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*An electronic newsletter for Island Employers on Workers Compensation
and Occupational Health and Safety Matters*

August 2024, Volume 22 Issue 08

**Be Prepared for an Emergency
Hurricane Season is Here!**

Hurricane season is here for Atlantic Canada, which means that PEI residents should be prepared for inclement weather this fall. The best response to unpredictable weather events is proper emergency planning. Here are a few tips and actions that you can take to make yourself more prepared for an emergency or other weather-related event:

- Make a household emergency plan and review the Province of PEI's Emergency Preparedness Guide.
- Bring in or tie down furniture, play equipment, barbecues or anything that can become projectiles in the event of high winds; and
- Ensure you have fuel for generators and vehicles, as well as propane for outdoor cooking devices such as barbecues.

For more information on emergency planning, please visit:

<https://www.princeedwardisland.ca/en/information/justice-and-public-safety/how-to-be-prepared-for-an-emergency>

Protecting Worksites:

- Create a comprehensive emergency plan (evacuation routes, safe areas and worker roles and responsibilities should be included)
- Closely monitor forecasts as weather events can evolve quickly
- Follow instructions from public safety officials
- Secure worksites
- Board up windows

For more ways on how to protect worksites and safety tips, please visit:

<https://bit.ly/3QYaal>

**PEI WCB Employer Registration
Policy-19 Update**

As of July 25, 2024, employer registration requirements changed for out of province employers, specifically with respect to non-resident employees temporarily working in PEI and for their employees who reside in PEI full-time.

To view the updated Policy-19, Employer Registration, please visit:

<https://bit.ly/4dM1PdG>

Safety Talk: Industrial Racking

Industrial racking, also known as steels storage racks or pallet racks, are shelving units used to place, stack or store products in a safe and secure manner.

Racking systems can pose serious risk to workers if the system is poorly installed or maintained incorrectly.

The following tips will help reduce the risk of injury and property damage:

- Ensure the racking design and function suit the storage purpose.
- Ensure aisles are clear of debris and wide enough to accommodate powered mobile equipment.
- Ensure forklifts and powered mobile equipment are operated by competent drivers.

For more information and tips on how to prevent the risk of injury with steel storage racks/industrial racking, please visit:

<https://bit.ly/4dURbB2>

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PEI WCB Personal Coverage

Are you a proprietor or partner in a non-incorporated business? An owner or director of a corporation? Or an independent contractor? If so, the PEI WCB's Personal Coverage may be for you. Personal Coverage is voluntary workers compensation coverage that provides you with the same benefits and protections as workers have under the Workers Compensation Act.

Call or email the PEI WCB's Employer Services to see if this coverage is right for you at 902-368-5680, toll-free at 1-800-237-5049 or email safetymatters@wcb.pe.ca

For more details, please visit:

<https://bit.ly/3oToLmt>

PEI WCB Hazard Alert: Fishing Vessel Hoist

A PEI fisher was fatally injured when the boom of a hoist, used for raising lobster traps out of the water, was inadvertently activated. This caused the boom to descend unexpectedly, striking the fisher on the head and shoulder.

Please read the following recommendations from PEI WCB on how to prevent this from happening:

<https://bit.ly/3W9tQUT>

PEI WCB Policy Consultation Deadline: August 26, 2024

The PEI WCB is currently accepting feedback from employers, workers and the public on Policy 58 (Previously called "Apportionment", now revised as "Cost Relief for Employers.") Feedback is welcome on this policy until August 26, 2024.

To view this draft policy, please visit:

<https://bit.ly/3RS2Bdq>

Safety Talk: Hazard Awareness

Hazards are anything with the potential to harm you. Every workplace has them. In a workplace, young workers are more at risk of work-related injury due, in part, to their inexperience and their lack of awareness about hazards.

Types of Hazards include:

- Physical
- Chemical
- Biological
- Ergonomic
- Safety
- Psychological

For a poster on types of hazards with examples that can be posted in your workplace, please visit:

<https://bit.ly/3YgB2B7>

PEI WCB Policy Updates

At their July 25, 2024, meeting, the PEI WCB Board of Directors approved amendments to the following policies:

- POL-19 Employer Registration
- POL-74 Worker


Through these amendments, the PEI WCB will ensure that employers and workers have clarity with respect to the payment of assessments and workers compensation coverage under WCB policy and the Workers Compensation Act.

To view all PEI WCB policies, please visit:

<https://bit.ly/3rAJAF2>

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Search.... PEI OHS Guide 





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June 2024, Volume 22 Issue 06

Safety Talk: Confined Spaces

Each year, many workers are injured and killed while working in confined spaces. Confined spaces are found across a wide range of industries, including construction. Confined spaces can present workers with many hazards from poor air quality to risks of drowning. Employers and workers must be able to properly identify confined spaces, identify the hazards present, and properly mitigate the risks. The majority of deaths in confined spaces result from oxygen deficiency and lack of air quality testing. More than half of those who die in confined spaces are people trying to rescue fellow workers.

