



This newsletter is to inform you of recent changes & trends regarding health and safety. The Turning Point is a monthly newsletter covering topics from various industries and sectors. The Turning Point will respond to your inquiries and inform you of current services and updates regarding Raising the Standard Consulting Inc.

## could this happen AT YOUR WORKPLACE?

### Man Dies after Exposure to Walnut Blasting Materials

**EDMONTON, AB** - An Edmonton, Alberta, man has died due to exposure to walnut blasting materials used to remove old paint from a fire station, leading to a call for regulating such products.

Justin Matthews went to the Rosedale Fire Station Oct. 2 to inspect the air quality as part of his job; a company had recently been working inside to blast old lead paint off the walls as part of a renovation, reports Global News Canada.

His family reported that Matthews, was inside the building for 20 minutes before he began to experience difficulty breathing. He walked outside and collapsed shortly after, going into anaphylactic shock.

#### Allergic Reaction

*"He inhaled probably a lot of walnut particles from the walnut blasting compound that was all over there,"* explained the worker's father, David Matthews.

*"How is it OK that my brother walked into a jobsite where they were blasting it all over?"* His mother believes that her son was not aware of the risk, noted Global News; she said that Matthews had developed a nut allergy as a child.

Matthews was rushed to the University of Alberta hospital, but was unresponsive and soon lapsed into a coma. His family chose to take him off life support five days later. In light of his passing, Matthews' family is calling for regulation of walnut blasting materials, including signage at sites where the media is used.

*"You can find walnut shells in tires, in sandblasting,"* Shari Reklow, Matthews' sister, told CBC News. *"It's in places you don't even think to look for it. If you're not made properly aware, how can you protect yourself? How can you protect your family?"*

*"It's taken very seriously as a food product. How many times do you see may contain nuts, or come into contact with nuts in the factory? How many times do you see that on the labels?"*

#### Walnut Products in Blasting

The use of walnut shell products is on the rise as a safer and more sustainable blasting media, in lieu of more hazardous abrasives such as silica sand.

*"During sandblasting operations, the silica can get very fine, and become what's called respirable, which means you can breathe it in and it gets onto your lungs and can cause things like silicosis, lung cancers and other respiratory ailments,"* said Alberta Labor spokesperson Trent Bancarz.

According to [McKinley Resources Inc.](#), walnut shells are used in blasting for the removal of graffiti, and smoothing a roughened surface or vice versa. This form of blasting can also be used to remove baked-on deposits from ferrous metals like iron and steel.

#### Industry Regulation

According to Bancarz, Matthews' death was an unusual incident. *"There isn't anything specifically in the health and safety code or any of the legislation that particularly mentions walnuts individually, but we do have laws in place in general that require employers to take all reasonable steps to keep workers safe at the job,"*

Bancarz went on to tell CBC News. *"And also workers are to be informed of any potential danger or potential hazards in the workplace so that they're forewarned and they can take the steps to avoid them."*

The CBC confirmed that an investigation by the Canadian Centre for Occupational Health and Safety is investigating Matthews' death. The inquiry must be completed within two years.

Retrieved from: [Walnut Blasting Dangers](#)



### How the **Joint Health & Safety** Committee Should Prepare for Workplace Inspections

Workplace inspections are one of the primary functions of the Joint Health and Safety Committee (JHSC). Under the Occupational Health and Safety Act, s.9(23), the JHSC must designate a worker member to inspect the workplace. If possible, the worker should be a certified member of the JHSC (i.e., they've completed their JHSC Part 1 and Part 2 training, s.9(24)). The worker member must inspect the physical condition at least once a month (s.9(26)).

The purpose of the monthly inspection is to identify hazards and monitor current work practices to ensure the safety of all workers. Workplace inspections determine:

- If a hazard is present
- Which workers are exposed or likely to be exposed
- Any workers who have been subject to illness or injury
- If established health and safety procedures and processes are being followed

In this four-part series, we will be examining the four stages of a workplace inspection:

1. Preparation | 2. Inspection | 3. Reporting | 4. Follow-up



#### **1** PREPARING FOR AN INSPECTIONS

##### Area-Specific Knowledge

Once the area being inspected is determined, JHSC members will require area-specific knowledge. Prior to the inspection, the JHSC inspector(s) should be familiar with:

- Area workflow
- What goes on in the area
- Work processes used
- Materials used

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- Any established deviations from safe work practices

Without a sound and solid understanding of what to expect in the work area, it would be difficult to recognize potential hazards or departures from safe work.

