

2024

CANADIAN AIRPORTS

# SAFETY WEEK

Worker  
Safety



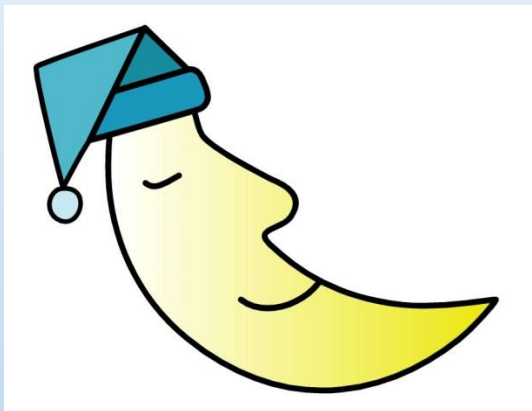
CANADIAN  
AIRPORTS COUNCIL

# WORKER SAFETY – “Head to Toe”

Personal Protective Equipment & Fatigue Management



# Personal Fatigue Management



**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.

# 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

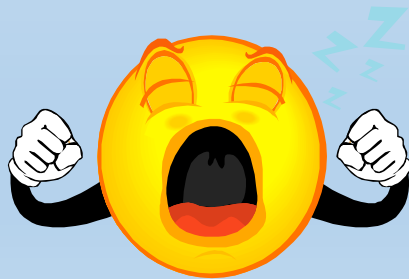
# Personal Fatigue Management

## 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

# Signs of Fatigue

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



# Personal Fatigue Management

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

# 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



# Maintain a Healthy Lifestyle



- Avoid dehydration and drink plenty of fluids; at least 2 liters 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.

# Eye Protection



Face Mask /  
Respirator



Safety Glasses


Safety Goggles



# Eye Protection

## Activities associated with wearing the appropriate level of eye protection:

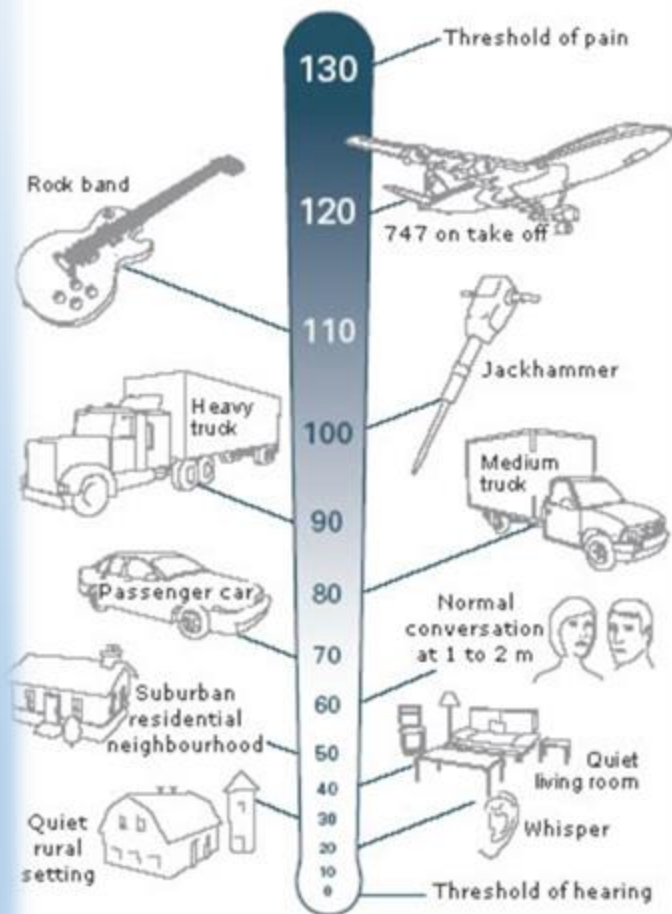
- Welding, cutting, and brazing
- Sawing, grinding
- Spray painting
- Dusty environments
- Chemical gases, vapours, or liquids
- Sunlight or Harmful Light



Note: See your supervisor for job specific eyewear.

# 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

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 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

- 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:** **204-987-9797**
- **Airport Non-Emergencies:** **204-987-9798**
- **Company SMS or OHS**

Thank You For Participating In The

CANADIAN AIRPORTS  
**SAFETY**  
**WEEK**

