

Safety Sound-off

VIDC Occupational Health & Safety Committee Newsletter

How's Your Posture?

Canadians are spending more time sitting at work in low activity jobs. Those who spend long periods in a seated position on the job are at risk for injury and a variety of adverse health effects, from muscle cramps, strains and fatigue to diabetes and heart problems.

A good sitting position at work can be achieved by focusing efforts on three areas: workplace design, job design, and training. Employers can also help greatly by introducing opportunities for regular physical activity throughout the day and making it part of how work is done every day. Share this infographic with tips to help get you out of your seat.

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Heath & Safety

Dates to remember:

- **June 16-18, 2016:** Miner's Memorial
- **November 23 - 25, 2016:** – VIDC Stewards Conference

Sitting at WORK

While it may look harmless, sitting is a serious workplace health and safety issue

Tips

to get you out of your seat

- Try to decrease the amount of time you are sedentary by two to three hours over a 12-hour day.
- Find opportunities to incorporate daily physical activity.
- Use an alarm, app or smart watch to remind yourself to move around for one to three minutes every half hour.
- Stand up when using the phone if possible.
- Stand up and stretch frequently during the course of your day.

Dangers of prolonged sitting

- Muscles are more likely to pull, cramp or strain
- Fatigue and tension in the back and neck muscles
- Steady compression on the spinal discs
- Decreased fitness
- Reduced heart and lung efficiency
- Digestive problems

How employers can help

- Offer a variety of tasks to encourage physical movement.
- Consider providing workstations that allow a worker to do their work both in a sitting and standing work position.
- Support awareness by explaining the health hazards of prolonged sitting and how to improve working positions.
- Try walking or standing meetings.

We spend more time **Sitting at Work**

	Low Activity Occupations	High Activity Occupations
2000		
1970		

50%+

More than half of an average person's day is spent being sedentary

Sitting • Watching television • Working at a computer



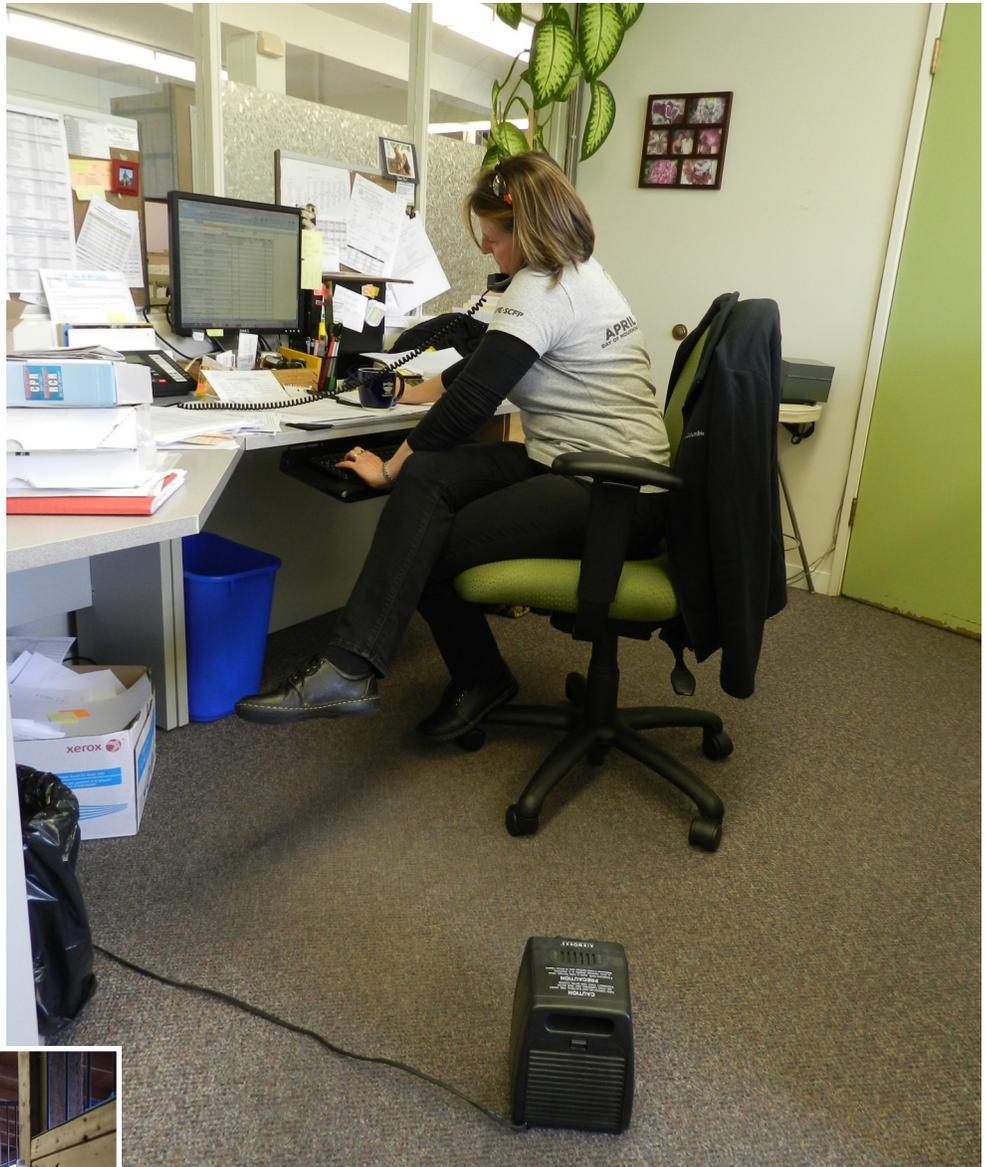
Welcome to our VIDC Health and Safety Newsletter.

