



# YKF Worker Safety Presentation

Prepared by:  
Region of Waterloo International Airport (YKF)

March 2017  
DOCS #2246519

# WORKER SAFETY - “Head to Toe”

Personal Protective Equipment & Fatigue Management

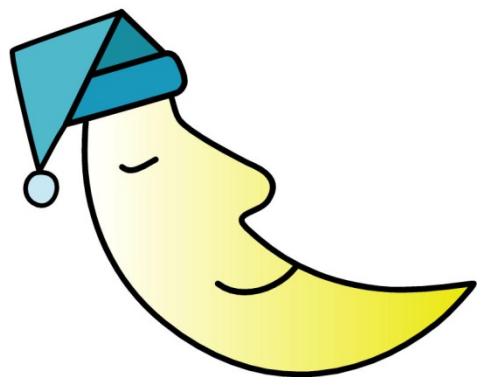


YKF

[waterlooairport.ca](http://waterlooairport.ca)



# PERSONAL FATIGUE MANAGEMENT (1)



**Fatigue** is a state of physical or mental weariness that results in reduced alertness. It is the result of inadequate *quantity* or *quality* of sleep.



# PERSONAL FATIGUE MANAGEMENT (2)

## DID YOU KNOW?

- Being awake for 24 hours or more is equivalent to being legally too drunk to drive (Blood Alcohol Content = 0.10%)
- Fatigue can have a negative impact on your personal health and family/social life
- Being fatigued can make you a risk to your own safety, to your co-workers, and to others



# PERSONAL FATIGUE MANAGEMENT (3)



## Acute Fatigue

Short term sleep loss due to heavy physical or mental work

### Effects:

- \* Short term
- \* Reversed by sleep and relaxation

## Chronic Fatigue

Constant severe state of tiredness

### Effects:

- \* Lasts longer than 6 months
- \* Flu-like symptoms & not relived by rest
- \* Reversed by managing symptoms with doctors

# PERSONAL FATIGUE MANAGEMENT (4)

## Signs of Fatigue:

- \* Tiredness
- \* Sleepiness
- \* Irritability
- \* Depression
- \* Loss of appetite
- \* Digestive problems
- \* Increased susceptibility to illness



# PERSONAL FATIGUE MANAGEMENT (5)

**Fatigue has negative effects on the workplace that can lead to workplace incidents.**

## **Reduced:**

- \* Decision making ability
- \* Communication skills
- \* Productivity and performance
- \* Reaction time

## **Increased:**

- \* Tendency for risk taking
- \* Errors in judgment
- \* Sick time (absenteeism)
- \* Incident rates

# PERSONAL FATIGUE MANAGEMENT (6)



## Adopt Good Sleeping Habits

- Most people need 7-9 hours of sleep per day.
- Implement a regular bedtime routine and schedule
- If your shift changes, adjust your bedtime *gradually*



# PERSONAL FATIGUE MANAGEMENT (7)



## Maintain a Healthy Lifestyle

- Avoid dehydration and drink plenty of fluids; at least 2 litres per day
- Eat right (low-fat, high-protein foods can increase alertness)

# PERSONAL PROTECTIVE EQUIPMENT

**Personal Protective  
Equipment (PPE)** refers to any  
clothing or equipment that is  
used by a worker in order to  
protect them from injury or  
illness



# TYPES OF PPE

Many jobs require PPE.

**Always wear the appropriate PPE for the hazards that you may encounter on the job or as required:**

- \* Eye Protection
- \* Hearing Protection
- \* Head Protection



- \* Hand & Finger Protection
- \* Foot Protection

# HEAD PROTECTION

In Construction zones, hard hats are worn because of the potential for head injury.

## Situations that could cause injury when working:



- \* Below other workers or machinery
- \* Around or under conveyor belts
- \* Around exposed energized conductors
- \* Where there may be overhead obstructions



# EYE PROTECTION

## DID YOU KNOW?



In Canada:

- 700 Canadian workers sustain eye injuries every day on the job due to improper eye protection, resulting in lost time.
- It is estimated that 90% of these injuries could be prevented with proper eye wear.

