

Harmful effects of Humidity

Dry heat can feel more tolerable initially, as sweat evaporates quickly, providing some relief but when the weather is extremely humid, the harmful effect of increasing heat on distress is approximately doubled.



Weakness



Fatigue



Dizziness

Extreme heat events can cause sunburns, dehydration, heat exhaustion, heat stroke and in some cases, even death.

When it's humid, sweat evaporates slowly from your skin, making your body work overtime to stay cool. Excessive sweating can make you lose too much water and electrolytes, causing dehydration, muscle cramps, and fatigue.

High heat and humidity leads to increased core body temperature and dehydration. Increased body temperature (hyperthermia) leads to decreased muscle endurance, which means the muscle's ability to contract repeatedly or in a sustained manner over long periods of time.

- Wear a hat, light and loose-fitting clothing, sunscreen, and sunglasses when outside.
- Drink plenty of water and avoid alcohol and caffeine.
- Talk to your doctor, nurse, or pharmacist if you are taking medications, as some can make it harder to control body temperature.
- Discuss your health needs with your employer if your work demands will expose you to the heat.

Heat Stress Resources

TPS Podcast: [Summer Heat - 5 Minute Safety Share](#)

OHCOW: [Heat Stress Toolkit](#)

The Occupational Health Clinics for Ontario Workers (OHCOW) has released a Heat Stress Toolkit to help workers assess the risk of heat stress and take action to protect themselves. The toolkit includes:

- A new Heat Stress Calculator for both indoor and outdoor settings
- An updated Heat Stress Awareness Guide
- Two new booklets: Heat Stress Prevention Tools and Strategies and Heat Stress Physiological Monitoring Guide
- Posters, videos and easy-to-understand infographics
- [Recognizing Heat Stress Video](#)
- [Tools to Prevent and Control Heat Stress Video](#)

Humidex-Based Heat Stress Calculator

This [web-based tool](#) uses temperature and humidity as well as other factors like:

- location
- clothing
- work activities
- radiant heat, and
- moisture sources

...to calculate estimated heat stress.

Adjusted* Humidex	Response	Effective** WBGT (°C)
25 – 29	supply water to workers on an "as needed" basis	≤ 23.0°C
30 – 33	post Heat Stress Alert notice; encourage workers to drink extra water; start recording hourly temperature and relative humidity	23.1 – 24.0°C
34 – 37	post Heat Stress Warning notice; notify workers that they need to drink extra water; ensure workers are trained to recognize symptoms	24.1 – 25.0°C
38 – 39	work with 15 minutes relief per hour can continue; provide adequate cool (10-15°C) water; at least 1 cup (240 mL) of water every 20 minutes worker with symptoms should seek medical attention	25.1 – 26.0°C
40 – 41	work with 30 minutes relief per hour can continue in addition to the provisions listed previously	26.1 – 27.0°C
42 – 44	if feasible, work with 45 minutes relief per hour can continue in addition to the provisions listed above	27.1 – 29.0°C
45*** or over	only medically supervised work can continue	29.1°C*** or over

The tool provides three methods of calculation based on the information you have available. Based on the results, the tool then provides a response plan with control methods to protect workers, which can be downloaded and printed for sharing in the workplace. [Available as a pdf](#)

Sometimes being “Managed” is Uncomfortable - and that's OK.

There are a large number of articles on fostering a culture of inclusion and psychological safety in your workplace recently to improve the employee experience and improve retention. But if it is not done correctly the outcome could negatively influence how leaders make decisions and manage their employees. Let's go back to the basics .

Unpleasant emotions can be expected when management challenges performance or holds an employee accountable for a workplace infraction or for failing to fulfill reasonable work commitments and expectations. However, these emotions do not mean the employee is being bullied or not being treated with respect. Nowhere does it say holding employees accountable means they must always feel good. People tend to be frustrated when they don't get what they want, have to deal with changes and lack of control and they will feel stressed.

There is a very interesting article in the OHS called [The dark side of the psychological health and safety conversation](#). It encourages management, including HR professionals to focus on facts, not feelings.

The article states that these days that although more employers positively impact employees' experiences through psychological safety and inclusion practices, when asked if more employees use psychological safety as a sword versus a shield, many employers answer “yes.”

