

# Workplace Health and Safety Snapshot for Ontario Corrugating Sector in 2016



**6,610**

Full-time employees



## Events resulting in lost-time injury or illness

Injury or illness severe enough to require one or more days lost from work



**47%**

**Bodily reaction and exertion**  
(excessive physical effort, free bodily motion that results in stress or strain on the body, assuming an unnatural position, and repetitive motion)



**32%**

**Contact with objects or equipment**  
(struck by or against object, caught in or compressed by equipment or objects)



**13%**

**Falls**  
(falls to same level, lower level)



**8%**

**All other**  
(non-highway incidents, pedestrian struck by vehicle or mobile equipment, contact with temperature extremes)

## Most common lost-time injuries

**18** **Bodily reaction and exertion**, includes injuries and illnesses resulting from repetitive motion, bending, climbing, crawling, reaching, twisting, slipping, tripping, overexertion in lifting, pulling, pushing, carrying, or turning objects.

**12** **Contact with objects and equipment**, includes struck against stationary or moving object, struck by falling, slipping or swinging object and caught in or compressed by equipment, machinery or object.

**6** **Falls**, includes falls to same and lower levels, and falls to floor, walkway, or other surface.

## Occupational Disease

Based on approved WSIB claims for healthcare, being off work, loss of wages, or permanent disability.

**11** **Noise-induced hearing loss** healthcare claims to Workplace Safety and Insurance Board.

**2** **Symptoms, signs, and conditions of disease**, includes rash and other non-specific skin eruptions.

Source: Workplace Safety and Insurance Board (WSIB) Enterprise Information Warehouse as of March 31, 2017. RG 041 Aug 2017 WSN

# Overview of Joint Health and Safety Committee certification training

Focus on hazards specific to corrugating sector

## JHSC Certification: Part One (three days)

This mandatory course provides participants with an understanding of how to recognize, assess and control workplace hazards, the rights and duties of certified members, and how to conduct effective workplace inspections and incident investigations.

## JHSC Certification: Part Two (two days)

Focusing on the concepts of recognition, assessment, and control of hazards, and evaluation of the hazard controls, participants learn how to apply these concepts to a minimum of six hazards relevant to their own workplaces. In addition, learners practise drafting action plans and recommendations for the employer.

By the end of the two-day course, participants will:

- Review the material covered in Certification Part One training
- Understand the hazard-related concept of recognize, assess, control and evaluate (RACE)
- Understand key hazards specific to the forestry sector
- Use various tools to help recognize, assess and control hazards, and evaluate hazard controls
- Understand the role of the Joint Health and Safety Committee in relation to the internal responsibility system.

### Key hazards

- Unsafe operation of equipment
- Inadequate maintenance of machine guarding
- Failure to follow lock out procedures
- Poor lifting procedures
- Working in uncomfortable positions
- Work or equipment operation requiring repetitive motion
- Inadequate attention to workplace hazards while walking
- Failure to follow procedures while handling hazardous substances

## Also available

### Competent Supervisor Training

(Disponible en français)

Equivalent to Ministry of Labour mandatory awareness program for supervisors, this program makes supervisors aware of their legal duties and responsibilities, and provides a sound foundation of health and safety knowledge to deal with the variety of issues they will face in their work. Supervisors are responsible for helping set and maintain an organization's safety culture.

### Membership benefits

A strong safety culture is a sign of a healthy, productive workplace. As a member of Workplace Safety North (WSN), you're entitled to expert advice and information, including access to classroom training programs, on-site consultations, health and safety audits, industrial hygiene testing, specific problem-solving, and more.

- On-site employee health and safety training
- Supervisory and management health and safety training
- Workplace safety and health inspections
- Technical safety and health consultation
- Access to health and safety resources

### About Workplace Safety North

Your health and safety partner

An independent not-for-profit, Workplace Safety North is one of four health and safety associations in Ontario, and the only one located in the north. WSN provides Ministry-approved workplace health and safety services for mining and forest products sectors, as well as businesses and communities across northern Ontario.

