



**Local Health and Safety Committee #72
Ottawa
December 2011 Minutes**

DATE 2011 12 15

LOCATION: 1501 Bank St. Ottawa

TIME: 11:00

COMMITTEE MEMBERS

	E-mail	Contact
CEP		
Tony Edge (Co-chair)	anthony.edge@bell.ca	613-791-2467
Bob Desrochers	robert.desrochers@bell.ca	613-761-8515
Bell		
Brent Carty	brent.carty@bell.ca	613-292-9404
Ken Beaton	ken.beaton@bell.ca	613-314-1895
EOP rep		
Rose-Marie Bird	rose-marie.bird@bell.ca	613-290-3254
Guests	none	

MEETING DATES 2012

January 19, 2012	All meetings are held at 1501 Bank St. 11:30
February 23, 2012	
March 22, 2012	Report all accidents and hazardous occurrences
April 19, 2012	by calling Tony Edge @ 613-791-2467
May 17, 2012	
June 21, 2012	In case of large service outages, fire,
July 19, 2012	evacuations, bomb threats etc.
August 16, 2012	call NNOC at 1-888-570-1091
September 20, 2012	
October 18, 2012	
November 15, 2012	
December 13, 2012	

ACCIDENT REPORT STATISTICS (976, 976A, 234) to Dec 1, 2011

	Q1	Q2	Q3	Q4	Total
Accidents Reported	4	5	6	2	17
Investigated	2	6	4	5	17
Motor Vehicle	1	3	2	1	7
Disabling	0	0	0	0	0
Minor	0	1	3	1	4
Days Lost	0	0	0	0	0
Hazardous Occur.	0	0	0	0	0
Work Refusal	0	0	0	0	0

PREVIOUS YEARS STATISTICS

	2005	2006	2007	2008	2009	2010
Accidents Reported	27	25	25	30	31	8
Investigated	27	29	25	30	31	7
Motor Vehicle	17	20	11	12	12	3
Disabling	5	6	4	7	5	0
Minor	5	3	10	11	13	1
Days Lost	24	86	116	89	137	3
Hazardous Occur.	3	0	1	2	1	0
Work Refusals	0	0	0	0	0	0

3. 9911's OUTSTANDING 9911's LHSC#72

As of	Out standing	Cleared last mnth	man holes	plant poles	misc other	>365 days	>90 days	<30 days
2011-06-01	94	5	32	45	15 3	49	84	4
2011-07-01	101	1	33	46	19 3	55	90	8
2011-09-01	90	24	32	39	15 4	52	73	5
2011-10-01	91	7	33	37	17 4	53	76	8
2011-11-01	87	7	33	36	16 2	56	78	2
2011-12-01	83	8	32	36	14 1	52	73	4

Resolution Primes for outstanding 9911's (to 2011/12/01)

Prime	outstanding	new last 30 days	cleared last 30 days	Reassigned
Butt, K	20			
Parsons, G	18			
Robert, R	8			
Weeks, M	7			
Erickson, R	7			
Laporte, J	6			
Beaton, K	4	1		
Berry, W	3		2	
Groulx, JP	3	1		
Chamberland,	2			
Dick, T	1	1		
Rosebrook, C	1			1
Lentini, S	1			
Beaulne, L	1			
McKenna, N	1			
Robichaud, D	1			
Sellars, J	1	1		3
Chenier, M	0		1	
**Brown, M	0			18
Aquino,	0		3	1
Shannon, J	0		2	
Totals	87	2	7	16

**** With the retirement of Mary Ellen Brown , her 9911's that showed her as resolution prime, have all been transferred to Ken Butt .**

ACCIDENT INVESTIGATION RECOMMENDATIONS

01 09 15 If you cannot place and climb your ladder at the proper angle because of trees or branches you must not climb before the offending branches have been removed. The customer must trim the work area to make it safe. If the offending tree is not on the customer's property, then the customer must approach the owner and ask that the tree be trimmed. If the trimming becomes an issue advise the customer that you will have a manager contact them to discuss the problem. Bell Canada has a utility right of way that must be kept clear of obstacles to our plant. For more information or clarification contact your manager.

02 08 07 When you have been involved in a motor vehicle accident it is imperative that you fill out the accident information booklet that is in your vehicle and to call the police to report the accident. If the damage is deemed to be minor by the police and they refuse to respond to the accident site ask for and record the police officers badge number or the incident number on the BC form 2935. The police will usually not respond to an accident with less than one thousand dollars damage to a vehicle unless there are injuries involved. Remember it takes very little damage to surpass a thousand dollars worth of repairs and that police officers are not insurance estimators. If you are advised by the police to go to an accident reporting centre, do so, however it is expected that both parties (if applicable) will present themselves.

