

Reliable OSH Resources on the Internet

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Technical Information Specialist
CCOHS**

**THSAO Seminar Mar. 23, 2005
Burlington, Ont.**

Overview

- The Internet Challenge
- What are you looking for?
- World Wide Web
 - Sources of information
 - Reliable sites
- E-mail-based discussion groups
- Evaluating what you have found



The Challenge?

Finding:

- Useful and reliable information that you can trust

... and finding it fast!

What are you looking for?

- Topic-based information
- Chemical information
- Legislation, legislative interpretation
- Policies, procedures, guidelines
- Research
- Advice, feedback, employment opportunities

Sources of Information

- Search engines
- Directories
- “Reliable web sites”
- Discussion groups

Directories

- Directories
 - Listings by topic, compiled by humans
 - Main access is by browsing topics
 - Some searching possible, but just site names and some have brief descriptions – not content

Types of Directories

- general purpose directories organized by subject provide access to Internet sites -e.g. Yahoo! (www.yahoo.com), Open Directory (dmoz.org)
- H&S-specific directories provide access to sites containing H&S information
 - www.ccohs.ca/resources/hshome.html
 - www.oshweb.me.tut.fi



Canada's National Occupational Health & Safety Resource

Français	Contact Us	Help	<input type="text"/>	SEARCH	Canada Site
Web Info Service		Products & Services		OSH Answers	
Home		About Us		Shop@CCOHS	
E-News		OSH Events		Resources	
Education					

Internet Directory

- ▶ [Web Sites](#)
- [New/ updated](#)
- [By subject](#)
- [By information type](#)
- [In Canada](#)
- [Miscellaneous](#)
- ▶ [Discussion Groups](#)

Resources

▶ [The Internet Directory](#)

To have your site included in our listings, please send your request to directory@ccohs.ca



New Web Sites

[Web Sites added/ updated this month](#)

Web Sites listed by Subject

Biosafety	Fire	Regulatory
Chemicals	Medical	Rehabilitation
Compensation	Natural Hazards	Risk Management
Disability	Occ. Health	Safety General
Disaster	Occ. Hygiene	Standards
Emergency	Physical Hazards	Toxicology
Environment	Public Health	
Ergonomics	Public Safety	

training kits, etc. Categories include
Human Resources and Safety/ Health.

**Transportation Health and Safety
Association of Ontario** (2002 12)

This safe workplace association's site
provides access to publications,
information about training programmes,
the association's services, etc.

**Transportation Safety Board of
Canada** (2003 09)

This site contains the full text of TSB's
latest occurrence reports, occurrence
statistics, significant safety issues, plus
information about the board itself.

Travel Health Online (2003 12)

This site provides health information for
many destinations around the world.
Information is updated daily. Some
services are public, some are available
by paid subscription.

Reliable web sites...

http://www.canoshweb.org/en/

CanOSH, Canada's National Occupational Health and Safety Web Site - Microsoft Internet Explorer

File Edit View Favorites Tools Help

Address <http://www.canoshweb.org/en/> Go

Discussions Resources Search

Français

CanOSH

Enabling Canadians to easily and independently locate occupational health and safety information provided by the federal, provincial and territorial governments of Canada and by the Canadian Centre for Occupational Health and Safety (CCOHS).

More about CanOSH

Site developed & maintained by the [Canadian Centre for Occupational Health and Safety \(CCOHS\)](#)

Send comments to: webmaster@ccohs.ca

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Internet

http://www.hrsdc.gc.ca/en/home.shtml

Welcome to Human Resources and Skills Development Canada (HRSDC) - Microsoft Internet Explorer

File Edit View Favorites Tools Help

Address http://www.hrsdc.gc.ca/en/home.shtml Go



HRSDC Human Resources and Skills Development Canada

- What's New
- Our Ministers
- Media Room
- Forms
- E-Services
- Publications
- Frequently Asked Questions
- Accessibility Features

Services for...

INDIVIDUALS

- [Jobs](#)
- [Financial Benefits](#)
- [Career Planning](#)
- [Training and Learning](#)
- [Labour and Workplace](#)

BUSINESS

- [Human Resources](#)
- [Labour and Workplace](#)
- [Partnership and Funding](#)

ORGANIZATIONS

- [Partnership and Funding](#)
- [Labour and Workplace](#)

See also...

- [Audiences](#)
- [Life Events](#)

SERVICES WHERE YOU LIVE

Choose your Province or Territory Find

Features


- Training Centre Infrastructure Fund
- Expenditure Review
- Summer Career Placement 2005

Internet

Guides and Reports - Microsoft Internet Explorer

File Edit View Favorites Tools Help

Address <http://www.hrsdc.gc.ca/asp/gateway.asp?hr=en/lp/lo/ohs/guides/index.shtml&hs=oxs> Go



HRSDC

GUIDES AND REPORTS

To view a list of all pamphlets, brochures, booklets, reports, and guides you can visit the [All Publications: Alphabetical List](#) page.

- [Guide to the Investigation and Reporting of Hazardous Occurrences](#)
- [Occupational Health and Safety Program in Your Work Place](#)
- [Occupational Injuries Among Canadian Federal Jurisdiction Employers, 1998-2002](#)
- [Protect Your Back! - A Guide for Health and Safety Officers](#)
- [Work Place Inspections - A Matter of Health and Safety](#)

Done Internet

Navigation menu (left sidebar):

- General Information
- Frequently Asked Questions
- Related Links
- Legislation and Agreements



WHAT'S NEW IN OCCUPATIONAL HEALTH AND SAFETY?

