

RIKJAK GRAPEVINE

Year 2006

Issue 13

Safety

In regards to safety training this year, we had John take advantage of a sponsored first aid spot and he now has current Emergency First Aid & CPR training. Good job.

Terri attended a WCB seminar regarding WCB in Nova Scotia. Did you know this province is the second worst province in Canada for WCB claims? Second worst in terms of duration of claims and dollar value of the claims. Yikes. Therefore, NS has instituted the surcharge for companies that have a bad record. Luckily our record for this year has improved and we are not in a surcharge position. See the topic below on WCB incidents.

We tried to arrange scissor and zoom lift training recently, but with scheduling difficulties and the weather, things did not work out. We'd like to have all field staff trained or re-trained for current lifts, ie 26' scissors and 45' & 60' zooms. Hopefully early next year, if the weather cooperates.

Rikjak WCB Incidents for 2006:

This year our WCB claim numbers were way down. Hooray! We greatly reduced the volume of claims and it reflects on our 2006 statement. This will also reduce our rate for 2007 as the rates are calculated using 3 years of past data. We still have a higher rate because of the past 2 years, but this will improve as of next year. And it removes us from a surcharge position, where you are required to pay extra, over-and-above your current rate.

Nova Scotia Construction Safety Assoc.

The annual audit has been completed for 2006. This time I completed an internal audit and it will be followed up by an external visit from NSCSA. The external audits come every 3-year cycle and the next one is scheduled for Jan.2007.

Staff Christmas Party

The Christmas party was held in Lunenburg this year. We first had a buffet dinner at the Dockside. There was so much fish; from mussels, to scallops, to haddock and more scallops. Yum, I love buffets.

Then we attended a Christmas comedy play at the Pearl Theatre. Funny stuff. It was a type of play called a Pantomime, which is a British play usually performed around Christmas that involves comedy, jokes, singing and audience participation. Our participation included cheering for the good guys, booing for the bad guys, the awwhhh's for sad or cute things, etc.

It was a very long play. It was almost 3½ hours, but it was a good show. Well worth the ticket.

~Terri

Current Projects We Are Working On:

- " Bermuda Windows & Doors
- " NSDOT - Sand Shed, Plow Shed, and North Hill Museum projects
- " Harbour View Haven - Windows
- " Redmond Properties - New Subdivision Development & Duplex Construction

Cool Job

I suppose this would be a Bermuda project again. We were contracted to supply custom made, mahogany wood windows, with shutters and mahogany doors. We had to use mahogany as this is the only type of wood that will last in the Bermuda climate. We had to purchase the mahogany from Quebec, get the windows and doors made, painted and shipped via container to Bermuda. All in the month of December!

FYI - For Your Information

Rikjak Sponsorships over 2006:

- " South Shore Exhibition 2006 - Strongperson Competition
- " Health Services - Curl for a Cause
- " Lunenburg & District Music Festival
- " Lunenburg Heritage Society - Silent Auction
- " Lunenburg Hockey Atom B Team
- " South Shore Mustangs Hockey
- " Gus Vickers Memorial Athletic Field
- " Dr. Patterson Centre for Restorative Care

And the Winners Were...

The winners from the 2006 Strongperson Competition were:

- " 1st Jonathan Schooten
- " 2nd Grant Connors
- " 3rd Darrell Crouse

Upcoming Emergency First Aid Courses

(Full day course in Bridgewater)

Saturday, Jan.13	Saturday, Mar.10
Thursday, Feb.8	Monday, Mar.19
Monday, Feb.19	Saturday, Apr.4

Upcoming First Aid Recertification

(If you have current Emergency First Aid you can take the half-day recert course to renew your training)

Wednesday, Jan.17	
Saturday, Feb.10	Thursday, May 24
Wednesday, Mar.7	Saturday, Jun.9
Saturday, Apr.28	

Upcoming WHMIS Courses

(Four-hour course in Bridgewater)

Saturday, Jan.27	Tuesday, Apr.24
Tuesday, Feb.13	Saturday, May 26
Saturday, Mar.17	Wednesday, Jun.27

Tough As Nails Contractor Tradeshow

Don't forget about the Tough as Nails Tradeshow by Home Hardware in Halifax on Jan.9. It will be held at the Main Arena in Exhibition Park on Prospect Road. They will have prizes, a nail driving contest, a hardwood floor puzzle contest, free food and give-aways. Please let Andrew in the office know if you plan to attend.

Walking Challenge

Rikjak office employees completed the four-week Lunenburg walking challenge earlier this year. Each of us had to wear a pedometer for the month of May and we had to record the number of steps taken per day. Well...we didn't do so good. We placed 25th out of 28 teams. I could not believe the number of steps recorded for some teams. In fact, one team of 6 people recorded over 1.2 million steps in one week!! Wow, that was tough competition. The teams consisted of hospital workers, town staff members, fire dept. guys and downtown store workers, etc.

