

KEY WORDS & PHRASES



QUESTIONS

Key words and phrases are underlined. Questions words are circled.

1. What is the topic of the bulletin?

Answer:
Fatigue.

2. What are the 2 main ideas in the bulletin?

Answer:
1) How sleep affects safety
2) How to fight fatigue

3. For what industry is fatigue a particular concern?

Answer:
Transportation

4. What are 3 symptoms of sleep deprivation?

Answer:
Any 3 of 1) decreased judgement, decision-making and memory, 2) slower reaction time, 3) lack of concentration, 4) fixation, 5) worsened mood

5. How many workers are affected by sleep deprivation?

Answer:
One in 5 night shift workers (or 20%)

6. What are 3 ways workers can fight fatigue?

Answer:
Nutrition, stress control, exercise

7. What are 2 ways employers can reduce fatigue?

Answer:
Any 2 of 1) analyze work conditions, 2) address operational safety disincentives, or 3) conduct sleep safety training

8. What are 2 changes to work schedules that can reduce fatigue?

Answer:
Shorter shifts and rotating schedules

SCANNING



QUESTIONS

Use the steps provided to quickly scan the hazard investigation report and find answers to the following questions:

1. Who published this report?

Answer:
Ministry of Labour Health & Safety

2. In what year was this report issued?

Answer:
2014

3. What does FRL stand for?

Answer:
Fixed Rail Ladder

4. How can you get more information?

Answer:
Contact the Ministry of Labour Health & Safety Contact Centre toll-free at
1-877-202-0008

SKIMMING



QUESTIONS

Answer the questions below.

1. What formatting clues are in the document?

Answer:

Title that is in large font and bolded. Sub headings that are all caps and/or bolded (**HAZARD SUMMARY, LOCATIONS AND SECTORS, PRECAUTIONS; Disclaimer, Note; RESOURCES**)

2. Who do you think should read this report (workers in what positions or occupations)?

Answer:

Employers who own or rent structures that have a Class FRL Fall Protection System. Employees who use structures that have a Class FRL Fall Protection System.

3. Briefly describe what happened in the accident, using only what you can determine by skimming the information.

Answer: answers will vary. An example is shown.

A worker was injured falling on a ladder because the type of anchoring fall protection he was using that turned out not to work as well as expected.

4. What is the purpose of the report?

Answer:

As described in the Disclaimer, the report *has been prepared to help the workplace parties understand some of their obligations under the Occupational Health and Safety Act (OHSA) and regulations.*