



# OH&S Safety Matters

## Year Round Daylight Savings Time

It is up to the legislation in each municipality in Canada to decide on the use of daylight savings time (DST). As a result, there are some locations that don't follow the daylight savings time schedule of their provinces and territories. For example, while British Columbia uses DST, some locations in the province do not. These include Chetwynd, Creston, Dawson Creek, Fort Nelson, and Fort St. John.

The B.C. Government hosted public engagement to provide British Columbian's the opportunity to share their views on whether to continue to observe Standard Time (ST) in winter and Daylight Saving Time (DST) in summer or switch to DST year-round. British Columbians were also asked how important it is to them that B.C aligns its time observance with neighbouring provinces, territories and states.

The public engagement resulted in respondents largely favouring a change to year-round DST observance. Overall, 93% of respondents preferred a change to year-round observance of DST, while 7% indicated a preference to stay with the current system of bi-annual time changes. Support for year-round DST observance is strong across regions, industries, and occupational groups.

Across all regions, support for a change to year-round DST was over 90%. Similarly, across all industry groups, and all occupational groups except for students, support for year-round DST observance was higher than 90%. Safety, health and wellness concerns are the main reasons for support of year-round DST observance.

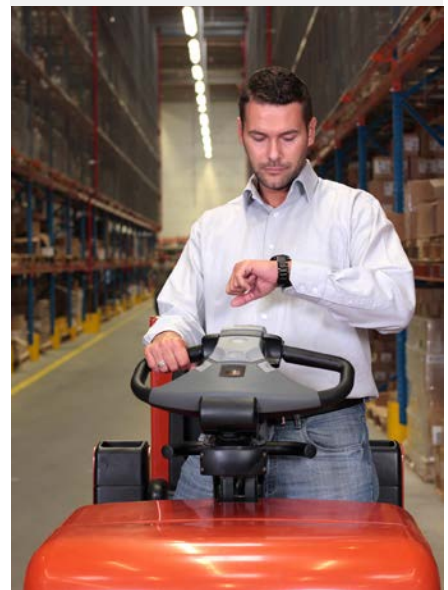
Three-quarters (75%) of those who preferred year-round DST identified health and wellness concerns as a reason for their support. Slightly more than one-half (53%) of these respondents also noted the benefits of additional daylight during the evening commute in winter, and 39% identified other safety concerns generally as reasons for their support for year-round DST observance.

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## Contents

Daylight Savings	1
CSA Standard CSA Z259.11-17	2
Shift Workers are Sleep Deprived	3
Human influenza A and B viruses	4
Staying in Touch	4



# Personal Energy Absorbers & Lanyards

## CSA Z259.11 - 17 Personal Energy Absorbers and Lanyards

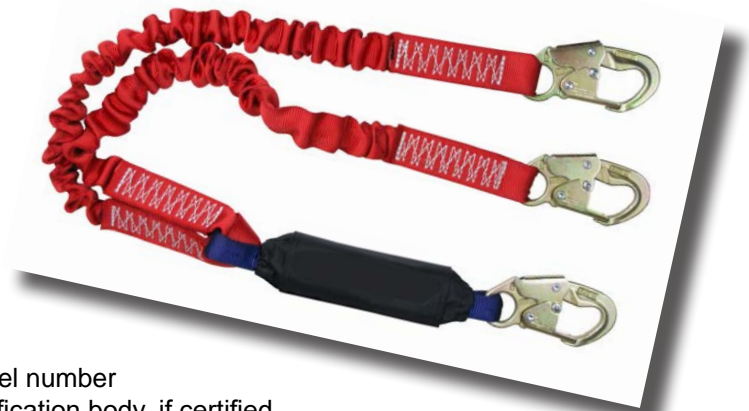
The previous CSA edition published in 2005 under the title “Energy Absorbers and Lanyards” describes energy absorber selection as being classified according to the maximal weight the device could absorb. The purpose of the latest CSA standard titled “Personal Energy Absorbers and Lanyards” is to classify energy absorber so as to reflect the variety of worker height and weight.

In the previous version of this standard, the energy absorber was either classified E4 (45kg-115kg) or E6 (50kg-175kg). In CSA Z25911-17 those two classifications were eliminated.

### New labelling requirements

Moving forward, the product label must give the user a notification that warns the user to read the instructions before using the energy absorber as well as indicate the maximum free fall distance, taking into account the anchor point above the D-ring, the maximum deployment, the maximum deployment factor adjusted to the nearest 0.1 as well as a range of allowed masses, which is the weight of the worker with his equipment. The information must be marked or labelled in a durable and readable manner, both in French and English, and also include:

- the name of the manufacturer
- the maximum mass of the worker specified by the manufacturer



- the model number
- the certification body, if certified
- the manufacturing date

These modifications provide a greater flexibility for selecting energy absorbers for designers of fall protection systems and the new labelling will facilitate equipment management for companies using several types of energy absorbers.

The information on the label also allows the calculation of the necessary fall arrest distance for safe work at heights.