### Common Inspection Tools

There are tools that can help JHSC members conduct workplace inspections in an efficient and productive manner. Common inspection tools include:

- **A Workplace Inspection Checklist**

A checklist provides focus and clarifies inspection items. It also helps to ensure nothing is missed!

- **A Floor Plan**

A floor plan helps identify physical elements of the workplace, including hazardous areas and other areas of special note. If a floor plan doesn't match what the inspector sees, this needs to be reported.

- **Material Inventory**

Inventory of materials is a complete list of all materials with the potential to cause adverse health effects. It should include material by-products, controls, and all relevant SDSs.

- **Equipment Records**

The JHSC must have access to all equipment records prior to the inspection, including power sources, the location of guarding, maintenance schedules, lockout procedures, and/or pre-shift inspection and any other inspection reports.

- **Flow Charts**

A flow chart for any processes used in the workplace can help JHSC inspectors identify hazards by viewing processes sequentially, rather than as a snapshot of what's happening immediately.

JHSC workplace inspectors that are well prepared in advance of conducting an inspection will find the task of completing an inspection enjoyable, productive, and useful. Proper preparation will lend itself to better hazard identification, which has the potential to save a life.

## 2 CONDUCTING THE INSPECTION

There are three major components of the actual physical workplace inspection that must be undertaken during every inspection of the workplace. They are:

- Talking to workers
- Making observations
- Recording observations and documenting findings on an inspection checklist

To ensure that inspections are conducted in an efficient, well-organized, and timely fashion, pre-determine an appropriate number of employees to talk to, ensuring that you get an adequate sample from different departments and/or work areas. Have a notebook or paper and clipboard on hand for taking notes during conversations, and note any pertinent observations. Use a standard customized inspection checklist to keep you on track and to ensure no items are forgotten or overlooked.

### Talking to Workers

Talking to workers is an integral part of the workplace inspection, because workers are familiar with the area and the work processes, so they can help you to identify hazards that may not be listed on the checklist. They may also be able to help you determine if a condition is typical or not. For example, if a work area seems unreasonably warm, workers from that area may confirm that yes, it is always that warm. Or, they may indicate that a cooling unit has recently broken down. It may already be scheduled for repair. If it isn't, it may be something that you recommend at the conclusion of the inspection.

Talking to workers will also indicate training gaps or areas where training can be used to reinforce safe practices. Be sure to focus on both new and seasoned workers when trying to determine if training is up-to-date. If workers bring forward issues or concerns, be sure to pay careful attention to the source of their distress. Inspect it, ask questions, and make any applicable recommendations.

### Making Observations

As you inspect the workplace and work through your checklist items, make general observations. Are there new hazards that have yet to be identified? If so, make note and add them to the checklist. Observation also allows for the evaluation of already

implemented controls and safe work practices to determine if they were working as intended, and without inadvertently creating new hazards.

### Using an Inspection Checklist

A checklist provides focus, and clarifies inspection items. It also helps to ensure nothing is missed. The checklist you use should be standardized (i.e. the same for each monthly inspection), but also customized (i.e. includes items specific to your workplace).

The most effective checklists are laid out by area. Within each area, there should be a list of items – preferably in the logical order in which you will inspect them. For each item, there should be a column to indicate YES or NO. A checkmark in the YES column would indicate that the item passes inspection. A checkmark in the NO column indicates the item does not pass inspection, and that a recommendation needs to be made.

Include a third column where hazards or additional comments can be noted. If you do spot a hazard, be sure to write down the location, the time of day or shift, and any other applicable details. Additional comments can include notes or ideas for recommended controls if they are apparent immediately. Recommendations for controls don't have to be noted on inspection checklists – they can be determined during meetings as well.

JHSC workplace inspectors that talk to workers, make observations, and use standard customized checklists will find the task of completing an inspection enjoyable, productive, and useful. Using a proper and well-laid out checklist will lend itself to better hazard identification, which has the potential to prevent an injury or save a life.

## 3 REPORTING and 4 FOLLOW-UP to come.

Retrieved from: [Joint Health and Safety Article](#)

## Manage Your Entire Workplace's SAFETY PROGRAM

- » RTS Consulting can put your organization on the road to success with our Guardian Protection System by identifying, assessing and controlling risks to your workers.
- » We have partnered with hundreds of organizations over the last 20+ years and have identified the key elements which every organization must maintain to stay on the path to zero accidents.
- » Our Guardian Protection System (GPS) will direct you to your destination. You will always know where you are and we will ensure you are on the most cost efficient and direct route to zero accidents and improved health and safety.
- » We will identify your hazards, provide you with safe operating policies & procedures, workplace specific training.
- » We will assist you with your monthly inspections, accident investigation and reporting. GPS will keep you from getting off track and minimize the risk of injuries in your workplace.
- » We will monitor your progress towards your destination and ensure your goals are communicated to your employees.
- » We have the map to direct you. Not only that but with our Guardian Prevention System (GPS) we will constantly know where you are in relationship to where you are going to ensure the most efficient route. The ultimate GPS to reach your destination.

