



**Local Health and Safety Committee #72
Ottawa
January 2012 Minutes**

DATE 2012 01 19

LOCATION: 1501 Bank St. Ottawa

TIME: 12:00

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
February 23, 2012
March 22, 2012
April 19, 2012
May 17, 2012
June 21, 2012
July 19, 2012
August 16, 2012
September 20, 2012
October 18, 2012
November 15, 2012
December 13, 2012

All meetings are held at 1501 Bank St. 11:30

Report all accidents and hazardous occurrences by calling Tony Edge @ 613-791-2467

In case of large service outages, fire, evacuations, bomb threats etc. call NNOC at 1-888-570-1091

ACCIDENT REPORT STATISTICS (976, 976A, 234) TO 01/01/2012

Q1 Q2 Q3 Q4 Total

Accidents Reported	0				0
Investigated	0				0
Motor Vehicle	0				0
Disabling	0				0
Minor	0				0
Days Lost	0				0
Hazardous Occur.	0				0
Work Refusal	0				0

ACCIDENT REPORT STATISTICS (976, 976A, 234) TO 01/01/2012

PREVIOUS YEARS STATISTICS

2006 2007 2008 2009 2010 2011

Accidents Reported	25	25	30	31	8	18
Investigated	29	25	30	31	8	18
Motor Vehicle	20	11	12	12	3	8
Disabling	6	4	7	5	0	0
Minor	3	10	11	13	1	4
Days Lost	86	116	89	137	3	0
Hazardous Occur.	0	1	2	1	0	0
Work Refusals	0	0	0	0	0	0

9911's

OUTSTANDING 9911's LHSC#72

As of	Out standing	Cleared last mnth	man holes	plant poles	misc	>365 other days	>90 days	<30 days	
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	72	4
2012-01-01	80	7	32	35	12	1	50	74	1

Resolution Primes for outstanding 9911's (to 2012/01/01)

Prime	outstanding	new last 30 days	cleared last 30 days	Reassigned
Butt, K	19			1
Parsons, G	18			
Robert, R	8			
Weeks, M	7			
Erickson, R	7			
Laporte,J	6			
Beaton, K	3	1		1
Berry, W	0		3	
Groulx, JP	3			
Chamberland,	2			
Dick, T	1			
Rosebrook, C	1			
Lentini, S	1			
Beaulne, L	1			
McKenna, N	1			
Robichaud,D	1			
Sellars, J	1			
Chenier,M	0		4	
TOTAL	80	1	7	

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 January total 07

Address		Loc Code	WPI Sched	Non Conform
2767 Sheffield	Tower	L62045	Jan 10, 2012	4
1260 Old Innes	Vanier	L67094	Jan 10, 2012	2
876 Montreal Rd	Vanier	L67096	Jan 10, 2012	1
1500 Montreal Rd	Vanier	L67035	Jan 10, 2012	1
5340 Canotek	Vanier	L67036	Jan 10, 2012	1
1140 Cadboro	Vanier	L67049	Jan 10, 2012	1
1657 Cyrville	Vanier	L67052	Jan 10, 2012	1

Scheduled Inspects February total 06

300 Commerce C	Embrun	L67008	Feb. 07, 2012	
3540 Rockdale	Navan	L67019	Feb. 07, 2012	
1046 Dunning	Cumberland	L67007	Feb. 07, 2012	
3696 St Joseph	Orleans	L67002	Feb. 07, 2012	
255 Centrum	Orleans	L67057	Feb. 07, 2012	
3605 Innes	Orleans	L67038	Feb. 07, 2012	

Scheduled Inspects March total 08

18 St. J Baptiste	Embrun	L67008	Mar 14, 2012	
18 Main	Russell	L67025	Mar 14, 2012	
8086 Victoria	Metcalfe	L67016	Mar 14, 2012	
3253 Vance	Osgoode	L67017	Mar 14, 2012	
6565 Prince	North Gower	L67022	Mar 14,	

W			2012	
31 Lennox	Richmond	L64014	Mar 14, 2012	

Scheduled Inspects April total 07

3130 Analdea	Bank	L64080	Apr 11, 2012	
1145 Hunt Club	Bank	L64405	Apr 11, 2012	
1365 Johnston	Bank	L64050	Apr 11, 2012	
2146 Thurston	Bank	L64051	Apr 11, 2012	
3180 Hawthorne	Bank	L64058	Apr 11, 2012	
600 Peter Moran	Bank	L64465	Apr 11, 2012	
1730 St Laurent	Bank	L64409	Apr 11, 2012	

Scheduled Inspects May total 05

740 Belfast	Oconnor	L62602	May 9, 2012	
180 Lees	OConnor	L62107	May 9, 2012	
Tunneys pasture	Iona	L64403	May 9, 2012	
8 Constellation	Nepean	L64052	May 9, 2012	
Queensview	Nepean	L64474	May 9, 2012	

Scheduled Inspects June total 07

Royal Rte	Uplands	L64033	Jun 13,2012	
6 Anterres	Nepean	L64036	Jun 13,2012	
2959 Uplands	Bowesville	L64048	Jun 13,2012	
1125 Colonel By	Carelton U	L64115	Jun 13,2012	
930 Carling #61	Oconnor	L62401	Jun 13,2012	
875 Carling	Oconnor	L62005	Jun 13,2012	
333 Preston	OConnor	L62088	Jun 13,2012	

Scheduled Inspects July total 04

5488 Main	Manotick	L64002	July 10, 2012	
3771 Strandherd	Jockvale	L64204	July 10, 2012	
3054 Woodroffe	Jockvale	L64427	July 10, 2012	
340 Moodie	Workcenter	L64653	July 10, 2012	

