



Meet your Executive Director — again!

Please join us in welcoming back Sean Scott as the Executive Director of YOUR Construction Safety Association of Manitoba (CSAM).

Sean is a familiar face in Manitoba's safety and health circles, as he served 14 years with CSAM from 1999-2013 and was pivotal in building the outstanding association we have today.

We're pleased to announce Sean is once again part of our team. With Sean's leadership and experience, we're excited to collaborate with you — the industry — in shaping the future of construction safety in Manitoba.

We'd like to properly re-introduce you to Sean — see page two for further details...



Our 2019 Safety Champion: Ihor Barwinsky

Congratulations to Ihor Barwinsky, this year's Construction Safety Award of Merit winner!

Barwinsky is a full-time Safety Manager for Gypsum Drywall Interiors Ltd., as well as a safety coordinator for several of their customers, having worked actively in the safety role for 10 years.

"Ihor is passionate about establishing a strong workplace safety culture — on the worksite, in his company, in our association, and right through the residential construction industry," says nominator Lanny McInnes, President and CEO of the Manitoba Home Builders' Association.

The Construction Safety Association of Manitoba (CSAM) is proud to honour Barwinsky's dedication and outstanding contribution to health and safety. You can join us in celebrating Barwinsky and other such deserving individuals at The Safetys awards gala this fall.

You can find more details on page three, or by visiting thesafetys.ca.

HIGHLIGHTS

- 1 Our 2019 Safety Champion: Ihor Barwinsky
- 2 Meet your Executive Director
- 3 The Safetys: registration open
- 4 Bringing safety to you: CSAM On Tour
- 6 Enter to win a Pop-Up Party!
- 7 CSAM needs your help!
- 9 The benefits of the NCSO™ designation
- 10 Toolbox Talk: The dangers of UV light
- 13 Upcoming training and events



Practical Solutions for a Safer Workplace



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Sean returns to us after six years working in the private construction sector in Ontario, leading the safety team for the largest district of one of North America's largest contractors. He plans to use this invaluable experience to better serve CSAM's clients.

When Sean originally started as a Safety Technician with CSAM in 1999, he shared his first office with the office photocopier, sitting amongst stationary and below a cupboard of VHS tapes of instructional safety videos. In the years following, he and CSAM grew and evolved together.

In 2002, Sean was promoted to Executive Director of CSAM and quickly proved himself to be a true leader with exceptional abilities in communication, accident prevention, customer service, and organizational development. Over the course of his 12-year tenure, Sean implemented dramatic, impactful practices which led to significant growth in all of CSAM's activities.

Sean has been influential to construction safety, not only in Manitoba, but throughout Canada. Over the past 20 years, he's served terms as Chairperson of the Canadian Federation of Construction Safety Associations (CFCSA), participating on numerous committees such as the CFCSA National Technical Committee; Skills Competence Canada National Safety Committee; World Skills Competition Safety Committee; Canadian Construction Association (CCA) Gold Seal Advisory Committee (CFCSA nominated representative); CCA Gold Seal Construction Safety Coordinator Advisory Committee; North American Occupation Safety & Health National Launch Committee; Minister's Advisory Committee, Construction; WCB External Rate Setting Advisory Committee; SAFE Manitoba Advisory Committee; SAFE Roads Advisory Committee; as well as chairing the organizing committee of CSAM: THE Safety Conference, which is the largest construction safety conference in North America.

Sean brings with him a wide breadth of knowledge, education and experience while possessing an innate ability to recognize, establish, and maintain personal, industry, and government relationships beneficial to organizational objectives. Back at the helm of CSAM, Sean is excited and honoured to lead the



**Executive Director
Sean Scott**

organization in its tradition of providing practical solutions for safer workplaces, and to furthermore set a new bar for safety excellence in Manitoba by providing the very best service, information, tools, and resources available in safety and health.

"CSAM has proven itself to be the leader in Manitoba's safety landscape," Scott says. "We focus on providing exceptional customer service, quality, and value for our clients, and I'm proud to be back."

While he returns to CSAM with the same leadership and determination he's always had, his personal life has changed and grown. With three small children, all under the age of six, Sean and wife Nicole no longer have free time of their own... And are loving every minute of it!

Welcome home Sean!

CSAM Classic 2019

As summer rolls along, we are gearing up for our annual CSAM Classic on August 13 at Bridges Golf Course in Starbuck, MB. It'll be another year of fun on the fairway, including 18 holes of golf; interactive contests and games; networking opportunities amongst member companies, stakeholders, and industry professionals; plus lunch, dinner, and prizes.

