

# THE SAFETY NET

ONLINE SAFETY TRAINING NETWORK

## HOW AEDs ARE SAVING LIVES

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Decreasing lost  
time injuries &  
their related costs

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## JV DRIVER ONLINE

UNIVERSITY

“Online training allows our people to take their training at night, on the drive to the site, or during the day inbetween shifts.”

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Do your employees have the training they need?

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# WHAT IS THE SAFETY NET?

## SAFETY IN NUMBERS: THE EVOLUTION OF SAFETY TRAINING

**T**raditionally, safety training companies have worked independently to try to fulfill all of their clients' training needs. Unfortunately, without the necessary instructors, courses, or expertise, this was not always possible. For corporate clients, this meant sending their employees to multiple companies to fulfill their safety training requirements. This is changing.

With internet technology and increased connectivity, the Safety Net was born. The Safety Net is a network of safety training companies that specialize in the development and delivery of industry recognized safety courses. By joining the network, these companies are helping to build what will soon be the most comprehensive library of online safety training courses available in Canada.

The Safety Net offers benefits to both corporate clients and network partners. Through one centrally managed system, it is possible to access a wide range of courses created by professional safety training companies. With the diversity of partners that make up the Safety Net, it is possible to

access specialized courses such as Lithium Battery Safety, Hydraulic Safety-Exposure Level, Safe Slings and Rigging Practices, and Winter Driving from experts in these fields. In addition to specialized courses, corporate clients and network partners can also access courses such as WHMIS, Alcohol and Drug Awareness, and Workplace Harassment. As the Safety Net continues to grow, the selection of courses also expands. In fact, some Safety Net partners are pooling together their resources, knowledge, and expertise to create world class online safety training courses.

For information on how you can join or use the services of one of the fastest growing networks in the safety training industry, call 1-866-416-1660.

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## ON THE COVER JV DRIVER UNIVERSITY

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“It’s the people  
that you develop  
which sets  
you apart.”

- Bill Elkington, Founder  
and Chairman of JV Driver  
Projects Inc.



PHOTO: VINCENT CHIA

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## SHARE YOUR THOUGHTS

We encourage you to share your suggestions, articles, or information with us via email at: [info@thesafetynetwork.ca](mailto:info@thesafetynetwork.ca)

## SUBSCRIPTIONS

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## BIS TRAINING & DEVELOPMENT

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## HOW TO GIVE MOUTH-TO-MOUTH ONLINE

As technology advances continue to be made, more and more of what we do can be done online. We send messages online, order products and services online, bank online, watch videos, listen to music, and play games online. Heck, some people even find the love of their life online! There doesn't seem to be much that can't be done online. But what about safety training?

When it is first mentioned, many people think that it must be a joke. Take first aid for example. How can someone possibly learn first aid online? By standing up, placing both hands flat on the keyboard, and pushing downward for each chest compression? By bandaging up their USB drive? The most perplexing question is, where do you check for a pulse? It's impossible to teach first aid online...or is it?

Many safety training courses, including first aid, require significant hands-on training. So how can these courses be taught online? By using a blended training model. The course theory is delivered and tested online, then, once the required passing mark is achieved, the learner can enrol in the classroom-based, hand-on portion of the training. During the practical session, learners are tested to ensure that they have understood and can apply the information presented online by demonstrating competency in the performance of mandatory tasks.

Blended models offer many benefits to both learners and the companies they work for. The first, and probably



greatest benefit, is the reduced time spent in classrooms training.

Blended courses can cut training time in half as less time is spent on breaks, introductions, interruptions, small talk, and getting everyone back on track. Less time in the classroom means more time at work. Though employees may not view this as a benefit, employers will. Not only does less in-class training time reduce travel related expenses, but it also means that employees are spending more time in the field getting work done.



Another benefit of blended learning is that learners can complete the theory portion of their training when it fits their schedule instead of rearranging their schedules to fit the training. Oftentimes employees have downtime between shifts and on the way to worksites. This time can be used productively to complete their training. A third benefit of the blended training model is that learners can take their training whenever and from wherever they have access to the internet. As internet service providers continue to expand the reach of their networks, it is highly probable that employees will be able to access their training from almost anywhere.

So, in the end, it is possible to complete safety training online. The only question that remains is: how can we have dinner with the in-laws online?

Carmen DeLisle

# Rescue 7

## It's About Trust

National businesses and EMS services are teaming up with Rescue 7 Inc. to deliver turnkey emergency response programs to communities across Canada. Since 1998, Rescue 7 Inc. has been the Canadian leader in assisting organizations to reduce incident rates, meet statutory obligations, and most importantly, save lives. They aim to minimize risks and associated costs by providing professional training and consulting services that foster safe work environments.

Rescue 7 Inc. is a leading provider of health, safety, emergency preparedness, and emergency response services in Canada. Based on real workplace situations and delivered by experienced emergency response professionals, Rescue 7 makes learning easy, enjoyable, and effective. They provide both traditional classroom based training sessions and online blended learning courses on a wide range of issues relating to occupational health & safety.

Rescue 7 offers a wide range of training services including:

- CPR & AED
- Emergency First Aid
- Standard First Aid
- Wilderness First Aid

All of their courses are federally certified through HRSDC, Health Canada, Transport Canada, and through the applicable provincial Workers' Compensation Boards (WCB). All their First Aid, CPR and AED training courses follow the Canadian Heart & Stroke Foundation (CHSF) Guidelines and are offered as bilingual training programs. In addition to their training services, Rescue 7 also offers customized training programs, access to their Safety Tracking Accountability & Reporting (STAR™) System<sup>†</sup>, AED units, and accessories to meet the specific needs of your business.

