

# WorkSafe

Tools for building safer workplaces | worksafemagazine.com | January / February 2020



**Growing a safety culture from the ground up** p7

**Certifying concrete pump operators** p5

**Shining a light on shift work** p12

		OHS Committee Part 1 Satisfies (OHSR 3.27) mandatory training	OHS Committee Part 2	Incident Investigations	Committee Effectiveness	Mental Health First Aid (2 day course)	Bullying & Harassment	Mental Health and the CSA Standard	Improving Return to Work Outcomes	Supervisor OHS Part 1	Supervisor OHS Part 2	Risk Assessments	Ergonomics	Prevention of Violence		
Lower Mainland & Fraser Valley	New Westminster	5-May	6-May	7-May		May 20-21	16-Dec	15-Dec		23-Jun	24-Jun	25-Jun	17-Dec	18-Dec		
		1-Dec	2-Dec	3-Dec		Dec 8-9				16-Dec	17-Dec	15-Dec				
	Vancouver	Monthly - check online		18-Jun	9-Apr	17-Apr	Apr 7-8	9-Oct	8-Oct	18-Dec				26-Jun	19-Jun	
				30-Oct	9-Jun	10-Jun	Sep 29-30									
	Chilliwack	20-Oct	21-May	21-Oct	22-Oct											
Surrey / Langley	16-Jun	29-Sep	30-Sep	1-Oct	2-Oct	Apr 29-30	13-May	12-May		6-Oct	7-Oct	8-Oct	09-Oct			
Abbotsford	7-Apr	17-Nov	9-Apr	19-Nov	20-Nov	Jun 2-3	24-Jun	23-Jun	20-May	15-Apr	16-Apr	14-Apr	20-Nov	12-Nov		
Vancouver Island & Sunshine Coast	Nanaimo	31-Mar	26-May	27-May	28-May		May 26-27	27-May	28-May		28-Oct		29-Oct	5-Nov	5-Nov	
		27-Oct	17-Nov	28-Oct	29-Oct											
	Campbell River	2-Jun		3-Jun	4-Jun	<b>COURSE HOURS:</b> All courses are eight hours in length and run from 8:30 am to 4:30 pm.		<b>Participant cost: \$150*</b> * When registering 14 days in advance. Course dates and offerings subject to change. Please check online for updates and additions. Two day Mental Health First Aid course cost \$295.								
		20-Oct		21-Oct	22-Oct											
	Port Hardy	21-Apr			22-Apr											
	Port Alberni	17-Sep														
	Courtenay	15-Sep														
	Powell River	05-May		6-May	7-May											
Gibsons	20-Oct					Apr 21-22										
Victoria / Colwood	Monthly - check online		16-Apr	17-Apr	10-Dec	Apr 7-8	21-May	20-May	10-Nov	28-Apr	29-Apr	30-Apr	21-Oct	22-Oct		
			4-Nov	5-Nov		Nov 17-18	20-Nov	19-Nov		15-Sep	16-Sep	17-Sep				
North & Northwest	Fort St. John	5-Mar	22-Sep	23-Sep	24-Sep		Sep 22-23	23-Sep	24-Sep							
	Dawson Creek	12-May		13-May								14-May				
	Mackenzie	26-May		27-May	28-May											
	Terrace	16-Jun	16-Sep	17-Jun	18-Jun	8-Oct	Oct 6-7	18-Jun	17-Jun		17-Jun		18-Jun	16-Sep	17-Sep	
	Prince Rupert	31-Mar		1-Apr	2-Apr		Mar 31-Apr 1				31-Mar		1-Apr			
	Kitimat	21-Apr	15-Sep	16-Sep	17-Sep		Jun 16-17									
		Prince George	21-Apr		22-Apr	23-Apr	08-Oct	Jun 2-3	10-Jun	11-Jun	21-Apr	22-Apr		23-Apr	7-Oct	08-Oct
			9-Jun		10-Jun	11-Jun										
	6-Oct		07-Oct	08-Oct												
	Smithers	15-Sep		16-Sep	17-Sep		Sep 15-16									
Burns Lake	3-Sep															
Houston	1-Sep															
Fort Nelson	3-Mar					Mar 4-5										
Interior	100 Mile House	26-May		27-May	28-May		Sep 15-16									
	Williams Lake	2-Jun		3-Jun	4-Jun		Mar 24-25									
	Quesnel	12-May		13-May	14-May											
	Kamloops	24-Mar	12-May	13-May	14-May	21-Oct	May 12-13	14-May	14-May		3-Nov		4-Nov	05-Nov	20-Oct	
6-Oct		27-Oct	28-Oct	29-Oct												
Kootenays	Castlegar	2-Jun		3-Jun	4-Jun		Apr 15-16	16-Apr	15-Apr	03-Jun	23-Sep		24-Sep	1-Oct	30-Sep	
		22-Sep		23-Sep	24-Sep											
	Cranbrook	16-Jun		17-Jun	18-Jun	10-Nov	May 5-6	06-May	05-May					17-Nov	18-Nov	
		3-Nov		4-Nov	5-Nov											
Fernie	9-Sep															
Golden	11-Sep					Sep 2-3										
Okanagan	Penticton	31-Mar	12-Jun	1-Apr	2-Apr											
		15-Sep		16-Sep	17-Sep											
	Princeton	11-Feb		12-Feb	13-Feb											
	Salmon Arm	20-May					Sep 9-10									
		21-Apr	9-Jun	22-Apr	23-Apr											
Vernon	22-Sep															
Kelowna	15-Apr	16-Jun	17-Jun	18-Jun	10-Jun	Jun 23-24	25-Jun	25-Jun								
	9-Sep	17-Nov	18-Nov	19-Nov	10-Dec	Dec 1-2	8-Dec	3-Dec	04-Dec	1-Dec	2-Dec	3-Dec	13-Nov	12-Nov		

Guidelines for mobile crane operators p19

# Contents

January / February 2020 | Volume 20 | Number 1

## Features

### 5 | Ask an officer Training concrete pump operators

Occupational safety officer Ashley Teister answers questions about training and certifying concrete pump operators.

By Gord Woodward

### 7 | On the cover Growing a safety culture from the ground up

When Pure Sunfarms started growing cannabis, it was the perfect opportunity to grow their health and safety culture at the same time.

By Jesse Marchand

### 12 | Work science Shining a light on shift work

Research, supported by a WorkSafeBC Innovation at Work grant, looks at the effectiveness of light interventions for rotating shift workers.

By Marnie Douglas

### 15 | Safety talk Preventing phase congestion

Tips on managing risk when harvesting and other forestry activities overlap.

By Gord Woodward

## Departments

4 | From the editor

17 | Safety on the agenda

19 | Policy notes

22 | WorkSafeBC update

26 | Penalties

## Centre pullout

### What's wrong with this photo?

Problems at the pool.

### What was wrong

Answer key and winner of the last "What's wrong with this photo?" contest.

On the front cover: Robert Clark and Elaine McAnally walk through the nursery of Pure Sunfarms.

## Creating an engaged workforce

In our cover story, we explore how one employer is meeting the challenges of building a health and safety program within a newly emerging industry. They credit much of their success to employee engagement being at the core of everything they do (page 7). Whether it's risk assessments or joint committee innovations, we know that a two-way dialogue between workers and employers is key to building a positive health and safety culture. In this issue, we broaden that dialogue to show how different industries are engaging the workforce in injury prevention.

Our "Safety talk" looks at how workers can be involved in risk assessment (page 15). And our "WorkSafeBC update" explores how commercial truck drivers can engage with health and safety associations (page 22).

Our "Ask an officer," "Work science", and "Policy notes" articles take a wider lens by focusing on people coming together to make industry-wide changes. We look at operator certification (page 5), scientific interventions for shift work (page 12), and defining "good engineering practice" (page 19).

We hope these stories open a dialogue at your workplace. The conversations you start today could be the beginning of your next big idea.



**Terence Little**  
Editor-in-chief

# WorkSafe

**Editor-in-chief:** Terence Little | **Managing editor:** Jesse Marchand

**Assistant editor:** Tiffany Sloan

**Graphic designer:** Jane Tang

**Photographer:** Khalid Hawe | **Photo safety advisor:** Andrew Lim

*WorkSafe Magazine* is published by the WorkSafeBC (Workers' Compensation Board of B.C.) Communications department to educate workers and employers about injury and disease prevention, promote positive safety culture, and provide links to WorkSafeBC resources for safer workplaces.

**Disclaimer** WorkSafeBC strives for accuracy; however, the information contained within *WorkSafe Magazine* does not take the place of professional occupational health and safety advice. WorkSafeBC does not warrant the accuracy of any of the information contained in this publication. *WorkSafe Magazine* and WorkSafeBC disclaim responsibility for any reader's use of the published information and materials contained in this publication. WorkSafeBC does not warrant or make any representations concerning the accuracy, likely results, or reliability of the contents of the advertisements, claims made therein, or the products advertised in *WorkSafe Magazine*. WorkSafeBC does not warrant that any products advertised meet any required certification under any law or regulation, nor that any advertiser meets the certification requirements of any bodies governing the advertised activity.

*WorkSafe Magazine* is published six times a year. The yearly issues are January/February, March/April, May/June, July/August, September/October, and November/December. The magazine can be viewed online at [worksafemagazine.com](http://worksafemagazine.com).

**Subscriptions** To start or stop a free subscription to *WorkSafe Magazine*, or to update mailing information, follow the "Subscribe" link on our website at [worksafemagazine.com](http://worksafemagazine.com).

**Advertising** For information about advertising your product or service in *WorkSafe Magazine*, please contact Kevin Dergez of Strategis Communications at 250.574.7171 or [kevin@strategis-communications.com](mailto:kevin@strategis-communications.com).

**Contact us** Email: [worksafemagazine@worksafebc.com](mailto:worksafemagazine@worksafebc.com). Telephone: 604.231.8690. Mailing address: *WorkSafe Magazine*, PO Box 5350 Station Terminal, Vancouver, BC V6B 5L5. Courier: WorkSafeBC Communications, 6951 Westminster Highway, Richmond, BC V7C 1C6.

**Copyright** The contents of this magazine are protected by copyright and may be used for non-commercial purposes only. All other rights are reserved and commercial use is prohibited. To make use of any of this material, you must first obtain written authorization from WorkSafeBC. Please email the details of your request to [worksafemagazine@worksafebc.com](mailto:worksafemagazine@worksafebc.com). WorkSafeBC™ is a registered trademark of the Workers' Compensation Board of B.C.

**WORK SAFE BC**



**Gord Woodward**

Gord has run his own communications and business-consulting firm for 24 years. He brings us “Ask an officer” (right) and a “Safety talk” on phase integration in forestry (page 15).



**Jesse Marchand**

Jesse is the managing editor of *WorkSafe Magazine* and has been working in publishing and journalism for 18 years. In her cover story she speaks with an employer who is building a safety program in the new cannabis industry (page 7).



**Marnie Douglas**

Marnie is a Kelowna-based writer and communications professional who began her career in journalism. Her “Work science” story looks into interventions to help shift workers beat fatigue (page 12).



**Gail Johnson**

Gail has been working as a journalist since 1996 and has earned national, provincial, and local awards and nominations for her work. She brings us a “WorkSafeBC update” on commercial driving (page 22).

# Training for concrete pump operators



**Ashley Teister**  
Occupational safety officer

**Region:** Port Moody  
**Years on the job:** 5

This month, occupational safety officer Ashley Teister talks about concrete pumping safety and the new concrete pump operator certification, which is the first of its kind in North America.

### Q. What are the risks associated with pumping concrete and how do I reduce them for my crews?

**A.** Construction sites often experience congestion so there’s a risk of contact with other equipment working simultaneously. You need to have a plan in place and ensure effective communication between all of the operators.

There’s also the risk of contact with an overhead energized power line. Plan the set-up of the pump to eliminate the hazard. If you cannot eliminate the hazard, always maintain a safe distance. Part 19 of the Regulation specifies the minimum limits of approach.

Improper set-up can increase the potential for the concrete pump truck to fail or tip over, or for the supporting surface to fail, which can lead to the pump tipping over. The ideal space will be level, large enough for the pump with fully extended outriggers, and away from power lines and excavations.

If you’re pumping concrete into wall forms and your crew works at heights, they could fall. You need to provide an appropriate work platform, usually with guardrails.

Blockages in the hose are another risk with potential for catastrophic injury. When blockages clear, workers can be struck by the blockage itself or by a whipping hose. Air trapped behind a blockage can create tremendous force, so ensure the concrete is added to the hopper in a consistent manner to prevent air pockets.

There are other risks to consider. Wet concrete on exposed skin can cause cement burns and dermatitis, so wear long-sleeved clothing, gloves, and safety glasses. Wear on the pipe clamps can lead to falling materials, so inspect restraint devices to make sure they’re in good working condition.

