

ENSURE ALL EMPLOYEES AND SUB-CONTRACTORS WORKING FOR AVALANCHE ACID REVIEW THIS NEWSLETTER.
IT IS A KEY PART OF OUR SAFETY PROGRAM



APRIL 2018 VOL.04

MONTHLY HEALTH & SAFETY NEWSLETTER

SAFETY TOPICS

- P.1 Safety bulletins
- P.2-7 PPE training
- P.8 – Day of Mourning WCB
- P.9 – Safety alert
- P.10-14 – New OH&S regs
- P.15 – Defensive driving
- P.16-18 – Loading at Calfrac
- P.19 – Hazard ID's / near misses



SAFETY SUGGESTIONS/CONCERNS

If there is a topic or item that you would like either reviewed in a monthly newsletter or discussed at the quarterly safety meetings; please fill out suggestions and concerns form and please drop a note in the Safety Basket and we will do our best to accommodate your safety requests.

PRIME CONTRACTOR BULLETIN – SEVEN GENERATIONS

No Access - Weyerhaeuser Road for Seven Generations

Dear Contractors,

It has come to the attention of Seven Generations that many contractors are using the **Weyerhaeuser road** and bridge down by the mill. Seven Generations and their contractors **DO NOT** have access to this road and contractors should not have to use it for any reason.

We are very lucky to have a good relationship with Weyerhaeuser and want to keep it going that way in the future.

If for some reason there is a road closure, please contact your 7G representative directly and they will tell you how to adjust for the situation.

Please distribute this announcement to whom it may apply within your company.

Thank you for your attention to this matter.

Sincerely,
Seven Generations Energy

DO NOT DO THIS – SOURCE ENERGY

It has been observed on a client's sites that truck drivers have been putting floor mats over the pedals to keep them clean.

This is a very dangerous practice as you may not be able to effectively compress the pedals when needed. Please be sure drivers are not following this practice with their floor mats.

Proud Members Of



PPE TRAINING

FIRE RETARDANT COVERALLS

Home Washing

- Wash separately in a Normal or Cotton cycle at any water temperature up to a maximum of 140°F (60°C). Use any typical home laundry detergent. Do not use soap (tallow soap containing animal fats).
- Turn garments inside out before wash to reduce streaking from abrasion. Fill the washer no more than 2/3 full and use high water level.
- DO NOT use chlorine bleach or liquid nonchlorine bleach.
- Do not use starch or fabric softeners as they may coat fibers and mask FR performance and/or serve as fuel in the event of garment ignition.
- The use of conditioned or soft water can help improve removal of contaminants from garments. Hard water precipitates soaps and can result in the build-up of calcium and magnesium salts. These can serve as fuel in the event they are exposed to a source of ignition.
- It is important that all soils and other contaminants are completely removed from garments during the wash process. This may require the use of stain removal products, such as Shout®, Spray 'n Wash®, or Zout®; or presoaking garments prior to washing. The use of hot water can often make detergents more effective in the removal of soils. If all contaminants cannot be removed in home care, garments should be dry cleaned.
- Do not over dry garments. If desired, you may press with an iron on the Permanent Press/Low setting.

Dry Clean

- Either perchloroethylene or petroleum solvent may be used.

Stain Removal

- If garments become contaminated with flammable substances, they should be removed immediately and replaced with clean flame resistant apparel. Either home or industrial laundering may successfully remove most types of both flammable and non-flammable soils. However, home laundry detergents may not successfully remove some types of soil found in industry, especially heavy greases and oily soils. If flammable soils are not completely removed, the flame resistance of the garment may be compromised.
- It may be difficult to determine that flammable soils have been completely removed, but indicators would include the presence of stains and/or odors after laundering. However staining alone is not an indication that the soil has not been adequately removed. If it appears that the garments may still be contaminated after home wash, laundering at a local commercial or industrial laundry may be required. Dry cleaning may be used to remove oils and greases. Finally, if questions remain Bulwark will conduct flame resistant testing of the garment in question to determine its flame resistance. Please be aware that this is a destructive test and the garment will be destroyed.
- Flammable materials are for the most part volatile substances that dissipate into the atmosphere, for example, gasoline. Stains remaining after laundering on the other hand are either un-removed contaminants or, more likely, simply discoloration of the fabric.
- Always consult the garment manufacturer for detailed instructions and precautions.

Why is noise an important workplace hazard?

Noise is one of the most common occupational health hazards. In heavy industrial and manufacturing environments, as well as in farms, cafeterias, permanent hearing loss is the main health concern. Annoyance, stress and interference with speech communication are the main concerns in noisy offices, schools and computer rooms. To prevent adverse outcomes of noise exposure, noise levels should be reduced to acceptable levels. The best method of noise reduction is to use engineering modifications to the noise source itself, or to the workplace environment. Where technology cannot adequately control the problem, personal hearing protection (such as ear muffs or plugs) can be used. Personal protection, however, should be considered as an interim measure while other means of reducing workplace noise are being explored and implemented. As a first step in dealing with noise, workplaces need to identify areas or operations where excessive exposure to noise occurs

How can I tell if my workplace is too loud?

If you answer yes to any of the following questions, the workplace may have a noise problem.

- Do people have to raise their voices?
- Do people who work in noisy environments have ringing in their ears at the end of a shift?
- Do they find when they return home from work that they have to increase the volume on their car radio higher than they did when they went to work?

