



MCA TORONTO

MECHANICAL CONTRACTORS ASSOCIATION OF TORONTO

SAFETY

UPDATE FROM THE MCA TORONTO SAFETY COMMITTEE

WORKPLACE SAFETY



CCOHS
Canadian Centre for Occupational Health and Safety

Working in Cold Conditions

As the blasts of cold arctic air are upon us, it is important to protect oneself from the elements. With colder temperatures comes snow, ice, frosty winds and many increased risks for workers including slips, trips, falls, cold stress and dangerous driving conditions.

Working in extreme cold may stress a person's heating system. When cold is combined with other stresses such as hard physical work, loss of fluids, fatigue or some medical conditions, it may lead to cold-related illness, disability and even death.

At very cold temperatures, the most serious concern is the risk of hypothermia or dangerous overcooling of the body. Another serious effect of

cold exposure is frostbite or freezing of the exposed extremities such as fingers, toes, nose and ear lobes. Hypothermia could be fatal in the absence of immediate medical attention.

Warning signs of hypothermia can include complaints of nausea, fatigue, dizziness, irritability or euphoria. Workers can also experience pain in their extremities (hands, feet, ears, etc.), and severe shivering. Workers should be moved to a heated shelter and seek medical advice when appropriate.

Workers on medications or with pre-existing medical conditions may be more susceptible to hypothermia or overcooling. These workers should

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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 what's new

MINISTRY OF LABOUR, TRAINING AND SKILLS DEVELOPMENT

Report & Pay WSIB Premiums Through CRA

In a new endeavour to make WSIB services more convenient and user-friendly, the WSIB has collaborated with Canada Revenue Agency (CRA) by introducing a new program for premium payments. With this program feature, Ontario businesses can report their insurable earnings and pay their WSIB premium payments through their [CRA My Business](#) account. Businesses can utilize this tool to their benefit as it enables them to pay their WSIB premium while filing their business taxes at the

same time.

While WSIB premiums could previously be paid through WSIB's online service or through a company's online banking service, the ability to manage tax payments and premium payments in the same place was developed with user-interest in mind, and to increase ease-of-use for Ontario businesses.

Businesses can begin using this tool by signing in or registering a [CRA My Business Account](#).

For more information, visit the [WSIB website](#).

News from the Institute for Work & Health (IWH)

- An Institute for Work & Health (IWH) [Working-at-Heights study](#) finds a reduction in injury rates. The IWH study has found that in the three-year period after Ontario made Working at Heights training in the construction sector standardized and mandatory, the rate of fall-from-height injuries leading to time off work fell by 19 per cent.

- In March 2023, a tool to help employers support workers with episodic conditions was released. The [Job Demands and Accommodation Planning Tool](#) has attracted a lot of interest.

Now, two new editions for employers have been launched. These are designed to give employers tailored ideas on ways to support people who have difficulties with their job demands due to various health conditions.

- A series in *The Lancet*, authored by work and health researchers from around the world, including IWH, address work conditions to improve public health. [The series](#) makes the case that policy makers should take greater note of work as a lever for addressing health inequities.

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Working in Cold Conditions

speak to their personal physicians about work in cold environments.

If you are working outdoors this winter, be aware of all the dangers and stay safe. Below you will find some tips to stay safe and comfortable in the cold:

1. Stay well nourished by eating and drinking enough.
2. Stay well rested.
3. Plan breaks from the cold.
4. Stay dry.
5. Dress for the conditions.
6. Keep a cold weather safety kit in your vehicle.

Employers should also implement a cold stress prevention program that establishes:

1. Worker training in the hazards, health effects and prevention of cold related illness.
2. Criteria or monitoring method (e.g. acting on wind chill warnings or cold alert notices by Environment Canada, or measuring wind speed and air temperature).
3. A monitoring/sampling plan (e.g. when, where and what to measure or monitor).

4. Responses or preventative measures (e.g. dressing in proper layers of clothing, acclimatizing workers to working conditions and required protective clothing, establishing warm-up schedule, provide warm shelter, use of a buddy system, suitable equipment, pace of work to avoid sweating or low activity).

5. A plan to provide warm sweet drinks and soups (increases caloric intake and prevents dehydration which may increase risk of cold injury).

6. First aid and emergency responses, including monitoring of worker symptoms and investigating incidents of cold related illnesses.

For more information and detailed tips on Working in Cold Conditions, please visit the links below to plan a safe winter at work.

SIX TIPS FOR WORKING SAFE IN COLD CONDITIONS

COLD ENVIRONMENTS – WORKING IN THE COLD

WORKING IN EXTREME TEMPERATURE CONDITIONS



UA LOCAL 46
SUPERIOR PIPING SKILLS SINCE 1890

News Update

**United Association
Local 46 Training
Department Update**

The Training Department of U.A. Local 46 continues to develop, update and deliver training programs that are aimed at providing our partner contractors with the most flexible, skilled apprentices and tradespersons possible. We currently offer over 60 courses to the membership including those listed below:

- ASSE Cross Connection &

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New Guide Addresses Workplace Implications of Opioid Misuse

As part of the Infrastructure Health & Safety Association's (IHSA) ongoing efforts to raise awareness of the opioid crisis in the trades, IHSA recently published *Opioid Use and Workplace Implications for Trade Sectors* (W132).

