

Safety Sound-off

VIDC Occupational Health & Safety Committee Newsletter

Day of Mourning

Every year, April 28 marks the day that people around the world honour workers who have been injured or killed on the job, and those who have been made ill by exposure to hazardous materials during the course of their work.

It is also a time to honour our fallen workers by making a new legacy for them — one that's about more than just what we've lost, but one that's about how they've inspired us to make things better, so that everyone comes home safe and healthy.

The Day of Mourning has a rich labour history; a history brought to light in a video (<https://youtu.be/gOywfT64qYg>) created by Al Bieksta, highlighting the history and conception of the idea for a national day to recognize all workers who succumb to workplace injury, illness, and disease as a result of their work.

Since the inception of this day in the mid 1980's, there have been a lot of gains for worker safety, but there is still a long way to go.

In 2017, WorkSafeBC reports there were 158 work-related deaths, 106,654 short and long term disabilities, and



health care only claims; all resulting in 2.8 million lost days of work. Of the 158 accepted work-related deaths, 87 were a result of occupational disease, 33% of which are asbestos-related, and 6 deaths are young workers. This translates to a weekly average, in 2017, of 2,900 reported claims, 105 accepted long-term disability claims, and 3 accepted work-related deaths.

These numbers reflect the accepted claims only; they don't include family, friends and communities that are suffering due to workplace incidents, or those that have passed away where their illness had not yet been linked to their workplace. It also doesn't include workers suffering from unreported mental illness stemming from the workplace.

Employers have an obligation to comply with Occupational Health and Safety Regulation and the Workers Compensation Act of British Columbia. This means that workers have the right to a safe and healthy

Inside this issue:

Day of Mourning	1
Sun Safety & Skin Cancer	2
Word Search	2

Heath & Safety

Dates to Remember

- ◆ Jun 7-9, 2018: VIDC Leadership Conference
- ◆ Jun 22-24, 2018: Miner's Memorial



workplace; they have the right to be properly trained, the right to refuse unsafe work, the right to participate, and the right to no retaliation. As workers, we need to hold employers accountable to their obligations; we need to stand together because an injury to one is an injury to all.



APRIL
28
Day of Mourning

We remember
those who died, or were injured or made ill, from their work

We commit
to protecting workers and preventing further workplace tragedies

Welcome to our VIDC Health and Safety Newsletter.

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

www.vidc.cupe.ca



Sun Safety & Skin Cancer



Most of us like to work, play, and relax outside on a sunny day. But too much sun and heat can be harmful, so be careful!

The skin is the largest organ in your body, and it protects you from things like dehydration (too little water in your body), the sun, bacterial infections, and pollution.

But there are limits to your skin's ability to protect you. Ultra-violet (UV) radiation – also known as UV rays – damages the DNA of your skin cells, which can cause skin cancer, so it is important to protect against UV rays all year round, not just in the summer.

Most cases of skin cancer are preventable. Skin cancer is the most common of all cancer types.

About one third of all new cases of cancer in Canada are skin cancers. You can reduce your risk of getting skin cancer by following these safety tips:

- ◆ **Cover up:** When the UV Index is 3 or higher, protect your skin as much as possible. Wear light-coloured, long-sleeved shirts, pants, and a wide-brimmed hat made from breathable fabric. When you buy sunglasses, make sure they provide protection against both UVA and UVB rays.
- ◆ **Limit your time in the sun & use the UV index forecast:** Keep out of the sun and heat between 11 a.m. and 3 p.m. The UV index in Canada can be 3 or higher during those times. When your shadow is shorter than you, the sun is very strong. Look for places with lots of shade, like a park with big

trees, partial roofs, awnings, umbrellas or gazebo tents. Always take an umbrella to the beach.

- ◆ **Use sunscreen:** Put sunscreen on when the UV index is 3 or higher. Use sunscreen labelled "broad spectrum" and "water resistant" with an SPF of at least 30.
 - ◆ **Drink plenty of cool liquids** (especially water) before you feel thirsty. If sunny days are also hot and humid, stay cool and hydrated to avoid heat illness. Dehydration (not having enough fluids in your body) is dangerous, and thirst is not a good indicator of dehydration.
 - ◆ **Avoid using tanning equipment:** There is no such thing as a 'healthy' tan. Using tanning equipment damages your skin and increases your risk of developing melanoma, the deadliest form of skin cancer.



Did you know? Even animals practice sun protection! Chimpanzees avoid the midday sun and hippos secrete pink-coloured oil that acts like a sunscreen to protect their skin from sunburn.

For more information on sun safety, check out <https://www.canada.ca/en/health-canada/services/sun-safety/sun-safety-basics.html>

WORD SEARCH

- | | | |
|------------|----------------|-------------|
| DAY OF | CANCER | ASSESSMENT |
| MOURNING | EYE PROTECTION | HOT STRESS |
| REFUSE | STRAIN | ORIENTATION |
| ASBESTOS | WHMIS | MSDS |
| ERGONOMICS | LONGSLEEVES | REGULATION |
| GLOVES | HAT | PPE |
| DANGEROUS | MSI | SHADE |
| EYE STRAIN | | |



Submit your completed word search to vpcupc374@gmail.com for a chance to win a prize!

D	N	O	I	T	C	E	T	O	R	P	E	Y	E
A	A	S	S	E	S	S	M	E	N	T	T	A	H
N	E	Y	E	S	T	R	A	I	N	A	Q	S	V
G	A	S	O	D	F	G	H	H	J	R	S	B	K
E	Z	X	C	F	V	B	N	O	M	E	E	E	S
R	Q	S	D	S	M	E	T	T	T	G	V	S	C
O	A	S	D	S	F	O	G	S	R	U	E	T	I
U	H	J	I	K	G	L	U	T	E	L	E	O	M
S	I	M	H	W	L	Z	X	R	C	A	L	S	O
C	P	P	E	V	O	B	N	E	N	T	S	M	N
S	H	A	D	E	V	U	I	S	A	I	G	P	O
R	E	F	U	S	E	J	K	S	C	O	N	O	G
V	Q	D	T	S	S	T	R	A	I	N	O	G	R
N	O	I	T	A	T	N	E	I	R	O	L	C	E