

By the Numbers: Six Safe Steps

During the servicing and maintenance of machines and equipment, the unexpected startup or release of stored energy can result in serious injury or death. Injuries may include electrocution, burns, crushing, cutting, lacerating, amputating, or fracturing body parts. It's estimated more than 120 deaths and over 50,000 injuries are prevented each year due to following proper lockout/tagout procedures.

Crushed by Machine – No LOTO

Lack of LOTO procedures leads to worker's death. A 46-year-old male employee was fatally injured when he was crushed by the upper ram of a rubber mixer.

Lockout-Hazard-Identification-Risk-Assessment-Worksheet

Companies have a duty to protect workers both while using equipment and machinery for their intended purpose and when repairing and maintaining that equipment. The primary way of fulfilling that duty is through what's called "lockout," which is when a equipment has been turned off and rendered inoperable with the use of a lock.

Focus On: 9 Things You Must Do to Meet CSA Z460 and ANSIASSE Z244.1 Lockout Requirements

Safety devices like barrier guards that are designed to keep workers away from operating machinery don't do much good when machines are shut down for maintenance and repairs. The danger is that the machinery will start up while being serviced and crush, electrocute, burn and/or amputate the limbs of workers performing the servicing operations. These incidents are typically caused by the inadvertent and unforeseen release of energy left in the system. That's why OHS laws require you not only to turn off the machine but ensure it's isolated from its energy source before servicing it. The way to do this is by implementing what's called a lockout/tagout (LOTO) program.

Supervisor Secret: How to Get Involvement During Meetings

Safety meetings work best if the whole crew actively participates. This makes it more interesting and more likely that people will remember the information you've given them. Here are six ways to encourage everyone to get involved.

24 Foot Fall from Roof

A 39-year-old male employee was fatally injured when he fell approximately 24 feet to the sidewalk below. On the day of the incident the victim, an Iron Worker, was installing metal roof panels on a pre-fabricated metal building.

News You Can Use: Tips to Prepare Your Organization For An Older Workforce

From 1980 to 2017, the number of individuals over the age of 60 doubled to roughly 900 million. This segment of the world's population will double again by 2050 to nearly 2 billion, according to the 2017 World Population Prospects report by the Department of Economic and Social Affairs of the United Nations Secretariat. Risk professionals can prepare their organizations for the coming changes and opportunities of an older workforce with the following strategies.

By the Numbers: Falls in the Workplace

Unintentional falls are the most common form of injury across the country: every day last year, falls resulted in almost 1,800 reported emergency department visits and 417 hospital admissions, says a new report by the Canadian Institute for Health Information

(CIHI). In the U.S. in 2017, fatal falls were at their highest level in the 26-year history of the Census of Fatal Occupational Injuries (CFOI) accounting for 887 (17 percent) worker deaths.

Inspection Form, Fall Protection Equipment Safety Harness Inspection Checklist/Log

This checklist is designed to assist with inspection of the body harness and its attachments for wear, defects or damage. Inspection of fall protection equipment is a regulated requirement to be done before each use as well as once a year.

Focus On: Understanding the Leader's Role in Creating High Performing Teams

Out of the five dimensions of High Performing Teams (see model), Mutual Respect and Camaraderie is one of the most critical factors contributing to the leader's success, according to our research. Essentially, this dimension asks: does the team leader demonstrate respect and genuineness, and hold people accountable to a high level of collaboration?

Workplan: 8 Components of a Fall Protection Plan

A well-developed and implemented fall protection plan for working at heights will keep workers safe. Here are eight components of a well-developed fall protection plan.

Focus On: Plan, Provide, Train When Working from Heights

Hundreds of workers die from falls every year. You can prevent such deaths by planning to get the job done safely, providing the right fall protection equipment, and training all workers when and how to use the equipment safely. Here are some basic ideas for developing fall protection strategies.