If you have already registered to join us, sign-in on the event day will begin at 8:45 a.m., and you will need to be at your designated golf cart by 9:45 a.m. to be ready for a 10 a.m. shotgun start.

The tournament is a Texas Scramble format. And don't forget: we'll be handing out a prize to the most honest golf team as well as the winning team!

Once your game is over, we'll meet back at the clubhouse for dinner. It looks to be another fun CSAM Classic — we can't wait to see you on the golf course!



SAVE THE DATE: September 25, 2019

THE SAFETYS

A Celebration of Workplace Safety

Join us September 25 at the RBC Convention Centre for The Safetys, an awards gala event to recognize individuals and organizations for their achievements in occupational health and safety. It is a one-of-a-kind opportunity to celebrate Manitobans who are making their workplaces healthier and safer.

Registration is now open! Sign up online:
www.thesafetys.ca | [@TheSafetys](https://twitter.com/TheSafetys) | [#thesafetys](https://hashtage.com/thesafetys)



CSAM

ON TOUR



We're bringing safety to you

Manitoba's building construction industry can be one of the most rewarding industries in our province. It can also be one of the most challenging.

Given the industry's challenges, many contractors do not have the time and resources to develop a written workplace safety and health program, or to keep up to date on governmentally legislated safety regulations and requirements. We're here to help.

With CSAM On Tour, our own experienced safety advisors will come to your job site to provide safety information and resources to contractors directly.

- DEMOS INCLUDE:**
- Safe lifting
 - Fall arrest
 - Eye protection
 - Hand safety





THANK YOU TO THE ORGANIZATIONS WE'VE ALREADY VISITED:

- Superior Heating & Air Conditioning
- Manitoba Women in Construction
- FWS Industrial Projects Canada Ltd.
- Bird Construction Company Ltd.
- HyLife Foods LP
- Manitoba Housing and Community Development
- Mac-Tower Inc.
- Town of Eriksdale
- Pier Solutions
- Riding Mountain National Park
- Tri-Core Projects Manitoba Ltd.
- Parkwest Projects Ltd.
- Motor Coach Industries Ltd.
- Accommodation Services Division – Operations District 3
- Cancade Restoration
- Strlikowski Contracting Ltd.

To bring CSAM On Tour to your job site, email safety@constructionsafety.ca



POP-UP PARTIES!

We're celebrating 30 years by celebrating YOU!

It's our 30th anniversary and we're bringing the celebration to you! Win a party for your workplace at your workplace, complete with pizza, ice cream, and music, plus a free CSAM On Tour demo.

To enter, catch a coworker working safely, then share and tag a photo with us on Facebook or Twitter, or email it to safety@constructionsafety.ca.

We will deliver Pop-Up Parties throughout July, August, and September.

**The first winner to
be announced
July 22**



#CSAM30

CSAM needs your help.

There are Jets tickets at stake.

For the past 30 years, we've helped to provide you with practical solutions for safer workplaces.

As we build our future into the next 30, we need YOUR help shaping our brand.

Tell us what you think.

Complete our survey and you'll be entered to win Winnipeg Jets tickets!

Click [HERE](#) to get started.





**SAFE
WORK**
MANITOBA™

WCB 
Workers Compensation
Board of Manitoba

**SAFE WORKERS
AREN'T BORN,
THEY'RE
TRAINED**

constructionsafety.ca

**CONSTRUCTION SAFETY
ASSOCIATION OF MANITOBA**

The benefits of the NCSO™ designation



The National Construction Safety Officer (NCSO™) program is a national verification that recognizes competency in relation to construction safety. That means as an NCSO™, you can work in construction safety across the country because it is a recognized designation under the Canadian Federation of Construction Safety Associations.

An NCSO™ is a valuable resource to management in the administration and implementation of a company's health and safety program for the purpose of a reducing incidents, injuries, or loss.

In order to obtain the NCSO™ designation, applicants must take a combination of 12 elective and compulsory courses; pass a written exam; and provide supporting documentation, which includes a job site inspection, Toolbox Talk, COR™ internal audit, and proof of three years' practical construction experience.

As the province's go-to for construction safety training, the Construction Safety Association of Manitoba (CSAM) provides all the necessary courses and the final exam required for this designation.

"The (CSAM) instructors were very knowledgeable," says Travis Knight, a Safety Programs Instructor with Elite Safety Services Inc., who earned his NCSO™ designation earlier this year.

"I learned lots and feel I will be able to use the knowledge I gained not only in the field, but in the classroom."

That's exactly what NCSO™ training aims to do: the main objective of the program is to combine formal training with the individual's personal field experience.

