

Monthly Bulletin – APRIL ‘22

OH&S CODE REVIEW SAFETY MANUAL REVIEW

Part 4 Chemical Hazards, Biological Hazards, and Harmful Substances

Health assessments for workers exposed to asbestos, silica, or coal dust ... continued from last month

40(13) An employer must not make a deduction from the worker's wages, salary or other remuneration or benefits for the time during which an exposed worker (a) undergoes a health assessment, or (b) travels to or from a health assessment.

Lead exposure control plan

41(1) An employer must develop an exposure control plan for lead if (a) a worker at the work site may be exposed to airborne lead in excess of its occupational exposure limit for more than 30 days in a year, or (b) a worker's exposure to lead at the work site could result in an elevated body burden of lead through any route of entry.



SAFETY MANUAL REVIEW

FATIGUE MANAGEMENT POLICY

It is the duty of the employee to report to management if they feel fatigued or if another worker is showing signs of fatigue and to take corrective action. It is the duty of the employer to be aware of signs of fatigue, train employees on recognizing, controlling, and reporting fatigue and to listen to employees if they state they feel fatigued and take corrective action. "Fatigue" is a state of reduced mental and physical alertness of functioning caused by sleep related disruption or deprivation because of extended work hours, insufficient sleep, or the effects of sleep disorders, medical conditions or pharmaceuticals which reduce sleep or increase drowsiness. A person suffering from fatigue has slowed reflexes and reduced function in daily life. Excessive tiredness is also a known risk factor in motor vehicle and workplace accidents. Fatigue management is a shared responsibility between management and workers and involves factors both inside and outside of work. Employers and persons conducting a business or undertaking are responsible for using a risk management approach to manage fatigue.

UNDERSTANDING FATIGUE

Most people need about eight hours of sleep a day (some more, some less). However, those who do not get enough sleep each day can develop a sleep debt that adds up for them over time. A single night's shortened or disrupted sleep may not affect worker performance, but an accumulated sleep debt can. The resultant fatigue can lead to:

- Inability to see properly
- Slower reflexes and reactions
- Micro sleeps (up to 60 seconds where the brain goes to sleep and worker blacks out no matter what • they are doing)
- Automatic behavior (where worker does routine tasks but is not having any conscious thoughts)
- Inability to make good decisions or plans
- Inability to solve problems
- Inability to concentrate, including wandering thoughts
- Decreased alertness and watchfulness
- Inability to remember things just done, seen, or heard
- Inability to notice things the worker usually would notice
- More mistakes than usual
- Failure to respond to changes in surroundings or situations
- Poor logic and judgment, including taking risks
- Inability to respond quickly or correctly to changes
- Inability to communicate well
- Inability to handle stress
- Moodiness (giddy, depressed irritable, restless, depressed, impatient, etc.)

GOAL OF THE MONTH

2 OPPORTUNITY REPORTS

SWAB MASTER LTD.

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COMPANY NEWS

**Safety is as
simple as ABC...**

**... Always Be
Careful!**

- Swab Master will undergo an external Health & Safety Cor audit the end of this month.
- It's that time for yearly employee evaluations and self-evaluations (new employees do not need to participate)
- Hong and Andre are the company safety representatives. Know their phone numbers!
 - Hong Zhong Guo 403-409-9577
 - Andre' St-Germain 403-376-3272

Contact them or the safety coordinators with any safety concerns or items for discussion.

Have a Safe and Happy Easter!

THE LAST LAUGH



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