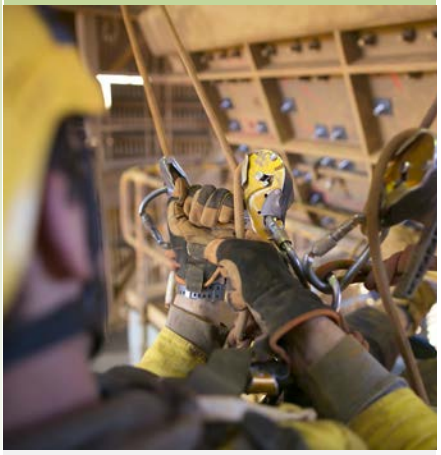
August Issue 2019

OH&S Safety Matters



Turnarounds & Shutdowns

You'll hear the terms plant turnaround, shutdown, and outage being used, they imply a lengthy stoppage of a whole operation to conduct maintenance. The terms maintenance turnaround, shutdown, and outage implies a lengthy stoppage to do maintenance on a major item of equipment in the facility. All these terms are very close in meaning, with the subtle differences between each term being related to the scale or extent of the work to be done. Ensuring workplace safety, zero harm to employees and contractors, being on budget and on time are the leading priorities. Successful shutdowns, turnarounds, or outages require all impacted workers to understand the processes.

A turnaround is a planned break in production activities and may include preventative care of equipment, general corrective repair of faults, strip-downs, replacement and overhaul, or maintenance. **Unlike turnarounds, shutdowns are not always scheduled or planned** and can occur when accidents, natural disasters, or political upheavals occur. **Outages are a type of shutdown activity**, but unlike shutdowns, outages don't occur in an effort to protect people or equipment. They happen when power supplies are interrupted, equipment breaks down, or deliveries fail to arrive.

A successful turnaround or shutdown starts with a safe workforce, a well-trained team, documented procedures, and communication. Safety is at the core of everything, but in the unlikely event that an incident or accident was to occur emergency response procedures and a **standby response team** are considered to be must haves.

Investment in safety training ahead of a turnaround or shutdown is paramount. It is the employers responsibility to ensure that all workers are properly trained and oriented to do their work safely. This includes providing safety orientations, training workers on safe work procedures, providing ongoing supervision that includes general meetings, tailgate talks, and one-on-one mentoring.

Get the Instructor Certification you need to deliver Safety Training on your job site Call OH&S Today !

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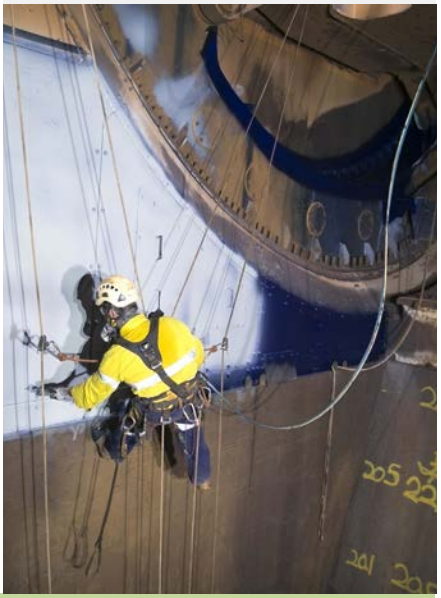


New CSA Standard

CSA Z259.2.5-17 Fall Arresters and Vertical Lifelines. The new CSA standard came into effect June 1, 2019 and supersedes the previous 2012 edition. Rope Grabs manufactured after this date must meet the requirements of the new CSA standard.

It is important to keep in mind that the *OH&S Regulation section 11.5* states that the fall protection equipment used in a fall protection system must meet the requirements of CSA Z259.2.5 Fall Arresters and Vertical Lifelines that consist of compatible components, must be sufficient to support fall restraint or arrest forces, and must meet, and be *used in accordance with applicable CSA or ANSI standards in effect when the equipment was manufactured*.

The new 2019 CSA standard now requires manufacturers to make a 76.2cm (30in.) lanyard integral to the Rope Grab unit. In the 2012 version of the standard, the requirement of the 76.2cm (30in.) or less lanyard was there, but the lanyard did not have to be made integral to the rope grab itself.

Rope grabs should always be matched to the lifeline this will ensure the mobility of the rope grab along the lifeline. A rope grab used with an incompatible lifeline could prevent the rope grab from being pulled along while a worker is climbing. All Rope grabs and vertical lifelines are CSA certified together as a pair. By mixing manufactures, the CSA certification becomes void.

Dynamic Safety
Fall Arrester FP15130

It is imperative for the protection of workers and for the protection of the employer to use products made by the same manufacture that are built to be compatible.

Even though the vertical lifeline you use might look like any other manufacturer's lifeline, the yarn content within the rope of the lifeline may not be the same and therefore properties of mobility, tensile strength and wear may not be the same. Simply put the rope grab might not function properly on a lifeline that was not matched to the rope grab when it was manufactured.

Although the 2012 standard did advise workers to use a lanyard that was less than 76.2cm (30in.) when used with a rope grab and vertical lifeline, lots of workers continued and still continue to use a 1.83 metre (6 foot) lanyard. The risk when using a 1.83 metre (6 ft) lanyard with an automatic rope grab is that there is a risk of a potential free fall that can be 3 to 3.6 metres (10-12 ft) if the trailing rope grab is positioned near the users feet when a fall occurs. This situation is likely to occur during work tasks that involve roofing applications.

