



Point ^{TO} Point



Answers

1. a) Heat Cramps
2. a) Heat Stroke
3. d) All of the above
4. c) ½ litre of water before work and one glass of water every 20 minutes
5. a) Heat Stroke
6. d) None. Heat illnesses should always be treated with care. (In the case of heat cramps – if cramps do not go away after treating the victim on-site, seek medical help).
7. b) When it is 26 degrees Celsius or more with 30% or more humidity
8. g) All of the above
9. e) All of the above
10. g) All of the above

Who's Who at the CSN

With so many staffing changes in the past year, we thought it might be nice to update you on our current staff.

As always, we welcome your visits, calls and correspondence.

- | | |
|---|--|
| Stephen Torrence – CEO | Urvi Ramsoondar – Safety Advisor |
| Tammy Oliver – Director, Program and Client Services | Steven Mah – Safety Advisor |
| Alicia Brady – Communications Program Coordinator | Vernita Hsu – Injury Management Coordinator |
| Renea Koppen – Senior Program Administrator | Johnna Chan – Accountant |
| Starlett Bluhm – Program Assistant | |



Construction Safety Network

Suite 225, 8678 Greenall Avenue, Burnaby, British Columbia V5J 3M6
 Tel: (604) 436-0232 Fax: (604) 436-0623 Toll Free: 1-866-860-0232
 Email: info@safetynetwork.bc.ca Web: www.safetynetwork.bc.ca

ISSUES

TRAFFIC GOING TOO FAST?

It has been brought to the attention of the CSN that some traffic control tapers are being set based on the reduced speed signs instead of the regular posted speed signs as the Traffic Control Manual for Work on Roadways suggests. It is important that taper zones are calculated based on the posted speed signs of the road and adjusted to include a buffer zone if traffic on a particular road frequently exceeds the posted speed limit. For more information direct TCP's to refer to OHS Regulation Part 18, Section 18.2 and 18.3 of the Traffic Control Manual for Work on Roadways: http://www.th.gov.bc.ca/publications/eng_publications/TCM/Traffic_Control_Manual.htm. A field edition of this should be available on work sites and can be referenced when setting up or adjusting a work zone.

TCPs should know the elements of a traffic control work zone as these are important in keeping them and their co-workers safe. The work zone is the area between the first advance warning sign and a point beyond the work area where traffic is no longer affected. There are five elements of a traffic control work zone:

- Advance warning area (tells traffic what to expect ahead)
- Transition area (moves traffic out of its normal path)
- Buffer space (provides protection for traffic and workers)

- Work area
- Termination area (lets traffic resume normal driving)

Also, please remind TCP's to stand 25-75 metres away from the transition taper when working.

ARE YOU USING THE CORRECT TRAFFIC PADDLE?

There seem to be some traffic control paddles available with green instead of yellow for the SLOW side of the paddle. These signs are not authorized for use.

The authorized Traffic control paddles are designated C-27 Traffic Control Paddle (C-27H with handle) (40x40) on page 26 of the Traffic Control Manual for Work on Roadways: http://www.th.gov.bc.ca/publications/eng_publications/TCM/Traffic_Control_Manual.htm. This document specifies black on yellow, bdg. refl. for the SLOW side and white on red, fl. refl. for the STOP side of the traffic control paddle. Traffic control equipment is used to regulate, warn and guide motorists and pedestrians. It is regulated as Construction and Maintenance (C), Temporary Warning (TW), or Regulatory (R) Signs in the Motor Vehicle Act Regulation. Make sure TCPs you instruct are using the authorized paddle and giving drivers the right information. If TCPs have any questions regarding signs refer them to the Traffic Control Manual for Work on Roadways.

