



**BCFED Health & Safety
centre**

invites you
to join us

MAY 2 TO 8, 2010



for North American OCCUPATIONAL SAFETY & HEALTH WEEK **in BC**

North American Occupational Safety and Health Week raises awareness for employers, workers, and the general public on the importance of preventing injury and illness both in the workplace and at home. More information on Safety & Health Week can be found at www.naosh.ca.

The BCFED Health & Safety Centre has scheduled its most popular and effective training programs during this week. These programs will be offered in Communities across the Lower Mainland. Register early to avoid disappointment!

Course Time: 8:30 am–4:30 pm
Course Cost: \$85.00

Registration and Schedule: www.healthandsafetybc.ca or call 604-430-1421

www.healthandsafetybc.ca

ERGONOMICS FOR DRIVERS & EQUIPMENT OPERATORS - May 3, Burnaby

- Learn to assess aspects of equipment ergonomics such as seating design, posture, access and egress, visibility, and design of dials and displays.
- Learn about the health effects resulting from exposure to whole body vibration, especially back pain and other disorders.
- Learn how to implement solutions to prevent and reduce exposure to ergonomic problems related to driving and equipment design.
- Case studies of solutions will be used to give participants an opportunity to solve ergonomic problems related to driving and equipment operation in their workplaces.

UNDERSTANDING AND PREVENTING STRESS IN THE WORKPLACE - May 4, Coquitlam

- Discuss what stress is and how it affects you.
- Learn about the contributing organizational stressors in the workplace.
- Identify the stress hazards in your own workplace.
- Discuss how stress affects our work, our families and our communities.
- Develop prevention strategies to minimize workplace stress.

STRAINS, ACHES & PAINS: WHAT JOINT HEALTH & SAFETY COMMITTEES NEED TO KNOW ABOUT ERGONOMICS

- May 4, Richmond & May 6, Abbotsford

- Learn how to identify ergonomic hazards.
- Learn risk assessment techniques.
- Learn how to generate solutions to deal with hazards.
- Learn strategies to assist in implementing an effective prevention program.
- Learn how to comply with existing Ergonomics legislation.
- Have an opportunity to put theory into practice in the exercise, "Fix That Job."

OCCUPATIONAL HEALTH & SAFETY PART 1 (BASIC COURSE)- May 4, Surrey & May 6, North Vancouver

- Learn the responsibilities and duties of the Joint OH&S Committee.
- Learn about the OH&S Regulation and the Workers Compensation Act, workers' OH&S rights and the procedure for refusing unsafe work.
- Learn how to conduct effective safety inspections.
- Have the opportunity to put theory into practice in various interactive exercises in the course.
- Be updated on changes to the OH&S Regulation.

PREVENTION OF VIOLENCE IN THE WORKPLACE - May 5, Vancouver

- Learn what the requirements of the Violence in the Workplace Regulation are for implementing a violence prevention program.
- Learn how to identify and assess hazards of violent incidents and implement solutions for preventing violence at the workplace.
- Develop an outline of a violence prevention program for the workplace.

INCIDENT INVESTIGATIONS - May 5, New Westminster

- Learn the Workers Compensation Act and OH&S Regulation requirements for incident/accident investigations.
- Learn how to conduct effective interviews in order to get the full story of the incident.
- Learn how to assess all the contributing factors in order to put develop effective corrective actions.
- Conduct an incident investigation and theory to practice.

OCCUPATIONAL HEALTH & SAFETY PART 2 (ADVANCED COURSE) - May 6, Vancouver

- Review health and safety rights and responsibilities.
- Discuss barriers facing Joint OH&S Committees and develop creative strategies and solutions to deal with them.
- Learn about OH&S trends and how they impact the work of the Committee.
- Learn how to use the OH&S Regulation and the Workers Compensation Act as resources.
- How to mobilize support for dealing with the barriers preventing the solution of health and safety hazards.
- How to strategize alternative and creative approaches to making workplace changes to improve health and safety

CHEMICAL HAZARDS IN THE WORKPLACE - May 7, Vancouver

- Learn about the relationship between health and environmental effects of exposure to chemical hazards at your workplaces.
- Learn about worker rights and protections under the WCB OH&S Regulation.
- Learn about the sources and effects of exposure to: carcinogens, endocrine disrupters, neuro and reproductive toxins, liver and kidney toxins and sensitizers.
- Learn to identify essential components of MSDS and how to use resources to assist in analyzing MSDS information.
- Learn to develop strategies to control exposures in the workplace.