Tool: Injury Management – 12 Steps for Developing a Return-to-Work Policy

There are multiple benefits to a RTW program. Getting the employee back to the office or workplace reduces the amount of money being paid out by the carrier, and as a result, your immediate claim

costs and future insurance rates also go down. For employees, returning to work improves their physical and psychological well-being, reduces the amount of medication they need, and lowers the risk of addiction to substances such as opioids. In this article, author Amy Siegel Oran, walks through 12 steps for developing a Return-To-Work Policy.

Picture This: This'll Just Take a Second

Never assume that “this’ll just take a second” is a safety defense. A second is all it takes to flip the switch and start the machine in motion.

Picture This: Walking the Plank – Without Fall Protection

Ingenuity at its finest or accident waiting to happen? In addition to the obvious lack of fall protection and precarious position this worker is in, the walking space on the plank is limited and awkward which makes any movement dangerous. Reach back for the hammer, lose balance, slam into the stair guardrails on the way to concrete floor below. Traumatic brain injury, broken back, multiple fractures? Maybe all three. That’s if he’s “lucky” enough to survive the fall.

LOTO Program Annual Inspection and Training Assessment Checklist Submission Form

You must annually review your lockout/tagout program and make updates and changes as needed. Copy or customize this checklist from the University of Washington to meet the needs of your LOTO program Annual Inspection and Training Assessment.

Tool: Humidex Table

Humidity is the amount of water vapor in the air. High humidity makes people feel hotter than they would on a drier day. This is because the perspiration that cools us down cannot evaporate as quickly in moist, saturated air. To better describe how hot it feels in such circumstances, Canadian meteorologists developed the Humidex, a parameter that combines temperature and humidity in order to reflect the perceived temperature.

Sexual Harassment: Addressing and Reporting Complaints

According to a recent study, when asked what happens to harassers, 70% of respondents stated they believed harassers face no

consequences. Imagine what this belief does to the willingness and probability of a victim reporting an incident of harassment. It doesn't matter if 100% of harassers did face consequences, perception is often seen as reality and in this case, the reality that's being seen is likely one of the reasons harassment often goes unreported and unchecked. What do you think the perception is at your organization? What's the reality? Have you asked?

Sexual Harassment: Cost and Consequences

Sexual harassment, and any kind of harassment in the workplace, can have devastating and profound emotional, physical, and financial effects on the victim and the workplace as a whole.

Sexual Harassment: What Are Your Responsibilities?

More than half of adult women have experienced "unwanted sexual pressure" and more than one in 10 – both men and women – say sexual harassment of women in their workplace is "really quite common," according to a recent study. From a moral and legal standpoint, it is simply unacceptable to ignore the issue of sexual harassment in the workplace. Employers, supervisors, and employees all have responsibilities they must know, understand, and follow.

Sexual Harassment: Understanding Unwelcome and Unwanted Behavior

It is not uncommon to hear employees say things like this, “We can’t even give someone a compliment around here without being accused of sexual harassment.” Or, “I was just joking, she’s way too sensitive. There’s no way that was harassment.” No doubt you have several other phrases you could add to the list. But it’s not that hard to understand what is and what is not considered sexual harassment when you look at in terms of a behavior being unwelcome and unwanted.

Optimizing Safety Training Retention

May 22, 2019 | Did you know employees forget 70% of their safety training within 24 hours of learning it? And that over the course of a month their retention decreases to almost 0? This can be prevented, but you need a strong understanding of how to train with retention in mind. In this webinar, learn how leading companies train their employees with methods that make safety STICK. You’ll leave with fresh ideas and strategies to ensure your next training session is a memorable one.

All About Blended Learning

July 24, 2019 | What is blended learning? Why should you use it? Is what you are doing now considered blended learning by experts? In this webinar, we'll explore the benefits of blended learning, how to correctly implement this approach so as not to overwhelm your team, and what sort of results you can expect from this training approach.

By the Numbers: 6,098 Reasons to do Workplace Inspections

Need a reason to be regularly conducting workplace inspections? Here are 6,098 reasons why workplace inspections are important – that's how many Canadian and U.S. workers died in 2017 from work-related injuries or illnesses.

Workplace Safety Inspection Checklist

Use and modify this checklist to assist you and your teams during workplace safety inspections.