



Achieving Excellence

In The Time It Takes To Fall



By John Ford

It was one of those absolutely gorgeous winter nights in Muskoka. The air was cold, clean, and still. There was hardly a sound to be heard. It was completely quiet and peaceful, away from the hustle and bustle of the city. There was no one else around, perhaps for miles. The sky was very clear and a billion stars shone brightly, the way you can only see them in winter.

I walked in peaceful solitude through the snow down to the lake where the view was even more spectacular. I was totally engulfed in the wonder of a winter's moment. Suddenly, without warning, both of my feet slid forward on ice. I plunged down a steep grade. As my feet left the ground, heading upward, my upper body catapulted downward at high speed. There was enough time to think, and to know, that this could be very bad. Then BANG: the impact!

My upper back slammed against the rock-hard frozen ice with great force. I heard the sound of my bones either breaking or displacing, like the sound of cracking a walnut. My neck strained severely as my head whipped backwards so hard my toque flew off. The pain that followed was immediate, very intense, and paralyzing. I could not move. I could not breathe. In a few seconds, the seriousness of the situation became obvious. I was alone. No one knew I was here. No one would hear me. It was freezing cold. I feared death was imminent. Mustering every ounce of strength I had, I managed, slowly, to roll over onto my stomach, get up onto my hands and knees, and struggle desperately to breathe. The pain was extreme but I could move, could breathe a little.

I would survive!!

Boot attachments exist that would have prevented this fall. When conditions warrant, I will not be

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without them from now on, or be without a cell phone. Safety is about taking precautions, expecting the unexpected, wearing personal protective equipment, thinking, and planning. It is amazing how quickly life can change from a moment of tranquil, peaceful bliss, to total anguish or even death.

It can happen in the time it takes to fall. &

Ministry of Labour News

GARAGE OWNER JAILED SEVEN DAYS FOR OBSTRUCTING MINISTRY INSPECTORS

On Jan. 9, 2003, two Ministry of Labour inspectors arrived at Ace Automotive to conduct a routine, unannounced inspection of the premises. The owner of the business prevented the inspectors from entering the workplace, as is required by the Occupational Health and Safety Act.

The owner of Ace Automotive was sentenced to seven days in jail and six months probation on Sept. 21, 2005 for preventing Ministry of Labour Inspectors from conducting a routine inspection, contrary to Section 62(1) of the Occupational Health and Safety Act.

Rieger Printing Ink Company Limited fined \$45,000 for a violation of the Occupational Health and Safety Act that resulted in serious arm injuries to a worker.

On May 5, 2004, a worker was attempting to clean a mixer shaft of an ink mixing machine when the worker's arm became entangled in the shaft causing the worker's arm to break.

A Ministry of Labour investigation determined the mixing machine was rotating at the time of the incident.

Rieger Printing Ink Company Limited pleaded guilty, as an employer, to failing to ensure the mixer shaft was stopped and blocked to prevent movement when motion could endanger a worker as required by Section 75 of the Industrial Regulations, contrary to Section 25(1)(c) of the Act.

Beta-Tech Inc. fined \$50,000 & Supervisor fined \$4,000 for a violation of the Occupational Health and Safety Act that resulted in injuries to a worker.

On April 26, 2004, a worker was helping to operate a press used to manufacture auto parts when the press came down, causing the pin of an upper die (a metal stamping component) to enter a hole on the lower die. The worker's right thumb, which was positioned over the hole, was severed as a result of the incident.

A Ministry of Labour investigation determined an electronic "light curtain" that acted as a barrier/guarding device on the press had been turned off by a Supervisor prior to the shift to enable some set-up changes to be made.

Beta-Tech Inc. pleaded guilty, as an employer, to failing to ensure the press was guarded by a guard or other device that prevented access to the die's exposed moving part, as required by Section 24 of the Industrial Regulations, contrary to Section 25(1)(c) of the Act.

The Supervisor pleaded guilty to failing to ensure the injured worker worked in the manner and with the protective guarding device required by Section 24 of the Industrial Regulations, contrary to Section 27(1)(a) of the Act.

Hershey Canada Inc. fined \$50,000 for a violation of the Occupational Health and Safety Act that resulted in serious hand injury to a worker.

On July 3, 2003, a worker was scooping peanuts out of a hopper as part of clean up in preparation

for shutting down a production line when the worker's hand came in contact with a moving auger, severing a portion of the worker's finger.

A Ministry of Labour investigation found the hopper had not been stopped and locked out, as required by the Industrial Regulations.

Following a trial, Hershey Canada Inc. was found guilty, as an employer, of failing to stop any motion on the hopper that could endanger a worker while the hopper was being cleaned, as required by Section 75 of the Industrial Regulations, contrary to Section 25(1)(c) of the Act.

