



OH&S Safety Matters

Take Lightning Safety Seriously

Lightning is often overlooked as an occupational hazard, but employers need awareness about lightning hazards to ensure their workers' safety. Precautions should be taken to prevent worker exposure to lightning and lightning should be recognized as an occupational hazard. Supervisors and workers at outdoor worksites should take lightning safety seriously. You need a written Emergency Action Plan (EAP), and the EAP should include a written lightning safety protocol. Employers should adequately train all workers on lightning safety for each outdoor worksite, so that supervisors and workers know in advance where a worksite's safe shelters are and the time it takes to reach them. Employers should train supervisors and workers to provide lightning safety warnings in sufficient time for everyone to reach a worksite's safe shelters and take other appropriate precautions.

If you get caught outside during a thunderstorm, there simply is no safe place outside. This is why it is very important to get to a safe place at the first signs of a thunderstorm. If you are caught outside decrease your risk of being struck by lightning by considering the following:

- Lightning is likely to strike the tallest objects in a given area—you should not be the tallest object.
- Avoid isolated tall trees, hilltops, utility poles, cell phone towers, cranes, large equipment, ladders, scaffolding, or rooftops.
- Avoid open areas, such as fields. Never lie flat on the ground.
- Retreat to dense areas of smaller trees that are surrounded by larger trees, or retreat to low-lying areas but watch for flooding.
- Immediately get out of and away from bodies of water (e.g., pools, lakes)
- Avoid wiring, plumbing, and fencing. Lightning can travel long distances through metal, which is an excellent conductor of electricity.
- Do not shelter in sheds, tents, or covered porches as they do not provide adequate protection from lightning.
- Seek fully-enclosed, substantial buildings that have interior wiring and plumbing that will act as an earth ground. A building is a safe shelter as long as you are not in contact with anything that can conduct electricity.

When thunder roars, go indoors! If you hear thunder, even a distant rumble, get to a safe place immediately. *Thunderstorms always include lightning. Any thunder you hear is caused by lightning!*

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Training the Trainer 40 hr. Certificate Course

The **pedagogical knowledge base** of an instructor refers to the required cognitive knowledge for creating effective teaching and learning environments.

The **general pedagogical knowledge** of an instructor is the principles and strategies of classroom management and organization.

The title of trainer (instructor) places a person in a role that allows them to influence the attitudes and the behaviours of the adults they teach. Improving student outcomes is also about improving the quality of the teaching. Continuing education requires the trainer to gain knowledge or to update their knowledge base to meet new teaching demands.

While knowledge and classroom management skills are important, motivational variables and the trainers attitude also contribute to the **mastery of teaching**.

Communication in a classroom is not simply the exchange of words or messages; rather, it is the exchange of understanding and shared meaning. Communication is a key factor in creating an effective learning environment.

There are many different theories of learning styles, including ones that classify people as visual, auditory, or kinesthetic learners, or ones that outline different cognitive approaches people take in their learning. As a trainer, or instructor of learning, you should have a basic understanding of



how adults learn. Adult learners bring experiences and self-awareness to learning that younger learners do not. To understand adult learning, you need to understand learning domains, learning styles, and how and why adults learn.

As we draw insight into how adults learn and understand the principles of adult learning, we can effectively apply them and address the challenges of engaging our learners.

OH&S Safety has developed a 40 hour learning experience appropriate for anyone interested in developing knowledge and skills in organizing, conducting, evaluating or administering training programs for adult learners. This new course is titled **“Training The Trainer”** and the focus of this programming is to provide an introduction to the fundamental skills of classroom communication necessary for the instruction of adults.

This new certificate program will provide an opportunity for you to;

- Expand individual capacity to deliver and evaluate adult learning.
- Develop insight and knowledge as a foundation for understanding instructional approaches and effective leadership.
- Broaden individual capacity to engage and inspire others, while being authentic, ethical and true to personal values when working in the adult education setting.
- Improve abilities to create positive and engaging learning environments.
- Enhance the ability to coach and mentor others in a manner that demonstrates collaborative problem-solving and one that builds trust.