**Q. What does the new operator certification cover?**

**A.** The BC Construction Safety Alliance, in partnership with industry and labour organizations, launched North America’s first certification program for concrete pump operators in September 2019. The training is voluntary and helps employers ensure their operators are competent to operate the concrete pump.

The certification involves both a written safety exam and a practical exam to demonstrate competence. Once you’re certified, you take a new practical exam every five years to re-certify. You can learn more about it at [ccpo.ca](http://ccpo.ca).

**Q. What should I include in my planning before starting a job?**

**A.** The safe placement, operation, and inspection of concrete pump trucks is essential to a safe worksite. Assessing the site before starting work can ensure the operator has the necessary equipment to safely set up, is aware of the site conditions and arrangements to be made for the set-up, and that a competent operator is sent to the site. You will need traffic control or lane closures if your outriggers will go into traffic.

**Q. What often gets overlooked when it comes to concrete pumping safety?**

**A.** Sometimes short rigging is used when the manufacturer’s instructions do not permit it. Full extension and deployment of the outriggers is always the first option. Short rigging may only be used if it is impracticable to fully deploy all outriggers.

Another issue is that set-up does not always include a stability assessment of the supporting soil the pump and outriggers will be placed on. Supporting soil could be adjacent to an excavation or above underground utility banks, for example.

Operators and employers often use the pre-trip inspection as a pre-use inspection, but this doesn’t fulfill the health and safety requirements. A pre-use inspection needs to include the site conditions prior to setting up the concrete pump.

When you set up and operate around overhead power lines, be sure the operator is aware of the voltage of the lines. Operators also need to know the work arrangements to prevent contact when setting up, operating, and retracting the boom on the pump. The other element that is also frequently missed is the provision for inadvertent movement. Even if you’re outside the limits of approach to the power lines, is there a potential that the pump could contact these lines?

There’s also a common misconception that employers only need to have the inspection decal. They actually need to have inspection documentation readily available for review, too.

**Q. Where can I get more information?**

**A.** You can find resources by searching “concrete pumping” at [worksafebc.com](http://worksafebc.com) and visiting Concrete BC at [concretebc.ca](http://concretebc.ca).

Looking for answers to your specific health and safety questions? Send them to us at [worksafemagazine@worksafebc.com](mailto:worksafemagazine@worksafebc.com), and we’ll consider them for our next “Ask an officer” feature. ☺

WorkSafeBC prevention and investigating officers cannot and do not provide advice on specific cases or issues referenced in this article. WorkSafeBC and *WorkSafe Magazine* disclaim responsibility for any reliance on this information, which is provided for readers’ general education only. For more specific information on prevention matters, contact the WorkSafeBC Prevention Information Line at 604.276.3100 or toll-free at 1.888.621.7233.

On the cover

Jassy Mann, supervisor, production, at Pure Sunfarms sticking cuttings — a method used to propagate plants.



# Growing a safety culture from the ground up

By Jesse Marchand

## When Pure Sunfarms started growing cannabis, it was the perfect opportunity to grow health and safety culture at the same time.

The recreational cannabis industry has sprouted since legalization in October of 2018 — today, B.C. has around 65 licensed cultivators, processors, and sellers under Health Canada Cannabis Regulations, some with licences for multiple locations. This rapid growth coupled with competition to get a share in this marketplace has the potential to leave worker health and safety at the bottom of the priority pile.

Some employers, however, see the new market as an opportunity to build a dream workplace from the ground up — one that includes injury prevention and a worker's right to a healthy and safe workplace.

WorkSafeBC's Risk Analysis Unit (RAU) sees it as an opportunity, too. As part of its commitment to understand and prevent emerging risks, the RAU has been working with other departments at WorkSafeBC to engage with employers on their health and safety programs. It was through one of these engagements, that WorkSafeBC occupational hygiene officer Kimiko Banati first met health and safety manager Robert Clark and the Pure Sunfarms team.

"When I first visited Pure Sunfarms, their health and safety manager, Robert Clark, had only been on the job for two weeks. But Robert had hit the ground running and was already building on health and safety systems," says Banati.



Elaine McAnally, Robert Clark, and Chantelle Dovale, supervisor, post-harvest production, discuss health and safety in a flower room.

"The facility had already thought through their engineering systems and set up a sanitization process. They had a really good health and safety system set up in such a short time, and were already thinking proactively about worker health and safety."

Elaine McAnally, Pure Sunfarm's VP, people and experience, notes that what made them able to deliver health and safety needs quickly was making it part of their growth plan from day one. "We were a small, dedicated team in the early days," says McAnally. "Our health and safety program was always a priority for everyone and is a core part of our culture."

## An enthusiastic committee

Pure Sunfarms employs 100 full-time employees and over 400 contractors to grow and process eight strains of dried cannabis flower. To keep things running smoothly, safe work processes, documentation, and clear lines of communication are a must.

"Employees are involved in health and safety every step of the way," notes Clark. "Whenever we do a risk assessment, they are involved. We don't just take information to health and safety meetings. We include the team right from the start."

Employees have several avenues for reporting hazards, including talking directly to the joint health and safety committee, emailing a dedicated email address, or raising the issue in Slack, a communications channel for employees. Because it takes two to three full days to complete an inspection of the entire facility, the joint committee also rotates the areas where they perform monthly inspections.

Through it all, the joint committee is particularly engaged in making the workplace as safe as possible, says Clark. "I've worked at places where it's really hard to get a committee going. Here, people are enthusiastic about it. They appreciate it."

For McAnally, the success of the committee comes down to leaders leading leaders. "Robert is one person, but what he's done is teach the health and safety committee to be able to take on these tasks. He's taken the role of one health and safety manager and amplified that many times."

## Working closely with vendors

Another way he is amplifying his role is bringing in experts early and often. This includes connecting with equipment vendors, engineers, ergonomists, and



**Robert Clark from Pure Sunfarms shows WorkSafeBC's Kimiko Banati how they measure light levels in a flower room.**

emergency response personnel. When it comes to equipment, connecting with vendors has become an important step in preventing injury.

While growing and harvesting cannabis has some similarities with hot house vegetables, there is a unique set of processes and needs when it comes to equipment. Some equipment may come from the local agriculture industry, while other equipment comes from the United States or Europe, meaning it may not conform to CSA standards.

“Robert is working quite a bit with safeguarding,” says Banati. “They are doing proper assessments of what safeguards are in place. All employers need to make sure their equipment meets lockout and safeguard requirements. They need to do that assessment for the safety of the workers and implement effective controls.”

To safeguard the equipment, the team at Pure Sunfarms utilizes every resource available — including the equipment vendors.

“We have a dedicated team of process engineers who specialize in the set-up and design of equipment. Since the cannabis industry is so new, the trim machines, the bucking machines, and the grinders are very new equipment,” notes Clark.

“One of the most important things we’ve implemented is including the vendors in our risk assessments. I can’t stress this enough: A lot of equipment shipped in from outside of Canada is designed to different standards,” says Clark. “Before it’s put on the floor, we spend time with the vendor, engineers, and our operations team to develop the guarding and our health and safety procedures around the equipment.”

### **Shutting down CO2**

Along with vendors, the health and safety team also connects with emergency response teams. A good example is their control plan for carbon dioxide (CO<sub>2</sub>), which many facilities use to enrich growth. “To use it safely, there needs to be a monitoring system in place, as well as emergency plans for unforeseen events,” notes Banati. “Employers need to understand the risks

and hazards associated with CO2 and put in adequate, reliable, and durable controls in consultation with their local fire department, Technical Safety BC, and their joint health and safety committee.”

In addition to failsafe’s such as automatic monitoring and remote shut-off systems, Pure Sunfarm puts careful consideration into its workplace procedures in conjunction with emergency response personnel.

“Regular visits to our site are conducted by the local fire department and fire prevention services to ensure familiarity with our procedures and facility in case of emergency,” says Clark. The team has also implemented signage in the languages of their workforce — English, Punjabi, and Spanish — to ensure workers are familiar with and have access to safety procedures.

**“One of the most important things we’ve implemented is including the vendors in our risk assessments.”**

—Robert Clark, health and safety manager,  
Pure Sunfarms

## Taking out the strain

Procedures and signage are just part of the picture. When it comes to eliminating injury, Pure Sunfarms looks at how workstations are set up, how equipment is purchased and safeguarded, how product is transported, and everything in between.

The set-up of the workspace is an important factor when it comes to preventing musculoskeletal injuries (MSIs) to workers. If stool heights can’t be adjusted to match plant height, workers could be hunched over with necks bent in awkward postures. The trimming itself could also be a risk for MSIs: improperly set up workstations can lead to wrist extension, while the grip strength required to trim and snip buds could put tendons at risk. Assessing the risk and switching out the tools for safer options can go a long way in preventing injury.

WorkSafeBC ergonomists Gina Vahlas, Heather Kahle, and Tami Perkins have been accompanying prevention officers to local cannabis facilities to understand the

musculoskeletal risk factors for workers in this industry. What they’ve seen at Pure Sunfarms is encouraging, when it comes to preventing MSIs.

Stool heights are adjustable and workstations are cleared of clutter that could cause tripping injuries. To increase morale and productivity, workers rotate their tasks and take stretch breaks. They also pay close attention to the travel path of the product, from clearing pathways to reducing repetitive motions in moving materials.

They are also cautious about how far workers need to carry product and supplies and have removed the risk of needing to repeatedly transport items up and down stairs — a risk that the WorkSafeBC ergonomists have seen at other facilities.

“If a facility is adding a second floor, they should build in a mechanical lift to move materials between the floors, instead of expecting workers to manually carry items up and down stairs,” notes Vahlas.

Assessing work procedures and building in solutions is at the heart of Pure Sunfarms’, MSI prevention program. The team’s special relationship with vendors is key.

“Their work with the vendors to perform risk assessments on equipment is the most important prevention tool they have when it comes to preventing MSIs,” says Kahle. “Recognizing problems early and making effective workplace changes is key to reducing the risk of injury.”

## A team effort

For Clark, the bottom line is that the whole team is on board with their efforts. “Everyone takes health and safety seriously. People come to me with ideas saying ‘Can we do this and can we do that?’ They are not afraid to report hazards or injuries.” It’s a positive step, considering that early reporting is key to understanding where problems may emerge.

“This is the best job I’ve ever had,” adds Clark. “The support I get from my colleagues makes it easy to do health and safety in this environment.”

## For more information

For more information on health and safety in the cannabis or agriculture industry, visit our website at [worksafebc.com](https://worksafebc.com). To find more information on implementing an effective agricultural safety program, visit [agsafebc.ca](https://agsafebc.ca). ☺

# Changes to the *Workers Compensation Act*

Did you know? Changes to the language and numbering in the *Workers Compensation Act* come into effect April 6, 2020.

The changes are intended to make the Act easier to read and understand. They include a reorganization of the Act's components, some new wording in various sections, and deletion of provisions that have been repealed or are no longer needed.

Find out more at [worksafebc.com/WCA2019](https://worksafebc.com/WCA2019).

**WORK SAFE BC**



On-Site Health & Safety Training  
*open enrollment courses now available*

200+ Online Safety Awareness Courses

Reduced Cost for Online SDS Management

Certificate of Recognition (COR) Program

COR Organization Self-Assessment  
*free online tool available to all organizations*

BCMSA/PWABC 3<sup>rd</sup> Annual Joint Conference  
*September 20-23, 2020 in Richmond*

[bcmsa.ca](https://bcmsa.ca)



BC MUNICIPAL SAFETY ASSOCIATION  
*Worker safety is our business.*

**BCMSA**

New research looks into whether or not using light boxes can help shift internal clocks.

# Reducing fatigue from rotating shift work

By Marnie Douglas

Shift work is part of the job for health care workers, a necessity to provide around-the-clock continuous care for patients. But new research, supported by a WorkSafeBC Innovation at Work grant, is shining a light on methods to reduce fatigue and improve sleep for people with rotating shift work.

Jay Olson was studying psychology at Simon Fraser University when he took a class in circadian rhythms and sleep. His mother was a nurse and he remembers how drowsy she'd be after working night shifts.

"It was hard to see her so tired. She'd make little mistakes around the house, would forget things. I took the class and became intrigued," he says.

Fast-forward several years and Olson is now completing his PhD at McGill University. His recent research around nurses doing shift work has shown that light exposure can help reduce fatigue and improve sleep.

## Working night shifts is like jet lag

He explains that when people work night shifts, the body reacts like that of travellers with jet lag — trouble falling asleep, feeling tired or disoriented, and generally being unable to function normally during the daytime are common symptoms. There were studies that showed specific light exposure could reduce the effects of jet lag and some research had been done on permanent shift workers (those who work a regular night shift) with similar results. But there wasn't much done around rapidly rotating shift workers.

Olson says working such schedules has been associated with greater fatigue, reduced work performance, and poorer sleep relative to working permanent night shifts.