"The NCSO™ program truly builds and tests applicants' theoretical and practical knowledge of safety," says CSAM's Training and Development Manager, Meghan Storey. "It's a great national standard, and I would recommend anyone working in the construction safety field to pursue this designation."

Knight feels similarly. He says the NCSO™ designation is one more tool in his toolbox to make him more versatile in his company.

"I would definitely encourage others to go through the process and get their NCSO™ (designation)," he says. "The safety business is only going to get bigger, so there will be plenty of opportunities for people to find work."

If the NCSO™ designation is something you'd like to work toward, you can learn more about the requirements on the CSAM website [here](#).

Already an NCSO™? The designation expires after three years, so be sure to renew in time to maintain a current status. Email NCSO@constructionssafety.ca for more information.

Safety training in northern Manitoba

At the Construction Safety Association of Manitoba (CSAM), we strive to provide all Manitobans with access to health and safety information, resources, tools, and training programs. That's why it is important for us to periodically travel to our northern communities so we can offer our services in a way that is convenient for you.

This June, we spent one day in The Pas and two days in Thompson, holding training courses on Safety Skills for Supervisors, Hazard Recognition and Control, Safety Representative and Committee Training, Ergonomics and MSI, and Incident Investigation. Thank you to everyone who joined us!

If you live in northern Manitoba and missed any of these courses, not to worry — CSAM will be back in the fall to offer more training.

Thank you to everyone who joined us!



TOOLBOX TALK:

The Dangers of UV Light

IDENTIFICATION

ULTRA VIOLET (UV) LIGHT is an invisible type of radiation that's with us everyday and can cause serious harm to those exposed. There are two main types of UV light: UVA and UVB. UVB is generally responsible for sunburn, whereas UVA has more longterm damaging effects to the skin, such as aging and cancers, and to the eyes, such as cataracts, excess tissue growth, or muscular degeneration that leads to blindness.

- Sunlight exposure is highest during the summer from 10 a.m. to 4 p.m.
- UV light can cause damage reflecting off of concrete, snow, sand, and other surfaces even when you're not in direct sunlight.

Arc welding, curing paints, and resins can all be sources of UV light, however the most well-known source is the sun.

Symptoms from sun damage typically start about four hours after exposure, worsen for the next 24 to 36 hours, and resolve in three to five days. Just because you don't "feel" burnt, doesn't mean you aren't causing damage.

Sun damage can have affects on the body other than skin or eyes, such as:

- headaches
- fever
- nausea
- fatigue

Although sun damage is typically associated with warmer weather, UV light exists all year round and you should always protect yourself from the sun's harmful rays. What we commonly believe to be "wind burn" in the winter months is actually a sunburn from UV light.

COMMUNICATE & CONTROL

Limit exposure

Avoid being in the sun, especially between 10 a.m. and 4 p.m., if you can. Be aware that some medications, such as ibuprofen, diuretics, and some antibiotics can also increase your sensitivity to UV light.

Protect your skin

It may be tempting to wear shorts, sleeveless shirts, or no shirt to keep cool in hot weather, however exposed skin is not only at risk of damage, it also increases the risk of dehydration.

Sunscreen is your best defense for any exposed skin.

- Wear sun screen, regardless of whether or not you burn easily.
- Use sun screen with an SPF (sun protection factor) of 15 or higher.
- When applying, pay attention to ears, scalp, lips, neck, tops of feet, and backs of hands.
- Throw out old bottles of sunscreen, as they lose potency after one to two years.

Protect your eyes

To the naked eye, bright light is damaging, but when combined with UV light, the effects can be serious — potentially leading to blindness. It's important to take care when working outdoors.

- Wear UV-protected safety glasses (CSA 294.3 approved).
- Wear a full brim hardhat or wear the peak to the front to cover your face.

In case of sunburn

There is no quick cure for sunburn. Ibuprofen can be taken to help with pain management with headaches and fever. Drink plenty of water to help replace fluid losses. You might find some comfort in a cool bath, or you can gently apply cool, wet cloths or topical moisturizing cream or aloe to burned skin. If skin peels or blisters break, apply an antiseptic ointment or hydro-cortisone cream.

Which SPF is best?

In order to determine the SPF for you, take the amount of time it takes for you to burn in direct sunlight, and multiply it by the SPF number. That's how long the sunscreen will last before you burn. Regardless of the time frame, you should reapply sun screen every two hours.



FACTS AND TIPS

What's the UV index?

You might have encountered the UV index as a part of the weather forecast. It measures the intensity of ultraviolet radiation in the sunlight that causes reddening of the skin (erythema).

The UV index is measured with a scale that runs from zero (no sunlight) to 11+ (extreme).

