

Health & Safety Anywhere

October 2016

Health and Safety Anywhere is your resource for legislative updates, current trends and everything you need to know within the Health and Community Services, Education and Culture as well as Government, Municipal & Public Safety and First Nations sectors. We are your trusted authority on recent events to stay in the know to keep your employees engaged and current on Health and Safety in the workplace.

Quick Links

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What's New in Standards, Legislation & Guidelines

Thank You to Our Valued Clients for Choosing PSHSA for JHSC Training!

As our JHSC campaign wrapped up this past July we were able to make another valuable contribution to *Threads of Life* and *Parachute* because you chose us for your JHSC training. Through our campaign **we were able to donate \$20** per person enrolled in Certification Part 1 or Certification Part 2 JHSC Training to these 2 charities. **We were proud to present our donation at our Annual General Meeting on September 21.**





JHSC Blended Certification Part 1 Training \$339

PSHSA now offers Blended Certification training combining online modules and classroom training. We are the only Ministry of Labour certified training provider offering both blended (eLearning + classroom) and classroom training. **Our blended option will save you \$100 in addition to 1 day of training in the classroom!**



[Register Now](#)

[JHSC Training Options](#)

Working at Heights

After a successful launch of our Working at Heights program, we are confident we are able to save our clients time and budget based on the positive feedback we've been receiving!

Starting October 15 our Working at Heights prices are:

Blended - \$100 per person

Classroom - \$165 per person

Students (blended only) - \$100 per student



[For More Information](#)

WSIB Rate Framework Update

Reminder: WSIB hosting technical rate sessions on 2017 premium rates



As the *Workplace Safety and Insurance Board (WSIB)* announced several weeks ago, in 2017, there will be a **five per cent reduction on the average premium rate for Schedule 1**. This is the first overall premium rate reduction since 2001.

[View](#) the 2017 Premium Rates.

Throughout fall 2016, the WSIB will be hosting technical sessions for interested employers and stakeholders to provide additional information on 2017 premium rates. The Technical Rate Sessions will begin on October 19, 2016.

In addition to covering premium rates, these sessions will provide information about improving health and safety in Ontario workplaces.

All employers and interested stakeholders are invited to **sign up for a technical rate session** to learn more about the 2017 premium rates and ask questions related to their specific rate groups. **To sign up for a technical rate session**, please email technicalratesessions@wsib.on.ca

PSHSA will be offering a Municipal Sector specific Webinar on November 18, 11:30am-1:00pm to bring awareness about the upcoming rate reform. The Webinar will inform and educate on the upcoming rate framework modernization. The *Rate Framework Modernization* will include changes to the premium rate setting process to improve fairness in the way the system is funded. **Join us November 18** for a lunch and learn to learn more and to stay informed.

[Register Now.](#)

If you would like a session specifically for your group email [Monica Szabo](#)

For a strategic assessment, planning support or help with tactical implementation for Rate Reform Modernization [Contact Us.](#)

[FirstRespondersFirst.ca](#)

PTSD Summit - Making Progress on Prevention Presented by the Ministry of Labour

The MOL is bringing together representatives from a broad range of high trauma sectors to share best practices and successful approaches to help mitigate and prevent PTSD. PSHSA will be participating and sharing our work from our [firstrespondersfirst.ca](#) initiative in support of PTSD and assisting organizations with building effective prevention programs.

Canadian Standards Association

Paramedic Psychological Health and Safety in the Workplace Technical Committee

This technical committee aimed at developing a psychological

health and safety in the workplace standard for paramedics starts this month. PSHSA is actively engaged in this process, if you have thoughts or feedback you would like to share regarding this project please contact Kim Slade at kslade@pshsa.ca.

Slips, Trips and Falls

Slips, trips and falls are among the leading causes of injuries resulting in workers missing time at work in Ontario. See the new PSHSA Slips Trips and Fall Prevention eLearning where you will learn to:

- Describe the impact of slips, trips and falls in the workplace and learn prevention
- Describe legislative requirements
- Describe the duties and responsibilities of workplace parties
- Recognize, assess and control slip, trip and fall hazards and evaluate controls
- Implement a prevention program in your workplace to prevent injuries

To [Register](#)



Applications Being Accepted for PSHSA #StudentChallenge

A reminder that we're now accepting applications for the *OHS for Young Workers #StudentChallenge*. PSHSA invites Ontario post-secondary students to be part of the conversation, influence change and help shape health and safety culture by conceptualizing innovative and creative solutions, resources or services for increasing OHS awareness and reducing workplace injuries and illnesses among young workers. The successful candidate benefits from a paid full-time internship at PSHSA to implement their winning concept, along with other prizes and rewards!

Please join us in spreading the word to health and safety students about PSHSA's #StudentChallenge!

[Learn More.](#)

"During my time with PSHSA, I have been able to further cultivate my knowledge in occupational health and safety and also gain vital field experience when meeting with clientele. I have truly appreciated all the guidance this organization has provided me with for the many projects I have been able to work on and I look forward to additionally contributing my knowledge and skills to



Areas of Priority

Our eLearning on your Learning Management System



84%

of enterprises
now use eLearning for training and development.