"I was curious to see if the same principles would work," says Olson. "If the rapidly rotating shift workers, or nurses in this case, were to get light exposure before their night shift, could it help shift their body clock? And would avoiding bright light after their shift also help?"

Olson developed a practical routine based on circadian and sleep hygiene principles and tested it on a group of 33 nurses whose work week included two to four consecutive night shifts and two day shifts.

## Can bright light before a night shift help you sleep better?

The study involved 40 minutes of bright light exposure from a portable light box before night shifts, light avoidance by using sunglasses after the shift, and suggested ideal times to sleep and nap.

“We aimed to balance feasibility and effectiveness using strategies that do not require changes in the workplace or changes during work hours. To test this intervention, we focused on nurses because they commonly work rotating shift schedules yet receive little training to reduce the associated negative effects,” says Olson.

“Basically, we said before your night shift, get bright light; after your night shift, avoid light; and, before the set of shifts, sleep in, avoid light in the morning, and nap late.”

The results were encouraging.

“We found that the nurses were less fatigued, they made fewer errors at work, slept better, and had improved mood,” he says. “All of the changes were in the direction that we’d hoped.”

Although he is excited about the results, Olson says he and his team are doing a follow-up study to further refine the findings. The initial study was relatively short — roughly one week for the control period and one week for the intervention — meaning he could not

assess the long-term impact of the interventions. Plus, the lack of a separate control group means he couldn’t assess which components were most effective.

But overall, he’s pleased the results show the feasibility and potential effectiveness of light-based therapy for nurses who work rotating shifts. A major benefit is its low cost — beyond the light box, the intervention uses inexpensive materials, such as sunglasses, that most shift workers already own.

“This is a potential solution that focuses on workers and requires no administrative buy-in. Overall, our results support the potential of circadian-based interventions to minimize the health and safety impacts associated with working rapidly rotating shifts,” he adds.

WorkSafeBC is keeping an eye on the results and ongoing research.

“This type of project, which translates research knowledge into workplace application, is the purpose of the Innovation at Work grant competition,” says Deepani Weerapura, senior manager of Research Services at WorkSafeBC.

## For more information

The WorkSafeBC Innovation at Work grant supports small-scale research projects that lead to the development of practical solutions to address workplace health and safety issues. Find out more about this and other research opportunities at [worksafebc.com/researchservices](https://worksafebc.com/researchservices). You can also read Jay Olson’s published study in *Chronobiology International*. 🌞



**TOTAL SAFETY** TSS Total Safety Services Inc.®

- Industrial Hygiene Services
- Hazardous Materials Surveys & Management
- Asbestos Laboratory Services

Contact Info:  
O: 604.292.4700  
#112-4595 Canada Way  
Burnaby, BC V5G 1J9

Web:  
[pacificehs.totalsafety.com](http://pacificehs.totalsafety.com)



Penalties, claim costs and downtime can be disruptive and costly for your business – contact us for a free consultation

Your safeguarding experts – from start to completion

[safety@ubsafe.ca](mailto:safety@ubsafe.ca)  
[www.ubsafe.ca](http://www.ubsafe.ca)  
778.847.4047



Save the date  
May 8, 2020

# Health Care Professional Conference

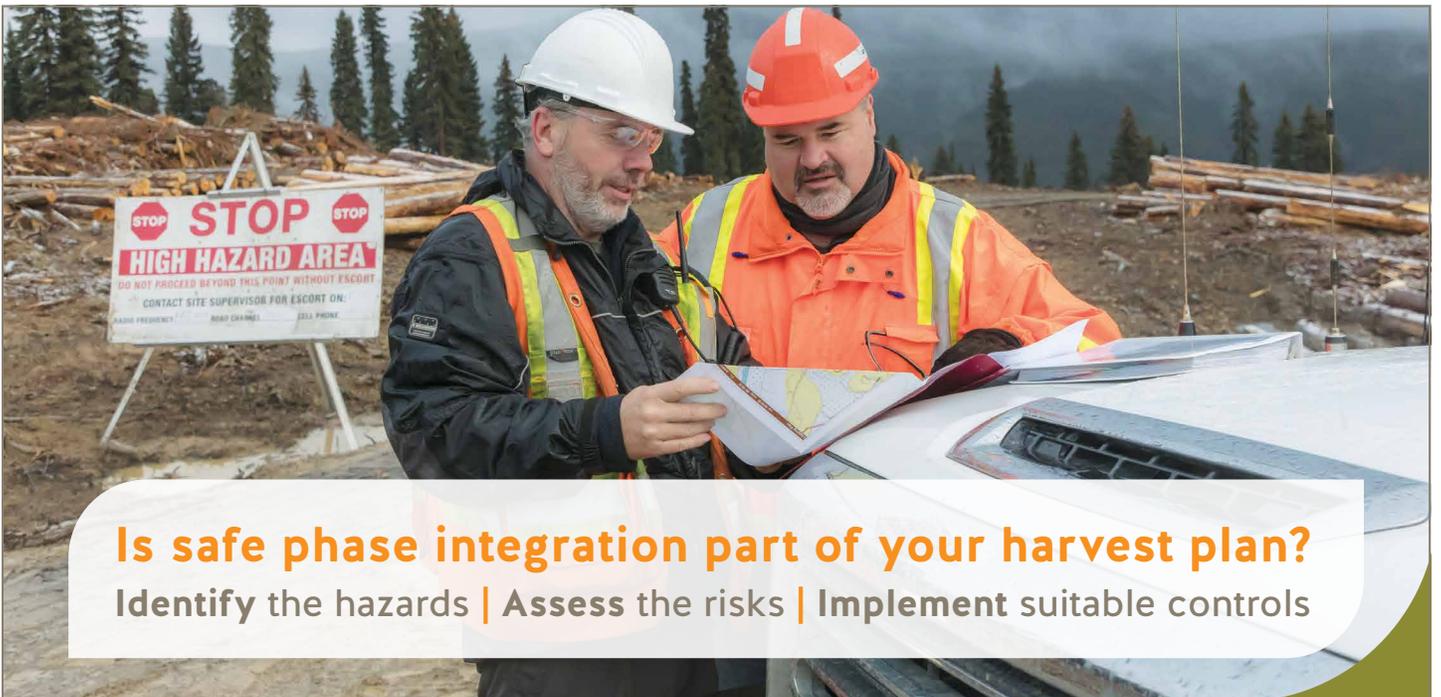
JW Marriott Parq Vancouver | May 8, 2020 (Registration opens March 1, 2020)

WorkSafeBC is proud to present the 15th Annual Health Care Professional Conference.

You're invited to learn, share, and network. Expand your knowledge of leading-edge research on rehabilitation and how it is applied in clinical practice with injured workers.

For more information visit [healthprofessionalconference.com](http://healthprofessionalconference.com)

**WORK SAFE BC**



**Is safe phase integration part of your harvest plan?**  
Identify the hazards | Assess the risks | Implement suitable controls

Visit [worksafebc.com](http://worksafebc.com) and search for "Managing risk".

**WORK SAFE BC**



WorkSafeBC officers Gordon Craigie and Laura Smylie go over the site plan with employees at Sladey Timber Ltd.

# Preventing phase congestion

By Gord Woodward

As multi-phase harvesting operations have become the norm in B.C., forestry workers find themselves at busy worksites that can present an increased level of risk. These five tips provide a starting point for how to manage the risks when harvesting and other activities overlap.

Phase congestion is an industry-wide problem and has resulted in serious injuries and fatalities. But, activities in a well-planned cutblock can function safely even if a variety of different work processes are happening at the same time — it's called safe phase integration.

When one phase of harvesting can adversely affect another, it's called "phase congestion." This can put worker safety at risk for a wide range of jobs. Phase congestion affects road builders, harvesting operations, log haulers, timber cruisers, survey crews, and on-site researchers. Even silviculture workers'

safety can be at increased risk due to post-harvest conditions and road deactivation.

"The reality is, it can occur on any logging operation throughout the province," says Budd Phillips, a WorkSafeBC manager of Prevention Field Services based in Fort St. John.

Phase congestion has many scenarios. It occurs when different parts of a forestry operation — such as people and machines — get too close to each other. It also can occur if people work above or below an operation and their work could impact others on site. Think of falling a tree at the top of a slope while logging trucks travel on a road below.

Health and safety on site is the responsibility of everyone who has an influence over how the work is conducted. Licensees/owners need to plan for the work activities and workplace conditions to prevent all known or foreseeable risk to workers. This includes planning the timing and sequence of operations to

ensure there is adequate separation between phases and workers.

## Five tips workers need to know about phase integration

Once the plan is made, all workers need to get on board. For workers, the following five tips will help you understand your role in safe phase integration. For employers, share these tips at your next team talk:

### 1 Know the plan

The daily crew talk is the perfect time for you to review your role in the overall cutblock plan. “What are the things that can cause additional risks for you, either by what you’re doing or what others might be doing?” asks Phillips. Ensure there are suitable controls in place, such as barriers, processes, and procedures, to prevent incidents from occurring.

Check with your supervisor to make sure you’re not working below hand fallers or equipment that could lose control of logs or trees. Find out how close you will be to other workers and equipment. And make sure you know what to do if you have to walk through the work area: How will you ensure that everyone can see you? What is the process to make sure that equipment will stop until you are safely through the work area?

### 2 Be prepared for change

“A plan may not always go as planned,” cautions Darcy Moshenko, a WorkSafeBC industry specialist for forestry. Conditions can change, for reasons as varied as weather, mechanical breakdowns, personnel changes, adding phases or people to the worksite, slope and terrain variability, transitioning timber types, or decreasing the size of work area as the block nears completion.

“If changing conditions endanger you, stop work immediately,” Moshenko advises. “If you’re not in immediate danger, check with your supervisor and revisit the plan.”

### 3 Keep your safe distances

“Be aware of your surroundings,” Moshenko says. “Look up, look around, and listen.” Be alert for anything that could have an impact on you, such as equipment moving inadvertently or someone walking through your area. If that happens while you’re operating equipment, stop your work

process, lower the working heads, shut the machine off, and allow the person to walk in the clear before you start up again. Talk to your supervisor to ensure controls are in place to avoid unintended interaction between humans and equipment.

Respect the safe zones displayed on harvesting machines. Ask your supervisor if proximity detectors are being used. Just remember that some hazards aren’t confined to safe zones. “For example, a runaway log on a slope can run for hundreds of metres.”

### 4 Maintain communication

“Good communication is essential to ensure safe phase integration,” Moshenko says. “Be in constant contact and have various means of communication.” A mix of radio, eye contact, whistles, hand signals, and horns enhances your safety. “Ensure everyone on site knows and is using the same communication signals,” adds Phillips. “At the start of your shift, check to ensure all communication devices are in good working order. A radio with technical issues increases risk and leaves you one step closer to an incident.”

### 5 Adopt a safety mindset

You have an obligation under the Occupational Health and Safety Regulation to refuse unsafe work. And you share in the responsibility for keeping yourself safe in the workplace. If you feel your safety is being compromised, stop what you are doing, communicate with your co-workers, contact your supervisor, reassess the plan, and continue work only when it is safe to do so.

“Historically, the forest industry has had a ‘get it done’ attitude that has sometimes led to an acceptance of high-risk situations. It’s not acceptable,” says Moshenko. “If safety is not on your mind, just remember that safety is on the mind of those waiting for you and your team to return home at the end of the day.” ☺

## “A runaway log on a slope can run for hundreds of metres.”

—Darcy Moshenko, industry specialist,  
WorkSafeBC

## Safety on the agenda

Looking for health and safety inspiration? Check out these conferences and events across Canada. An up-to-date listing of upcoming events can be found in the News & Events section calendar on [worksafebc.com](http://worksafebc.com).

### Western Conference on Safety

Pacific Safety Center  
April 6-7, 2020 | Vancouver, B.C.  
[wcs.pacificsafetycenter.com](http://wcs.pacificsafetycenter.com)

### Day of Mourning

April 28, 2020 | Events across Canada  
[dayofmourning.bc.ca](http://dayofmourning.bc.ca)

### Partners in Prevention 2020

Health and safety conference and trade show  
April 28-29, 2020 | Mississauga, Ontario  
[partnersinpreventionconference.com](http://partnersinpreventionconference.com)

### 2020 Petroleum Safety Conference

Energy Safety Canada  
April 28-30, 2020 | Banff, Alberta  
[energysafetycanada.com](http://energysafetycanada.com)

### Safety and Health Week

Canadian Centre for Occupational Health and Safety  
May 5-11, 2020 | Events across Canada  
[naosh.org](http://naosh.org)

### 15th Annual Health Care Professional Conference

WorkSafeBC  
May 8, 2020 | Vancouver, B.C.  
[healthprofessionalconference.com](http://healthprofessionalconference.com) 

Please note: Information and links that appear in this section are provided as a resource. Listings do not necessarily constitute an endorsement from WorkSafeBC.