With health and safety specialists located across the province, WSN and its legacy organizations have been helping make Ontario workplaces safer for more than 100 years. As a leading provider of health and safety services, businesses and communities call upon WSN for expert advice and training. For more information, visit [workplacesafetynorth.ca](http://workplacesafetynorth.ca).

### Services

Safe Workplace Ontario third-party business health and safety certification program, Workplace Safety and Insurance Board safety group incentive programs, and business health and safety program and culture audit.

### Training

Ministry-approved courses: Joint Health and Safety Committee Certification, Working at Heights Safety Training, mining and forestry common core mandatory skills training. Related courses include Competent Supervisor, Mental Health First Aid, Positive Psychology, and Mine Rescue.

# Hazard Alert

## Recent injuries in Ontario corrugating sector

### What happened?

**Overexertion and bodily reaction continues to be the leading cause of lost-time injuries in the corrugating sector.** MSDs (musculoskeletal disorders) continue to be a problem for sheet and corrugate plants. The sector, although moving toward automation, still has plenty of firms that are hands-on. Many of the presses used in the sector are hand-fed, requiring workers to work several hours a day doing the same tasks, using the same muscle groups. For these smaller plants, the expense of upgrading to newer more modern equipment (e.g. pre-feeders, scissor lifts) is out of range.

**Failing to lock out properly, relying on someone else to protect you could lead to horrific injuries and changes to lifestyle.** In the corrugating sector over the past five years, there have been at least five workers who have lost limbs or fingers due to improper lock out. Personal safety means you must look after yourself by fully locking out equipment when working, and don't assume or rely on others to protect you. In some instances, it can be easier to open an interlocked door to shut the equipment down, but that doesn't protect you because that door can close and re-engage the equipment, putting a worker in a very bad spot and most likely, causing severe injury.

### How could these incidents have been prevented?

**For MSDs,** identifying the risk factors (force, posture and repetition) can lead us to the area that needs to be addressed. Small changes, such as job rotation, can fix the problem; it doesn't necessarily mean new updated machines that are expensive, but subtle, simple changes can help relieve pain and suffering.

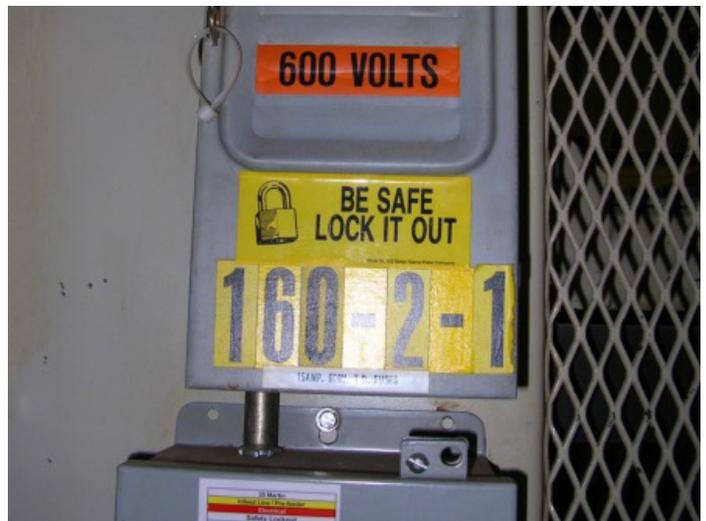
**Where do we start?** Having a 'Strains and Sprains Committee' can get the ball rolling. The Employee Discomfort Survey, available free at [workplacesafetynorth.ca](http://workplacesafetynorth.ca), allows workers to identify where the problems. Once the problems are identified, the committee can focus on the solutions.

**For lock out,** workers need to be given the time to lockout for every instance that requires it. Tolerance levels need to be consistent, making sure that all workers are treated equally. Lock out has to be looked at, and consistently enforced, as part of doing business.

**Lock out Program Survey** – Several free tools are available from WSN to help with proper lock out. Determining where your organization stands can be done with the use of a lock out program survey. This survey looks at various measures that need to be taken and compares this to your organization. The gap between what you do and what needs to be done, is the action plan.

