



We're All On The Same Team

When it comes to highway safety, we are all on the same team. Slowing down in highway construction zones ensures everyone gets to go home to their family at the end of the day. Let's all do our part to maintain safety in highway construction zones.

Various partners safely gathered to highlight the importance of slowing down in highway construction zones.

Front row: Rick Miles, New Brunswick Road Builders Association; Transportation and Infrastructure Minister Jill Green; Cheri Haas, Enforcement Officer with the Department of Justice and Public Safety; and Kevin Richard, Department of Transportation and Infrastructure.

Back row: François Labrie, RCMP Officer; Carl Poulin, RCMP Officer; Tom McGinn, NB Road Builders Association; Matt Jensen, Enforcement Officer with the Department of Justice and Public Safety; Roy Silliker, NB Construction Safety Association; and Chris Hickey, Enforcement Officer at the Department of Justice and Public Safety.

COR[®] Logo Changed

Please note that the COR[®] logo has changed. This logo is now a registered trademark. If you are a current COR[®] certified company and would like to use/continue to use this logo please contact the COR[®] department for a new declaration form or download one on our website.



COR[®] external audits are still happening here in New Brunswick. We have been fortunate in being able to accommodate most company's scheduled external audits in the past year. When possible and when restrictions allow, we can conduct in-person audits just as we have pre-pandemic. With ongoing Provincial and Atlantic region changes we have been using the opportunity of

virtual meetings for documentation review and or employee interviews if necessary. This is a great option for those who have remote workers and organizations that still have staff working from home. If you have any concerns of your upcoming audit (anniversary or internal/external) please contact us through the COR[®] department.

Please also be reminded that any documentation review can be sent electronically for ease of reference from your company to NBCSA. We do offer the options of email submission or through Dropbox. If you are wondering about how to send your submissions again, please reach out.

Working out of Province? With your COR[®] program you are eligible for an equivalent/reciprocal Letter of Good Standing in other provinces through the Canadian Federation of Construction Safety Associations. Before applying, contact the COR[®] department and ask us to send an application for reciprocity as your host association.

COR STATUS JUNE 2021	May 2019	June 2020	June 2021
Audit Pending (<i>New participants only</i>)	0	6	2
Recertification (COR [®])	24	22	25
COR [®]	312	305	302
Equivalency	25	20	19
Grace	5	5	7

In-House Programs

Companies, Community Colleges and Unions can have a person trained within their group to teach NBCSA courses as an "In-House" program. The course books and instructor tools are provided at a cost through NBCSA. We would like to remind our In-House trainers to make sure that you submit your paperwork to us in a timely manner. Once a course has been taught, the paperwork should arrive at

our office here in Miramichi no more than two weeks after that date.

We have had, in the past, a few of our In-House providers that were submitting their paperwork up to six months after the course was held.

This can affect our numbers for the calendar year not to mention that the students that are receiving the instruction are without proof of that course until we can process the data.

Please be mindful of your students and make sure you submit your paperwork as soon as possible upon completion of a course to ensure your students receive their certificates in a timely manner.

If you would like more information regarding this service, please contact our office for the process that you would have to complete in order to have an In-House Program.

From The Training Department

In response to the shutdown of our classroom locations and the restrictions placed on limited group sizes and physical distancing requirements, we have had to look at other delivery methods to ensure that training is still available for our industry members. In addition to previously developed courses the table identifies courses that have been added to our schedule since the last newsletter publication and indicates additional courses that are in the development stage.

Here is a summary of our e-Learning Course Offerings:

EXISTING e-LEARNING COURSES	NEW COURSES (Available Now)	IN DEVELOPMENT
Safety Orientation	Lock-Out Awareness (English/French)	Confined Space Awareness Refresher (updates)
WHMIS	Traffic Control Person (English/French)	Transportation of Dangerous Goods
Fall Protection Refresher	Manlift (French)	
Confined Space Refresher	Trenching (English/French)	
Manlift (English)	Workplace Violence and Harassment (English)	
Principles of Loss Control		

We Have Gone Virtual:

Joint Health and Safety Committee Blended

Course: We are very pleased to announce that we have been approved by WorkSafeNB to offer the one day Blended Joint Health and Safety Committee training in a virtual format. This training has been included in the Summer/Fall course schedule and will be in addition to the Joint Health and Safety Committee courses currently offered in the classroom.