- General Information
- Frequently Asked Questions
- Related Links
- Legislation and Agreements

Date [dd-mmm- yyyy]	Title
[16-mar-2005]	List of First Aid Organizations (updated)
[02-feb-2005]	Related Links (updated)
[19-jan-2005]	List of First Aid Organizations (updated)
[17-dec-2004]	Interpretation, Policies and Guidelines (IPGs) for Occupational Health and Safety (updated)
[17-dec-2004]	Operations Program Directives (OPDs) for Occupational Health and Safety (updated)
[15-dec-2004]	Contact Information for Occupational Health and Safety

<http://www.hc-sc.gc.ca/english/index.html>

Welcome to Health Canada Online - Microsoft Internet Explorer

File Edit View Favorites Tools Help

Address <http://www.hc-sc.gc.ca/english/index.htm> Go

 Health Canada Santé Canada Canada

Français	Contact Us	Help	Search	Canada Site
Healthy Living	Health Care	Diseases & Conditions	Health Protection	Media Room

Health Canada
KEEPING YOU INFORMED Online

[Affiliates](#) | [It's Your Health](#) | [About Health Canada](#)

Just for You

- [Healthy Living](#)
- [Health Care](#)
- [Diseases & Conditions](#)
- [Health Protection](#)
- [Media Room](#)
- [Ministers](#)

Latest Headlines

- [Minister of State for Public Health Helps Launch Important New WHO Commission on Social Determinants of Health, in Santiago, Chile](#)

What's New

Find out what's new on Health Canada Online

[A-Z Index](#)

Features

[Drug](#)

Internet

http://www.canadian-health-network.ca

The Canadian Health Network - healthy living and health promotion information you can trust - Microsoft Internet Explorer

File Edit View Favorites Tools Help

Address <http://www.canadian-health-network.ca/servlet/ContentServer?pagename=CHN-RCS/Page/HomePageTemplate&c=Page&cid=103861> Go

 **Public Health Agency of Canada** Agence de santé publique du Canada

Canadian Health Network Health info for every body

Brought to you by the Public Health Agency of Canada and major health organizations across the country.

[Home](#) [A-Z Index](#) [Search](#) [Site Map](#) [About Us](#) [Contact Us](#) [Help](#) [FRANÇAIS](#)

March 21, 2005 Search

Groups

- ▶ [Children](#)
- ▶ [Youth](#)
- ▶ [Seniors](#)
- ▶ [Aboriginal Peoples](#)
- ▶ [Women](#)
- ▶ [Men](#)

Topics

- ▶ [Active Living](#)
- ▶ [Complementary and Alternative Health](#)
- ▶ [Determinants of](#)

This month...

Seniors: Breaking down the barriers to independence

 The ability to lead life independently for as long as possible can mean greater quality of life... [\[Read more\]](#)

You can manage your child's asthma

 With good asthma

Subscribe to our **Healthlink** newsletter 

Public Health Agency of Canada 

Healthy bytes  **Hobbies offer more than just fun**

Outlook 5.0 (ENG) virtuelle d... Dreamweav... Internet

- ▶ [Children](#)
- ▶ [Youth](#)
- ▶ [Seniors](#)
- ▶ [Aboriginal Peoples](#)
- ▶ [Women](#)
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Topics

- ▶ [Active Living](#)
- ▶ [Complementary and Alternative Health](#)
- ▶ [Determinants of Health](#)
- ▶ [Environmental Health](#)
- ▶ [Health Promotion](#)
- ▶ [Health System](#)
- ▶ [Healthy Eating](#)
- ▶ [Injury Prevention](#)

Workplace Health




Work can greatly affect our health and well-being. Everyone needs information on how to work safely, manage stress, prevent injuries, balance work and family, promote workplace wellness... and much more.



See also sections on [Injury Prevention](#), [Environmental Health](#), and [Mental Health](#).

- ▶ [Workplace health works!](#)
- ▶ [Mysteries of the office solved](#)
- ▶ [Getting a good start in the workplace](#)
- ▶ [Safe, Healthy & Happy Workplaces](#)
- ▶ [OSH answers](#)

FAQs

 Answers to frequently asked questions about workplace health.

Search

http://www.iwh.on.ca

Institute for Work & Health, Toronto, Canada - Microsoft Internet Explorer

File Edit View Favorites Tools Help

Address http://www.iwh.on.ca

INSTITUTE FOR WORK & HEALTH
INSTITUT DE RECHERCHE SUR LE TRAVAIL ET LA SANTE

Research Knowledge Transfer Products & Publications
Home About Us Media Room

Search Quick Links

[Advanced Search](#)

Welcome to the Institute for Work & Health

Research Excellence Advancing Employee Health

Who are we?
We are an independent, not-for-profit research organization whose mission is to conduct and share research with workers, labour, employers, clinicians and policy-makers to promote, protect and improve the health of working people.

What do we do?

Recent updates:
[Clinical Workplace Policy Knowledge Transfer Research Student Initiatives](#)

Web spotlight:
Zoom
A web feature on our [Research](#) and [Knowledge Transfer](#) projects

Read the latest:

Done Internet

Outlook 5.0 (ENG) for Win32

practice

[Go to](#) the article.

Working Papers

#192 Paddling upstream: a contextual analysis of a worksite intervention to reduce upper limb musculoskeletal disorders

DC Cole, MF Polanyi, SE Ferrier, M Facey, and the Worksite Upper Extremity Research Group

[Summary](#)

[Go to](#) a complete list of IWH working papers.

Other Products

Preventing Injury, Illness and Disability at Work:

What Works and How Do We Know?

A Discussion Paper for Ontario's

Occupational Health and Safety Community

[Click here](#) for more information.



Research Excellence Advancing Employee Health

http://www.wsib.on.ca




Transportation - Microsoft Internet Explorer


File Edit View Favorites Tools Help

Address  http://www.wsib.on.ca/wsib/wsibsite.nsf/public/Transportation 

Site Map | Search | Contact Us | Careers | My WSIB | Français



Workplace Safety & Insurance Board



News | Prevention | Employers | Workers | Health Professionals | Partners | Forms | Reference | Research | Policy

Industry Sectors

tips

Check out these useful links:

[Forms](#)

[Injury and Illness](#)

Welcome to Transportation Sector Services

We're here to serve you if you're an employer in the transportation sector.