UPDATES

INDUSTRY BULLETIN

Our recent industry bulletin provided Best Practices for TCPs to Reduce Pain and Musculoskeletal Injuries. Many of the best practices came from experienced TCPs or Master Trainers. The full bulletin can be found on our website at http://www.safetynetwork.bc.ca/best_practices/index.cfm

UPDATED SIGN NUMBER ALTERATIONS FOR 2009 FROM THE MINISTRY OF TRANSPORTATION

The Ministry of Transportation has changed some of their sign numbers. For an updated list from February 2009 visit: http://www.th.gov.bc.ca/publications/eng_publications/signs/2009_Sign_Number_Alterations_TCM.pdf

TRAFFIC CONTROL AT EMERGENCY SCENES

The Construction Safety Network has developed a course on Traffic Control at Emergency Scenes. The course consists of a classroom component and an optional practical component. The course is being delivered on a limited basis for the first half of 2009 and will be offered for broader delivery in the fall of 2009.

For further information please visit www.safetynetwork.bc.ca.

EDITORIALS

KEEPING COOL IN THE HEAT

One quick and easy way for TCPs to keep cool in the heat is to invest in a cotton bandanna. Bandannas can provide instant cooling relief in hot environments by simply soaking the bandanna in water and wearing it loosely around the neck or elbow. It is also very important to keep hydrated by drinking ½ litre of water before heading out to work and one glass of water every 20 minutes throughout the day.

USE A BUDDY SYSTEM

When working in the heat, monitor the condition of your co-workers and have someone do the same for you. Heat-induced illness can cause a person to become confused or lose consciousness.

SUN BURNS AND HEAT STRESS PREVENTION

Wear lightweight, light colored and loose fitting clothes made of cotton rather than polyester as cotton breathes better than synthetic materials. Wear something on the head and over the neck to protect them from the sun. Sunburn affects the body's ability to cool itself and causes a loss of body fluids. Sunburns cause pain and make a person more susceptible to heat illness. Wearing a hard hat will provide some shade for the head. Use sunscreen of SPF 30 or higher (the most effective products say "broad spectrum" or "UVA/UVB protection" on their labels).

TCPs may want look into some interesting cooling products that are available in the marketplace including hard hat pads and shades, cooling bandanas, cooling vests and more.

TRAFFIC IN THE TOURIST SEASON

It is important to remember that the role of traffic control people is two-fold:

- 1) to protect workers and
- 2) to warn motorists about road construction or other activities taking place on the road ahead and assisting with the control of traffic

These are invaluable functions especially in high tourist season.

Remind TCPs that tourists are at a disadvantage as they may be driving in a car that is unfamiliar to them, the steering wheel may be on the opposite side of what they are used to, they are unfamiliar with traffic pattern changes and road changes such as where lanes may end or merge, and may not be familiar with what the standard speed limits are. With all of these variables this makes the job of traffic control people more complicated and even more important during tourist season.

Some things TCPs can do to better prepare drivers is to include a buffer zone in their work zone layout with traffic devices further out giving drivers plenty of notice and putting distance between them and drivers who are adjusting to the new traffic pattern. Traffic control work is dangerous so refer to **Table A** to determine the minimum length for lane closure markers and add a buffer zone to each to help prepare drivers and keep TCPs and their coworkers safe.

TABLE A

Positioning of devices on conventional roadways for various speed limits.

* REGULATORY SPEED LIMIT	50 km/hr	60 km/hr	70 km/hr	80 km/hr	90-100 km/hr
1a Taper length for lane closure	35 (1:10)	55 (1:15)	75 (1:20)	90 (1:25)	110 (1:30)
1b Taper length for shoulder work or where TCPs are used	5	8	10	12	15
2 Maximum distance between cones or tubular markers	10	10	10	10	10
3 Minimum tangent distance between tapers	30	60	90	120	150
4 Distance between construction signs	40	60	80	100	150

Dimensions shown are in metres and are minimums except for 2*.

Cones and tubular markers are generally used in daylight but if used at night must be reflectorized. Barricades, flexible drums or temporary delineator posts are generally used during hours of darkness and must be reflectorized.

