

Workplace Health and Safety Snapshot for Ontario Pulp, Newsprint, and Specialty Papers Sector in 2016



8,499

Full-time employees



Events resulting in lost-time injury or illness

Injury or illness severe enough to require one or more days lost from work



38%

Contact with objects or equipment

(struck by or against objects, caught in or compressed by equipment or objects)



28%

Bodily reaction and exertion

(excessive physical effort, free bodily motion that results in stress or strain on the body, assuming an unnatural position, and repetitive motion)



26%

Falls

(falls to same level, or lower level)



13%

All other

(exposure to caustic, noxious, or allergenic substances, highway incident, exposure to noise)

Most common lost-time injuries

18

Contact with objects and equipment, includes struck against stationary objects; struck by dislodged flying or falling objects; struck by rolling, sliding objects on floor; struck by objects; caught in running equipment or machinery; compressed or pinched by rolling, sliding or shifting objects; caught in or compressed by equipment or objects.

13

Bodily reaction and exertion, includes injuries and illnesses resulting from repetitive motion, bending, climbing, crawling, reaching, twisting, slipping, tripping, overexertion in lifting, pulling, pushing, carrying or turning objects.

12

Falls, includes falls down stairs or steps, falls from ladder, falls to lower level, falls to floor, walkway, or other surface and falls onto or against objects.

Top 3 Occupational Diseases

Based on approved WSIB claims for healthcare, being off work, loss of wages, or permanent disability.

38

Noise-induced hearing loss

6

Symptoms, signs, and conditions of disease, includes dyspnoea and respiratory abnormalities, cough, dizziness, and giddiness.

5

Injury and poisoning, includes burns, heat exhaustion.

*Disease fatality claims approved by WSIB in 2016. Statistical information from: WSIB Enterprise Information Warehouse as of March 31, 2017. RG 039 WSN May 2017.

Overview of Joint Health and Safety Committee certification training

Focus on hazards specific to pulp, newsprint, and specialty papers sector

JHSC Certification: Part One (three days)

This mandatory course provides participants with an understanding of how to recognize, assess and control workplace hazards, the rights and duties of certified members, and how to conduct effective workplace inspections and incident investigations.

JHSC Certification: Part Two (two days)

Focusing on the concepts of recognition, assessment, and control of hazards, and evaluation of the hazard controls, participants learn how to apply these concepts to a minimum of six hazards relevant to their own workplaces. In addition, learners practise drafting action plans and recommendations for the employer.

By the end of the two-day course, participants will:

- Review material covered in Certification Part One training
- Understand hazard-related concept of recognize, assess, control and evaluate (RACE)
- Understand key hazards specific to sector
- Use various tools to help recognize, assess and control hazards, and evaluate hazard controls
- Understand role of the Joint Health and Safety Committee in relation to the internal responsibility system.

Key hazards

- Unsafe operation of equipment
- Inadequate maintenance of machine guarding
- Failure to follow lock out procedures
- Poor lifting procedures
- Working in uncomfortable positions
- Work or equipment operation requiring repetitive motion
- Inadequate attention to workplace hazards while walking
- Failure to follow procedures while handling hazardous substances

Membership benefits

A strong safety culture is a sign of a healthy, productive workplace. As a member of Workplace Safety North (WSN), you're entitled to expert advice and information, including access to classroom training programs, on-site consultations, health and safety audits, industrial hygiene testing, specific problem-solving, and more.

- On-site employee health and safety training
- Supervisory and management health and safety training
- Workplace safety and health inspections
- Technical safety and health consultation
- Access to health and safety resources

Also available

Competent Supervisor Training

(Disponibile en français)

Equivalent to Ministry of Labour mandatory awareness program for supervisors, this program makes supervisors aware of their legal duties and responsibilities, and provides a sound foundation of health and safety knowledge to deal with the variety of issues they will face in their work. Supervisors are responsible for helping set and maintain an organization's safety culture.

Working at Heights Safety Training

Ministry of Labour-approved course provides participants with most up-to-date information, with hands-on instruction from industry experts and trained adult educators; for workers who use personal fall protection systems: travel restraint systems; fall restricting systems; and fall arrest systems. Successful participants receive 'Proof of Training' wallet card from Prevention Office. Refresher training required every three years. workplacesafetynorth.ca/workingatheights

About Workplace Safety North

Your local health and safety partner

An independent not-for-profit, Workplace Safety North is one of four health and safety associations in Ontario, and the only one located in the north. WSN provides Ministry-approved workplace health and safety services for mining and forest products sectors, as well as businesses and communities across northern Ontario.

With health and safety specialists located across the province, WSN and its legacy organizations have been helping make Ontario workplaces safer for more than 100 years. As a leading provider of health and safety services, businesses and communities call upon WSN for expert advice and training. For more information, visit workplacesafetynorth.ca.

Hazard Alert

Pulp and paper workers face increased risk of falling into dry end pulp beater

Risk workers face

Workers in pulp and paper industries face the hazard of falling into the dry end pulp beater. During normal operation of pulp and paper machinery, when everything is running well, the risk of injury is typically low since human intervention is not required.

Problems arise when there is a breakdown of equipment and maintenance is required, or when there is a process upset, especially at the area around near the outlet of the pulp dryer – typically known as the dry end beater or pulper.

