

Safety Sound-off

VIDC Occupational Health & Safety Committee Newsletter



With CUPE's National Convention just around the corner, hotel safety is just as important in a large metropolis as it is in a small town. From Toronto to Nanaimo and locations in between, here are some things to keep in mind and be aware of when staying at hotels, motels, and inns.

- ◆ As tempting as it may be, Do not 'check in' or post hotel locations or other information on any social media network (Facebook, Instagram, Snap Chat etc.)
- ◆ Do not mention room numbers in the presence of other Hotel guests, and request hotel staff not to announce your room number.

- ◆ Once inside the Hotel, take note of the number of emergency exits, their locations and if re-entry is possible from floor to floor.
- ◆ Place your room key and your cell phone at your bedside and review Hotel emergency procedures.
- ◆ Verify with the front desk the identity of anyone at your room door, including room service, before allowing them inside.
- ◆ Leave valuables at home, or place them in the Hotel safe.
- ◆ Remove your lanyard and credentials before you leave the convention.



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Heath & Safety

Dates to Remember

- ◆ **October 19, 2017:** B2017 Great British Columbia ShakeOut
- ◆ **November 15-16, 2017:** Pacific Safety Centre's Safety Committee Conference

Cell Phones & Driving Don't Mix



If you're looking at your phone, you can't see the road.

Checking your phone at a red light may seem harmless, but the truth is using an electronic device behind the wheel is a dangerous distraction. You're five times more likely to crash if you're using your hand-held phone.

Don't use your cell phone at a red light. The law applies whenever you're in control of the vehicle, whether stopped at a red light or in bumper-to-bumper traffic.

Keep your hands off. Hands-free means a Bluetooth, wired headset or speakerphone that can be operated with one touch or

voice commands. Make sure to secure the cell phone to the vehicle or attach it on your body before driving.

If you have a Learner's (L) or Novice (N) licence, you aren't allowed to use any electronic device behind the wheel, even in hands-free mode.

Make sure you understand the law on how to use electronic devices while driving (RoadSafetyBC)

Fines and penalties for distracted driving have increased to \$368 and four penalty points. With increased enforcement in communities throughout B.C., having multiple infractions can now put a serious dent in your wallet.

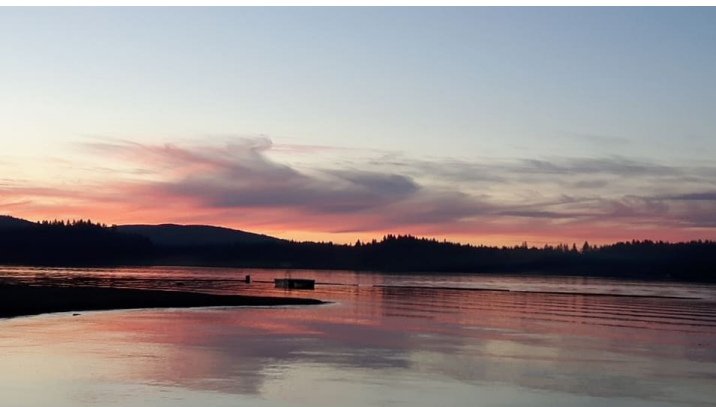
Sections 214.2(1) and 214.2(2) of the Motor Vehicle Act each levies fines of \$368 and 4 points for "using electronic device while driving," and "emailing or texting while driving," respectively.

More than 800 crashes occur every day in B.C., many of these caused by distracted driving. Police statistics show that more than a quarter of all car crash fatalities in B.C. in the last five years (2011 to 2015) were related to distracted driving. That's an average of 78 deaths per year, making distracted driving the second-leading cause of motor vehicle fatalities in B.C., behind speeding (89) and narrowly ahead of impaired driving (66).

Miner's Memorial - June 2017



Miners Memorial and Goodwin Commemorative Events were held in Cumberland in June and marked the 99th anniversary of the shooting death of Albert "Ginger" Goodwin. The prominent leader and labour advocate was shot and killed while avoiding conscription and fighting for an 8 hour work day for miners.



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 17, 2017 to: vpcup374@gmail.com to have your name entered to win a prize. The lucky winner will be announced at the next VIDC meeting and list of issues will be published in the next newsletter along with the next photo!



Last Issue's Winner: Kirk Mercer



The prize this month is sponsored by the VIDC OH&S Committee!

- ◆ While they have safety gear, it is not worn correctly - green earmuffs on a hard hat, purple respirator on head covered by black cloth, no one is wearing gloves? Bottle of what might be oil left on it side.



Welcome to our VIDC Health and Safety Newsletter.

Our Committee members are:
Sarah Fairbrass, Chair;
Martha Higgins.

www.vidc.cupe.ca

Emergency Preparedness

We all have an individual responsibility to be prepared for emergencies. Do you know how much food, water and other supplies are necessary to sustain you and your family for at least seven days?

We can't help you get ready better than your local area or municipality can, so we are not providing advice in this article. Rather, we have included links to some excellent online reference for the various regions represented by the Vancouver Island District Council.

Do you know how to prepare an emergency plan for you and your family (including your furry, feathered or scale-ey kids)?

Do you know the specific risks in your area or region? Are you familiar with the area you live in and what jurisdiction it is under during an emergency. Depending on the disaster, different areas can be exposed to different risks. Take time to familiarize yourself with what you need to consider when making your personal emergency plan.

If you live in one area and work in another, learn what to expect in both. Create a plan for every member of your family both for if you are at home or for being elsewhere when an emergency occurs.



Many Municipalities now have an emergency alert you can register for. Please take the time to familiarize yourself with them.

We have all seen very recently how quickly disaster can strike. Sometimes people are fortunate to have time to get ready, but often time is a luxury you just don't have.

- ♦ <https://www.crd.bc.ca/prepare-yourself> ~ link to CRD's home page on getting prepared
- ♦ https://www.crd.bc.ca/docs/default-source/prepareyourself/ep_workbook_full_new.pdf?sfvrsn=a2526dca_12 Guide to Emergency Preparedness in the CRD
- ♦ <https://www.crd.bc.ca/prepare-yourself/get-involved/local-emergency-programs> ~ link to individual electoral areas and municipalities on southern Vancouver & Gulf Islands
- ♦ <https://www.cvrdb.ca/231/Emergency-Preparedness> ~ link to Cowichan Valley Regional District
- ♦ <http://www.strathconard.ca/preparedness> ~ link to Strathcona Regional District
- ♦ <http://www.acrd.bc.ca/emergency-preparedness> ~ link to Alberni-Clayoquot Sound Regional Area
- ♦ <http://www.powellriverrd.bc.ca/community-services-2/emergency-preparedness/> ~ link to Powell River District

Many municipalities offer free emergency preparedness training. Please check your area to see if this is something you feel you and your family may benefit from taking.