PPE TRAINING

HARD HATS

HARD HAT EXPIRY DATES

ANSI statute Z89.1-2009 requires particular information to be permanently printed inside each hard hat, including the date of manufacture. The longest a hat should be in service is four to five years from date of manufacture, according to the manufacturer's guidelines. If the hat is not visibly damaged, you can calculate the expiration date by checking the date of manufacture. Additionally, workers should use a permanent marker to record the date they begin to use their head protection. This date will vary from the date of manufacture but may be needed for documentation in case of injury or accident. The manufacturer must also include the following information on the inside of the hat: manufacturer name, ANSI standard designation, and the appropriate ANSI class designation (Class A, B, or C).



REASONS FOR HARD HAT EXPIRY DATES

An expiration date is a safeguard for you as a worker. Ideally your hard hat will be required to be replaced before it's worn out in order to provide you with maximum protection at all times. If you work in the sun long hours or in extremely hostile environments with chemicals or high temperature, you may need to replace your hat after two years of use. Most manufacturers recommend replacement of the suspension inside the hat every 12 months. Proper maintenance of your hat ensures a longer life. Clean it with soapy water. Cleaning products may contain ingredients that could have an unfavorable reaction with your helmet, compromising its integrity before its expected expiration date. Don't intentionally do anything that can shorten the lifespan of your hat, such as paint it. This essential piece of safety equipment must be kept in top condition.

Since hard hats are durable pieces of equipment, it may not be obvious that yours has become compromised unless you do a regular inspection of it. Inspect the shell for signs of damage such as dents, gouges, scrapes, holes or cracks. Look at the shell to see if it's faded or chalky looking—these are signs of aging. If you drop the hat on a hard surface or receive a blow to your head, inspect it carefully before continuing to use it. The suspension inside the shell actually absorbs the impact protecting your head, and it needs to be routinely checked for wear. Check for signs of excessive wear, fraying, cuts or tears, and dirt. The suspension can be washed with soapy water. When replacing the suspension, use a product from the same company that manufactured your hard hat



PPE TRAINING

WEARING CONTACT LENS IN THE WORKPLACE

Put as simply as possible, the problem is that, according to some people, contact lenses may complicate eye safety.

The arguments against wearing contact lenses in the work environment are based on the following:

- Dusts or chemicals can be trapped behind the lens and cause irritation or damage to the cornea or both.
- Gases and vapors can cause irritation and excessive eye watering.
- Chemical splash may be more injurious when contact lenses are worn. This increased risk is related to the removal of the lenses. If removal is delayed, first aid treatment may not be as effective and, in turn, the eye's exposure time to the chemical may be increased.

However, the opposite may be true as well. Contact lenses may prevent some substances from reaching the eye, and thus minimize or even prevent an injury. Both situations have been documented.

As a result, a wide range of opinions about the safety of contact lenses in the workplace has formed. More complete information is hard to find since occupational injury reporting systems do not typically include information about contact lens use.

The critical point to remember is that contact lenses are not intended to be used as protective devices. They are not a substitute for personal protective equipment (PPE) - if eye and face protection is required for certain work operations then all workers, including contact lens wearers, should wear the proper protective devices. Safe work conditions for all workers are only possible when basic occupational health and safety practices and procedures are followed.

The concern about the use of contact lenses with respirators or personal protective hoods arose because it was believed that dislodgement or sudden loss of a contact lens while wearing a respirator could lead to two potential problems. First, it is impossible to adjust or replace a contact lens while wearing such equipment in a hazardous environment. Secondly, the dislodged contact lens could become trapped in a part of the equipment that prevents its proper functioning.

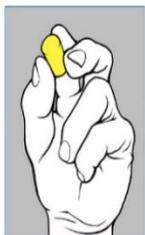
Most legislation in Canada does not specifically address this question with the exception of British Columbia. In Section 8.38 (Corrective eyewear) of the Occupational Health and Safety Regulation (B.C. Reg. 296/97) part (2) states "The employer may permit the use of contact lenses by a worker who is required to wear a full face piece respirator if their use is not likely to adversely affect the health or safety of the worker."

FOAM EARPLUGS AND RESPIRATOR RESPONSIBILITIES

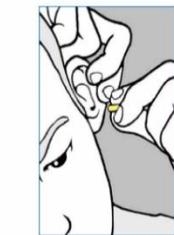
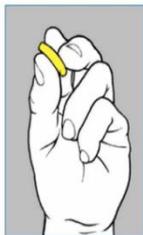
Inserting your foam earplugs

Earplugs can help protect your hearing from loud noise in your workplace if they are worn correctly. They are also useful for keeping hot slag, dust, and other flying particles from entering your ear canals.

How to insert your earplugs



1. Using clean hands, roll and compress the entire earplug into a thin cylinder.



2. To make insertion easier, pull back and up on the outer part of your ear.



3. Insert the earplug into your ear canal, and hold it in place for a few seconds until it expands and blocks out noise.



4. Check that your earplugs are correctly inserted. If they are inserted correctly, they should not be visible if you look straight ahead into a mirror or someone looks at you face on.



Respirator responsibilities—workers

To protect you from breathing contaminated air, you may be required to wear a respirator. Examples of dangerous air contaminants are gases and vapours, dusts, fibres, mists, fumes, bacteria, spores, and pollen.