Transportation companies include those that

- **Move goods by road transport.** Many of these companies transport goods owned by others (for-hire carriers). Owner-operators who haul trailers or other equipment using their own trucks (either leased or owned) are also part of this group.
- **Warehouse products owned by others**
- **Provide maintenance service for highways**


Internet

Hazards - Microsoft Internet Explorer

File Edit View Favorites Tools Help

Address  http://www.wsib.on.ca/wsib/wsibsite.nsf/public/ReferencePreventionHazards  Go

- [Prevent Heat Stress](#)
Learn how to prevent heat stress and work safely in high temperatures.
- [Preventing Slips, Trips and Falls in the Workplace](#) (168k, pdf)
- [The Truth about Electrical Injuries](#) (106k, pdf)
Read the Truth about Electrical Injuries brochure to learn how to prevent electrical injuries.
- [Top Workplace Hazards](#)
Learn about the top workplace hazards that pose a threat to workers everyday.
- [Winter Driving Tips](#)
Learn how to drive safely in the wintertime.
- [Winter Slips and Falls Alert](#) (439k, pdf)
- **You May Be Struck By These Facts**
You May Be Struck By These Facts fact sheet provides

Done  Internet

http://www.worksafebc.com/

WorkSafebc.com - WCB of BC - Microsoft Internet Explorer

File Edit View Favorites Tools Help

Address <http://www.worksafebc.com/> Go

WorkSafe bc.com


Workers' Compensation Board of BC

Safer, healthier workplaces

Site map • Site help • Contact us • Search


Advanced search | Search tips

WCB WorkSafebc.com is dedicated to promoting workplace health and safety for the workers and employers of British Columbia.




► Health & Safety Centre ► Worker Centre ► Employer/Small Business Centre ► Health Care Provider Centre

Spotlight



The North American Occupational Safety and Health Week
May 1-7, 2005



Sign up
Pay Premiums and Report Payroll

Partner Spotlight

WorkSafe™ Online Services

Log on

- Report payroll and pay premiums
- Register your business/firm with the WCB
- Apply for Personal Optional Protection
- Add Personal Optional

Resources

- Forms
- Publications & Videos
- Occupational Health and Safety Regulation
- Law, Policy,

Done Internet



Home Site map Site help Glossary Contact us

Search

Forms Publications

Business & Information Centres

WorkSafebc.com >> Health & Safety Centre

Health & Safety Centre Industry Centres Safety Topics Regulation Small Business Safety Bulletins

- [Search Regulation](#)
- [Regulation Review](#)
- [Safety Bulletins](#)
- [Find Your Classification](#)
- [Obtain a Clearance Letter](#)
- [Online NOP Form](#)

Health & Safety Centre

Monday, March 21, 2005

Your online resource for workplace injury prevention information from the WCB and across the Web.

In partnership with:



- Sign up for E-News
- Provide Feedback
- Search Regulation
- Search H&S Sites

Industry Centres

- [Agriculture](#) NEW
- [Commercial Fishing](#) NEW
- [Construction](#)
- [Forestry](#)
- [Health Care](#)
- [Manufacturing](#)
- [Performing Arts and Film](#)



Group of people

Health & Safety News

[Disclaimer](#)

Workplace injuries are not always covered by workers' compensation

The Free Lance-Star - Fredericksburg, VA, USA, March 20, 2005

What do you need for first aid in your workplace? Use the [First Aid Assessment Tool](#)




http://www.ctrf.ca/

Home - Microsoft Internet Explorer

File Edit View Favorites Tools Help

Address <http://www.ctrf.ca/> Go

Canadian Transportation Research Forum
Le Groupe de Recherches sur les Transports au Canada www.ctrf.ca



New Announcements

News and Conference

Future Conferences

Newsletter

Updates

About CTRF

What's New?

Keep your eye here for updates to the Annual Conference Information. This information is also available on the Future Conferences tab.

NEW December 3, 2004 [Special GIS Session Call for Papers](#)

UPDA October 1, 2004

The Second Call for Papers for the 2005 CTRF Annual Conference to be held in Hamilton has been released and is

Internet

<http://www.caw.ca/whatwedo/health&safety/>

CAW TCA CANADA

Fighting back makes a difference

Home Search Site Map Contact Us Your Feedback Français

Who we are
What we do
Joining the CAW
News
Campaigns & Issues
Visual & Print Library
Family Education Centre
Labour Links
* 20th Anniversary Workers PhotoJournal Project

send an e-mail to Buzz Hargrove

What we do

↳ **Health, Safety & Environment** > Detailed Search

Health, Safety & Environment

Local union discussion leaders and national representatives conduct training programs on health and safety. The department fights for better laws and information on substances found in the workplace. This office also helps local unions set up programs to eliminate hazardous conditions in the workplace. The department publishes the Health and Safety & Environment Newsletter. The Health, Safety & Environment Department can be reached at: cawhse@caw.ca

A number of documents in the Health, Safety and Environment part of the CAW Web site are in PDF format. They will be labelled for easy recognition. To download these documents, click on the title. Please note that to read PDF documents you will need a copy of [Adobe Acrobat Reader](#) (freeware) installed on your computer.

Health, Safety & Environment - General

- [Health, Safety & Environment Newsletter](#)

Aboriginal/Workers of Colour
Bargaining
Calendar of Events
CAW Policies and Papers
Communications
Education
Health Care
Health, Safety & Environment
Human Rights
International Solidarity
Pensions & Benefits
Pride
Research

http://www.caw.ca/feedback.asp

Outlook 5.0 (ENG) virtuelle d... Dreamweav...

http://www.cdc.gov/az.do

The screenshot shows a Microsoft Internet Explorer browser window displaying the CDC website's A-Z Index page. The address bar shows the URL <http://www.cdc.gov/az.do>. The page header includes navigation links for Home, About CDC, Press Room, Funding, A-Z Index, Centers, Institute & Offices, Training & Employment, and Contact Us. The CDC logo and the text "Department of Health and Human Services Centers for Disease Control and Prevention" are prominently displayed. A search bar and a "Go" button are also present. Below the header, there are four main navigation categories: Health & Safety Topics, Publications & Products, Data & Statistics, and Conferences & Events. The main content area is titled "A-Z Index" and includes a link to "See all Topics alphabetically:". Below this, there is a list of letters from A to Z, with "A" selected. Under the "A" category, a list of topics is provided, including Abrin, Acinetobacter Infection, Acquired Immune Deficiency Syndrome (AIDS), Active Community Environments Initiative, Acute Care, Adenovirus Infection, ADHD, Adolescent Health, AFIX Immunization Strategy, and African Trypanosomiasis. On the right side of the page, there are links for "Email this page" and "Printer-friendly version". The browser's taskbar at the bottom shows several open applications, including Outlook, 5.0 (ENG), virtuelle d..., and Dreamweav... The system tray on the right indicates the Internet connection status.

