

Smithers

SAFETY PALOOZA

* palooza - n. (slang) a lot of small things going on inside a larger thing.



**BCFED Health & Safety
centre**

Courses Funded & Approved by WCB

The *Occupational Health & Safety Act* requires the establishment of a joint health and safety committee in workplaces employing 20 or more workers. Under 20 a worker representative must be identified. Under this law employers must provide special health and safety training to the members of the committee or the worker representative.

Take advantage of this **cost effective**, **local** opportunity in your community. **Comply** and **exceed** WCB requirements.

Cost: \$99 per person

Time: 8:30 am – 4:30 pm

Location: Hudson Bay Lodge
3251 East Highway 16
Smithers, BC

Each course is 8 hours. Choose one per day.
Provincial & Federal Legislation referenced

Tuesday, May 1, 2012

- OH&S Part 1 (Basic)
- Supervisor Health & Safety Training

Wednesday, May 2, 2012

- OH&S Part 2 (Advanced)
- Understanding and Preventing Stress in the Workplace

Thursday, May 3, 2012

- Incident Investigations
- Strains, Aches & Pains: What Joint OH&S Committees Need to Know About Ergonomics

See reverse for course descriptions

**Don't delay to get your annual
Occupational Health and Safety education.**

To register, visit www.healthandsafetybc.ca

Registration deadline 14 days in advance.

For Inquiries, call Toll Free 1-888-223-5669

OH&S Part 1 (Basic)

This introductory Occupational Health & Safety (OH&S) course will introduce new Committee members and Worker Representatives to the basic principles of workplace health and safety. This course also serves as a great 'Back to Basics' course for those OH&S Committee members who desire refresher training.

In this course participants will:

- Learn the responsibilities and duties of the Joint OH&S Committee.
- Learn about the **OH&S Regulation** and the **Workers Compensation Act**, workers' OH&S rights and the procedure for refusing unsafe work.
- Learn how to conduct effective safety inspections.
- Have the opportunity to put theory into practice in various interactive exercises in the course.
- Be updated on changes to the **OH&S Regulation**.

OH&S Part 2 (Advanced) *REVISED

The OH&S Part 2 has been designed to allow participants to pick up where our OH&S Part 1 left off and to further develop the concepts, tools and resources needed to tackle OH&S issues at their workplaces.

In this course participants will:

- Learn about Human Health, Routes of Entry and Musculoskeletal Injuries
- Legal requirements and elements of an effective Health & Safety Program
- Understand Hazard Identification recognition principles Inspections, Job Safety Analysis, Work Procedures and Hazard Reporting Methods
- Concepts around Hazard & Risk Assessments, Occupational Health & Hygiene and Exposure Limits
- Hazard control principles, setting priorities, hierarchy of controls & developing effective recommendations.

Completion of the OHS Part 1 (Basic Course) is required before taking this course.

Incident Investigations

An incident or near hit happens at the workplace. An investigation by the employer and the OH&S Committee must take place. It is your responsibility to gather the facts, objectively assess those facts and arrive at appropriate solutions to prevent any future incidents. How do you conduct an effective investigation?

Incident investigation is a serious matter. This course will provide you with the opportunity to improve your investigative skills.

In this course participants will:

- Learn the Workers Compensation Act and OH&S Regulation requirements for incident/accident investigations.
- Learn how to conduct effective interviews in order to get the full story of the incident.
- Learn how to assess all the contributing factors in order to put develop effective corrective actions.
- Conduct an incident investigation and put theory to practice.

Strains, Aches & Pains: What JHS Committees Need to Know About Ergonomics

This course is designed to provide OH&S Committee Members and Worker Representatives with the knowledge and skills to identify Ergonomic problems at the workplace, and ways of finding solutions.

In this course participants will:

- Learn how to identify ergonomic hazards.
- Learn risk assessment techniques.
- Learn how to generate solutions to deal with hazards.
- Learn strategies to assist in implementing an effective prevention program.
- Learn how to comply with existing Ergonomics legislation.
- Have an opportunity to put theory into practice in the exercise, "Fix That Job."
- Completion of the OH&S Part 1 (Basic Course) is advantageous before taking this course.

Understanding and Preventing Stress in the Workplace

This course is designed for Joint OH&S Committee Members and Worker Representatives to identify stressors such as job demands, job control, lack of support, management styles, bullying and lack of work and life balance that cause workplace stress and worker burnout. We will examine how the Joint OH&S Committee can work with the employer to develop prevention strategies to reduce worker stress.

This is not a time management or coping strategies course.

In this course participants will:

- Discuss what stress is and how it affects you.
- Learn about the contributing organizational stressors in the workplace.
- Identify the stress hazards in your own workplace.
- Discuss how stress affects our work, our families and our communities.
- Develop prevention strategies to minimize workplace stress.

Supervisor Health & Safety Training

Supervisors play a critical role in the workplace because they have the authority to oversee the work of others. As such, supervisors have considerable responsibilities under **Occupational Health & Safety Legislation**. The Law also obligates employers to appoint competent persons as supervisors. A supervisor is deemed competent if they are: qualified by knowledge, training and experience in the work they oversee; familiar with the legislation that applies to their workplace; and most importantly, knowledgeable about actual or potential workplace hazards, so they can in turn advise workers about these hazards.

To help workplaces understand and fulfill their significant supervisory responsibilities, the BCFED Health & Safety Centre has developed a new one-day training program. The Supervisor Health and Safety Training reviews the specific responsibilities of supervisors as per the health and safety legislation. Detailed attention is paid to the supervisor's role in addressing work refusals, and working with Joint Health and Safety Committees and Worker Representatives during inspections, investigations and during WCB inspections.

This new program also reviews relevant case law and provisions of the **Criminal Code of Canada** to help participants better identify types of work that are supervisory in nature and their related legal duties.