

Environmental Workplace Concerns (OHCOW Seminar Series)

1:00 - 1:10 Welcome & Introductions: Seminar will take place at Ciociaro Club of Windsor, located at 3745 North Talbot Road, Oldcastle, Ontario on June 13, 2007

1:10 - 1:30 "Dealing with Temperature Extremes" Presenter - John Oudyk, Occupational Hygienist

Monitoring heat stress using the "official" method (Wet Bulb Globe Temperatures or WBGT) is quite complicated and challenging even for those with training. In response to workers' requests, OHCOW has come up with a system that translates WBGT into Humidex - something everyone understands. Find out how this translation was made and how it can work in your workplace. A brief review of the new wind chill factor will also be covered.

Presentation:

[Dealing with Temperature Extremes](#)

Companion Material:

[Humidex Based Heat Response Plan \(fact sheet\)](#)

[Heat Stress Essentials - Prevention in Action](#)

[Wind chill chart](#)

1:40 - 2:00 "Doing Something About Noise" Presenter - John Oudyk, Occupational Hygienist

On July 1, 2007 Ontario will lower the noise exposure limit to 85 dBA. This is the first significant change in noise legislation in at least 30 years in Ontario. OHCOW has put together a simple package to help JH&SC get involved in noise assessment and noise control, including a calculator/table to help interpret the new exposure equation in the regulation. Get a jump start on your noise control program.

Presentation:

[Doing Something About Noise](#)

Companion Material:

[Amendments to Noise Regs - MOL](#)

[Doing Something About Noise \(fact sheet\)](#)

[OHCOW Noise Calculator](#)

2:10 - 2:30 "Vibration" Presenter – Jeff Casey, Ergonomist

This presentation will provide a brief overview of what vibration is and what effects it can have on the body. Both Hand-Arm and Whole Body Vibration will be covered. In addition, some common injuries and prevention ideas associated with vibration will be discussed.

Presentation:

[Vibration](#)

2:40 - 3:00 "Indoor Air Quality" Presenter – James Miuccio, Occupational Hygienist

This will be an overview of indoor air quality. Understand how your heating, ventilation and air conditioning (HVAC) system operates; learn about the different contaminants that can affect your indoor air and how to prevent indoor air quality problems.

Presentation:

[Indoor Air Quality](#)

3:10 - 3:30 "Shiftwork" Presenter – Dr. Deborah Hellyer, Occupational Physician

Working shifts can affect a worker's health and safety. Shiftworkers have irregular patterns of eating; sleeping, working and socializing that may lead to health and social problems. Shiftwork can also reduce performance and attentiveness. In turn, this may increase the risk of accidents and injuries. This presentation will give an overview of the problems associated with Shiftwork and review practical ideas for preventing unhealthy and unsafe working conditions.

Presentation:

[Shift work](#)

3:40 - 4:00 "Smog & Outdoor Workers" Presenter – Dr. Deborah Hellyer, Occupational Physician

The health evidence against smog continues to grow stronger all of the time. High smog concentrations can be found in both urban and rural areas of the province. This presentation will include tips to help reduce health risks associated with high smog levels for outdoor workers.

Presentation:

[Smog](#)