



Fall 2015



Working
SMOKE ALARMS
SAVE LIVES
Change Your Clock, Change Your Battery

NSTSA Newsletter – News You Can Use!

(Coloured copies of this newsletter are available at www.nstsa.ca)

New to our TEAM: The NSTSA team welcomes Gary Hunt, our new Safety Coordinator. Gary joined us in March. He has experience as a business owner and has been working in the trucking industry for a number of years. He has extensive knowledge of our industry and holds a Class 1 license. He is working with our members to help update, implement safety programs as well as facilitate some of our safety courses. We are pleased to welcome Gary to our team.



NSTSA's Membership 2016 Workers' Compensation Assessment Rates (per \$100 of payroll):

Standard Industrial Classification	2015 Assessment Rate	2016 Assessment Rate	% Change
General Freight (SIC 4561)	\$5.44	\$5.67	4.23%
Moving & Storage (SIC 4562)	\$7.16	\$6.17	-13.83%
Bulk Liquid (SIC 4563)	\$3.97	\$3.29	-17.13%
Dry Bulk (SIC 4564)	\$3.97	\$3.29	-17.13%
Trucking Other (SIC 4569)	\$5.44	\$5.67	4.23%

The most common injuries in our industry are back injuries. Most common causes of incidents in our industry are due to slips, trips and falls.

What's your plan to decrease these incidents at your workplace? Let us know how we can help!

**Did you know it's estimated someone is injured on the job every 18 seconds?
Or that only 20% of injuries are caused by unsafe conditions, while 80% are caused by unsafe acts?**

Employees need engaging safety information that reminds them on a daily basis why following safety protocol is in their best interest. Employees need a safety program that resonates and reinforces a compliant safety message. (See flyer in this newsletter.)

 **stop**  **think**  **act safely™**

NSTSA has launched a new program to help companies focus on creating a culture of commitment. Generally, in every workplace there are 3 types of workers: non-compliant, compliant and committed. How do you get the non-compliant and compliant to be committed to safety in that moment when no one is watching?

We can help you. Our training program, materials and tools will help. Several companies have participated in this program recently. They have implemented aspects of the program over the

past few months at their workplace and they are seeing a change in behaviour from non-compliant and compliant to committed. Let us show you how. Contact us for more details.

Devisys Anti-Slip Heel Stops: Winter will soon be here. Now is the time to think about eliminating slips, trips and fall injuries on ice and snow. This anti-slip device fits on the heel of your footwear. NSTSA now stocks this product. Please contact us for more information about this product widely used and recommended by people in our industry. (Visit: <http://www.geroline.ca/>)



Eyewash Solutions: We now offer eyewash solutions for our members. They are sold in 1 litre containers, containers with eyewash station as well as one and two bottles of solution with a metal storing shelf.



NSTSA'S Safety Programs: We have expanded the programs we are offering our members including:

1. Forklift training
2. **WHMIS 2015**
3. Professional Driver Improvement Course (PDIC)

Check the programs, dates and locations on our website: www.nstsa.ca and click on "Safety Programs". Pre-registration is required 7 days prior to the date of the course. For details, contact us. If you are interested in programs not listed, let us know and we will provide you with information related to the courses you are interested in attending or taking on-line.

WHMIS 2015 is NEW. WHMIS stands for the Workplace Hazardous Materials Information System. It is a comprehensive system for providing health and safety information on the safe use of hazardous products used in Canadian workplaces. (The full implementation schedule is on page 3 of this newsletter.)

WHMIS has aligned with the worldwide hazard communication system known as GHS - the Globally Harmonized System of Classification and Labeling of Chemicals. Aligning with GHS provides many benefits, including:

- Hazard classification criteria are more comprehensive which improves ability to indicate severity of hazards.
- New hazard classes are included.
- Physical hazard criteria are consistent with the Transport of Dangerous Goods (TDG regulations).
- Standardized language (hazard and precautionary statements).
- Standardized Safety Data Sheet format and more comprehensive requirements.