## Benefits of the GUARDIAN PROTECTION SYSTEM

- » Save dollars.
- » Reduced customer and employee injuries.
- » Reduced employee absenteeism.
- » Reduced training costs.
- » Establish & maintain 'Due Diligence'.
- » Assured Provincial and Federal legislation compliance.
- » Decrease employee turnover.
- » Increase employee morale RTS will provide you with a customized and comprehensive online health & safety program that is guaranteed to benefit your workplace environment.

### GUARDIAN PROTECTION SYSTEM

**RTS Consulting Inc.** will provide you with a customized and comprehensive online health & safety program that is guaranteed to benefit your workplace environment.





## Fentanyl Safety Recommendations for First Responders

The increased prevalence of [fentanyl](#) and other synthetic opioids in the illicit drug market means that first responders need to understand how to protect themselves from exposure in the field. Law enforcement, fire, rescue, and emergency medical services (EMS) personnel must balance safety with mobility and efficiency when responding to scenes where the presence of fentanyl is suspected.

The [Fentanyl Safety Recommendations for First Responders](#) provides unified, scientific, evidence-based recommendations to first responders so they can protect themselves when the presence of fentanyl is suspected during the course of their daily activities such as responding to overdose calls and conducting traffic stops, arrests, and searches.

The Recommendations do not comprehensively address all scenarios. Other activities may require additional protective actions such as when conducting field testing, executing search warrants, collecting, transporting, and storing evidence, conducting special operations such as hazardous material incident response, executing search warrants on opioid-related processing or distribution sites, or participating in other tactical operations.

The Recommendations fall into three specific categories:

- » Actions first responders can take to protect themselves from exposure.
- » Actions first responders can take when exposure occurs.
- » Actions first responders can take when they or their partners exhibit signs of intoxication

Retrieved from: <https://www.whitehouse.gov/ondcp/key-issues/fentanyl>

# FENTANYL<sup>†</sup>

## SAFETY RECOMMENDATIONS FOR FIRST RESPONDERS

<sup>†</sup> For the purposes of this document, fentanyl, related substances, and synthetic opioids (herein after referred to as fentanyl<sup>†</sup>) includes fentanyl analogues (e.g., acetylfentanyl, acrylfentanyl, carfentanil, furanylfentanyl), novel synthetic opioids (e.g., U-47700), and other drugs that may be laced with these substances.

- » **The abuse of drugs containing fentanyl<sup>†</sup> is killing Americans. Misinformation and inconsistent recommendations regarding fentanyl<sup>†</sup> have resulted in confusion in the first responder community.**
- » You as a first responder (law enforcement, fire, rescue, and emergency medical services (EMS) personnel) are increasingly likely to encounter fentanyl<sup>†</sup> in your daily activities (e.g., responding to overdose calls, conducting traffic stops, arrests, and searches).
- » This document provides scientific, evidence-based recommendations to protect yourself from exposure.

## WHAT YOU NEED TO KNOW

- » Fentanyl<sup>†</sup> can be present in a variety of forms (e.g., powder, tablets, capsules, solutions, and rocks).
- » Inhalation of airborne powder is MOST LIKELY to lead to harmful effects, but is less likely to occur than skin contact.
- » Incidental skin contact may occur during daily activities but is not expected to lead to harmful effects if the contaminated skin is promptly washed off with water.
- » Personal Protective Equipment (PPE) is effective in protecting you from exposure.
- » Slow breathing or no breathing, drowsiness or unresponsiveness, and constricted or pinpoint pupils are the specific signs consistent with fentanyl<sup>†</sup> intoxication.
- » Naloxone is an effective medication that rapidly reverses the effects of fentanyl<sup>†</sup>.

### Actions to take . . .

#### To protect yourself from exposure

- » Wear **gloves** when the presence of fentanyl<sup>†</sup> is suspected.
- » **AVOID actions that may cause powder to become airborne.**
- » Use a properly-fitted, NIOSH-approved **respirator** ("mask"), wear **eye protection**, and minimize skin contact when responding to a situation where small amounts of suspected fentanyl<sup>†</sup> are visible and may become airborne.
- » Follow your department guidelines if the scene involves large amounts of suspected fentanyl<sup>†</sup> (e.g., distribution/storage facility, pill milling operation, clandestine lab, gross contamination, spill or release).