To simplify the identification, the label for absorbers designed for free fall heights 1.8 m or less is now white written in black, and for free fall heights of over 1.8 m, the label is black written in white.

Manufacturers will now be required to make end-of-service recommendations for equipment under this CSA standard and it is important to note that safety equipment compliant with the standard's previous version can stay in service until the end of the equipment service life.

### Addition of a class Y lanyard

In this latest version of the CSA standard CSA Z259.11-17 lanyard classifications now include a new class named Class Y, bringing the total number of lanyard classes to seven.

- Class A - Rope
- Class B - Web
- Class C - Wire Rope
- Class D - Positioning (lineman pole straps)
- Class E - Chain Positioning
- Class F - Adjustable Positioning
- Class Y - 100% tie-off

Class Y includes lanyards that are also often referred to as 100% tie-off lanyards or two-legged lanyards. The Class Y lanyard has three connectors, two Class 1 connectors to the anchorage and one Class 1 connector or soft loop at the body and, per the Standard, has an energy absorber.

# Shift Workers are Continually Sleep Deprived

One of the biggest challenges shift workers face is their own internal body clock. You see, we all have an internal body clock in our brain that produces circadian rhythms. The word “circadian” means to occur in a cycle of about 24 hours. These rhythms regulate various body functions. They influence such things as body temperature, alertness, sleepiness, hunger and hormone levels.

Your body clock uses these rhythms to signal to you when it is time to go to sleep or to wake up. This tends to occur at regular times every day. Among other factors, your clock is “set” by your exposure to sunlight. This keeps the clock’s timing close to the night/day cycle. In most adults, circadian rhythms cause your level of sleepiness to peak from about midnight to 7 am. They can also make you mildly sleepy in the mid-afternoon between 1 pm and 4 pm. If you work at night, you must fight your body’s natural rhythms to try and stay awake. Then you have to try to sleep during the day when your body expects to be alert.



Overall, shift workers tend to be continually sleep-deprived. It is very hard for night shift workers to get enough sleep during the day. They get a daily average of two to four hours less sleep than normal. It is hard for them to get their bodies to fall asleep during the day. Over time, this can develop into a case of insomnia. They are also much more likely to be awakened by noises or people. As a result, their sleep is very light. They are less likely to feel well rested when they wake up.

Other factors can add to the problem of having an unusual sleep schedule. People who work extremely long shifts can have even more severe sleep loss. You may also have a schedule that does not allow you to get enough sleep each day. Perhaps you work two jobs, one during the day and one at night. Maybe you go to school during the day and work at night. In either case, it can be hard to find the time to sleep. A sleep disorder can also make your sleep problems worse. Two examples are sleep apnea and narcolepsy.

They can keep you from sleeping well and feeling alert. You should see a sleep specialist if you think that you may have a sleep disorder.

Some researchers think that it may take as long as three years to adjust to a shift work schedule. Others believe that you will never fully adjust to an unusual sleep/wake pattern. People who work outside of normal daytime hours, including evening shifts, night

shifts, extended hours, and those who work rotating shifts or swing shifts are at increased risk for shift work disorder and other sleeping disorders.

Chronic shift work disorder can cause high blood pressure, heart disease and digestive problems. People with the disorder often have difficulty functioning, which can lead to relationship problems, decreased productivity and job loss, and psychological disorders like depression.

Some jobs have a higher risk for shift work disorder. People who work in health care, the military, the postal service, public safety, security, service industries, manufacturing, shipping and receiving, transportation, utilities and other areas frequently exhibit symptoms of shift work disorder.

Treatment is available for shift work sleep disorder. Shift workers should make sure to get enough sleep on their days off. Stress reduction techniques might be helpful. Treatment may include medications to help readjust sleep-wake cycles, reduce sleepiness, and improve sleep.



# Human Influenza Viruses

Human influenza A and B viruses cause seasonal epidemics known as **the flu season** every winter. Influenza A viruses are the only influenza viruses known to cause flu pandemics / global epidemics of flu disease. Influenza type C infections cause mild illness and are not thought to cause human flu epidemics. Influenza D viruses primarily affect cattle and are not known to infect or cause illness in people.

Current subtypes of influenza A viruses that routinely circulate in people include: A(H1N1) and A(H3N2). One influenza A (H1N1), one influenza A(H3N2), and one or two influenza B viruses are included in each season's influenza vaccines. Flu vaccines will NOT protect against infection and illness caused by other viruses that also can cause influenza-like symptoms. There

are many other viruses besides influenza that can result in influenza like illness (ILI) that spread during flu season.

Most experts believe that **flu viruses spread mainly by** tiny droplets made when people with flu cough, sneeze or talk. These droplets can land in the mouths or noses of people who are nearby. Less often, a person might get flu by touching a surface or object that has flu virus on it and then touching their own mouth, nose or possibly their eyes. You may be able to spread flu to someone else before you know you are sick and are most contagious in the first 3-4 days after illness begins.

Some otherwise healthy adults may be able to infect others beginning 1 day before symptoms develop and up to 5 to 7 days after becoming sick.



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