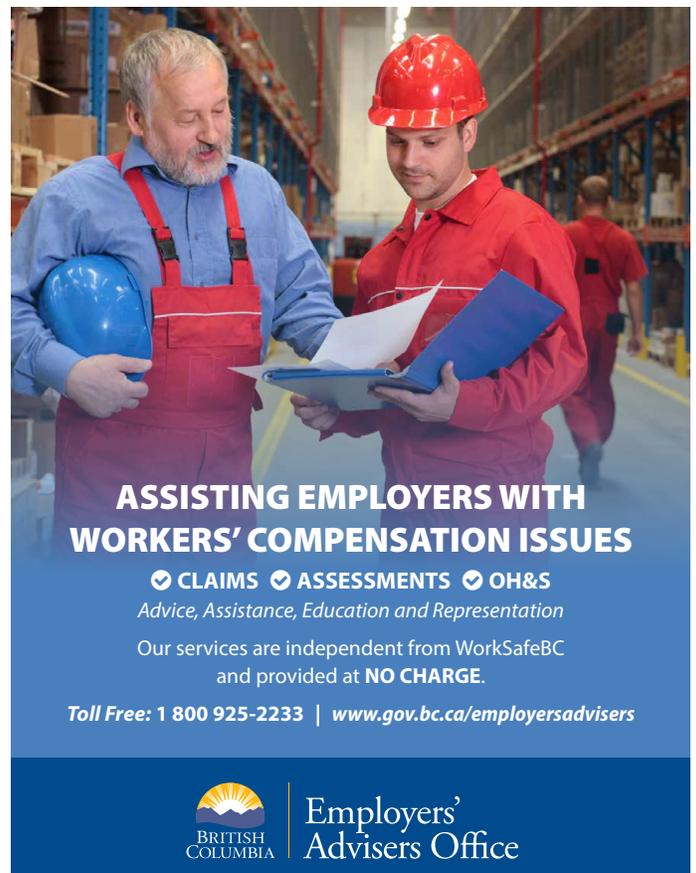


**HEARING CONSERVATION SPECIALISTS**  
Respirator Fit Testing Available

OKANAGAN  
**AUDIO Lab**

POWERED BY  
**Connect Hearing**

[okaudiolab.com](http://okaudiolab.com)  
[customhearingprotection.ca](http://customhearingprotection.ca)  
**1 800 663 2884**



**ASSISTING EMPLOYERS WITH WORKERS' COMPENSATION ISSUES**

☑ CLAIMS ☑ ASSESSMENTS ☑ OH&S  
*Advice, Assistance, Education and Representation*

Our services are independent from WorkSafeBC and provided at **NO CHARGE**.

**Toll Free: 1 800 925-2233 | [www.gov.bc.ca/employersadvisers](http://www.gov.bc.ca/employersadvisers)**

 **Employers' Advisers Office**

# CERTIFICATION COURSES

FORESTRY ▀ CONSTRUCTION  
MINING ▀ OIL & GAS



**NEW**  
SIMULATOR CENTRE  
LOCATED IN  
PRINCE GEORGE

Forestry & Construction Operator Certification Courses  
and Compliance Courses

Office: 250-563-1998 Toll Free: 1-877-563-1998  
1320 2nd Avenue, Prince George, BC V2L 3B5  
[www.obrientraining.com](http://www.obrientraining.com)



Taylor Professional Driving Ltd.

# COMMERCIAL DRIVER TRAINING



Class 1, 2, 3 & 4 ▀ Log Hauling Driver Training  
Bulk Haul Driver Training ▀ Lowbed Driver Training

Call us at (250) 564-7624 or 1-877-564-7624  
1320 2nd Avenue, Prince George, BC V2L 3B5  
Visit our website at [www.taylorprofessionaldriving.com](http://www.taylorprofessionaldriving.com)



# Get guidance on certifying your mobile equipment

By Doug Younger, occupational safety officer, WorkSafeBC

If you have questions about what “good engineering practice” entails, this new guideline can help.

On January 23, 2020, the Engineers and Geoscientists of British Columbia (EGBC) released a new resource outlining the standard for “good engineering practice” when inspecting and certifying equipment as safe for use in B.C.

The new resource, [Certification of Annual Equipment Inspections in BC – Professional Practice Guideline](#), was developed with the support of industry partners and WorkSafeBC. It provides all engineers in B.C. guidance on the professional standards that need to be met when certifying equipment as safe for use in accordance with the Occupational Health and Safety (OHS) Regulation.

## Why was this guideline developed?

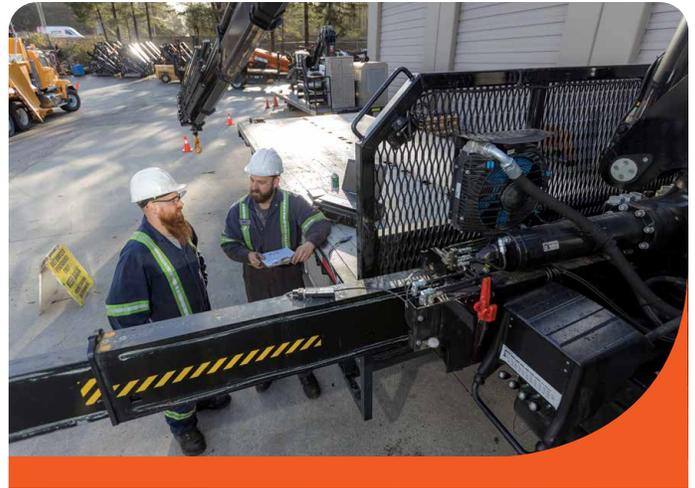
The OHS Regulation requires annual inspection of a number of pieces of equipment to ensure that they are safe for use. The Professional Practice Guideline gives guidance on how to perform these inspections, giving engineers consistency of practice.

The EGBC worked with engineers, industry, and WorkSafeBC to develop a guideline that defines what “good engineering practice” means for equipment annual inspection. Consistent annual inspections by qualified persons of all critical components, including the machine’s structural, mechanical, and control elements, confirm the machine is safe for use.

## What type of equipment do these guidelines include?

The OHS Regulation requires employers to have a professional engineer certify that the following types of equipment are safe for use on an annual basis:

- Vehicle-mounted elevating work platforms
- Self-propelled boom-supported elevating work platforms



- Mobile cranes and boom trucks
- Sign trucks
- Aerial firefighting devices

The inspection of concrete pumps is not currently covered by the EGBC guideline as OHS Regulation 20.47(1) only requires the inspection of the mast. A regulation change project addressing 20.47 is currently underway, with changes anticipated in the summer of 2020.

## What responsibilities do equipment owners have?

If you own equipment, you are responsible for ensuring that the equipment is inspected annually and certified safe for use. Equipment owners can contact any professional engineer registered in B.C. to arrange for this inspection.

When arranging an inspection, the equipment owner must:

- Ensure that all documentation is available for review, including the original equipment manufacturer (OEM) manual(s), OEM bulletins, the equipment logbook, preventive maintenance records, post-incident inspection reports, and any previous annual inspection reports.
- Ensure that any known issues that may affect the safe operation of the equipment are brought to the attention of the engineer prior to the inspection. This includes any previous misadventures, such as overturning, electrical contact, impacts, accidents, or overloading. It also includes any unusual maintenance and repair activity, such as activities outside of those normally prescribed by the OEM.

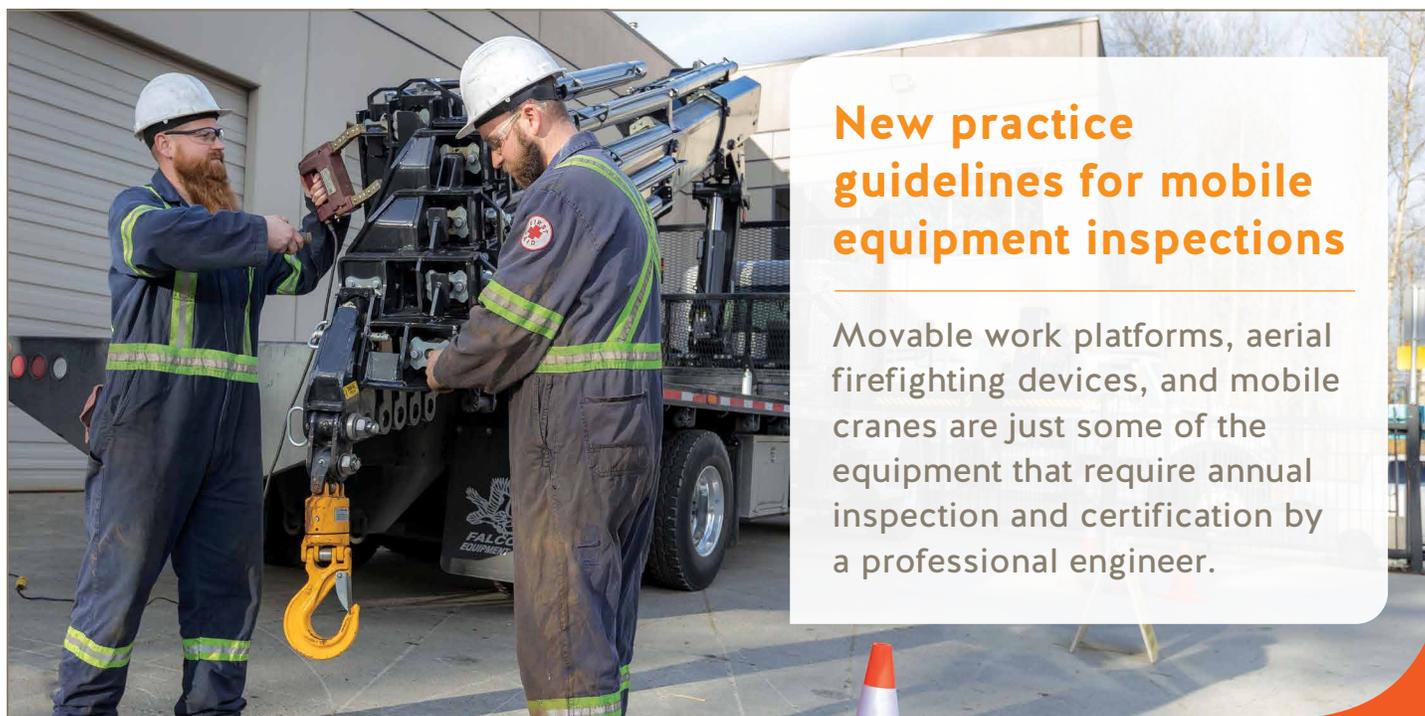
- Ensure that the engineer is engaged for the entire safe-for-use certification, and that realistic schedules for the work are in place.
- Ensure that the equipment is clean and free of excess grease, concrete, or other foreign material that may impede the inspection, and that all components are readily accessible for inspection.
- Ensure that a qualified operator is available during the inspection in the event that repositioning is required.

### Where can I get more information?

The guideline and information about certification in British Columbia is available on the EGBC website at [egbc.ca](http://egbc.ca). More information can also be found at [worksafebc.com/mobileequipment](http://worksafebc.com/mobileequipment). ☺

**“If you own equipment, you are responsible for ensuring that the equipment is inspected annually and certified safe for use. Equipment owners can contact any professional engineer registered in B.C. to arrange for this inspection.”**

—Doug Younger, occupational safety officer,  
WorkSafeBC



### New practice guidelines for mobile equipment inspections

Movable work platforms, aerial firefighting devices, and mobile cranes are just some of the equipment that require annual inspection and certification by a professional engineer.

Review the new guidelines at [worksafebc.com/mobileequipment](http://worksafebc.com/mobileequipment)

**WORK SAFE BC**



# YOUR PEOPLE ARE YOUR **GREATEST ASSET.**

Protect them when they drive for work.

Find out how at  
**RoadSafetyAtWork.ca**



Road safety is smart business.

Help your drivers keep on trucking with an improved health and safety program.

# Drive your safety program home

By Gail Johnson

**Motor vehicle incidents remain a top concern for B.C.'s commercial truck drivers. However, there's much more that could put workers at risk if prevention measures aren't put in place.**

Sometimes everyday tasks can lead to injury. Cranking a truck's landing gear can lead to a knock to the head if the handle slips; pulling a release pin on a fifth wheel can jolt the back. Even something as simple as backing a truck underneath a trailer can do it: if you happen to hit the pin, it can lock and come to a dead stop and hurt your back. Those are just some of the possible injuries drivers face when they're not at the wheel.

## **Falls from height common injury for truck drivers**

Overexertion and falls from heights are the second-most common injuries among truck drivers, after collisions. From 2009 to 2018, there were over 5,000 claims for overexertion and over 3,600 claims due to falls from elevation.

"There's always a risk of injury getting in and out of the truck — going from the seat of your truck all the way to the ground, especially if the steps are wet or icy or you have a bit of water or grease on your workboot," says

Larry Sargeant, business representative of Teamsters Local 31, who drove full-time for more than 20 years. "Hooking up your air lines and light plugs could lead to injury; you have to climb up onto the truck to get to some of them."