CDC - Site Index A - Z - Microsoft Internet Explorer

File Edit View Favorites Tools Help

Address <http://www.cdc.gov/az.do> Go

Home | About CDC | Press Room | Funding | [A-Z Index](#) | Centers, Institute & Offices | Training & Employment | Contact Us

CDC Department of Health and Human Services
Centers for Disease Control and Prevention

CDC en Español

Search: Go

▶ Health & Safety Topics ▶ Publications & Products ▶ Data & Statistics ▶ Conferences & Events

A-Z Index

See all Topics alphabetically:

> [A](#) [B](#) [C](#) [D](#) [E](#) [F](#) [G](#) [H](#) [I](#) [J](#) [K](#) [L](#) [M](#) [N](#) [O](#) [P](#) [Q](#) [R](#) [S](#) [T](#) [U](#) [V](#) [W](#) [X](#) [Y](#)
[Z](#)

A [back to top](#)

- > [Abrin](#)
- > [Acinetobacter Infection](#)
- > [Acquired Immune Deficiency Syndrome \(AIDS\)](#)
- > [Active Community Environments Initiative](#)
- > [Acute Care](#)
- > [Adenovirus Infection](#)
- > [ADHD](#)
- > [Adolescent Health](#)
- > [AFIX Immunization Strategy](#)
- > [African Trypanosomiasis](#)

✉ [Email this page](#)
🖨 [Printer-friendly version](#)

Outlook 5.0 (ENG) virtuelle d... Dreamweav... Internet



Flu Home

About the Flu

- > [Key Facts About Flu](#)
- > [Preventing the Flu](#)
- > [Flu Activity](#)
- > [Q & A](#)
- > [Info for Specific Groups](#)

For Health Professionals

- > [Vaccination](#)
- > [Clinical Description & Diagnosis](#)
- > [Background](#)
- > [Training](#)
- > [Flu Bulletins](#)
- > [Infection Control](#)

[What's New](#) | [Contact Us](#)

Influenza (Flu)



Protect Yourself & Your Loved Ones

> [Key Facts About the Flu](#)

Symptoms, what to do if you get sick...

> [Preventing the Flu](#)

Flu vaccine, stopping germs...

> [Questions & Answers](#)

Current flu season, the disease...

> [Flu Activity Updated! Feb 18](#)

Weekly report, weekly map

> [Info for Specific Groups](#)

[Schools & childcare providers](#),
[workplace](#), [universities](#), [law...](#)

Information for Health Care Professionals

> [Vaccination Updated Feb 10](#)

Revised recommendations, dosing, VIS...

> [Patient and Provider Education](#)

Materials to distribute including the [Flu](#)

- [Español](#)
- [日本語](#)
- [Русский](#)
- [繁體中文](#)
- [한국말](#)
- [Tagalog](#)
- [Français](#)
- [Română](#)
- [Tiếng Việt](#)

Hotlines

Public: 800-CDC-INFO

Clinician: 877-554-4625

TTY: 888-232-6348

[Sign up for Clinician E-mail Updates](#)

News & Highlights

> [WHO recommends composition of flu vaccines for use in 2005-2006 northern hemisphere flu season](#) **NEW! Feb 18**

> [CDC & NIH Statement on Recent Study of Impact of Flu Vaccination on](#)

<http://www.cdc.gov/niosh/topics/>

NIOSH Safety and Health Topics - Microsoft Internet Explorer

File Edit View Favorites Tools Help

Address <http://www.cdc.gov/niosh/topics/> Go

CDC Home CDC Search CDC Health Topics A-Z

CDC **NIOSH** National Institute for Occupational Safety and Health
SAFER • HEALTHIER • PEOPLE™

Search NIOSH | NIOSH Home | NIOSH Topics | Site Index | Databases and Information Resources | NIOSH Products | Contact Us

NIOSH Safety and Health Topics

Each page listed below provides information on a specific occupational safety and health topic. See the [NIOSH Site Index](#) for additional occupational safety and health information.

- [Aging Mining Workforce](#)
- [Agricultural Safety and Health](#)
- [Agricultural Safety \(Injury\)](#)
- [Asbestos](#)
- [Asphalt Fumes](#)
- [Asthma and Allergies](#)
- [Bloodborne Infectious Diseases HIV/AIDS, Hepatitis B Virus, and Hepatitis C Virus \(Needlesticks\)](#)
- [Cancer \(Occupational\)](#)
- [Carbonless Copy Paper](#)
- [Carbon Monoxide Hazards from Small Gasoline Powered Engines](#)
- [Chemical Safety](#)
- [Childhood Agricultural \(Injury\)](#)
- [Commercial Aviation in Alaska \(Injury\)](#)
- [Commercial Fishing in Alaska \(Injury\)](#)
- [Confined Spaces \(Injury\)](#)

Safety and Health Topics



Done

Outlook 5.0 (ENG) for Win32 Internet

NIOSH Topic: Traumatic Occupational Injuries: Motor Vehicles | CDC/NIOSH - Microsoft Internet Explorer

File Edit View Favorites Tools Help

Address http://www.cdc.gov/niosh/injury/traumamv.html Go

CDC Home CDC Search CDC Health Topics A-Z

CDC
SAFER • HEALTHIER • PEOPLE™


NIOSH National Institute for Occupational Safety and Health


Search NIOSH | NIOSH Home | NIOSH Topics | Site Index | Databases and Information Resources | NIOSH Products | Contact Us

NIOSH Safety and Health Topic:
Traumatic Occupational Injuries

Motor Vehicle Safety


Featured Items - Motor Vehicle Safety


[Fact Sheet: Work-Related Roadway Crashes: Prevention Strategies for Employers](#)
DHHS (NIOSH) Publication No. 2004-136
[en español](#)
Recommendations for employers on crash prevention and vehicle safety programs.