NSTSA is offering a **WHMIS 2015** Train the Trainer course so someone from your company who takes the course can provide the training to your employees back at the workplace. It is scheduled for October 28, 29, 2015 in Halifax.

We are also delivering the **WHMIS 2015** course for members who currently have WHMIS training at NO COST until December 31, 2015. To find out where the nearest **course** is being held near you, please contact us for dates and locations or visit our website www.nstsa.ca under the "Safety Programs" tab. Participants who complete the course will receive a WHMIS 2015 card valid for three years.

WHMIS 2015 Booklets: Our popular WHMIS booklets have been updated to include WHMIS, WHMIS 2015 and the 3-year transition period. They are hot off the press! Purchase price: \$3 per booklet.

Transition Table for Full Implementation of **WHMIS 2015**

Phase	Time Period	Manufacturers & Importers	Distributors	Employers
1	Feb. 11, 2015 to May 31, 2017	WHMIS 1998 OR WHMIS 2015	WHMIS 1998 OR WHMIS 2015	WHMIS 1998 OR WHMIS 2015
2	June 1, 2017 to May 31, 2018	WHMIS 2015	WHMIS 1998 OR WHMIS 2015	WHMIS 1998 OR WHMIS 2015
3	June 1, 2018 to Nov. 30, 2018	WHMIS 2015	WHMIS 2015	WHMIS 1998 OR WHMIS 2015
Completion	Dec. 1, 2018	WHMIS 2015	WHMIS 2015	WHMIS 2015

Small Business Safety Toolkit: Are you wondering how to create or update your Small Business Safety Program? Here is a link to easy-to-use, step-by-step guidelines and downloadable forms to help you make your workplace safer: www.Workplace-Safety-Toolkit.ca The NSTSA office team are also available to help you develop or update your Safety Program, just let us know how we can help you. Coming soon: Incident Calculator.

Industry Safety Associations Business Information Event: October 6 and 7, 2015:

This is a first time event where Industry Safety Associations in partnership with Labour and Advanced Education (LAE) and the Workers' Compensation Board of Nova Scotia are hosting such an event in Yarmouth. Members of our Association are invited to attend. Please contact us for details. The schedule is posted on our website: www.nstsa.ca All sessions are open to everyone in attendance and are not limited to members of a particular safety association. There will also be a trade show with lots of great information and materials available for everyone. We look forward to seeing you at the event. There is **NO COST TO ATTEND.**

Safety Certified? Has your company achieved "safety certification" this year? If not, there is still time. The Prevention Incentive Program is extended to the end of 2015. Rebates will be issued to companies who participate in this program and achieve safety certified accreditation by December 31, 2015. If you haven't done so, we encourage you to do so. Let us provide you with the details of how the process works and what is involved. This year, \$248,672 was reinvested back into the industry because of our members who participated in this program in 2014. There is still time to participate in 2015.

Driver Appreciation Week: Driver Appreciation Week was September 6 – 12. The NSTSA team expresses our appreciation to the professional drivers (men and women) for their hard work and commitment in tackling one of our economy's most demanding and important jobs. These professional men and women not only deliver our goods safely, securely and on time, they also keep our highways safe. We set up a table with coffee, tea and morning refreshments at the Ceres Terminal on Tuesday, September 8 to say a big Thank You in person to the professional drivers who were there that morning.



Irving, Enfield, September 17, 2015: NSTSA and the Atlantic Provinces Trucking Association (APTA) were on site to support professional drivers and to meet the Ice Road Trucker, Alex Debogorski. There was a great turn out from the industry and many professional drivers were recognized for what they do! Here is NSTSA's Kathleen Shea with Alex Debogorski. NSTSA also gave Alex one of NSTSA's belt buckles for his collection. He was thrilled!



Special Olympics Truck Convoy: **THANK YOU** to our industry members who supported the Special Olympics Truck Convoy this year. Each year we see an increase in participation with not only the number of trucks but also the number of companies who participate and pledges.