What are your responsibilities?

Before you wear your respirator

- Participate in the selection and fitting of your respirator.
- Check that you have the right respirator for the job. Single-strap dust masks and surgical masks do not provide respiratory protection.
- Make sure you are instructed and trained in the proper use of your respirator, including how to fit and wear it, and how to clean, inspect, maintain, and store it.

When you put on your respirator

- Fit test your respirator when you get it and at least once a year.
- Seal check your respirator each time you put it on. Make sure nothing interferes with the seal (for example, facial hair, glasses, or earmuffs).
- Wear your respirator when required and follow safe work procedures.

When you take off your respirator

If your respirator is reusable:

- Clean and inspect it, and report any damage to your supervisor or employer.
- Place it in a clean resealable bag and store it in a clean, safe place such as a cabinet or locker.

If your respirator is disposable:

- Check for damage and replace as necessary.



Disposable respirator



Participate in the selection and fitting of your respirator, and consider all other PPE that will be worn.

Let your supervisor or employer know if you have any doubts about your ability to wear a respirator for medical reasons. You may require a medical assessment. The doctor will need to know the type of respirator you will be wearing and why you will be wearing it. If possible, bring it along to the appointment.

PPE TRAINING

What should I know about safety footwear?

If you are at risk for foot injury at your workplace, you should wear the appropriate protective footwear.

- If foot protection is required, set up a complete foot safety protection program including selection, fit testing, training, maintenance and inspection.
- Safety footwear is designed to protect feet against a wide variety of injuries. Impact, compression, and puncture are the most common types of foot injury.
- Choose footwear according to the hazard. Refer to CSA Standard Z195-14 "Protective Footwear".
- Select CSA-certified footwear. Ensure that it has the proper rating for the hazard and the proper sole for the working conditions.
- Use metatarsal protection (top of the foot between the toes and ankle) where there is a potential for injury.

How is footwear selected?

Footwear must be chosen based on the hazards that are present. Assess the workplace and work activities for:

- Materials handled or used by the worker.
- Risk of objects falling onto or striking the feet.
- Any material or equipment that might roll over the feet.
- Any sharp or pointed objects that might cut the top of the feet.
- Objects that may penetrate the bottom or side of the foot.
- Possible exposure to corrosive or irritating substances.
- Possible explosive atmospheres including the risk of static electrical discharges .
- Risk of damage to sensitive electronic components or equipment due to the discharge of static electricity.
- Risk of coming into contact with energized conductors of low to moderate voltage (e.g., 220 volts or less).
- Type of walking surface and environmental conditions workers may be exposed to (e.g., loose ground cover, smooth surfaces, temperature, wet/oily, chemicals, etc.).

Also, evaluate the risk:

- to ankles from uneven walking surfaces or rough terrain
- of foot injury due to exposure to extreme hot or cold
- of slips and falls on slippery walking surfaces
- of exposure to water or other liquids that may penetrate the footwear causing damage to the foot and the footwear
- of exposure to rotating or abrasive machinery (e.g., chainsaws or grinders)

What should I know about the fit and care of safety footwear?

Fit:

- Try on new boots around midday. Feet normally swell during the day.
- Walk in new footwear to ensure it is comfortable.
- Boots should have ample toe room (toes should be about 12.5 mm from the front). Do not expect footwear to stretch with wear.
- Make allowances for extra socks or special arch supports when buying boots. Try on your new boots with the supports or socks you usually wear at work. Check with the manufacturer if adding inserts affects your level of protection.
- Boots should fit snugly around the heel and ankle when laced.
- Lace up boots fully. High-cut boots provide support against ankle injury.

Care:

- Use a protective coating to make footwear water-resistant.
- Inspect footwear regularly for damage (e.g., cracks in soles, breaks in leather, or exposed toe caps).
- Repair or replace worn or defective footwear.
- Electric shock resistance of footwear is greatly reduced by wet conditions and with wear.
- Footwear exposed to sole penetration or impact may not have visible signs of damage. Replacing footwear after an event is advisable.

What symbols will be on the footwear?

The following symbols, or markings, will help you determine which footwear is appropriate for the job.

Selection of Safety Footwear

Marking	Criteria	Intended Application
	Green triangle indicates sole puncture protection with a Grade 1 protective toecap.	For heavy industrial work environments, especially that of construction where sharp objects (such as nails) are present.
	Yellow triangle indicates sole puncture protection with a Grade 2 protective toecap.	For light industrial work environments requiring puncture protection as well as toe protection.
	Blue rectangle indicates a Grade 1 protective toecap with no puncture-resistant sole.	For industrial work environments not requiring puncture protection.
	Grey rectangle indicates a Grade 2 protective toecap with no puncture-resistant sole.	For industrial and non-industrial work environments not requiring puncture protection.
	White rectangle with orange Greek letter omega indicates electric-shock protective footwear.	For industrial work environments where accidental contact with live electrical conductors can occur. Warning: Electrical shock resistance deteriorates with wear and in a wet environment.
	Yellow rectangle with black SD letters indicates static-dissipative footwear.	For industrial work environments where a static discharge can create a hazard for workers or equipment. Warning: This footwear should not be used where contact with live electrical conductors can occur.
	Yellow rectangle indicates sole puncture protection with a Grade 2 protective toecap. (super-static dissipative footwear)	For industrial work environments where a static discharge can create a hazard for workers or equipment. Warning: This footwear should not be used where contact with live electrical conductors can occur.
	Red rectangle with white C letter indicates electrically conductive footwear.	For industrial work environments where low-power electrical changes can create a hazard for workers or equipment. Warning: This footwear should not be used where contact with live electrical conductors can occur.
	Dark grey rectangle with M letter indicates metatarsal protection. Note: Toe protection is required for all metatarsal protective footwear.	For industrial work environments where heavy objects can hurt the metatarsal region of the foot.
	White label with green fir tree symbol footwear provides protection when using chainsaws.	For forestry workers and others who work with or around hand-held chainsaws and other cutting tools.