WORKPLACE INSPECTS

Completed to date May total 11

Address		Loc Code	WPI Sched	Non Conform
1260 Old Innes	Vanier	L67094	May 11,2011	1
2767 Sheffield	Tower	L62045	May 11,2011	4
1046 Dunning	Cumberland	L67007	May 11,2011	1
3540 Rockdale	Navan	L67019	May 11,2011	2
1657 Cyrville	Vanier	L67052	May 11,2011	0
3130 Analdea	Bank	L64080	May 12,2011	4
180 Lees	OConnor	L62107	May 12,2011	4
740 Belfast	OConnor	L62602	May 12,2011	1
333 Preston	OConnor	L62088	May 12,2011	1
875 Carling	OConnor	L64005	May 12,2011	2
930 Carling Farm	OConnor	L62401	May 12, 2011	2

Completed to date June total 17

18 St Jean Bap	Embrun	L67008	June 7, 2011	3
300	Embrun	L67008	June 7,	1

Commerce C			2011	
8086 Victoria	Metcalfe	L67016	June 7, 2011	3
3253 Vance	Osgoode	L67017	June 7, 2011	0
6565 Prince W	North Gower	L67022	June 7, 2011	1
18 Main	Russell	L67025	June 7, 2011	1
3771 Strandherd	Jockvale	L64204	June 8, 2011	2
5488 Main	Manotick	L64002	June 8, 2011	3
31 Lennox	Richmond	L64014	June 8, 2011	4
3054 Woodroffe	Jockvale	L64427	June 8, 2011	4
390 Don Munroe	Carp	L64031	June 9, 2011	2
21 Martin Statio	Almonte	L53003	June 9, 2011	2
5854 Hazeldean	Stittsville	L64222	June 9, 2011	2
751 Eagleson	Bridlewood	L64064	June 9, 2011	0
47 Emily	Carleton Pl	L53405	June 9, 2011	2
340 Moodie	Workcenter	L64653	June 14, 2011	5
225 Montreal	Vanier	L67241	June 15, 2011	2

Completed to date July total 10

8 Constellation	Nepean	L64052	July 19, 2011	2
Queensview	Nepean	L64474	July 19, 2011	0
6 Anterres	Nepean	L64036	July 19, 2011	1
2959 Uplands	Bowesville	L64048	July 19, 2011	2
Royal Rte	Uplands	L64033	July 19, 2011	2
1125 Colonel By	Careton U	L64115	July 20, 2011	0
1365 Johnston	Bank	L64050	July 20, 2011	0
2146 Thurston	Bank	L64051	July 20, 2011	2
3180	Bank	L64058	July 20,	1

Hawthorne			2011	
1730 St Laurent	Bank	L64409	July 20, 2011	0

Completed to date August total 8

3605 Innes	Orleans	L67038	Aug 10, 2011	3
255 Centrum	Orleans	L67057	Aug 10, 2011	1
3696 St Joseph	Orleans	L67002	Aug 10, 2011	2
5340 Canotek	Vanier	L67036	Aug 11, 2011	1
1140 Cadboro	Vanier	L67049	Aug 11, 2011	1
876 Montreal Rd	Vanier	L67096	Aug 11, 2011	0
1500 Montreal	Vanier	L67035	Aug 11, 2011	4
469 Coventry	workcenter	L67642	Aug 17 2011	2

Completed to date September total 4

600 Peter Moran	Bank	L64465	Sept 7, 2011	0
1145 Hunt Club	Bank	L64405	Sept 7, 2011	0
Tunney's pastur	Iona	L64403	Sept 7, 2011	1
393 Rideau	Rideau	L62102	Sept 21 2011	2

Completed to date October total 5

1671 Merivale	Cityview	L67215	Oct 12, 2011	1
190 Iona	Iona	L64205	Oct 12, 2011	0
3212 Richmond	Britannia	L64217	Oct 13, 2011	4
1 Penfield	Kanata	L64029	Oct 13, 2011	3
700 March Rd	Kanata	L64116	Oct 13, 2011	0

Completed to date November total 1

225 Montreal Rd	Vanier	L67241	Nov, 17, 2011	1
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Completed to date December total 3

160 Elgin bsmt	Elgin	L62137	Dec 7 2011	4
78 OConnor	O'Connor	L62165	Dec 13, 2011	
1501 Bank	Bank	L64103	Dec 15, 2011	

Total WPI Buildings	58
Total Completed	58
To Be Completed	0

OPEN ITEMS

2006 10 01 LOWER PLAZA 160 ELGIN ROOM NUMBERING

The renumbering of lower plaza rooms in a non- sequential manner raises safety concerns because emergency personal would have difficulty finding the correct room. We have talked to Frank Rheume of Bell Realty Management and have discussed the possibility of placing a detailed floor plan at the bottom of the escalators to assist emergency personnel in locating rooms.