With Rescue 7 Inc. as your partner, you will achieve greater integration, coordination, and preparedness. Contact their office to learn more about their upcoming online Standard First Aid course.

Rescue 7  
Unit 8, 245 Riviera Drive  
Markham, ON L3R 5J9  
(888) 294-4208  
[www.rescue7.net](http://www.rescue7.net)



The online Standard First Aid course created by Rescue 7 is in the final stages of approval. It covers all relevant theory participants need to know before enrolling in a mandatory practical training session. This course was designed as a cost-effective, timesaving alternative for those individuals who need to learn the fundamentals of basic life support but whose schedules may not permit participation in lengthy lectures. Upon successful completion of both the online theory based training and in-class practical session, participants will be awarded their certification.

<sup>†</sup>Their web-enabled Safety Tracking Accountability & Reporting (STAR™) System helps to monitor and proactively manage your workforce safety needs in order to meet regulatory compliance commitments. Through their secured portal, STAR™ provides your company with a turnkey set of courses, records of employee training, documented certifications, and renewal notifications.



## COURSES

### COMING SOON



#### STANDARD FIRST AID, CPR, and AED\*

This course concentrates on CPR skills, controlling bleeding, treating shock, and performing secondary assessments.



#### AED

This course covers how the heart works and techniques for safely using an Automated External Defibrillator on a victim of sudden cardiac arrest.

\* Blended training - Online theory combined with hands-on practicum

# Workplace Training Network

## The Importance of Edutainment



acclaimed trainers, facilitators, and experts on a range of legal and human workplace issues. They are also experienced,

Kit Goldman (right) and Memo Mendez (left) are two of the best in their industry. With the edutainment methodology, they tackle training in a new and innovative way.

professional actors! The result of this unique skill set is WTN's "edutainment" methodology which harnesses the power of entertainment to educate and achieve unsurpassed engagement and retention.

Kit Goldman and Memo Mendez, partners for 15 years in San Diego based Workplace Training Network Inc. (WTN) are

***“WTN’s ‘edutainment’ methodology harnesses the power of entertainment to educate”***

Goldman and Mendez’s innovative approach has attracted many leading entertainment and media industry clients including Turner Broadcast, Turner Sports, CNN, MGM, HBO, and E! Entertainment.

For more information about their Workplace Harassment and Sexual Harassment online courses, contact them at:

Workplace Training Network, Inc.  
7000 Saranac St. Suite 42  
La Mesa, CA 91942  
(619) 794-2718  
[www.workplacetrainingnetwork.com](http://www.workplacetrainingnetwork.com)



## COURSES

### CURRENTLY AVAILABLE



#### **WORKPLACE HARASSMENT: THE REAL DEAL**

This course defines harassment & retaliation and explains important aspects of supervisor responsibilities, employee complaint procedures, and legal issues as they relate to these topics.

**Duration:** 60 minutes



#### **SEXUAL HARASSMENT PART 1 - HOSTILE ENVIRONMENTS**

This course helps employees identify hostile environments and understand their legal rights and responsibilities in relation to this form of harassment.

**Duration:** 60 minutes



#### **SEXUAL HARASSMENT PART 2 - QUID PRO QUO & RETALIATION**

This course helps employees to identify and respond to quid pro quo and retaliation situations in the workplace.

**Duration:** 60 minutes

# SAFETY COORDINATION SERVICES

**SCS SAFETY COORDINATION SERVICES**  
Safety Compliance Health Environmental Learning Leaders

## SAFETY COMPLIANCE HEALTH ENVIRONMENTAL LEARNING LEADERS

Safety Coordination Services (SCS) is an Edmonton-based "One Stop Shop" for industrial safety needs. Featuring a comprehensive line of training programs offered both in traditional classroom environments and online, SCS is able to meet the growing training needs of Canadian businesses.

SCS offers more than training services including training program development, industrial hygiene services, loss control management systems, safety management systems, industrial safety supplies, and occupational health services. SCS strives to meet the safety needs of all Canadian industries.

SCS is strategically partnered with key industry players and standards councils such as the Oil Sands Safety Association, Enform, St. John Ambulance, and many others. Through these

partnerships, SCS can leverage a wide variety of training products to suit most any business need.

Through everything they do, SCS strives to be the best in class for customer service; they take pride in their ability to deliver their services anytime and anywhere in western Canada.

For more information about their current and upcoming online courses contact:

Safety Coordination Services  
7633 - 50th Street  
Edmonton, AB T6B 2W9  
(780) 485-3585  
[www.safetycoordination.com](http://www.safetycoordination.com)

## COURSES

### CURRENTLY AVAILABLE



#### WHMIS

This course provides a comprehensive series of lessons on the essential topics of the Workplace Hazardous Materials Information System.

**Duration:** 75 minutes



#### LITHIUM BATTERY

This course addresses the unique dangers lithium anode batteries present to workers servicing and repairing industrial equipment.

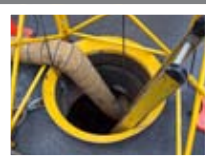
**Duration:** 120 minutes

### COMING SOON



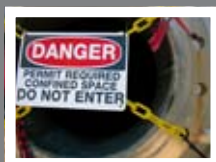
#### FALL PROTECTION\*

This course is designed for individuals who plan, supervise, or perform work at heights. It covers various aspects of fall protection including selection, inspection, and maintenance of fall protection equipment.



#### CONFINED SPACE MONITORING\*

This course is designed to instruct individuals responsible for planning, supervising, and controlling worker access into and out of confined spaces.



