
EXCEL-ING IN SAFETY

Pozniak Safety Associates Inc. Canadian Newsletter
Fall 2008

Pozniak Safety Associates

Safety Management System Development

Safety Perception Surveys

Safety System & Program Audits

Training & Education Programs

Workplace Hazard & Risk assessment &

Retained Health & Safety Consultant Services

Network of global professionals to access,...

*"All life is an experiment.
The more experiments
the better "*

Ralph Waldo Emerson

Some Satisfied Customers:

- BP—British Petroleum,
- BUNGE,
- Canada Post,
- Crescent Point Energy,
- Diavik,
- Flynn,
- Goldcorp Canada Ltd.,
- Hitachi,
- Loblaws,
- SaskEnergy,
- St. Andrew Goldfields Ltd,
- SaskTel,
- SGI,
- Tirecraft,...

Lets just Think about it,....

This is a "lets just think about it,..." article on training. I do believe in training and education; do not get me wrong. There are many benefits to training that we all know about,... but, let me ask you - if you are training on a topic where the system in place does not allow you to perform as per the training you have provided... then are you not just wasting your money?

Sometimes we need to stand back and think about what we are asking workers to do. Not long ago I was asked to come by an organization to do some back care training. I had asked about tailoring it to make it more specific to the work environment - surveying the work that they do, how and with what tools they perform it, taking some pictures of their workplace with their people,... The answer was "no- we just want you to talk about lifting and back care stuff and help us get the back injury numbers down.". I developed the session with a portion dedicated to the potential effects of jumping from heights – not high heights, but off of flat beds, or out of trucks. Scientifically the mass of the person and the distance one jumps has an equal and opposite ground reaction force. This force is often taken by the discs and supporting structures of the back. Simply it is just asking for a back injury and basically - the message is "don't jump off of stuff".

As I was leaving the building, I noted that the loading bay had quite a distance from the bay door to the outside door and stairs. There were no ladders or stairs along the bay door and I observed two people (who were just in the course) jump down.

I stood and asked myself the question – did I not talk about this, did I not make it clear,... did I not sell this point in a way they understood. It then hit me that people do what is the simplest for them, what they are used to doing, with the system or the tools that we give them to use.

It reminded me of one of my fathers sayings "You can teach a person to cook on a stove, but if all they have is an open fire,... what do you think they will do if they cannot afford the stove." If we teach our people a specific process, or to operate a specific piece of equipment, we have to ensure that the training is specific to what they will use that it is workable in the system or the process they have in place.

The next time you are going to do some training or education, ask yourself the following questions:

(1) Are you sure the system is working? If you train on a specific topic or concern, make sure the system works well and works well with the new tools, information, or knowledge you are giving people and expecting them to use. Make sure it is actually easier for them to use that information, than what might be happening that you do not want.

(2) Are the equipment or tools used for training the person what they will be using once back at their workplace?

Some times we send people on courses – fall arrest, forklift, crane and they have specialized equipment at the training center. Is it compatible with the equipment that we utilize back in the workplace? Example is teaching people to utilize a sitting forklift, when in the workplace it is a standing unit.

I hope by asking some of these questions and considering my recent experience, you are able to evaluate your training needs - ensuring the training meets your specific systems and equipment requirements. Just something to think about.

-Eldeen Pozniak



Continued Canadian Tour with “Unique Leading Edge Workshops”

Last spring, Pozniak Safety Associates Inc. joined forces with The Safety Solutions Group from Australia to provide innovative workshops across Canada and they were a success. One of SSG’s Director’s, Paul Pascoe, (some of you may remember Paul from his presentation at the CSSE 2007 and 2008 CSSE PDC presentations) and Eldeen Pozniak have agreed to continue their working relationship that will bring quality, engaging, informative, and entertaining speaking engagements and 1 and 2 day workshops to Canada.

Workshops are being planned for the following locations:

Toronto, ON

Halifax, NS

Regina, SK

Calgary, AB

Other locations to be announced. If you would like one in your area or at your location contact

info@pozniaksafety.com or call **306-373-1444** to set it up.

Workshop Titles:

- Let Me Entertain You (1 & 2 days workshops)
- Risk Management—a Manager’s Guide to Risk (1 and 2 days workshops)
- Preventing Disasters: Lessons From Longford (1 day workshop)
- Safety, Culture & Risk: Creating a Mindful Organization (1 Day workshop)

**Go To Our Web Site www.pozniaksafety.com
for More Information under the Speaking & Workshop Tab.**

“What do you get from these interactive workshops you do not get with others”, you may ask?

