

Association Contact info

OMHSRA
701 Rossland Road East, Suite 349
Whitby, ON L1N 9K3

Membership: 905-584-2272 x 4281
E-mail: omhsramembership@eagle.ca
Email ML: omhsra@eagle.ca
Treasurer: omhandsra@gmail.com

The Ontario Municipal Health & Safety Representatives Association was founded in 1979, by municipal health and safety professionals and has become an important organization representing municipalities across Ontario. General meetings are held on a regular basis and between meetings, members communicate on an Internet based discussion list.

OMHSRA members participate in a variety of professional development activities, including lectures, workshops, and seminars.

The most valuable benefit of membership in OMHSRA is the opportunity to network with other municipal health and safety professionals who are dedicated to promoting health and safety in municipal workplaces.

OMHSRA is currently composed of approximately two hundred and ten (210) members from approximately one hundred and forty (140) municipalities throughout the province of Ontario. These municipalities include cities, boroughs, towns, utilities and conservation authorities.

2017-2018 OMHSRA Executive Committee



Chair Derrick Stein Region of Durham	Vice-Chair Karen Spencer City of Toronto	Treasurer Jenny Ho City of Toronto	Programs Glen Walker Town of Whitby	Membership Donna Carlson Town of Caledon	Secretary Mark Kinnear City of Peterborough	Communications Officer Gary Eisenhammer
--	--	--	---	--	---	---

Message From the OMHSRA Chair

I would like to personally thank the members of our 2017 OMHSRA Executive Team.

OMHSRA continues to function as a strong volunteer Association reflected by the dedication and participation of its membership. Without our members and continued dedication to improve occupational health, safety and wellness throughout the province, our Association would not exist. Your Executive Committee, who puts in a collective 500 + hours every year, is committed to meeting the ongoing demand for OMHSRA to be the go-to resource for hands-on best practices, peer networking and support, panel discussions, providing relevant speakers and materials at each General Meeting and timely health and safety communication through our Mail List. We are making strides to increase the visibility of OMHSRA and continue to

increase that playing field with our provincial and municipal partners, through the formation of new partnerships, while ensuring interest and support for our collective membership.

In 2017 several of the Executive Committee members undertook new roles.

- Barry Bynoe (Region of Durham) moved to the role of Past Chair;
- I moved to the role of Chair (Durham Region);
- Karen Spencer (City of Toronto) moved to Vice-Chair;
- Donna Carlson (Town of Caledon) moved to the Membership Director role;
- We welcomed Mark Kinnear (City of Peterborough) back to the Executive as Secretary; and
- Jenny Ho (City of Toronto) joined us in the role of Treasurer.

Glen Walker (Town of Whitby) continued his post as Programs Director and the Executive is grateful to continue to be fully supported by our spell checker, historian and accurate records keeper, Gary Eisenhammer. And many thanks to our continuing resource assistants: Glenn Thurston (City of Oshawa) and Shelley Ogilvie (City of Kitchener).

These major changes to the Executive occurred in February and we pulled together to execute several successful General Meetings, a Professional Development Conference, and have also begun the process of streamlining our focus toward new ideas for modernizing our Association.

Please read the full version of the Chair's Message on www.omhsra.ca



MUNICIPAL SAFETY INFORMATION EXCHANGE

JANUARY 2018

VOLUME 2, ISSUE 1

We Are Looking for Newsletter Articles From Our Membership

Is there an aspiring writer in you? Would you like to share some of your workplaces successes or lessons learned with the OMHSRA membership?

The Municipal Safety Information Exchange newsletter editors are looking for your short articles (75-300 words in length) that are based on safety success

and / or lessons learned that you think others in our networking group may benefit from.

Please feel free to submit your health and safety articles to the editors for their consideration.

omhsra@eagle.ca or alternatively
mkinnear@peterborough.ca



Ontario Releases Draft Occupational Health and Safety Management Accreditation Standard

The aim of this draft voluntary MOL program is to provide a framework to recognize employers who have successfully implemented a CPO accredited OHSMS (Occupational Health and Safety Management System) in their workplace, and who can meet additional criteria that demonstrates health and safety performance that is worthy of recognition.

