



OH&S Safety Matters

Working Safely From Home

For many of us home has now become our workplace. So how does the **have-to-do** safety attitude at work transition to a **need-to-do** safety attitude at our home workspace. Paying attention to safety at all times makes safety a habit and builds a good “safety attitude.”

The experience of turning our homes into our remote workplace is likely showing us that working from home requires us to make more arrangements than simply bringing a laptop home and sitting down at the kitchen table. To make working from home a success you need to have a strategy and you need to get the tools to make your home environment conducive for work.

The other side of the coin shows us that **managing remote workers will require employers to update their safe work practices and health and safety policy** to ensure workers know how to report work-related incidents or injuries when working from home. Employees need to understand and employers need to remember “working from home is an extension of the workplace and the **workers compensation act** and **occupational health and safety regulation** apply”.

To work at home, you must assess the safety of the workspace (home) and sometimes your vehicle. It is best practice to confirm that the home environment is safe rather than to assume that it is. Your employer and you must discuss potential hazards and risks to ensure that you take the necessary steps to reduce or remove these risks. Home office facilities must be adequate and take into consideration ergonomics, smoking, violence and working alone. When supervisors don't work in the same place as their employees, they must ensure that their employees are at work and that all is well. Establishing working alone call-in procedures to check the well-being of workers is a component of the OH&S guidelines.

Invest time in Safety and update your company's safe work practices, refresh your health and safety policy and promote a safe work environment and work safely every day.

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Cold Storage Safety

There are many different types of cold storage that range from individual refrigerated containers to entire dedicated facilities. As demand for the transportation of refrigerated goods increases, so does demand for value-added services such as repack operations and consolidation. End users have high expectations when it comes to pallet building and traceability.

• Cold Rooms

Cold rooms are exactly what they sound like. Cold rooms are used for food storage and preparation, and are usually kept at temperatures that follow food safety guidelines.

• Refrigerated Containers

Refrigerated containers are the most basic and often the most cost effective option for cold storage of small quantities of temperature sensitive products. They can also be mobile, which gives them the advantage of extra flexibility.

• Blast Freezers And Chillers

Blast freezers and chillers are ideal for companies who need to quickly cool and store food before reaching its end consumer. It's common for larger restaurants and catering companies to use them.

• Pharmaceutical Cold Storage

Hospitals and research institutions may make use of pharmaceutical grade cold storage units. These units are equipped with extra features that make them ideal for biopharmaceuticals, blood, and certain vaccines.

• Plant-Attached Cold Storage

Plant attached cold storage is the preferred option for manufacturers who want their products to go straight from manufacturing to a dedicated cold storage on-site.

Training



• Dedicated Custom Cold Storage

Many companies that use cold storage have complex needs based on the nature of their products and the preferences of their end consumers. Different products have varying shelf lives, ranges of temperatures they are required to be stored at, and amounts of time they can spend between the cold storage facility and a transportation vehicle before spoiling. Those who don't want an on-site facility will opt to use a custom or dedicated cold storage facility.

The OH&S Registry has developed a **Cold Storage & Refrigeration** safety training program designed for those with an occupational requirement to safely undertake activities that require working in a cold storage facility. The goal of this training is to help you better understand what a cold storage worker responsibilities are and to help you protect your health and safety and the health and safety of your co-workers.

Workers who are exposed to cold or work in cold environments may be at risk of cold stress. Employers are required to implement a cold illness and injury prevention program that includes training workers

about the hazards of working in cold environments, and providing appropriate cold-weather gear.

The employer must also ensure the operation of a refrigeration system at the workplace does not present a risk to employees, contractors or others. Employers must also use preventative maintenance programs to effectively monitor and maintain refrigeration systems and dangerous refrigerants.

Anhydrous ammonia is widely used as a refrigerant in many industrial facilities, including:

- Meat, poultry, and fish processing facilities,
- Dairy and ice cream plants,
- Wineries and breweries,
- Fruit juice, vegetable juice, and soft drink processing facilities,
- Cold storage warehouses,
- Other food processing facilities,
- Petrochemical facilities, and
- Ice Skating Rinks.

An ammonia refrigeration system, like all vapour compression refrigeration systems, are made up of basic components such as a compressor, condenser, expansion device, and an evaporator.

