

December 2004



Seasons Greetings

The staff and board of directors of Alberta Health Services wish all of you peace, joy and happiness this holiday season, and all the best in 2005.

Health and Safety Initiatives

◆ Occupational Health and Safety Council: annual awards for innovation in workplace health and safety

The *Annual Awards for Innovation in Workplace Health and Safety*, administered by the OH&S Council, recognize the most innovative health and safety initiatives in Alberta workplaces over the previous year. All types of innovations relating to occupational health and safety are considered; examples include management of workplace impairment issues, planning for safety at the design stage of projects, the use of engineering controls to replace the necessity for personal protective equipment, the development of worker and manager competencies, etc.

Applications are now being accepted for the 2005 awards; application deadline is February 15, 2005. To learn more about the awards program and/or to get an application, go to: www.whs.gov.ab.ca and click on "[call for applications](#)"

◆ WorkSafe Alberta: BEST SAFETY PERFORMER

Alberta Human Resources and Employment recognizes Alberta's **BEST SAFETY PERFORMERS** for their contributions to making our province a safer and healthier place to do business. To be recognized as a **BEST SAFETY PERFORMER**, employers must meet the following criteria:

- achieve at least 120 consecutive person years with no lost-time injuries
- have no workplace related fatalities in the previous 3 years
- possess an Alberta WCB account and hold a current Certificate of Recognition under the Partnerships program
- have no outstanding compliance orders under the Alberta Occupational Health and Safety Act, and are not currently being prosecuted for a violation

For employers with more than 40 person years, the lost time injury criteria is slightly different: for these employers, they must have a lost time claim rate of less than 2.0 and a rate of at least 40% better than their industry average. In addition they must have no lost time claims in the past year if they have an

employee base of less than 120 person years.

Employers who meet this criteria are publicly announced each year, and the list is posted on the WorkSafe website: www.worksafely.org. A **BEST SAFETY PERFORMER** logo has been developed for these employers to use - the logo can be used on letterhead or in recruiting advertisements, in training materials, on ball caps, toques, t-shirts, etc.

Four municipalities were recognized as **BEST SAFETY PERFORMERS** for 2003:

City of Lloydminster
County of Stettler
Flagstaff County
Town of Stony Plain

Congratulations to all of you!

The 2004 **BEST SAFETY PERFORMERS** will be announced next spring.

Healthy U @ Work

Many of you may have heard about the Healthy U initiative launched by Alberta Health and Wellness. The goals of this initiative are to:

- encourage and support Albertans to become more physically active and to eat healthier and more wisely
- increase the number of Albertans who are physically active
- increase the number of Albertans who eat at least five to ten servings of fruits and vegetables per day

It is recognized that the workplace can have a profound impact on employees' health. With an aging workforce and many Albertans struggling to live a healthy lifestyle, anything that the employer can do to help employees will help not only the employees, but the workplace also. To help employers help their employees, Alberta Health and Wellness expanded their Healthy U program to the workplace, with Healthy U @ Work. A guidebook to help employers has been created, with tips and information on how to get employees on a road to better health. As well, a starter kit has been developed which includes a food and activity guide, log books and an optional pedometer. These kits can provide employees the information and tools to help them live healthier lives. To learn more about the Healthy U @ Work program, go to www.healthyalberta.com and click on the Healthy U @ Work icon on the bottom of the page.

Transportation Safety

The National Safety Code (NSC) is a set of 16 standards used by all Canadian jurisdictions to enhance the safety of truck and bus carriers. As of September 1, 2004, all trucks and tractors registered for 11,794

kg or more, and buses manufactured with a seating capacity of 11 or more (including the driver) are included in the NSC program. Prior to this time, only vehicles with a capacity of 18,000 kg or more were included. Under the NSC, carriers must obtain a Safety Fitness Certificate and maintain an acceptable safety fitness rating. All carriers with vehicles in between 11,794 kg and 18,000 kg should have received information from Alberta Transportation about these changes.

Some issues to be aware of include:

- the need for a fitness certificate
- the need for inspections
- maintenance standards
- the need for a safety program
- the need for a driver record file
- driver hours of service

For more information about these requirements, contact Alberta Transportation, Carrier Services in Red Deer at (403) 340-5444, or go to their web site at www.trans.gov.ab.ca and click on Commercial Operations.

Trade Show Draw Winners

Thanks to all of you who take the time to stop by the AMHSA booth at the various conference trade shows. It's wonderful to get the opportunity to talk to you, find out your concerns, and get your suggestions.

Conference/Tradeshow	Winner	Prize
Canadian Public Works Association	Patty Podoborzny, Strathcona County	AMHSA fleece vest
Health and Safety Conference Society	Judy Brothers, MD of Greenview	AMHSA fleece vest
RUSA/ACSC/AMHSA	Doug Schaefer, Parkland County	AMHSA fleece vest & travel mug
	Jayson Nelson, Mountain View County	AMHSA fleece vest & travel mug