

Safety/Health Awareness Research Program

Physical Hazards / Leadership Skills / Worker Health



2011 Safety Conference Prince George



*Over 160 Delegates Participated in this Year's Safety Conference.
There was 100% Agreement the Conference was "Relevant" and "Valuable".*

Keynote Speaker

Dr. James T. Reese

"Life's Greatest Difficulty - 'Choice'"

Internationally known Author, Combat Veteran, ex FBI Agent and Criminal Profiler (often quoted in the popular TV series Criminal Minds), Dr. Reese was not only informative but also entertaining. His message, "you can't change anything you tolerate" and "don't become distracted, focus on what you're doing now." He provided many humorous examples on how to treat people differently and therefore get them to act differently and change their attitudes. "I can't change your attitude only you can" but "I can change the way I treat you". Dr. Reese's underlying message,

"one who dares to lead must never cease to learn"

This Year's Presenters were:

Dr. James Reese, PhD – Keynote Speaker- *"Life's Greatest Difficulty – Choice"*

Ed Ma, Mike Tasker and Brian Rourke – Roundtable *"HAND INJURIES"*

Dr. Wayne Halstrom – *"Obstructive Sleep Apnea and the Workforce"*

Debra Wolinsky – *"Substance Abuse"*

Andy Wood – *"Update on Safety Legislation"*

Isabel Krueger – *"Slips, Trips and Falls"*

Phil Kolbuc – Round Table – *"Leadership in Safety"*

Susan McNeil – *"Respiratory Disorders and their Effects on Workers"*

Dr. Art Hister – Closing Presentation – *"Guide to Living a Long and Healthy Life"*



Dr. James T. Reese

"you can't change anything you tolerate....."



Ron Corbeil of The United Steel Workers Union and Arnie Federink, General Manager - Conifex - McKenzie opened the SHARP 2011 Safety Conference by congratulating participants for making great improvements in Health and Safety over the past 6-years, having gone from 43 forestry related deaths in 2005 to 4 in 2011. However, they reminded delegates that it's not good enough. Zero tolerance is the goal and each person is and must be a leader. We need to convey the message that,

“We care about each other and want to make this industry the safest place to work”.

Hand Safety

"PANEL DISCUSSION"



Mike Tasker (Worksafe BC), Ed Ma (Tolko) and Brian O'Rourke (USW- Local 1-424) and Facilitator Morris Ettinger, provided delegates with a reminder of the extent of hand injuries (26% of all total claims) and the cost was \$22.7 million in the past four years and; more importantly the personal cost.

The message is:

“Hand Injuries are preventable”.
No one wants to get hurt.

REMEMBER:

**STOP
THINK
THEN GO!**

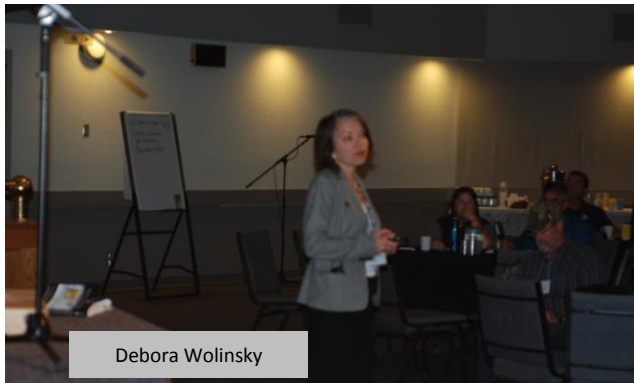


Some Key Ideas generated in small group discussions on How to Prevent Hand Injuries:

HAND INJURIES:



- ✓ Hand Safety Checklist
- ✓ Hand Safety Fair with different booths i.e. fishing, golfing, where one needs to use their hands.
- ✓ New Worker Training and Identification.
- ✓ Ensure proper fitting - PPE i.e.) gloves
- ✓ Get suppliers to do a workplace assessment for PPE
- ✓ Clearly identify pinch points
- ✓ Lunchroom talks – Guest Speakers
- ✓ Positive Feedback and Messaging. Highly Visible Lockout Boards
- ✓ Communication. Get input from workers. Buy-in at every level.
- ✓ Slow down and THINK.
- ✓ Treat Safety like Production
- ✓ Safety observations catching people doing things right.
- ✓ Spot testing individual employees on safety. Orientation and Training.



Debora Wolinsky



SUBSTANCE ABUSE

Debora Wolinsky

Senior Clinical Advisor PPE Canada

Delegates gained an increased awareness of substance abuse, how to recognize it and what to do. A key consideration is

EARLY INTERVENTION

ACT NOW

CONTACT YOUR EMPLOYEE FAMILY ASSISTANCE PROGRAM (EFAP) service provider to discuss your concern.

ANDY WOOD
Harris and Company
BILL 45

Andy Wood is a Lawyer for Harris and Company who specializes in labour Law. Andy informed delegates of the new sections of the Criminal Code Bill C45 – Section 217 which reads:

“217.1 Everyone who undertakes, or has the authority to direct how another person does work or performs a task is under legal duty to take reasonable steps to prevent bodily harm to that person, or any other person arising from the work or task”

Bill C-45 also added Section 22.1 and 22.2 to the Criminal Code imposing criminal liability on organizations and its representatives for negligence and other offences.

Andy’s presentation emphasized that the new provisions to the code establishes a legal duty of all persons “directing the work of others” to take reasonable steps to ensure the safety of workers and the public; and that organizations and individuals can be charged under both the OH S Act and the Criminal Code at the same time. Andy’s presentation cited several cases where the new legislation has and is being tested.