2009 05 01 COVENTRY RD. YARD AND GUARD RAILS

Coventry Rd. yard is receiving a major resurfacing over the next few weeks. All guard rails will be removed and the entire gravel area will be graded and parking spaces allotted. It seems that the network grooming project push has been the catalyst for upgrades needing new parking for the influx of 80 cable rehab techs and their vehicles.

2010 05 20 MANOTIC CENTRAL OFFICE

Latest Nexacor response is that funding will not come until 2012.

2011 06 22 OLD ELECTRONICS

An increasing amount old electronics seem to be cluttering areas in offices, central offices, and remotes, as found during Workplace inspects. After discussion we have developed a preliminary plan to cleanup offices and CO's of old outdated equipment. Rose and Tony cleaned up many of the smaller offices, and Rose coordinated the removal of skids of equipment from 3 central depots. Twenty bins of old phone equipment also returned. Thank you to Rose, project a success. **CLOSED**

2011 09 15 CO FLOOR PLANS

During a recent walkthrough of Cityview Central Office it was noticed that Emergency exit floor plans have not been updated since renovations. Doug has agreed to assist Rose in obtaining updated plans from Nexacor to be distributed.

2011 09 15 78 OCONNOR ELEVATORS

Growing concerns over the elevators at 78 O'Conner this past week. Both elevators were out of service for extended periods of time. Nexacor ticket has given us a date before Christmas for final repair of elevator. Special parts has to be molded and are ready for installation. Committee to follow up.

2011 10 20 LOCATIONS REQUIRING SPECIAL PRECAUTIONS

**CHSC has requested our committee forward a list of locations in 613 that require special precautions when working. Each manager was sent a copy of the request asking them to poll there techs of locations that may fit the criteria. This work locations may include,
The need for Hearing Protection,
Buildings or areas containing Chemicals, Combustables, Asbestos Awareness
Excessive dust, Air Quality, Refineries needing masks or respirators
Food processing requiring hair nets or no jewellery, Slippery floors
Neighborhoods requiring caution after dark
Plants requiring Safety boots, Hardhats, safety glasses,**

Please forward any such locations to myself with the following info

NAME of Company

LOCATION

POTENTIAL HAZZARD

And, if the customer provides safety equipment or if Bell must provide.

As no responses have come as of yet, Tony will respond to Corporate with a NIL for our area but continue to monitor.

011 10 20 PARKING LOT CONDITIONS

Various complaints from techs, clerical and managers have asked us to take note of various locations with potholes and uneven pavement that could cause a tripping hazard.

Coventry Rd, uneven pavement in parking area, potholes,.

Moodie Drive, pot holes starting to appear again, loose gravel throughout the yard

Stittsville CO, LARGE pot hole at rear of building in parking area,

Almonte, Jockvale, Royal Route, all have issues with uneven sidewalks,

Thurston Rd has large pothole in driveway.

List was forwarded to Nexacor with suggestion that it may be prudent to repair the potholes before Winter freeze up, before more damage from frost occurs. Will monitor.

2011 11 17 VEHICLE HEIGHT RESTRICTION LABELS

It has been noticed none of the vehicles delivered this past year have Height Restriction Decals on the Dashboard. Tony will send a note to managers in the area as a reminder the stickers (BC 5013) can be ordered from Ariba and are to be placed and checked on APP module 200.

2011 11 17 REQUEST FOR WPI OF 225 MONTREAL RD.

The committee has been asked to address various concerns in the Vanier Central Office. Concerns of unauthorized lights, Xmas tree, Wall art, electrical appliances, carpets in the washrooms. Bob and Tony completed after November meeting and noted none of the concerns were deemed of concern to the H & S Inspect. No improper storage of cleaning agents were discovered, all appliances were on timers, 8" Xmas tree had no lights or concern of fire hazard, carpets were not deemed to be a tripping hazard. CLOSED

2011 12 15 SAFETY DAY, VEHICLE SPOT CHECKS

The committee will be scheduling a Safety Day for March 2012 to spot check vehicles, and technician Personal Safety Equipment at local garages. Brent will contact M. Trimm for a date, Tony will coordinate a checklist for committee members. More to follow.

