WORKPLACE HEALTH AND SAFETY SNAPSHOT FOR ONTARIO CORRUGATING SECTOR IN 2015

6,063
Full-time employees

0
Fatal injuries

205
Total injuries

42
Lost-time injuries

3.38
Total injury rate per 100 workers

-9.9%
Change in injury rate from previous year

EVENTS RESULTING IN LOST-TIME INJURY OR ILLNESS

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

45%
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.)

36%
Contact with objects or equipment
(Struck against object, struck by object, caught in or compressed by equipment or objects, collapsing material, rubbed, abraded, or jarred by friction, pressure or vibration.)

14%
Falls
(Majority of falls to same and lower level.)

5%
All others
(Transportation incidents, exposure to harmful substances or environments, fires and explosions, assaults and violent acts, other events.)

MOST COMMON LOST-TIME INJURIES

19

Bodily reaction and exertion, for example: repetitive motion, bending, climbing, crawling, reaching, twisting, overexertion in lifting, pulling, pushing, carrying or turning objects.

6

Falls, including falls to same and lower levels, e.g. floor, walkway, non-moving vehicle.

12

Struck by, caught in or compressed by equipment including: being struck by wood, lumber, or other object, whether falling, flying, swinging, or slipping; caught in or compressed by running equipment or machinery, compressed or pinched by rolling, sliding, or shifting objects.

OCCUPATIONAL DISEASE

4
Noise-induced hearing loss
Workplace Safety and Insurance Board healthcare claims.

Source: Workplace Safety and Insurance Board (WSIB) Enterprise Information Warehouse as of March 31, 2016. RG 041 April 2016 WSN

Workplace Safety North™

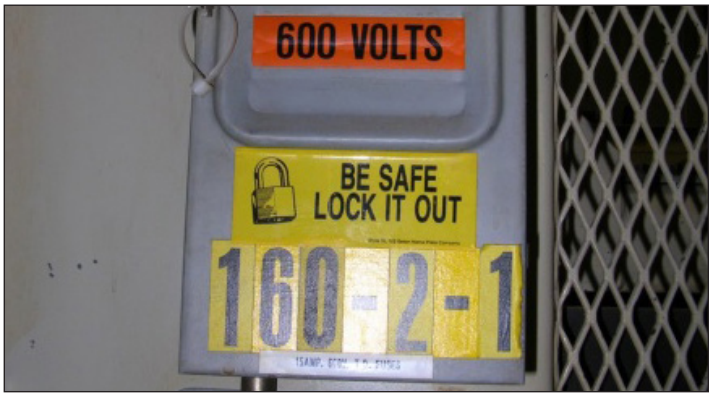
For more detailed statistics and trends
workplacesafetynorth.ca/resources/paper-printing-and-converting-statistics

HAZARD ALERT
RECENT INJURIES IN ONTARIO CORRUGATING SECTOR

WHAT HAPPENED?

Overexertion and bodily reaction continues to be the leading cause of lost-time injuries in the corrugating sector. MSDs (musculoskeletal disorders) continue to be a problem for sheet and corrugating plants. The sector, although moving toward automation, still has plenty of firms that are hands-on. Many of the presses used in the sector are hand-fed, requiring workers to work up to eight hours a day doing the same tasks, using the same muscle groups. For these smaller plants, the expense of upgrading to newer more modern equipment (e.g. prefeeders/scissor lifts) are out of range.

Failing to lockout properly, relying on someone else to protect you could lead to horrific injuries and changes to lifestyle. In the corrugating sector over the past five years, there have been at least five workers who have lost limbs or fingers due to improper lockout. Personal safety means you must look after yourself when working and don't assume or rely on others to protect you. In some instances, it is easier to open an interlocked door to shut the equipment down, but that doesn't protect you; that door can close and re-engage the equipment, putting a worker in a very bad spot and most likely, severely injured.



HOW COULD THESE INCIDENTS HAVE BEEN PREVENTED?

For MSDs, identifying, assessing, and controlling the risk factors (force, posture and repetition) can lead us to the area that needs to be addressed. Small changes can fix the problem; it doesn't necessarily mean new updated machines that are expensive, but subtle, simple changes can help relieve pain and suffering.

Where do we start? Having a 'Strains and Sprains Committee' can get the ball rolling. The Employee Discomfort Survey, available free at workplacesafetynorth.ca, allows workers to identify where the problems. Once the problems are identified, the committee can focus on solutions.

For lockout, workers need to be given the time to lockout for every instance that requires it. Tolerance levels need to be consistent, making sure that all workers are treated equally. Lockout has to be looked at as a part of doing Corrugating business.

Lockout Program Survey – Several free tools are available from WSN to help with proper lockout. Determining where your organization stands can be done with the use of a lockout program survey. This survey looks at various measures that need to be taken and compares this to your organization. The gap between what you do and what needs to be done forms the action plan.

Contact your WSN health and safety specialist for more information.

workplacesafetynorth.ca/consulting

SAFETY TALKS: MSD PREVENTION AND LOCKOUT

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.

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.

SAFETY DISCUSSION POINTS

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.
- ☐ Evaluate the control to make sure that it is working and the risk has been reduced or eliminated.

CRITICAL IMPORTANCE OF LOCKOUT

- ☐ 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.
- ☐ Lockouts are essential to the safe undertaking of maintenance, repair work, setups and operational jam-ups. Without a well-defined lockout policy backed by written procedures, employee training, and consistent enforcement, incidents will happen.
- ☐ The purpose of lockout 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 legislation requires an energy source to be isolated and controlled if machinery or equipment could unexpectedly activate. Employers are responsible for establishing and implementing lockout procedures at worksites.
- ☐ Organizations should develop machine-specific lockouts so workers are able to review proper lockout 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 corrugate 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 lockout should have a detailed, written lockout procedure available at the work station.