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Connecting with our clients

on topic

▶ Too Much of a Good Thing – The Hazards of Summer Heat

The human body is usually good at maintaining its ideal temperature of 37°C. At any time of year and in various circumstances, the body produces heat from muscle use and prevents overheating by sweating. In extreme temperatures however, when the air is as hot or hotter than the body, the cooling mechanisms don't work. When the body can no longer cool itself properly, a number of heat-related health problems may occur.

Heat stroke and heat exhaustion are the most serious health illnesses caused by hot environments, and a real danger to people who work outside in the summer. Without immediate medical attention, heat stroke can be fatal. In previous years, people have died at work of heat stroke in occupations ranging from agriculture workers to football players. Heat exhaustion and fainting are other less harmful heat-related health risks that can cause temporary illness.

Know the warning signs

Heat stroke victims usually don't recognize their own symptoms. Their survival therefore depends on their co-workers' abilities to detect symptoms and seek first aid and medical help immediately.

While the symptoms vary from person to person, they include dry, hot skin (due to failure to sweat), a body temperature often exceeding 41°C, and complete or partial loss of consciousness.

Signs of heat exhaustion (caused by loss of body water through excessive sweating) include heavy sweating, weakness, dizziness, visual disturbances, intense thirst, nausea, headache, vomiting, diarrhea, muscle cramps, breathlessness, palpitations, tingling and numbness of the hands and feet.

Preventing health problems from overheating

Avoid sun exposure – Move some tasks indoors or into the shade. When that's not possible, erect a temporary shelter. Take frequent breaks in a cool or well-ventilated area to get out of the sun and heat.

Don't be afraid to sweat – Sweating is the body's most effective cooling mechanism. The cooling occurs as sweat evaporates. In some cases a fan can be used to move cool air into a room and help keep body temperatures down.

Become acclimatized – Don't take on strenuous activities too soon if you're not accustomed to the heat. It can take six to seven days for the body to fully adapt (or acclimatize) to a new thermal environment. Ease into your tasks gradually, taking frequent breaks from the heat as needed. It is advisable to assign about half of the normal workload to new employees or those back from vacations or illnesses on the first day of work and gradually increase day by day.

Stay hydrated – Make sure that plenty of cool drinking water is nearby. In hot weather conditions remember – and remind others – to drink a cup of water every 20 minutes or so, about one litre every hour, whether you feel thirsty or not, to replace the fluid loss. Avoid consuming caffeine and alcohol, which can dehydrate you.

Clothing – For protection from the sun and heat when working outside, cover up as much as possible with loose-fitting clothes made of a light fabric that "breathes". When you work in the sun without a shirt or hat, the sun dries your sweat too quickly and prevents it from cooling the body. Clothes give sweat a chance

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new look

You may have noticed that *Liaison* has been redesigned! The changes are based on your feedback from our Readership Surveys – thanks for your input!

Changes include:

- shorter more concise articles with additional resources provided
- seasonal colour scheme to help distinguish issues
- standard sections for better organization and readability

This new format is more environmentally friendly and better suited to electronic distribution.

We hope you like it!

▶ New e-Course Addresses the Pain and Strain of Office Work

The workplace is fraught with repetitive tasks that can gradually cause injuries to a worker's musculoskeletal system. These injuries, called work-related musculoskeletal disorders (WMSD), range in severity from mild and temporary to debilitating and chronic.

Factors such as work pace, repetitive and forceful movements, vibration, awkward posture and temperature extremes can lead to strain on a worker's joints and muscles. A filing clerk might experience tennis elbow, an inflammation of a tendon, from spending long days gripping tightly packed files from a shelf. A data entry clerk might gradually develop carpal tunnel syndrome, a problem in the hands and wrists, from the repetitive motion of typing. A CEO with a glare on her computer screen, craning her neck to see better, might unwittingly develop a chronic ache in her neck muscles.

The way to address such problems is through ergonomics - the applied science of matching the job to the worker. Many work-related musculoskeletal disorders can be prevented through improved work methods, better tools and equipment, and properly designed workstations.

Office Ergonomics, a new e-learning course from the Canadian Centre for Occupational Health and Safety (CCOHS), addresses the issue of ergonomics, with a focus on injuries related to the use of computers and other office equipment. This Internet-based course provides a practical introduction to office ergonomics. It describes WMSDs and the different stages of these disorders, and covers ergonomic risks in the workplace, components of the office environment, fitting the workstation to the worker, and physical exercises that can help ward off injury.

Participants will learn to recognize early signs of discomfort and identify the factors that cause it. The program also explains how to assess, control and prevent ergonomic injuries and report problems so that they can be rectified.

The course takes an average of 40 to 60 minutes to complete. Participants can test their knowledge through quizzes and an exam at the end of the course.

