

# Workplace Safety Group October 2009

## Monthly

## News e-Letter

Workplace Safety Group is extremely pleased to introduce and welcome two new members to our management team!

**Paul Casey** has over 33 years of Occupational Health and Safety consulting experience. His experience includes OH&S Policy & Procedure writing and implementation; Accident Investigation and Documentation; TDG; Safety Audits/Inspections; Respiratory Protection Training; Lock Out/Tag Out; Hazard Assessment.

Paul will head up our Consulting Services Division and provide training for our company in his areas of expertise.

**Michael P. Westcott** joins us to lead our Agency Marketing Division. Michael brings 16 years of superior leadership experience to our company with his strong background and familiarity in Education and Systems structure.

We are proud to have these two gentlemen look after clients following our maxim that

**“Your Safety is our Expertise!”**



### H1N1 Pandemic Awareness

#### *Hope for the Best, Plan for the Worst*

*Faced with the prospect that, this flu season, H1N1 could become more widespread and deadly than it was last spring, everyone is wondering: What do we do if things get really bad?*

*We hope the preparations being made at all levels of government will avert a crisis. But if the pandemic is more severe than predicted it's possible that not everyone who needs critical care will get it.<sup>5</sup>*

This abbreviated excerpt from an article by Dr. Andrea Frolic, currently Clinical & Organizational Ethicist at Hamilton Health Sciences, made me sit up and consider the implication of not receiving the critical care needed if I or someone I love became sick.

At the risk of adding to the mounds of information already published (and which may lead to increased scepticism about the seriousness of a pandemic) I am offering this month's newsletter as a source of information. It is my hope that everyone will take the potential threat seriously and take the extra few seconds required to minimize the hazard.

As we all know, we spend much of our lives at work in the company of many different people at any given time. We cannot control their preventive sanitary measures, so we must ensure that our own personal hygiene habits are the best they can be. (This reminds me of a teacher telling us, when we were learning to drive, to drive like all other drivers on the road were idiots and we were the only safe drivers around). **Prevention is always the best medicine!**



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### What does a Ministry of Labour inspector look for?

Among the many factors that inspectors examine are:

- Compliance with the Occupational Health & Safety Act and its regulations
- Health & safety programs and policies
- Internal Responsibility System—self reliance
- Training requirements and/or deficiencies
- Record of injuries, including musculoskeletal disorders (MSDs)
- Occurrence and record of workplace violence
- Young worker health & safety
- Workplace - specific sector hazards

For six months, beginning in September, Ministry of Labour inspectors will visit about 800 vehicle body repair workplaces to check for hazards.

<http://news.ontario.ca/mol/en/2009/09/inspections-target-vehicle-body-repair-facilities-1.html>

Warehouse and Distribution Company  
Fined \$75,000 After Worker Injured  
<http://news.ontario.ca/mol/en/2009/09/warehouse-and-distribution-company-fined-75000-after-worker-injured.html>

**“Healthy Mind, Healthy Body,  
Healthy Work  
Feeling Great About Life!”**

<http://www.healthyworkplacemonth.ca/>



The 2009 flu pandemic is a global outbreak of a new strain of virus officially referred to as H1N1, first identified in April 2009 and commonly called swine flu in North America. Transmission of this virus is human-to-human via coughing, sneezing, or touching contaminated surfaces and then touching the nose or mouth.

Symptoms, which last up to a week, are similar to those of seasonal flu, and can include fever, sneezes, sore throat, coughs, headache, and muscle or joint pains. The Center for Disease Control notes that this can be a very serious virus.


To avoid spreading the infection, the CDC recommends that those with symptoms **stay home from school, work, and crowded settings!** Wearing facial masks was reported to be of limited benefit. The World Health Organization continues to recommend that anyone who feels unwell should **stay home!** Better to stay home a few days than become even sicker and infect others who can then re-infect the original individual; thereby, creating a vicious cycle.

### **What can I do to protect myself from infection?**

The Public Health Agency advises Canadians to:

- Wash hands thoroughly with soap and warm water, or use hand sanitizer
- Cough and sneeze in your arm or sleeve
- Keep doing what you normally do, but stay home if sick

Check [www.fightflu.ca](http://www.fightflu.ca)  for more information

Check [www.voyage.gc.ca](http://www.voyage.gc.ca)  for travel notices and advisories  
Talk to a health professional if you experience severe flu-like symptoms



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<sup>5</sup>Andrea Frolic  
Monday Sept. 21/09 Globe and Mail

*Questions, Concerns, Comments?*  
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