

HEALTH AND SAFETY BULLETIN

September 2021

School is in session!

This month, let's learn some more about safeguards, Personal Protective Equipment (PPE) and how they are used to protect workers.

In This Issue

- Safeguards
- Personal Protective Equipment

September Awareness

Awareness Month for:

[Acne](#); [Alzheimer's](#); [Arthritis](#); [Muscular Dystrophy](#);
[FASD](#); [PKD](#); [Cranio-Facial Acceptance](#)

[National Wildlife Day](#): 4

[Labour Day](#): 6

[International Day of Clean Air](#): 7

[International Literacy](#) | [Physical Therapy](#): 8

[Suicide Prevention Day](#): 10

[Celiac Disease Awareness Day](#): 13

[Terry Fox Day](#) | [Talk Like a Pirate Day](#): 19

[Purple for Platelets Day](#): 24

[National No Excuses Day](#): 27

[World Rabies](#) | [National Voter Registration Day](#): 28

[Orange Shirt Day](#) | [National Day of TRC](#): 30





Image source

Safeguards

While we primarily tend to think of safeguards in relation to machine guarding, they are also used in other situations to protect people from existing or potential hazards.

Typical examples in our industry:

- Barriers, gates, fences, and screens to physically keep workers away from moving parts, spark zones, or other hazardous areas and conditions
- Lock-out-tag-out (LOTO) while it is being worked on
- Restraining devices, such as life lines, to prevent workers from falling from heights or into hazardous areas.
- Guards or shields on grinders, saws, etc. to catch debris/sparks as well as prevent contact with the operator
- Sheathes or holders for scrapers, knives, etc.

Vehicular Safeguards

- Proximity sensors, cameras, lasers, or radar may be used for collision, blindspot, backup, or lane departure warnings
- Pressure sensors are often used for airbag deployment

Safeguards in office and daily life:

- Locked doors prevent people from entering areas which may present hazards such as boiler rooms, labs, etc. Locking mechanisms can also prevent tampering of safeguards or equipment
- Automatic shut-off on coffee pots prevent empty pots from overheating, shattering, and spreading shards of glass.
- Emergency stops/trips on lawnmowers/tractors or snow blowers (winter is coming)
- Some appliances /devices (washers, dryers, bread makers, elevators, etc.) may not operate while open
- Screens or cages over fans to prevent contact with blades

QUESTION!



RAE Staff who answer correctly will be entered in a \$25 draw *plus* Safety Rewards Points! Email responses to raesafety@raeengineering.ca by 8am Friday 24 September, the winner will be announced that afternoon.

PPE

By now, we all know that Personal Protective Equipment (PPE) other controls should be in place with PPE being used as a last line of defense in the protection of workers. See below for tips to make sure your last line of defense is in order:

- Ensure PPE fits properly—it may not be one-size-fits-all
- Adjust PPE as needed—you're not a mannequin, you may need to move around to perform your job. This may mean duct taping coveralls to your boots so nothing gets inside
- While RAE ensures basic and specialized PPE is made available, staff are encouraged to take advantage of their annual PPE allowance.

⇒ Safety footwear

⇒ Outerwear for employees who may work outdoors

⇒ Custom-fitted hearing protection

⇒ Custom safety glasses, etc.

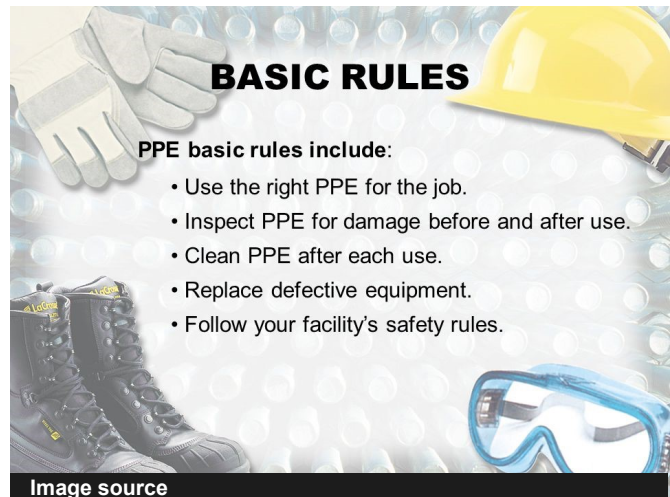


Image source

Informative Links

- CCOHS: [Safeguarding](#) and [PPE](#)
- [Safe and Sound Hearing](#); [EyeSafe](#); [SafetyWear](#)
- [RAE HSE Manual](#)

Learn more about:

- [Crisis and Suicide Bereavement Resources](#)
- [Orange Shirt Day](#)
- [National Day of Truth and Reconciliation \(TRC\)](#)
- [National Centre for Truth and Reconciliation](#)
- [TRC Calls to Action](#)

Which is the correct hierarchy of controls?
(most to least effective)

- Elimination, Substitution, Engineered, Administrative, PPE
- Administrative, Engineered, Elimination, Substitution, PPE
- Engineered, Elimination, Administrative, Substitution, PPE
- Elimination, Engineered, Substitution, Administrative, PPE