WORKER SAFETY - “Head to Toe”
Personal Protective Equipment & Fatigue Management
**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 relieved 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
What can I do to manage fatigue?

**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*.
What can I do to manage fatigue?

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 (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
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

Safety Goggles

Face Mask / Respirator

Safety Glasses

[Images of safety goggles, face mask/respirator, and safety glasses]
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

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.
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!
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

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

waterlooairport.ca
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
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