

NEWSLETTER

It's Flu Shot Time! **pg. 1**

A Conversation That Matters:
New Date **pg. 2**

Quit Smoking for Your Chance
to Win \$5,000 **pg. 2**

Prepare Yourself for Winter
Driving **pg. 2**

When is Immediate Notification
Required to WorkSafeBC? **pg. 3**

Hello Jen! **pg. 4**

Actsafes Courses **pg. 4**

It's Flu Shot Time!



With the H1N1 epidemic still a fresh memory, we thought that we'd take a moment to remind people to get their flu shots! The 2010-2011 vaccine provides protection against A/H1N1 (pandemic) influenza and two other influenza viruses – influenza A/H3N2 and influenza B.

Influenza season has already begun and will typically last until April. Getting a flu shot is one of the best ways to protect yourself and others from getting the flu.

Some facts about the flu vaccine:

- The influenza vaccine protects against viruses that cause influenza - often called the 'flu'
- It doesn't protect against other viruses or bacteria that may cause colds or stomach illnesses (the stomach 'flu')
- The virus changes (mutates) every year so that a new vaccine must be administered annually
- You cannot get influenza from a flu shot
- The best way to protect against influenza is to get immunized every year

Other ways to protect yourself and others from the flu:

- wash your hands regularly,
- quickly dispose of used tissues in the garbage,
- cough and sneeze into your shirt sleeve rather than your hands,
- stay home when you are ill.

Some BC residents may be eligible for a free influenza shot. To see if you are eligible, refer to www.immunizebc.ca or speak to your doctor.

Resources:

ImmunizeBC
www.immunizebc.ca

FluBC
www.gov.bc.ca/FluBC/

Locate a Flu Clinic in your area
www.health.gov.bc.ca/flu

A Conversation that Matters: New Date

The rescheduled date for the Motion Picture Forum "A Conversation that Matters" is Saturday February 5th, 2011. It will take place from 11am to 3pm at the Creekside Community Centre at 1 Athletes Way, Vancouver.

Keep an eye on the next newsletter and on our website for more information on this event.

For those who'd like to RSVP, please email rsvp@actsafe.ca

Quit Smoking for Your Chance to Win \$5,000

British Columbia smokers who want to quit can register today for the third annual QuitNow & WIN provincial contest. Everyone who participates is eligible for a much healthier life, but only the grand prize winner takes home \$5,000 cash. Supported by grant funding from the Ministry of Healthy Living and Sport and organized by the BC Lung Association, the contest requires smokers to engage a buddy for daily support. "The QuitNow & WIN contest provides British Columbian smokers with an engaging way to have a healthier life by making the commitment to quit smoking," said Ida Chong, Minister of Healthy Living and Sport. "Along with the cash prizes that many participants can win by entering the contest, the grand prize for all quitters is a healthier, smoke-free lifestyle."

For more details visit www.quitnow.ca.

2

Prepare Yourself for Winter Driving



Once the snow starts to fall, our driving skills are pushed to the limit. Do you know how to drive properly in winter conditions? A few moments thinking about it now could save you problems when you are out on the road.

Before starting your trip, check the current road conditions and weather forecast for the areas that you will be travelling - listen to the radio or visit www.drivebc.ca.

Plan your route ahead of time to avoid any roads that may become dangerous during bad weather. Respect road closure signs and barriers and do not attempt to drive on these routes until they are re-opened. It's for your safety.

Leave lots of time so you're not rushing to get to where you need to be. Try to travel during daylight only and consider delaying your trip if the weather is bad. Let someone know your route and planned arrival time.

Drive according to road weather conditions. Keep at least four seconds distance between you and the vehicle in front of you to allow plenty of room in situations where you may have to brake suddenly on a slippery surface.

Learn and practice winter driving skills before you need them. If you are un-

familiar with driving in snow and icy conditions, practice after a storm in a large, empty space. Learn how to brake safely, how to get out of a skid, and how your car handles in winter weather.

Wear comfortable clothing that doesn't restrict your movement while at the wheel. Bring warm clothing (winter boots, coat, gloves and a hat) with you in case you have to get out of your vehicle.

If you absolutely need to go out in a storm, take someone else with you. Two people can usually get a car unstuck, when one person can't.

If you get stuck or stranded, don't panic. Stay with your vehicle for safety and warmth. If you have a cell phone and it is an emergency call 911, otherwise call for roadside assistance.

For additional information about driving safely in snow and icy conditions, including infosheets, website links, and videos, refer to www.worksafebc.com and search "Shift into Winter".

When is Immediate Notification Required to WorkSafeBC?

Recently, we've had questions from both employers and workers about which accidents must be immediately reported to WorkSafeBC and how they should be reported.

The below information is taken from *The Workers Compensation Act (Part 3, Division 10 - Accident Reporting and Investigation)*.

What must be reported immediately?

- Any incident that kills or seriously injures a worker
- A major leak or release of a dangerous substance
- A major structural failure or collapse of a structure, equipment, construction support system, or excavation
- Any blasting accident that results in injury, or unusual event involving explosives (required by regulation)
- A diving incident that causes death, injury, or decompression sickness requiring treatment (required by regulation)

A **serious injury** is considered to be an injury that could endanger life or cause a permanent injury. These include both traumatic injuries that are life threatening or that result in a loss of consciousness, and incidents such as chemical exposures, heat stress, and cold stress which are likely to result in a life threatening condition or cause permanent injury or significant physical impairment.