#### CONFINED SPACE ENTRY\*

This course is designed to instruct individuals responsible for planning, supervising, or performing work within confined spaces.



#### AERIAL WORK PLATFORM\*

This course is designed for individuals who plan, supervise, or perform work on aerial work platforms.

\* Blended training - Online theory combined with hands-on practicum

# An Employer's Guide to Hydraulic Safety Awareness Training

By Colin Bonner

Many occupational standards and regulations explicitly require employers to train employees in the health and safety aspects of their workplace. OH&S standards make it the employer's legal responsibility to limit certain tasks to employees who are "certified", "competent" or "qualified"--- meaning that they have completed special training to perform specific duties and are aware of the related hazards. Training must be a part of every employer's health and safety program for protecting workers against injuries and illnesses.

Research has shown that workers who are new on the job have higher rates of incidents and injuries than more experienced workers. The Hydraulic Safety Authority of Canada Inc. (HSAC) has developed training guidelines to assist employers and personnel in providing health and safety information needed to reduce risk to workers, the public, and the environment when hydraulic equipment is used. The development of these guidelines can assist employers in their efforts to meet the training requirements of current and future occupational health and safety standards.

## DETERMINING EMPLOYEES' TRAINING NEEDS

To determine whether or not hydraulic safety training should be incorporated into a company's health and safety training program, employers should begin by determining whether or not hydraulic systems are used by

employees either within or outside of their facility. The following questions can be used to help make this determination.

- Do we use hydraulics in our facility for plant processes?
- Do we have mobile or construction equipment?
- Do our employees maintain equipment that utilizes hydraulics?
- Do we have employees who work within 1 meter of a hydraulic system or component?
- Do our employees operate equipment that utilizes hydraulics in public areas?
- Do we operate hydraulically driven equipment in fragile ecosystems?

If employers are unable to answer these questions or determine with certainty whether or not hydraulic equipment is being utilized by

their employees, they may need to consult with others within the company.



If it is determined that hydraulic equipment is being utilized, employers must determine who is at risk of being injured from hydraulic exposure. One way to identify employees who are at risk of exposure and, therefore require training, is to consider an employee's occupation and specific duties. The nature of the duties and tasks performed will indicate which

**Outside of work people may be exposed to tractors, lawnmowers, woodsplitters, jacks, power and tilt on steering in boats, brakes on vehicles, and rental equipment that all utilize hydraulics.**

employees should receive priority information on hydraulic safety. Some employees are employed in high risk occupations, but even within hazardous occupations some personnel operate at greater risk than others.

Once employees who are at risk of hydraulic exposure have been identified, they should be enrolled in the level of training that is best suited to their specific needs.

The following guidelines are intended to help determine an employee's level of exposure to hydraulic hazards in the workplace, however, it is important to realize that hydraulic hazards do exist outside of the workplace as well. Outside of work people may be

**Research has shown that workers who are new on the job have higher rates of incidents and injuries than more experienced workers.**

exposed to tractors, lawnmowers, wood splitters, jacks, power and tilt on steering in boats, brakes on vehicles, and rental equipment that all utilize hydraulics. Hydraulic systems are a way of transmitting energy, which together with the loads they manipulate are extremely hazardous. Therefore maintenance, reliability, ethical choices, and knowledge play a substantial role in risk reduction.

utilizes hydraulic systems, or may come into contact with hydraulic fluids.

Recommendation:  
EXPOSURE LEVEL TRAINING

**RED SCALE  
MOST LIKELY**

**EDUCATIONAL REQUIREMENTS  
BASED ON LEVEL OF EXPOSURE  
TO A HYDRAULIC HAZARD**

In this situation, hydraulic hazard exposure is high because the employee maintains and repairs hydraulic systems and components, has physical contact with hydraulic components and fluids, or completes tasks which include designing, assembling, commissioning, decommissioning, or demolishing equipment which utilizes hydraulic systems.

The following three part scale can be used to determine an employee's training needs based on his or her level of exposure to hydraulic equipment.

**GREEN SCALE  
LESS LIKELY**

Recommendation:  
HIGH RISK MAINTENANCE LEVEL  
TRAINING

In this situation, hydraulic hazard exposure is low as the employee does not work within 1 meter of a hydraulic system.

**MINIMIZING RISK**  
In addition to providing employees with appropriate training to reduce their exposure to hydraulic hazards, employers should consider enlisting a competent person to perform a job hazard analysis to determine if a job or task can be redesigned to make it safer.

Recommendation:  
EXPOSURE LEVEL TRAINING

**YELLOW SCALE  
MEDIUM RISK**

In this situation, an employee is exposed to a moderate level of risk of hydraulic hazard exposure because he or she works within 1 meter of a functioning hydraulic system, operates equipment which

With over 22 years of experience in the fluid power industry, Colin Bonner is the Founder and CEO of Hydraulic Safety Authority of Canada Inc. & Magnum Hydraulic Services Ltd.

To learn more about hydraulic safety awareness training, visit [www.hsac.ca](http://www.hsac.ca)

The extended version of this article can be obtained by contacting the Hydraulic Safety Authority of Canada Inc.

# Want your courses online?

## It may be easier than you think!

Courses in many formats including DVD, VHS, Microsoft PowerPoint, Apple Keynote, Adobe Presenter, and Adobe Captivate can be converted for online delivery.