Register for all CCOHS e-courses online at www.ccohs.ca/education, by e-mailing clientservices@ccohs.ca or by calling 1-800-668-4284.

coming soon

Several new e-Learning courses are scheduled for release this summer/fall:

- WHMIS for Managers and Supervisors
- Ladder Safety
- Office Health and Safety
- Fall Prevention

Current courses include:

- Health and Safety Committees
- Health and Safety for Managers and Supervisors in the Canadian Federal Jurisdiction
- Health and Safety Training for Managers and Supervisors
- Office Ergonomics
- WHMIS for Workers

... via pdf

If you would prefer to receive Liaison via e-mail as a PDF simply send clientservices@ccohs.ca an e-mail with "Liaison via PDF" as the subject.

A tree will thank you!

▶ Scholarship Winners Announced

The Canadian Centre for Occupational Health and Safety (CCOHS) announced the winners of this year's Dick Martin Scholarship Award to three people who are each in their own way, pursuing a role that will help to keep people healthy and safe at work.

Shane Journey of Milton, Nova Scotia, Ashley Soetemans of the Niagara Region and Jodi Van Valkenburg from Hamilton, Ontario were selected by CCOHS to each receive the \$1000 scholarship. CCOHS makes this annual, national award available to post-secondary students enrolled in occupational health and safety programmes in Canada, to foster interest in the field of workplace health and safety.

Each of the recipients possesses an interest in a unique aspect of occupational health and safety, ranging from nanotechnology to injury prevention and workplace wellness.

Shane Journey calls Nova Scotia home. With a list of academic achievements far too lengthy to list, Shane received his BSc and Masters Degree at the University of Ottawa and is almost two years into his PhD in Toxicology at the University of Saskatchewan. He has a broad interest in human health and performance, particularly as it relates to extreme environments in industry. His experience includes ergonomics, having worked in the treatment and prevention of occupational soft tissue injuries in pulp and paper mills and sawmills. He has also completed an internship in Environmental Health and Safety as an Ergonomics specialist in an Ottawa telecommunications firm. Shane is interested in occupational toxicology with specialization in respiratory toxicology and the possible health impacts associated with nanotechnology. When he completes his Ph.D, Shane plans to pursue a Medical Degree, and being one of the first researchers in Canada to

study possible toxicological effects of nanomaterials, he envisions a role for himself in shaping our approach to the occupational safety and health of the nanotechnology industry as well.

Ashley Soetemans, originally from Calgary Alberta recently graduated from Brock University with a BA in Community Health Sciences and a minor in psychology. Ashley volunteers for the Public Health Department in the Workplace Wellness division as well as for two manufacturing companies doing workplace wellness. Her volunteer experience also includes being a statistics tutor and working at on-campus booths on safe sex and gambling. As a health promoter Ashley has aspirations of being employed at a major corporation and making an impact on the employees' wellness and well being. She believes physical activity is a great cause and an easy solution that workplaces and organizations can easily promote to better their employees, and all of society. She hopes that one day people will look back and will be able to say she was committed, enthusiastic and drew in others to help support a worthy cause.

Jodi Van Valkenburg's decision to pursue higher education in the field of occupational health and safety was borne from an injury she sustained to her fingers while working as an apprentice millwright in construction. Born and raised in Hamilton, Ontario and a construction millwright since 1995, Jodi recently completed the second year of the fast track Bachelor of Applied Science program in Occupational Health and Safety at Ryerson University. Jodi has a particular interest in the construction industry's approach to safety and seeks to gain insight into the nature of accidents in hopes of lowering the probability of future occurrences. She believes that employers must foster a positive safety culture including safety policies that go above and beyond what is required, to show workers that there is genuine concern for their welfare. Jodi plans to pursue the CRSP designation and perhaps, a Masters degree in Occupational Hygiene in the future.

CCOHS' Council of Governors established an occupational health and safety scholarship fund in 2002 in the memory of Dick Martin, a tireless pioneer of workplace health and safety in Canada. As part of the evaluation criteria for the award, applicants submitted essays related to their aspirations in occupational health and safety and were judged on their knowledge of the subject matter, understanding the principles and values of Dick Martin, and understanding the role of CCOHS. The essays are posted on the CCOHS website.

Legislation Service Gets a Face Lift

Don't be surprised if the next time you log into the Canadian enviroOSH Legislation *plus* Standards service on the web, things look a little different! The service is undergoing some changes in response to requests from valued clients – just like you!

Planned enhancements include:

View by Topic tab – Need to know which legislation refers to Confined Space Entry? Now you can access that information quickly and easily. Listings of legislation and standards covering specific topics will now be easier to find by clicking on the View by Topic tab.