[Fact Sheet: Work-Related Roadway Crashes: Who's at Risk?](#)
DHHS (NIOSH) Publication No. 2004-137
[en español](#)
A quick reference for statistics on fatal work-related crashes in the U.S.

[NIOSH Update: Requiring Safety Belt Use is Key Employer Policy for Preventing Job Vehicle Deaths, NIOSH Says](#) - September 14, 2004

Traumatic Occupational Injuries



Topic Index:

[Traumatic Injuries Main](#)

- ▶ [Motor Vehicles](#)

[Motor Vehicle Fatality Investigation Reports](#)

Occupational Injury Topics

Internet


http://www.osha.gov/SLTC/index.html

The screenshot shows a Microsoft Internet Explorer browser window displaying the OSHA website. The browser's address bar shows the URL <http://www.osha.gov/SLTC/index.html>. The website header features the U.S. Department of Labor Occupational Safety & Health Administration logo and the text "U.S. Department of Labor Occupational Safety & Health Administration" and "www.osha.gov". Navigation links include "MyOSHA", "Search", "Advanced Search", and "A-Z Index". The main content area is titled "Technical Links to Safety and Health Topics" and includes a "Site Index" with letters A through Z. A sidebar on the right contains sections for "Find It! in DOL Department of Labor", "Compliance Assistance" (with sub-links for Consultation, eTools, Grants, Hispanic Workers and Employers, Posters, Recordkeeping, and Training), and "Laws & Regulations" (with sub-links for Standards, Interpretations, and Federal). The browser's status bar at the bottom shows "Done" and "Internet".

OSHA Technical Links to Safety and Health Topics - Microsoft Internet Explorer

File Edit View Favorites Tools Help

Address <http://www.osha.gov/SLTC/index.html> Go

 **U.S. Department of Labor**
Occupational Safety & Health
Administration

www.osha.gov MyOSHA Search GO Advanced Search | A-Z
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September 10, 2004 Site Index: [A](#) [B](#) [C](#) [D](#) [E](#) [F](#) [G](#) [H](#) [I](#) [J](#) [K](#) [L](#) [M](#) [N](#) [O](#) [P](#) [Q](#) [R](#) [S](#) [T](#) [U](#) [V](#) [W](#) [X](#) [Y](#) [Z](#)

Technical Links
to Safety and Health Topics

What's New | User Guide
Multimedia | Credits

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A TOP
[Accident Investigation](#)
[Agricultural Operations](#)
[Airline Industry](#)
[Ammonia Refrigeration](#)
[Analytical Methods, Sampling and](#)
[Anthrax](#)
[Apparel and Footwear Industry](#)
[Arsenic](#)
[Asbestos](#)
[Asphalt Fumes](#)
[Autobody Repair and Refinishing](#)

M TOP
[Machine Guarding](#)
[Maritime Industry](#)
[Meat Packing Industry](#)
[Medical Access Order](#)
[Medical and First Aid](#)
[Medical Screening/Surveillance](#)
[Mercury](#)
[Metalworking Fluids](#)
[Methylene Chloride](#)
[Molds and Fungi](#)
[Motor Vehicle Safety](#)

Find It! in DOL
Department of Labor

Compliance Assistance

- [Consultation](#)
- [eTools](#)
- [Grants](#)
- [Hispanic Workers and Employers](#)
- [Posters](#)
- [Recordkeeping](#)
- [Training](#)

Laws & Regulations

- [Standards](#)
- [Interpretations](#)
- [Federal](#)

Done Internet



Trucking Industry Industry Hazards

Workers in the trucking industry experienced the the most fatalities of all occupations, accounting for 12 percent of all worker deaths. About two-thirds of fatally injured truckers were involved in highway crashes. Truck drivers also had more nonfatal injuries than workers in any other occupation. Half of the nonfatal injuries were serious sprains and strains; this may be attributed to the fact that many truck drivers must unload the goods they transport.

Specific OSHA, DOT, and EPA regulations, training requirements, hazard references and illness and injury statistics that apply to the major trucking activities of employers and their employees are included in the following pages:

- [Highway Driving: Interstate and Intrastate](#)
- [Loading and Unloading](#)
- [Transporting Hazardous Materials](#)
- [Vehicle Maintenance](#)
- [Trucker Illnesses and Injuries](#)

Trucker Illnesses and Injuries

[Safety and Health Topics](#)

[Trucking Industry](#)

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http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?

The screenshot shows the Entrez PubMed website in a Microsoft Internet Explorer browser window. The address bar displays the URL: <http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?>

The page features the NCBI logo on the left and the PubMed logo in the center. To the right of the PubMed logo is the National Library of Medicine (NLM) logo. A "My NCBI" button is located in the top right corner, with links for "[Sign In]" and "[Register]".

The main navigation bar includes links for Entrez, PubMed, Nucleotide, Protein, Genome, Structure, OMIM, PMC, Journals, and Books. Below this is a search bar with a dropdown menu set to "PubMed" and a search input field containing the text "for". There are "Go" and "Clear" buttons next to the search bar.

Below the search bar are several tabs: "Limits", "Preview/Index", "History", "Clipboard", and "Details".

The main content area contains a list of search instructions:

- Enter one or more search terms, or click [Preview/Index](#) for advanced searching.
- Enter [author names](#) as smith jc. Initials are optional.
- Enter [journal titles](#) in full or as MEDLINE abbreviations. Use the [Journals Database](#) to find journal titles.

A yellow highlighted box contains the following text:

PubMed, a service of the National Library of Medicine, includes over 15 million citations for biomedical articles back to the 1950's. These citations are from MEDLINE and additional life science journals. PubMed includes links to many sites providing full text articles and other related resources.

At the bottom of the page, there are two sections: "Bookshelf Additions" and "My NCBI". The "Bookshelf Additions" section shows a partial title: "Molecular Biology of". The "My NCBI" section shows a partial title: "A new [default filter](#), Review,".