When it comes to preventing these kinds of injuries, the industry itself is driving change.

## **Help is available for your safety program**

SafetyDriven — the Trucking Safety Council of BC is a not-for-profit association for general trucking and moving and storage companies. It develops risk management and injury prevention programs, and one of its key efforts is to help freight companies — including sole owner-operators — create a health and safety program, covering everything from inspections to safe work procedures. It's a free service that's fully customized to each group or individual, taking a down-to-earth, conversational approach to building safety knowledge.

In providing safety education, SafetyDriven meets drivers where they're at — literally. The organization has held safety "carnivals," where workers gather on site and go from station to station for five-minute, interactive briefings, the casual event wrapping up with

a barbecue. Building on that concept, and seeing as how drivers are usually out on the road, the organization piloted pop-up safety booths at rest stops, with a free lunch for drivers as a perk.

“Core to our approach is making safety approachable and accessible to the average worker,” says SafetyDriven executive director Phillip Choi. “We’re very proud of the pop-up, which is a way to engage drivers without disrupting their regular workday. The idea of going straight to the driver came from industry.”

## At the COR of the matter

Trucking companies and drivers who implement and maintain a safety system can obtain a Health and Safety Certificate of Recognition (COR) — a partner program with WorkSafeBC. To date, more than 200 employers and drivers in B.C. have registered — a breakthrough and a reflection of how open industry is to promoting and teaching safety. It’s a sign, too, of how employers are collaborating in enhanced safety practices.

What’s emerging from heightened awareness of drivers’ safety is a greater openness to learning. “By bringing safety to the forefront, it changes the culture,” says COR manager Earl Galavan. “We see more drivers asking questions.”

While drivers’ safety is paramount, there could be a business case for training.

“Some feel it’s given them a competitive advantage,” says Gary Crawford, SafetyDriven occupational health and safety manager. “Having COR can attract top-quality employees and engage today’s socially conscious clients who are looking for that focus on safety.”

## For more information

WorkSafeBC and SafetyDriven support other provincial initiatives aimed at promoting drivers’ safety. Shift into Winter and Cone Zone are among those that work to get practical information into the hands of those who ply the province’s highways and byways. Find out more at [safetydriven.ca](http://safetydriven.ca).

# CHECKMATE

WORKING ALONE



**Proactive automated communication service designed to check on people working alone.**

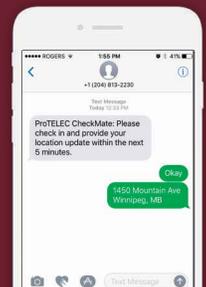
### Automated Phone Calls



### Lone Worker Safety App



### Safety Checks via SMS



## Lone Worker Solutions Across All Industries



- Track lone workers in case of an emergency
- Simple-to-use
- Flexible
- Cost-effective
- No hardware or software required
- Takes seconds to check-in

**PROTELEC** 

866-775-6620  
[info@proteleccheckmate.com](mailto:info@proteleccheckmate.com)  
[www.proteleccheckmate.com](http://www.proteleccheckmate.com)

## Make your truck work for you



Behind the scenes: Larry Sargeant is featured in the Making Your Truck Work for You video series.

SafetyDriven has released three videos covering specific safety hazards and demonstrating how drivers can avoid them.

- 1 **Making your truck work for you – Dropping the trailer** looks at how injuries can be reduced by using your truck to do most of the work. Larry Sargeant, business representative of Teamsters Local 31, appears in the clip, demonstrating some simple but effective tips.

“When you’re unhooking from a trailer, if you don’t release air properly, it can shoot out at you like a bomb,” says Sargeant. “A lot of drivers have never been in a truck. In the video I demonstrate hooking up to landing gear, showing them how to let the truck do the work and how to prevent injury.”

- 2 **Making your truck work for you – Picking up the trailer** looks at how to use the truck’s air ride suspension system to eliminate or reduce the risk of an overexertion injury. When there’s significant pressure on the landing gear, drivers may find themselves using much of their body weight to rotate the handle, boosting their chances of getting hurt.

“Overexertion accounted for 25 percent of all claims for the industry from 2009 to 2018,” says Trina Pollard, manager, Industry and Labour Services, WorkSafeBC. “Landing gear is a key factor in those injuries. These injuries are avoidable, and this video demonstrates how.”

- 3 **Insider tips – Making a cone zone** covers the risk of drivers getting hurt on the side of the road by demonstrating proper cone placement.

“Truck drivers are the leading occupation for pedestrian motor vehicle incidents that involve work at the roadside,” says Brad Zall, health and safety advisor with SafetyDriven. “Roadside incidents for truck drivers often result in a fatality. When drivers are on the side of the road, it is important that they are seen. This video instructs the driver on how to control a potentially hazardous situation.” 

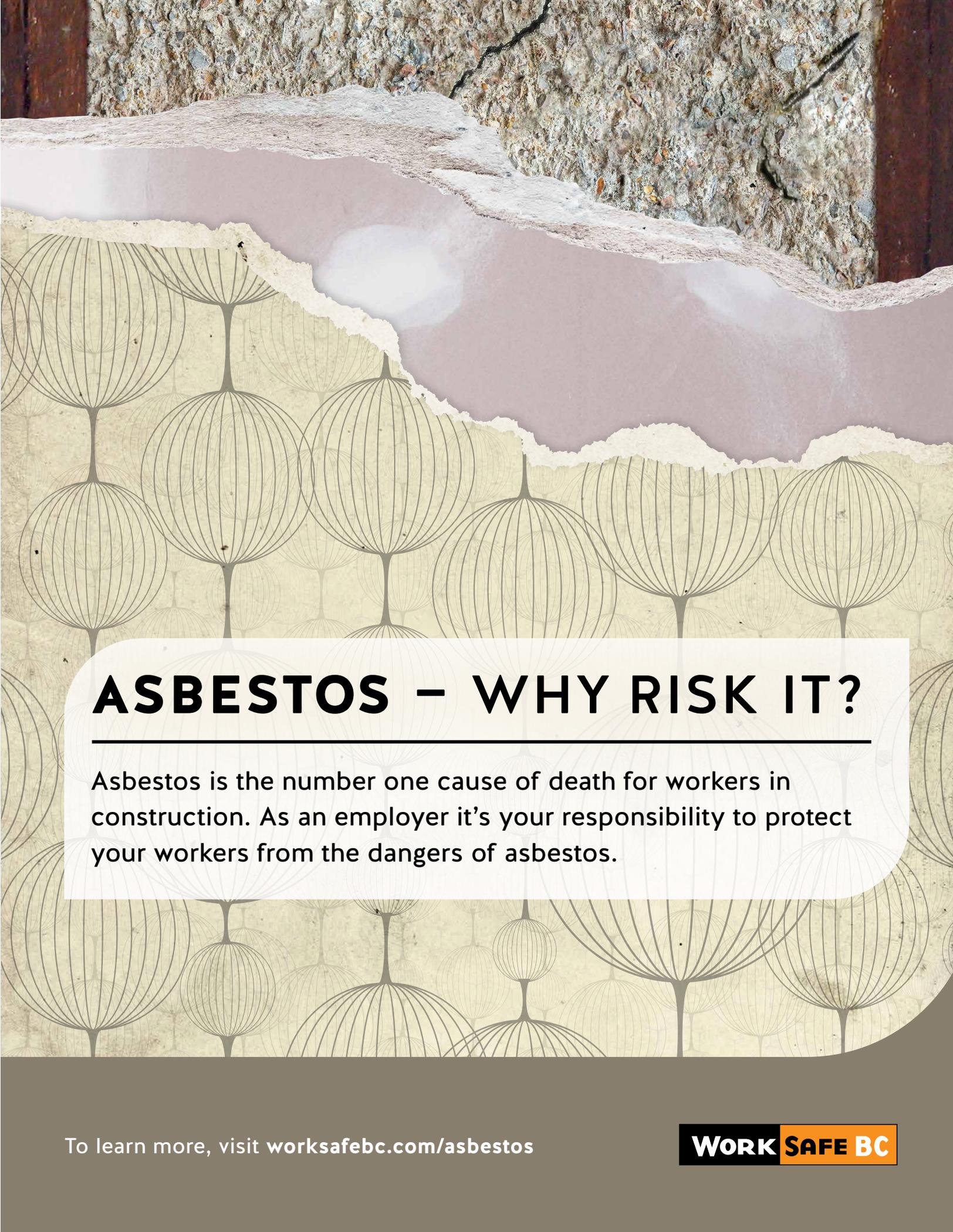
# ON CALL.

BC's #1 SAFETY SUPPLIER.

**RAIDER HANSEN**  
1959 - 2019  
1 800 665 2658



- + PERSONAL PROTECTION EQUIPMENT
- + FIRST AID
- + FALL PROTECTION
- + SIGNS, LABELS & TAGS
- + FIRE SUPPRESSION
- + TOOLS & ACCESSORIES
- + ON-SITE SAFETY SERVICE & SUPPLIES
- + CONFINED SPACE
- + SPILL CONTROL
- + TESTING
- + TRAINING
- + RENTALS



# ASBESTOS – WHY RISK IT?

---

Asbestos is the number one cause of death for workers in construction. As an employer it's your responsibility to protect your workers from the dangers of asbestos.

To learn more, visit [worksafebc.com/asbestos](https://worksafebc.com/asbestos)

**WORK SAFE BC**

## Construction

### **0933536 B.C. Ltd. / Habitat Custom Building | \$3,089.99 | Nelson | October 10, 2019**

This firm was constructing a laneway house next to an existing house. WorkSafeBC inspected the worksite and observed two workers installing footing formwork in an unsupported excavation with a depth of up to about 3 m (10 ft.). Large boulders had been placed near the edge on top of one of the banks and smaller rocks had been partially exposed and embedded in some sections of the excavation. Furthermore, written instructions for the excavation from a qualified registered professional were not available. WorkSafeBC issued a stop-work order. The firm failed to ensure that, prior to worker entry, the excavation was sloped, benched, or otherwise supported as required, a high-risk violation. The firm also failed to remove or secure rocks that could endanger workers. Finally, the firm failed to conduct excavation work in accordance with the written instructions of a qualified registered professional if a structure was adjacent to the excavation.

### **1629731 Alberta Ltd. / Double T Dirtworx | \$7,144.63 | Lake Country | October 23, 2019**

WorkSafeBC attended this firm's construction worksite in response to a close call incident where an excavator had ruptured a water main. WorkSafeBC determined that, during the excavation work, workers had been working outside a shoring cage in the excavation, which had near-vertical sides and depths greater than 2.4 m (8 ft.). The excavation was not otherwise supported, and the shoring cage had not been backfilled. The firm failed to ensure that, prior to worker entry, excavations were sloped, benched, or otherwise supported as required. This was a high-risk violation.

### **AAA Decking and Gutter Ltd. | \$2,500 | Maple Ridge | September 18, 2019**

This firm was installing gutters at a new house. WorkSafeBC observed one worker caulking gutters at the leading edge of the sloped roof. The worker was not using a personal fall protection system and no other form of fall protection was in place. This exposed the worker to a fall risk of 6.1 m (20 ft.). The firm failed to ensure fall protection was used, a repeated and high-risk violation.

### **Anita Anna Hickman / Moose on a Roof | \$2,500 | Coquitlam | September 19, 2019**

This firm was re-roofing a two-storey house. WorkSafeBC observed a worker installing sheathing near the edge of the roof. The worker, who was within view of a supervisor, was not using a personal fall protection system, and no other form of fall protection was in place. This exposed the worker to a fall risk of greater than 4.3 m (14 ft.). The firm

Administrative penalties are monetary fines imposed on employers for health and safety violations of the *Workers Compensation Act* and/or the Occupational Health and Safety Regulation. The penalties listed in this section are grouped by industry, in alphabetical order, starting with "Construction." They show the date the penalty was imposed and the location where the violation occurred (not necessarily the business location). The registered business name is given, as well as any "doing business as" (DBA) name.

The penalty amount is based on the nature of the violation, the employer's compliance history, and the employer's assessable payroll. Once a penalty is imposed, the employer has 45 days to appeal to the Review Division of WorkSafeBC. The Review Division may maintain, reduce, or withdraw the penalty; it may increase the penalty as well. Employers may then file an appeal within 30 days of the Review Division's decision to the Workers' Compensation Appeal Tribunal, an independent appeal body.

The amounts shown here indicate the penalties imposed prior to appeal, and may not reflect the final penalty amount.

For more up-to-date penalty information, you can search our penalties database on our website at [worksafebc.com](https://www.worksafebc.com). Find it easily by entering the word "penalties" into our search bar.

failed to ensure fall protection was used, a high-risk violation. The firm also failed to provide its workers with the supervision necessary to ensure their health and safety. These were both repeated violations.