This year's lead truck was *Leonard Wilson, TDR Transportation* with \$2835 in pledges. The top team was *Bluewater Agencies* with \$3155 in pledges. Congratulations to you and everyone who participated in this event! There were 172 trucks in the convoy. NSTSA even had a truck, thanks to Commercial Safety College for donating a truck to us as well as our driver, Gary Hunt. Gary had two Special Olympians and the coordinator for this event, Anne Marie Shannon, Special Olympics Nova Scotia. Our driver, Gary Hunt collected \$783 in pledges in support of the Special Olympics Truck Convoy. We have already started fund raising for next year.

Please honour your pledges. Save the date, **September 17, 2016** for next year's Special Olympics Truck Convoy and start collecting pledges NOW.

October 4 – 11, 2015 is FIRE PREVENTION WEEK!

During Fire Prevention Week, we encourage you to make sure your carbon monoxide detectors and fire safety equipment are working and properly installed. Carbon monoxide can be a serious issue for any individual heating their home with wood, heating oil, propane or natural gas. It can also be a risk in homes that have attached garages. Carbon monoxide detectors must be ULC and CSA listed; installed according to the manufacturer's specifications; tested weekly and REPLACED every 5 years.

Carbon monoxide poisoning can occur quickly and without warning. It is responsible for more deaths than any other single form of poisoning. Carbon monoxide detectors are the most effective way people can protect themselves and their family against the odourless, colourless gas.

Nova Scotians are also reminded to check and maintain all of their fire safety equipment, including smoke alarms and fire extinguishers, on a regular basis.

Fire Extinguishers Maintenance, Inspection and Recertification

The National Fire Protection Association (NFPA) Section 10, the Standard for Portable Fire Extinguishers, legally requires that commercial businesses have their fire extinguishers checked by a "certified" person at least once a year. This is referred to as **Annual Maintenance** and is not to be confused with **Monthly Inspections**, which is a much quicker check of an extinguisher that must be performed at least every 30 days by a representative of the company.

The person conducting Monthly Inspections is not required to be certified, and records of the Monthly Inspection can be recorded on the back of the extinguisher's tag or in a book/binder kept in a safe (and hopefully fire-proof) location. *NFPA 10 requires these Inspection records be kept for a minimum of three years.*

**Both the Annual and Monthly Inspections are the company owner's responsibility. **

Please note: Fire extinguishers that have the identifier "UL" cannot be recertified in Canada and therefore must be replaced. Only fire extinguishers identified as "ULC" can be recertified in Canada.



Operation Air Brake 2015: To all our members who participated in Operation Air Brake 2015 at the Kelly Lake Scales on September 8, 2015 – Thank You. Reports indicate a decrease in the number of defects associated with brake systems.



Did you check your brakes today!

Defibrillators/AED (Automatic External Defibrillator): AEDs are electronic devices used to restart a person's heart that has stopped beating. They are safe, easy to use, and can be operated effectively by anyone. CPR (cardiopulmonary resuscitation) can help restore blood flow to someone suffering cardiac arrest for a short time until advanced medical care arrives. Using an AED quickly (ideally within the first three minutes of a cardiac arrest) combined with CPR makes the chances of surviving a sudden cardiac arrest soar by close to 75 per cent.

Approximately 40,000 cardiac arrests occur each year in Canada – that is about one every 12 minutes. Most occur in homes and public places, and many are witnessed by a family member, co-worker or friend. Without defibrillation and early CPR, only five per cent of people who experience a cardiac arrest survive. (See flyer in this newsletter from Staples.)

