

Our Vision is:

To provide awareness, education and training, creating positive work environments with reduced risk.

Our Mission is:

To improve the health and safety of all members of the Mechanical Contractors Association of Toronto.

Safety Planning

There is nothing like a new year to start fresh and revisit those unrealized goals. The safety of your employee's is paramount, and there is no time like the present to start your safety planning program. There are many aspects to consider, but there are also many resources available for Health & Safety for small businesses. It is your responsibility to learn how to get help keeping your workplace safe.

The Infrastructure Health & Safety Association (ISHA) has created a series of free, downloadable templates to help build workplace programs.

Link to Resources [Read more](#)



SAFETY PLANNING

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Workplace Safety Measures in the Province wide Shutdown

The Ontario government declared the second provincial emergency in response to COVID-19 under the *Emergency Management and Civil Protection Act*.

The Ministry of Health updated the attached, which outlines the new COVID-19 Policies in place in Ontario - that includes the impact on Construction work and activity.

The new updates as of January 12, 2021 in red.

[Workplace Safety Measures](#)



New & Updated COVID-19 Resources for Workplace Safety Plans

All workplaces that are open during a shutdown or lockdown are required to have a written safety plan. The following guidance has been developed or updated to support employers in developing their plan and to give guidance to help make their workplaces safer.

[Safety plan guide update](#)

[Updated construction sector guidance](#)

[New guidance on meal and break periods](#)

[New guidance on self-isolation and return to work](#)

New Workplace Screening Tools

[Worker screening](#)

[Customer screening](#)

Workplace posters have also been developed to encourage workers to keep up safe habits at work, now available on Ontario.ca and here:

[Break poster](#)

[Lunch poster](#)

[Keep it to yourself poster](#)

What's New & Changing For Workplace Health & Safety for 2021

The biggest occupational health and safety change in Ontario for 2021 is the continuing adaptability of businesses, the government, and the public, to [changing requirements](#) necessary to keep everyone safe.

Step 1: Know your responsibilities as an employer

Step 2: Develop a workplace safety plan

Step 3: Read your sector-specific guidance

Step 4: Find PPE and sanitization suppliers

Step 5: Access posters for your workplace

Excerpt WSPS newsletter Dec. 2020

Construction Sector Guidance Note: <https://ontario.ca/page/construction-site-health-and-safety-during-covid-19>

Construction Sector Tip Sheet: https://files.ontario.ca/mltsd_0/mltsd-construction-covid-tip-sheet-en-2020-06-22.pdf

NEW EMPLOYEE HEALTH & SAFETY TRAINING & ORIENTATION

Providing and maintaining a safe and healthy worksite should be the top priority of construction employers. The right Health & Safety systems should be in place and communicated to ensure that all workers and supervisors are trained and have received the proper orientation.

Training:

Health and Safety training is the key foundation of a successful health and safety program. All levels of management, from the President to site workers must be involved in health and safety training providing a sense of personal responsibility, creating positive attitudes and a collaborative culture maintaining worksite health and safety. Most important is providing young workers (under 25 or new to construction), whom are the highest risk to employers, with the most extensive training to insure limited risk to all employers.

Common training requirements for most construction workers include:

- ◆ Basic occupational health and safety awareness training
- ◆ WHMIS (Workplace Hazardous Materials Information System)
- ◆ Working & Heights and Site-Specific Fall Protection

Workers may also need training in specific health and safety topics such as First Aid, PPE, ladders, scaffolding, and work practices that protect both themselves and those around them. Management and supervisors will also need training in topics such as health & safety program planning and accident/incident reporting and investigation.

See the IHSA's [Training Requirements Chart \(W001\)](#) to see which of them apply to the kind of work your company undertakes.

Orientation:

Building a workplace orientation process is a very good way to familiarize all new employees with how the company functions and the importance of occupational health and safety in their workplace. The orientation should include a review of the company's Health & Safety policies and programs. This will also determine what further training and information the new employee needs in order to do the job safely. Further to that, a yearly review for all employees is paramount in ensuring any new procedures and rules are communicated.

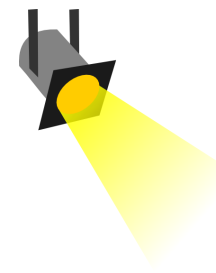
For sample of Employee Orientation – Health & Safety visit:

https://www.ihsa.ca/rtf/health_safety_program/resources/Employee_Orientation.rtf

For a sample of a New Worker Orientation Checklist visit:

https://www.ihsa.ca/rtf/health_safety_program/resources/Orientation_Policy.rtf

For more information on Training, Orientation and Communication please visit the Infrastructure, Health & Safety Association at www.ihsa.ca.



CONTRACTOR SPOTLIGHT

Modern Niagara began in 1959 as an Ottawa plumbing services shop. They have since grown to become one of the leading mechanical and electrical contractors in Canada, offering a broad range of services and solutions to clients across the country.

When the COVID-19 pandemic first hit, Modern Niagara took immediate action and pivoted to remote work for those capable, as well as online orientation for both field and office staff. The company had already developed an Infection Prevention and Control (IPAC) program for COVID-19 before it was declared a pandemic and collaborated early on with their partners, associations, and unions, which has helped guide their approach to maintaining safe working conditions for employees at every level. The program and all the tools developed by Modern Niagara were shared with the Canadian Centre for Occupational Health and Safety (CCOHS), contractor partners, and competitors for the benefit of harmonizing an approach to combating the spread of COVID-19 in the construction industry. The Health & Safety team worked with procurement to ensure that supply chains for Personal Protective Equipment (PPE) were satisfactory, after donating the majority of Modern's stock of N95 masks to healthcare facilities across the country. In addition, site supervision continues to work with Health & Safety to coordinate effective protocols and update all teams on changes to federal or provincial regulations.