The guide is intended to help employers assess and address opioid-related hazards and harms that may occur in the workplace, and that are within the employer's control.

Know what is available to support your efforts in addressing opioid-related harms in the workplace. Download your copy of the guide [HERE](#) or click the QR Code below to access other IHSA Resources.



IHSA Offers Multiple eLearning Courses & COR® Resources for Free

High-quality workplace health and safety training is now more accessible than ever.

Until March 31, 2024, Ontario businesses in the construction, transportation and electrical utilities industries can access more than two-dozen of IHSA's [online training programs](#) for **free**.

The interactive courses are available on-demand through IHSA's dedicated eLearning platform, and cover topics ranging from asbestos awareness to occupational mental health to trenching safety. Temporarily

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HEALTH & SAFETY ADVISORY



Figure A-2

High Visibility Safety Apparel

High-visibility safety apparel (HVSA) is clothing (e.g., vests, bibs or coveralls) that workers can wear to improve how well other people "see" them (their visibility). Most often, high-visibility clothing is worn to alert drivers and other vehicle operators of a worker's presence, especially in low light and dark conditions.

Typically, on all construction projects where the building envelop is not finished, everyone on-site is required to wear a high visibility vest. The only exception to this is if the vest poses a potential safety hazard – i.e. welding. Additionally, all truck drivers must wear these vests on deliveries. For those working inside finished buildings or shops, high visibility vests may not be required.

Vests can be orange or yellow-green, and on some sites, high visibility pants must be worn as well. The wearing of high visibility jackets, bib overalls, coveralls or shirts is also acceptable, as long as they meet the CSA minimum standards. Design requirements for high-visibility safety clothing are generally found in the CSA Standard Z96-15 (R2020), High Visibility Safety Apparel. The minimum recommended vests for most projects (subject to project specific requirements) are CSA approved Z96-15 High Visibility Safety Vest Class 1 and must

be five-point break-away vests. Safety straps are not recommended due to entanglement issues.

For most general construction, the CSA Z96-15 Class 2, Level 2 vest with five-point break-away is the standard HVSA. *See Figure A-2* above.

High visibility vests come in two styles, breakaway and non-breakaway. Only use the break-away style as a standard, so in the case of a pipe, crane or vehicle becoming caught on the vest, it will break free from the individual wearing it.

It is recommended that individuals wear the right gear for the right weather. Different materials are made for different weather systems. For example, your work rain gear is made to perform in the rain and won't be compromised when exposed to moisture. The same is true for winter safety gear which does not become compromised from snow, salt, slush or ice. In summer, workers should wear cooling, breathable pieces that stay fresh even when you're working and sweating through the hottest days of the year.

Vests should fit snugly, yet not tight to restrict movement or tear, nor too loose that it can become snagged on materials or tools. The vest must cover 360 degrees around the torso.

It should be noted that the pock-

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ets of high visibility vests are not designed to carry sharp objects, fittings or tools.

Inspect your vest before each use. If your vest shows signs of wear and tear, soiling or contamination, be sure to replace it immediately as it will no longer provide acceptable levels of protection and/or meet regulatory requirements. Things to check for include the following:

1. Contaminated, worn out or dirty reflective materials.
2. Faded vest colours or reflective materials.
3. Rips, tears or missing reflective materials.
4. Damage to buckles or Velcro securements.

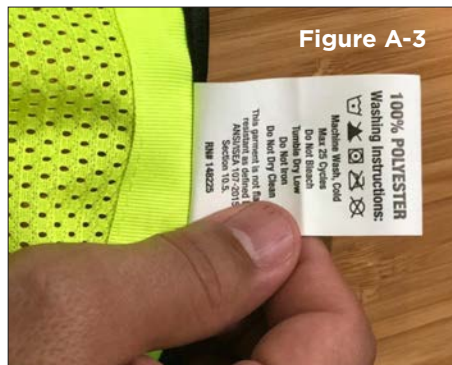
High visibility vests should be machine washed with care. Some of your gear may be machine washable, but always make sure the care tag explicitly states this before tossing it in the laundry. For best results, machine wash with care using the following guidelines:

1. Machine wash on cold or delicate only if indicated as safe by the garment's care tag.
2. Tumble dry on low or line dry.
3. Wash items inside-out.
4. **Don't** pre-soak.
5. Wash with like colours.
6. **Don't** wash with items that have Velcro or hook and loop closures (they can catch on mesh or breathable fabrics, and cause tears).
7. Avoid using bleach or fabric softener.
8. Use a mild laundry detergent.
9. Do not dry clean or iron.

