



Canada's BEST safety, health and environmental conference is quickly approaching! The 2010 Manitoba Construction Conference will take place February 2nd and 3rd at the Winnipeg Convention Centre.

This year's conference will feature 29 workshops - including several hard-to-find training sessions, hands-on training, certificates of training and TONS of great prize draws!

Register early – limited space available! More information and online registration available at www.constructionconference.ca

Working in the Cold

People who work in the construction industry are faced with lots of different occupational hazards. Extreme weather conditions are among those hazards. During the winter months, construction workers are at risk for conditions like frostbite and hypothermia, which can lead to serious injury.

Temperature, wind speed, moisture (due to perspiration or working near water), the length of exposure, type of clothing, work and rest schedules, the type of work being performed, use of certain medications, any previous exposure to the cold, and the age and physical stage of a worker can all contribute to the risk of cold injuries.

Frostbite: This happens when tissue freezes. Frostbite can result in permanent tissue damage, disability and even amputation! Symptoms range from prickling and / or burning sensations on the affected areas to extreme pain to no pain at all (if there is nerve damage). Frostbite will look white and frozen in the early stages, becoming more yellow and waxy in appearance as it progresses. As frostbitten areas begin to warm, they become red and are very painful!

Hypothermia: This condition occurs when the body temperature drops below a certain level and the body can not perform its normal functions anymore – this can happen with only one or two degrees in body temperature! After the body temperature drops below a certain level, it loses the ability to conserve heat at all, which can lead very quickly to a coma or even death. Symptoms begin with a rise – then decrease – in heart rate and blood pressure, and often include confusion, clumsiness and slurred speech. Anyone experiencing hypothermia must raise their core body temperature, and not just the temperature of their skin.

Make sure that all employees who are at risk of experiencing cold injuries have adequate clothing (insulated, thermal) and personal protective equipment; modify work loads to avoid heavy perspiration; incorporate warm-up periods; have a buddy system; review your company's emergency first-aid procedures.



What's coming up in Westman...

Tuesday, January 12	Principles of Safety Management	8:30 a.m. – 4:00 p.m.
Thursday, January 14	Simplified Safety	8:30 a.m. – 4:00 p.m.
Tuesday, January 19	Safety Auditor Training	8:30 a.m. – 4:00 p.m.
Thursday, January 21	WHMIS / WHMIS Train the Trainer	8:30 a.m. – 4:00 p.m.
Tuesday, January 26 and Wednesday, January 27 (2 day course)	Leadership for Safety Excellence	8:30 a.m. – 4:00 p.m.

**WASP (Westman Association of Safety Professionals)
will resume monthly meetings on Wednesday,
January 20, 2010.**

The meeting will be held at the
St. John Ambulance Boardroom, located in the Shopper's Mall
1570 – 18th Street, Brandon, (South Entrance, 2nd Flr.)

For more information, please contact Belva at 728-3456 or by email:
belva@constructionsafety.ca

'Taking the sting out of safety!'



***HAPPY HOLIDAYS from your
Construction Safety Association of
Manitoba!***

***We look forward to working with
everyone in the New Year!***

***Wishing you a SAFE and wonderful
holiday season!***

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