- One or Two days full of engaging information that you really can use back at your workplace,
- A participants hand-book packed with detailed information;
- Various tools/checklists / forms / and clear actions to take back to your own organization;
- A CD with electronic versions of the participant hand-book/handouts and the PowerPoint presentation for you to facilitate your own session when you get back.

Registration for Workshops: Contact the Pozniak Safety Associates Inc. Office

Phone: (306) 373-1444 Fax: (306) 373-1503 Email: info@pozniaksafety.com or eldeen@shaw.ca

Eldeen E. Pozniak of Pozniak Safety Associates Inc. (Canada)

Eldeen, is a safety professional who operates OHS consultancy services & presents at international levels. She has spent her career learning & sharing her knowledge & experience to business, industry & government in Canada, UK, Ireland, US, UAE, & Bahrain.



Paul Pascoe of Professional Safety Solutions (Australia)

Paul is a highly skilled provider of health & safety training, OHS consultancy services & presenter at international level. He has built a successful career on his knowledge & experience spanning over 25 years in this field & has provided these services to business, industry & government in Australia, Canada, South East Asia, China & India.



How to's" for Hand Washing, Coughing and Sneezing



Your hands may touch many surfaces in the run of a day - doorknobs, telephones, money and faucets to name a few. Bacteria and viruses lurk on surfaces and collect on fingers and palms and, are often passed from one person to another by touching the eyes, nose or mouth, or an open cut or sore. There are a few simple steps for protecting yourself and those around you from those pesky cold and flu viruses and other bacteria in our environment.

Washing your hands is the most important step in preventing the spread of infections but needs to be done effectively. Believe it or not there is a correct way to wash your hands:

- Use warm running water.
- Wet your hands & use soap, rubbing all parts of your hands together for 20 seconds.
- Use lots of friction and remember to wash all surfaces including backs of hands and between fingers.
- Rinse hands well so they are free of soap and dry with a towel or paper towel
- Turn off the taps with paper towels to prevent picking up germs left there by dirty hands.
- Apply lotion if needed to avoid dry skin. Dry skin can be difficult to clean because germs can live in the cracks.
- If soap and water are unavailable, use enough waterless skin sanitizer containing ethyl alcohol or benzalkonium chloride to keep skin moist for 15 seconds (about the size of a dime) and wash using the same motion as with soap and water to reach all surfaces of the hands and fingers until the cleanser evaporates.

**Note: wash hands following coughing, sneezing or using a tissue or the washroom, any contact with body fluids, and before touching/eating food or drinking. Also, wash your hands after shaking hands or touching shared surfaces or objects.*

How to Cough and Sneeze using "etiquette"

- If you have a tissue, use it to cover your nose and mouth and put your used tissue in the waste basket.
- If you are caught by a sudden need to cough or sneeze, "cover" your mouth by coughing or sneezing into your upper sleeve or elbow and not into your hands.
- Wash your hands or use a waterless hand sanitizer each time a cough or sneeze(s) takes place.

These simple measures may help you or those close to you to remain well through the upcoming season. Make hand washing a priority and should you become ill, make sure to show those around you some coughing and sneezing "etiquette".

Submitted by Val Foulds MacLeod, RegN OHN

Pozniak Safety Associates Inc.
Occupational Health and Safety

Web Site Update—Check out our Web site, as we have updated the content—drop us an email and tell us what you like and what you think is an opportunity for improvement.

www.pozniaksafety.com



ON THE INTERNATIONAL FRONT

Pozniak Associates DMCC opens in Dubai, U.A.E.

To ensure that our clients get the best service whether in Canada or across the world, we have opened up another company in the U.A.E.. Eldeen Pozniak states, “Having both offices staffed—in Canada and in the U.A.E.— will provide our clients with timely and professional consulting and services.” Eldeen told us that she and other Canadian staff members were feeling stretched to the limit trying to provide quality services here and abroad. A separate staffed office, will allow sharing of global safety information, and utilizing peoples skills within both offices, without affecting service.