Washing gear with reflective tape requires very specific care instructions. This is especially true when cleaning your Fire Resistant and/or Arc Flash protective apparel. Pay close attention to the manufacturer's care instructions as improper washing methods can dramatically diminish the garment's protective qualities – greatly increasing the hazard risk to

High Visibility Safety Apparel

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IHSA Offers Multiple eLearning Courses & COR® Resources for Free

of Workplace Parties in Construction

- Occupational Health in Construction
- Occupational Mental Health
- Personal Protective Equipment in Construction
- Preventing Slips, Trips and Falls
- Scaffold Users' Hazard Awareness
- Traffic Control and Backing Vehicles Awareness
- Trenching Safety Awareness
- WHMIS 2015

The free COR®-specific eLearning courses include the following:

- Basic Auditing Principles
- COR® Essentials
- COR® Internal Auditor
- Introduction to Hazard and Risk Management

To learn more about IHSA's eLearning offerings and to register for courses, [CLICK HERE](#). To learn more about COR® and the process for becoming certified, [CLICK HERE](#).

Health and Safety Management Systems Conference a Big Success

The IHSA recently hosted a Health and Safety Management Systems Conference in Mississauga.

The conference focused on integrating health and safety into all aspects of a business by adopting the Plan-Do-Check-Act (PDCA) cycle of continuous improvement. The PDCA cycle is fundamental to creating an effective occupational health and safety management system based on COR®, working through HSEp topics, and keeping workers health and safe everyday.

Click here to learn more about applying the PDCA cycle to your occupational health and safety management system.



UA LOCAL 46

SUPERIOR PIPING SKILLS SINCE 1890

News Update

- Survey Full Program
- Basic Electricity
- Blueprint Reading
- Bobcat (Skid-steer) & Mini Excavator Operator
- Brazing Techniques Introduction — **NEW**
- Building Controls
- Certified Health & Safety Representative
- Chainsaw Safety
- Chilled Water Systems — **NEW**
- Forklift Safety
- Gas Piping Fitter GP
- Gas Tech 1 GAP Program
- Gas Tech 1 (G1)
- Gas Tech 2 (G2)
- Gas Tech 3 (G3)
- GPRO Construction Management
- GPRO Plumbing & Mechanical
- Heritage of the UA
- Hoisting & Rigging Intro
- HVAC-M Basic
- HVAC-M Intermediate
- HVAC-M Advanced
- Hydronics Basic
- Hydronics Intermediate
- Hydronics Advanced
- Industrial / Refinery Pipefitting
- Math Foundations
- Math - Trade
- Money & Wealth Management
- NAUSC Medical Gas
- NAUSC Plastic Fusion — **NEW Coming Soon**
- NAUSC Rigging Certification
- Oil Burner Tech 1 GAP Program
- Oil Burner Tech 1 (OBT-1)
- Oil Burner Tech 2/3 (OBT-2/3)
- Oil Pipe Fitter (OP)
- Petroleum Mechanics Helper (PMH)
- Petroleum Mechanic 2/3 (PM 2/3)
- Pipe Joining Methods
- Pipefitting Layout Techniques — **NEW**
- Plumbing Basic
- Plumbing Intermediate

United Association Local 46 Training Department Update

- Plumbing Pre-License
- Plumbing Service, Maintenance & Repair
- Water Treatment & Equipment Installation — **NEW**
- Steamfitting Basic
- Steamfitting Intermediate
- Steamfitting Pre-License
- Welding SMAW (Arc)
- Welding GTAW (TIG)

The winter semester starts this month (January 2024). In-person, virtual and hybrid courses are available.

In addition to the courses offered by semester, the U.A. Training Department also offers programs that allow for on-going registration. These programs include the following:

- ASSE Cross Connection Recertification
- OWWA Cross Connection Recertification
- Bobcat/Mini Excavator Training
- Certified Health and Safety Rep Recertification
- Chainsaw Safety Training
- Diversity, Equity and Inclusivity Training
- First Aid Training (Standard with AED)
- Forklift/Rough Terrain Forklift Training
- NAUSC Medical Gas Installer Certification
- Power Elevated Work Platform Training
- Working at Heights Recertification
- WHMIS Update

To register, members of Local 46 must log onto the Local 46 website (www.ualocal46.org), and go to the Training portal, where they will be able to access the information required.

– Vince Kacaba,
Director of Training, U.A. Local 46



A healthy workplace

is respectful
and considerate



Healthy Minds at Work

You have
a healthy
**WORK-LIFE
BALANCE**

Your **JOB
DEMANDS** are
reasonable

You are
SAFE
at work

You feel
**VALUED AND
RESPECTED**

Your work is
CHALLENGING

Your employer
supports **GROWTH
AND DEVELOPMENT**

Workplace support is key to maintaining
positive mental health