Call (866) 416-1660

BIS Training & Development  
180, 150 Chippewa Road  
Sherwood Park, AB  
T8A 6A2 866-416-1660  
info@thesafetynetwork.ca



# CANADIAN PARAMEDICAL SERVICES

Canadian Paramedical Services Inc. (CPS) is a leader in the provision of paramedical support services. They assist the oil & gas, mining, and logging industries during various projects including plant and ice road construction, seismic projects, and plant shutdowns. Through employment of only top-quality, highly trained medical personnel, the services of CPS are utilized during world class sporting events such as the World Cup NorAm ski races and the TransRockies mountain bike challenge as well as to provide patient transfers for the Alberta Health Region.

As a Safety Net partner, many online safety training courses can be purchased through their website. For more information about their online course offerings, visit them at [www.canadianparamedicalservices.ca](http://www.canadianparamedicalservices.ca)



Alert today... Alive tomorrow.



Canadian Paramedical Services  
4215 11St NE Calgary AB  
T2E 6K4 (403) 259-8399  
[www.canadianparamedicalservices.ca](http://www.canadianparamedicalservices.ca)

# ASTECC SAFETY

Quality Professional Safety Training For Everyone

Astec Safety Inc. is a family owned and operated business that has been delivering occupational health and safety training to the oil and gas industry in Alberta for over 20 years. Their primary safety courses are Confined Space Entry, Confined Space Rescue, Fall Protection, Ground Disturbance 201, Standard First Aid, Basic Fire Fighting, and H2S Alive.

Astec is owned by Larry, Jo-Anne, and Chris Johnston. Larry, Chris, and their course instructors have many years of field experience in oil and gas operations, service, and safety. It is their field experience that gives Astec an edge when it comes to course content and delivery. Not only is their course content relevant, but is it also applicable to the oil and gas industry. Their instructors use their field experience to relate training to the workplace.

At Astec, they take pride in the quality and professionalism of their course content and instructors. They will draw upon their workplace experience and classroom excellence to ensure that their online course offerings contain the same quality, relevance, and application to the workplace as their classroom courses. With Astec Safety's extensive list of courses, you can guarantee that you'll be prepared for any emergency situation.

To learn more about their upcoming online courses, contact:

Astec Safety Inc.  
2602 - 50th Avenue  
Lloyminster, AB T9V 2S3  
(866) 875-7735  
[www.astecsafety.com](http://www.astecsafety.com)



## COURSES

COMING SOON



### GROUND DISTURBANCE 201

This course is designed for planners, managers, supervisors, and employees who are or will be required to develop, plan, and implement any kind of ground disturbance.



### BASIC FIRE FIGHTING

This course is designed for workers who may be required to use a 20 lb. or 30 lb. stored pressure or cartridge operated extinguisher to respond to a small fire.

# AEDs: HOW YOU CAN SAVE A LIFE

*A study conducted by Sunnybrook Hospital determined that it takes 8.1 minutes on average for Emergency Medical Services (EMS) to arrive on a scene when dispatched. The Heart & Stroke Foundation of Canada states that a person in cardiac arrest has a 10% less chance of survival for every minute that they are not defibrillated. If a person is defibrillated in the first four minutes of cardiac arrest, they have over a 50% chance of survival!*

by John Collie

Automated External Defibrillators, or AEDs, are portable electronic devices that can be used by non-medical personnel to monitor and restore heart rhythms. When a person's heart has stopped beating, an AED will deliver an electric shock to restart the person's heart.

AEDs are becoming as common as first aid kits on many company worksites and in public areas including recreational centres, hockey rinks, and airports. They can be conveniently placed on walls in high traffic areas so that they are readily accessible during emergencies. In the last few years, AEDs have become very affordable and easy to use even for those with limited rescue experience. The average price of an AED is now under \$2,000 and can be purchased at any Shoppers Home Health Care store in Canada.

The wonderful news about AEDs is that you cannot harm a person when using one. If a person collapses and is not responding and not breathing, the rescuer should call 911 and proceed to get an AED. Once the AED is turned on, it will use voice prompts to instruct the rescuer how to proceed. Once the electrodes have been placed on the person according to the instructions provided, the AED will determine if the person's heart needs a shock. The AED will only shock a person when his or her heart rhythms are extremely irregular or have stopped. If a person's heart rhythms are normal, the AED will determine that no shock is required. Therefore, it is very user friendly. If the AED determines that a shock is required, the AED will guide the user to stand clear and proceed to shock. The AED stops the heart momentarily in efforts to make it pick up normal rhythm again. If it does, the person has just been saved!

As testament to the lifesaving capabilities of AEDs, the Ontario Hockey League Junior A teams are required to have an AED on every bench of the home team before a game can commence. This action was



the result of the Juri Fischer incident. Fischer played for the Detroit Red Wings. Last year, upon returning to his bench after a shift, he convulsed and arrested. The team doctor immediately applied the defibrillator and shocked Fischer back to normal sinus rhythm.

The Heart & Stroke Foundation statistics show that cardiac arrests happen in the home setting over 75% of the time. With emergency response services taking an average of 8.1 minutes to respond to a call, an AED is well worth the investment.

This wonderful device has saved many lives. However, before using an AED, it is highly recommended that people receive a 3 to 4 hour course in CPR and AED use so they feel very comfortable in the operation and maintenance of the unit.

Cardiac arrest can happen to anyone, anywhere, and at anytime. It is best to be prepared. Your life could count on it!

---

John Collie was with Toronto Fire Services for 20 years and is the President of Rescue 7 Inc. Rescue 7 specializes in the provision of first aid and health & safety training on a national level. For more information, visit [www.rescue7.net](http://www.rescue7.net)

# CRANE SAFETY

NOT ALL TRAINING COMPANIES ARE EQUAL



[www.cranesafety.com](http://www.cranesafety.com)

If you are serious about safety training, let Crane Safety's 35 years of experience providing licensed journeymen crane operator instructors help make you safer and more efficient.