Contact your WSN Health and Safety Specialist for more information.

[workplacesafetynorth.ca/consulting/find-your-consultant](http://workplacesafetynorth.ca/consulting/find-your-consultant)



# Safety Talks: Preventing musculoskeletal disorders, critical importance of lock out

MSDs continue to be the most prevalent in terms of lost-time injuries and costs. Lock out tends to be the most horrific in relation to the injuries. Keep in mind: statistics do not reflect all the close calls and near-misses when you're in the workplace – sometimes the only difference between an injury and a fatality is a matter of inches.

## Safety Discussion Points

### Preventing Musculoskeletal Disorders

What is a Musculoskeletal Disorder (MSD)?

- ❑ The body's musculoskeletal system consists of muscles, tendons and ligaments. Examples of disorders in the musculoskeletal system include:
  - Neck strain from sitting at a control panel with the seat at the wrong height
  - Back strain from having to work for extended periods in an awkward position
- ❑ Signs and symptoms of an MSD include:
  - Workers trying to adjust their work station
  - Workers massaging their muscles or shaking their arms or legs
  - Workers reporting muscle pain, weakness, numbness or tingling
- ❑ Three main hazards, alone or in combination, contribute to the development of MSDs:
  - Force: This is the amount of effort required by the muscles or other body parts to perform a task.
  - Posture: This is the position of various parts of the body during any task.
  - Repetition: This refers to the same parts of the body being used repeatedly with few chances for breaks or rest.
- ❑ Your eyes and ears are the best tools you have to recognize MSD hazards. Observing workers perform their tasks can help you determine if they might be at risk for acquiring an MSD.
- ❑ Once an actual or potential hazard has been identified, the next step is to assess the risk it presents. The employer is responsible for conducting formal written hazard assessments and controlling hazards, but all workers should assess hazards on an ongoing basis while they work.
- ❑ Approaches to controlling for MSD hazards are the same for any other hazard. Factors to consider are engineering and design, elimination and administrative controls.
- ❑ Evaluate the control to make sure that it is working and the risk has been reduced or eliminated.

Regular safety talks help raise awareness and prevent injury and illness on the job. Safety talks are an informal presentation on a specific subject by a person chosen to lead the session, followed by a group discussion of the topic, how it applies in your workplace, and what it means to the people who work there. Communication is key – workers are encouraged to raise questions and concerns.

### Critical importance of lock out

- ❑ Over the years, Ontario workers have been caught in machinery, crushed by equipment, and electrocuted by wires thought to be inactive. These incidents could have been prevented if the machinery was locked out properly.
- ❑ Locking out is essential to the safe undertaking of maintenance, repair work, set-ups and operational jam-ups. Without a well-defined lock out policy backed by written procedures, employee training, and consistent enforcement, incidents will happen.
- ❑ The purpose of lock out is to prevent an energy-isolating device, such as a switch, circuit breaker, or valve from accidentally or inadvertently being operated while workers are clearing obstructions or doing maintenance on or near the machinery.
- ❑ Ontario's occupational health and safety law requires an energy source to be isolated and controlled if machinery or equipment could unexpectedly activate. Employers are responsible for establishing and implementing lock out procedures at worksites.
- ❑ Organizations should develop machine-specific lock outs so workers are able to review proper lock out methods for any of the machines they are required to lock out, and perform any number of tasks or activities.
- ❑ The main method for controlling hazardous energy is based on turning off the power and achieving a zero energy state (ZES), where all energy, including stored energy, is systematically removed or isolated from the equipment, machine, system or process. However, due to the nature of work required to be performed and under certain defined conditions, other methods in the corrugating sector may be more appropriate in order to partially control hazardous. This partial de-energization is referred to as intermediate energy state (IES).
- ❑ Where safe work procedures are used as the primary means for personal protection, a permit system must be developed to plan and authorize the work to be performed under these circumstances.
- ❑ Every machine, device or process that will from time to time require lock out should have a detailed, written lock out procedure available at the work station.