First Aid Kits

Just a reminder to use the notebook inside the first aid kits to record materials used and treatment given. This is required by the NSCSA and we lose points each year on our review because kit use is not documented.

Company Barbeque

This past September we had our summer party up county, as I like to call it. We went to the LaHave River Campground and had a wine tour and tasting at the Lunenburg County Winery. I learned some interesting facts about wine making and I enjoyed tasting the unique flavors they produce.

-Terri

Removing Ice & Snow from Roofs

Heavy and/or repeated snow storms can create packed snow and ice such that only a few feet of depth can weigh 50 psf or more, imposing unusual and excessive loads on any building structure. When removing snow and/or ice from roofs, these steps should be followed:

1. Always follow proper safety precautions when working on the roof, especially along the edge of the roof. Never send one person on a roof to remove snow alone. Place ladders at the end of the building so sliding snow will not dislodge them.
2. Remove drifted areas first, down to the level of the snow on the remaining roof. Next, remove the snow from the middle 1/3 of each bay (from eave to eave), beginning with the most snow-packed bay. Complete snow removal on the remainder of the building. On gabled buildings, remove snow on both sides of the ridge at the same time.
3. Remove snow in a pattern that does not cause an unbalanced loading condition. Avoid large differences in snow depth between adjacent areas of the roof. Remove snow gradually in layers from all over the roof.
4. Remove snow from eave towards ridge, but be cautious of snow or ice breaking away and sliding down the roof. Prior to removing snow from the roof, remove all hanging icicles from eaves and gutters. These can be quite heavy and cause snow/ice to hang up.
5. Do not pile shoveled snow on other areas of the roof or on other roofs.
6. Always use plastic shovels. Do not use picks, axes or other sharp tools.
7. Do not attempt to remove snow by washing it off with a hose. Snow acts as a sponge and will rapidly absorb water, increasing the loads on the roof and potentially causing failure.
8. Be careful to avoid hitting panel straps, fasteners, snow guards, etc. Care must also be taken in removing snow and ice around ventilator bases, pipe flashing, rooftop unit supports, conduits, etc. since such items are easily damaged.
9. Be aware of lite panel locations. These panels are not intended to support roof traffic loads.

~Andrew

Cell Phone While Driving

An article posted on the Environment & Labour website discusses the hazard of driving while using a cell phone. Apparently Newfoundland is the only province so far in Canada to ban the use of cell phones while driving. Currently Nova Scotia has no specific penalties for cell phone use while driving. Although, criminal charges can result from collisions or dangerous driving caused by cell phone usage. Charges under laws such as dangerous driving, careless driving or criminal negligence causing death or injury can result. They provide the following suggestions:

- " Use a hands-free attachment on your phone
- " Place calls when you are not moving
- " If there is a passenger in the vehicle, get them to handle the phone
- " Avoid stressful or emotional calls while driving
- " Keep calls short and let the person you are talking to know that you are driving
- " Keep your hands on the wheel and your eyes on the road.
- " Do not write or take notes while driving. Pull over and stop.
- " Drive defensively. You need your concentration focused on the road in cases of poor weather conditions and other motorists driving badly.

Rikjak Safety Awards

At our Christmas party this year, we presented our next round of safety awards. Awards given were for the 1000 hours Worked Accident Free and the Continued Effort Towards Safety. Recipients of the 1000 hours Worked Accident Free awards went to Jeoff Benoit, John McAuley and Brian Saulnier. Recipients of the Continued Effort Towards Safety awards went to Steve Veinot and Dwayne Whyndt. Congratulations to all for their diligence to our safety program!

JOKES & FUNNIES

Thoughts for the Day...

- If you can't be kind, at least have the decency to be vague.
- Birds of a feather flock together...and crap on your car.
- Did you ever notice the Roman numerals for 40 are XL?
- Beauty is in the eye of the beer holder.
- Wrinkled was not one of the things I wanted to be when I grew up.

A Couple Gas Quips:



"No, they left the money, but, they siphoned all our gas...?"

A Contractor's Version of First Aid

1. If you have a bad toothache...smash your thumb with a hammer and you will forget about the toothache.
2. If you are choking on an ice cube...simply pour boiling water down your throat and *presto*, the cube is gone.
3. If you have a bad cough...take a large dose of laxatives, then you will be afraid to cough.

Bumper Sticker Possibilities:

Stupidity is not a handicap, so park somewhere else!

Don't take life too seriously; no one gets out alive.

Out of my mind...be back in 5 minutes.