The draft standard includes the development of a separate employer recognition criteria document, which would include the compliance criteria required to be met by an employer that applies to receiving CPO recognition, will be prepared separately. Employers will be informed of the results through ongoing consultation.

[Link](#) to Ministry of Labour's Draft Occupational Health and Safety Management System Standard

Membership has benefits!

Visit omhsra.ca for information:

- General Meetings
- Education Days
- Conferences
- Membership Discounts on Products, Services and Training
- Previous Meeting Information, Presentations and Minutes

OMHSRA member reaches 100 Marathons Milestone



HAMILTON TOWNSHIP -- Ken Stubbings reached the milestone of running 100 marathons this fall. Stubbings ran his first marathon in 2002. - Karen Longwell / Metroland

In a personal goal that has taken him to races across Canada, OMHSRA member from Northumberland County, Ken Stubbings, 55, recently finished his 100th marathon in October 2017.

Ken planned his 100th marathon to occur this year, and he planned to make the Prince Edward County Marathon on Oct. 1st his 100th one.

Since Ken's first marathon in 2002, he has criss-crossed the country entering a variety of marathons.

A few years ago, he, Lynn, and Lynn's brother and sister-in-law had a goal to do a marathon in each

province and territory in Canada. Ken has successfully completed the goal while collecting a pile of finisher medals and great memories from some unique races.

Stubbings has qualified for the Boston Marathon many times and entered the race six times. He was there but had already finished the race in 2013, the year of the deadly terrorist bombing. Ken then returned the following year to support the race.

He keeps up a running schedule year-round and goes for long run, about 25 to 38 kilometres, every weekend, and does shorter runs during the week.

For his next goal, Ken has decided to go beyond the marathon distance and stretch it out to 80 to 100 kilometres and run in an ultra-marathon.

Ken has already completed a 62 kilometres run in an official event, but on his own he unofficially has ran a distance of 80.5 kilometres, from his home just north of Cobourg to his mother's home in Lindsay in just 8 and 1/2 hours back in 2014.

WHMIS 2015 Deadline is Coming, are you ready for this?



The phase in period for WHMIS 2015 is quickly coming to an end. The transition to WHMIS 2015 must be completed by all employers by December 1, 2018.

All employees required to work with WHMIS controlled products will require WHMIS 2015 training, old WHMIS labels or symbols in the workplace, and all MSDSs must be replaced with the appropriate SDS (Safety Data Sheet) by the December 1, 2018 deadline.

<https://whmis.org/>



PREVENTING COMPUTER VISION SYNDROME (DIGITAL EYE STRAIN)

The term computer vision syndrome (CVS) or digital eye strain refers to vision problems related to working on computer-related (including desktop, laptop and tablets) and other electronic display-related (e.g. smartphone, smartwatch and e-reader) devices. A recent State University of New York Study, found many individuals spend 7 - 10 hours per day viewing digital displays, frequently without adequate breaks.

Symptoms of digital eye strain include headaches, eye strain, blurred vision, eye irritation, double vision, excessive tearing or dry eyes, eye pain or excessive blinking are all common effects of Computer Vision Syndrome.

To help reduce the risk of digital eye strain, consider the following tips:

- Position your screen about arm's length from your eyes and 20 degrees below eye level
- Set colour and contrast tones to suit your eyes (match screen brightness to your surroundings)
- Minimize reflected glare on your screen by positioning your screen so that it sits perpendicular to windows and other bright light sources (hint- to find source of the glare, turn off your monitor to reveal a darkened screen, and tilt/swivel your monitor until the reflection disappears)
- Keep your screen free of fingerprints and dust
- Position your documents and reference materials above the keyboard and below the monitor. If this is not possible, use a document holder beside the monitor (the goal is to position your documents in a way as to minimize your head and neck movement)
- Use the 20-20-20 rule. Every 20 minutes take a 20 second break and focus your eyes on something at least 20 feet away (this is intended to give your eyes a much-needed break)
- Remember to blink! Did you know that on average we blink 12 times per minute, but when we're on the computer, we only blink 5 times per minute?