The browser's taskbar at the bottom shows several open applications: Outlook, 5.0 (ENG), virtuelle d..., and Dreamweav... The system tray on the right shows the Internet icon.

Entrez PubMed - Microsoft Internet Explorer

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Address http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=pubmed&dopt=Abstract&list_uids=14992847 Go

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□ **1: J Safety Res. 2004;35(1):59-69.** [Related Articles, Links](#)

ELSEVIER
FULL-TEXT ARTICLE

Antecedents of fatigue, close calls, and crashes among commercial motor-vehicle drivers.

Morrow PC, Crum MR.

Department of Management, Iowa State University, 2350 Gerding Business Building, Ames, IA 50011-1350, USA.
pmorrow@iastate.edu



PROBLEM: Minimizing driver fatigue among commercial motor-vehicle (CMV) drivers is a major safety issue in the United States. This study examines the effects of potentially fatigue-inducing factors inherent in truck driving work and company safety management in explaining: (a) drivers driving while fatigued, (b) the frequency of close calls due to fatigue, and (c) actual crashes among CMV drivers. **METHOD:** Data for this study are derived from a survey of CMV drivers in 116 trucking firms, with all data being driver-reported. The relative roles of fatigue-inducing factors and safety management practices in explaining variation in fatigue, close calls, and crashes are

Internet












http://utc.dot.gov/



University Transportation Centers (UTC) Program - Microsoft Internet Explorer



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	University Research Results	
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 **U.S. Department of Transportation**  *comments or questions*

 **Research & Innovative Technology Administration** 

 University Transportation Centers *Search*

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 Vision, Mission & Goals  Internet

http://wzsafety.tamu.edu/

National Work Zone Safety Clearinghouse Home Page - Microsoft Internet Explorer

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National WORKZONE
Safety Information Clearinghouse

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home

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- Agency Contact Persons
- Accident/Crash Data
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- Laws and Legislation
- Press Releases
- Public Outreach/Education
- Publications
- Research Projects
- Standards and

WHAT'S NEW

- ★ **Roadway Safety Awareness Program - Free Download** ★
- ★ **Free Customized Safety Training** ★
- ◆ See HARWOOD GRANT TRAINING - Customized Safety Training for the Roadway Construction Industry page for more scheduled sessions. (3/21/2005)
- ◆ Check out the Enhanced Fine Legislation in Work Zones page for the amended Illinois and Mississippi laws. (3/8/2005)
- ◆ Check out the Work Zone Safety Research database for records added/updated January 13-March 1, 2005. (3/1/2005)

Done Internet

http://ergo.human.cornell.edu/default.htm

The screenshot shows a Microsoft Internet Explorer browser window with the address bar containing <http://ergo.human.cornell.edu/default.htm>. The website content includes the CU Ergo logo, the text "Cornell University Ergonomics Web", and a paragraph describing the Cornell Human Factors and Ergonomics Research Group (CHFERG) and its director, Professor Alan Hedge. A navigation menu with buttons for ErgoNews, Information, Research, Academic, Courses, Contact, Professional, and Site Search is visible. Below the menu, there are three columns of content: "CU Ergo News" with a link to "Environmental conditions and productivity", "CU Ergo Information" with a link to "Computer Workstation Guides", and "Research" with a link to "Ergonomic to...". A quote by Ezra Cornell is partially visible on the right side of the page.

CU Ergo

Cornell University Ergonomics Web

CU Ergo presents information from research studies and class work by students and faculty in the Cornell Human Factors and Ergonomics Research Group (CHFERG), directed by [Professor Alan Hedge](#), in the Department of Design and Environmental Analysis at Cornell University.

CHFERG focuses on ways to enhance usability by improving the ergonomic design of hardware, software, and workplaces, to enhance people's comfort, performance and health in an approach we call **Ergotecture**.

We recognize that this is also as an important component of the Department's [Ecotecture](#) sustainable design approach.

"I would found an ins
person can find instruc
Ezra Corne

[ErgoNews](#) [Information](#) [Research](#) [Academic](#) [Courses](#) [Contact](#) [Professional](#) [Site Search](#)

CU Ergo News	CU Ergo Information	Resea
• Environmental conditions and productivity	• Computer Workstation Guides	• Ergonomic to

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<http://ergo.human.cornell.edu/cutools.html>

CUergo: Cornell Ergonomics Web Ergonomics Tools - Microsoft Internet Explorer

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Address <http://ergo.human.cornell.edu/cutools.html> Go

CU Ergo

Cornell University Ergonomics Web

Workplace Ergonomics Tools

- **Handbook**
 - [Handbook of Human Factors and Ergonomics Methods](#)
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 - [Ergonomics Cost-Justification Worksheets](#)
- **Posture Evaluations**
 - [Manual Task Risk Assessment Tool \(ManTRA\) V2.0](#)
 - [Rapid Upper Limb Assessment \(RULA\)](#)
 - [Rapid Entire Body Assessment \(REBA\)](#)
 - [Job Strain Index \(JSI\)](#)
 - [Quick Exposure Checklist \(QEC\)](#)
 - [Cornell Musculoskeletal Discomfort Questionnaires \(English\)](#)

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http://www.ergoweb.com/resources/

The screenshot shows a Microsoft Internet Explorer browser window displaying the Ergoweb Resource Center website. The browser's address bar shows the URL <http://www.ergoweb.com/resources/>. The website header includes the Ergoweb logo, a navigation menu with links for Home, STORE, Software Access, Site Map, About Us, Advertise, and Contact, and a secondary menu with links for Consulting, Training, Software, Buyer's Guide, News, Resources, and Join. A search bar is located below the navigation menu. The main content area features a heading "Ergoweb - Resource Center - The Trusted Source for Ergonomics Information" and several links: "Email This Page", "Printable Page", and "Recommend This Site". The main content is organized into sections: "Ergoweb Forum: Questions, Answers, and Discussions" (describing a moderated forum), "Introduction to Ergonomics" (developed to help understand the science of ergonomics), "Case Studies" (describing real-life examples of ergonomics hazards), and "Reference Materials" (including book/journal listings and bibliographic references). On the right side of the page, there are three promotional banners: "NATIONAL Health Wellness & Prevention CONGRESS", "Ergonomics Clipart" (with a "Click here" link), and "HealthPostures" (featuring an image of people working at desks). At the bottom right, there is a "SMARTdesks Multi-Use Workspace" banner. The browser's taskbar at the bottom shows several open applications: Outlook, 5.0 (ENG), virtuelle d..., and Dreamweav... The system tray on the right shows the Internet icon.