**Ballagan Construction & Framing Ltd. | \$2,500 | Vancouver | October 16, 2019**

This firm was framing a new two-storey house. WorkSafeBC observed two workers, one of whom was a representative of the firm, installing framed walls on the second level. Neither worker was using personal fall protection equipment, and no guardrails or other forms of fall protection were in place. This exposed the workers to a fall risk of up to 5.5 m (18 ft.). The firm failed to ensure fall protection was used. The firm also failed to provide its workers with the information, instruction, training, and supervision necessary to ensure their health and safety. These were both repeated and high-risk violations.

**Bin Dumped Construction Ltd. / Daren Dichrow Roofing | \$5,000 | Kamloops | October 21, 2019**

WorkSafeBC observed one of this firm's workers standing on a scaffold, painting a new house. The worker, a representative of the firm, was not using a personal fall protection system, and no other form of fall protection was in place. This exposed the worker to a fall risk of about 4.3 m (14 ft.). The firm failed to ensure fall protection was used, a repeated and high-risk violation. The firm also failed to provide its workers with the information, instruction, training, and supervision necessary to ensure their health and safety.

**Blue Mountain Construction & Contracting Ltd. | \$6,510.04 | Burnaby | October 16, 2019**

WorkSafeBC issued multiple orders to this firm following an incident where one of its workers was struck by an excavator bucket and fatally injured. After several follow-up communications, the firm had not complied with outstanding orders. The firm failed to comply with WorkSafeBC orders, a repeated violation.

**Brightwood Homes Ltd. | \$1,250.00 | Maple Ridge | September 17, 2019**

This firm's worksite was the construction of a new house. WorkSafeBC inspected the site and observed an unsupported excavation for which the firm was unable to provide written instructions from a qualified professional. WorkSafeBC issued a stop-work order. During a follow-up inspection, WorkSafeBC determined the firm had allowed an excavator to enter the excavation, in violation of the stop-work order. The firm is being penalized for failing to comply with the *Workers Compensation Act* and applicable orders.

**Chamberlain Builders Ltd. | \$2,500 | Naramata | October 11, 2019**

This firm's worksite was a two-storey house under construction. WorkSafeBC inspected the site and observed two workers installing sheathing on the sloped roof. The workers were not using personal fall protection systems and no other form of fall protection was in place, exposing the workers to a fall risk of about 3.7 m (12 ft.). The firm failed to ensure fall protection was used, a repeated and high-risk violation.

**C & K Framing Ltd. | \$3,937.20 | Richmond | October 15, 2019**

WorkSafeBC inspected this firm's residential construction site and observed a worker performing framing activities at the leading edge of a sloped roof. The worker was not using a personal fall protection system and no other form of fall protection was in place, exposing the worker to a fall risk of 6.7 m (22 ft.). WorkSafeBC issued a stop-work order. The firm failed to ensure fall protection was used, a high-risk violation. The firm also failed to provide its workers with the information, instruction, training, and supervision necessary to ensure their health and safety. These were both repeated violations.

**Dhanvir Singh Grewal | \$5,000 | Burnaby | June 14, 2019**

This firm was re-roofing a duplex. WorkSafeBC inspected the site and observed two workers installing metal flashing at the leading edge of the roof. The workers were not using personal fall protection systems and no other form of fall protection was in place, exposing the workers to a fall risk of up to 6.1 m (20 ft.). The firm failed to ensure fall protection was used, a high-risk violation. The firm also failed to provide its workers with the information,

instruction, training, and supervision necessary to ensure their health and safety. These were both repeated violations.

### **Dusty Johnson | \$2,500 | Chilliwack | September 27, 2019**

This firm's worksite was a three-storey townhouse under construction. WorkSafeBC inspected the site and observed a worker on the sloped roof installing asphalt shingles. The worker was not using a personal fall protection system and no other form of fall protection was in place, exposing the worker to a fall risk of 9.8 m (32 ft.). The firm failed to ensure fall protection was used, a repeated and high-risk violation.

### **Five Arrows Construction Ltd. | \$10,000 | Abbotsford | October 17, 2019**

This firm was framing a new house. WorkSafeBC inspected the site and observed one worker standing on a toe-hold on the deck of a gable roof, and a second worker standing on a work platform. Neither worker was using a personal fall protection system and no other form of fall protection was in place, exposing the workers to fall risks greater than 9.1 m (30 ft.). The firm failed to ensure fall protection was used, a high-risk violation. The firm also failed to have a written fall protection plan in place as required. These were both repeated violations.

### **Golden View Builders Group Ltd. | \$2,500 | Penticton | November 1, 2019**

This firm's worksite was a hotel under construction. WorkSafeBC inspected the site and observed two workers near the unguarded edge of the flat roof. One worker was not using a personal fall protection system while the other worker was wearing a fall protection harness but was not connected to an anchor. No other form of fall protection was in place, exposing the workers to a fall risk of 14 m (46 ft.). The workers were in the direct line of sight of a representative of the firm. WorkSafeBC also determined that no written fall protection plan was available for the site and workers had not been instructed in the fall protection system to be used on the roof. The firm failed to ensure fall protection was used, a high-risk violation. The firm also failed to have a written fall protection plan in place, and to ensure that workers are instructed in the fall protection system for the area before being allowed into the area. In addition, the firm failed to ensure the health and safety of all workers.

### **Grandvilla Construction Ltd. | \$4,984.19 | Chilliwack | October 3, 2019**

This firm's worksite was a public building under construction. WorkSafeBC observed three workers at the leading edge of a sloped roof, laying down sheets of plywood. The workers were not using personal fall protection systems and no other form of fall protection was in place, exposing the workers to a fall risk of up to about 5.8 m (19 ft.). The firm failed to ensure fall protection was used, a repeated and high-risk violation.

### **Hard Rock Excavation Ltd. | \$5,000 | Surrey | September 19, 2019**

This firm was hired to conduct asbestos abatement and demolish a house. WorkSafeBC inspected the site and observed deficiencies in the firm's work procedures for handling asbestos-containing materials (ACMs). The firm failed to ensure a qualified person confirmed in writing that hazardous materials were safely contained or removed. The firm also failed to ensure that demolition work did not occur until hazardous materials were contained or removed. These were both high-risk violations. In addition, the firm failed to have a written hazardous materials report available at the worksite.

### **Hard Rock Excavation Ltd. | \$1,250 | Surrey | September 19, 2019**

This firm was hired to conduct asbestos abatement and demolish a house. WorkSafeBC ordered the firm to provide documentation about the hazardous materials work it performed. After multiple follow-up communications the firm had not provided the required documentation. The firm is being penalized for failing to comply with a WorkSafeBC order within a reasonable time.

### **H & I Roofing Ltd. | \$2,500 | Vancouver | October 16, 2019**

This firm was re-roofing a two-storey house. WorkSafeBC observed five workers on the sloped roof. The workers were wearing fall protection harnesses but were not connected to lifelines, and no other form of fall protection was

in place. This exposed the workers to a fall risk of about 6.1 m (20 ft.). A representative of the firm was also working on the roof without the use of fall protection equipment. The firm failed to ensure fall protection was used, a high-risk violation. The firm also failed to provide its workers with the information, instruction, training, and supervision necessary to ensure their health and safety. These were both repeated violations.

**Idea Construction Ltd. | \$2,500 | Langley | September 27, 2019**

This firm was framing a new townhouse. WorkSafeBC inspected the worksite and observed three workers, including a representative of the firm, conducting various framing activities. Two of the workers were working near the edge of the building at a height of about 6.1 m (20 ft.). The third worker was standing on top of a section of joists that were 3 m (10 ft.) to the floor below. The workers were not using personal fall protection systems and no other form of fall protection was in place. The firm failed to ensure fall protection was used, a high-risk violation. The firm also failed to provide its workers with the supervision necessary to ensure their health and safety. These were repeated violations.

**Indo Canadian Framing Ltd. | \$2,500 | Maple Ridge | October 15, 2019**

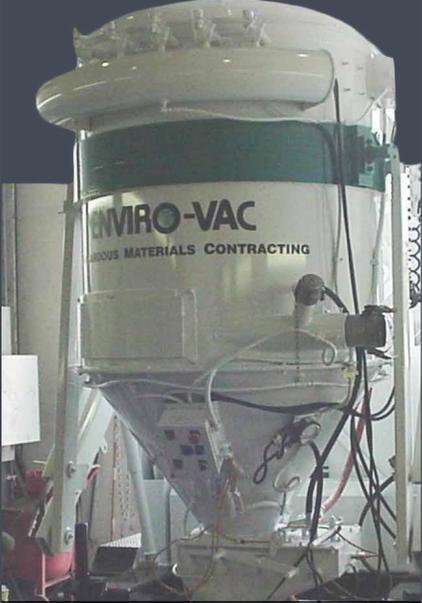
This firm was framing a new house. WorkSafeBC inspected the worksite and observed three workers sheeting floor joists on the second floor. The workers were not using personal fall protection systems and no other forms of fall protection were in place, exposing the workers to a fall risk of greater than 3 m (10 ft.). WorkSafeBC issued a stop-work order. The firm failed to ensure fall protection was used, a repeated and high-risk violation.

**IR Inspect Ltd. | \$2,500 | Coquitlam | May 10, 2019**

This firm was conducting pre-demolition asbestos abatement at a house. WorkSafeBC inspected the site and observed numerous breaches in the containment. In addition, two workers without adequate respiratory protection were observed inside the containment bagging drywall material, an identified asbestos-containing material (ACM). WorkSafeBC determined that the workers had not received respirator fit testing and were not clean shaven as required. The firm failed to take the necessary precautions to protect workers before allowing work that would disturb ACMs. The firm also failed to provide its workers with the information, instruction, training, and supervision required to ensure their health and safety. These were both high-risk violations.

**Jason Donald Rorke / Elemental Asbestos and Mold Removal | \$2,500 | Saanich | September 26, 2019**

This firm was conducting asbestos abatement at a townhouse. WorkSafeBC inspected the site and observed that the containment lacked negative pressure ventilation, no barriers were present between asbestos work areas and other work areas, and no shower was available for decontamination. In addition, spray-on texture coat, an identified asbestos-containing material (ACM), was being removed using a belt sander, contrary to safe work practice. Furthermore, asbestos debris was inadequately bagged, and a worker was observed in the vicinity of this debris without any protective



**ASBESTOS?**  
...We Bring Solutions

Industry Leading Technology

**CANADA'S LEADING ASBESTOS REMOVAL & DECONTAMINATION COMPANY-DELIVERING SOLUTIONS.**

ENVIRO-VAC™ is a trusted leader in hazardous materials abatement and decontamination. We are recognized for being problem solvers and our wide-ranging abatement solutions, powered by 40-years of experience, specialized expertise and talented people committed to being the best partners we can be for our valued clients.

**ENVIRO-VAC™**  
**PHONE: (604) 513.1324**  
Visit us at: [envirovac.com](http://envirovac.com)

clothing. The firm failed to use procedures acceptable to WorkSafeBC for the control of ACMs, and failed to ensure its procedures prevented or minimized the release of airborne asbestos fibres. These were both high-risk violations.

**Khela Excavating Ltd. | \$8,339.48 | Burnaby | October 15, 2019**

This firm was digging a bulk excavation for a new house. WorkSafeBC inspected the worksite and observed a worker operating an excavator and another worker inside the unsupported excavation, which had a depth of up to about 2 m (6.5 ft.). WorkSafeBC determined that the firm had not obtained written instructions from a qualified registered professional before beginning excavation work. The firm failed to ensure that written instructions for excavation work were available at the site as required. This was a repeated and high-risk violation.

**Kooner Framing Ltd. | \$2,500 | Maple Ridge | September 25, 2019**

WorkSafeBC observed two of this firm's workers sheeting roof trusses on a house under construction. The workers, who were in the line of sight of a representative of the firm, were not using personal fall protection systems, and no other form of fall protection was in place. This exposed the workers to a fall risk of 8.2 m (27 ft.). WorkSafeBC issued a stop-work order. The firm failed to ensure fall protection was used, a repeated violation. The firm also failed to provide its workers with the information, instruction, training, and supervision necessary to ensure their health and safety. These were both high-risk violations.

**K S Maintenance Ltd. | \$2,500 | Vancouver | October 4, 2019**

This firm's worksite was a three-storey apartment building. WorkSafeBC inspected the site and observed a third-floor patio with its railings removed. WorkSafeBC determined that workers had been on the patio conducting repairs without the use of personal fall protection equipment. No other form of fall protection was in place, exposing the workers to a fall risk of about 5.8 m (19 ft.). WorkSafeBC issued a stop-work order. The firm failed to ensure fall protection was used, a repeated and high-risk violation.