[Eye Discomfort in the Office](#) fact sheet, CCOHS
[Canadian Association of Optometrists](#)

Use the 20-20-20 rule. Every 20 minutes, take a 20-second break and focus your eyes on something at least 20 feet away.

2017 Top Ten OMHSRA Mail List (ML) Topics

- | | |
|-----------------------|----------------------------|
| 1 Mental Health | 6 Ergonomics |
| 2 H&S Employee Roles | 7 AEDs |
| 3 WHMIS | 8 Student Orientation |
| 4 Fentanyl & Naloxone | 9 CO Detection in Arenas |
| 5 PTSD | 10 Chainsaw Training & PPE |

The OMHSRA Mailing List is an excellent way to ask all of your questions to experienced health and safety professionals working in the same sector as you or to provide information to others that you think others will benefit from. Details on how to submit or respond to messages is located below.

Mail List (OMHSRA ML) Guidelines

Submitting Messages:

1. When submitting a new message to the OMHSRA ML, please send your message to: omhsra@eagle.ca.
2. Please ensure you include the following on the Subject Line OMHSRA ML: (space) (topic)
3. Please be specific when identifying the topic and only include one topic per posting.

Replying to Messages:

When responding to a message from the OMHSRA ML, please hit reply in your e-mail program. DO NOT USE reply all.

Confidentiality & Respect:

1. Please respect your fellow members. If you disagree with information posted, please respond and give your opinion but do not 'attack' or 'demean' the original poster.
2. Inappropriate responses will result in your removal from the OMHSRA ML and could jeopardize your membership in OMHSRA.
3. If you wish to "thank" a member for their response, please do so by sending an individual "thank you" directly to that member.
4. "On occasion members may forward information from the OMHSRA ML to non list members for comment and feedback. This is fine, however please ensure that the information does not contain the name or municipality of the individual who submitted the e-mail. The easiest way to do this is to cut and paste the relevant information. If you forward the message, it will be necessary for you to edit the message to delete the original sender's name and municipality." or an abbreviation thereof.

DAVID HOWARD MEMORIAL ACHIEVEMENT AWARD

What is the David Howard Memorial Achievement Award?

OMHSRA invites you to nominate a deserving peer for this award! This award provides an opportunity to recognize a fellow OMHSRA member for their outstanding contribution to the development of health and safety programs and/or OMHSRA professionals.

Origin of the David Howard Memorial Achievement Award

David Howard was an Occupational Health & Safety Technician from the City of London who was an active member of OMHSRA during the 1990's. David served on the OMHSRA Executive as Vice-Chair (1995), Chair (1996) and Past Chair (1997-98) and hosted OMHSRA's 1996 Conference in London, Ontario. David sadly passed away in 2001 and the OMHSRA Award was renamed the David Howard Memorial Achievement Award in 2001 in his honour.

What is required to nominate a fellow member for the David Howard Memorial Achievement Award?

1. Name of the nominated recipient, municipality and job title
2. Provide a brief description of why this person is being nominated
3. Provide your name and contact information



Derrick Stein, OMHSRA Chairperson; congratulates Barry Bynoe for his contribution to OMHSRA with the 2017 David Howard Memorial Award at the December General meeting in Richmond Hill.

Who do I Send my Nomination to?

Forward your nomination for the David Howard Memorial Achievement Award to:

Derrick Stein (OMHSRA Chairperson)
Derrick.Stein@Durham.ca

or alternatively

Karen Spencer (OMHSRA Vice-Chairperson)
kspence2@toronto.ca

Ontario Municipal Health and Safety Representatives Association
701 Rossland Road East, Suite 349 Whitby, Ontario L1N 9K3

MEMBERSHIP: omhsramembership@eagle.ca
GENERAL EMAIL: omhsra@eagle.ca