The new office information is: Level 41, Emirates Towers, P.O. Box 31303, Dubai, UAE.
Ph#: 971-04-319-9322; Fax#: 971-04-319-7890 Website: www.pozniakdmcc.com

SPEAKING ON HEALTH AND SAFETY AROUND THE WORLD. World Congress on Safety & Health at Work

XVIII World Congress on Safety and Health at Work
June 29 ~ July 2, 2008
COEX Convention Center, Seoul, Korea



The XVIII World Congress on Safety and Health at Work was held June 29—July 2, 2008 at the COEX Convention Center in Seoul Korea. It was a unique opportunity for decision makers, safety & health professionals, employers’ and worker representatives to learn from each other and exchange information with peers from around the world. Pozniak Safety Associates Inc. was there – Eldeen Pozniak presenting on July 1, 2008.



Here are a few of the Canadians that were present at the Congress on Canada Day.

The next World Congress on Safety and Health at Work will be in Turkey in 2011.

IOSH NSS 08 Conference was held this year in Warrington, UK in September, 2008.

Eldeen Pozniak facilitated a round table discussion on Sunday on Health and Safety Issues in Multi- cultural workplaces and the effects on health and safety.

Eldeen Presented a unique perspective on “Affecting your Organization’s Culture” on the Tuesday Morning. From the NSS evaluation summary—” Eldeen Pozniak’s presentation was superb, professional, informative and highly entertaining .”



Aldar—3rd Annual Health, Safety, and Environmental (HSE) Seminar:

Aldar Properties, the leading Abu Dhabi-based property developer, hosted its 3rd Annual Health, Safety, and Environmental (HSE) Seminar. During the event, five of Aldar's major developments were recognized for their HSE record. Al Raha Beach, Yas Island, Injazat Data Centre, and Al Mamoura Office Complex, were all praised as 'the most committed sites towards health, safety and environment'. Al Raha Gardens was proclaimed the most improved site committed to HSE.



Ronald S. Barrott, CEO Aldar Properties (seen on the left) commented, 'This 3rd Annual HSE Seminar exemplifies Aldar's contribution to the property and real estate industry in Abu Dhabi. We are committed to setting the benchmark in health and safety, whilst developing sustainable integrated communities; hosting this seminar as well as implementing international best practices and standards in our day-to-day business dealings, is an integral part of our ongoing effort.'

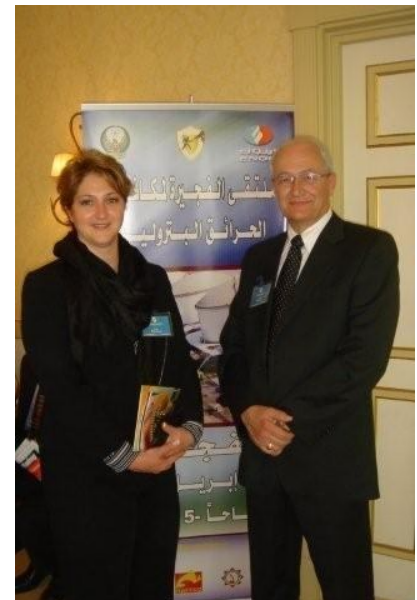
Andrew Broderick, the Corporate Health and Safety Manager (seen on the right) developed and organized a great Seminar. Some of the days speakers are pictured here, with our own Eldeen Pozniak. Eldeen spoke on Safety Management Systems emphasizing the need for both structural and cultural components.

Fire Safety Conference in Fujairah:

As a leading oil and gas company, ENOC spearheaded an industry initiative aimed at raising safety practices in the petroleum industry by hosting a two-day Fire Safety Conference in Fujairah, in conjunction with the Fujairah Civil Defence. Held under the patronage of His Highness Sheikh Hamed Bin Mohammed Al Sharqi, UAE Supreme Council Member and Ruler of Fujairah, the conference was held at Al Diar Siji Hotel from April 9 to 10, 2008 with the joint support of Vopak-Horizon Fujairah Limited and the Fire Safety Engineering College in the Sultanate of Oman.

Regional and international industry experts attended the conference to share their experiences in emergency response planning and formulating collective approaches to safety. Waddah Ghanem, ENOC Group EHS Compliance Manager said that the conference was extremely beneficial for all stakeholders in the oil and gas sector, as well as heavy industries, where Mutual Aid as well as Emergency Response Planning is critical, given the enormity and sensitivity of the operations and assets involved.

Pozniak Safety Associates Inc., Bernie Klein and Eldeen Pozniak attended the sessions and found the information to be useful globally. Opportunities and approaches were shared, as well as barriers to multi-organizational approaches to emergency response.



ELDEEN POZNIAK SAYS GOOD-BYE TO THE CSSE PRESIDENCY.