NOTE: Footwear will also be marked to indicate the level of slip resistance. These markings may be on the packaging, the footwear, or on a product sheet.

PPE TRAINING

Safety eyewear for workers who wear glasses or contact lenses

If your work exposes your eyes to hazards such as dust or chemicals, or to the risk of impact with tools, materials, or flying debris, you must wear safety eyewear. This requirement also applies to workers who wear prescription glasses or contact lenses. Regular prescription glasses or contact lenses are not a substitute for safety eyewear.

Eyewear options

The two main choices for workers who wear prescription glasses or contact lenses are

- Wearing non-prescription safety eyewear (glasses or goggles) over your own prescription glasses or contact lenses
- Wearing prescription safety eyewear

In order to determine which options are appropriate for you, your employer must assess the hazards of your workplace and your job. Here are some key factors for consideration:

- If you are exposed to hazards from the side, your safety eyewear must have side shields or wraparound arms.
- If there is a risk of impact to your eyes, your safety eyewear must have polycarbonate or plastic lenses.
- If you are exposed to high temperatures or corrosive chemicals, polycarbonate or plastic lenses may not be practical. In such cases, lenses made of treated safety glass may be acceptable, as long as there is no risk of impact to your eyes.
- If there is a risk of injury to other parts of your face, you must wear a face shield over your safety eyewear.
- If you work in dry, dusty, or chemically charged environments, contact lenses may not be suitable, even when worn with safety eyewear.



Wearing safety eyewear over your prescription glasses or contact lenses is one way to protect your eyes from injury.

Standards for eye and face protection

Check that your safety eyewear and face protection has markings indicating that it meets CSA or ANSI requirements.

- On non-prescription safety eyewear or face shields, look for these markings: CSA or ANSI Z87. For protection from high impact, choose eyewear marked CSA or ANSI Z87+.
- On prescription safety eyewear made of polycarbonate or plastic look for CSA. On prescription lenses made of treated safety glass, look for ANSI Z87-2. Note: Wearing lenses made of treated safety glass is acceptable only when polycarbonate or plastic lenses are not practical and there is no risk of impact to your eyes.

Who pays for safety eyewear?

- Employers must provide and pay for non-prescription safety eyewear.
- Employers are not required to pay for prescription safety eyewear. Workers who prefer wearing prescription safety eyewear may have to pay for it themselves.

WCB DAY OF MOURNING APRIL 28

*“I still can’t believe
he’s gone.”*

In 2017, we lost 166 men and women to
workplace injury or illness in Alberta.
On April 28 we honour them.



Day of Mourning April 28

We can make a difference by working together to make workplaces safer.



Workers'
Compensation
Board - Alberta

WCB-125-A (2018)

SAFETY ALERT FROM ENERGY SAFETY CANADA

**ENERGY
SAFETY
CANADA**

SAFETY ALERT ISSUE # 09-2018

WORKER FALL FROM SAME LEVEL INJURY

DESCRIPTION:

In a Calgary facility parking lot, a worker left for lunch and was brushing snow off the car before driving. While moving around the vehicle, the worker slipped on some ice, twisted a knee and fell. The worker sustained an injury to a knee ligament.



CAUSE OF INJURY OR LOSS:

A layer of snow had fallen over the ice, making the slippery conditions difficult to identify.

CONTRIBUTING FACTORS:

- Poor housekeeping (lack of ice and snow controls)
- Lack of awareness of the hazard (icy conditions)
- Footwear with poor traction that did not grip on ice

CORRECTIVE ACTIONS:

- Review the snow removal contract to ensure triggers are in place for timely snow and ice removal
- Make ice melt available and encourage employees to use it on walkways when they detect icy conditions
- Implement an internal reporting mechanism so the facility operator is notified of icy conditions

CHANGES TO ALBERTA OHS SYSTEM AND WCB – HOW WILL COMPANIES BE AFFECTED?

Bill 30: An Act to Protect the Health and Well-being of Working Albertans will come into effect **June 1, 2018**. The legislative changes will affect the Occupational Health and Safety system and the Workers Compensation Act. Oil and gas safety leaders should familiarize themselves with the amendments. All fines and penalties will remain the same at this time. The formal changes include:

MORE DEFINED ROLES AND RESPONSIBILITIES

Roles and responsibilities of existing work site parties are not aligned with the rest of Canada. Supervisors, owners, service providers, self-employed persons, and temporary staffing agencies do not have specific roles or responsibilities in the *OHS Act*.