Scheduled Inspects August total 05

47 Emily	Careton Pl.	L53405	Aug 07, 2012	
21 Martin Stn.	Almonte	L53003	Aug 07, 2012	
390 Don Munroe	Carp	L64031	Aug 07, 2012	
5854 Hazeldean	Stittsville	L64222	Aug 07, 2012	
751 Eagleson	Kanata	L64064	Aug 07, 2012	

Scheduled Inspects September total 05

1 Penfield	Kanata	L64029	Sept 11, 2012	
700 March Rd	Kanata	L64116	Sept 11,2012	
3212 Richmond	Britannia	L64217	Sept 11, 2012	
393 Rideau	Rideau	L62102	Sept 12,2012	
469 Coventry	workcenter	L67642	Sept 12,2012	

Scheduled Inspects October total 02

1671 Merivale	Cityview	L67215	Oct 09, 2012	
190 Iona	Iona	L64205	Oct 09, 2012	

Scheduled Inspects November total 02

160 Elgin bsmt	Elgin	L62137	Nov 06, 2012	
78 OConnor	O'Connor	L62165	Nov 06,	

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.

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 12 15 SAFETY DAY, VEHICLE SPOT CHECKS

The committee will be scheduling a Safety Day for May 2012 to spot check vehicles, and technician Personal Safety Equipment at local garages. More to follow.

2012 01 19 CHSC REFERRALS RETURNED

- 1. Referred 2008-06-05 Handling of Batteries over 45kg APP212 updated.**
- 2. Referred 2010-09-05 Snow Tires use Summer, viewed as OK**
- 1. Sent 2011-12-15 EMF effects**

2012 01 19 USE OF GENERATOR VEHICLES

Tony was asked on where to obtain training for FTTN techs that are being given generator vehicles for the winter. It seems there is no formal training in the APP system for use of generators. The training so far has been given by word of mouth by techs who have experience with these vehicles. Tony and Brent to send a referral to Corporate to provide training for users of generator trucks.

2012 01 19 TRAINING

Committee training has been scheduled for March 7th and 8th. Brent, Ken, Bob and Rose to attend.

2012 01 19 BEC UPDATES

Updates for EOP sheets at front doors of C.O.s have been outdated in some locations. Tony will print BC911 sheets before Work Place Inspects and update if needed.

2012 01 19 LIGHTING 101 COLONEL BY

Had a request from technician to check the lighting in the IT at 101 Colonel By.(DND Headquarters) Tony waiting for access with tech.. Seems installation of DMS unit has blocked lighting from fixtures. More to follow.

2012 01 19 FORM 499

Committee training has been scheduled for March 7th and 8th. Brent, Ken, Bob and Rose to attend.

Received a reminder from Corporate to complete the Government Work Place Committee Report for 2011. Tony to complete and forward before next meeting.

2012 01 19 AIR DESK EMAIL ON CEV CLOSING

Committee received a request for clarification on automated email sent by air desk after a CEV opening was done by CO tech. His concerns that his manager received an automated email saying the tech had not got a closing # after the estimated time on job, but no concerns raised about safety check. It was determined the CEV entry email that was sent to remind you that a closing was no done before the estimated time that you gave the air desk had expired.

We have found that when an employee gets an opening serial # and estimates the time on the job, a automated reminder to get a closing # is sent at the end of the estimated period. This automated system is completely separate from the ESPP system and automated 88”s we receive to check in.

If an employee feels he would be passing the estimated time given the air desk he should be calling to update job estimates.

Safety check ins are done on your cell phone < every 2 hours.

Should you have not checked in by cell phone or by website your manage would then have been notified you are missing.

The automated email for closing is just a reminder that a closing # was not given and is completely separate from ESPP. Tech notified. **CLOSED**

2012 01 19 ODORS 1145 HUNT CLUB

Committee received concerns of the foul smell in the remote in the basement of 1145 Hunt Club. Tony investigated and found that the sewer pipe in the room had a trap from the air conditioning unit that was dry. The pipe trap was filled with water and seems to have terminated the odors. Tony exhausted the room with on site fan for 30 minutes. **CLOSED**

REFERRED AND FOLLOW-UP ITEMS

None

OUTSTANDING REFERRED ITEMS

05 02 01 ESPP Check In Procedures open item 05/12/08 CHSC
12 01 19 APP for Generators open item 12/01/19

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

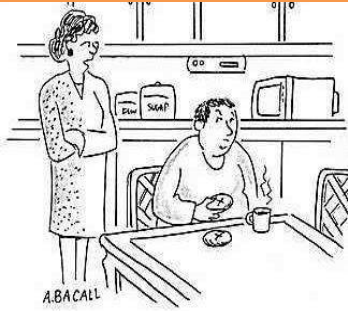
<http://www.csa.ca/default.asp?language=english>

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.

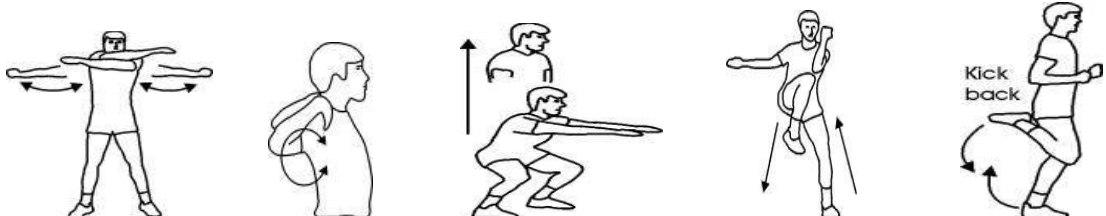
Warming up can also increase flexibility and may allow your body to react better to any sudden movement or fall.

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.

Prepared by: C. Halliday Dec 2011