A confined space is defined as an enclosed or partially enclosed space that

- Is not designed or intended for human occupancy;
- Has restricted access or exit; and
- Is or may become hazardous to a person entering it because of its design, construction, location, atmosphere or the materials or substances in it or other conditions.

To learn more about confined spaces, emergency procedures, etc., please click:

https://ohsguide.wcb.pe.ca/topic/confined_spaces.html#summary

PEI WCB Enhanced Psychological Injury Coverage

The PEI WCB is expanding its compensation coverage of psychological injuries to include work-related harassment incidents. Their new Psychological Care Process will help workers journey through the psychological injury claim process. This coverage will align with PEI WCB's occupational health and safety practices, which changed in 2020. The changes will come into effect on **January 1, 2025**.

Existing PEI WCB resources on workplace harassment:

<https://bit.ly/3Ywnsb6>

PEI WCB Annual General Meeting Highlights

On June 19, 2024, the PEI WCB shared the following 2023 highlights and new initiatives at its annual general meeting. These include:

- Increased compensation rate
- Decreased frequency of injuries in Island workplaces
- New online claim filing and Psychological Care Process
- Expansion of safety resources
- Increased overall employer satisfaction and surplus distribution

To learn more about the highlights, please click on:

<https://bit.ly/3XwbYpm>

PEI WCB Resources: Now Available in Multiple Languages

The PEI WCB has an updated series of resources now available in multiple languages to enhance the health and safety of workers and employers on the Island. These resources include safety related posters, a fact sheet about what is workers compensation coverage and what to do if a work-related injury or illness happens. These resources are available in English, French, Chinese simplified, Punjabi, Filipino, and Spanish.

To access these resources, please visit the PEI WCB website wcb.pe.ca and click the "Resources in Various Languages" button.

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May 2024, Volume 22 Issue 05

Heat Stress Prevention Guide

High temperatures can leave workers at risk of developing heat-related illnesses, including heat exhaustion and heat stroke. Heat stroke can be life-threatening and is considered a medical emergency. Any heat illness is a negative outcome for a worker's health and can have a significant impact on a worker's performance. Employers must take every reasonable precaution to protect the health and safety of workers which includes planning to reduce the risk of heat stress.

Outdoor workplaces with high physical demands have traditionally been of highest concern for heat stress like construction sites, farms, and road building. Indoor workplaces that require heat sources like kitchens, bakeries, greenhouses and foundries are also of highest concern. In addition, climate change has resulted in trends of increased hot weather events that impact all Islanders. Heat waves and periods of extended high temperatures heighten the concerns of heat stress in outdoor and indoor work environments. Extreme weather also extends heat stress concerns to work in buildings that lack adequate cooling systems.

To view the Heat Stress Prevention Guide, please click on the following link:

https://www.wcb.pe.ca/DocumentManagement/Document/pub_guidetopreventionofheatstressatwork.pdf

PEI WCB Annual General Meeting

June 19, 2024

PEI WCB's Annual General Meeting (AGM) will take place on **June 19, 2024, from 10:00am – 11:30am**. The AGM will start with a presentation on psychological health at work. This will be followed by a presentation on the highlights of PEI WCB's 2023 Annual Report.

RSVP by calling 902-368-5680 or email tracylarsen@wcb.pe.ca

PEI WCB Online Certificate Courses

The PEI WCB is now offering free 5 online courses, to anyone, at the click of a button on the PEI WCB website. Courses cover a variety of compensation and OHS topics. All courses are tailored to the PEI workplaces as the content is built on existing PEI legislation. Learning is self-paced and when a participant finishes a course, they receive a completion certificate. The following courses are now available:

- OHS – Hazard Assessment and Control
- OHS – Joint Occupational Health & Safety Committee Basics
- OHS – Supervisor Safety
- OHS – Workplace Safety for Young Workers
- Return-to-work – Workplace Disability Management

To view these courses, please visit wcb.pe.ca and click "FREE online courses."

PEI WCB Seasonal Worker Orientation for Employers June 13, 2024

The PEI WCB's OHS Division will be hosting an in-person information session focused on orientating seasonal workers and employers. This session aims to increase awareness of occupational health and safety (OHS) roles and responsibilities with a focus on the supervisor's role when supervising new and young workers. The session takes place at:

North Rustico Lions Club
June 13, 2024, 10:00am – 12:00pm
Doors open at 9:30am

For more information or to register, please email ohs@wcb.pe.ca

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April 2024, Volume 22 Issue 04

PEI WCB OHS Safety Conference 2024 Registration Deadline: May 3, 2024

The PEI WCB's Workplace Health and Safety Conference features workshops on a wide range of workplace safety topics, as well as a comprehensive trade show of products and services of interest to the region's workplace health and safety community. Tareq Hadhad, founder and CEO of *Peace by Chocolate*, is this year's keynote speaker.