- All work site parties must cooperate with anyone exercising a duty under the legislation. Work site parties must provide one another health and safety information, including what information to provide and how to do so.
 - **Employers** are responsible for:
 - ✚ Ensuring the health, safety and welfare of workers.
 - ✚ Ensuring workers are aware of their rights and duties under the law and are aware of any health and safety issues.
 - ✚ Providing competent supervisors, training workers, and preventing violence and harassment.
 - ✚ Ensuring public safety at or in the vicinity of work sites.
 - ✚ Working with the joint work site health and safety committee or health and safety representative.
 - **Supervisors** must be competent, protect the health and safety of workers, advise workers of all health and safety hazards, report all health and safety concerns to the employer, and prevent violence and harassment.
 - **Workers** are responsible for ensuring the health and safety of themselves and others, cooperating with their employer/supervisor for purposes of health and safety, using all devices and wear all required personal protective equipment (PPE), report unsafe or unhealthy conditions, and refrain from causing or participating in violence and harassment.
 - **Contractors** are responsible for ensuring that work being performed by employers under their control does not endanger the health and safety of persons at the work site.
 - **Owners of work sites** are responsible for ensuring the land, infrastructure and any building or premise under its control is provided and maintained in a manner that does not endanger anyone.
 - **Prime contractors** are only required at construction sites, oil and gas sites and any other work site designated by a Director. Their obligations otherwise remain the same.
 - **Suppliers** must ensure their products are safe to use and comply with the legislation; and any equipment and harmful substances provided include manufacturer's specifications or other instructions for safe use (if they exist). Suppliers must provide notice when their product or equipment doesn't comply with the law.
 - **Service providers** must ensure the services provided comply with the law, are provided by a competent person, and do not create a hazard.
 - **Self-employed persons** are responsible for complying with all the OHS rules that apply to employers and to workers, and ensuring that they don't create hazards for themselves and others.
 - **Temporary staffing agencies** must ensure workers are suitable for the work, have or will receive the PPE they need, and that the host employer is capable of looking after the worker's health and safety.

DUTY OF WORK SITE PARTIES TO PROVIDE HEALTH AND SAFETY INFORMATION

Current requirements to provide health and safety information are fragmented throughout the OHS regulation and OHS code.

Part 2, 14(1) “health and safety information” means information that may affect the health and safety of a person at a work site and includes information about hazards at the work site, hazard controls and work practices and procedures, but does not include personal information about an identifiable individual, confidential proprietary information or trade secrets.

This is done by posting policies, having procedures accessible and other pertinent information available to workers

HARASSMENT AND VIOLENCE

Physical violence is defined and addressed in the OHS code as “

- (q) “harassment” means any single incident or repeated incidents of objectionable or unwelcome conduct, comment, bullying or action by a person that the person knows or ought reasonably to know will or would cause offence or humiliation to a worker, or adversely affects the worker’s health and safety, and includes
- (i) conduct, comment, bullying or action because of race, religious beliefs, colour, physical disability, mental disability, age, ancestry, place of origin, marital status, source of income, family status, gender, gender identity, gender expression and sexual orientation, and
 - (ii) a sexual solicitation or advance, Include definitions for harassment and violence that explicitly describe what they mean.

The new definitions address psychosocial hazards and clarify that all forms of violence (including sexual and domestic violence) are included.

All employers must be able to recognize workplace violence and harassment and fully investigate each incident to mitigate future and current risks to employees at all levels.

JOINT WORK SITE HEALTH AND SAFETY COMMITTEES (HSC) AND REPRESENTATIVES

Previously Joint Health and Safety Committees (JHSC) are only required under a Ministerial Order for specific work sites. There was no requirement for health and safety representatives.

New legislation now requires the establishment of JHSCs for work sites with 20 or more workers AND work lasting 90 days or more, and the designation of a health and safety representative to represent workers for employers with 5 to 19 workers AND work lasting 90 days or more.

JHSC will be enforced normally by the prime contractor on site depending on the jobs available. A Safety Representative will be required for shops and offices. This provides a forum in the workplace to participate in OHS and increase worker engagement in OHS issues.

1st Call Health and Safety Consulting will be working closely with each client to determine a best solution going forward to comply with the new legislation.

RIGHT TO REFUSE DANGEROUS WORK

Workers have a duty to refuse work if it presents an “imminent danger” to themselves or other workers at the work site. “Imminent danger” is a danger that is not normal for an occupation. Introduce a right to refuse dangerous work. Once the refusal is reported, the employer must investigate and involve the HSC or representative, as appropriate, in the investigation.

The worker must continue to be paid normal wages and benefits during the investigation. Another worker may be assigned to the work if advised of the refusal, reason for the refusal and reminded that he or she has a right to refuse the work. A right to refuse commits employers to ensuring workers know the hazards, know what to report, and have the support to exercise their right. This change aligns with workers’ rights in most of Canada.

Most companies have already adhered and adopted an Obligation/Right to Refuse Work Policy. All refusals must be investigated but now must include the HSC or Representative in the investigation.

WORKERS PROTECTED FROM DISCRIMINATORY ACTION

No person can dismiss or take other disciplinary action against workers because they have exercised their duties under the law.

Expand rules prohibiting any person from taking or threatening discriminatory action against workers for exercising their rights and duties under the law. “Discriminatory action” means any action or threat of action by a person that does or would adversely affect a worker with respect to any terms or conditions of employment or opportunity for promotion, and includes termination, layoff, suspension, demotion or transfer of a worker, discontinuation or elimination of a job, change of a job location, reduction in wages, change in hours of work, reprimand, coercion, intimidation or the imposition of any discipline or other penalty;

There is a gap in OHS legislation which may allow an employer to threaten a worker with discriminatory action. This could prevent workers from refusing dangerous work or complying with OHS legislation. To exercise their rights, workers must be protected from reprisal.

