

HANDOUT: Safety Bulletin: HEO (3 pages)
Skill Builders: Key Words & Phrases

IN THE WORKPLACE: It is the shared responsibility of workers and employers to ensure that workplaces are free from accidents, injuries, illnesses or fatalities. Being aware of specific health risks common in specific occupations, helps catch potential issues before they arise.

Read the **For Workers** page of the safety bulletin written for Heavy Equipment Operators to complete the tasks and locate answers to the questions.

1. Complete the table to connect each possible hazard to a unique action that will minimize the risk and protect your health.

Possible Hazard	Minimize the Risk by...
1. When asbestos is present...	
2. When working with solvents...	
3. Before eating or drinking...	
4. When you see a hazard...	
5. When you don't know how to complete a task...	
6. Consult MSDS to learn about...	

2. Write an example for each type of hazard listed below.

a) Injection hazards

b) Biological hazards

c) Exhaust fumes

3. What are 3 hazards for HEOs specific to working outside?

4. What 4 groups of people share responsibility for preventing accidents and illnesses?

5. What is one thing the worker can do away from the workplace to reduce the spread of illness?

6. Identify 2 types of personal protection equipment (PPE) and when you should use each one.

FOR WORKERS



Tasks and possible hazards

All tasks

- ▶ **Hazardous materials from industrial worksites** (pulp and paper, refineries, chemical plants, glass plants, factories, cement plants, foundries/smelters, power plants, nuclear plants)
- ▶ **Awkward postures and vibration** when mounting or dismantling equipment, **vibration and hazardous noise** while using heavy equipment
- ▶ **Asbestos** (could be part of the equipment—in old brake pads—or in building materials)
- ▶ **Dust and insulation fibres** on construction sites
- ▶ **Bearing greases, lubricants, cleaning solutions, machine and cutting fluids**
- ▶ **Solvents, adhesives, and epoxies**
- ▶ **Biological hazards** in soil, industrial plants or on equipment
- ▶ **West Nile Virus** from mosquito bites
- ▶ **Ultraviolet light** from the sun
- ▶ **Exhaust fumes** from gas- or diesel-powered equipment
- ▶ **Injection hazards** from compressed air or hydraulic hose failure
- ▶ **Radio frequency (RF) energy** from base station antennas such as cell towers
- ▶ **Hazardous noise** from surrounding construction activities.

Other hoisting devices

- ▶ **Extreme temperatures** in cold or hot environments
- ▶ **Dust** on construction sites.

How to protect your health

- ▶ Ask your supervisor or employer for safe work **instructions** and training.
- ▶ Consult industrial clients on site-specific health and safety **procedures**.
- ▶ Ask about any hazardous materials or unknown chemicals when **entering** an industrial site for work.
- ▶ Ensure proper **ventilation**.
- ▶ Wear a proper **respirator** when
 - you suspect asbestos may be a hazard
 - working in dusty atmospheres
 - welding
 - using solvents, adhesives, or other hazardous substances
 - using metalworking fluids (cutting oils).
- ▶ Wear gloves, coveralls or welding jackets, or use barrier creams to protect the **skin**.
- ▶ Consult material safety data sheets (**MSDSs**) for information about hazardous chemicals used at work, and obey workplace health and safety rules.
- ▶ **Never eat, drink, smoke, or chew gum** in areas contaminated with asbestos, lead, or toxic chemicals.
- ▶ Wash or wipe **hands** clean before eating, drinking, and smoking, and always clean up and change out of contaminated **clothing** before going home at the end of the shift.
- ▶ Wash work clothes **separately** from casual and other family members' clothes.
- ▶ **Report** hazards to your employer.

Workers who are without symptoms and who have been exposed to asbestos may participate in a research study at Princess Margaret Hospital by volunteering to be screened for mesothelioma/asbestos.

Phone: 416-340-5686 Fax: 416-340-4964

For more information about health and safety in your job, contact your union or

Infrastructure Health & Safety Association: 1-800-263-5024, www.ihsa.ca

Ontario Ministry of Labour: 1-877-202-0008, www.labour.gov.on.ca

Workplace Safety and Insurance Board: 1-800-387-5540, www.wsib.on.ca

