reputation over unclear and outdated policies that don't work.

[Download HR Insider's latest report on Return-to-Work for Canadian Businesses](#) to make sure you are compliant with all the employment law changes that were pushed through in 2020.

Given that many OHS departments are both understaffed and overworked, only in retrospect do many organizations become aware of the monetary costs of ignoring OHS-related legal hot buttons.

Occupational Health and Safety in Ontario: 2019-2020 Annual Report



The Ministry of Labour, Training Skills Development has shared the Occupational Health and Safety in Ontario: 2019-2020 Annual Report.

[Click here to access the Report](#)



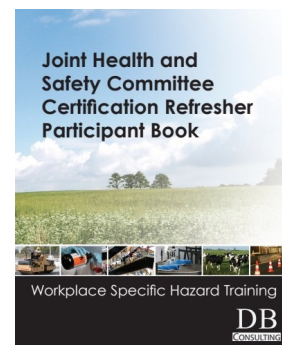
Joint Health and Safety Refresher Training (In Class and Distance Learning)

In general, your joint health and safety committee certification is valid for 3 years after the successful completion of an approved JHSC Part 2 training program.

You must successfully complete a refresher program within three years of the date of certification, or the date of successfully completing a refresher program, to keep your certification valid.

Safetyscope can help with both in class and distance learning using Dwight Barratt Inc. approved Joint Health and Safety Refresher training courses.

Contact us if we can be of assistance.



Safetyscope's Public Training Sessions

With our COVID-19 procedures in place, Safetyscope is now holding regular public training sessions in Working at Heights, Working at Heights Refresher and Confined Space Awareness.

If your organization requires any additional courses, please with your training needs at training@safetyscope.net.

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 Entrant	.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