The legislation is not explicit around what constitutes “disciplinary action” and provisions need to be aligned with those in the rest of Canada.



HEALTH AND SAFETY PROGRAM

No requirement for health and safety programs were outlined in the previous legislation. Require employers with 20 or more workers to establish and implement a health and safety program. The program has 10 mandated elements and must be reviewed and updated at least every 3 years.

Employers with fewer than 20 workers must involve workers in hazard assessment and control. A health and safety program is a way of integrating OHS into work site practices. OHS programs are required

- a health and safety policy that states the policy for the protection and maintenance of the health and safety of workers at the work site;
- identification of existing and potential hazards to workers at the work site, including harassment, violence, physical, biological, chemical or radiological hazards and measures that will be taken to eliminate, reduce or control those hazards;
- an emergency response plan;
- a statement of the responsibilities of the employer, supervisors and workers at the work site;
- a schedule and procedures for regular inspection of the work site;
- procedures to be followed to protect health and safety when another employer or self-employed person is involved in work at the work site, including criteria for evaluating and selecting and for regularly monitoring those employers and self-employed persons;
- worker and supervisor health and safety orientation and training;
- procedures for investigating incidents, injuries and refusals to work;
- procedures for worker participation in work site health and safety, including inspections and the investigation of incidents, injuries and refusals to work;
- procedures for reviewing and revising the health and safety program if circumstances at a work site change in a way that creates or could create a hazard to workers;
- any elements set out in the regulations.

Most COR/SECOR companies already meet this requirement as this is a standard set out by the industry / certifying partners.



REPORTING SERIOUS INJURIES, INCIDENTS AND FATALITIES

Change the threshold for reporting serious injuries to hospital admission, require incidents with the potential to cause serious injury (potentially serious incidents) to be reported.

Serious injuries which result in two-day hospitalization must be reported to Alberta Labour. The previous two-day hospitalization threshold can create delays in reporting which impact incident investigation.

Employers are required to investigate near miss incidents but not to report them to Alberta Labour. Accurate reporting of serious injuries, incidents and occupational disease is necessary to ensure adequate compliance, enforcement and prevention efforts.

Serious injuries and incidents required to be reported under Part 5:

40(1) When an injury or incident described in subsection (2) occurs at a work site, the prime contractor or, if there is no prime contractor, the employer shall report the time, place and nature of the injury or incident to a Director of Inspection as soon as possible.

(2) The injuries and incidents to be reported under subsection (1) are

(a) an injury or incident that results in the death of a worker,

(b) an injury or incident that results in a worker being admitted to a hospital, and for the purposes of this clause, "admitted to a hospital" means when a physician writes admitting orders to cause a worker to be an inpatient of a hospital, but excludes a worker being assessed in an emergency room or urgent care centre without being admitted,

(c) an unplanned or uncontrolled explosion, fire or flood that causes a serious injury or that has the potential of causing a serious injury,

(d) the collapse or upset of a crane, derrick or hoist,

(e) the collapse or failure of any component of a building or structure necessary for the structural integrity of the building or structure, or

(f) any injury or incident or a class of injuries or incidents specified in the regulations.

COMPLIANCE AND ENFORCEMENT TOOLS

OHS officers can write a compliance order and impose measures, can write stop work or stop use orders.

- Modernize orders, stop work orders, stop use orders.
- Ensure that affected workers at a work site subject to a stop work or stop use order are protected; they may be reassigned to other work but receive their regular wages and benefits.
- Require the party to whom the order was issued to report back to the officer and HSC (or representative) on how the work site party complied with the order.

The updates address changes in workplaces and technology; enhance the powers of officers to ensure that officers have the appropriate tools to conduct responsive and effective compliance and enforcement.

Workers should not be penalized for their employer's or other work site parties' non-compliance with the OHS legislation. Meaning any employee affect or involved in the stop work or stop use orders will need to be paid regular wages and benefits that the worker would have received had the order(s) not been issued OR reassign the worker alternate work

DEFENSIVE DRIVING APRIL 2018

WHY SPRING DRIVING IS DANGEROUS

With winter fading into the background and better weather all around, you'd think the roads would finally be safe again. This isn't always the case.

RAINY DAYS AND FLOODING

Spring rain brings slippery road conditions and flooding. According to the Federal Highway Administration, rain was a culprit of 46 percent of all weather-related crashes from 2005 to 2014, and wet pavement in general accounted for 73 percent.

What makes rain and wet pavement so dangerous? For one, slippery roads reduce your car's handling and increase the distance it takes to stop (up to 4 times normal stopping distance). Big puddles can also cut down on tire traction and could lead to hydroplaning.

HAIL SEASON

Beware of hailstorms, particularly if you live in a hail-belt state. Even small hailstones can shatter windshields and raining balls of ice are never good for the roads (or anybody, really).

WINTER ROAD WEAR AND TEAR

In many states, winter wreaks havoc on the roads. Snow plows, salt, sand, and the aftermath of ice can all leave roads a bit battered. Once snow melts away, expect to drive over new potholes.