REFERRED AND FOLLOW-UP ITEMS

None

OUTSTANDING REFERRED ITEMS

05 02 01 ESPP Check In Procedures open item 05/12/08 CHSC

H&S WEBSITE

http://portmid.bellnet.bell.ca/portal/page/portal/BCE_HR/HOME_PAGE/BELLCANADA

RELATED WEBSITES

<http://app.int.bell.ca/Public/ModuleList.aspx>

<http://bc9911.int.bell.ca/BC9911/>

http://www.hrsdc.gc.ca/eng/labour/labour_law/index.shtml

http://portmid.bellnet.bell.ca/portal/page/portal/BCE_HR/HOME_PAGE/BELLCANADA/HEALTH_SAFETYANDWELLNESS

<http://nms.on.bell.ca/optips/NP&PTIPS/NewIndex.htm>

<http://www.nfpa.org/>

<http://www.acgih.org/home.htm>

http://bcp.on.bell.ca/bcp_eng/welcome.htm

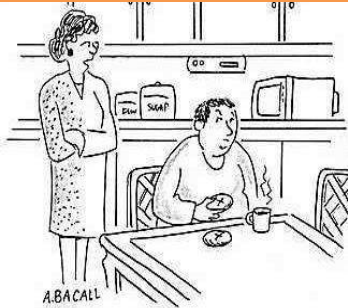
<http://www.csa.ca/default.asp?language=english>

SIGNATURE BELL CO-CHAIR

Brent Carty

SIGNATURE CEP CO-CHAIR

Anthony Edge



"When the doctor told you to warm up before exercising, I don't think he meant with hot chocolate and hot cross buns."

WARM-UP AND AVOID INJURIES

55% of on-duty accidents with time off work in 2011 resulted in strain injuries. The body part most often injured was the back, followed by the knees.

Some examples of these accidents are:

- Working in one position for a long period of time
- Carrying something heavy like a ladder over uneven surfaces
- Reaching into a vehicle to get equipment

Statistics show that performing a warm-up before taking on physical activity reduces the chance of injury.

A warm-up helps prepare your body mentally and physically. The aim is to increase circulation, gradually, without putting pressure on the body.

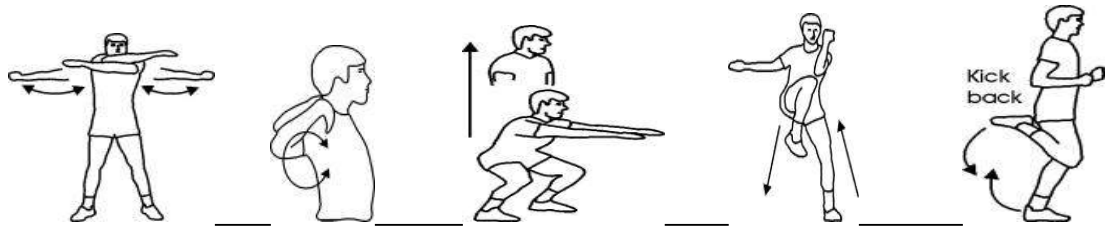
Warming up can also increase flexibility and may allow your body to react better to any sudden movement or fall.

Often during a warm-up, any injury or illness can be identified and further injury prevented.

A warm up doesn't need to be complicated. It only takes a few minutes. Begin slowly, with activities such as walking or a light jog.

Gradually increase intensity until your pulse rate, respiration rate and body temperature are elevated. Usually about the time that you break a light sweat.

*After your initial warm-up, below are some other warm up exercises you can try.
REMEMBER: If any of these warm-up exercises cause discomfort, discontinue immediately.*



UPPER BODY

ARM SWINGS: Stand with feet comfortably apart, knees slightly bent and arms at shoulder level. Stretch arms straight out to the side and back behind you, contracting shoulder blades together, then bring them all the way across the torso, gradually speeding up the movements and increasing the range of motion until your muscles feel loose.

SHOULDER ROLLS: Place hands on shoulders and start with small rotations backwards, gradually increasing the range of motion and then reversing circles and doing the same thing forward. Do both at the same time, or alternate one at a time.

LOWER BODY

PARTIAL SQUATS: Position your feet a little wider than shoulder width apart. Turn your toes out slightly so that your knees track directly over the middle toe of each foot. Keep your back flat (not vertical, but flat from shoulders to hips) and chest upright, abs tight to support the lower back, arms in front to counter-balance. Lower your hips and torso to a comfortable spot for you then exhale as you stand upright.

ELBOW/KNEE TOUCHES: Stand tall with legs shoulder distance apart and arms stretched out to the side. Without bending forward at the waist, lift your leg up and bring your opposite elbow in front of the body to meet it, then alternate with the other elbow and knee.

BUTT KICKING: You may not be able to actually kick your own butt, but the goal is to try to get your foot as close to the butt as possible. Keep your torso upright so as to prevent hyper extending the back. Play around with foot position--toes pointed, toes flexed--and see how different a single move can feel by simply changing one thing.