While continuing to prioritize the physical health and safety of their employees, Modern Niagara did not neglect the impact of this pandemic on mental health and wellbeing. The company recognized their key role in contributing towards mental health awareness within the company, as well as demonstrating effective leadership for others to follow.

Last year, Modern Niagara conducted a survey to gauge employee satisfaction and their needs when it came to mental health and wellbeing in the workplace. The findings, along with the growing Mental Health concerns surrounding the COVID-19 pandemic, prompted Modern Niagara to develop numerous mental health initiatives, resource databases, and support programs, which they continue to build for implementation in 2021. Modern Niagara took their commitment to Mental Health a step further by releasing a Mental Health Manifesto this past October. This manifesto identifies the roles and responsibilities of the company to address this crucial issue that will serve to guide both their vision and action towards employee mental health and wellbeing for the future.



MCAT Contractors send us YOUR Safety Spotlight: bertuzzi@mcatoronto.org

KNOW THE DIFFERENCE: SELF-MONITORING, SELF-ISOLATION, AND ISOLATION FOR COVID-19

SYMPTOMS OF COVID-19



FEVER



COUGH



DIFFICULTY BREATHING

SELF-MONITORING

You have:

- ▶ no symptoms
- AND
- ▶ a history of possible exposure to the novel coronavirus that causes COVID-19, in the last 14 days

SELF-MONITOR means to:

- ▶ **monitor yourself** for 14 days for one or more symptoms of COVID-19
- ▶ go about your day but **avoid crowded places** and increase your personal space from others, whenever possible

You need to **self-monitor** if:

- ▶ you have reason to believe you have been **exposed to a person with COVID-19**

OR

- ▶ you are in **close contact** with older adults or medically vulnerable people

OR

- ▶ you have been **advised to self-monitor** for any other reason by your Public Health Authority

If you develop symptoms, **isolate yourself from others immediately** and contact your **Public Health Authority** as soon as possible

SELF-ISOLATION

You have:

- ▶ no symptoms
- AND
- ▶ a history of possible exposure to the novel coronavirus due to travel outside of Canada or close contact with a person diagnosed with COVID-19

SELF-ISOLATE means to:

- ▶ **stay at home** and monitor yourself for symptoms, even if mild, for 14 days
- ▶ **avoid contact with other people** to help prevent the spread of disease in your home and in your community in the event you become symptomatic

You need to **self-isolate** if:

- ▶ you have travelled **outside of Canada** within the last 14 days

OR

- ▶ your Public Health Authority has identified you as a **close contact** of someone diagnosed with COVID-19

If you develop symptoms, even if mild, **stay home, avoid other people** and contact your **Public Health Authority** as soon as possible

ISOLATION

You have:

- ▶ symptoms, even if mild
- AND
- ▶ you have been **diagnosed with COVID-19** or are waiting for the results of a lab test for COVID-19

To be **ISOLATED** means to:

- ▶ **stay at home** until your Public Health Authority advises you that you are no longer at risk of spreading the virus to others
- ▶ **avoid contact with other people** to help prevent the spread of disease in your home and in your community, particularly people at high risk of severe illness outcomes such as older adults or medically vulnerable people

You need to **isolate** if:

- ▶ you have been **diagnosed** with COVID-19

OR

- ▶ you are **waiting to hear the results** of a laboratory test for COVID-19

OR

- ▶ you have been **advised to isolate at home** for any other reason by your Public Health Authority

If your symptoms get worse, immediately contact your healthcare provider or **Public Health Authority** and follow their instructions

WE CAN ALL DO OUR PART IN PREVENTING THE SPREAD OF COVID-19. FOR MORE INFORMATION:

1-833-784-4397

canada.ca/coronavirus

phac.info.aspc@canada.ca

Public Health Agency of Canada

Agence de la santé publique du Canada

Canada

The [WSIB Health and Safety Excellence program](#) enters its second year, and is the perfect opportunity for organizations to translate their pandemic preparedness activities into potential premium rebates and health and safety recognition, in addition to keeping workers safe.

World Day For Safety & Health At Work - April 28, 2021

April 28th is recognized as our [Day of Mourning](#), but the **International Labour Organization (ILO)** has been observing "World Day for Safety & Health at Work" since 2003.

Every day, 6300 people die as a result of occupational accidents or work-related diseases more than 2.3 million deaths per year.

The burden of poor occupational health and safety practices is estimated at 4 per cent of global gross domestic product each year.



2021 Health & Safety Events

Feb 29: [Repetitive Strain Injury Awareness Day](#) + [Free webinar from Occupational Health Clinics for Ontario Workers](#)

Apr 28: [Day of Mourning](#)

May 2-9 [Mental Health Week](#) - Canadian Mental Health Association

May 3-9, 2020 Safety & Health Week [North American Occupational Safety and Health \(NAOSH\) Week](#) - Home

Sept. 19-22 [World Congress - XXII World Congress on Safety and Health at Work 2021 | Toronto, Canada | September 19 - 22, 2021 \(safety2021canada.com\)](#)

2021 UPCOMING EVENTS

WSPS 2021 Catalogue



The Workplace Safety and Prevention Services now offers an online catalogue for your organizations safety needs.

The catalogue provides essential information on key health and safety issues and a wide range of safety solutions to help protect your employee's and your business.

[DOWNLOAD NOW](#)



SOURCES