When an employee raises a concern about how they feel, it should be investigated and taken seriously, but needs to be focused beyond the employees emotions. Skipping this fact-finding step can increase the risk of facilitating the dark side of the psychological safety and inclusion conversation by forming the perception that employees can no longer be held accountable for their behaviour. To ensure this does not occur, employers can:

- Make maturity and accountability core values of your workplaces.
- Ensure all employees know why accountability and learning from mistakes are necessary.
- Ensure employees clearly understand their roles, expectations, and how accountability will be enforced.
- Educate employees and ensure everyone understands their rights and the consequences of making false allegations to hurt others. It's common for a person who does not want to accept accountability to place blame.
- Train leaders to build trusted and safe relationships with their employees.
- Get facts before reacting - Simply saying something does not make it factual. Thoughts are not always facts. Focus on behaviour, not emotions.

Upcoming Courses Location - NATT 98 Fielding Road, Lively, Ontario, Canada

Working at Heights

- July 5 @ 8:30 am - 4:30 pm
- July 8 @ 8:30 am - 4:30 pm
- July 12 @ 8:30 am - 4:30 pm
- July 15 @ 8:30 am - 4:30 pm
- July 19 @ 8:30 am - 4:30 pm
- July 22 @ 8:30 am - 4:30 pm
- July 26 @ 8:30 am - 4:30 pm
- July 29 @ 8:30 am - 4:30 pm

Mobile Elevated Work Platform (MEWP)

- July 11 @ 8:00 am - 4:00 pm
- July 23 @ 8:00 pm - 4:00 pm

Working at Heights Refresher

- July 3 @ 8:00 am - 12:30 pm & 12:30 - 4:00 pm
- July 10 @ 8:00 am - 12:00 pm & 12:30 - 4:00 pm
- July 17 @ 8:00 am - 12:30 pm & 12:30 - 4:00 pm
- July 24 @ 8:00 am - 12:30 pm & 12:30 - 4:00 pm
- July 31 @ 8:00 am - 12:30 pm & 12:30 - 4:00 pm

Chainsaw Safety Training

- July 5 @ 8:30 am - 4:30 pm

Overhead Crane

- July 25 @ 8:00 am—4:30 pm

Basic Rigging Fundamentals

- July 2 @ 8:00 am - 4:30 pm
- July 23 @ 8:00 am - 4:30 pm

To Register access [Click Here](#)

Court Bulletins Fatality

Review the bulletin below and click on the link to know more if this hazard could occur in your workplace.



[June 24 Slips & Falls Critical Injury - McDougall Energy Inc., Fined \\$70,000](#)

The service shop has multiple work bays in which vehicles are repaired and maintained, including an in-ground vehicle service pit in work bay three. The pit is 70 feet long, 42 inches wide and 64 inches deep. At the time of the incident, the pit was not in use and did not have a barricade or technician monitoring it to prevent workers from falling in.

The driver came in to check on the progress of the repairs. At that time, a senior technician was repairing an air leak in the upper safety rails on the top of the trailer and asked other workers to identify which rail was moving. The truck driver, trying to help, took several steps backwards and accidentally fell four and half feet into the adjacent vehicle service pit.

The employer failed to implement measures to protect a worker, as required under S 13(3) of the Regulation 851, contrary to S 25(1)(c) of the OHSA.

[May 29 Fatality - Revital Polymers Inc. Fined \\$60,000.](#)

A worker and a heavy equipment mechanic were in the company's forklift shop preparing a C34 forklift to have its faulty hydraulic hose replaced. They used a second N4 forklift to lift the bucket on the C34 forklift and allow the mechanic to access the hydraulic hose. The workers also attached a chain to the top crosspieces of the inner and outer mast sections of the C34 forklift to prevent its inner sections from moving, and they placed a metal stand underneath the bucket of the C34 forklift.

The worker then left the forklift shop and the mechanic started work on the forklift.

Upon hearing a noise from the forklift shop, the same worker returned to check on the mechanic and found the mechanic caught between the mast and cab of the forklift. The mast had fallen towards the cab frame while the mechanic was positioned there, causing fatal injuries.

An investigation found that there were no operators at the controls of either the forklifts. This resulted in both forklifts being left unattended with their attachments in the raised position, contrary to S 58 of Reg 851. The employer failed to ensure that the forklift was not left unattended, a violation of S25(1)(c) of the OHSA.

TPS Group of Companies launch Arlo CMS

TPS Group of Companies collects, stores, and uses personal names, addresses, and information in accordance with TPS Group of Companies Privacy Policy. Arlo is used for TPS Group of Companies data management system and training data will be available online through the customer portal to access. TPS Group of Companies may release individuals course completion record(s), name, and address to their employer (if any) or to a government agency (MLITSD, MoE, WSIB, etc.) requiring such information as part of a certification process. If the personal information compiled by TPS Group of Companies is incorrect, TPS will correct the information upon request and provide confirmation. Alternatively the TPS Group of Companies online portal can be accessed to update any personal information.