Our Committee members are:
Sarah Fairbrass, Chair; Martha Higgins; Kathy Mercer, Bill Newman, Sherrene Ross.

www.vidc.cupe.ca

What's Wong with this Picture?

There are some things seriously wrong with this picture!! See if you can spot the issues and send them by September 15, 2016 to: vpku-pe374@gmail.com to have your name entered to win a prize. The lucky winner will be announced at the September 2016 VIDC meeting and list of issues will be published in the next newsletter along with the next photo!



Last Issue`s Winner:

The prize this month is sponsored by the VIDC OH&S Committee! See next page for great list of issues!

- The chestnut horse is tied improperly: it's too close to the other horse, they could start fighting or the other horse could get tangled up in the rope; the lead rope is too loose (the chestnut could get a leg over it) and it isn't tied with a quick release knot
- The grey horse shouldn't be loose in its stall with a halter on, it could get snagged on something and injure or panic the horse
- There is a shovel towards the end of the aisle laying in the aisle way, it could be a tripping or spooking hazard or if the horse stepped on it, it could injure itself
- There is a hose laying across the aisle which could be a tripping or spooking hazard; the horse could get tangled up in it, or the person
- The person picking out the horse's hoof is standing wrong; they should be standing beside the horse, facing the back of the horse; they are picking the hoof towards them; a hoof should always be picked away from oneself in case the hoof pick slips
- The person isn't wearing proper foot wear — when working around horses one could get stepped on
- The chestnut horse's halter isn't fitted correctly, it should be further down on the horse's nose
- There is a hook (looks like a hay-hook) hanging on the door behind the person — it could catch on the horse, person's clothing or poke the horse or person and injure them
- The groom box is left in the alley way, open, with stuff spilling out of it and lying around beside it — could be a tripping or spooking hazard
- The wheel barrow is sticking out into the aisle way as is the manure fork inside it — the horse or person could bump into it causing an injury or a panic
- The green bucket is laying in the aisle way — could get caught on the horse's foot, or cause a tripping or spooking hazard
- There is something laying near the bucket that I can't quite make out, it could be a knife or clippers — either way it could get stepped on and cause an injury to the horse or the person
- There is something that looks like paper or a jacket laying in the aisle way near the stall door — it could scare the horse and cause it to spook
- There is loose hay in the aisle way which could cause a slipping hazard for the person or the horse
- There is a hose in the water tub — if it's turned on it could spill over or come out of the tub and start spraying all around and freak the horse out
- The tub could get knocked over and scare the horse or the horse could get a leg caught in the tub and panic
- The hay is stacked incorrectly and could fall over and spook the horse
- The hay looks a little green and should be stored away from where the horses are stabled in case it spontaneously combusts and could cause a stable fire
- The horses could get out and get into the hay and while eating it and pulling it apart, they could get caught up in the binder twine used to hold the bales together
- Beside the stall the wheelbarrow is in, there is another large hook not properly hung up that could injure the horse or person; I'm not sure what the white package and bottle are that are resting on the open stall door but they could easily get knocked down and either scare the horse or injure it
- It looks like the water tap is right near some electrical wires that have been haphazardly attached to the wall — they are a potential hazard too
- There is a broom or some kind of fork leaning against the wall beside the water tub; it could get knocked down and spook the horse or injure it
- The barn door is open at the end, so if the horse panicked and broke loose, it could get outside where there could be human or vehicle traffic or other dangers
- The grey horse looks like it's trying to open the stall door; if they don't have proper safety locks, the horse could get loose and cause havoc as well as spooking the other horse
- There are two jars of something beside the open groom box that could get knocked about or stepped on spooking or injuring the horse or the person
- There looks like there is a lead rope or something laying on the floor beside the open groom box — it could get tangled around the horse's leg and spook and/or injure it
- There looks like there is a broken glass or plastic between the bars on the wall behind the stall door closest to the photographer (the stall door that has the hook, white package and white bottle on it)
- Towards the open door, there are hooks with it looks like fly masks hanging on them; a loose horse could pull them down and either get spooked or hurt on them
- The chestnut horse should be in proper cross ties, away from the other horse and in an area not littered with stuff
- On the wooden bar above the hay, there looks like there s a bolt or something sticking out, if the horse reared up (while they were destroying the hay) it could injure its head on the bolt
- The wiring or whatever is tacked to the wall doesn't look secure; it could get pulled away and it's within the reach of the horses if they got loose (could potentially electrocute the horse if it chewed on the wires)
- I'm not sure what the green thing is hanging down from what looks like wiring; it could flap and scare the horse
- I can't tell what is across the grey horse's nose? Is it part of the halter or something sticking out from the stall door — it doesn't look safe.
- If there is grain in where the hay is, if the horses got loose they could eat too much grain and colic (make themselves sick)



I'm not sure, but I think maybe the lights should be covered with wire or something to prevent the horses from breaking them if they reared up