Traumatic injuries that should be considered serious injuries include

- Major fractures or crush injuries, such as:
 - A fracture of the skull, spine, or pelvis
 - Multiple, open or compound fractures, or fractures to major bones

such as the humerus, fibula or tibia, or radius or ulna

- Crushing injuries to the trunk, head or neck, or multiple crush injuries
- An amputation, at the time of the accident, of an arm or leg or amputation of a major part of a hand or foot
- Penetrating injuries to eye, head, neck, chest, abdomen, or groin
- An accident that caused significant respiratory compromise, or punctured lung
- Circulatory shock (ie. internal hemorrhage) or injury to any internal organ
- Lacerations that cause severe hemorrhages
- All burns that meet the rapid transport criteria of the Occupational First Aid Training Manual, including
 - Third degree burns to more than 2% of the body surface
 - Third degree burns to the face, head, or neck
 - Burns of any degree with complications
- An asphyxiation or poisoning resulting in a partial or total loss of physical control (ie. loss of consciousness of a worker in a confined space) or a respiratory rate of fewer than 10 breaths per minute or severe dyspnea (difficult or laboured breathing)
- Decompression illness, or lung over-pressurization during or after a dive or any incident of near drowning
- Traumatic injury which is likely to result in a loss of
 - Sight
 - Hearing
 - Touch

Employers are required to report serious injuries and fatalities to WorkSafeBC immediately. This reporting should occur as part of the employers' response at the time of the incident. In responding to the incident, employers should ensure any

workplace conditions that present an immediate hazard to other workers are addressed, ensure first aid and medical treatment for the worker, **and then** notify WorkSafeBC of the incident.

The purpose of the reporting requirement in section 172 of the Act is to ensure that a WorkSafeBC prevention officer and/or an investigations officer is able to respond to the incident, as soon as possible.

The requirement to immediately report a serious injury or fatality is separate from the requirement to report injuries for claims purposes. Simply filing a Form 7 **does not** satisfy the obligation to immediately report a serious injury or fatality.

Failure to immediately notify WorkSafeBC of a serious injury or fatality can result in an administrative penalty.

To report a serious incident or fatality, phone 1.888.621.SAFE (7233) (during business hours) or toll-free 1.866.WCB.HELP (922-4357) (after hours).

For further information on reporting injuries, or for questions, contact Marty Clausen, Actsafe's Health & Safety Consultant, at 604.733.4682 or by email at martyc@actsafe.ca.

Hello Jen!

We are thrilled to welcome new staff member Jen Hill to Actsafe. Jen is taking on the role of Outreach and Project Coordinator.

We feel that her experience in project management, leadership, and her performing arts background is an asset to the Actsafe team. Jen has worked in the not-for-profit sector and in both theatre and film for nearly twenty years.

Jen will be in the Actsafe office on Tuesdays and Thursdays and can be reached via email at jenh@actsafe.ca.

Welcome aboard Jen!

Follow us on Twitter

For updates, items of interest and other Actsafe related announcements and events, be sure to follow our twitter feed at: www.twitter.com/actsafe

ACTSAFE STAFF

Dawn Brennan
General Manager

Marty Clausen
Health & Safety Consultant

Ed Brisson
Creative Director

Maureen Kaake
Office Manager

Jennifer Hill
Outreach and Project Coordinator

ACTSAFE COURSES

For full course descriptions, dates and to register online, visit: www.actsafe.ca

Courses must be paid in advance to Actsafe. Courses may be subject to cancellation. We would be happy to book a private class if your group has the minimum number of participants.

Call 604-733-4682 for further details.

AERIAL LIFT TRAINING

\$120 (EXPERIENCED - 1 DAY)

\$220 (INEXPERIENCED - 2 DAY)

Experienced:

Saturday, November 27
Saturday, December 4

Inexperienced:

Saturday, Nov 27 and Sunday, Nov 28
Saturday, Dec 4 and Sunday, Dec 5
8:00am - 4:00pm

Instructor: Leavitt Machinery
Operator Training

AERIAL LIFT OVER 80FT - \$200

Call for training dates.

8:00am - 4:00pm
Instructor: Leavitt Machinery

Operator Training

COUNTERBALANCED FORKLIFT

\$120 (EXPERIENCED - 1 DAY)

\$220 (INEXPERIENCED - 2 DAY)

Experienced:

Saturday, November 20

Inexperienced:

Saturday, Nov 20 and Sunday, Nov 28

8:00am - 4:00pm

Instructor: Leavitt Machinery

FALL PROTECTION - \$65

Saturday, November 20

8am to 12pm
Instructor: ER Plus

FIREARM SAFETY LEVEL 1 - \$50

Sunday, November 28

10am to 5pm
Instructor: Felcan Enterprises

MOTION PICTURE SAFETY

AWARENESS* - \$25

Tuesday, November 16
Sunday, December 12

Sundays: 10am-1pm
Tuesdays: 6pm-9pm

Instructor: Marty Clausen

*Take both Safety Awareness and
Supervisor Safety for \$45

MOTION PICTURE SUPERVISOR

SAFETY* - \$25

Sunday, December 12

1:30pm - 4:30pm
Instructor: Marty Clausen

*Take both Safety Awareness and
Supervisor Safety for \$45

OCCUPATIONAL FIRST AID

LEVEL ONE - \$40

Monday, November 15
Saturday, December 4

8:45am to 5:30pm

Instructor: Kathy Day

PERFORMING ARTS

SUPERVISOR SAFETY - \$25

Call for training dates.

1pm to 4pm
Instructor: Marty Clausen

ONLINE COURSES

Transportation of Dangerous
Goods (TDG) \$20

Workplace Hazardous Materials Information
System (WHMIS) \$20

Actsife has an in house computer
station available to those who do not
have internet access but wish to take our
online courses.