As the 14'- to 16'-wide pulp sheet exits the dryer, it's directed into the dry end beater where it's constantly agitated at temperatures around 150 degrees Fahrenheit. While pulp sheet travels into the beater, the crew prepares for its conveyance to a Cooler or Layboy.

Under normal operating situations, the guardrail around the dry end pulp beater prevents workers from falling into the machinery.

How a fall into machinery could happen

The problem exists when there is a process upset and the pulp sheet falls on the floor in front of the dry-end beater and begins to pile up.

If there are any problems getting the full-width sheet into the dry end beater, the sheet will start to pile up on the floor, building up in volume and height in front of the beater, causing operational problems.

To reduce the height of the pulp sheet building up on the floor, workers have been known to climb up and jump on the sheet to try to compress the pile height, which may be approaching the height of the mid- or top guardrail. And as the height of the paper pile starts to rise above the guardrail, workers risk falling into machinery and being severely injured or killed.

Prevention using guardrails, procedures, communication, and training

Employers must have procedures or work instructions in place to prevent unsafe work practices, especially around dangerous machinery. With a legal duty to protect workers, organizations must communicate and instruct their workers on proper procedure, and enforce safe work around machinery, including a dry-end pulp beater.



Guardrails are a passive form of protection to keep workers at a safe distance from hazards, such as:

- Falling from a height
- Falling into operating machinery
- Falling into water or other liquid
- Falling into or onto a hazardous substance or object
- Falling through an opening in a work surface

Employers and workers must be mindful of process problems at the dry-end pulp beater, and ensure workers remain protected by the guardrail, and are prevented from falling into machinery.

For more information, contact your local WSN Health and Safety Specialist

workplacesafetynorth.ca/consulting/findyourspecialist

Safety Talks: Preventing musculoskeletal disorders, critical importance of lock out

MSDs continue to be the most prevalent in terms of lost-time injuries and costs. Lockout tends to be the most horrific in relation to the injuries. Keep in mind: statistics do not reflect all the close calls and near-misses when you're in the workplace – sometimes the only difference between an injury and a fatality is a matter of inches.

Safety Discussion Points

Critical importance of lock out

- ❑ Over the years, Ontario workers have been caught in machinery, crushed by equipment, and electrocuted by wires thought to be inactive. These incidents could have been prevented if the machinery was locked out properly.
- ❑ Locking out is essential to the safe undertaking of maintenance, repair work, set-ups and operational jam-ups. Without a well-defined lock out policy backed by written procedures, employee training, and consistent enforcement, incidents will happen.
- ❑ The purpose of lock out is to prevent an energy-isolating device, such as a switch, circuit breaker, or valve from accidentally or inadvertently being operated while workers are clearing obstructions or doing maintenance on or near the machinery.
- ❑ Ontario's occupational health and safety law requires an energy source to be isolated and controlled if machinery or equipment could unexpectedly activate. Employers are responsible for establishing and implementing lock out procedures at worksites.
- ❑ Organizations should develop machine-specific lock outs so workers are able to review proper lock out methods for any of the machines they are required to lock out, and perform any number of tasks or activities.
- ❑ The main method for controlling hazardous energy is based on turning off the power and achieving a zero energy state (ZES), where all energy, including stored energy, is systematically removed or isolated from the equipment, machine, system or process. However, due to the nature of work required to be performed and under certain defined conditions, other methods in the corrugating sector may be more appropriate in order to partially control hazardous. This partial de-energization is referred to as intermediate energy state (IES).
- ❑ Where safe work procedures are used as the primary means for personal protection, a permit system must be developed to plan and authorize the work to be performed under these circumstances.
- ❑ Every machine, device or process that will from time to time require lock out should have a detailed, written lock out procedure available at the work station.
- ❑ Evaluate the control to make sure that it is working and the risk has been eliminated or reduced.

Regular safety talks help raise awareness and prevent injury and illness on the job. Safety talks are an informal presentation on a specific subject by a person chosen to lead the session, followed by a group discussion of the topic, how it applies in your workplace, and what it means to the people who work there. Communication is key – workers are encouraged to raise questions and concerns

Preventing Musculoskeletal Disorders

What is a Musculoskeletal Disorder (MSD)?

- ❑ The body's musculoskeletal system consists of muscles, tendons and ligaments. Examples of disorders in the musculoskeletal system include:
 - Neck strain from sitting at a control panel with the seat at the wrong height
 - Back strain from having to work for extended periods in an awkward position
- ❑ Signs and symptoms of an MSD include:
 - Workers trying to adjust their work station
 - Workers massaging their muscles or shaking their arms or legs
 - Workers reporting muscle pain, weakness, numbness or tingling
- ❑ Three main hazards, alone or in combination, contribute to the development of MSDs:
 - Force: This is the amount of effort required by the muscles or other body parts to perform a task.
 - Posture: This is the position of various parts of the body during any task.
 - Repetition: This refers to the same parts of the body being used repeatedly with few chances for breaks or rest.
- ❑ Your eyes and ears are the best tools you have to recognize MSD hazards. Observing workers perform their tasks can help you determine if they might be at risk for acquiring an MSD.
- ❑ Once an actual or potential hazard has been identified, the next step is to assess the risk it presents. The employer is responsible for conducting formal written hazard assessments and controlling hazards, but all workers should assess hazards on an ongoing basis while they work.
- ❑ Approaches to controlling for MSD hazards are the same for any other hazard. Factors to consider are engineering and design, elimination and administrative controls.