#### When exposure occurs

- » Prevent further contamination and notify other first responders and dispatch.
- » Do not touch your eyes, mouth, nose or any skin after touching any potentially contaminated surface.
- » Wash skin thoroughly with cool water, and soap if available. **Do NOT use hand sanitizers as they may enhance absorption.**
- » Wash your hands thoroughly after the incident and before eating, drinking, smoking, or using the restroom.
- » If you suspect your clothing, shoes, and PPE may be contaminated, follow your department guidelines for decontamination.

#### If you or other first responders exhibit

- **Slow Breathing or No Breathing**
- **Drowsiness or Unresponsiveness**
- **Constricted or Pinpoint Pupils**
- » Move away from the source of exposure and call EMS.
- » Administer naloxone according to your department protocols. Multiple doses may be required.
- » If naloxone is not available, rescue breathing can be a lifesaving measure until EMS arrives. Use standard basic life support safety precautions (e.g., pocket mask, gloves) to address the exposure risk.
- » If needed, initiate CPR until EMS arrives.



Collaborative  
Support From:

- American College of Emergency Physicians
- American College of Medical Toxicologists
- American Industrial Hygiene Association
- Association of State and Territorial Health Officials
- Association of State Criminal Investigative Agencies
- Fraternal Order of Police



- International Association of Chiefs of Police
- International Association of Fire Chiefs
- International Association of Fire Fighters
- Major Cities Chiefs Association
- Major County Sheriffs of America
- National Alliance of State Drug Enforcement Agencies



- National Association of Counties
- National Association of County and City Health Officials
- National Association of Emergency Medical Technicians
- National Association of EMS Physicians
- National Association of State EMS Officials



- National Governor's Association
- National HOTA Directors Association
- National Narcotic Officers' Associations' Coalition
- National Sheriff's Association
- National Volunteer Fire Council
- Police Executive Research Forum
- Police Foundation

<https://www.whitehouse.gov/ondcp/key-issues/fentanyl>

# 2017 Course Calendar

**new** RTSC is an approved MOL provider for JHSC Part 1 & 2 – Training Dates below!

## Joint Health and Safety Committee (Basic) Training

The Occupational Health and Safety Act requires an employer to establish a Joint Health and Safety Committee (JHSC) at a workplace with 20 or more workers. If you are required to have a JHSC, you are also required, by law, to have at least two "certified members": one representing workers and the other management.

RTS offers a 3 day JHSC Certification Part 1 course, which has been approved by MOL & provides participants with the basic knowledge and skills necessary to become certified JHSC members.

**Cost:** Public (3 days) \$450 + HST (Lunch & materials included)

**Location:** Brampton

**Schedule:** Jan 16-18 | Mar 13-15 | May 1-3 | June 5-7 | Aug 7-9 | Sept 11-13 | Nov 6-8

## Joint Health and Safety Committee (Part 2) Training

This course has been designed to provide participants with an understanding of the hazards commonly found in offices, restaurants, hotel, retail, warehouse/distribution, manufacturing, healthcare, and construction workplaces.

**Cost:** Public (2 days) \$350.00 + HST

**Location:** Brampton

**Schedule:** Jan 30-31 | Mar 27-28 | May 22-23 | June 19-20 | Aug 21-22 | Sept 26-27 | Nov 20-21

## CRSP Examination Preparation Workshop

The objective of the RTS Consulting CRSP Examination Preparation Workshop is to cover the exam Competency Categories to help you determine which areas of the exam require more in-depth study or attention. Our instructors are experienced and have developed tools and methods to assist you in identifying areas of opportunities to assist you in meeting your goal of passing the exam. Stanford Brown has attained not only the CRSP designation but the internationally recognized Certified Safety Professional (CSP) designation. Past clients have stated that *"His in-depth understanding, practical examples and memory aids used are exemplary."* His advanced understanding of the Competent Categories of the exam will ensure you are adequately prepared to study for the exam.

**Cost:** Public (2 days) \$600 + HST (lunch & materials included)

## Globally Harmonized System (GHS) Training (New WHMIS)

The mandatory GHS training must include information to help employees understand how to read new GHS chemical labels (including pictograms) and what chemical safety information is included on new chemical safety data sheets (SDS). Training must be in a format that employees can easily understand, and employers must document their training efforts to demonstrate proof of compliance if inspected.

