Health and Safety Orientation

Occupational Health and Safety

TRIUMF
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Occupational Health & Safety Officer

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Local: 6231
1. **Right to Know**
   - Hazards in the workplace
     (recognize them and protect yourself against them)
   - Training

2. **Right to Participate**
   - In health and safety activities

3. **Right to Refuse Unsafe Work**
   - Without any disciplinary action
   - Ex. Lack of training, equipment if faulty or environment is unhealthy
• Know and follow health and safety requirements affecting your job
• If you don’t know how to do something safely, ask for training before you begin work
• Work safely, and encourage your co-workers to do the same
• Correct any unsafe conditions or immediately report them to your supervisor

• Take the initiative. Make suggestions to improve health and safety
Personal Protective Equipment (PPE)

- Stores – Safety goggles, Gloves, Hearing protection, Hardhats
- OH&S – Safety Shoes, job specific PPE
- Radiation Protection Group – Respirators
- Wear the appropriate protective equipment required for the task
- **NOTE: PPE does not make you invincible!**
- When involved with any overhead lifting devices such as hoists or cranes, hard hats and safety shoes must be worn
Location of First Aid Facilities

Emergency Assembly Areas and First Aid Facilities
400 Westbrook Mall
First Aid Rooms

Service Annex Building

ISAC II Ground Floor
EMERGENCY ASSISTANCE

520 MeV Control Room

Stay on phone until all information is gathered
• Report all injuries no matter how minor!
• Dial 7333, report location, type of injury and number of personnel injured…STAY ON THE PHONE!
• Six designated Level 2 First Aid Attendants
• Large population of Level 1 first aiders on site.
• Get familiar with the site
• If you dial 911 accidentally…stay on line to tell dispatch of your mistake…DO NOT HANG UP!
Location of 4 Emergency Assembly Areas

Emergency Assembly Areas and First Aid Facilities
400 Wesbrook Mall

[Diagram with location of emergency assembly areas marked as 1, 2, 3, and 4]

- Emergency Vehicle Entrance
- Emergency Assembly Area
- FA—First Aid Room
- FAQS—First Aid Dressing Station
- AED—Automated External Defibrillator

All First Aid Facilities and AED’s are located on the ground floor.
1) West of the Main Office Building (MOB) Lobby entrance
2) North of the Main Machine Shop
3) East of the ISAC II building
4) North of the Ariel Building
Emergency Procedures: Hear Fire Alarm

- Leave following the direction of Emergency Floor Wardens
- DO NOT attempt to remove protective clothing
- DO NOT USE ELEVATORS!
- Close all doors behind you
- Go to the pre-designated Emergency Assembly Area and await further instructions
- DO NOT GO BACK INTO THE BUILDINGS FOR ANY REASON!
- Report anyone suspected to be in the building
- The Fire Department will advise you when it is safe to re-enter the building
• Sound the alarm by actuating the nearest manual pull-station. If you are in an area not serviced by an annunciator system, alert personnel in the area by shouting “fire” and notify the Control Room (Dial 7333)

• For minor fires, if trained on the use of fire extinguishers, combat the fire with an appropriate portable fire extinguisher. Never fight a fire alone.

• Leave the building using the closest exit

• Go to the nearest Emergency Assembly Area
• **Earthquake**
  - Stay calm
  - Duck under a desk or table and cover and hold on to what you can

• **Stuck in Elevator**
  - Stay calm and wait for help
  - An alarm goes to the Main Control Room and there are also phones inside the elevator compartment
Health and Safety Program

- WSBC Programs in place
- Docushare:
  - Non-QMS
    - Environment Health and Safety
    - Occupational Health and Safety
Workplace Hazardous Materials Information System (WHMIS)

Education:
- Elements of the WHMIS
- Major hazards of the controlled products
- Rights and Responsibilities of employers and workers
- Content required on labels and MSDSs

Training
- Safe use, storage, handling and disposal
- Emergency procedures
  - If unmanageable chemical spill, get out, call 7333 (500 MeV Control Room)
## Contact Information for the JHSC

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Proper Lifting Technique

1. Get close to the object.
2. Bend at your hips and knees. Get a good grip. Gloves may improve your grip.
3. Lift smoothly and slowly, keeping the object close to the body. Keep the load between your knees and shoulders.
4. Pivot with your feet instead of twisting your back.

⚠️ Where possible, avoid lifting and carrying heavy or awkward objects. Instead get help from others or use mechanical devices such as a dolly.
• All electrical work at TRIUMF must be approved by TRIUMF’s electrical engineer (Franco Mammarella)

• Work must be performed by a certified electrician (Randy Boehm, Matt McClean, Marshall Faragher) or a third party outside electrician approved by TRIUMF’s electrical engineer

• No building devices (light switches, power outlets, lighting fixtures) are to be modified, replaced or attempted repair to
Any radiological issues or concerns are to be taken up with Joe Mildenberger

Joe Mildenberger
- Group Leader, Radiation Protection/Health Physicist
- Local 7661
- Email: joseph@triumf.ca
• Basic Radiation Protection and Advanced Radiation Protection Courses

• Ensure your doses of radiation are always in safe limits.
Thank you!

Merci