Ergoweb - Resource Center - The Trusted Source for Ergonomics Information - Microsoft Internet Explorer

Address <http://www.ergoweb.com/resources/>

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Ergoweb - Resource Center - The Trusted Source for Ergonomics Information

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» **Ergoweb Forum: Questions, Answers, and Discussions**
Join the world's largest forum on ergonomics, serving thousands of international members. It's moderated for quality, and it's free.

» **Introduction to Ergonomics**
Developed to help you understand the science of ergonomics.

- [Frequently Asked Questions](#)
- [Ergonomics Glossary](#)
- [History of Ergonomics](#)
- [Ergonomics Concepts](#)

» **Case Studies**
Case studies describe real life examples in which ergonomics hazards have been addressed. Each case study consists of a task description, ergonomic risk factors, administrative or design solutions, comments, and vendor information.

» **Reference Materials**
Included in this section are book/journal listings with some abstracts, over 3000 bibliographic references, and

NATIONAL Health Wellness & Prevention CONGRESS

Ergonomics Clipart
Click here

HealthPostures

SMARTdesks
Multi-Use Workspace

Outlook 5.0 (ENG) virtuelle d... Dreamweav... Internet

Ergoweb - Case Studies in Ergonomics

- Resource Center**
- >> Discussions
 - >> **Intro to Ergonomics**
 - FAQs
 - Glossary
 - History
 - Concepts
 - >> Case Studies
 - >> Reference Material

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Ergoweb® Case Study - Beverage Delivery

Source
Zak Figura, S., August 1996, Reducing the Risks of Material Handling, Occupational Hazards.

Task Prior to Abatement (Description)
Workers unload cases of soda cans and bottles from trucks, carting them to and stacking them on a customer's premises.

Task Prior to Abatement (Method Which Verified Hazard)
NIOSH recommended weight limit lifting criteria was exceeded for most lifting tasks.

Task Prior to Abatement (Method Which Identified Hazard)
An injury and illness rate of 18.5 per 100 full-time workers put the industry among the top 12 for injury frequency and top 5 for severity according to NIOSH studies.



Ergobuyer®
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WHAT'S NEW

Manual Material Handling Lifting Tables
Click here to access the new online version of the revised manual material handling tables. The application facilitates risk evaluations of lifting, lowering, pushing, pulling, and carrying tasks.

WORKPLACE SAFETY INDEX

New Results Available
The Liberty Mutual Workplace Safety Index identifies the leading causes of workplace accidents and their costs. The Index helps employers protect workers and manage the total cost of risk.

Welcome to the Liberty Mutual Research Institute for Safety

Advancing the occupational safety and health of millions of workers over the **past 50 years**, the Liberty Mutual Research Institute for Safety is perhaps one of Liberty Mutual's greatest achievements. Through original investigations into job-related accidents, injuries, and disability, the Research Institute continually strives to help people live safer, more secure lives. It is, in fact, the only occupational health and safety research facility owned and operated by an insurance company.

The Research Institute conducts investigations into four domains:

<http://www.libertymutual.com/> Internet

http://agency.osha.eu.int

European Agency for Safety and Health at Work - Microsoft Internet Explorer

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European Agency Information

 European Agency for Safety and Health at Work

 Bilbao



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Visit our  European Network

 A Constitution for Europe

 Workers with disabilities

Visit our  Global Network

Corporate social responsibility and safety and health at work

 20/01/2005: A new Agency report Corporate Social Responsibility and Safety and Health at Work identifies several practical issues that are important for managers, employees and OSH professionals when considering the introduction of CSR. Eleven company case studies show how enterprises have integrated OSH issues in CSR. The report also contains an overview of European and global initiatives to promote CSR.

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DISTANCE LEARNING IN
OCCUPATIONAL MEDICINE &
OCCUPATIONAL HYGIENE



Index of Educational Resources:

Occupational and Environmental Medicine and Health

Please use the alphabetical index below to find an educational resource on this website. (If you cannot find what you want in the alphabetical index below, try the [search](#) facility.) More detailed resources for students of the [University of Manchester](#) are being developed at the [Centre for Occupational and Environmental Health](#) (COEH) and will be made available to students (and other subscribers) of the COEH in due course.

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A

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- [Air Quality and Health](#) (Learn from data of the [past](#), [today](#) & [future](#))
- Air Pollution and Health [Research](#)
- [Arthropods](#) of significance in environmental health

http://oshweb.me.tut.fi/index.html

OSHWEB - Index of Occupational Safety and Health Resources - Microsoft Internet Explorer

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http://www.tuc.org.uk

Trades Union Congress - TUC - Britain at work - Microsoft Internet Explorer


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Britain at work

unions representing over six and a half million working people, we campaign for a fair deal at work and for social justice at home and abroad.

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TGWU drives transport working time watch

Transport union TGWU has launched a 'working time watch' to make sure new rules on driving hours for commercial drivers are properly implemented by employers and give workers sufficient

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The latest issue of [SafetyLine Magazine](#) [482k] is now available.

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An educational resource for secondary students.




THINKSAFE WORKSAFE

"Talk about safety"
Resources and more on [ThinkSafe](#).



SafetyLine INSTITUTE

An educational resource for tertiary students.



After reading the information contained in [Developing a Fatigue Management System for Commercial Vehicle Drivers and Operators in W.A.](#) and completing the questions, you should be able to:

- explain the basic principles of managing fatigue contained in the draft [Code of Practice for Fatigue Management for Commercial Vehicle Drivers](#);
- state the principles used in planning a company Fatigue Management System;
- explain the importance that driver well-being has on work performance and fatigue; and
- explain the importance of knowing the correct procedures and the importance of training and dealing with critical incidents.