What's it mean to you?

Safetyscope will now be using the Arlo certification management software, launched by TPS Group of Companies for all of our training records and will no longer be using SkillsPass™.

Safetyscope's Historical SkillsPass™ data will be imported into the Arlo data base and till trigger expiry notification emails. All future training will be stored and certificates will be issued through the new certification management software.

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

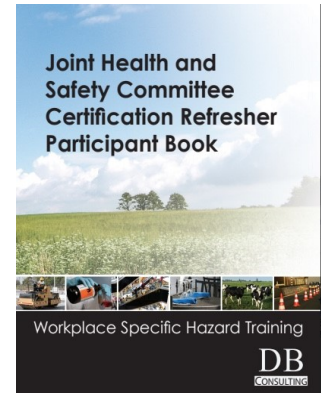
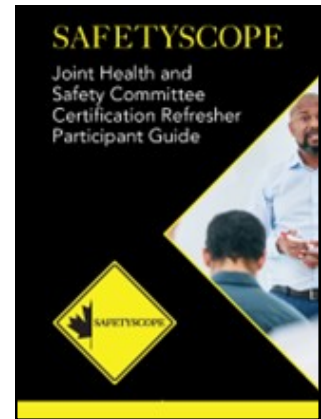
Safetyscope can help with:

- In Class sessions for Safetyscope JHSC Refresher Training
- In Class sessions for DBC Inc. JHSC Part 1 and JHSC Part 2
- Distance Learning (Virtual) Refresher training utilizing DBC Inc. approved training

Safetyscope is an approved provider

We have continued to expand our scope and now Safetyscope is an approved provider for the following:

- Toronto Water for Working at Heights
- Safetyscope is a TSSA Approved Training Provider
- Safetyscope is an approved provider for Corrections Canada
- Safetyscope is an approved provider for JHSC Refresher Training



Safetyscope's and NATT Safety Services Public Training Locations

[2501 Rutherford Road Unit 22](#) Vaughan, ON 416.231.3752

[98 Fielding Road Lively, ON](#) Toll Free 1.866.244.3334

[1725 St-Laurent Blvd. Unit 220 Ottawa, ON](#) 1.888.294.1943

[117 White Oak Drive East, Sault Ste. Marie, ON](#) 249.889.6160



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	.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



2024 SCHEDULE

1 Day Entrant & 2 Day Attendant Course

Time: 8:00 am – 4:00 pm

January	22 - 23
February	12 - 13
March	18 - 19
April	15 - 16
May	13 - 14
June	17 - 18
July	15 - 16
August	12 - 13
September	16 - 17
October	14 - 15
November	11 - 12
December	16 - 17



Competent Supervisor 1 Day Course

Time: 8:00 am – 4:00 pm

February 28
April 25
June 27
August 29
October 24



Day 1 - Emergency Level/Recertification Day 2 - Standard First Aid Level C

Time: 8:00 am – 4:00 pm

February	5 - 6
May	6 - 7
August	5 - 6
November	4 - 5



Working At Heights 1 Day Course

Time: 8:00 am – 4:00 pm

January	12 & 26
February	9 & 23
March	8 & 22
April	12 & 26
May	10 & 24
June	7 & 21
July	5 & 19
August	2, 16 & 30
September	13 & 27
October	11 & 25
November	8 & 22
December	6 & 20



Working At Heights Refresher 1/2 Day Course

Time: 8:00 am – 12:00 pm

January	5 & 19
February	2 & 16
March	1 & 15
April	5 & 19
May	3, 17, & 31
June	14 & 28
July	12 & 26
August	9 & 23
September	6 & 20
October	4 & 18
November	1, 15 & 29
December	13 & 27



JHSC Part 1 Certification

Dwight Barratt Inc. - 3 Day Course

Time: 8:00 am – 4:00 pm

March	25 - 27
August	19 - 21
November	25 - 27



Part 2 and Refresher also available

Confined Space Rescue

4 Day Course

Time: 8:00 am – 4:00 pm

May 27 - 30
December 9 - 12



Course held at the SafetyScope Training Centre

2501 Rutherford Road Unit 22 Vaughan, Ontario L4K 2N6

Phone: 416.231.3752 E-mail: info@safetyscope.net