Hazard Identification and Incident Investigation:

Check out our Fall schedule for dates for Virtual Hazard Identification and Control and Incident Investigation courses.

Classroom Courses Revisions

- Principles of Loss Control
- Hazard Identification
- Leadership for Safety Excellence (In the Process)
- Occupational Health and Safety Act. (In the Process)

Increased Demand: The years 2020 and 2021 has seen an increase in demand for the New Brunswick Occupational Health and Safety Course. We believe this is in part to some major amendments/ changes in the New Brunswick Occupational Health and Safety Act specifically dealing with the responsibilities of supervisors on the job site as well as the addition of administrative penalties which came into effect September 2020.

Changes to Act and Regulations and Online Access to Referenced Canadian Standards:

In our last newsletter we highlighted some changes that were made in the New Brunswick General Regulations 91-191 regarding harmonization of certain PPE and First Aid standards referenced in the Regulations. As the changes reflect either an adoption of a CSA standard or a requirement to consult a newer version of a CSA standard it is important to note that WorkSafeNB

has an agreement with the Canadian Standards Association to allow New Brunswick employers to view the standards at no charge. The information below has been taken directly from the WorkSafeNB's website:

New Brunswick's legislation references more than 50 Canadian Standards Association (CSA) standards. Following positive results obtained during a pilot project, WorkSafeNB partnered with the CSA to provide users with free access to CSA standards referenced in federal, provincial and territorial OHS regulations.

The relevant standards are available as a PDF file. Users can view the documents, but do not have the ability to copy and paste text or print or download the standards. Over 250 CSA standards are available, including referenced versions as well as current editions published in English and French, where applicable. These are presented in alphabetical order by province and territory.

To access the CSA standards cited in the NB regulations users must create an account on the CSA Communities : <https://community.csagroup.org/login.jsps?referer=%252Fwelcome>

Inattentional Blindness And

What is inattentional blindness and what is its importance to the field of construction safety?

Inattentional blindness is the failure to notice a fully visible but unexpected object because attention was engaged in another task, event, or object.

Often, we miss objects or events that occur in plain sight because we are so focused on one thing that we miss something else even if it happens right in front of us!

Incidents happen when we are so focused on the task we are engaged in we unconsciously block out other visual or auditory information that may warn us that an incident is going to happen.

An example of this happened in British Columbia when a site manager walked through an active construction site talking on his cell phone. He

crossed behind a gravel truck that was reversing and leaned down to read and relay information from a gauge to the engineer on the phone. The truck continued to reverse with its back up alarms sounding but the manager did not move.

Sadly, the truck caught the back of his leg, and he was pulled under the wheels and killed. Talking on a cell phone requires much more mental attention to actively listen and respond than is required during an in-person conversation. It is believed that in this case the manager's attention was so focused on the cell phone conversation that his brain blocked out all other visual and auditory warnings.

Additional distractors at our workplaces are, electronic devices, fatigue, socialization, addictions,

harassment, bullying, mental health issues and stress to name just a few. Add on top of that the fact that the average adult attention span is about twenty minutes maximum and Houston we have a problem!

The incredible thing is that it is not the new and young workers that are the most susceptible to inattentional blindness, rather it is the older more experienced worker. In fact, the more experienced a worker is, the more likely they are to experience inattentional blindness.

We often use the term complacency to describe this. What really is happening is that experienced workers can slip into auto pilot mode. This happens when we have performed a task so frequently that it no longer requires much conscious thought. "a no brainer".



The Dangers Of Distractions

Unfortunately, when our minds are kind of engaged and kind of not this is when we can make mistakes and miss warning cues.

It all boils down to the way that our brains process information. Our brains are bombarded with roughly 30-40 pieces of information per second which is way too much for us to process, so the brain must decide where to focus its limited attention. The rest of the information is labeled by the brain as unimportant and is filtered out.

