

Heads Up

You may have seen WCB's "Heads Up" campaign, a television and poster information campaign aimed at young workers, urging them to "work smart - work safe". AMHSA distributed pamphlets with its April newsletter.

Heads Up also applies to municipal employers, managers and supervisors. Summer often means hiring temporary staff. It also means more kids out playing and more people on the streets enjoying Alberta summers.

The public can create additional distractions or hazards for municipal workers. Therefore additional planning and time may need to be scheduled to safely complete some of your summer projects.

Summer students and other temporary staff do not have the same level of experience as long term permanent staff. That "common sense" you may expect these workers to have is actually their experience doing similar kinds of work. So if they are new to the job, they will not have that "common sense". It's your responsibility to make sure that they get the orientation and training to do the job safely, and to supervise them closely until you are sure they can actually do it safely. So to everyone this summer, Heads Up out there!

Musculoskeletal Injuries Prevention Program (MIPP)

Many municipalities are discovering that longer-term employees are starting to develop musculoskeletal injuries (also called repetitive strain injuries, or overuse injuries, and include injuries such as carpal tunnel syndrome or golfers elbow, for example). These injuries develop from long term overuse and stress on tissues. Awkward motions or postures, the degree of force required and the frequency of the motion are all contributing factors to developing these types of injuries.

In addition, static postures, such as being bent over at a welding bench, or seated at a computer terminal, can also lead to these types of injuries. To help municipalities identify the hazards that can lead to these kinds of injuries and develop appropriate controls, AMHSA will be piloting a new course called A Musculoskeletal Injuries Prevention Program@ or MIPP (much easier to say!). This course was originally developed by the Ontario Workplace Health and Safety Agency.

The course will teach people:

- what musculoskeletal injuries are and how they affect the body
- to identify the risk factors that contribute
- to understand and apply basic design/redesign principles to control the hazards that lead to injuries

AMHSA will be piloting the program (1-day course) starting this fall. If your municipality would be interesting in being a "guinea pig" and participate in the pilot course, give us a call.

New Videos

AMHSA has just purchased two new videos, "Respiratory Protection" and "Noise and Hearing Conservation", which are now available for rent. Below is a brief description of each.

Respiratory Protection

When workers' exposure to harmful airborne contaminants cannot be controlled by systems such as ventilation or isolation, respirators may be the only solution.

This video focuses on "air-purifying" respirators: those with filters or cartridges to remove the airborne contaminants. The video addresses:

- the criteria to consider when selecting the correct type of respirator
- the types of respirators available
- possible problems in using respirators
- how to ensure the respirator is properly fitted
- do's and don'ts of respiratory protection

Noise and Hearing Conservation

A significant hazard at many municipal work sites that often goes unnoticed is noise exposure that may result in permanent hearing loss to exposed workers. This informative and easy to understand video deals with the issues related to noise induced hearing loss and practical methods of dealing with noise in the work place. The video provides information on:

- the causes of hearing loss and its impact on workers
- the different types of noise that can cause hearing loss
- different methods of measuring noise levels
- how to apply practical controls to reduce noise levels or otherwise protect workers
- the requirement for audiometric testing

In addition we have over 30 other videos available to rent on such topics as

General Safety	Ergonomics	Fire Safety
Slings and Rigging	Front End Loaders	Blood Borne Pathogens
Office Safety	Harrassment	Driver Safety

All of our videos are available to rent on a weekly basis at a cost of \$25.00 per week. To order one of our videos, or to get a copy of our catalogue, give Lorraine a call.