Crane Safety Ltd. has been successfully training crane operators, riggers, supervisors and others in the hoisting arena since 1985.

Crane Safety offers one of the most comprehensive training courses available in the industry today. All of their courses are taught by seasoned journeymen mobile operators which distinguishes Crane Safety from many of its competitors.



To offer its customers greater convenience and flexibility, Crane Safety will soon be delivering its Safe Slinging and Rigging Practices course online. This professional training course will provide participants with the regulations, practices, and techniques required to safely rig loads.

## HOW SAFE ARE YOU? TAKE OUR QUIZ TO FIND OUT!

- 1) In Alberta, what is the minimum distance that must be maintained from overhead power lines?
- 2) When should a shackle be used on a crane hook?
- 3) What is the minimum number of wraps required on a hoist drum in Alberta?
- 4) When must hoist cables be taken out of service?
- 5) What is the minimum safety factor for wire rope & synthetic slings?

Contact Crane Safety Ltd. to find out how well you did.

Crane Safety Ltd.  
Suite 113, 65 Chippewa Road  
Sherwood Park, AB T8A 6J7  
(780) 464-1776  
[www.cranesafety.com](http://www.cranesafety.com)  
[info@cranesafety.com](mailto:info@cranesafety.com)


## COURSES

COMING SOON



### SAFE SLINGING AND RIGGING PRACTICES

This course will provide participants with the regulations, practices, and techniques required to safely sling and rig loads.



“It’s **really beneficial** as it allows them to take more training and **upgrade their skills** on a more regular interval.”

# JV DRIVER UNIVERSITY

An interview with JV Driver's  
**Erika Maksylewicz**  
And **Bill Elkington**

## HARNESSING THE INTERNET FOR EMPLOYEE TRAINING

In January 2011, JV Driver Projects Inc., an Alberta based industrial construction services company, made its foray into online training by creating JV Driver Online University. Since 1989, when the company first began, JV Driver has amassed over 20 years of experience in the oil & gas, energy, petrochemical, forestry, and mining sectors. With the broad range of industries that it services and the geographically disperse worksites that are involved to complete its projects, JV Driver was searching for a way to ensure that its employees have access to quality, consistent training whenever and wherever they need it. According to Erika Maksylewicz, the Human Resources Professional Development Coordinator at JV Driver, one of the biggest challenges facing the training department at JV Driver is ensuring that training is available on worksites where its employees are. She explains, "We have so many different sites up at a time that it's really hard to get training out there, it's a challenge getting the facilitators out there, plus it's tough for our guys to get the time off to take the training." Thus, JV Driver Online University was born.

To help it overcome this challenge, JV Driver partnered with BIS Training & Development to create JV Driver Online University. Using BIStainer, the proprietary Learning Management System of BIS Training & Development, JV Driver is now able to deliver its courses online. "Online training allows our people to take their training at night, on the drive to the site, or during the day in between shifts. They can login and take training whenever they have time so they are not locked out from the training," says Maksylewicz. "The company is starting

to grow again quite quickly and there is a lot of work on our plate so allowing them to take the training in the evening and in some downtime is easier than attending classes." JV Driver founder and Chairman Bill Elkington also sees the benefit of online training. "The online delivery mechanism is good for us because we have projects in a lot of different places. Those projects include around Fort McMurray or else two hours from Fort McMurray. The guys live in camps so if we have certain modules that the guys can learn online, they can do them conveniently from Western Canada to Newfoundland. We strive to get that consistency as well as that personal development," says Elkington.



PHOTO: VINCENT CHIA

**"If we have certain modules that the guys can learn online, they can do them conveniently from Western Canada to Newfoundland."**

Other benefits that JV Driver gains through its use of BIStainer include the ability to not only host all of its own internal training courses online, but it can also access a library of training courses developed by a network of professional management and safety training companies in Canada and the United States. Maksylewicz explains, "This is a huge benefit because we can grow our library significantly in no time at all. It is incredible because we get both the internal courses that we develop and external courses, plus we get to switch it up with more variety from the subject matter experts." Maksylewicz states that it is very beneficial having online safety training courses like Winter Driving Fundamentals, WHMIS, and Ground Disturbance created by professional safety training companies and made available to JV Driver through the online system.

Maksylewicz is also looking forward to benefitting from the blended format courses that are being developed by many safety training companies in the network. "Blended courses that use online and in-class practicum training, like First Aid, are great because they cut your in-class time in half. When you are onsite, two days of training is a big problem and it's not going to happen unless it is mandatory, so for optional training, it's tough to get the guys away from their work because of all of that time costs a lot of money. Blended learning allows them to take the online training in their own time in the mornings or in the evenings and continue their development," states Maksylewicz. "It's really beneficial as it allows them to take more training and upgrade their skills on a more regular interval."

## HARNESSING THE INTERNET FOR EMPLOYEE TRAINING

Once training is provided, Maksylewicz likes the fact that she is able to store and gain access to all training records in one central location through the system.

“With the online training, you can see at a quick glance who registered for courses but hasn’t take them, and you can be right on it because it’s right there. You don’t have to go to the person and ask, ‘Hey. Did you attend this? Did you go here? Do you have a certificate for this?’

because it’s all right in front of you. We are struggling with our document control for training because it is in so many different places and that’s one of the goals: to have that centralized.”