The ammonia is the chemical that is contained within the refrigeration system and works in the same basic way that most other refrigeration systems operate.

The employer must ensure that all testing and maintenance for any refrigeration system, is done in accordance with the CSA Standard B52 Mechanical Refrigeration Code. Ammonia machine rooms must be sealed from the rest of the building and must have two or more exit doors to ensure accessible escape routes.

Any worker entering a restricted access enclosure like an ammonia machine room must wear or carry an escape respirator. Bite-block respirators rated for ammonia may be used for escape purposes.

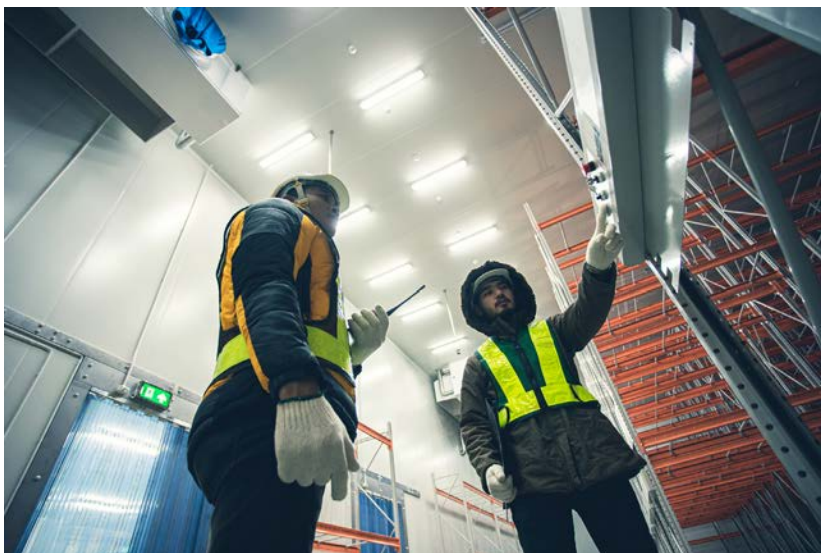
This **Cold Storage & Refrigeration** safety training program provides health and safety information specific to cold storage facilities and refrigeration systems that will help Joint OH&S Committees and workers identify hazards so that they can implement the appropriate risk handling controls that will keep them safe. All employees should be



trained in the hazards of ammonia and they must understand how to respond to emergencies.

If your company has workers who are in need of safety certification look to OH&S Safety for your continuing education needs.

Instructor Certification is available so that you can deliver the Safety Training your team needs !



Instructor Certification

When workers need to learn a safety skill, instructor-led training is the superior option. The benefit to workers participating in Instructor-led training is that it facilitates in-depth discussions of complicated safety issues allowing for direct response from a skilled, practiced and certified instructor.

Workers also benefit from their interactions with their fellow co-workers as questions and comments made about the training are discussed. When a specific safety skill set must be learned, instructor-led training and hands-on practice fulfills worker continuing education needs.

As always, we thank you for your continued dedication to safety training and we look forward to serving you!

Pipeline Construction Safety

Pipelines operate in both remote and populated areas, with major crude oil and natural gas pipelines servicing most major Canadian cities. Pipelines are recognized as a safe and economical mode of transport and essential to a secure pipeline operation is the protection of public safety, respecting those affected by oil and gas activity, and conserving the environment.

Pipeline construction includes anyone who engages in, or who is responsible for construction activities that include but are not limited to surveying, staking, tree falling, right-of-way clearing, drilling, blasting, trench ditching, lifting pipe, stringing pipe, bending pipe, welding pipe, coating pipe, testing pipe, trench backfilling, site clean-up and reclamation.

If your company has workers who need a safety orientation to pipeline



construction, look to OH&S Safety for your continuing education needs.

The OH&S pipeline construction safety training program has been designed as an orientation for those who undertake pipeline construction work activities and is also intended for personnel who are required to supervise pipeline construction operations.



2020 e-Catalog is Available

Are you ready to tap into a wider network of training programs. Get access to 100% of the OH&S safety training programs by simply sending an e-mail and asking for a FREE copy of the OH&S training course library!

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Staying in Touch

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We appreciate your business, and look forward to working with you to achieve your safety training goals. Thank you for being a subscriber!



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