ANIMAL ACTIVITY

Animals are incredibly active during the spring. Some are emerging from hibernation, and others are entering mating season. This could mean that more animals are crossing streets and roaming around. Many animals, especially deer, are most active at dawn or dusk.

MORE BICYCLES ON THE ROAD

Spring also brings cyclists out of hibernation. Driving alongside cyclists can make traffic maneuvers, from turning right to parallel parking, more dangerous.

SPRING DRIVING SAFETY TIPS

- Check your lights: Since spring rain hinders driving visibility, make sure all your lights work, including headlights, taillights, backup lights, turn signals, parking lights, and brake lights.
- Replace your wiper blades: Worn-out wiper blades may not be up to the task of clearing water away from your windshield. Check your wiper blades and replace them if necessary (usually once a year).
- Check your tire pressure: Harsh winter weather can deflate your tires. Make sure you have enough air in them once spring rolls around. (As a bonus, proper tire pressure can also help you increase your mpg.)
- Slow down and drive carefully: The first few rainy days of spring can produce exceptionally slippery roads due to oil and other leaked fluids mixing with rainwater, so slow down and increase your stopping distance when it's raining.



AVALANCHE ACID MONTHLY HEALTH & SAFETY NEWSLETTER

CALFRAC (CLAIRMONT) LOADING PROCEDURES FOR TRI-QUAD AND TRI-TRI

Tools/Equipment/Material Required: Tank truck

#	Job Steps	Hazards Associated	Controls	Persons Responsible
1.	Pull up to security gate. Call number on gate for access if not open. Proceed when access is granted.	-Watch for equipment or people moving	-Be aware of your surroundings	Operators / Drivers
2.	Drive through the gates and turn right. Chemical warehouse is the building on your left.	- Watch for Equipment or people moving	- Be aware of your surroundings	Operators / Drivers
3.	Stop outside of bay door and don appropriate safety gear. Go and see operator.	- Watch for equipment or people moving -Watch overhead door -Ensure overhead door is fully open	- Ensure proper PPE-fire retardant coverall, rubber suit, rubber boots, safety goggles, hard hat, and rubber gloves. - Parking brake - Be aware of your surroundings	Operators / Drivers
4.	Once inside, sign JSA and speak to Calfrac operator. Find out what compartment fluid is going into and volumes.	- Watch for chemicals on the ground, totes with chemicals, vapors. -Watch for equipment or people moving	- Ensure proper PPE-fire retardant coverall, rubber suit, rubber boots, safety goggles, hard hat, and rubber gloves. - Parking brake - Be aware of your surroundings -Watch for trip hazards and spills	Operators / Drivers
5.	Prior to loading set out chock blocks and ground cables. Set out drip trays under vent line and hose connections. Ensure all fittings are stainless steel and acid compatible. Connect load hose to appropriate container to load chemical.	- Watch for chemicals on the ground, totes with chemicals, vapors. -Watch for equipment or people moving -Slip/Trip/Fall	- Ensure proper PPE-fire retardant coverall, rubber suit, rubber boots, safety goggles, hard hat, and rubber gloves. - Be aware of your surroundings -Watch for trip hazards and spills	Operators / Drivers



AVALANCHE ACID MONTHLY HEALTH & SAFETY NEWSLETTER

CALFRAC (CLAIRMONT) LOADING PROCEDURES FOR TRI-QUAD AND TRI-TRI CONTINUED

6.	Enter cab of truck and engage PTO for pump and don respirator.	<ul style="list-style-type: none"> - Watch for chemicals on the ground, totes with chemicals, vapors. -Watch for equipment or people moving -Slip/Trip/Fall 	<ul style="list-style-type: none"> - Ensure proper PPE-fire retardant coverall, rubber suit, rubber boots, safety goggles, hard hat, and rubber gloves and respirator - Parking brake - Be aware of your surroundings -Watch for trip hazards and spills 	Operators / Drivers
7.	Ensure vent lines are uncapped and open. Open appropriate sump, engage pump to load and open manual load line valve.	<ul style="list-style-type: none"> - Leaks/Spills -Connection not tight/leaking or detaching -fire, fumes, splashes -mechanical breakdowns -pinch points -hose or connection failures -over pressure tank 	<ul style="list-style-type: none"> - Ensure proper PPE-fire retardant coverall, rubber suit, rubber boots, safety goggles, hard hat, and rubber gloves and respirator -Never sit in truck when loading -watch under truck for leaks -be aware of your surroundings and pay attention to job at hand -ensure connections are tight and secure -be aware of hand placement when tightening connections -ensure vents are open -properly grounded 	Operators / Drivers
8.	When all chemicals are loaded into appropriate compartments, disconnect load line while pump is still engaged. Immediately cap load hose and close manual load line valve. Close sump and vent lines. Shut pump off.	<ul style="list-style-type: none"> - Leaks/Spills -Connection not tight/leaking or detaching -fire, fumes, splashes -mechanical breakdowns -pinch points -hose or connection failures -over pressure tank 	<ul style="list-style-type: none"> - Ensure proper PPE-fire retardant coverall, rubber suit, rubber boots, safety goggles, hard hat, and rubber gloves and respirator -Never sit in truck when loading -watch under truck for leaks -be aware of your surroundings and pay attention to job at hand -ensure connections are tight and secure -be aware of hand placement when tightening connections -ensure vents are open -properly grounded 	Operators / Drivers