ACI-Kardam Manufacturing Limited fined \$85,000 for a violation of the Occupational Health and Safety Act that resulted in serious hand injuries to a worker.

On Nov. 7, 2003, a worker was attempting to clear jammed parts in a press when a second worker mistakenly activated the press' operating controls, causing the press to cycle and the worker's hand to be struck twice by the die.

A Ministry of Labour investigation found the operating controls were not locked out, and the plant's safety record was poor.

ACI-Kardam Manufacturing Limited pleaded guilty, as an employer, to failing to ensure the press' control switch was locked out as required by Section 76 of the Industrial Regulations, contrary to Section 25(1)(c) of the Act.

Everyone in the Middle Ages believed, as Aristotle had, that the heart was the seat of intelligence.

Alliance Labelling and Decorating Inc. fined \$30,000 & Supervisor fined \$1,500 for two violations of the Occupational Health and Safety Act related to improper use of machine guards.

On June 10, 2003, a Ministry of Labour Inspector visited the plant in response to a complaint. The Inspector found that machine guards on an inter-sleeve machine, a large electrical and pneumatic machine used for bottle labelling, were unlocked or damaged. The machine guards were previously installed under order by the Ministry.

As a result of the inspection, charges were laid against Alliance Labelling and Decorating Inc. and the Supervisor under the Occupational Health and Safety Act.

Alliance Labelling and Decorating Inc. pleaded guilty, as an employer, of:

1. Failing, as an employer, to ensure that the measures and procedures prescribed by Section 25 of the Industrial Regulations were carried out, contrary to Section 25(1)(c) of the Act; and
2. Failing, as an employer, to ensure that the equipment, materials and protective devices provided by the employer are maintained in good condition, contrary to Section 25(1)(b) of the Act.

The Supervisor also pleaded guilty of failing, as a supervisor, to ensure that a worker works in the manner and with the protective devices, measures and procedures required by Section 25 of the Industrial Regulations, contrary to Section 27 (1)(a) of the Act.

Falls Kill Workers Every Year: Are You Prepared?

Overview of some of the incidences this past year:

- March 2005:** Ironworker installing joists fell from second story of a school.
- March 2005:** Worker fell from a ladder.
- March 2005:** Worker fell down an elevator shaft after the elevator malfunctioned.
- April 2005:** Owner installing ceiling insulations fell off stair landing.
- April 2005:** Worker fell after receiving shock from live wire.
- May 2005:** Electrician fell 100 ft. from portable crane.

By using the right equipment for the right job, using appropriate procedures that are well understood, and properly training employees, you can help prevent your workers from becoming another statistic. Make 2006 your safest year ever.

Where to go for information

To learn what the requirements are, please read:

- ▶ Construction Regulations 26, 27, and 145;
- ▶ Industrial Regulations 79, 85, and 86;
- ▶ Canada Occupational Health and Safety (Federal Labour Code) 12; and
- ▶ CSA Z259.

Training Services can provide many different "Fall Protection" courses that cover crucial topics such as anchorage requirements, personal fall protection equipment, inspection requirements, and many more. Some courses include a competency theory test and practical evaluation.

For more information, please contact your Training Services Associate, or our head office at (905) 873-3031, or email us at info@cybertrain.on.ca &

What's So Important About Fall Protection?



By Frank Keegan and Frank St. Pierre

Quote:

“No one ever plans on falling from any height, but when they do, it is often a life-changing, or a life-ending event.”

Unending legislation and CSA Standards exist that discuss the potential hazards encountered when performing what may appear to be routine, repetitive tasks such as changing a light bulb, painting walls and ceilings, or repairing piping. In Industrial Establishments, Construction Industries, and others the list goes on and on.

However, the potential for an accident increases exponentially with the number of workers who use ladders (including stepladders), who climb racking systems, and who use forklifts for raising people. These are just a few of the activities and circumstances present in the workplace. There are many others.

Falls are most prevalent when workers neglect safety basics. Accident investigations most often determine that Employers and Supervisors failed to adequately enforce the measures and procedures that could have prevented the accident. Sometimes they simply misunderstand the requirements of the legislation. Too many times, basic training in the use and care of Fall Protection Equipment is neglected. How often have you seen harnesses and lanyards simply thrown into a locker? Or worse, lying on the floor?

Employers and Supervisors must ensure that a worker receives **adequate oral and written instruction by a competent person**, and that a record of training is signed and kept on file. Just how much training is adequate is generally determined by the activities carried out in your workplace.

The Ministry of Labour holds Employers accountable to the higher standard of reasonable precautions. The Construction Regulations on Fall Protection are used as ‘consultative’ legislation as to what may be the standard for accountability. Ignorance of these standards, or of the Industrial Regulations on Fall Protection, gives a false sense of having done due diligence, when only the minimum training has been done. The critical danger is not having any measures or procedures in

place on which workers should be trained.