This sometimes creates gaps in our memory as our attention mistakenly filters away important information and the brain fills in the gaps with false information that may cause us to believe that the actions that we are taking are correct. These actions can lead to workplace incidents.

What causes our brains to stand up and take notice? Well, it seems that our brains like to pay attention to objects or information that jumps out

to capture our attention. Colors and shapes are used in visual displays to call attention to specific items or categories.

The cocktail effect is when your attention is attracted to something that has meaning to you. For example, hearing your name in a conversation across the room etc.

Although, it is impossible to pay attention to more than one thing at a time, we believe that we can do this by "multi-tasking", however, to be more accurate we are switching from task to task as there is no such thing as divided attention.

We can be aware of more than one thing at a time, but you cannot decide about two things at the same time.

The problem with task switching is that there is a lag time.

We do not switch from task to task seamlessly. In fact, when we switch tasks, we must make space for the new information in our working

memory. This causes a delay in perception called an attention hangover.

An example of this would be of a driver who is texting and looks up just as a deer crosses in front of their car, there is a delay for their brains to make sense of what they are seeing and react, sometimes it is not quick enough!

Researchers found that interruptions of roughly three seconds doubled the error rate of the task.

Interruptions of four-and-a-half seconds tripled the number of errors. In an active construction site where workers are constantly exposed to noise, other workers and moving equipment this could spell bad news.

So, how do we conquer inattention at our workplaces? Unfortunately, there does not appear to be a silver bullet fix. However, there are some strategies that we can utilize that will help us identify when we are distracted and assist us to refocus.

What can we do:

1. Be aware of the limits of your attention.
2. Instead of task splitting, try prioritizing or postponing tasks so that you can focus on one task at a time.
3. Take micro breaks - Get up and stretch, walk around- Does not have to be for long but helps to re-focus.
4. Use Apps, smart watches or other technology to remind you to move
5. Regular exercise helps you to focus.
6. Take a nap (lunch time is recommended)
7. Use Daily Hazard cards to combat complacency.
8. Talk to your supervisor about any personal issues that may be causing you to be distracted.
9. Limit distractions for jobs that require your full attention (put cell phones and other distractions away)

Remember, it is better to take a five-minute break, stretch or a walk than it is to be engaged in a task where your mind is elsewhere. Distraction hazards are every bit as dangerous as working at heights or in confined spaces, but they are harder to detect. Stay alert and stay alive!

New Service Coming to NBCSA Owner Site Orientations

It has always been difficult for contractors to have their employees trained on the Owners Site Orientations.

This is normally a requirement of the Owner to have contractor employees working on their property to have before they start work.

Employers will also be able to check the status of training for these site orientations via the NBCSA Safety Net system.

NBCSA has been working with several of the Owners of Construction projects to come up with a system that NBCSA could offer these site orientations via our on-line system so membership employees could get the required training on-line and be job ready before they get to site.

As an added service we have signed an agreement with ISNetworld that we can transfer student training records direct to them daily.

We hope to have this system up and going late summer/early fall.



This will allow for any required training that needs to be uploaded to the students records at ISN will happen automatically.

As many of the larger Owners Group are now using the services of ISNetworld this will be a time savings for our membership.

Currently NBCSA is working with JDI for four of their locations to set-up

this type of program.

We are really looking forward to offering this service to the membership and we hope to expand it to any of the Owners of Construction services that is willing to work with us.

We would like to thank JDI for putting their faith in NBCSA and allowing us to be able to offer this service to the membership.

2021 WorkSafeNB Conference October 6 to 8

During this unprecedented time and as we collectively navigate the impact of COVID-19, WorkSafeNB considers the health and safety of our stakeholders, colleagues and staff paramount.

We will continue to offer health and safety resources throughout 2021 and will be working hard to find innovative ways to close the health and safety education gap. Stay tuned!



NBCSA Safety Awards

Due to COVID restrictions two of our award winners were not able to attend the 2020 Annual Meeting and receive their awards in person. Following the Annual Meeting Roy and Shelley were able to touch base with the recipients and deliver their awards in Person. Congratulations to both Kathy and Shauna.



