

"Prevention is  
our Intention"

Issued March 2006

Safety Partnership Group

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# Safety Partnership



Zero incidents by choice through  
Partnerships for Safety...

## February Forum

Thanks to all who made the effort to be there! The weather didn't cooperate, but the attendance was great!

Special thanks to the:

- Sarnia Building and Construction Trades and the
- Sarnia Construction Association

for their sponsorship of the refreshment tables. Their continued support of our Forum is much appreciated!



## Safety Partnership Awards

Congratulations to Cabot Canada for winning the 2006 Award of Excellence based on their 3 year record of zero injuries for both contractors and their own Cabot employees!

Dave House and Wayne Norman, Co-Chair of the Joint Safety Health and Environment Committee accepted the award on behalf of Cabot contractors and employees.

## Safety Partnership Honourable Mentions:

The following companies received an Honourable Mention for achievements in Safety Excellence:

- |                   |   |
|-------------------|---|
| 1) Royal Polymers | 0 recordables for contractors & employees in 2006                     |
| 2) Terra          | 0 recordables for contractors & employees in 2006                     |
| 3) BP             | 0 recordables for contractors in 2006                                 |
| 4) Invista        | 0 recordables for contractors for the last 3 years                    |
| 5) IOL            | World class TRIR for contractors & employees for the last three years |

These Honourable Mentions and Plant awards are based on two factors:

- 1) Safety statistics from 2006 (both plant employees and contractor employees) and
- 2) The Results of more than 4000 "Perception Surveys" from our Basic Safety Recertification classes this past year.

CONGRATULATIONS

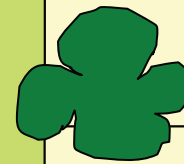
## Safety Partnership Communicates their NEW Barrier & Taping Standard

After much consultation with the Safety Partnership stakeholders, a new Barrier and Taping Standard has been posted on our website. Log on to:

<http://www.sarniasafety.com/testsite/standards.php>

Supervisors had indicated in our Supervisory classes that inconsistencies across the valley are a frustrating fact of life. The different procedures regarding barriers and taping ranked high on their inconsistency list. If you are looking to develop a procedure or perhaps revise a procedure, please take a look at this new standard and maybe it could work for your company.

Special thanks to all who gave of their time and effort to develop this new standard. It is much appreciated!



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### MARCH IS:

1. National Kidney Month
2. National Colorectal Cancer Awareness Month
3. Women's History Month
4. Optimism Month
5. National Nutrition Month
6. St. Patrick's Day March 17th

**A BUSY MONTH!**

## In the Mooood for Milk?



Milk is high in whey protein, a rich source of the amino acid tryptophan. Studies indicate whey can decrease physiological responses to stress, enhance mood, and even improve memory performance.

Researchers remarked that whey has the potential to enhance cognitive performance during times of stress. This means you are more alert and less frazzled.

Plus, research connects whey protein with promoting weight loss, especially if you have some milk after exercise. To that end, a 2005 study published in the journal *Nutrition* suggested that whey protein can play an important role in discouraging hepatic fatty acid synthesis.

Translation: You accumulate less body fat because the whey stimulates muscle tissue to burn more fat during exercise.

People who are mildly depressed get the most benefit from milk.

Restoring milk to your day and following a plan that connects food and mood is a good idea for anyone with depression challenges.

It will sort out who really needs pharmaceutical support.

**Food is mood medicine, plain and straight.**

By Susan Kleiner for MSN Health & Fitness

## Hard at Work, Even in Retirement

Retirement may conjure images of exotic travel and lingering lunches, but many Canadians plan to keep working in their golden years, several recent surveys have showed.

The studies came a day before the Ontario government joins other provinces in abolishing mandatory retirement, meaning employers can no longer force someone into retirement on the basis of age.

Governments are easing the rules amid a looming skilled labour shortage in the country.

Almost half of Canadian baby boomers are planning to retire early, but an equal amount plan on continuing to work in their retirement, a survey from Fidelity Investments found.

"This new 'transition into retirement' phase, where you consider yourself retired from your primary occupation, yet you continue working, is a very interesting trend developing with Canadian baby boomers," said Peter Drake, Fidelity's vice president of economic and retirement research.

By TAVIA GRANT  
Globe and Mail Update