



# SAFETY NEWSLETTER



## We Demand Safety-

By insisting on a safety culture, we provide a safe work environment where we look out for each other.

## COVID-19 Airborne Transmission Controversy



In an open letter to the World Health Organization, 239 scientists in 32 countries reportedly argued that Covid-19 is an airborne illness (e.g. transmitted through the particles floating in the air). Dr. Bonnie Henry has responded to that letter, saying it was designed to provoke a bit of controversy, and that the disagreement is part of an ongoing discussion about how coronaviruses and other illnesses, like influenza, are spread.

According to Dr. Henry, Covid-19 appears to spread predominantly through larger droplets. She stated that, generally, transmission of this virus requires more moisture and closer contact between people.

Health experts and the BC Centre for Disease Control (BCCDC) continue to support the theory that Covid-19 is transmitted via liquid droplets, when a person coughs or sneezes. They say that the virus can enter through these droplets, via the eyes, nose or throat if you are in close contact, and that the virus is not known to be airborne.

The current recommendations from public health, including: physical distancing, wearing a mask and good hand hygiene are protections against respiratory droplets, and they wouldn't be nearly as effective as they have proven to be if the virus was being transmitted through aerosol particles at a high frequency.

Click [here](#) to listen to Dr. Eleni Galanis of the BCCDC discuss how Covid-19 is transmitted.

## Safe Lifting & Carrying



The best way to prevent back injuries is to develop habits that reduce strain placed on the back. There are some basic things you can do to help.

### **Avoid lifting and bending whenever possible**

Anytime you can spare your back the stress and strain of lifting and bending, do so! If you don't use your back like a lever, you avoid putting it under so much potential force.

### **Keep objects off the floor**

Set something down on a table or other elevated surface instead of on the ground, so that you won't have to reach down again to pick it up.

### **Raise / lower shelves**

The best zone for lifting is between your shoulders and your waist. Place heavier objects on shelves at waist level, lighter objects on lower or higher shelves. Use carts, pallet jacks, dollies, or another type of lifting aid to move objects, instead of carrying them yourself.

### **Use proper safe lifting practices**

Assess the situation before you attempt to lift, or carry heavy objects. Ask yourself;

- How far will I have to carry the object?
- Is the way clear of clutter, cords, slippery areas, overhangs, stairs, curbs or uneven surfaces?
- Are there doors I have to go through? If so, ask someone to hold them open, or temporarily wedge them open
- Once I lift the item, will I be able to see over it, or will it block my view?
- Can the load be broken down into smaller loads?



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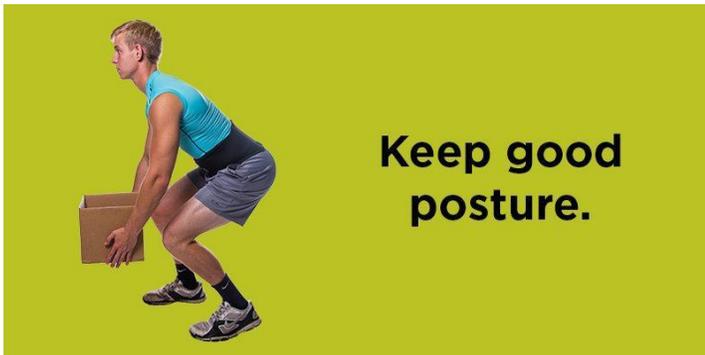


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### Keep your back straight or slightly arched while lifting **NEVER USE YOUR BACK TO LIFT!**

- Start the lift by putting your feet close to the object. Get a firm footing
- Center your body over your feet
- Squat down like a weightlifter, bending at your knees. Keep your back straight or slightly arched. You want to lift with your legs not your back
- Grasp the load securely with your hands, and pull it close to you
- Smoothly lift straight up. NEVER TWIST YOUR BODY WHILE LIFTING, KEEP YOUR HEAD UP AS IF LOOKING STRAIGHT AHEAD, NOT DOWN



**Keep good posture.**

### Keep your back straight or slightly arched while carrying an object

- Walk slowly
- Use your feet to change directions. Never twist your back
- Avoid leaning over
- Avoid lifting heavy objects above your shoulders
- If you become tired, set the item down and rest for a few moments