Don't get left behind we want to work with you as one of our eLearning partners.
Contact us today: elearning@pshsa.ca

Did you know that any courses currently available in our [eLearning Library](#) can also be uploaded to your internal Learning Management System (LMS)?

[Learn More](#) about PSHSA eLearning options.

Events

Middlesex London and St. Thomas Elgin Public Health Seminar 2016

October 13



[Learn More](#)

Ontario Paramedic Association (OPA) and Paramedic Women's Community Conference Paramedicine Conference

Pathways to Excellence

Toronto Don Valley Hotel

October 14 -16



[Learn More](#)

Ontario First Nations Technical Services Corporation (OFNTSC) Niagara Falls

Marriott on The Falls

October 17-19



[Learn More](#)

Regional Healthcare Health and Safety Networking Forum

Barrie

Legislative Change

October 20



Join your colleagues and Ontario Prevention System Partners (MOL, WSIB and PSHSA) at our Regional Health and Safety Networking Event. The forum will focus on select Ontario

legislative changes. Guest speakers will cover relevant topics, including the *WSIB Rate Framework Modernization Initiative*, *WHMIS 2015*, *Ontario's New Noise Regulation*, *Sexual Violence and Harassment Legislation*, as well as a MOL update on their healthcare plan and perspectives from the field. Regional Consultant, Neil McDermott from PSHSA will also be speaking about his Basecamp social collaboration platform and other regional initiatives. Don't miss it!

[Register Now](#)

Ontario Hospital Association (OHA) Health Achieve

Toronto

Metro Toronto Convention Centre

Nov 7-9



[Learn More](#)

Laternelle Conservation Symposium (Conservation Ontario)

Alliston

Nottawasaga Inn Resort and Conference Centre

Nov 15-17

[Learn More](#)

Innovations

Leading Innovation ... Join Us!

As a funded transfer payment agency of the Ministry of Labour, PSHSA are required under the *Not For Profit Corporations Act* to hold an **Annual General Meeting** for our voting members which took place on September 22, 2016.



[Read about](#) some of our Board of Director updates.

And check out our [2015/2016 Annual Report](#).

The report highlights the innovations we have been able to put in place that:

- Demonstrate our ability to respond to market needs with industry best practices
- Reduce costs for employers through innovative delivery models
- Increase self-sufficiency through easy to use programs and tools
- Increase access and availability of H&S information

Research



Institute
for Work &
Health

Research Excellence
Advancing Employee
Health

Workplace-based resistance training can help prevent upper extremity MSDs

Allowing workers to do resistance training on the job is a recommended way for workplaces to help prevent and manage upper extremity musculoskeletal disorders (MSDs). That is one of the key findings of a systematic review conducted by the *Institute for Work & Health* and being highlighted to mark **Global Ergonomics Month**. Resistance training refers to exercises that cause the muscles to contract against an external resistance (e.g. dumbbells, rubber exercise tubing, own body weight, etc.) with the expectation of increases in muscle strength, tone, mass and/or endurance. Based on the review's findings, workplaces should also consider implementing stretching exercise programs (including yoga), workstation forearm supports and vibration feedback on mouse use, if applicable to the work context. You can read more about the study in the Institute's quarterly newsletter [At Work](#).

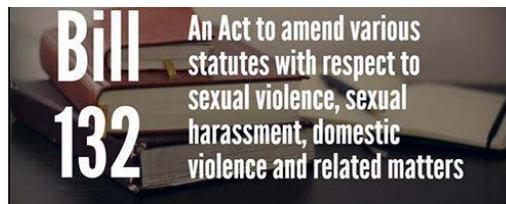
Health and Safety Spotlight

Bill 132

The **Code of Practice to Address Workplace Harassment** under

Ontario's *Occupational*

Health and Safety Act has now been released: [released](#). To learn more [watch our video](#) on **WPH Code of Conduct** and upcoming eLearning Module.



The new [PSHSA Workplace Harassment eLearning module](#) provides an overview of existing statutory requirements for workplace violence and harassment under OHSA and the extended obligations arising from legislative changes

In September PSHSA and the Ministry of Labour conducted a joint Webinar covering the Workplace Harassment Changes to the OHSA. The Bill 132 Webinar is available now on our website and is a free recording: <http://www.pshsa.ca/product/workplace-harassment-changes-ohsa-bill-132-webinar/>

PSHSA Workplace Violence Fast Fact

Provides definitions from the OHSA, and outlines the types of

workplace violence, employer responsibilities, implications with the right to refuse unsafe work, and how to complete a risk assessment for workplace violence.

[Learn More.](#)

October is Global Ergonomics Month

The Ministry of Labour and its health and safety partners are raising awareness of MSDs in the workplace. [Learn More](#) about prevention resources and take part in planned activities. Work shouldn't hurt!

Work shouldn't hurt

Education & Culture

Working at Heights - Student Rate

To make the largest impact on future injuries due to working at heights, concentrating on reaching our young workers and providing them with quality training is imperative.



