

HEALTH AND SAFETY BULLETIN

July 2022

Don't let the Turnaround Get you Down!

This issue takes a look at hours of work and rules for rest breaks and days as well as repetitive strain injuries to help keep workers fresh and fit during this busy turnaround season.

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RSIs can cause temporary or permanent damage to tendons, nerves, ligaments and muscles when workers perform the same motions again and again.





Image source

Work Hours and Rest Rules

Turnaround season often means long workdays and working for many days at a time. Ensuring sufficient rest is vital in preventing fatigue.

Daily Hours of Work and Daily Rest (breaks)

- Shifts of 10 hours or more: At least two 30-min breaks (may be taken in periods of at least 15-mins)

Days of Rest: Work weeks can be combined so the employee receives the following days of rest:

- 2 consecutive days of rest in each period of 2 consecutive work weeks
- 3 consecutive days of rest in each period of 3 consecutive work weeks
- 4 consecutive days of rest in each period of 4 consecutive work weeks

Travel Time

- Any travel time that occurs after the employee starts to provide services is considered work hours (as mentioned above) either as driver or a passenger, such as:

⇒ From one job site to another, from point designated by employer to a work site, or directed to pick up materials or perform other tasks on the way to work or home, i.e.:

- ◊ If it takes 2 days to travel to/from site, that leaves 22 consecutive days to work while on site before 4 days of rest are required.

Oil and Gas Basic Rules

- Hours of work must be confined within a period of 13 consecutive hours in any one workday
- An employee must receive 8 consecutive hours of rest immediately upon completing a shift longer than 12 hours
- Every employer must allow each employee at least 4 consecutive days of rest after each period of 24 consecutive work days

QUESTION!

RAE Staff who answer correctly will be entered in a \$25 draw!

Email responses to raesafety@raeengineering.ca by 8am Friday 29 July 2022, the winner will be announced that afternoon.

Repetitive Strain Injuries

Repetitive Strain Injuries (RSI), also known as overuse injuries, are a type of Musculoskeletal Injuries (MSI) or Disorders (MSD). RSIs may cause temporary or permanent damage to muscles, tendons, ligaments, and nerves.

Risk Factors

- Pace of work that does not allow sufficient recovery between movements, fixed or constrained body positions; continual repetitive movements, force concentrated on small parts of the body (hands, wrists, etc.)

Symptoms: May range from “discomfort” to “pain”

- Numbness, tingling or burning, pail or a dull ache, clumsiness of hands (unable to grasp, impaired dexterity),

Prevention

- Maintain neutral postures whenever possible
- Take micro-breaks every 30-60mins to perform reverse stretches
- Avoid repetitive motions and postures by switching tasks when possible



Image source

Informative Links

- [Canada Day Events: Edmonton, Calgary, Grand Prairie, Red Deer and other areas](#)
- [7 July Safety Topics Your Employees Should Hear](#)
- [Employment Standards Code and Regulations](#)
- [OHS Fact Sheet: Fatigue, extended work hours, and safety in the workplace](#)
- [CCOHS: Extended Work Day; Prevent the Pain; RSIs](#)
- [RAE HSE Manual: S.9 Ergonomics & S.10: Fit for Duty](#)
- [WorkSafe BC: Understanding the Risks of MSI](#) (pdf)
- [Repetitive Strain Injuries Tutorial](#)
- [Repetitive Stress Injuries and Compensation](#)
- [Body Stretches | Hand and Wrist Exercises](#)
- [Everything You Should Know About RSIs](#)
- [Recognize Ergonomic Risk Factors in the Workplace](#)
- [Turnaround Fatigue Management](#)
- [The key to upstream operational excellence](#)

Repeated small injuries to tissues built up over time due to gripping, reaching, bending, and twisting tasks are associated with which type of injuries?

- A) Overexertion injuries
- B) Overextension Injuries
- C) Traumatic Event Injuries
- D) Overuse injuries