

Abbotsford

SAFETY PALOOZA

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



**BCFED Health & Safety
centre**

Courses Funded & Approved by WCB

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

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

Cost: \$99 per person

Time: 8:30 am – 4:00 pm

Location: Best Western Regency
Inn & Conference Centre
32110 Marshall Rd, Abbotsford, BC

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

Tuesday, November 22, 2011

- OH&S Part 1 (Basic)
- OH&S Part 2 (Advanced)

Wednesday, November 23, 2011

- Incident Investigations
- Understanding and Preventing Stress in the Workplace

Thursday, November 24, 2011

- Strains, Aches & Pains: What JHS Committees Need to Know about Ergonomics
- Supervisor Health & Safety Training

See reverse for course descriptions

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

To register, visit www.healthandsafetybc.ca

Registration deadline 14 days in advance.
For Inquiries, call Toll Free 1-888-223-5669

OH&S Part 1 (Basic)

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

In this course participants will:

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

OH&S Part 2 (Advanced)

The OH&S Part 2 (Advanced Course) has been designed to allow participants to develop the tools, resources and strategies to build on their successes and to tackle the tough OH&S issues at their workplaces.

In this course participants will:

- Review health and safety rights and responsibilities.
- Discuss barriers facing Joint OH&S Committees and develop creative strategies and solutions to deal with them.
- Learn about OH&S trends and how they impact the work of the Committee.
- Learn how to use the OH&S Regulation and the Workers Compensation Act as resources.
- How to mobilize support for dealing with the barriers preventing the solution of health and safety hazards.
- How to strategize alternative and creative approaches to making workplace changes to improve health and safety.
- Completion of the OH&S Part 1 (Basic Course) is required before taking this course.

Incident Investigations

An incident or near hit happens at the workplace. An investigation by the employer and the OH&S

Committee must take place. It is your responsibility to gather the facts, objectively assess those facts and arrive at appropriate solutions to prevent any future incidents. How do you conduct an effective investigation?

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

In this course participants will:

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

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

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

In this course participants will:

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

Understanding and Preventing Stress in the Workplace

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

This is not a time management or coping strategies course.

In this course participants will:

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

Supervisor Health & Safety Training

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

To help workplaces understand and fulfill their significant supervisory responsibilities, the BCFED Health & Safety Centre has developed a new one-day training program. The Supervisor Health and Safety Training reviews the specific responsibilities of supervisors as per the health and safety legislation.

Detailed attention is paid to the supervisor's role in addressing work refusals, and working with Joint Health and Safety Committees and Worker Representatives during inspections, investigations and during WCB inspections.

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