**Linus Development Ltd. | \$7,500.00 | Burnaby | September 17, 2019**

This firm's worksite was a house under construction. WorkSafeBC inspected the site and observed four workers, including a representative of the firm, working at the leading edge of a patio roof. The workers were not using personal fall protection systems and no other form of fall protection was in place, exposing them to fall risks of up to 6.25 m (20.5 ft.). WorkSafeBC issued a stop-work order. At a subsequent inspection, WorkSafeBC observed a worker carrying a sheet of plywood onto an unguarded patio deck without the benefit of fall protection and while a stop-work order was in effect. The worker was exposed to a fall risk of 3.2 m (10.4 ft.). The firm failed to ensure fall protection was used, a repeated and high-risk violation. The firm also failed to comply with the *Workers Compensation Act* and applicable orders.

**Meranti Developments Ltd. | \$8,443.10 | Sun Peaks | November 4, 2019**

This firm's worksite was a multi-building construction site. WorkSafeBC attended the site in response to an incident where a worker had fallen through the temporary guardrails on a third-floor balcony to a lower roof, sustaining injuries. During its inspection, WorkSafeBC observed that none of the guardrails installed on the balconies had a vertical post within the minimum required distance of where they were attached to the building. The firm failed to ensure that temporary wooden guardrails on floors and platforms had posts spaced no more than 2.4 m (8 ft.) apart, a high-risk violation. The firm also failed to ensure the health and safety of all its workers.

**Murray Restorations Ltd. | \$2,500 | Quesnel | October 7, 2019**

This firm was conducting demolition work at its commercial building. WorkSafeBC inspected the site and observed that wall material and ceiling tiles had been removed. Vermiculite, a potential asbestos-containing material (ACM), was observed in debris piles and in uncontained waste bins. WorkSafeBC issued a stop-work order after determining that no hazardous materials survey had been conducted. The firm failed to ensure that a qualified person inspected identified hazardous materials before workers began demolition work. This was a high-risk violation.

**Navco Construction Corp. | \$40,000 | Whistler | September 18, 2019**

WorkSafeBC observed three of this firm's workers on the sloped roof of a building. The workers were wearing fall protection harnesses but were not connected to lifelines, and no other form of fall protection was in place. This exposed the workers to fall risks of up to 15.2 m (50 ft.). The firm failed to ensure fall protection was used, a high-risk violation. The firm also failed to provide its workers with the information, instruction, training, and supervision necessary to ensure their health and safety. These were both repeated violations.

**Okanagan Exteriors Inc. | \$2,500 | Kelowna | October 11, 2019**

This firm was roofing a new two-storey house. WorkSafeBC inspected the site and observed a worker installing shingles on the sloped roof. The worker was not using a personal fall protection system and no other form of fall protection was in place, exposing the worker to a fall risk of about 6.7 m (22 ft.). The firm failed to ensure fall protection was used, a repeated and high-risk violation.

**Paul Fischer / PF Stucco | \$2,500 | Burnaby | October 15, 2019**

WorkSafeBC observed one of this firm's workers on a wooden scaffold, applying stucco cement to the side of a house. The worker was not using a personal fall protection system, and no guardrails or other forms of fall protection were in place. This exposed the worker to a fall risk of about 4.6 m (15 ft.). WorkSafeBC also observed that the scaffold lacked diagonal cross-braces and horizontal ledgers, and that its platform was narrower than the required width. A stop-use order was issued for the scaffold. The firm failed to ensure fall protection was used, a high-risk violation. The firm also failed to ensure its scaffold platform had a minimum width of 50 cm (20 in.) as required, and that it was in a safe condition and able to withstand the load. These were all repeated violations.

**Phatte Chuk Framing Ltd. | \$2,500 | Surrey | September 18, 2019**

This firm was framing a new house. WorkSafeBC inspected the site and observed one worker installing plywood sheeting on the 9:12 sloped garage roof. The worker was not using a personal fall protection system and no other form of fall protection was in place. This exposed the worker to a fall risk of 4.9 m (16 ft.). The firm failed to ensure fall protection was used, a repeated and high-risk violation.

**P.H.H. Construction Ltd. | \$1,750 | Chilliwack | September 27, 2019**

This firm's worksite was a two-storey house under construction. WorkSafeBC inspected the site after a worker on a non-compliant work platform fell 3.9 m (12.75 ft.) and sustained injuries. The worker had not been using a personal fall protection system and no other form of fall protection had been in place. The firm failed to ensure fall protection was used, a repeated and high-risk violation.

**SD Roofing Ltd. | \$10,000 | Mission | October 17, 2019**

WorkSafeBC inspected a two-storey house under construction and observed this firm's workers installing shingles on the 4:12 sloped roof. The workers were not using personal fall protection systems and no other form of fall protection was in place, exposing the workers to a fall risk of about 7.6 m (25 ft.). The firm failed to ensure fall protection was used, a high-risk violation. The firm also failed to provide its workers with the information, instruction, training, and supervision necessary to ensure their health and safety. These were both repeated violations.

**Sky Blue Environmental Services Inc. | \$5,000 | Surrey | September 17, 2019**

This firm was performing asbestos abatement on a house. WorkSafeBC inspected the site after workers had begun abatement work and observed that the containment was not under proper negative pressure, safe work procedures were unavailable for all of the identified asbestos-containing materials (ACMs), and a hot water supply was not connected to the decontamination shower. In addition, multiple openings in the building's exterior had not been sealed, including dryer, soffit, and other air vents, and the poly sheeting across the front of the garage. The firm failed to ensure that, before starting work with ACMs, all openings were adequately secured to prevent the release of

## Penalties (continued)

asbestos fibres into other work areas, a high-risk violation. The firm also failed to provide its workers with the information, instruction, training, and supervision necessary to ensure their health and safety. These were both repeated violations.

### **SSK Construction Ltd. | \$2,500 | Kelowna | October 21**

WorkSafeBC observed one of this firm's workers applying stucco at the leading edge of a second-level skirt roof of a new house. The worker, a representative of the firm, was not using a personal fall protection system. No other form of fall protection was in place, exposing the worker to a fall risk of 3.8 m (12.5 ft.). The firm failed to ensure fall protection was used, a repeated and high-risk violation.

### **Summit Pacific Properties Ltd. | \$1,250 | Chilliwack | October 17, 2019**

WorkSafeBC inspected this firm's residential construction worksite and observed workers in an excavation for a new townhouse building. The excavation was adjacent to an existing building and to a public roadway. No written engineer's instructions for the excavation were available on site. WorkSafeBC issued a stop-work order. The firm failed to have written instructions from a qualified professional for excavation work adjacent to a structure, or for work done where vibration could result in ground movement. These were both repeated violations.

### **The Alpha Disposal Ltd. | \$3,250 | Burnaby | September 18, 2019**

This firm was conducting asbestos abatement at a house slated for demolition. WorkSafeBC inspected the site and observed multiple health and safety violations related to the firm's asbestos work practices, including failings related to containment, sampling, ventilation, decontamination, protective equipment, and worker training and supervision. These were all high-risk violations.

### **Weathertight Roofing Ltd. | \$3,039.61 | Campbell River | October 1, 2019**

This firm was working on the construction of a barn. WorkSafeBC observed two workers installing shingles and flashing on one side of the sloped roof. Three additional workers, one of whom was a supervisor, were observed on the other side of the roof. None of the workers was using a personal fall protection system and no other form of fall protection was in place. This exposed the workers to fall risks greater than 3.2 m (10.5 ft.). The firm failed to ensure fall protection was used, a high-risk violation. The firm also failed to provide its workers with the information, instruction, training, and supervision necessary to ensure their health and safety. These were both repeated violations.

### **Wizard Roofing and Reno Ltd. | \$2,500 | Kelowna | November 1, 2019**

This firm's worksite was a two-storey house under construction. WorkSafeBC inspected the site and observed a worker walking along the ridge line of the sloped roof installing ridge-cap shingles. The worker was wearing a fall protection harness but was not connected to a lifeline. No other form of fall protection was in place, exposing the worker to a fall risk of about 4.6 m (15 ft.). The firm failed to ensure fall protection was used, a repeated and high-risk violation.

## Manufacturing

### **Brink Forest Products Ltd. | \$37,639.56 | Prince George | October 4, 2019**

WorkSafeBC inspected this firm's lumber manufacturing facility and observed safeguards that had been circumvented on two pieces of equipment. On a third machine, the safeguard was not adequately constructed to protect workers. The firm failed to ensure its machinery was fitted with adequate safeguards to ensure workers could not access hazardous points of operation. This was a repeated violation.

**Kootenay Wood Preservers Ltd. | \$42,112.45 | Lumberton | September 18, 2019**

This firm operates a wooden post manufacturing and chipper facility. WorkSafeBC inspected the worksite after a worker was seriously injured while clearing a jam in the drive chain area of a post peeler. Over the course of multiple inspections, WorkSafeBC observed several pieces of equipment that lacked adequate safeguards, including post peelers and a pointer domer machine with exposed drive sprockets and chains. This firm failed to ensure that machinery and equipment were fitted with adequate safeguards to protect workers from hazardous power transmission parts. This was a high-risk violation.

**Lakeside Timber (2007) Ltd. | \$7,121.07 | Tappen | October 30, 2019**

WorkSafeBC attended this firm's sawmill facility in response to an incident. While a worker was clearing a jammed board in a planer, the worker's arm was caught in the outfeed roll and the worker sustained injuries. WorkSafeBC determined that it was a standard practice at this facility for workers to clear jams by entering the planer room and working near energized, unguarded equipment. WorkSafeBC issued a stop-use order for the planer until safe work practices were put in place. The firm failed to have written safe work procedures for work done on energized and unguarded equipment, a high-risk violation.

**Louisiana-Pacific Canada Ltd. / Peace Valley OSB Division | \$164,480.35 | Fort St. John | October 11, 2019**

WorkSafeBC conducted a series of inspections at this firm's wood products manufacturing plant. Testing determined that many of the lines in the plant's ventilation system were restricted with debris and the system was not operating as designed by the manufacturer, resulting in hazardous levels of carbon monoxide and hardwood dust in the plant. The firm failed to implement an exposure control plan to maintain workers' exposure to hazardous materials as low as reasonably achievable, a repeated violation. The firm also failed to regularly inspect and monitor its ventilation system to ensure its effectiveness. Furthermore, the firm failed to ensure the health and safety of all workers at the workplace, and failed to provide its workers with the information, instruction, training, and supervision necessary to ensure their health and safety. These were all high-risk violations.

**Richmond Plywood Corporation Limited / Richply | \$280,296.38 | Richmond | October 22, 2019**

A worker at this firm's plywood mill noticed smoke coming from a chipper building. In an attempt to fight the fire, the worker removed an access panel on a wood chipper. The panel then came into contact with a moving component of the machinery and struck the worker, who sustained fatal injuries. WorkSafeBC investigated the incident and determined that the removable access panel was an insufficient safeguard to protect workers from the hazard of the chipper's rotating parts. In addition, the safety gate installed to protect workers from entering a hazardous area while the chipper was operating did not have signage to indicate the hazard. Furthermore, the employer had not conducted a risk assessment for the chipper. The firm failed to ensure safeguards met acceptable standards, and failed to ensure energy-isolating devices were locked out before machinery was shut down, both repeated violations. The firm also failed to ensure protective devices were maintained in good condition. These were all high-risk violations. In addition, the firm failed to ensure workers were given adequate instruction in applicable fire prevention and emergency evacuation procedures.

**West Valley Forest Products Ltd. | \$3,051.65 | Chemainus | October 4, 2019**

This firm manufactures wooden fence panels, siding, and decking. WorkSafeBC inspected the worksite and observed health and safety violations related to machinery lockout procedures, the use of seat belts while operating forklifts, and a lack of regular safety meetings. The firm failed to ensure that machinery was locked out as required, a repeated violation, and that no maintenance work was done on machinery until it was locked out. These were both high-risk violations. The firm also failed to ensure seat belts were used during mobile equipment operation as required. Furthermore, the firm failed to provide its workers with the information, instruction, training, and supervision necessary to ensure their health and safety.

## Primary Resources

### **Birdman Contracting Ltd. | \$2,500.00 | Port Clements | September 17, 2019**

This firm was manually falling trees at a forestry cutblock. WorkSafeBC inspected the site and observed evidence of excessive brushing of standing trees, including trees with broken branches and bark rubbed off. The firm failed to ensure that trees being felled did not brush standing trees if it could be avoided. This was a high-risk violation.

### **Columbia Labour Contracting Ltd. | \$8,507.84 | Pitt Meadows | October 9, 2019**

WorkSafeBC inspected this firm's worker transportation vehicle in collaboration with the provincial Commercial Vehicle Safety and Enforcement (CVSE) branch. The inspection identified numerous deficiencies with the vehicle that had not been identified in the firm's pre-use inspection. Deficiencies included excessive wear on a tire, inoperable emergency windows, an exhaust pipe that terminated in front of a door opening, and a lit check-engine light. The firm failed to ensure that its vehicle used to transport workers was maintained in a safe manner, a repeated violation.