This document can be [downloaded as an Adobe Acrobat PDF file \[120\]](#).

Return to the [Fatigue Management Training](#) page.



http://www.ccohs.ca/

CCOHS: Canada's National Centre for Occupational Health and Safety information - Microsoft Internet Explorer

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Address http://www.ccohs.ca/

Canadian Centre for Occupational Health and Safety / Centre canadien d'hygiène et de sécurité au travail

Canada

CCOHS
Canadian Centre for Occupational Health and Safety

Canada's National Occupational Health & Safety Resource

CCOHS promotes a safe and healthy working environment by providing information and advice about occupational health and safety.

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CCOHS' Forum 2005
New Strategies for Recognizing and Preventing Occupational Disease Mar 3-4, 2005

Workplace No Place for Mould
CCOHS' new pocket guide offers advice about mould

CCOHS Launches E-Learning
Bridges Time And Distance To Make Health And Safety Training Easily Accessible

Affiliated Web Sites

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[Canada-EU Collaboration](#)
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[NAOSH Week](#)

New Strategies for Recognizing and Preventing Occupational Disease
A Two-day Occupational Health and Safety Forum
March 3-4 2005 Toronto

Internet



Canada's National Occupational Health & Safety Resource

Navigation menu with buttons: Français, Contact Us, Help, SEARCH, Canada Site, Web Info Service, Products & Services, OSH Answers, Education, Home, About Us, E-News, OSH Events, Resources, Shop@CCOHS

Driving Tips - Winter

- What makes the difference between an ordinary driver and a good one?
How should you prepare a vehicle for driving under winter conditions?
What should I include in a winter driving kit?
How should you prepare yourself for winter driving?
How should you drive...

Printer Friendly Layout

OSH Answers

- Safety Hazards
Driving Tips - Winter

What makes the difference between an ordinary driver and a good one?

- An ordinary driver reacts to the road situations.
A good driver anticipates crises and avoids them.

How should you prepare a vehicle for driving under winter conditions?



http://ccinfoweb.ccohs.ca/

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Subscriber Extras!

Examples: cancer benzene "indoor air quality" "1,1,1-trichloroethane" 108-88-3

Web Collections

Search individual collection:

 <p>MSDS* plus CHEMINFO Material Safety Data Sheets CHEMINFO MSDS Management Service NEW!</p>	 <p>OSH References OSHLINE, NIOSHTIC, NIOSHTIC-2, HSELINE, CISILO, Canadiana</p>
 <p>CHEMpendium™ CHEMINFO, CESARS, CHRIS, DSL/NDL, HSDB, NJHS Fact Sheets, NIOSH Pocket Guide, Transport TDG, Transport 49CFR</p>	 <p>Canadian enviroOSH Legislation plus Standards National or Regional Editions</p>
 <p>RTECS@* † Registry of Toxic Effects of</p>	<p>*French / †Spanish versions of these databases are also available. follow the links</p>

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OSHLINE™

References to current OSH documents

Data source: CCOHS (Canadian Centre for Occupational Health and Safety)

Record Number:320587

Subfile: OSHLINE

Title:

Evaluation of top-down implementation of health regulations in the transport sector in a 5-year period

Author(s):

Schuring, M.; Sluiter, J.K.; Frings-Dresen, M.H.W.

Source:

International archives of occupational and environmental health. Vol. 77, no. 1 (Jan. 2004). p. 53-59

Coden:IAEHDW

ISSN: 0340-0131

Publication Year:2004

Mailing Lists

- E-mail - based discussion groups
- Uses
 - Daily Conferencing with Peers
 - Problem Solving
 - News on Hot Issues
 - Announcements of Internet information sources
 - Job postings

Mailing Lists

- HS-Canada (CCOHS)
 - Safety (University of Vermont)
 - DOT, Hazmat-L (Colorado)
- & thousands more to choose from....

Mailing List Archives

- View all messages that have been sent to a specific list
- Search by subject
- Generally available whether you participate in the list or not



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Archive Search

Search the SAFETY Archives

Search for:

shiftwork

apple or pear
(green apple) or (red apple)

Substring Search

In Messages Where:

◆ The subject is or contains:

pie or cake

◆ The author's address is or contains:

granny

Since:

(date/time)

Until:

(date/time)

June 1995
2 May 96

**Where to find other
discussion groups...**



Canadian Centre for Occupational Health and Safety

Centre canadien d'hygiène et de sécurité au travail



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Address <http://www.ccohs.ca/resources/listserv.html#S> Go

ses@gcc.com.au with the word SUBSCRIBE as the subj

Shiftwork

Subscription address: shiftwork-subscribe@shiftwork.co
Send messages to: shiftwork@shiftwork.co.nz

This is an information and discussion service for shiftwork
New Zealand.

SHIFTWORK

Subscription address: majordomo@world.std.com
Send messages to: shiftwork@world.std.com

Shiftwork is a moderated forum that provides a place for
family members, shiftwork managers, researchers and others in the
shiftworking field to discuss the many different aspects of
operations.

SITREP

Subscription address: majordomo@fema.gov

Internet

Professional Concerns

- Reliable

Is the resource accessible when you need it?

- Authoritative

Reasoned, verifiable information?

- Current

- Accurate

Evaluating Web Information

- Who wrote it?
- Who published it (web site, print publisher)?
- Is there obvious bias?
- Are there referrals to other sources?
- Can the information be verified? (references, contact info., etc.)
- How current is it?

[\(Johns Hopkins University\)](#)

Evaluating Information from Discussion Groups

- Very dependent on the type of question
- If you ask for advice or people's opinions, treat the responses as such
- If someone makes a statement, verify it independently (e.g. what a specific piece of legislation says, which issue of a journal a particular article appeared in)

Evaluating Information from Discussion Groups (cont'd)

- Is the author identifiable
 - Signature file on his/her message – credentials, employment
 - Frequent contributor of good information
- Are statements publicly supported or refuted?

For more information

- <http://www.ccohs.ca/>
- Flora Simpson
floras@ccohs.ca