AVALANCHE ACID MONTHLY HEALTH & SAFETY NEWSLETTER

CALFRAC (CLAIRMONT) LOADING PROCEDURES FOR TRI-QUAD AND TRI-TRI CONTINUED

9.	Circulate as required. See Safe Job Procedure for circulating tanks. Sample. Close all valves	<ul style="list-style-type: none"> - Leaks/Spills -Connection not tight/leaking or detaching -fire, fumes, splashes -mechanical breakdowns -pinch points -hose or connection failures -over pressure tank 	<ul style="list-style-type: none"> - Ensure proper PPE-fire retardant coverall, rubber suit, rubber boots, safety goggles, hard hat, and rubber gloves and respirator -Never sit in truck when loading -watch under truck for leaks -be aware of your surroundings and pay attention to job at hand -ensure connections are tight and secure -be aware of hand placement when tightening connections -ensure vents are open -properly grounded 	Operators / Drivers
10.	Get paperwork, check out with guard @ guard shack.	-Watch for equipment or people moving	Be aware of your surroundings	Operators / Drivers

Safety Items Required			Risk Assessment
X	Basic PPE - Hard Hat, Safety Glasses, Gloves, Steel Toed Boots, FR Coveralls, Ear Plugs		<p style="text-align: center;"><u>HIGH HAZARD</u></p> <p>A condition or practice likely to cause:</p> <ul style="list-style-type: none"> • Permanent disability or loss of life • Significant loss or damage to property, equipment, or vehicles greater than \$10,000.00 • Environmental release that impacts off-site property or any waterways • Any media that may escalate to provincial coverage <p>Action to be Taken: Quick action or attention is required to reduce the hazard to a level as low as practicable. Supervisor must be informed before work proceeds</p>
	SCBA/SABA	Goggles / Face Shield	
	Signs/Barriers	Apron / Rubber Gloves	
	Lock Out	Harness / Fall Protection	
	Permits	First Aid Kit	
	Ventilation	Fire Extinguisher	
	Reflective Vest	Spotter	



AVALANCHE ACID MONTHLY HEALTH & SAFETY NEWSLETTER

Avalanche Acid Hauling HID/NMLog 2018



HID #	NM #	DATE	SUBMITTED BY	LOCATION	DESCRIPTION	ROOT CAUSE	FOLLOW UP ACTIONS	PERSON RESPONSIBLE	DATE CLOSED
	NM1811	1-Feb-18	Jason Merkowsky	Emerson Trail	Driving in a blizzard and a semi passed on HWY. Semi truck possibly hit Jasons mirror but was hard to see due to snow . No damage	58	Drive as per road conditions and slowly. Take your time	Jason Merkowsky	1-Feb-18
H1812		2-Jan-18	Ed Ophus	GP Shop	Was told 20m3 of acid was unloaded into T127 last night. Was taking 3" load line off of fender to load water and found load line was full of acid	36, 18	Rolled hose and empty properly when finished.	Ed Ophus	2-Feb-18
H1813		4-Feb-18	Kendall Carlson	Encana	3" valve on acid tank is defective. The valve was leaking acid. Had Schlumberger break off hose so I can hook up. Schlumberger valve leaked and Encana still had me unoad into tank. I unloaded 21m3 of acid and waited for Schlumberger rep. so he could hook his hose up with acid	15, 29	Always inspect hoses and valves. When in doubt, contact your supervisor for clarification	Kendall Carlson	4-Feb-18
	NM1814	22-Feb-18	Jason Merkowsky	Encana	Stairs going over berm were steep, awkward and slippery. Both my feet slipped on the down side of the stairs. I didn't fall cause I had 3 point contact	51	Always maintain the 3 point contact. Move slow and never rush when going up and down	Jason Merkowsky	22-Feb-18
H1815		25-Feb-18	Ed Ophus	Secure	Lease road was 4kms long and was one lane with no radio control or pull outs. Had 2 triquads and tri shower 6 man to take in.	42	Took pickup into location and blocked all traffic from leaving till all 3 trucks arrived. Did the same when leaving	Ed Ophus	25-Feb-18
H1816		26-Feb-18	Ed Ophus	Black Bird	An employee was hooked to suction directly to fluid end. Was pushing in with his pump. Fluid pump tripped out on high pressure, and the employee had his hand on his bypass valve and opened right away when his hose pressured up.	62	Was doing job correctly and all went good. Was paying attention with hand on bypass	Ed Ophus	26-Feb-18
H1817		2-Mar-18	Ed Ophus	Chevron	Truck mounted shower unit was spotted and rigged in on a small lane way for super B sand trucks. Sand truck came very close to running into shower stairs	42	Borrowed reflective pylons on lease from Chevron to complete the task and make the stairs more visible.	Ed Ophus	2-Mar-18
H1818		8-Mar-18	Ed Ophus	Encana	Hooking up to tail pipe on rear sump of T129 and accuator valve was wide open. Had no locking cap or drain valve on cap - just a 4" plastic cap. Control valve for accuator has no lock, cover or sign to say what it is for.	22	Closed sump valve then opened cap slowly into drip tray.	Ed Ophus	8-Mar-18
H1819		13-Mar-18	Ed Ophus	CNRL	Apex pumper acquired 5 sever leaks while pumping acid. All on acid truck side	36	I made them shut the job down and repaired the leaks	Ed Ophus	13-Mar-18