

SWAB MASTER LTD.

Monthly Bulletin – APRIL '23

OH&S CODE REVIEW

Change highlights: Noise exposure – Part 16 in the OHS Code -

The threshold for conducting a noise exposure assessment is reduced from 85 decibels (dBA) to 82 dBA to ensure noise is assessed before the occupational exposure limit is exceeded. The noise exposure assessment must be conducted in accordance with the updated CSA Standard Z107.56-18, Measurement of noise exposure.

The threshold level of a noise dosimeter used to conduct an assessment has been changed to align with the referenced CSA standard for noise assessments. The technical standards that sound level meters, integrating sound level meters and dosimeters must meet have been updated to the most current versions.



SAFETY MANUAL REVIEW

HEARING PROTECTION

Fit testing of hearing protection: A new requirement has been added for employers to ensure workers are fit tested for the hearing protection devices they use and wear. Fit testing of the devices must meet the updated CSA Standard Z94.2-14 (R2019), Hearing Protection Devices – Performance, Selection, Care, and Use. This change is intended to prevent noise induced hearing loss. The effectiveness of hearing protection is greatly reduced if the equipment does not fit correctly or is not inserted or worn correctly

TIPS TO CHECK THE FIT OF FOAM EAR PLUGS

- Use your fingertips to feel if the ear plugs are fully inserted into the ear canal, use a mirror to check, or have a co-worker visually confirm.
- Cup hands tightly over your ears. If sounds are much more muffled with your hands in place, the earplugs may not be sealing properly.
- Talk out loud. Your voice should sound hollow, as if you are talking in a barrel.
- Listen for noises around you. Noises should not be as loud as they were before inserting the ear plugs.

TIPS TO CHECK THE FIT OF EARMUFFS

- Read the manufacturer's instructions on how to don the earmuffs.
- Make sure the earmuffs cover the whole ear, and do not have anything in between that prevents a good seal between the earmuff and the ear (for example, prescription eyewear).
- Listen for noises around you. Noises should sound muffled and not be as loud as they were before putting on the earmuffs

EMPLOYEES CORNER

Everyone at Swab Master sends the very best wishes to Roger and family!

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COMPANY NEWS

- Thanks to all who participated in the audit interviews. This is a time-consuming process and Starla is working very hard to complete the audit over the next couple of weeks.
- Change highlights: First aid – Part 11 in the OHS Code. First aid kits must now meet CSA Standard Z1220-17. We are in the process of updating and restocking every first aid kit in all units. Please make sure to check yours, and if you don't see a sticker with the date the kit was updated, then bring it to the office so we can make sure it is stocked to comply with the new code.
- Hong is in China until May 6th. Please contact Garth with any issues. Remember to let Garth know each day that your crews are home safely.
- GOAL OF THE MONTH:
1 Emergency Response Drill from the field

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

**... Always Be
Careful!**

THE LAST LAUGH



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**Protect your hearing!
Always wear the proper
hearing protection!!**



"If I was wearing my WHAT?!"