When asked what the future holds for JV Driver Online University, Maksylewicz replies, “The long-term vision of JV Driver University, JVDU, is hopefully going to be quite large. We would like to have

a catalogue of technical and non-technical skills on there so we can get almost the full course catalogue out to our sites. The first phase of growth for JVDU will be in the non-technical

skills and once people see what’s going on and get used to the system then we will grow the technical skills as well.” She continues, “We are currently trying to grow the amount of training that’s offered, because before it

was reactionary. We are trying to look forward and anticipate the skills and the qualities that are going to be needed and put those courses online. We’ve already got a bit of a backlog of people who are able to tackle that. This is the goal and hope moving forward.” When asked about her vision for online safety training, she replies, “We would love to have more safety courses because safety is our number one priority.” She states, “If we can make all

the courses available that would be fantastic because when we are in a hiring crunch for a new project starting out, it really alleviates a lot of stress.”

When asked about his plans for the future of JVDU, Elkington states, “There are a number of things you need in construction. You need men, materials, money, and methods. All of those you can get from anywhere. It’s the people that you develop which sets you apart.” He continues, “What I see for JV Driver University in the future is developing a much more highly educated construction management workforce and other aspects of our workforce whether it be in safety or project controls and different aspects of how we learn our business.” JVDU is the means through which JV Driver can realize its plans for the future. □



PHOTO: VINCENT CHIA

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TRAINING & DEVELOPMENT

# HYDRAULIC SAFETY AUTHORITY OF CANADA INC.

The Hydraulic Safety Authority of Canada Inc. (HSAC) provides superior consulting and training services to educate and relay vital knowledge and awareness related to hydraulic systems and components to those who are at risk of hydraulic exposure. Their consultants' functional and technical expertise combined with their hands-on experience ensure that their clients receive the most effective and comprehensive training available. HSAC's extensive skills encompass all aspects of hydraulic system implementation, research, development, training, and operation, including the development of site specific training to fit their clients' individual needs. For convenience, they typically provide their training services on-site at their client's location but they do have their own training facilities.

HSAC's fresh and innovative training approach has propelled their program to the forefront of occupational health & safety best practices. Many people in many occupations repair, maintain, and work around

hydraulic systems and components; the most powerful tool they require is knowledge related to the hazards of hydraulics.

Functional and technical expertise coupled with extensive industry knowledge make HSAC's hydraulic safety courses an important part of your company's proactive health & safety training program.

For more information about HSAC's online hydraulic safety courses, contact them at:

Hydraulic Safety Authority of Canada Inc.  
 (416) 363-7272  
 info@hsac.ca  
 www.hsac.ca



## COURSES

### CURRENTLY AVAILABLE



#### HYDRAULIC SAFETY - EXPOSURE LEVEL

This course will establish an awareness of hydraulic hazards in the workplace.

**Duration:** 200 minutes

### COMING SOON



#### HYDRAULIC SAFETY - HIGH RISK MAINTENANCE LEVEL

This course is designed for maintenance personnel who are engaged in procedures that expose them to potential injury or death from hydraulic equipment. Emphasis is placed on implementation of structured procedures and energy mitigation.



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# WHEELS ON

## Safety Training & Driver Training



Wheels On Ltd. has been delivering quality safety and driver training courses as well as a range of professional consulting, health, safety, and environmental services to industrial and commercial clients since 2000. To provide its services, Wheels On employs highly qualified and experienced professionals including:

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- Certified First Aid/CPR Instructors (St. John Ambulance/Red Cross)
- Accredited WHMIS / TDG Instructors
- Certified Driver Evaluators (Alberta Transportation)
- Certified Class 1 and 3 Driver Trainers (Alberta Transportation)
- Certified Defensive Driving Instructors (Enform)
- Certified General Oilfield Driver Instructors (Enform)
- Certified Health & Safety Auditors (Alberta WH&S Certificate of Recognition)
- Certified Rig Work Fall Protection Instructors (Enform)
- Accredited Industrial Fall Protection Instructors
- Certified Respirator Fit Testers (North)
- Certified Fork Lift Safety Trainers (A.R. Williams)
- Accredited Confined Space Entry and Rescue Instructors
- Certified Audiometric Testers

### COMMITMENT TO SERVICE, INTEGRITY, AND EXCELLENCE

Wheels On Ltd. operates as an industry leader in the provision of training and safety development services by integrating and practicing three disciplines:

**Service:** They will consistently provide their clients with quality, professional, and efficient consulting services.

**Integrity:** They will consistently honour all commitments to their clients, their company, and each other.

**Excellence:** They will consistently excel in all their endeavours, exceed their clients' expectations, and conduct their activities ethically.

Wheels On is utilizing its vast experience, expertise, and commitment to excellence to develop its upcoming online training courses. For more information on these courses contact:

Wheels On Ltd.  
7897-48th Ave.  
Red Deer, Alberta  
T4P 2H6 CANADA  
(403) 343-2799  
[www.wheelson.ca](http://www.wheelson.ca)



## COURSES

### COMING SOON



#### HOURS OF SERVICE AND FATIGUE MANAGEMENT

This course covers various aspects of driver, carrier, and manager responsibilities including compliance with transport regulations as it relates to hours of service. It also covers important aspects of driver fatigue including how to recognize and respond to it.



#### TRANSPORTATION OF DANGEROUS GOODS (TDG)

This course is designed to teach employees about Transportation of Dangerous Goods Clear Language Regulations. This course covers regulations for ground transport within Canada.

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# FUSION SAFETY INCORPORATED

Doing work you love is energizing. You do the work and it energizes you, which in turn means you have more energy to put into doing the work. It creates a virtuous circle. At Fusion Safety Incorporated they love the work that they do; making a difference in people's lives is what motivates them to continually strive to improve and expand by capitalizing on fresh new ideas and the latest teaching techniques.