0 - 2 (low) – Minimal sun protection required for normal activity. Wear sunglasses on bright days. If outside for more than one hour, cover up and use sunscreen.

3 - 5 (moderate) – Take precautions, such as a hat, sunglasses, and sunscreen, especially if you will be outside for 30 minutes or more. Seek shade near midday when the sun is strongest.

6 - 7 (high) – Protection required. Reduce time in the sun between 11 a.m. and 4 p.m. and take full precautions. Seek shade, cover up, wear a hat, sunglasses, and sunscreen.

8 - 10 (very high) – Extra precautions required. Unprotected skin will be damaged and can burn quickly. Avoid the sun between 11 a.m. and 4 p.m. and take full precautions.

11+ (extreme) – Take full precautions. Unprotected skin will be damaged and can burn in minutes. Avoid the sun between 11 a.m. and 4 p.m., cover up, wear a hat, sunglasses, and sunscreen.

Remember: white sand and other bright surfaces reflect UV radiation and increase UV exposure.



Protect yourself with UV-protected safety glasses and a full brim hardhat

WHAT DID YOU LEARN?

Answers are at the bottom of the page. Present these questions to attendees and have them answer as a group. Discuss to ensure everyone understands the risks and how to control them.

1. UV light only damages the skin.
TRUE or FALSE: _____
2. Chronic exposure of the eyes to sunlight might cause cataracts.
TRUE or FALSE: _____
3. Years of overexposure to the sun can lead to:
A) Premature wrinkling
B) Aging of the skin
C) Increased risk of some forms of cancer
D) Blindness
E) All of the above
4. Which of the following can ease the symptoms of sunburn?
A) A hot bath
B) Ignoring the problem
C) Applying a cool, wet cloth
D) Drinking less water
5. Which of these is a good precautionary measure to take in protecting against UV damage?
A) Applying sunscreen
B) Wearing a full-brimmed hardhat
C) Working in the shade when possible
D) All of the above

6. If you don't typically burn in the sun, there is no need to wear sunscreen.
TRUE or FALSE: _____

EXTREME UV:

Extreme values (a UV index of 11 or higher) are very rare in Canada. However, it's still important to be cautious, especially when travelling or working abroad, as the UV index can reach 14 or more in the tropics and southern U.S.

WHAT DID YOU LEARN? ANSWERS: 1. FALSE; 2. TRUE; 3. E); 4. C); 5. D); 6. FALSE

FOR THE RECORD

Date of Meeting: _____

Location: _____ Start time: _____ Finish Time: _____

Topic: _____ Meeting Leader: _____

In attendance (please print):

Contact the Construction Safety Association of Manitoba for even more *Practical Solutions for a Safer Workplace*

Follow us on social media, visit our website at constructionsafety.ca, or give us a call for more tools, resources, and info.

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CONSTRUCTION SAFETY ASSOCIATION OF MANITOBA

The CFCSA has a new website!

The Canadian Federation of Construction Safety Associations (CFCSA) — the umbrella organization for member provincial and territorial construction safety associations — has revamped its look online! The new website features easy access to information about the scope, purpose, membership, responsibilities, and guidelines of the CFCSA.

If you are looking for details on the COR™ and NCSO™ programs in another province or territory, the new CFCSA website has all this information, as well as links to all the industry and construction safety associations across Canada.

Have a look at the new website here: cfcsa.ca



Mark Your Calendars - CSAM Training & Events

UPCOMING EVENTS:

August 13, 2019

EVENT: CSAM Classic 2019

WHERE: Bridges Golf Course

TIME: 10 a.m. shotgun start

DETAILS: Visit constructionsafety.ca
for more info.

September 25, 2019

EVENT: The Safetys

WHERE: RBC Convention Centre

DETAILS: Visit thesafetys.ca for
more info.

UPCOMING CSAM TRAINING:

July 17 - Brandon

Principles of Safety Management

July 18 - Winnipeg

WHMIS - Train the Trainer

July 19 - Winnipeg

Legislation 101

July 23 - Winnipeg

Flagperson

July 24 - Winnipeg

Leadership for Safety Excellence
(Two-day course)

For more details and the full course
schedule, visit
constructionsafety.ca.

UPCOMING WCB TRAINING:

August 29 - Winnipeg
WCB Basics

When: 8:30 a.m. to 4 p.m.

Where: 1447 Waverly Street
Winnipeg, MB

October 22 - Brandon
WCB Basics

When: 9 a.m. to 4 p.m.

Where: SAFE Work Training Room
457 9th Street
Brandon, MB

October 23 - Brandon
Return to Work Basics

When: 9 a.m. to 4 p.m.

Where: SAFE Work Training Room
457 9th Street
Brandon, MB