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Summer Story

This year there will be little rest for the worker bees stirring up the beehive back in the bear den. We have a ton of projects on the go and are looking forward to a good season of autumn work come September.

We have become accustomed to lazy days in the summer to get projects completed and maximize our summer holidays but this year we will be focused on implementing some new and exciting programs within the company.

Environmental noise testing will be done beginning at the middle of June to evaluate active work-sites, equipment noise levels, and

provide insight and action information for worker safety.

Training programs will be reconstructed to better suit the worker types who are participating in orientation programs (more on page 4). Part of this initiative will mean revisions to existing programs and require a more streamlined and organized HSE Manual which will be issued in the fall.

We are also planning for a fall Supervisor Meeting which has long been in the works here at Bear. The pro's are that our Supervisors will be fresh and ready to learn new information, as well they will be on their way

to the field and this timeframe increases the likelihood that training information will be passed on to workers.

A new quality assurance program is also under development and will be a continuing project for several months to come.

So this summer the story is about maximizing time, making clean, clear, productive improvements, and finding the balance between life and work.

There is a lot of activity a foot and we look forward to sharing our sweet rewards with you when you all return for the fall work sessions!

Have a great summer!

A Word From The Woods

North American Occupational Safety and Health (NAOSH) Week was held May 2-8, 2010.

Every year Canada, US and Mexico join together to focus attention on the importance of preventing injury and illness in the workplace. NAOSH week strives to:

- Increase understanding of the benefits of investment in occupational health and safety
- Raise awareness of the role

and contribution of health and safety professionals

- Reduce workplace injuries and illness by encouraging health and safety activities.

The NAOSH logo is three hands forming an equilateral triangle. This portrays the three participating nations— Canada, the United States, and Mexico— and symbolizes joint venture, cooperation and the commitment to the common goals shared by all occupational health and safety

partners. The three sides stand for partnership of the three countries in the joint occupational health and safety venture, as well as partnerships between business, labor and government.

The connected hands illustrate assistance and cooperation on many levels; from interpersonal relationships in the workplace to international exchanges.



Lauzon Lowdown— Mr. Stressed Out



There are a wide variety of books and publications which detail the body's response to stress and the short and long term affects.

Look for books about stress management, stress at work, and emotional health to help you learn more about this very common condition.

'Poison is in everything, and no thing is without poison. The dosage makes it either a poison or a remedy.'

Paraclesus

Stress is a normal physical response our bodies have when we feel upset or threatened in some way. This may be a physical stress such as an emergency situation where you need to defend yourself or exert extra strength. It may be an emotional stress which requires sharper concentration, quick thinking and so on.

However, beyond a certain point the stress stops being helpful and becomes harmful. Major impacts can be made to mood, productivity, and overall quality of life.

The body can't distinguish between emotional and physical stresses—it is all the same as if you were facing a life or death situation. Long term exposure to this kind of stress can elevate blood pressure, suppress immune system capabilities, contribute to infertility,

heart attack and stroke, as well as speed up the aging process.

Your arrival and the first moments you spend with co-workers each day have a real impact on employee motivation and morale. Start your day right with a smile:

- Walk tall and confidently.
- Greet people and share goals and expectations for the day.

It starts with one person, and you will be surprised at how quickly the moral at work improves. When co-workers are happy and feel appreciated they will work more productively.

So ask yourself a few questions:

- Can you easily let go of anger?
- When you come home at

night, do you walk in the door feeling alert and relaxed?

- Are you seldom distracted or moody?
- Are you able to easily turn to friends/family for a calming influence?

If your answers are mostly 'no' you might want to do some more research and have a chat with your doctor on how to improve your health. Spend some time planning how you can manage your external factors such as relationships, work, finances, time, and children. Soul search a little about your potential self-generated factors such as pessimism, negativity, high expectations, and perfectionism.

Remember, stress is like a smile—contagious! :) I think I will stick to smiling!

Deep Thoughts By Russ

Everywhere I look there are warning labels and while that is probably a good thing I have to admit I become a little immune to it all after a while. Consider these things that I use everyday for example:

Cleaning products. Toxic due to the bleach, ammonia, and variety of other chemicals used in their formulations to make your bath tub sparkle, dishes shine, and woodwork glow.

Anti-perspirants. These mixtures often include aluminum and countless substances not found in nature and hazardous to health.

Hand soap, shampoo and conditioner, detergents & fabric softeners. The ingredients of these and other such products often contain dozens of chemicals which are known allergens and irritants at various concentrations.

Aspartame. Critics blame it and other artificial sweeteners for a variety of autoimmune diseases.

Artificial colors, flavors and preservatives. Virtually every processed food found in the supermarket has these shelf-life extending, color & flavor enhancing chemicals.

So many chemicals and so many warnings—how are we supposed to keep it all straight?

As I get older I have a little more heart invested in being healthy and avoiding unnecessary chemicals is part of that. Basically if you can't read the ingredient list that is a red flag. If there are natural options, take them. If there is organic produce, buy it. If there are handmade, locally resourced options, take them.