You need to assess your standards for jobs that require workers to be elevated higher than 3.0 meters.

There are six types of Fall Protection Systems within the “fall protection” hierarchy:

1. Remove or eliminate the hazards;
2. Guardrails;

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Quote:
“No one ever plans on falling from any height, but when they do, it is often a life-changing, or a life-ending event”



ANNOUNCEMENT!!

Training Services is pleased to announce a new partnership with Doug Leulo and Associates. Doug had a long and distinguished career in police work, where he learned the skills needed for major investigations and the importance of having procedures that work. He followed up that career with a second, equally distinguished, career in IAPA as a safety consultant. He combined the skills from those two careers and a life time of learning into a third retirement career: producing a truly outstanding safety procedures manual. It's a practical, hands-on solutions for company safety coordinators.



*Doug Leulo & John Ford
A formidable "meeting of the minds"*

We strongly endorse the purchase of this manual. We know that you'll find Doug's 50+ years of experience a very valuable resource.

For more information, please contact our office at (905) 873-3031 or email info@cybertrain.on.ca 

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3. Travel Restraint System (guardrails used as a fall arrest system in a travel mode);
4. Fall Restricting System;
5. Fall Arrest System requiring anchorage; and
6. Safety Net.

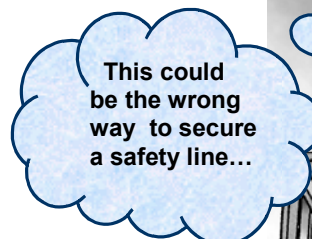
Each of the above possible fall protection solutions in your workplace require discussion of the issues present with each system. It is not a "one fits all" scenario. Please remember: fall protection systems are a tool used to protect the worker from potentially life threatening situations.

Another timely quote from history states: *"When you build a house, be sure to put a railing 'round the edge of the roof. Then, you will not be responsible if someone falls off and is killed."*

(Source: Deuteronomy 22:8)

An assessment carried out at your workplace can determine which of the above fall protection systems best fits your needs. Then fall protection can be implemented and monitored.

Training Services has in-house fall protection expertise. We are ready to help you to develop a coherent, easy to understand policy for your workplace. For more information, please call (905) 873-3031, or email us at fkeegan@cybertrain.on.ca or fstpierre@cybertrain.on.ca . 



Thoughts On Aging...

Do you realize the only time in our lives when we like to get old is when we're kids? If you're less than 10 years old, you're so excited about aging that you think in fractions.



"How old are you?" "I'm 4 and a half!" You're never 36 and a half. You're 4 and a half, going on 5!

That's the key. You get into your teens, now they can't hold you back. You jump to the next number, or even a few ahead. "How old are you?" "I'm gonna be 16!" You could be 13, but hey, you're gonna be 16!

And then the greatest day of your life, you become 19. Even the words sound like a ceremony... YOU BECOME 19. YESSSSSS! But then you turn 30. Ooohhh, what happened there? Makes you sound like bad milk. He TURNED; we had to throw him out. There's no fun now, you're just a sour-dumpling. What's wrong? What changed? You BECOME 19, you TURN 30, then you're PUSHING 40.

Whoa! Put on the brakes, it's all slipping away. Before you know it, you REACH 50 and your dreams are gone.

But wait!!! You MAKE 60. You didn't think you would! So you BECOME 19, TURN 30, PUSH 40, REACH 50, and MAKE it to 60. You've built up so much speed that you HIT 70! After that it's a day-by-day thing; you HIT Wednesday.

You get into your 80s and every day is a complete cycle; you HIT lunch, you TURN 4:30; you REACH bedtime.

And it doesn't end there. Into the 90s you start going backwards: "I was just 92."

Then a strange thing happens. If you make it over 100, you become a little kid again. "I'm 100 and a half"

May you all make it to a healthy 100 and a half!!!



Top 10 Sayings That You Will NEVER See On Inspirational Posters

1. Doing a job **RIGHT** the first time gets the job done. Doing the job **WRONG** fourteen times gives you job security.
2. Eagles may soar, but weasels don't get sucked into jet engines.
3. Artificial Intelligence is no match for Natural Stupidity.
4. A person who smiles in the face of adversity probably has a scapegoat.
5. **TEAMWORK**...means never having to take all the blame yourself.
6. Never underestimate the power of very stupid people in large groups.
7. Hang in there, retirement is only thirty years away!
8. Go the extra mile. It makes your boss look like an incompetent slacker.
9. When the going gets tough, the tough take a coffee break.
10. **INDECISION** is the key to **FLEXIBILITY**.

"Politics is made up of two words: 'Poli,' which is Greek for 'many,' and 'tics,' which are bloodsucking insects."

If a parsley farmer is sued, can they garnish his wages?



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