Effective trainers develop their students understanding and skills by teaching and coaching them

on how to do things correctly. The classroom trainer needs to have the ability to move from one leadership style to another as the situation demands. They need to have enough self-awareness to know if the leadership style they are demonstrating is appropriate and have the ability to change to a more appropriate leadership style where necessary. The ability of the trainer to use situational leadership will assist in getting the best performance from their students.

An occupational setting usually has students that are older, and may have different commitments or priorities than students that are younger. They may be taking a class because they may be trying to enter a new field mid-career.

When teaching a course with a population of “non-traditional” students, keep in mind some characteristics unique to adult learners: When teaching adult learners, there is a shift in the relationship between teacher and students, and a shift in the way that learners perceive the effectiveness of the teaching methods being used.

Communication that happens between students and teachers and between students and other students are fundamental to the process and outcome of learning and teaching. The way that you communicate with students can positively or negatively affect their perceptions of learning, their role in the classroom, themselves and their abilities, and their motivation to succeed

As traditional classrooms with blackboard and chalk become a thing of the past, and smart classrooms become the norm, training delivered by a skilled trainer is fundamental in helping learners to think strategically and ultimately become leaders. When you are delivering information to peers you have to take the time to be prepared appropriately, or your message won't be taken seriously.

One of the most essential skills for any trainer in the occupational setting is to know how people, particularly adults, learn.

Get Your Trainer Certification so that you can deliver more effective training !



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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!

Staycation or Vacation This Year

This summer take the opportunity to change things up and consider busting out of the house instead of spending your vacation days in pajamas.

While we all will need to consider our own personal risk in taking pandemic precautions, it's also important to recognize ways to protect our mental and emotional health from the pandemic's many stressors. Taking time off for a staycation (even if you aren't physically going anywhere) can be just as beneficial to your health as a traditional vacation.

You can go for a walk or hike, find a secluded spot to just spend some time reading. There are a lot of physical and mental health benefits to being outdoors, so make an effort to venture outside for a bit. We are heading into a third year of the pandemic, but



this year restrictions on travel have eased up. You may still have a general anxiety around the thought of international travel, but maybe you would feel safer doing a lot of short weekend trips instead of getting on a plane and doing those COVID tests. (Just make sure to follow guidelines set by your local health department.)

OH&S Safety Training Solutions 778.471.6407

Classroom Based / Instructor Led Safety Training

ATV and UTV Operator
Our ATV and UTV Operator course has been developed for those with an occupational requirement to be trained to safely undertake work activities that involve the operation of an all-terrain vehicle (ATV) and/or utility terrain vehicle (UTV). The goal of this course is to help you better understand what an ATV and UTV Operator responsibilities are and how to manage those responsibilities to protect your health and safety and the health and safety of your co-workers.

Boom Trucks, Holes and Riggers
This training program encompasses activities that involve the operation of Light Duty Boom Trucks with a rated boom length of less than five tons with a boom length of less than 11 feet based on the manufacturer's user functioning, holes and the rigging of loads. Only qualified persons trained in the inspection, application, and operation of a crane or hoist, including the recognition and avoidance of hazards associated with their operation, that operates the equipment.

Confined Space Entry - General Industry
Confined spaces are potentially one of the most dangerous of all workplaces, however the goal of this course is to prepare you to safely perform work in a confined space. By the end of this course you will be able to describe a confined space, describe various hazards and know how to handle hazards that are identified, you will understand the confined space permit system and about something going terribly wrong, you will know how to effect a non entry rescue.

Confined Space Entry - Mining Industry
The Mines Act and the accompanying Health, Safety and Reclamation Code for mines in British Columbia (the Code) protect workers health and safety and enforce legislation related to confined space activities. This legislation obligates the mine manager to ensure that certain procedures are developed and each person who is assigned duties or responsibilities related to entry into a confined space is adequately trained. This course is provided you with the information that is used to implement a Confined Space Entry Program.

Confined Space Rescue Basics
The occupational health and safety regulation requires the employer to prepare a written confined space entry program that includes procedures for rescue. This course will provide the information used to establish an industrial confined space rescue response and the training that is needed to prepare individuals to implement rescue operations. It takes a mix of prevention, planning, preparation, training and communication to create and sustain an effective Confined Space Rescue response.

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Staying in Touch

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