Fusion Safety, a Calgary based company, was established in 1995. They specialize in First Aid, CPR, AED, and H2S training. Their clients are varied and include companies in construction, warehousing, manufacturing, medical, oil & gas, and airline industries. For the past 10 years they have worked closely with Transport Canada and many local, regional, and national airlines to write and implement in-flight first aid programs.

**“Catch on fire with enthusiasm and people will come for miles to watch you burn.”**

*John Wesley*

They have also helped recreate and teach a highly specialized online and classroom based course in partnership with Shell Canada for use within their gas plants.

Fusion Safety is extremely excited to be a part of the Safety Net network of safety training companies and looks forward to creating their own online First Aid program in the near future. For more information about their upcoming course, contact:

Fusion Safety Incorporated  
Suite 185 #130 - 5403 Crowchild Trail NW  
Calgary, AB T3B 4Z1  
(403) 313 - 1345  
www.fusionsafety.com



# CAYCAN

CayCan Safety Consulting Ltd. provides high quality safety solutions designed to educate and assist the transportation industry. CayCan's team of professionals specialize in commercial carrier and driver training. They have the knowledge and expertise necessary to achieve legislative compliance, develop and deliver quality truck driver training, and create procedures to ensure their clients' safety and success.

Their decades of experience and in-depth understanding of current safety legislation make them a strong asset to the transportation industry. Their team can help you implement strategies to ensure your company understands and is in compliance with current transportation safety regulations.

CayCan Safety Consulting was founded by Doug Fulgham in the spring of 2000 to assist the commercial transportation industry to achieve, maintain, and measure compliance against the National Safety Code and related legislation. His background as a mechanic, truck driver, dispatcher, owner-operator, and Transport Officer has given him the experience needed to tackle compliance issues, develop driver training programs, monitor performance, and oversee all of CayCan's transportation safety solutions.

To learn more about CayCan's upcoming online courses, contact:

CayCan Safety Consulting  
(877) 216-1939  
mail@caycan.ca  
www.caycan.ca



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Canadian Federal Hours of Service (SOR-2005-313) and US DOT valid Electronic Drivers Daily Logbook takes the stress away from filling out a paper logbook. This app will ensure compliance with all legal requirements and you don't even have to know all the rules. At an introductory price of \$3.99, it's cheaper than buying one month of paper logbooks from a truckstop.



Drivers Daily Logbook  
CayCan Safety Consulting Ltd.  
Category: Business

## COURSES

### COMING SOON



#### DRIVERS RESPONSIBLY INSPECTING VEHICLES EVERY TIME (D.R.I.V.E.)

This course teaches drivers how to properly perform required vehicle inspections and what to do in the event that a deficiency is found.



#### LOGBOOK

This course provides drivers with the knowledge and skills required to comply with transportation safety legislation as it relates to logging of hours.

# Injury Prevention Not Disability Management

By Martin Lesperance

It was a warm Saturday afternoon. Richard was cleaning the eave troughs on his house. A couple of feet to go and the entire house would be done. He was about five feet up on his ladder when he leaned out too far, lost his balance, and went crashing down to the ground. The few minutes it would have taken to move his ladder a foot, cost him a fractured pelvis and a smashed kneecap. Richard would be off work for four months as a result of this "accident".

Incidents like this one keep thousands of people off work in North America each year yet many organizations do not seem concerned about the resulting productivity loss or increased employee benefit expense. Even though they are very concerned about on-the-job injuries and their associated costs, organizations continue to ignore the bottom line detriment of off-the-job injuries.

## ON-THE-JOB VERSUS OFF-THE-JOB

While I was instructing a safety course at a gas plant, I noticed a sign at the gate that read: "We Have Gone 1,485 Days Without A Lost Time Injury." Obviously, on-the-job safety is paying off. Then, during my presentation with those employees, I asked if anyone had missed work because of injuries sustained while off the job. In fact, there were several. Two injuries had kept people away from work for two months. When they returned, they had to be put on restricted duties for another six weeks before they could return to their regular jobs.

## SAFETY SHOULDN'T ONLY APPLY AT WORK

While working as a paramedic-firefighter for more than seventeen years, the majority of the emergencies I attended were the result of home or recreational accidents. At work, there are safety rules and regulations, which, for the most part are followed. The money, time, and effort spent usually prevent unnecessary injuries. But once a worker leaves for home, the caution, hard hat, and steel toed boots are left in the locker room. I've noticed that someone who refuses to use an unsafe ladder at work may not give a second thought to going home, drinking a few beers, starting up a chainsaw, and standing on a three-legged stool to cut the branches off a tree in his backyard! If the person falls and is injured, he will pay through pain and inconvenience while his employer will have to pay the costs of worker replacement and increased employee benefits.

To determine how big of a problem off-the-job injuries are I asked many safety professionals the following question: What is the ratio of off-the-job injuries compared to on-the-job injuries? Most admitted that they didn't measure the problem and couldn't even hazard a

guess. For those who did guess, the estimates ranged from a low of 5:1 to a high of 17:1. The Petro Chemical System Safety Rating Guidelines tell us that the ratio is 10:1.

I know of one large oil and gas company that tracked its total lost days over a three year period. The executives were shocked to discover that 95% of all lost days were attributed to injuries and illnesses that were not work related. In your organization, do you know how many lost days are attributed to injuries that happen off the job compared to on the job?

Millions of dollars are spent each year on safety training and equipment to prevent injuries at work sites yet virtually nothing is being spent to help employees prevent off-the-job injuries. Many organizations are also spending millions of dollars on wellness programs to encourage healthy lifestyles even though the return on this investment could be years down the road. If these same organizations invested to prevent off-the-job injuries, their investments could pay off immediately.