This year's conference takes place on **Thursday, May 9, 2024**, at Delta Prince Edward Hotel in Charlottetown.

For more information on the conference and/or to register, please see the following link:

<https://bit.ly/3EvxKzd>

Risk of Drowning

Spring fishing is currently in full swing on PEI and workers face a high risk of drowning due to various factors. For the safety of workers, it is important to wear personal protective equipment (PPE) such as life jackets, personal flotation devices (PFDs) and fall protection gear.

Employer Duties

Employers must:

- Make sure any PPE used does not become a hazard in the workplace
- Make sure that all PPE is maintained in good condition.

Specific to lifejackets and personal flotation devices, the employer is responsible for:

- Making sure that workers exposed to a risk of drowning are provided with, and wear at all times, a lifejacket or personal flotation devices that is

- suitable to the conditions and the right size and appropriate buoyancy for the weight of the worker.
- Making sure the lifejackets and devices are inspected and maintained as required by the manufacturer's instructions and recommendations.
- Keeping records of all inspections and maintenance for the life of the lifejacket or device.

For more information on the risks of drowning and what employers and workers can do to reduce the risk of drowning, please visit:

<https://bit.ly/42EnzSX>

PEI WCB Draft Policy Consultation Deadline: May 9, 2024

PEI WCB is currently accepting feedback from employers, workers and the public on the following draft policies:

- POL-19 Employer Registration
- POL-74 Worker

To review these draft policies and submit any feedback, please visit:

<https://www.wcb.pe.ca/Information/PolicyConsultation>

Deadline for feedback is May 9, 2024

National Day of Mourning April 28, 2024

Each year in Canada, we take April 28 to remember workers lost to work-related injuries and illnesses with a National Day of Mourning. Canada was the first country to commemorate this day which is now observed in over 100 countries worldwide.

For information on workplace fatality data in Prince Edward Island, please visit:

<https://bit.ly/3vVtDvt>

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March 2024, Volume 22 Issue 03

Safety Hazards Parking Lots – Fall Prevention

Parking lots are a special adjunct to many workplaces. Even though you may not be conducting your job there, there is still a possibility that you can be injured. Besides the risk of violence, the major risk includes falls resulting from slips and trips.

A smooth, even, flat surface is ideal for walking because it reduces the likelihood of twisted ankles or loss of balance which can lead to falls and other painful mishaps. However, heavy use by both pedestrians and vehicle traffic both cause parking surfaces to deteriorate. Leaks and spills of engine oil or antifreeze, which commonly occur wherever cars are parked, can further add to risks of slips and falls. In outdoor parking lots, severe weather conditions additionally aggravate even slight damage to the parking surface.

How can you prevent falls?

- Good lighting
- Good housekeeping
- Good quality walking surface in the parking area
- Clear marking of steps, ramps, tire stops, speed bumps, or other elevation changes
- Garbage cans available for trash
- Sand/salt, shovels, or brooms available to clear the area
- Removal of debris from drains and grates to reduce flooding
- Appropriate walking pace: walk, don't run
- Paying attention to where you are going
- Selection of proper footwear

For more information on fall prevention in parking lots, please visit:

https://www.ccohs.ca/oshanswers/safety_haz/parking_lots.html

PEI WCB OHS Safety Conference 2024 Registration Open – Deadline April 25, 2024

The PEI WCB's Workplace Health and Safety Conference features workshops on a wide range of workplace safety topics, as well as a comprehensive trade show of products and services of interest to the region's workplace health and safety community. Tareq Hadhad, founder and CEO of *Peace by Chocolate*, is this year's keynote speaker.

This year's conference takes place on **Thursday, May 9, 2024**, at Delta Prince Edward Hotel in Charlottetown.

Registration deadline for the conference is **April 25, 2024**.

To register for this year's Workplace Health and Safety Conference, please visit:

<https://bit.ly/3EvxKzd>

Safety Talk: Asbestos Management

Asbestos is a strong, fire-resistant mineral fibre. Before 1990, more than 3,000 products containing asbestos were used in residential and commercial building construction. Today, when renovating or demolishing older homes or buildings, there is a high probability of encountering asbestos-containing materials.

It's very important to take the time to stop, test and plan on sites that may contain asbestos. When products containing asbestos are disturbed, fine fibres can be released into the air, and without appropriate precautions, can be inhaled into the lungs. Once the fibres are lodged in the lungs, they can cause inflammation, scar tissue, and can escalate to breathing troubles. In some cases, it can even lead to serious health conditions.