Check out the following videos about this device as well as testimonials of the product:

<http://www.cardiacscience.com/video-testimonials-demos/>

<https://www.youtube.com/watch?v=MMhSWnu0ST8>

<https://www.youtube.com/watch?v=eLBpoqqEzRw>

UNTIL DECEMBER 31, 2015, NSTSA is offering any of our members \$300 off the purchase price of an AED for your workplace. (See insert from Staples for more information about the POWERHEART AED G3)

Programs and Services Survey: Thank you to our members who completed the *Programs and Services Survey* we mailed out to our membership several weeks ago. Based on

information you have provided in the survey, we are now offering a few additional programs and will be adding to the list in the upcoming weeks.

All completed surveys were entered into a draw for a \$50 gift card. Congratulations to the following members whose names were drawn for a \$50 gift card:

- Bill Dowe, Bill Dowe Trucking & Excavating, Amherst, NS
- James McMichael, H. J. Enterprises Limited, Cook's Brook, NS
- John Houck, Maritime Biofuels Incorporated, Windsor, NS

NSTSA Board of Directors: Our next Board meeting will be at the Super 8 in Amherst on October 1, 2015 beginning at 10:30 a.m. We encourage our members who are in the area to come and join us for this meeting. Come meet the Board members, ask questions, provide ideas and join us for a "Lunch and Learn". Our topic for our October 1 Lunch and Learn is "Put the Brakes on IDLE Time" with Ron Zima, Go Green Communications. If you are interested in joining us on October 1, 2015, please contact us so we can ensure there is seating available for those wishing to attend.

Life Literacy in Canada: The Government of Canada has identified **nine essential skills** needed for the workplace. These skills are used in every job to varying degrees and at different levels of complexity. They provide the foundation for learning all other skills and enable people evolve with their jobs and adapt to workplace change. The nine essential skills are:

1. **Reading:** The ability to understand reading materials in the form of sentences or paragraphs.
2. **Document Use:** The ability to perform tasks that involve a variety of information displays in which words, numbers, symbol and other visual characteristics are given meaning by their relationship. We use this skill when we read and interpret signs, labels, lists, graphs and charts.
3. **Numeracy:** The ability to use numbers and think in quantitative terms. We use this skill when doing numerical estimating, money math, scheduling or budgeting math and analyzing measurements or data.
4. **Writing:** The ability to write text and documents; it also includes non-paper based writing such as typing on a computer. We use this skill when we organize, record, document, provide information to persuade, request information from others and justify a request.
5. **Oral Communication:** The ability to use speech to give and exchange thoughts and information. We use this skill to greet people, take messages, reassure, persuade, see information and resolve conflicts.
6. **Working with others:** The ability to work with other workers to carry out tasks. We use this skill when we work as a member of a team or jointly with a partner, and when we engage supervisory or leadership activities.
7. **Thinking:** The ability to engage in the process of evaluating ideas or information to reach a rational decision. We use this skill when we solve problems, make decisions, think critically and plan and organize job tasks.
8. **Computer Use:** The ability to use different kinds of computer applications and other related technical tools. We use this skill when we operate cash registers, use word processing software, send emails and create and modify spreadsheets.
9. **Continuous Learning:** The ability to participate in an ongoing process of acquiring skills and knowledge. We use this skill when we learn as part of regular work or from co-workers and when we access training in the workplace or off site.

To learn more about the 9 Essential Skills visit: www.abclifeliteracy.ca

Did you know there is *link between literacy and safety*? Low literacy skills can threaten health and safety in the workplace. Investing in workplace literacy programs provides a way for employers to improve health and safety records while boosting productivity. The full report is on

available from the Conference Board of Canada. Also, the Trucking Human Resource Sector Council-Atlantic has programs to help our industry specifically related to essential skills and literacy training. Contact Kelly Henderson: www.thrsc.com

Do you hire temporary workers? If you use temporary workers, are you doing enough—or anything at all—to ensure their safety while they’re working on your behalf?

Like new and young workers, temporary workers are a vulnerable segment of the workforce. For example, an Institute for Work & Health (IWH) study found that although temporary workers face relatively high OHS risks, they have less OHS protection than regular workers.