Dimensions 1b* apply to downstream tapers, shoulder tapers, and to two-way traffic tapers on travelled lanes where traffic is controlled by TCPs, portable lane control signals or temporary traffic signals.

Dimensions 4* represent the minimum advance placement distances for initial signs as well as distances between subsequent signs in multi-sign series.

RESOURCES

Brush up on your knowledge of heat illnesses and feel free to incorporate the following quiz into the materials you provide TCP students about *Preventing Heat Stress at Work*.

TEST YOUR KNOWLEDGE

During the summer, the hot temperatures outside mean increased health risks for workers due to **heat stress**. What do you know about heat illness? Take this short quiz to learn more.

1. Painful muscle spasms caused by loss of salt from excessive sweating indicates you are suffering from:
 - a) Heat Cramps
 - b) Heat Exhaustion
 - c) Heat Stroke
2. This heat illness is life-threatening and is a more advanced and serious stage of heat stress:
 - a) Heat Stroke
 - b) Heat Exhaustion
 - c) Heat Cramps
3. In which instance should you move the victim to a cool area?
 - a) Heat Stroke
 - b) Heat Exhaustion
 - c) Heat Cramps
 - d) All of the above
4. On hot days it is recommended that you drink:
 - a) ½ litre of water before work
 - b) ½ litre of water before work and one glass of water every 40 minutes
 - c) ½ litre of water before work and one glass of water every 20 minutes
 - d) ½ litre of water before work and one glass of water every hour
 - e) ½ a litre of water at lunch & after work
5. Agitation and confusion combined with hot, dry skin and nausea are symptoms of what heat illness?
 - a) Heat Stroke
 - b) Heat Exhaustion
 - c) Heat Cramps
6. In what instance is medical help not required?
 - a) Heat Stroke
 - b) Heat Exhaustion
 - c) Heat Cramps
 - d) None. Heat illnesses should always be treated with care.
7. What is the minimum temperature at which a worker needs to be cautious about heat illness?
 - a) Always. Heat illness can happen even on a cold day.
 - b) When it is 26 degrees Celsius or more with 30% or more humidity
 - c) When it is 30 degrees Celsius or more with 30% or more humidity
 - d) When it is 40 degrees Celsius or more with 30% or more humidity
 - e) When it is 40 degrees Celsius or more. Humidity doesn't matter.
8. Heat Stroke can result in:
 - a) Cardiac arrest
 - b) Rapid, shallow breathing
 - c) Shock
 - d) Coma and brain damage
 - e) Death
 - f) None of the above
 - g) All of the above
9. What are the best ways to treat heat illness?
 - a) Get victim to rest in a cool place
 - b) Give victim cool drinks with salt sprinkled in
 - c) Cool victim with a wet sponge and fan, place ice packs under armpits and on groin
 - d) Loosen or remove outer clothing
 - e) All of the above
10. You are at particular risk of heat illness if you:
 - a) Are over 40 years of age
 - b) Are overweight
 - c) Are out of shape
 - d) Are abusing drugs or alcohol
 - e) Have had heat stress before
 - f) Are taking particular medications that block sweating
 - g) All of the above
 - h) B and C

Answers on page 4

NEWS

SAFETY IN FOCUS

On Friday June 19th a traffic control person was hit while performing construction traffic control in Surrey. A co-worker and friend of the victim, Andrea Fauteaux of Port Moody decided it was time to speak up and challenge the police to do more to enforce speeding in construction zones. Her letter was published in The Province newspaper on Tuesday, June 23, 2009. To read the full article go online to: <http://www.theprovince.com/opinion/letters/time+police+protected+flag+people+targeting+speeders/1723101/story.html>

MISSION

The Construction Safety Network, in partnership with WorkSafeBC, will promote a positive occupational health and safety culture for the construction industry by providing programs and services where employers work together to reduce the human and financial impacts associated with workplace accidents and injuries.

VISION

The Construction Safety Network will be the leading employer occupational health and safety association.