It is important to keep in mind that even though the lanyard has a built in energy absorber the product would not have been designed to sustain arresting forces created by a free fall of 3 to 3.6 metres (10-12 ft).

Manufacturers are now required to design in the correct 76.2cm (30in.) length limit. The design will ensure that a worker's free fall distance will remain within the products design parameters.

Rope grabs that are designed to meet the new CSA standard are available with a fixed length web lanyard that does not have a traditional energy absorber pack.

See the Dynamic Safety Fall Arrester Pictured Above.

This configuration is designed, tested and CSA certified for Fall Arrest as long as the rope grab is used with the compatible (same manufacturers) vertical life line.

There are workers who will still prefer to use a system with an energy absorber pack built in. Products are available that have been designed, tested and CSA certified to protect those workers.

If you have more questions about CSA Z259.2.5-17 Simply call OH&S Today !

Innovative Programs

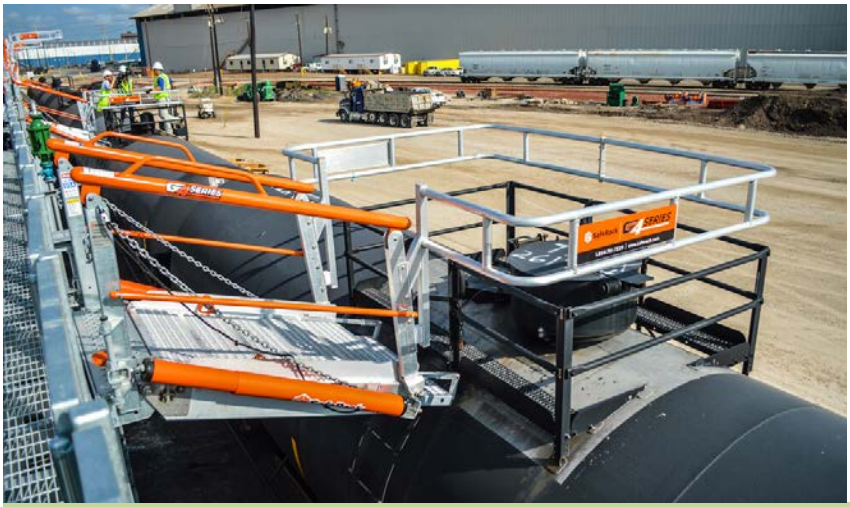
Fall Protection at Rail & Truck Reload Sites

Transloading is the process of transferring a shipment from one mode of transport to another. It is most commonly employed when one mode cannot be used for the entire trip, such as when goods must be shipped internationally between inland points within Canada and the United States.

The commodity being shipped could be fibre, liquid or dry bulk, containerized products, steel, lumber or aggregates and the transportation solution might require reloading the product from a truck to a railcar, or from a railcar to a truck.

When employees are required to walk along the tops of railcars or flatbed trailers, there is a need for equipment that will either restrain a fall from happening, or arrest a fall in the event that a worker does fall while working at height.

Tarping activities potentially can cause significant ergonomic stresses that can disable a worker over time. They also pose an increased likelihood of falling backward off the trailer because of a misstep or loss of grip while pulling the tarp over the load. An overhead lifeline systems is designed to provide safe access and continuous fall protection to any worker requiring horizontal mobility while loading, unloading, or tarping a flatbed trailer.



Gas Detection and Qualified Tester

The operation of gas detection instruments for the testing of potentially dangerous gases during confined space entry and during hot work operations are required to be adequately trained. Gas detection tests must be carried out by a qualified person who has training and who has experience to calibrate, operate and monitor testing equipment and interpret the readings from that testing equipment.

This means that the worker must be **knowledgeable of the work being done** through education, training, experience and the worker must also **demonstrate competency**, including familiarity with the operation of a portable gas detector before performing gas detection activities.

It is important to recognize that detection and monitoring equipment will not make decisions, each instrument performs a specific function and provides the operator with readings that must be interpreted. Workers should not be assigned to roles in which they are not competent unless suitable **on-the-job training and supervision** has been assigned.

Water is so good !

Our brains are about 70% water and our bodies are around 50–75% water, so its not really surprising, that being inadequately hydrated can affect how we feel and perform at work. While it is true that you can meet your body's requirements for water from many kinds of drinks such as soft drinks or coffee, water is one of the healthiest ways to hydrate as it does not contain sugar or caffeine which actually depletes electrolytes more quickly and can cause dehydration to worsen.

The risk of dehydration is a hazard on industrial work sites, especially those outdoors during the summer months when temperatures soar past 30 degrees centigrade. The need for workers to stay hydrated is a constant concern. Keeping hydrated sounds like an easy task, but as with most things in life, work gets in the way! It can often be difficult to stay hydrated at work.

Not having easy access to a water source and busy timetables can be a barrier, but it is vital for workers to drink 8-12 glasses of water per day.

A proper emphasis on hydration should be a part of every company's workplace wellness strategy. With it, workers are protected and so is a companies productivity. Keep in mind that when you experience thirst, it is your body calling out to be re-hydrated.

2019 e-Catalog is Available

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markh@ohandscanada.ca

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