Here are a few samples of safety incidents involving temporary workers:

1. A temporary worker was killed due to a guarding violation. The manufacturer was fined \$100,000.
2. A worker from an employment agency was picking up recycling when he lost control of the truck and was ejected from it. He later died from his injuries. The recycling company pleaded guilty and was fined \$225,000.
3. A worker from a temporary agency suffered a crushing injury in machinery that resulted in the surgical amputation of his foot. The company was fined \$70,000 for a safety violation.
4. At an importer’s warehouse, a temporary worker was hit by a pallet that fell from a racking system. The court fined the importer \$70,000.

If your company uses temporary workers, PLEASE CONSIDER DOING THE FOLLOWING to ensure their safety while in your workplace:

1. Review with the employment agency all worksites to which the workers might possibly be sent, the job assignments and job hazard analyses to identify and eliminate potential OHS hazards, and identify necessary training and protections for each worker.
2. Request and review the safety training and any certification records of the temporary workers who will be assigned to your company.
3. Ensure that your contract with the employment agency clearly states who’s responsible for specific OHS duties, such as which employer will provide necessary PPE for the assigned workers.
4. Provide specific training to temporary workers tailored to the particular hazards at your workplace and of the jobs they’ll be assigned to do as well as a general safety orientation.

In other words, give temporary workers safety training that’s identical or equivalent to that provided to your own employees performing the same jobs. Promptly notify the employment agency should a temporary worker be injured or becomes ill. Ensure temporary workers know and understand your injury reporting process and how to get first aid if needed.

Language Barriers Impede Workplace Safety: A core component of an OHS program is the company’s written health and safety rules, procedures, policies, manuals, etc. But these documents are no good if your workers can’t understand them because of a language barrier. Similarly, safety signs and training provided in English won’t protect foreign workers who may not be fluent in that language. And such workers are very common in certain industry sectors.

For example:

1. An Ontario court recently noted that language barriers may have played a role in a fatal safety incident. On Dec. 24 2009, a swing-stage scaffold collapsed, killing four workers and seriously injuring another. The sole owner/director of the company that employed them pleaded guilty to OHS violations and was fined \$90,000. In explaining its sentencing decision, the court noted that although the company provided safety training to workers on the project, the owner failed to ensure that non-English-speaking workers got written

material in their native languages [R. v. Swartz, [2012] ONCJ 505 (CanLII), July 13, 2012].

2. In Alberta, two workers from China were killed at an oil sands site when a roof collapsed in a large oil tank where they were working. Four other Chinese workers were injured. OHS charges are pending against several companies. It's likely that one issue to be decided at trial will be whether language barriers played a role in the incident.

How do you address language barriers in your workplace to ensure that all workers understand your safety training and materials and thus are adequately protected?

One option is to provide safety information in a variety of languages. Another option is using visuals, such as pictograms, to convey safety information when possible.

Share with us how you provide safety information to foreign workers and more importantly, how do you know they understand the information that has been provided? REMEMBER: Due Diligence.

To exercise due diligence, an employer must implement a plan to identify possible workplace hazards and carry out the appropriate corrective action to prevent accidents or injuries arising from these hazards.

2016 Safety Excellence Awards: Nomination forms are now available on our website or contact us for Nomination Forms for the following categories:

1. Safety Champion of the Year
2. Joint Occupational Health & Safety Committee/Safety Representative
3. Small Business
4. Medium Business
5. Large Business
6. Steve Bennett Memorial (Professional Driver of the Year)

Deadline for submissions is **February 5, 2016**. Don't wait until the last minute. Submit now! We have many safety champions in our industry, please take the time to nominate a champion who deserves recognition!

NEW PRODUCTS: EAGLEHOOK FALL RESTRAINT designed for trailer maintenance and snow removal. 100% Canadian designed and approved. It weighs 22 pounds comes as a complete system. Check out the following links:

<https://youtu.be/NLHwO82zTNQ>;
<https://youtu.be/YtMjnbatdnw>
<http://www.eaglehook.com/news-events/>

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