The Safety Star Award is given to an individual who has contributed to an organization's overall safety; this year's recipient is Kathy Gidney from Prestige Homes.



The Safety Professional of the Year is given to an individual that holds a safety designation from NBCSA and has demonstrated exemplary dedication and contributions to the field. This year's recipient is Shauna Graves, NCSO™ from the Municipal Group of Companies.

Slow Please Highway Safety Campaign

NBCSA is pleased to be able to partner with Road Builders Association of New Brunswick, WorkSafeNB and DTI on the Slow Please campaign again this year. Thank you to RBANB for taking the lead in this very worthwhile venture.



Safe Highway Construction

Slow Please! – Fines double in construction zones.

Don't Speed! – Note the posted speed limits in and around the work zone.

Stay Alert! – Dedicate your full attention to the roadway.

Pay Close Attention! – Signs and work zone flaggers are there for your safety.

Minimize Distractions! – It is now illegal to use hand-held devices while driving.

Expect the Unexpected! – Keep an eye out for workers and their equipment.

Stay Patient! – Remember that construction crews are working to make the highway safer for you.

Keep highway workers safe.

Each and every summer day, in approximately 150 locations province-wide, road construction crews are working to make our highways safer for you. Highway workers are worried about the speed of the cars and trucks driving by them.

National Construction Safety Officer (NCSO™)

The NBCSA congratulates the following individuals for achieving an industry certification as a National Construction Safety Officer (NCSO™)

*Mike Chase

*David Fitzgerald

*Mark Kenny

*Matthew Parks

*Ron Parsley

*Daniel Vautour

*Bradley Walsh

Construction Safety Coordinator (CSC™)

The NBCA congratulates the following individuals for achieving an industry certification as a Construction Safety Coordinator. (CSC™)

*Ricky Gaudet

Health and Safety Administrator (HSA™)

The NBCSA congratulates the following individuals for achieving an industry certification as a Health & Safety Administrator. (HSA™)

*Daniel Smith

For more information regarding any of these designations please visit our website at www.nbcsa.ca Under Programs.

Course Expiry

The following courses have three year expiry as per NBCSA requirements:

*Fall Protection Generic

*Confined Space Awareness Generic

*Traffic Control Person

*Workplace Area Traffic Control Manual

*Manlift Awareness

*Trenching Awareness

*Lockout Awareness

*Rigging Awareness

Under our COR®

Principles of Loss Control and Principles of Loss Control Audit should be taken within the last two years in order to apply for a Certificate of Recognition.

All other courses regarding the Letter of Good Standing have No Expiry

We're On Social Media!

Just a reminder that you can check on us through our Social Media sites

Facebook

@NewBrunswickConstructionSafetyAssociation

Twitter

@NBconstsaafety

LinkedIn

@NewBrunswickConstructionSafetyAssociation

Our Web Site

For those members who are not aware, our website can provide a wide range of information for you including:

- Current Class Schedules
- COR® Participants
- Membership Information
- Course Outlines
- Contact Information
- Step By Step Procedures for entering our COR® Program
- E-Learning
- Access to your own employee training.

Note that our listing of COR® participants is updated instantly upon a new company being added to the program, so you can be confident that you are receiving the most up to date list.

All this and more is available to you through our website. We encourage everyone to take a look! Look us up at www.nbcsa.ca

Reissue of Certificates

Please note that prices for the issuing of certificates in recognition of a course that we have deemed as meeting our standards or for the reissue of certificates that have been misplaced is \$5.00 plus HST each.

Class Cancellation Policy

Two business days cancellation notice is required prior to course or you will be invoiced for the course as a No-Show.

EFFECTIVE TOOLS

Pictured here are some of the tools that NBCSA can provide to your organization in order to better assist you with implementing an effective safety program and culture in your organization.

NBCSA COR®

Certified Window Logos \$2.00 each

Safety Manual Tabs \$8.00 set

Supervisors Log Book \$15.00 each

Tool Box Talks

Carbonless Books \$7.95 each

Vehicle Inspection and

Record Carbonless Books \$7.95 each

Field Level Hazard

Assessment Checklist \$4.50 each



STAFF CONTACT INFORMATION

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