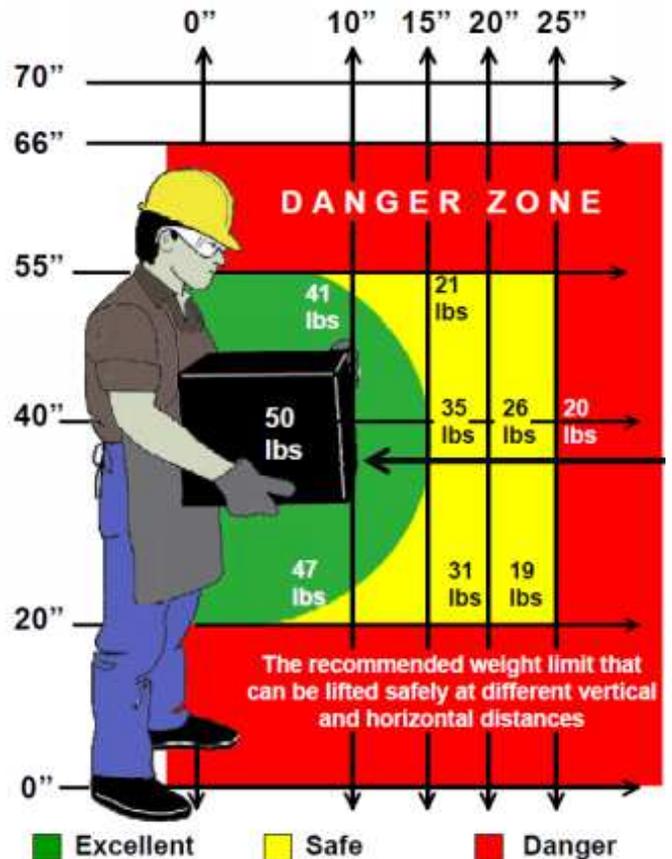
**Never Lift Heavy Objects Above Shoulders.**

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### How you put the load down is just as important as how you pick it up

- Position yourself where you want to place down the item
- Squat down. Let your legs do the work not your back. REMEMBER NOT TO TWIST YOUR BODY WHILE SETTING DOWN A LOAD, AND KEEP YOUR HEAD UP
- Once the item is where you want it, release your grip. Never release your grip on a load until it is secure. You don't want it to drop on your foot, or on someone else's if they are helping you

See pg. 189 of Mott's [Safe Job Procedure & Safe Work Practice Manual](#) for more information.





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## Instructions for Cloth Face Coverings

Cloth face coverings are an additional step to help slow the spread of COVID-19 when combined with other preventative measures and social distancing. **Cloth face coverings must be washed after each use.** It is important to always remove face coverings correctly and wash your hands after handling or touching a used face covering.

### How to clean



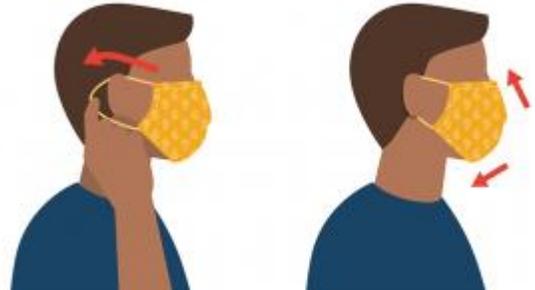
- You can include your face covering in your washing machine with your regular laundry
- Use regular laundry detergent and the warmest appropriate water setting for the cloth material used to make the face covering.

### How to dry



- Use the highest heat setting on your dryer machine and leave in the dryer until completely dry
- OR air dry by laying the face covering flat and allowing it to completely dry. If possible, place the cloth face covering in direct sunlight.

### How to put on



- Wash your hands before putting on your face covering
- Put it over your nose and mouth and secure it under your chin
- Try to fit it snugly against the sides of your face
- Make sure you can breathe easily.

### How to safely remove



- Untie the strings behind your head or stretch the ear loops
- Handle only by the ear loops or ties
- Fold outside corners together
- Place covering in the washing machine
- Be careful not to touch your eyes, nose, and mouth when removing, and wash your hands immediately afterwards.

Any questions, comments or concerns?

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