

"Prevention is
our Intention"

Issued May 2004

Safety Partnership Group

Inside this Issue:

Safety Partnership
Update

S.P. Report Card

Safety Partnership
Report Card

Sunscreen Update

Leadership Training

Sports Drink Recipe

EMAIL

bbs@sarniasafety.com

WEB SITE

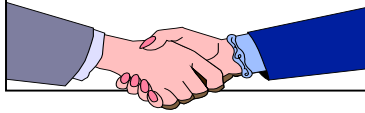
www.sarniasafety.com

To submit items
of interest
contact
Peter Stock

337-1716
Fax 383-1305

Industrial Educational Co-op
252 Chippewa Street
Sarnia, Ontario
N7T 8A9

Safety Partnership



Zero incidents by choice through
Partnerships for Safety...

SAFETY PARTNERSHIP DEVELOPMENTS

SAFETY PARTNERSHIP WORKING GROUPS

Working Committees have been assigned to four different subject areas.

- 1) Reducing Tolerance for Risk
- 2) Young/ new worker safety.
- 3) Internal Responsibility System
- 4) Progressive Discipline

Meetings are currently ongoing with results expected over the next month or two. We are appreciative of the extra effort involved in taking on this additional workload by our volunteers.

NEAR MISS REPORTING

Supervisory Classes have given much feedback on the status of Near Miss Reporting programs locally. There is the perception that a worker using the card to report at risk behaviour will result in a negative outcome. Our challenge in the Safety Partnership is to communicate and educate receivers of the card to the basic policy, which states: "*It is not the purpose of the Near Miss Reporting System to find fault or blame.*"

TASC CARD UPDATE

A working group researched and developed some modifications to our current TASC card that will be presented May 11th to the Steering Committee. Basic Safety Orientation test questions have been modified to reflect the efforts of this sub committee. Tom Hennessey and myself will be reviewing and modifying the training module in Basic Safety to reflect the concerns of the committee.

NEW IEC BEST PRACTICES SUPERVISORY CLASS

Over 417 Supervisors trained
as of April 30th 2004!

ONE DAY AT THE BEACH



www.sarniasafety.com

Log on to our web-site and note the changes. We have divided our new IEC main page into two separate subject areas. One side links a visitor to the safety side of our business. The other side links to the Leadership Development section of the web-site.

If you have any comments or suggestions on how to improve our web-site, please contact Peter at: 337-1716

NAOSH WEEK

"Build a Safe Beginning"

May 2nd – 8th 2004

An initiative led by:

CSSE + CCOHS + HRDC

SAFETY PARTNERSHIP REPORT CARD

A TRIR of 1.6 is encouraging news for the 1st quarter of 2004. Part of this report shows zero injuries for March. Much effort is needed to sustain this achievement.

1ST QUARTER RESULTS

<input type="checkbox"/> Recordables	6
<input type="checkbox"/> Lost Times	0
<input type="checkbox"/> First Aids	58
<input type="checkbox"/> Near Misses	20
<input type="checkbox"/> TRIR:	1.6

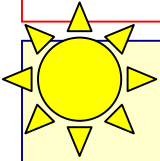
THE IEC's NEW LEADERSHIP DEVELOPMENT PROGRAM: A GOOD COMPLEMENT TO SUPERVISORY TRAINING!

The new Supervisory Training Program has been well-received and supervisors are providing great feedback on the daily challenges and opportunities they face in coaching and mentoring the workforce to implement Safety Partnership Best Practices.

Being able to successfully coach and mentor workers in the various best practices requires good communication skills—one-on-one as well as in safety meetings; the development of good working relationships with others; recognition and reinforcement of safe behaviours, identification of, and appropriate intervention actions to change at risk behaviours.

The IEC's new Leadership Development Program complements the Supervisory Best Practices Training by enhancing leaders' communication and interaction skills and providing supervisors with a process to structure discussions (whether one-on-one or in a group). This training also instructs participants in how to provide positive as well as constructive feedback, and offers opportunities to practice these skills and use the tools in the training sessions.

Some courses currently being offered for front-line leaders and supervisors: Interaction Management Essentials (foundation course), Coaching for Improvement, and Resolving Conflict. For further information about any of the IEC's Leadership Development courses: Contact Shelley Brown, People Skills Coordinator, phone: 383-7025, e-mail shelleyb@sarniasafety.com, or fax: 383-1305.



Canadians not using enough sunscreen: dermatologists

HALIFAX - Skin cancer rates continue to be high in Canada, 70,000 new cases every year and dermatologists say it's because consumers aren't using their sunscreen properly.

Going out in the sun without protection causes premature aging and skin cancer. Sunscreen allows a person to stay out anywhere from 10 to 45 times longer without burning.

"It doesn't have the same protection if it's spread thinly"

The number one mistake consumers make, according to dermatologists, is they don't use enough sunscreen. "What they are doing is using a small amount and trying to spread it over a very large area (it) doesn't have the same protection if it's spread thinly," says Dr. Marvin Lester, a skin specialist. Lester says to remember one rule: the more the better.

Just because you're "tanned" doesn't mean you're protected from the sun's harmful ultra-violet rays.

Doctors' say even wearing sunscreen doesn't allow you to go out all day in the sun. They advise you try to cover up and stay out of the sun during peak hours.

They also say if you've had that bottle of sunscreen for a whole year, chances are you're not using enough.

LINK: [Canadian Dermatology Association: sun facts](#)

SpORts dRiNK RECIPe

What a worker eats or drinks has an effect on their performance. Staying well hydrated can mean the difference between finishing the job safely or dying of thirst.

Cool water is the most important nutrient for the worker. Water is necessary for energy production. Limiting water or ignoring thirst can lead to dehydration. Symptoms of dehydration include thirst, irritability and general discomfort.

Dehydration has already started by the time a worker feels thirsty. If dehydration progresses, the signs can include headache, cramps, chills, vomiting and decreased performance. Eventually it can lead to heat stroke, delirium, and finally death.

If your work activity is longer than one hour, your carbohydrate supply may be used up. A sports drink can give you the extra carbohydrates your body needs. Don't use sports drinks before a work activity because the release of insulin will remove the glucose from the blood. Drink water before the activity and save the sports drink for during and after the activity.

Research shows that sports drinks with 5 to 7% carbohydrates are more rapidly absorbed and are more effective at replacing liquids than plain water or juice during activity. Sports drinks, since they contain salt, help the fluid to be absorbed quicker into the body and seem to be tastier.

Make your own sports drink:

A mixture of one litre (4 cups) orange juice (not concentrate), 1ml (1/4 tsp.) salt, one litre (4 cups) water and 15 ml (1 tbs) of sugar is a good alternative to a commercial sports drink.

Here's to your health!