Source: Canadian National Institute for the Blind 2015  
cnib.ca



# EYE PROTECTION



Face Mask / Respirator



Safety Glasses

Safety Goggles



# EYE PROTECTION (2)

Activities associated with wearing the appropriate level of eye protection:

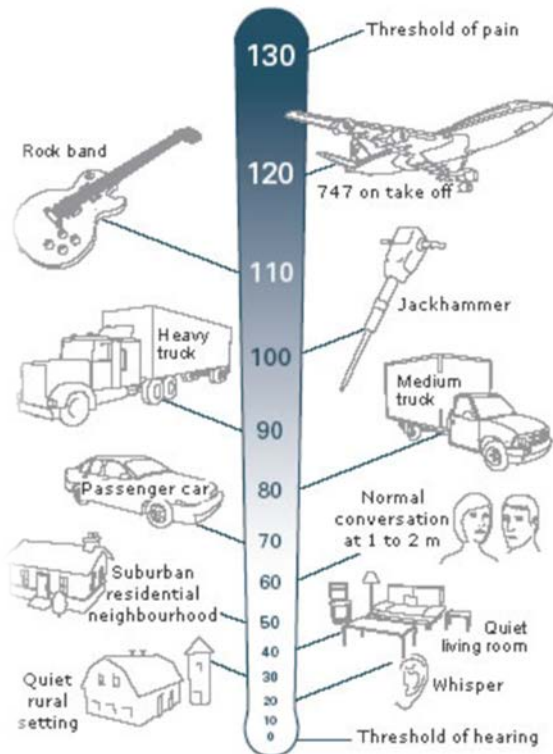
- \* Welding, cutting, and brazing
- \* Sawing, Grinding
- \* Spray painting

*Note: See your supervisor for job specific eyewear.*

- \* Dusty environments
- \* Chemical gases, vapours, or liquids
- \* Sunlight or Harmful Light

# HEARING PROTECTION

DECIBEL SCALE (dBA)



## CAN YOU HEAR ME NOW?

- **HEARING LOSS PREVENTION:** You don't know what you've lost until it's gone!
- Sound levels of a jet engine range from 120dB – 140 dB!
- To get the full benefit of hearing protection, they should be worn wherever noise hazards are present.



# HEARING PROTECTION (2)

At the airport, there are certain areas that may require hearing protection.

**Examples include (but not limited too):**

- \* Airside
- \* Mechanical rooms
- \* Generator rooms

**Wearing your hearing protection in these areas will:**

- \* Reduce the amount of noise reaching the ears
- \* Reduce the risk from hearing loss



# HAND & FINGER PROTECTION

## Gloves protect hands and forearms from:

- \* Cuts
- \* Abrasions
- \* Burns
- \* Puncture Wounds
- \* Contact with hazardous chemicals
- \* Some electric shocks
- \* Blood borne pathogen diseases



**If the job task requires wearing gloves, wear the right gloves for the right job!**





# Stand out from all the rest, **WEAR YOUR SAFETY VEST!**

**ALL personnel are required to wear a high visibility, reflective safety vest when in certain areas.**

**Check your airport's policy on required locations for wearing safety vests!**

- \* Baggage halls**
- \* Movement area**



# FOOT PROTECTION

- Safety-toed footwear is worn to prevent crushed toes when working around heavy equipment or potential falling objects
- Safety footwear must be CSA certified (green patch)
- Safety boots also provide protection from stepping on sharp objects and some di-electric protection



# FOOT PROTECTION (2)

- Inclement weather can create slipping hazards, so be safety conscious in footwear!
- Wear slip-resistant safety shoes or boots to prevent slipping!



# REMINDER: General Safety Reporting Methods

**Airport Emergencies: 519-648-3370**

**Airport Non-Emergencies (Security): 519-648-2257**



[waterlooairport.ca](http://waterlooairport.ca)





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