### **Greenway Labour & Staffing Corporation | \$4,199.43 | Surrey | September 17, 2019**

WorkSafeBC inspected this firm's worker transportation vehicle in collaboration with the provincial Commercial Vehicle Safety and Enforcement (CVSE) branch. WorkSafeBC determined the vehicle had been carrying more passengers than it was equipped for. Furthermore, a pre-shift inspection had not been completed for the vehicle, a fire extinguisher on board was not certified, and bulky items were loosely stored at the rear of the vehicle. The firm failed to ensure that a vehicle used to transport workers was designed, maintained, and operated in a safe manner, a high-risk violation. The firm also failed to ensure that a pre-shift inspection had been conducted by a qualified person before the vehicle was used. The firm also failed to properly secure equipment and other materials to prevent injury to the operator or workers. These were repeated violations.

### **Greenway Labour & Staffing Corporation | \$8,398.86 | Surrey | October 29, 2019**

WorkSafeBC inspected this firm's worker transportation vehicle in collaboration with the provincial Commercial Vehicle Safety and Enforcement (CVSE) and Employment Standards branches. The inspection identified deficiencies with the vehicle, including problems with the steering system. WorkSafeBC issued a stop-use order for the vehicle. The firm failed to ensure that vehicles used to transport workers were maintained in a safe manner. This was a repeated and high-risk violation.

### **Qualified Contractors Ltd. | \$4,705.15 | Pitt Meadows | October 22, 2019**

WorkSafeBC inspected this firm's worker transportation vehicle in collaboration with the provincial Commercial Vehicle Safety and Enforcement (CVSE) and Employment Standards branches. The inspection identified numerous deficiencies with the vehicle, including worn brake pads as well as tires that were flat or worn past wear bars and had not been identified in the firm's pre-use inspection. WorkSafeBC issued a stop-use order for the vehicle. The firm failed to ensure that vehicles used to transport workers were maintained in a safe manner. This was a repeated and high-risk violation.

### **Rama Ridge Estate Winery Ltd. | \$2,500 | Oliver | October 11, 2019**

WorkSafeBC observed one of this firm's workers on the sloped roof of a storage building under construction. The worker was wearing a fall protection harness but was not connected to a lifeline, and no other form of fall protection was in place. This exposed the worker to a fall risk of 8.5 m (28 ft.). WorkSafeBC issued a stop-work order. The firm failed to ensure fall protection was used, a repeated and high-risk violation.

## Service Sector

### **0782377 B.C. Ltd. / The Lido Theatre | \$2,500.00 | Fort St. John | October 23, 2019**

WorkSafeBC observed a worker painting an exterior wall on a roof of this firm's commercial building. The worker was not using a personal fall protection system and no other form of fall protection was in place. This exposed the worker to a fall risk of 3.8 m (12.5 ft.). The firm failed to ensure fall protection was used, a repeated and high-risk violation.

### **10371386 Canada Ltd. / Q-Nails | \$2,500.00 | Dawson Creek | October 29, 2019**

This firm operates a nail salon. WorkSafeBC inspected the site and determined that the facility's ventilation system was not sufficient to adequately ventilate the volatile chemicals used in the salon. In addition, chemical vapours were leaking into two neighbouring businesses. WorkSafeBC issued a stop-use order of all volatile products until the ventilation system was repaired or replaced. At a follow-up inspection, WorkSafeBC observed that the chemicals were still in use but the ventilation system had not been altered. The firm is being penalized for failing to comply with a WorkSafeBC order.

### **AM PM Landscaping & Tree Service Ltd. | \$2,500 | Surrey | October 25, 2019**

This firm was hired to remove trees and clear the land on a vacant lot. WorkSafeBC inspected the worksite after a worker was seriously injured in an incident. The worker had been using a chainsaw when it kicked back and struck the worker. WorkSafeBC determined that the chainsaw used in the incident had a defective chain brake mechanism. There was also evidence that the worker had not been properly trained on how to use a chainsaw. In addition, the firm did not have safe work procedures, first aid procedures, or an emergency plan for the worksite. Furthermore, there was no written record of safety orientations or safety meetings. WorkSafeBC issued a stop-work order for the site and a stop-use order for the chainsaw. The firm failed to provide its workers with the information, instruction, training, and supervision necessary to ensure their health and safety. This was a high-risk violation.

### **IAG Enterprises Ltd. | \$30,536.98 | Kitimat | October 22, 2019**

This firm was renovating a residential building. WorkSafeBC inspected the site and observed workers without personal protective equipment working on one of the suites. WorkSafeBC determined that the worksite had been contaminated with asbestos fibres from drywall joint compound, an identified asbestos-containing material (ACM). WorkSafeBC issued a stop-work order. The firm failed to safely contain or remove hazardous materials, a high-risk violation.

### **Len's Tree Service Ltd. | \$2,500 | Fort St. John | October 3, 2019**

This firm was falling trees in an area adjacent to a public parking lot and pedestrian footpath. WorkSafeBC observed a worker fall a tree close to two other workers. WorkSafeBC also determined that the faller did not possess the required qualifications for hand falling. The firm failed to ensure that only workers with duties associated with falling activity entered an active falling area. This was a high-risk violation. The firm also failed to ensure that workers conducting falling activities were qualified to do so.

### **Patara Holdings Ltd. / Four Seasons Motor Inn | \$15,000 | Fort St. John | November 1, 2019**

WorkSafeBC inspected this firm's motel building site and observed workers engaged in renovation work. A hazardous materials survey conducted for the site identified the presence of asbestos-containing materials (ACMs) and lead. None of the workers was wearing appropriate protective clothing to prevent exposure. WorkSafeBC issued a stop-work order. At a follow-up inspection, WorkSafeBC determined that additional renovation work had taken place, without proper protection for workers and in contravention of the stop-work order. The firm failed to take appropriate measures to protect workers before allowing work that would disturb ACMs, and failed to apply control measures to control the risk of worker exposure to lead dust. These were both high-risk violations. The firm also failed to have a qualified person inspect the building to identify hazardous materials, and failed to safely contain or

remove hazardous materials. Furthermore, the firm is being penalized for failing to comply with a WorkSafeBC order, a repeated violation based on violations at another of the firm's locations.

### **Sea to Sky Window Cleaning Inc. | \$10,227.88 | North Vancouver | October 16, 2019**

WorkSafeBC observed one of this firm's workers cleaning windows from a window ledge on the eighth floor of an apartment building. The worker was wearing a fall protection harness but was not connected to a lifeline, and no other form of fall protection was in place. This exposed the worker to a fall risk of greater than 18.3 m (60 ft.). WorkSafeBC also observed that a boatswain's chair was installed, but the site-specific workplan did not include procedures for how it was to be used or rigged. In addition, neither worker onsite had been trained in rope access techniques as specified in the workplan. WorkSafeBC issued a stop-work order. The firm failed to ensure fall protection was used, a repeated and high-risk violation. The firm also failed to instruct workers in the fall protection system and procedures in use at the workplace, and failed to ensure its boatswain's chair met the applicable standard. Furthermore, the firm failed to provide its workers with the information, instruction, training, and supervision necessary to ensure their health and safety, a repeated violation.

### **University All In One Enterprises Inc. / Umbrella Property Services | \$3,467.82 | Surrey | September 18, 2019**

This firm was cleaning the exterior of a four-storey residential building. WorkSafeBC inspected the site and observed a worker using a telescopic water brush at the leading edge of a third-floor awning. The worker was wearing a fall protection harness but was not connected to an anchor. No other form of fall protection was in place, exposing the worker to a fall risk of up to 9.1 m (30 ft.). The firm failed to ensure fall protection was used, a repeated and high-risk violation.

## Trade

### **Elk Valley Homes Ltd. | \$2,500 | Sparwood | October 3, 2019**

WorkSafeBC inspected a worksite where one of this firm's pre-1990 mobile homes was undergoing demolition. WorkSafeBC observed insulation on the floor of the home and drywall debris in the demolition debris outside of the home. There was also evidence that an attached addition had been removed. WorkSafeBC determined that no hazardous materials survey of the home had been completed, and a stop-work order was issued. A subsequent survey confirmed the presence of asbestos-containing materials (ACMs), including window and roof sealant, in the home. The firm failed to ensure that a qualified person inspected the building to identify any hazardous materials before beginning demolition work. This was a repeated and high-risk violation.

### **Husky Transport Limited / IJT | \$11,691.30 | Pink Mountain | November 7, 2019**

This firm provides tank rental services and logistical support to the oil and gas industry. Workers at a natural gas compressor station were pressure washing and vacuuming flammable hydrocarbon-based waste fluids from a large storage tank when an explosion occurred within the tank. The tank's roof was torn off, and two of this firm's workers were thrown from the tank's opening and were seriously injured. WorkSafeBC investigated the incident and determined that the firm had not conducted a site-specific fire and explosion risk for work done inside the tank, a confined space, and had not adequately controlled the risk of ignition created by the vacuum. The firm failed to conduct a hazard assessment for work performed inside a confined space, and failed to ensure the health and safety of all workers at its worksite. These were both high-risk violations.

## Transportation & Warehousing

**MBD Trucking Ltd. | \$5,000 | Delta | September 18, 2019**

This firm was hired to demolish a house. WorkSafeBC inspected the site after the house had been demolished and determined that the work had been done without written confirmation that identified asbestos-containing materials (ACMs) had been safely removed. The firm failed to ensure hazardous materials were safely contained or removed before beginning demolition work, a high-risk violation. The firm also failed to have available at the worksite a hazardous materials inspection report created by a qualified person and written confirmation that identified hazardous materials were safely contained or removed, a repeated violation.

**MBD Trucking Ltd. | \$5,000 | Delta | October 17, 2019**

WorkSafeBC inspected a worksite where this firm had demolished a house. The firm had provided a hazardous materials report indicating that no asbestos-containing materials (ACMs) had been identified in the building. This report was later found to have been falsified. An accurate report obtained later confirmed that multiple ACMs had been present. The firm is being penalized for knowingly providing a WorkSafeBC officer with false information.

**U-Haul Co. (Canada) Ltd. U-Haul Co. (Canada) Ltee. | \$71,247.36 | Kamloops | October 9, 2019**

WorkSafeBC inspected this firm's commercial building that was under renovation. At the time of the inspection, workers were engaged in removing drywall, a potential asbestos-containing material (ACM), from the wall and ceiling. No hazardous materials survey had been conducted. WorkSafeBC issued a stop-work order. A survey conducted later confirmed drywall compound as an ACM. The firm failed to ensure that a qualified person inspected the building to identify hazardous materials before workers began renovation work. This was a high-risk violation.

## Did you know?

WorkSafeBC is on social media. Find us on [Twitter](#), [Instagram](#), [Facebook](#), [LinkedIn](#), and [YouTube](#) to stay up-to-date on health and safety in B.C.

**WORK SAFE BC**



Providing Province-wide  
Education for Joint Occupational  
Health & Safety Committees

OH&S Committee Part 1&2 • Improving Committee Effectiveness  
Risk Assessment • Ergonomics • Violence Prevention • Bullying & Harassment  
Occupational Health • Stress in the Workplace • Emergency Preparedness  
Supervisor Part 1 & 2 • Investigations • Improving Return to Work Outcomes

Public schedule and course descriptions available at:  
[healthandsafetybc.ca](http://healthandsafetybc.ca)    
In-house training option available

**\$135 per person**  
when registering 14 days in advance  
Each 8 hr course satisfies Sec. 135 of the Workers Compensation Act  
Provincial, Federal & Mining Regulations reviewed  
OH&S Committee Part 1 satisfies 3.27 Minimum training  
requirements for new joint committee members

\*funded by WorkSafeBC

**COMING SOON IN 2020!**

### LEAD PAINT AND COATINGS TESTED BY FLAME AA

*Lead in high concentrations may be found  
in surface paints and ceramic tile coatings.*

*Always test prior to renovation or demolition.*

#100-42 Fawcett Rd  
Coquitlam, BC  
(604) 521-6806

#103-2602 Mount Lehman Rd  
Abbotsford, BC  
(604) 776-3370

EPOCH ANALYTICAL INC.  
LEADERS IN ASBESTOS ANALYSIS



# PUT SAFETY FIRST

ENSURE YOU COMPLY WITH WORKPLACE FIRST AID REQUIREMENTS.  
BOOK A ST. JOHN AMBULANCE FIRST AID COURSE AND GET THE  
CORRECT FIRST AID KIT FOR YOUR WORKPLACE.



KEEP YOUR WORKPLACE SAFE. VISIT [GETSETFORWORK.COM](https://www.getsetforwork.com)

**Step 01** DOWNLOAD A FREE WORKPLACE REQUIREMENTS CHART

**Step 02** REGISTER FOR FIRST AID AND SAFETY TRAINING

**Step 03** GET OR RESTOCK YOUR FIRST AID KIT



**St. John Ambulance**  
**SAVING LIVES**  
at work, home and play

Visit a **St. John Ambulance** location,  
go to [sja.ca](https://www.sja.ca), or call **1.866.321.2651**