

Safety and Health Week.....also known as NAOSH WEEK: May 6 – 10, 2019

Free OH&S education sessions during NAOSH Week!

WorkplaceNL is offering additional workshops and webinars during May 6-10, 2019 for NAOSH week. Sign up for individual workshops and webinars at the links provided. Webinars will be 60 minutes in duration and the workshops are 3.5 hours.

Presentations on various topics can also be provided at your workplace, please call 778-2926 to arrange.

Working at height: Fall Calculation - WEBINAR - Monday May 6th, 2019, 2:00pm – 3:00pm

<https://attendee.gotowebinar.com/register/7618939777988256259>

Where fall arrest is used, sufficient distance between the fallen worker and the surface below must be calculated to ensure a worker does not reach the ground before the fall is stopped.

While there are many ways to calculate falls, join us to learn an easy method to efficiently calculate fall distance, to protect while working at height.

Tips for a Healthy Work Day – WEBINAR - Tuesday, May 7, 2019, 10:00 – 11:00 am

<https://attendee.gotowebinar.com/register/5895272782539323650>

Musculoskeletal injuries (MSI) continue to increase in the workplace throughout the province, accounting for approximately 68% of all injuries reported each year. An MSI can happen in any workplace. Employers need to assess the risk of MSI and implement effective controls to reduce injury to workers. Learn how you can reduce your risk of developing an MSI with practical and simple ways to incorporate movement into your work day

Occupational Health & Disease Prevention – WEBINAR – Tuesday, May 7, 2019, 2:00 – 3:00 pm

<https://attendee.gotowebinar.com/register/240299762913883395>

Occupational disease is the leading cause of work-related death in Canada, exceeding those from traumatic injuries and disorders. Occupational diseases occur among workers exposed to specific conditions (temperature, vibration, noise, etc.) or substances in the workplace. In this webinar we will discuss how these conditions and substances can be identified, evaluated and controlled to protect worker health.

Updated! Workplace Harassment and Violence: An Overview of Legislative Changes – WEBINAR - Wednesday, May 8, 10:00–11:00 am

<https://attendee.gotowebinar.com/register/337765971160103169>

On January 16, 2019, the Government of Newfoundland and Labrador announced improvements to the Occupational Health and Safety (OHS) Regulations that included provisions to address workplace harassment and worker-on-worker violence.

Effective January 1, 2020, these expanded regulations will require employers to apply and comply with a harassment prevention plan that is accessible to all employees. They will also provide employees with a secure and confidential means to file a complaint, clear direction on how a complaint is investigated, and guidance and training for employers and employees on harassment prevention.

During this webinar, representatives from Service NL will provide information on these changes and what it means for you and your workplace.

5. 13 Psychosocial Factors – WEBINAR – Wednesday May 8th, 2018 2:00 - 3:00pm

<https://attendee.gotowebinar.com/register/4035714945951975425>

The National Standard on Psychological Health and Safety identifies and addresses 13 psychological health and safety factors. They are elements that impact employees' psychological responses to work and work conditions, potentially causing psychological health problems.

These factors are relevant to all organizations and employees, whether those organizations are large or small, in the public or private sector. Addressing them effectively has the potential to positively impact worker mental health, psychological safety and participation. This in turn can impact productivity and bottom line results.

6. Traffic Control for Supervisors – WEBINAR - Thursday, May 9, 10:00 – 11:00 am

<https://attendee.gotowebinar.com/register/148921550572871938>

The intent of traffic control is to clearly direct and control the flow of traffic with as little interruption to the normal flow as possible. Employers must develop Traffic Control Plans in advance of commencing work to address all traffic control hazards. Inadequate traffic control planning and procedures create hazards for workers that may result in serious injuries and fatalities. Supervisors must be knowledgeable of traffic control planning to comply with the duties of the supervisor, and ensure traffic control workers are working in a safe manner.

7. NEW Online OHS Course for Students – WEBINAR – Thursday, May 9, 2:00 – 3:00 pm

<https://attendee.gotowebinar.com/register/8850823809657523457>

A new online Occupational Health and Safety (OHS) course for young workers was launched by WorkplaceNL on November 16, 2018. This course prepares young workers to enter the workforce knowing the basic safety principles and practices that can keep them safe at work. This educational tool can be used by any member of the public, but it was developed to achieve health and safety related outcomes in courses offered within the high school system such as Career Development 2201 and OHS 3203. The course has a seat time of approximately 2.5

hours and learners receive an online certificate of completion when all modules have been completed.

8. Preventing Serious Injury – WEBINAR – Friday, May 10, 2019, 10:00 – 11:00 am

<https://attendee.gotowebinar.com/register/8316495243419029761>

Fifteen workers are injured every day while at work in Newfoundland and Labrador. While any injury is one too many, serious injuries change lives forever, and can be devastating on the worker, their family and their community. We should all do our part to protect ourselves and our coworkers.

In this webinar, we will define serious injury, and look at who is affected including the consequences for workers, employers, families and co-workers. We will also review how to prevent serious injuries to help ensure everyone goes home safely at the end of each workday. In the event a serious injury does occur at your workplace, we will also take you through serious injury reporting requirements for employers.

Workshop

Psychological Health and Safety – An Emerging Issue – Workshop - 9:00 – 12:30 pm

St. John's – May 7, 23
Grand Falls-Windsor – May 14
Corner Brook – May 28
Happy Valley-Goose Bay – May 30

In any given year, 1 in 5 Canadians, more than 6.7 million people will experience a psychological health issue or illness. The World Health Organization estimates that by 2020, depression will be the second leading cause of disability worldwide, second only to heart disease. Mental health can have a big impact on the way we work, many of us having to take time away from work to get better. The total cost from mental health problems to the Canadian economy exceeds \$50 billion annually. It's time for employers, to take care of worker's mental health the same as physical health.

Learning objectives for the workshop include:

1. Identify the roles and responsibilities of workplace parties in psychological health and safety (PHS).
2. Define psychological health and safety.
3. Review the impact of PHS in the workplace.
4. Review the CSA standard Z1003-13: Psychological Health and Safety in the Workplace.
5. Identify tools or methods for assessing the management of PHS.
6. Review the 13 psychosocial factors.
7. Discuss available resources for employers.

