

## 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.

## Ontario Hires 100 Additional Health & Safety Inspectors

The Ontario government has hired over 100 new occupational health and safety inspectors to support business inspections to help ensure employees, businesses and the public are protected. Now with over 500 inspectors this is the largest team of inspectors in Ontario's history.

Workplace inspections continue to focus on small businesses to help them reopen from lockdowns safely. The 2-stage inspections provide COVID-19 education and guidance in the first round—followed by more enforcement—oriented inspections on follow-up visits.

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## Potential Electrical Hazard

Workers who undertake the replacement of a metallic water meter or metallic water piping system should be aware of a possibility of electrical shock or arcing occurring when the continuity of the water piping is interrupted. **Always assume there may be flow of electricity in the piping system and deal with the metallic water pipes as if they are energized.**

**Extreme care must be taken when replacing metallic water meters or cutting domestic water mains with or exterior to buildings.**

View full article [esa plumbing electrocution.pdf](#)

FLASH from the Electrical Safety Authority

## COVID-19 & Mental Health

The global health, social and economic crisis created by COVID-19 has had an enormous impact on our mental health. People are struggling with fear and uncertainty about their health, the health of their loved ones, employment and finances. The impact of isolation due to distancing and quarantining, adds to the negative effects.

Front line workers, physicians, nurses, and long term care workers providing care to COVID-19 patients reported having experienced depression, anxiety, insomnia or distress.

Post traumatic stress and other mental illnesses have been known to persist for up to three years after the end of a pandemic.

Overall, our collective mental health is at significant risk. It has never been more critical to make a conscious effort to support ourselves and each other and for employers to emphasize mental health and physical health equally, in order to ensure employee's feel supported as the pandemic continues.

There are a number of resources available to help deal with the stresses individuals are dealing with. WHSC offers virtual training on the subject such as: Stress in the Workplace, Psychological Hazards and Workplace Mental Health. For additional information see below.

## Sources:

<https://www.camh.ca/-/media/files/pdfs---public-policy-submissions/covid-and-mh-policy-paper-pdf.pdf>

<https://www.whsc.on.ca/Training/Online-Training+>

<https://cmha.ca/fast-facts-about-mental-illness>

<https://bounceback.cmha.ca/> - **BounceBack®** is a free program from the Canadian Mental Health Association (CMHA) that helps you build skills to improve your mental health.

<https://cmha.ca/programs-services/workplace-mental-health> offers the following programs as well, some of which would be very helpful to someone in need of support;

## Not Myself Today® on- and offline Mental Health Toolkit

- Psychological Health & Safety Advisor Training and Community of Practice
- General awareness and skill-building for employees
- Leadership Development
- Resilience-building for First Responders
- Mental Health First Aid
- Professional Development and Capacity-building for Managers

**SAFETY FIRST**

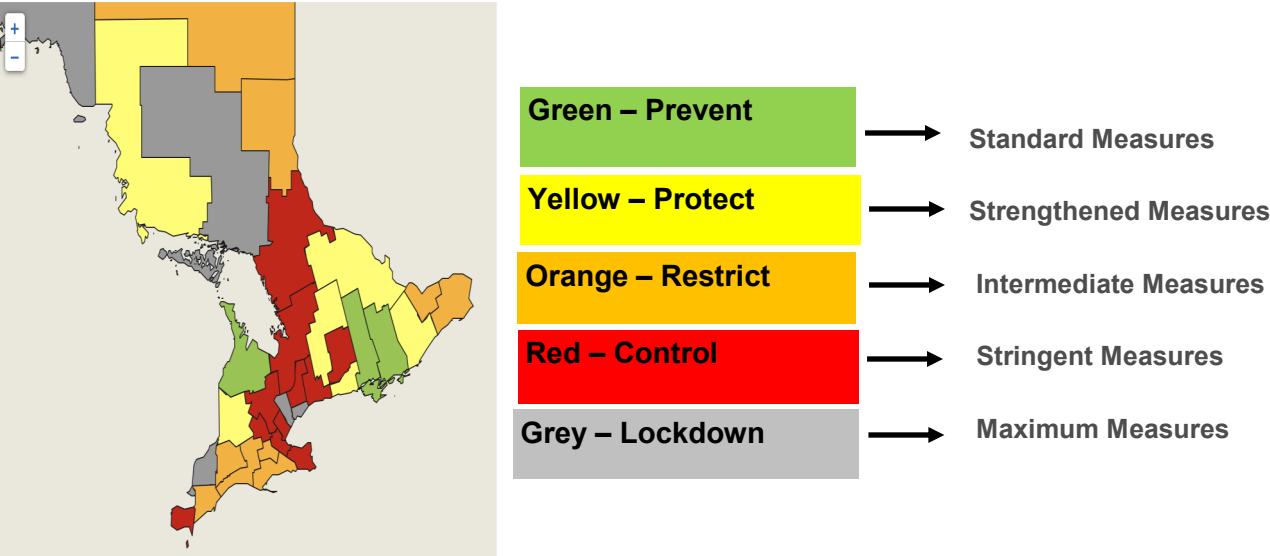


COVID-19 Updates

As of March 8<sup>th</sup> 2021, all regions of Ontario are back in the COVID-19 Response Framework.