With mixed feelings, I passed on the presidency of the CSSE at the Annual PDC. Quebec City was a wonderful backdrop to finish the 2 year term as president, and hand it over to Art Nordhom for the next two years. It has been a wonderful experience and I will miss it, but I am also glad to be able put more time and effort into some of my other aspects of life and ventures.



I will remain active within the CSSE executive for the next two years as the immediate past president—a position that is still on the board, as well as the PDC chair. The CSSE is a wonderful organization and it has been a personal and professional privilege to work collaboratively with other members of the executive and the staff as I provided leadership for the past two years.



It has been a rewarding experience, as I have been able to meet many great people, represent you in my way—from wearing showgirl feathers in Vegas, to walking and waving in the Calgary Stampede parade,... to meeting with other safety organizations at home and around the globe. But best of all—I go to work with great people in a great organization,... and talk about a subject that I love—Safety and Health.



I encourage everyone to get involved. For more information on the CSSE—Canadian Society of Safety Engineering—have a look at their web site www.csse.org.

Your Say: Last newsletter I asked for your thoughts, suggestions, article submissions and this is one that we got. You have something to say, send it into our office for the next newsletter

Comment on your last article - *Things you need to know about the Latest Safety Enforcement Prosecutions – Are they Targeting Safety Managers.* (Spring 2008 issue)

“Good Article, but it scared me some. I cannot believe that I a safety person can be held liable for things like this. I thought that was the company or supervisors that would be prosecuted.”

Submitted by “Does not want name Published”

Eldeen’s comments: Well it is a reality. We can be and always have been able to be held accountable for what we choose to do or not do. I would suggest, if you have more questions about this or do not have information on your liabilities as a safety professional or practitioner, contact a Lawyer who has OH&S knowledge. Another place to get some great information on Obligations and Liabilities is the CSSE – they have an Obligations and Liabilities 2 day course that gives you a good overview on this topic. You can take it on line or in a classroom format which allows more questions and answers and peer discussion.

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8B - 181, 3110 - 8th St. E
Saskatoon, SK.
S7H 0W2

Phone: 306-373-1444
Fax: 306.373.1503
E-mail: info@pozniaksafety.com

We're on the Web
www.pozniaksafety.com

Pozniak Safety Associates Inc. specializes in assisting corporations, industry & government to create viable & sustainable business through client specific & value added Occupational Health & Safety Management Systems and Business Support.

No matter what safety & health challenges you & your company face, whether one time only advice or a full range of services, **Pozniak Safety Associates Inc.**, is ready to work in **partnership** with you to **assess your needs, evaluate options, develop solutions & assist you** to fulfill your companies vision and objectives.

Some Things You Should Know About:

Mine Safety in Saskatchewan.

The Saskatchewan Government has announced a new industry standard within Mines. Until now, mines in Saskatchewan were allowed to have warning signs only to prevent workers and others from going into hazardous areas. Now, with the new standard, physical barriers will be required in areas that many contain hidden hazards.

Eight New Chemicals Toxic in Canada.

The Canadian Government has deemed eight new chemicals to be toxic to human health and one deemed toxic to the environment.

- Toluene Isocyanates (TDI's) (often found in flexible and semi-flexible polyurethane foam);
- 1,2 benzenediol and 1,4 benzeneial (byproduct of kraft paper production, photographic developing solutions – 1,2, and manicure preparations, hair dyes and skin lightening cream – 1,4)
- Methyloxirane and ethyloxirane (production of chemicals found in paint strippers, aerosol paints, and as a stabilizer in industrial solvents);
- Naphthalene (dyes, plastics, tanning agents and insecticides);
- Yellow die (CHPD) was deemed toxic to the environment (used as dye in plastics and paints)



Office Safety:

Did you know that filing cabinets are a major source of office injuries? From having unattended open drawers causing trips to bruises to having too many drawers open and having the cabinet tip, could possibly cause serious injury. Heavy drawers with no stoppers can be pulled out too far and dropped. Uneven floors can have cabinet drawers open without human help.

Communication:

When people are turned off by something you said, they stop listening. When the mind is sidetracked by something, it focuses on the distraction. A word habit can cause people to turn off and stop listening to the content of your message (like an umm or ahh, right or you know always thrown in). Instead, they are critiquing how you are saying something in their minds. An action you can take while trying to stop saying those additions, or when it is evident that your audience has stopped listening., pause the discussion and ask, "What is on your Mind?" Although they may not tell you exactly what they are thinking, this will grab their attention and pull them back into the conversation.