### Who Needs It

Any business that uses or stores hazardous chemicals must comply with the GHS training requirement. Most work environments (doctor's offices, dental offices, restaurants, manufacturing, construction, auto repair shops, etc) have at least one chemical present that may be covered by MOL's standard. Common chemicals include paints, oils, inks, fuels, industrial-strength cleaning supplies, medicines, etc.

**Cost:** Public (1 hour) \$40 + HST

## Supervisor Health and Safety Awareness Training - 4hr training

When a person is hired or promoted to the position of a supervisor, it usually means a pay raise. But it also means more responsibilities, including legal responsibilities relating to the health and safety of the workers under your supervision. As a supervisor, you are a crucial part of your workplace's Internal Responsibility System. This is a very important concept for workplace health and safety and you will learn more about this throughout this one day of training. This training will focus on:

- How the Occupational Health and Safety Act works
- Rights and responsibilities of workers and supervisors under the OHSA
- Roles of workplaces parties, health & safety representatives, & joint health & safety committees
- Roles of the Ministry of Labour and Workplace Safety and Insurance Board
- Recognition, assessment, control and evaluation of hazards and getting the help you need

**Cost:** Public \$125 + HST

## Worker Health and Safety Awareness Training- 4hr training

Everyone in the workplace, from the employer to the newest worker, has different but important duties to keep the workplace safe. This one day of training will explain your rights and responsibilities on the job, and help you understand so that you can be safe at work every day. This training will focus on:

- How the Occupational Health and Safety Act works

## WEB-BASED training

Raise the safety, health, and productivity of your employees to the top of your agenda and provide training solutions that deliver real results. We provide web-based training programs for the convenience of your organization. Please visit our web-site to register.

### Hand Tools and Automotive Lifts

Identify the Hazards and Controls Regarding:

Hand Tools, Hoists, Fixed, Power, Electrical and Pneumatic Tools, Guarding, Power Lifting Equipment, Automotive Lifts.

### Joint Health and Safety Committee

Participants will be able to: know the legislative requirements for establishing a JHSC, describe the powers, functions and duties of JHSCs and their members, describe the activities of an effective JHSC, etc.

### Machine Safety and Lockout / Tagout Procedure

Learn about Workplace Responsibilities, Machine Guarding and the Law, Understanding Machine Related Hazards Lockout / Tagout, Applicable Legislation, Hazard Identification, Lockout Procedures.

### Health, Safety and The Law

Provide participants with a working knowledge of the Occupational Health and Safety Act and related legislation and more.

### Manager and Supervisor Safety Orientation

Learn about Management Responsibilities, Right to Refuse, JHSC, Hazard Recognition, Workplace Accidents, Emergency Procedures, New Employee Orientation, Transfer and Promotion, etc.

### Material Handling

This course is designed to teach workers about proper material handling techniques. Upon completion of this course, workers should be able to: describe what factors contribute to back injuries, explain proper lifting techniques, etc.

### Accident Investigation

The goal of this module is to ensure you will be able to: recognize the need for an investigation, investigate the scene of the accident, interview victims & witnesses, determine root causes, compile data and prepare reports, make recommendations, etc.

### Health Hazards: Recognition, Assessment and Control

The goal of this module is to ensure you will be able to: understand the law pertaining to health and safety hazards, define occupational injury and illness, understand the four types of workplace health hazards, etc.

### Workplace Inspection

Provide participants with an understanding of their legal rights and responsibilities with regard to workplace inspections and to prepare them for carrying out effective workplace inspections.

### Slips, Trips and Falls

Objective of this training is to: understand the causes and effects of falls in the workplace, to understand legislation relating to slip, trip and fall hazards, to be able to identify potential slip, trip and fall hazards, etc.

### WHMIS

Explain how WHMIS is implemented in law, explain how the law defines a controlled product, explain how the law defines hazardous ingredients, identify the exclusions, etc. Register to access the complete training material.

### Worker Safety Orientation

Worker Responsibilities, Right to Refuse, Joint Health and Safety Committee, Hazard Recognition, First Aid, Workplace Accidents and more.

- Rights and responsibilities of workers and supervisors under the OHSA
- Common workplace hazards and protecting you from hazards
- How you can get involved in safety
- The right to refuse unsafe work and getting the help you need

**Cost:** \$125 + HST

## Worker/Supervisor Health & Safety Awareness Train the Trainer- 8hr training

Do you have a large number of employees/employees in multiple locations? Let us train some of your employees as trainers so they can go back to their various workplaces and do the training for your company.

**Cost:** \$250 + HST

**RTS Consulting Inc. can also conduct this training at your workplace for all your staff. Please contact us for more information.**