Table of Contents – By using the table of contents at the top of each document, you will be able to see the various parts, sections, schedules, etc. in the document – and link down to a particular section of the legislation.

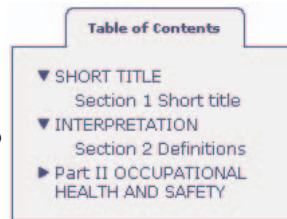


Table of Contents	
▼ SHORT TITLE	Section 1 Short title
▼ INTERPRETATION	Section 2 Definitions
▶ Part II OCCUPATIONAL HEALTH AND SAFETY	

Tracking changes to the Legislation – With the enhancements to the Legislation service, you will be able to restrict the list of documents to just the Acts and Regulations that have been added or amended within the last month, 3 months, 6 months or 1 year.



Automatic Notification Service – Similar to the CCOHS Chemical Notification Service, you will now be able to create a list of the Legislation documents you need to track and receive an email when any changes have occurred to those Acts and Regulations. In the next issue of Liaison we will provide you with instructions on how to set up your personalized Legislation Notification Account.

Access to Legislation-specific Help as well as **Subscriber Extras!** will also be provided.

Be sure to view the updated Legislation service at <http://www.ccohs.ca/legislation/>

what's new

Several new publications are now available in print as well as in pdf for downloading from the web. Titles include:

- Working in Hot Environments: Health & Safety Guide
- Health and Safety Guide for Human Resources Professionals
- The MSDS – A Practical Guide to First Aid **Updated!**

webinars

Don't miss our customer oriented Webinars designed to provide you with valuable information to help you get the most from your CCOHS subscriptions. Recent topics included *Subscriber Extras!* and *What's New in Canadian enviroOSH Legislation.*

Visit www.ccohs.ca/education/webinars/ to view a list of upcoming webinar topics and to learn more about webinars.



► Get More For Your Subscription Dollars

One of the many benefits of being a web subscriber is a special place in our Web Information Service dedicated to providing you with additional value and resources **FREE** with your subscription.

Current highlights include:

MSDS Publications available for viewing and downloading

Mailing lists enable CCOHS database subscribers to sign up to receive notices or information on various topics that they select.

What's New! showcases additions and improvements to the CCOHS product line including Office Ergonomics e-Course, Working in Hot Environments: Health and Safety Guide, MSDS Management Service Plus

There has never been a better time to switch to the Web! Contact Client Services for details.

Access Subscriber Extras! simply by logging in with the same user name and password you use to view database records.

► Hazards of Summer Heat *cont.*

to cool the body, and help protect the skin from the sun's harmful rays.

Emergency Action Plan: An emergency plan should include procedures for providing affected workers with first aid and medical care. Workplaces where heat stress can occur should monitor conditions and ensure that workers get specified rest periods dependent on the measured heat levels. The Threshold Limit Values for Heat Stress and Strain, produced by the ACGIH (American Conference of Governmental Industrial Hygienists) offers guidelines to determine when the weather should have no effect on outdoor workers, when caution should be exercised and when work should be discontinued.

fyi

Canadian Healthy Workplace Week October 24-30, 2005

The Theme for Canada's Healthy Workplace Week 2005 is *Healthy Workplace Outcomes*.

Visit healthyworkplaceweek.ca for activities and ideas to implement during the Week, as well as long-term strategies to focus on throughout the year.

healthyworkplaceweek.ca

you asked

Q. *Can I switch from CD-ROM/DVD to Web mid subscription? Is there a penalty for doing so?*

A. Yes, you can switch from the same number of licenses on CD-ROM/DVD to Web access (or visa versa) mid-subscription without penalty. When switching to Web access, you need only return your current issue off the CD-ROM/DVD to CCOHS.

For more answers to frequently asked questions visit our website at www.ccohs.ca/products/faqs.html

Additional Resources

- CCOHS' new pocket guide *Working in Hot Environments* offers guidance on working in heat, managing the risks and avoid overheating. www.ccohs.ca/products/publications/hot_enviro.html
- *Health Effects of Heat Stress* from CCOHS' OSH Answers: www.ccohs.ca/oshanswers/phys_agents/heat_health.html

events info

Health & Safety Training for Managers and Supervisors Course
Hamilton, ON
Sept 12-13

All First Nations Health & Safety Conference
Ohsweken, ON
Sep 19-23

National Safety Council (NSC) plus XVIIth World Congress on Safety and Health at Work
Orlando, FL
Sep 17-23

Health & Safety Training for Managers and Supervisors Course
Calgary, AB
Oct 18-19 **NEW!**

Health & Safety Conference Society of Alberta
Calgary, AB
Nov 7-9

Health & Safety Training for Managers and Supervisors
Hamilton, ON
Dec 5-6

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