Continued 

I spoke with a gas plant operator who told me that he had jumped on his teenager's skateboard, fell off, and broke his leg in two places forcing him off work for four and one half months. A replacement worker filled his position at overtime rates. This is a high price to pay for a few seconds of fun. Coincidentally, my brother-in-law also broke his leg trying out his son's skateboard. As a paramedic, I have attended to several adult males with skateboard related injuries. These are not unusual events. Could an awareness program on horseplay or making people aware of the consequences of their actions prevented these injuries? Probably.

#### RETURN TO WORK

Many organizations are discovering the need for a return-to-work program. The longer a person is off work, the more it costs and the harder it is to get that person back to work. It only makes sense to assist an injured worker with re-entry into the workforce, but it makes even more sense to help that person prevent the injuries in the first place. This can be achieved without infringing on employees' personal sense of choice by encouraging a unified buy-in from everyone.

#### IS AN INJURY PREVENTION PROGRAM RIGHT FOR YOU?

You may be wondering if an injury prevention program is worthwhile for your organization. To determine the answer, start a measurement program. Track how many days are lost due to off-the-job injuries. Calculate how much these injuries have cost your company; ensure that you include all hard and soft costs. Then, add up the money you spend to promote off-the-job safety. Next, calculate the total lost days due to on-the-job injuries. Add up all the costs of your on-the-job safety training. You might be surprised at the figures you come up with. Taking company safety one step further can provide your organization with a huge financial payoff.

If you decide to implement an injury prevention program, you will soon note a surprising side effect --- it's a great morale builder for your employees so get them involved!

Martin Lesperance is a paramedic-firefighter, best selling author, and international speaker on the topic of injury prevention. Martin uses humour to drive home the point that safety has to be a 24 hour concern in order for it to pay off. For more information, visit [www.safety-speaker.com](http://www.safety-speaker.com)

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# APEX INTEGRATED (WEST) INC.



APEX INTEGRATED (West) Inc. is a Canadian owned entity dedicated to providing management education, program development, and general support services for a wide range of business initiatives. Apex offers a wide range of services including Business Repair and Assessment, Loss Prevention and Risk Management, Workplace Health and Safety, Environmental Management, Forensic Accident Investigation, Human Resource and Employment Practice Support, and General Management Assistance services.

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For more information about the online Alcohol and Drug Awareness course, contact:

Apex Integrated (West) Inc.  
LeMarchand Mansion  
Suite 305 – 11523 100 Avenue  
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(780) 423-3575  
[www.apexintegrated.com](http://www.apexintegrated.com)

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## COURSES

### CURRENTLY AVAILABLE



#### ALCOHOL AND DRUG AWARENESS

This course is designed to help employees understand why their company rigidly enforces "Fitness-for-work" policies and prohibits use of alcohol and drugs in the workplace. Information on an employee's personal duty to comply with Industry Standard policies is also presented.

**Duration:** 30 minutes

# COMING SOON



## HOURS OF SERVICE AND FATIGUE MANAGEMENT

This course covers various aspects of driver, carrier, and manager responsibilities including compliance with transport regulations as it relates to hours of service. It also covers important aspects of driver fatigue including how to recognize and respond to it.



## HYDRAULIC SAFETY - HIGH RISK MAINTENANCE LEVEL

This course is designed for maintenance personnel who are engaged in procedures that expose them to potential injury or death from hydraulic equipment. Emphasis is placed on implementation of structured procedures and energy mitigation.



## FALL PROTECTION\*

This course is designed for individuals who plan, supervise, or perform work at heights. It covers various aspects of fall protection including selection, inspection, and maintenance of fall protection equipment.



## CONFINED SPACE MONITORING\*

This course is designed to instruct individuals responsible for planning, supervising, and controlling worker access into and out of confined spaces.



## CONFINED SPACE ENTRY\*

This course is designed to instruct individuals responsible for planning, supervising, or performing work within confined spaces.



## AERIAL WORK PLATFORM\*

This course is designed for individuals who plan, supervise, or perform work on aerial work platforms.



## STANDARD FIRST AID, CPR, AND AED\*

This course concentrates on CPR skills, controlling bleeding, treating shock, and performing secondary assessments.



## AED

This course covers how the heart works and techniques for safely using an Automated External Defibrillator on a victim of sudden cardiac arrest.



## DRIVERS RESPONSIBLY INSPECTING VEHICLES EVERY TIME (D.R.I.V.E.)

This course teaches drivers how to properly perform required vehicle inspections and what to do in the event that a deficiency is found.



## LOGBOOK

This course provides drivers with the knowledge and skills required to comply with transportation safety legislation as it relates to logging of hours.



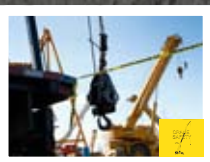
## GROUND DISTURBANCE 201

This course is designed for planners, managers, supervisors, and employees who are or will be required to develop, plan, and implement any kind of ground disturbance.



## BASIC FIRE FIGHTING

This course is designed for workers who may be required to use a 20 lb. or 30 lb. stored pressure or cartridge operated extinguisher to respond to a small fire.



## SAFE SLINGING AND RIGGING PRACTICES

This course will provide participants with the regulations, practices, and techniques required to safely sling and rig loads.



## TRANSPORTATION OF DANGEROUS GOODS (TDG)

This course is designed to teach employees about Transportation of Dangerous Goods Clear Language Regulations. This course covers regulations for ground transport within Canada.

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