The levels of protection differ in requirements and restrictions:

It is important to know what level of protection the region you are working in requires. Business owners must ensure their operations are following the applicable criteria for that region based on Public Health’s designation of that area. The map below shows what levels each region is in as of March 17<sup>th</sup>, 2021.



Visit the Province’s response framework for more information - [Ontario Response Framework](#)

Ontario’s COVID-19 Vaccination Plan

Ontario’s rollout plan for the COVID-19 vaccination is currently in process, with Phase 1 underway and Phase 2 to begin shortly. The Provincial government has prioritized the most vulnerable populations and communities first (based on the modelling of Provincial data) to prevent potential future outbreaks.

Visit the website [here](#) to understand the entirety of Ontario’s COVID-19 Vaccination Plan, expected dates and targeted areas to combat the spread of COVID-19.

How to Book a COVID-19 Vaccine Appointment

Individuals that currently qualify under the Phase 1 of the COVID-19 Vaccination Plan to receive their first dose, should visit the link below to book an appointment with one of the participating regional providers. Alternatively, in some public health units, your primary care provider may contact you to book an appointment as well.

[Vaccination Appointment Booking](#)

Safety is a Mindset

Let’s face it—no matter how good your safety policies are, the level of safety at your company will ultimately be determined by the attitude of your personnel.

Above all, safety is a mindset. Policies are just words—if they’re not followed, they don’t keep people safe. It takes personnel with the right attitude to turn safety policies into real safety.

Management sets the tone—more so with their actions than with their words. However, while management must champion and provide real support for safety measures, safety programs are most effective when they aren’t just “top-down.”

When a company reaches a best-in-class safety level, you’re certain to find a genuine appreciation of safety among operations personnel, the people who are most often in danger’s way. They are diligent about safety out of a sense of self-protection, as well as a desire not to hurt others.

- Here are four signs of such a safety mindset among personnel.
- 1. They use their equipment as it’s meant to be used.
  - 2. They’re aware of their surroundings.
  - 3. They’re aware of their limitations.
  - 4. They report problems.

**Takeaway**

Companies that want to increase safety can’t ignore the attitude of personnel. Even with the best policies—and even with industry-proven tools for improving safety, a company won’t have a best-in-class safety program if personnel aren’t fully on board with the effort.

Partial excerpt from : <https://www.thechecker.net/stories/blog/four-signs->

Local 46 Offers COVID Rapid Testing

Tests are currently available for members.

Monday 7:00 am—5:00 pm  
Friday 7:00 am—3:00 pm  
To book your test visit: <https://www.ualocal46.org/covidtesting>

WAH Extension Expires

Due to COVID, WAH training was extended to give certain construction sector workers an extra year to renew their working-at-heights training.

The extension applied to those who completed their working-at-heights training between February 28 and August 31, 2017. The validity period, normally three years, would have ended in 2020. It now ends in 2021.

[Training for working at heights | Ontario.ca](#)

4 Reasons to Remain Vigilant as Vaccinations Begin

- We are not out of the woods yet!
- 1) We won’t all be vaccinated at the same time
  - 2) Once injected, immunities take time to build up
  - 3) The vaccines are not 100% effective
  - 4) “Herd immunity” won’t take effect until approximately 56-89% of the population has been vaccinated.


Herd immunity refers to the state where a significant proportion of the population is immune to an infection leaving few susceptible people who can be infected and transmit the infection.

There are also emergent variants of the virus, for which vaccine effectiveness has yet to be proven. [READ MORE](#)

2021 Health & Safety Events

- April 28: [Day of Mourning](#)
- April 28: <https://www.wsps.ca/Shop/Training/Training-Schedules/Partners-in-Prevention-2021-H-S-Virtual-Conference.aspx>
- May 2-9: [Mental Health Week - Canadian Mental Health Association](#)
- May 2: <http://www.stepsforlife.ca/>
- May 2-8: [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 Events



### Day of Mourning

April 28

I will be pausing for a moment of silence at 11 am on April 28 to honour workers who have died, were injured, or became ill from their job.



Did you know?

April 25th is NATIONAL HUG A PLUMBER DAY

National Hug A Plumber Day recognizes those who come to our rescue when pipes leak or drains are clogged.

Plumbers have kept the water flowing since ancient Rome.

Consider how plumbers improve our lives and health in the modern world. Their contributions could be inventions the human race would have a difficult time living without.

**Given a choice between using only a flush toilet or a smartphone for the rest of your life, which would you choose?**

**HOW TO OBSERVE #NationalHugAPlumberDay**

