

September 2004

Fall Courses Starting Now

This is just a gentle reminder that our fall course schedule was sent out last month, and courses will begin in early October. We make a decision on whether or not there are enough registrants to run a course about one week before the course date. So if you intend to register, or have some of your staff register for any of the courses please do not wait until the last minute. If you haven't seen the fall schedule call Lorraine at 955-3701 or 1-800-267-9764, or go to our website at www.amhsa.net and click on "COURSE SCHEDULE".

First Aid Training

Many of you have been asking us to provide first aid training, and we listened. The Occupational Health and Safety Code requires that employers ensure first aid services are available for their employees. The type of services required depends on the number of employees, the level of hazard of the work, and the travel time to a medical facility. In most cases municipalities will require some staff certified in Standard first aid and some staff certified in Emergency first aid (refer to the OHS Code to determine your specific needs). The agency providing the training must be approved. We are now pleased to offer the St. John Ambulance courses in both Standard (2 day) and Emergency (1 day) first aid.

We have not scheduled any courses in our fall calendar, but if you would like a course on-site please call Lorraine at 955-3701 or 1-800-267-9764. We require a minimum of 10 and a maximum of 18 people per course. In addition you must have enough open floor space for participants to complete the practical exercises (at least 25 square feet per participant). Costs per person are as follows:

- Standard First Aid: \$110.00
- Emergency First Aid: \$85.00

Making In-Roads: Partnership, Knowledge and Tools for Traffic Safety

Work related vehicle collisions still account for one third of all work related fatalities each year. In the municipal sector driving is a significant part of the job, so municipal employees have a high exposure to traffic related hazards. In this sector vehicle collisions are the 4th most common type of incident, accounting for 10.5% of all WCB claims, and have the highest average cost per claim, and the longest average duration.

A traffic safety conference is being hosted by the Petroleum Safety Council and the Alberta Centre for Injury Control and Research. It is aimed at the health, industry and enforcement sectors in Alberta, in order to strengthen partnerships, increase knowledge, and share information about tools for traffic safety in Alberta. Because traffic collisions are a significant issue for our industry, this conference should be of interest. AMHSA is attending and will have a booth in the tradeshow.

Details: The conference will be held on October 4th and 5th in Edmonton. The cost is \$350 per person. To find out more or to register, go to www.med.ualberta.ca/acicr and click on the "INJURY IN ALBERTA XI CONFERENCE" button.

It is interesting to note that the issue of vehicle collisions is not only a concern in Alberta; in the United States, the National Advisory Committee on Occupational Safety and Health has made occupational vehicle safety one of their 3 priority areas for 2005.

OHS Legislation Manuals Available

AMHSA still has a few copies of the new OHS Act, Regulation and Code available for sale at a great price: \$55.00, including GST, plus shipping. (Queen's Printer's list price is \$64.95, plus GST, plus shipping.) Contact Lorraine at 955-3701 or 1-800-267-9764 if you would like a copy.

Health & Safety Guides Available

AMHSA purchased a series of health & safety guides from the Canadian Center for Occupational Health and Safety and is making them available to you. The series includes the following guides:

- **Groundskeepers Safety Guide**
- **Cold Weather Workers Safety Guide**
- **Office Ergonomics Safety Guide**
- **Indoor Air Quality Health and Safety Guide**
- **Violence in the Workplace Prevention Guide**
- **Welders Health and Safety Guide**
- **Noise Control in Industry**
- **Wellness in the Workplace**
- **Health and Safety Guide for Libraries**

Each of these guides is available from AMHSA for \$5.00 each. For descriptions about each of these guides, please visit our website at www.amhsa.net or phone Lorraine for a copy of our catalogue. She can be reached at 955-3701 or 1-800-267-9764.

Workplace Wellness

The term "wellness" basically means the process of actively working towards better health – physical and psychosocial. How healthy a worker feels affects their job satisfaction and productivity; in turn, their level of job satisfaction affects their health. It is well known that the workplace has a powerful effect on the well being of workers. Organizations are starting to recognize that happy and healthy workers are an asset – they tend to stay in the job, are absent less, are more productive, and have more of a sense of loyalty to the organization. So it makes sense for employers to take an active approach to promoting wellness and help employees enhance their physical and mental well-being. A recent study in the United States showed that companies found a return on investment of up to \$8.81 per dollar spent on wellness programs. Canadian research showed that companies with an effective wellness program cut their absenteeism rates in half.

The Canadian Centre for Occupational Health and Safety has more information on wellness programs, including how to develop and implement a program. Go to www.ccohs.ca and search on "WELLNESS". In addition, as mentioned in an earlier article, we have several CCOHS guides available for sale – one of these guides is **WELLNESS IN THE WORKPLACE**.

Watch Your Back: Back Health in the Workplace

The Alberta Chiropractic Association has published some information about back injuries and injury prevention. It states that 80% of us will experience back related conditions in our lifetime, and that 65% of us experience back/neck pain in any given year. The Association reminds us to think of ourselves as occupational athletes, and take precautions like the professional athletes do to prevent injuries. It offers a number of tips on stretching and strengthening and on proper postures. It also has a quiz on your back safety. To check out the quiz and get more information, go to their website at www.albertachiro.com and click on the "WATCH YOUR BACK" button.

New Videos

VHS: INDOOR AIR REPORT

Indoor air quality (IAQ) has become an increasingly volatile workplace health issue. The United States estimates that approximately 21 million employees are exposed to IAQ problems. This video will help your employees understand what affects the quality of the air they breathe – and how your IAQ program will help alleviate any problems. Topics include:

- how to recognize and measure air contaminants
- effects of contaminated indoor air on employees
- how to improve indoor air quality
- ventilation, isolation and filtration

DVD: CHEMICAL HANDLING SAFETY - THE BASICS

As dangerous as some chemicals are, you can handle them safely by knowing what you are working with, how to handle them and what to do in an emergency. This program covers the basics of chemical handling:

- hazard identification
- personal protection
- emergency response

DVD: ASBESTOS AWARENESS - UNDERSTANDING THE RISK

This new program provides an introduction to asbestos and the risks involved in exposure:

- the 3 most common forms of asbestos
- adverse health effects
- where asbestos can be found
- hazard communication
- personal protection
- housekeeping requirements

Each of these is available for rent at \$25.00 per week, plus shipping. Contact Lorraine at 955-3701 or 1-800-267-9764 if you would like to rent these or any of our other videos. For more information on AMHSA's other video selections please visit our on-line library at www.amhsa.net

2004 Survey Draw Winners

Thanks to all 107 of you who responded to our survey this past summer. We reviewed all the responses that came in, and presented the results when we met with our Board of Directors for our planning meeting earlier this month. Now our task is to develop our 2005 Business Plan, based on the planning meeting discussions, and submit it to the Workers' Compensation Board for approval. We will contact some of you to follow up on your survey comments. As promised, there was a prize draw – 7 names were drawn from the 107 respondents and the winners are:

County of Minburn	AMHSA course registration
Town of St. Paul	AMHSA health and safety video
City of Medicine Hat	AMHSA calculator
Town of Picture Butte	set of AMHSA coffee mugs
Village of Gadsby	AMHSA travel mug
County of St. Paul	AMHSA fleece vest
Town of Killam	AMHSA travel mug