Andy emphasizes the increased importance of workplace H & S programs that meet and exceed all standards to not only protect the workers but yourself from personal liability (if you direct or control the work of others.)



SLEEP APNEA

Dr. Wayne Halstrom

Dr. Hastrom said that Sleep Apnea is a Common Dangerous, Dangerous, Easily Recognized and Treatable. Snoring is the First sign. Sleep Apnea causes depletion of oxygen to the Brain.....if you are not thinking clearly you are a danger to yourself and others.

You cannot afford to fall asleep at the wheel.
Get Professional help, See your Doctor!



BC LUNG ASSOCIATION

Susan McNeil

Susan reminded Delegates of the harmful effects of smoking and lung disease. Susan’s presentation provided encouragement to smokers to keep trying and that there is not one best way to quit and that you can get medical assistance from your Doctor and Pharmacists to help you quit and it will be paid by your BC Medical Insurance.

SLIPS, TRIPS AND FALLS

Isabel Krueger

As an expert in the area, Isabel made Delegates aware of the potential hazards that may cause slips, trips and falls and what you can do about it. 25% of all WCB claims are related to slips, trips and falls and it is easily preventable by good housekeeping: Pick up debris, spills, ice and snow and make sure you have proper footwear. Workplace hazard assessments and proper orientation and training ensure reduced risk.



Dr. Art Hister

LIVING A LONG AND HEALTHY LIFE

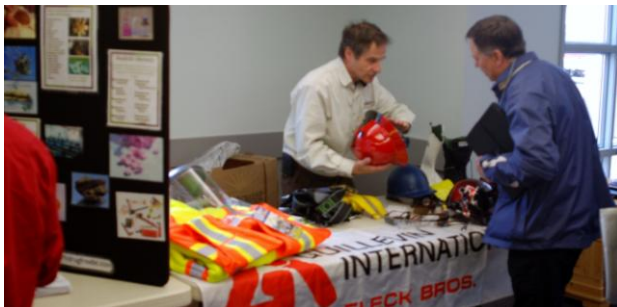
Dr. Hister provided an entertaining and enlightening presentation on how to live a long and healthy life. Dr. Hister is a well known Canadian Author (Midlife Man and Guide to Living a Long and Healthy Life.) He was also a correspondent for CBC, News World, and BBC Radio 5 and is currently a Health Analyst on Global TVBC Morning News and SWCNW News-talk show. Dr. Hister's message was simple; Eat well, (wine is fruit and coffee is a bean), Exercise regularly (even 10 minutes a day helps) and think positive (it produces healthy chemicals in the body). Dr. Hister further reinforced Dr. Resse's opening address by suggesting that personal health and well being is the starting point for workplace health and safety!

The average expectancy in Canada for men is 78.2 years and women 82.9 years, however we are living with increased incidences of major illness and diseases i.e. diabetes, cancers, dementia etc. The good news is we can do something about it by starting to live a healthier life-style now. Dr. Hister quoted World Health report that there are seven factors that we are in control of that will prevent and minimize 60% of the chronic health problems associated with aging. These factors were:

- ✓ Don't Smoke.
- ✓ Exercise Regularly.
- ✓ Control your Stress Level.
- ✓ Maintain a Healthy Weight.
- ✓ Get Enough Sleep.
- ✓ Drink Alcohol Moderately.

Dr. Reese cited many research studies that verify huge benefits of doing the above and reducing the risk of all chronic diseases by 78%. And, most importantly Laugh more often and start now.

To find out more visit: www.dart.ca or listen to him every Saturday on CKNW – across Canada.



Everyone had the opportunity to take in displays at the "Safety Marketplace".



LEADERSHIP IN SAFETY – Facilitated by Phil Kolbuc



Phil is a Human Resource Professional with over 25 years of experience as President of his own HR Training and Development Company. Phil tapped into the collective experience and expertise of the 150+ Delegates by, having them discuss what they 'as leaders' could do to improve HEALTH AND SAFETY back at work. Based on this two-hour discussion the following ideas were put forward (Note: See SHARP website for full document).

- *Strengthen relationships between management and employees (communication).*
- *Involve employees in finding solutions.*
- *Lead by example – positive attitude about H & S don't speak negatively about organizations and others.*
- *Making all levels of management more aware of Health and Safety issues (come with solutions not just problems.)*
- *Qualified / designated trainers.*
- *Education / training – celebrate wins; recognize how far we have come in Health and Safety.*
- *Do your research and evidence to support solutions.*
- *Positive and repetitive reinforcement.*
- *Safety incentives – focus on positive behaviours i.e. accident investigation, attendance and safety meetings.*
- *Letters of positive acknowledgement for doing things correct and safely.*
- *Learn to listen.*

Phil informed delegates that "leadership is the ability to get the best out of others and therefore yourself" and "...if you want to change attitudes and culture then treat people as you would like them to be, not as they are" and remember

"You are the Leader you have been waiting for"

.... Hopi Saying



Please check out
www.Conifer.ca
Follow the link to
the **SHARP** page...

Brad Evans – Industry Trustee – Sinclar Group of Forest Companies

Ed Ma – Industry Trustee – Tolko Industries

Rob Jarvis – Industry Trustee – Canfor

Morris Etttinger – Industry Trustee – Hampton Affiliates – Babine Forest Products

Frank Everitt – United Steelworkers Trustee – Local 1 – 424

Brian O'Rourke – United Steelworkers Trustee Local 1 – 424

Bill Derbyshire – United Steelworkers Trustee – Local 1 – 425

Norm Prevost - United Steelworkers Trustee – Local 1 – 425

Trustees of SHARP

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by...**

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