These are little steps that require minimal effort but can have a huge impact on your health.

Good Fats vs. Bad Fats

The “Good” Fats

Unsaturated fats— monounsaturated and polyunsaturated fats. Monounsaturated fats lower the risk of heart disease. They also lower total cholesterol and “bad” LDL cholesterol while they increase “good” HDL cholesterol.

Polyunsaturated fats also lower total cholesterol and LDL cholesterol. Omega-3 fatty acids, which protect the brain and nervous system, bolster heart health and prevent certain types of cancer, Alzheimer’s disease and Diabetes, are included in this category.

Food that are high in polyunsaturated fats include fish, nuts, some vegetable oils, seeds, dark leafy

greens and flaxseed. All of these are easy to add to existing meals to increase the ‘good fats’ while we eat our regular meals.

The “Bad” Fats

The bad fats are saturated and trans fats— both raise total cholesterol and LDL cholesterol and clog your arteries, increasing your risk of heart disease.

Saturated fats can be found in animal products such as meats and whole-milk dairy. Avoid red meats, cheese, butter and ice cream and use reduced 1% or no-fat dairy products. Saturated fat can also be found in plant based coconut oil, palm oil and cocoa butter.

Trans fats are the worst of the worst because they raise total cholesterol and LDL cholesterol and lower HDL cholesterol. They are produced when liquid vegetable fats are changed into solid fats. Many processed foods contain trans fats, including cookies, cakes, microwave popcorn, margarine, and the foods in many fast food restaurants.

Be smart about fats and stick with poly and monounsaturated fats. Read food labels, especially commercially processed foods, to avoid trans fats. Use reduced fat or fat-free products when cooking, and whenever possible, limit your intake of sweets, processed foods, fried foods and fast foods.

Fats are vital to health. They transport oxygen to every cell in the body, and are the basis for every hormone, brain, and nervous system function.

All Shook Up

Many workers are exposed to vibration daily when using vibrating equipment or machinery. Hand-held equipment, such as chainsaws or jackhammers will expose workers to hand-arm vibrations. Where as workers sitting or standing on a vibrating floor or seat are exposed to whole-body vibrations. The risk of either type of vibration depends on the intensity and frequency of the vibrations.

Hand-arm Vibration

Hand-arm vibration damages blood vessels in the hands and fingers, reducing the flow of blood and harming the skin, nerves and muscles. Some symptoms of Hand-Arm Vibration Syndrome (HAVS) is tingling in fingers, numbness, loss of grip and strength, clumsiness with the hands, fingertips that turn white or blue, coldness and pain in the hands.

The chance of getting HAVS Increases with exposure to vibration, particularly in combination with risk factors such as cold exposure, and smoking as both of these reduce the flow of blood to the hands.

While there are anti-vibration gloves available, their effectiveness isn’t proven, leaving workers with minimal protection against vibration. Prevention is probably the most effective measure and involves reducing exposure to HAVS such as:

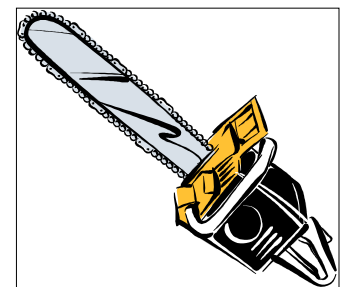
- Limit the amount of time using vibrating tools
- Take a 10 minute break of every hour spent working with a vibrating tool
- Keeping hands warm and dry, and wearing warm clothing is important in the cold weather.

Whole-body Vibration

The effects of whole-body vibration can cause fatigue, insomnia, headaches and “shakiness” during or shortly after exposure. After daily exposure over a number of years, whole-body vibration can affect the entire body and result in a number of health issues.

Operators of off-road vehicles are likely to have the most hazardous exposures, although this depends on how long they work and the quality of the vehicles suspension system, shock absorbers, seats and tires.

Protection involves a community effort to ensure proper maintenance of vehicles and work cycle controls to minimize risks.





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Wishing everyone a safe and happy summer!
Enjoy the heat, the beach, and good times with your friends and family!
-Danny & Gwen



Manual Labour

Each summer we spend time reviewing our existing HSE Program to add new elements, action Client safety reviews, and incorporate new or amended legislation.

This summer is no different from the others and we look forward to a new program for our fall workers. The revised HSE Manual is intended to be available online through the employee accessed area of the website and as per our standard, each worker will be issued a copy.

We ensure workers are aware of our commitment to safety by including the HSE Review as part of the orientation process, and this too will see some changes for the new season.

We are looking at incorporating a

new electronic version of the orientation to the program as well as developing more specified orientations for different disciplines within the organization to ensure the information workers are trained on is pertinent to their scope of work.

Our goal, as always, is to keep workers informed, current, and involved. If you have any questions about our company goals and initiatives, please take the time to contact our departmental leads to get the answers to your questions.

All of us will be happy to help out!

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