

STAYING SAFE FROM SLIPS, TRIPS AND FALLS

During this spring season and as we transition into summer it is important to be aware of the seasonal hazards that can lead to physical injury. Increased rainfall creates slippery and sometimes muddy surfaces that can pose a increased risk for accidents.

What is the difference between slipping and tripping?

A slip occurs when the foot carrying the majority of the bodies weight loses grip, your body loses it's support base, and there is the risk of a fall. A trip occurs when your forward moving leg suddenly stops, while the remainder of your body continues in a forward motion.

How can you prevent trips and slips?

The first step in both slip and trip prevention is appropriate, well fitting footwear with a good grip. Ensure walking surfaces are clean and clear of obstacles, and attempt to eliminate any abrupt changes in walking surface heights. The simplest step you can take to prevent possible falls is to be aware of your environment at all times.

DID YOU KNOW?

In Canada, 42000 workers get injured annually due to fall accidents. This represents 17 per cent of "time-loss injuries" that were accepted by workers compensation boards across Canada.

(Association of Workers Compensation Boards of Canada, 2011)

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Special point of interest:

- Heat stress is one of the oldest forms of a workplace hazard.
- Effective seasonal maintenance keeps your vehicle and you safe.
- When a fire extinguisher is not handy, baking soda is an effective alternative to put out a grease fire on your BBQ.

PROTECTING YOURSELF FROM HEAT STRESS

Although heat stress is one of the oldest forms of a workplace hazard, recognition of its effects has taken a long time. Ensuring you are protecting yourself from the effects of exposure to temperature extremes is an imperative piece of ensuring your personal safety. Some jurisdictions have specific requirements outlined in the occupational health and safety laws (B.C., Sask.), while others don't specifically mention heat stress by name (AB.). So what are some important ways to protect yourself from the effects of heat stress? Engineering controls are an important aspect of heat control. These include insulation, reflective heat barriers, and air conditioning. Additionally, administrative controls, such as frequent breaks, and providing medical oversight. Finally, ensuring the use of appropriate PPE is an imperative personal defence against temperature extremes.

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SPRING AND SUMMER VEHICLE MAINTENANCE

After a long winter it is time to perform a maintenance overhaul on our hard working vehicles. There are several important areas to focus on in your maintenance overhaul:

1. **Batteries, Plugs and Wires:** Winters extreme temperature can be hard on your vehicles electrical system. Visually inspect wires and plugs, and replace batteries coming to the end of their life.
2. **Tire Pressure:** Cold weather directly impacts your tire pressure, affecting both tire wear and fuel economy. Ensure tires are properly inflated to the pressure specified for your vehicle.
3. **Belts and Hoses:** Watch for signs of blistering and cracks, or belts and hoses that are too soft.
4. **Fluid Levels:** These fluids make sure your ride is smooth. Ensure you check engine oil, transmission fluid, brake fluid, antifreeze and even windshield washer fluid.
5. **Windshield Wipers:** Check them for signs of wear and cracks, and replace as necessary.

CABRA ACCIDENT & INCIDENT REPORTING POLICY

If an accident or incident occurs while on site you must document everything. Record dates, time, location, details of the incident, names of all witnesses and parties involved.

After clearing the scene and seeking medical assistance, you must contact Head Office immediately to report the incident. You will then be provided an accident/incident report to complete. **Please call 403-243-5022 or email info@cabra.ca to report an incident.**

BBQ SAFETY

As the weather warms up, it is a great opportunity to enjoy the outdoors with friends and family. It is important to remember the risks associated with outdoor grilling, and to arm yourself with the knowledge to prevent accidents.

- Ensure children and pets are kept away from lit barbecues, and never leave a hot grill unattended.
- Ensure grilling is done in an open area with sufficient ventilation. Keep the grill at least 3 meters from doors and windows.
- Keep the grill away from wooden walls and fences, and other flammable surroundings.
- A clean barbecue is a safe barbecue.

Grease accumulation increases the risk of a serious grease fire.

- In the event of a grease fire, never use water as this will cause a flare up of flames. Keep a fire extinguisher or some baking soda handy to quickly extinguish the flames.
- Use long handled tongs and brushes while grilling that put an extra bit of distance between you and the flames.
- Wear oven mitts when handling items which have come in contact with the grill to prevent burns. If a burn does occur, run affected area under cool water. Seek medical attention for serious burns involving blistering or charring.