For more information, please visit:

<https://bit.ly/4cf2vrX>

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February 2024, Volume 22 Issue 02

Working Alone

A person is “alone” at work when they are on their own; when they cannot be seen or heard by another person. It is important to consider all situations carefully. Working alone includes all workers who may go for a period of time where they do not have direct contact with a co-worker.

While it is not always hazardous to work alone, it can be when other circumstances are present. Whether a situation is a high or low risk will depend on the location, type of work, interaction with the public, or the consequences of an emergency, incident, injury, etc. This wide variety of circumstances makes it important to assess each situation individually.

Prince Edward Island has regulations that address working alone under the **Occupational Health and Safety Act General Regulations, Section 53.**

To review PEI’s regulations that address working alone, please visit the following link:

https://www.princeedwardisland.ca/sites/default/files/legislation/o1-01g-occupational_health_and_safety_act_general_regulations.pdf

For more information on working alone, such as factors to consider, check-in procedures, etc., please visit:

https://www.ccohs.ca/oshanswers/hsprograms/alone/workin_galone.html

International Repetitive Strain Injury Awareness Day February 29, 2024

Did you know that 46.8% of time-loss claims in 2022 were as a result of musculoskeletal injuries like sprains, strains and tears?

To learn more on how to prevent these types of injuries, please visit:

<https://ohsguide.wcb.pe.ca/topic/ergonomics.html>

PEI WCB OHS Safety Conference 2024 Registration Open – Deadline April 25, 2024

The PEI WCB’s Workplace Health and Safety Conference features workshops on a wide range of workplace safety topics, as well as a comprehensive trade show of products and services of interest to the region’s workplace health and safety community. Tareq Hadhad, founder and CEO of *Peace by Chocolate*, is this year’s keynote speaker.

This year’s conference takes place on **Thursday, May 9, 2024**, at Delta Prince Edward Hotel in Charlottetown.

Registration deadline for the conference is **April 25, 2024**.

To register for this year’s Workplace Health and Safety Conference, please visit:

<https://bit.ly/3EvxKzd>

PEI WCB Claims – Direct Access to Health Care Providers

Did you know your workers can seek treatment for a work-related injury or illness, prior to filing an injury report? Through the PEI WCB’s Direct Access Program, workers can receive immediate medical attention for work-related injuries or illnesses.

To learn more about direct access to health care providers, please visit:

<https://bit.ly/3xNWTlx>

PEI WCB OHS – Volunteers needed for noise level assessments on potato farms

The PEI WCB’s OHS Division is looking for volunteers to have noise levels measured on their potato farm. This is done FREE of charge. If you are interested, please contact OHS Farms Safety Specialist, Hillary Hayden, at hhayden@wcb.pe.ca

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January 2024, Volume 22 Issue 01

**Psychological Health & Safety
In the Workplace**

A psychologically healthy and safe workplace promotes a worker's psychological well-being, which actively contributes to preventing harm to a worker's mental health.

Traditionally, physical injury was the only factor considered when measuring the level of safety in the workplace. Today, employers are recognizing and accepting that a worker's psychological health and safety is just as important in promoting and strengthening a workplace's health and safety culture.

To view a prevention update on psychological health and safety in the workplace, please visit:

<https://bit.ly/3OepYyE>

**PEI WCB Employer Registration Renewal
Deadline: February 28, 2024**

All employers with WCB coverage must review their registration by **February 28, 2024**. Employers do so by reporting their actual payroll for the previous year and an estimated payroll for the current year.

For any inquires regarding PEI WCB Employer registration, please call:

902-368-5680 / 1-800-237-5049 (toll-free)

For more information on PEI WCB Employer registration, please visit:

<https://bit.ly/3HVva0an>

Communicable Disease Prevention Guide

It is important for both workers and employers to be aware of the peak months for communicable diseases such as the flu, common cold, or COVID-19. Employers are responsible for the health and safety of anyone working in or visiting the workplace. Managing communicable diseases at the workplace is part of an effective occupational health and safety (OHS) program.

For a guide on communicable disease prevention, please visit the following link:

<https://bit.ly/3YqRlrK>

**PEI WCB Policy Consultation
Deadline: March 1, 2024**

The PEI WCB is currently accepting feedback from employers, workers and the public on (*POL-01*) *Psychological or Psychiatric Condition*. Feedback can be submitted until **March 1, 2024**.

To view the draft policy and provide feedback, please visit:

<https://bit.ly/3UaNLX>

**PEI WCB Regulatory Consultation
Deadline: February 23, 2024**

The PEI WCB is currently accepting feedback from employers, workers and the general public on proposed amendments to the *Occupational Safety and Health Act General Regulations*. The deadline to provide feedback is **February 23, 2024**.

To view the draft legislation and provide any feedback, please visit:

<https://bit.ly/3vMEM17>

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