

# Safety Sound-off

## VIDC Occupational Health & Safety Committee Newsletter

### How Safe Is Your Back From Injury



One of the most common injuries associated with manual materials handling (MMH) is a low back injury. While unnatural postures and repeated movements can cause these injuries, the implementation of safe work practices can reduce the occurrence and severity of such injuries.

When possible, mechanical aids should be used. In addition, reducing MMH demands can help. The Canadian Centre for Occupational Health and Safety (CCOHS) offers these suggestions:

Decrease the weight of handled objects to acceptable limits.

Reduce the weight by assigning two people to lift the load or by splitting the load into two or more containers. Using light plastic containers also decreases the weight of the load.

Change the type of MMH movement. Lowering objects causes less strain than lifting. Pulling objects is easier than carrying. Pushing is less demanding than pulling.

Change work area layouts. Reducing the horizontal and vertical distances of lifting substantially lowers MMH demands. Reducing the travel distances for carrying, pushing or pulling also decreases work demands.

Assign more time for repetitive handling tasks. This reduces the frequency of handling and allows for more work/rest periods.

Alternate heavy tasks with lighter ones to reduce the build-up of fatigue.



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#### Heath & Safety

##### Dates to remember:

- November 16-17, 2015: **BC Safety Committee Conference**, Langley, BC
- January 20q6: **Joseph Mairs Memorial**



Remember the Annual Sock -& Clothing Drive for the upcoming November 28, 2015 VIDC General Meeting!





## Welcome to our VIDC Health and Safety Newsletter.

Our Committee members are:  
Sarah Fairbrass, Chair; Ryan Foster; Martha Higgins; Robert Klassen; Kathy Mercer; Sherene Ross.

[www.vidc.cupe.ca](http://www.vidc.cupe.ca)

## What's Wrong with this Picture?

There are some things seriously wrong with this picture!! See if you can spot the issues and send them by November 23, 2015 to: [vpcupc374@gmail.com](mailto:vpcupc374@gmail.com) to have your name entered to win a prize. The lucky winner will be announced at the December 2015 VIDC meeting and list of issues will be published in the next newsletter along with the next photo!



## Last Issue's Winner: Jennifer Anderson

The three men standing on the board holding up the one guy welding are NOT wearing eye protection, neither is the one welding; there are no welding screens; no warning signs; no harnesses; no reflective vests; and in case you missed it...3 men standing on the board.