In response to the need and as an investment in our future workers, PSHSA is supporting School Boards across the province in their efforts to train students enrolled in the *Specialist High Skills Major (SHSM)* program to the new *Working at Heights (WAH) Standard* by providing **Blended WAHs Training** at a reduced student rate.

Working with a number of School Board and Schools, PSHSA is scheduled to train over 70 students this semester.

Prevention of Workplace Violence - Discovery Workshop

PSHSA is in the planning stages of developing a resource focused on supporting workplace violence and serious student incidents, specific to the school community. We will be hosting a discovery workshop to explore this concept in greater depth.



Workshop Details

October 17, 2016

Time: 1 pm to 3:30 pm

Location: 17 Fairmeadow Avenue , Room 204, North York

November 9, 2016

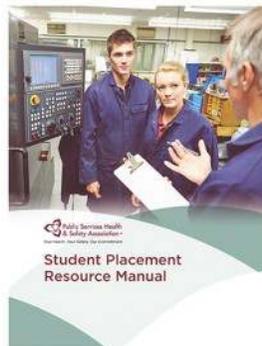
Time: 1 pm to 3:30 pm

Location: PSHSA, 4950 Yonge Street; Suite 1800, North York

If you would like to take part in the workshop or need more details, please contact Laura D'Ascenzo either at #613.294.6457 or LDascenzo@pshsa.ca by Thursday, October 13.

Student Placement Resource Book

New and Young workers continue to be exposed to many of the same hazards in workplaces across all sectors, regardless of the size of the workplace or nature of business.



Developed by former placement students, the [Student Placement Resource Book](#) provides information to ensure a hazard free worksite for co-op students. Ideal for students, teachers and site supervisors, this resource focuses on safety providing information and checklists.

Government, Municipal & Public Safety

Regional Training Site Update

Following the early 2016 announcement that PSHSA and the Ontario Association of Fire Chiefs (OAFC) have partnered to provide improved training access, centralized services and revised high hazard curriculum for the fire service in Ontario.



A walkthrough of the newly developed Chapter 5 training was held at OAFC offices in Ajax on September 29. The launch of the program will be hosted by Kitchener Fire Department from October 17-20, 2016 with a class of 12.

Special thanks to our development Subject Matter Experts - **Mississauga Fire and Emergency Services** and **Ornge** - who ensured the content is up to date and accurate and aligned with NFPA 2013 within the Ontario context.



Official Launch of Health and Safety for Building Inspectors

PSHSA are attending the 2016 Annual Meeting and Training Sessions for the *Ontario Building Officials Association* where we will be unveiling our new training materials!

This course provides Building Inspectors with information they need about potential hazards at building sites including trenching hazards, fall hazards, confined spaces, electrical hazards, asbestos and mold, and musculoskeletal disorders. It also provides controls and information about personal protective equipment that should be worn on construction sites.

[Learn More](#) about the Conference.

To learn more about the Course email Monica Szabo:
MSzabo@pshsa.ca

Health & Community Services

PSHSA Fire Training Reminder For Vulnerable Care Occupancies

Up until December 31, 2016, the OFMEM will cover the course fee for one owner/operator per facility housing occupancy. For others, the cost is \$125.00 pp for online learning, and \$150.00 pp for traditional classroom. A passing grade of 70% on the test found at the end of the course is required to receive a certificate of completion and it is possible to retake the test an unlimited number of times.

Over the last 25 years, there have been a number of significant fires in occupancies housing vulnerable persons. The inquest into the fatal fire at the Muskoka Heights Retirement Residence in Orillia issued 39 recommendations in 2012. Many people within these facilities have special needs and those that require assistance with evacuation are more vulnerable during fire emergencies.

As a result of these learnings there is new legislation governing compliance including the implementation and approval of fire safety plans in vulnerable occupancies. The new Fire Code legislation requires that the person responsible for implementing the *Fire Safety Plan for a Care Occupancy*, complete an Office of the Fire Marshal approved course. Vulnerable occupancies include:

- Hospitals,
- Long Term Care Homes (previously called Nursing Homes or Homes for the Aged),
- Retirement Homes regulated under the Retirement Homes Act, 2010,

- Group Homes, and,
- Care Occupancies.

PSHSA is the only approved training provider offering this **qualification course**. The course can be taken through an eLearning module OR as an in class training option.

View Upcoming Sessions [here](#)

Enquiries regarding course content should be directed to Laura Elchyshyn, Program Specialist, OFMEM at: laura.elchyshyn@ontario.ca.

Enquiries regarding Ontario Regulation 150/13 should be directed to Technical Services, OFMEM at: firesafetystandards@ontario.ca or at 416-325-3100 or 1-800-565-1842.

PSHSA subject matter expert consultants are available to discuss a range of topics related to health and safety in Ontario. Our highly experienced regional directors oversee larger provincial issues in our community and healthcare, education and culture, and municipal and provincial government sectors across Ontario.

[Find a PSHSA consultant near you.](#)

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