



WE'VE CHANGED OUR NAME!

WorkSafeNB—it's shorter, easier to remember, and, more importantly, it plainly states who we are and what we stand for.

"The operating name was changed to better reflect our focus on injury prevention," said Doug Stanley, president & CEO. "We hope it will draw the attention of New Brunswick's workers and employers for the need of safe work practices and environments, and to encourage a safe and timely return to work for injured workers," Stanley said.

It's been almost 15 years since the merger of the Workers' Compensation Board and the New Brunswick Occupational Health and Safety Commission to become the Workplace Health, Safety and Compensation Commission (established under the *WHSCC Act* in December 1994), but New Brunswickers were still not using the WHSCC name. The WHSCC was still referred to as "Workers Comp" or even "Workman's Comp." Focus groups told us that the WHSCC

name was too long and difficult to remember, and many did not recognize the name or know what it stood for. These same focus groups unanimously approved the WorkSafeNB name. Some of the comments included:

"Doesn't sound so official; friendlier than an abbreviation."

"People will remember it."

"WorkSafe NB – makes a lot of sense; with more prevention we wouldn't need compensation."

"With NB as part of the name we know it's dedicated to New Brunswickers."

The WorkSafe name was first adopted by the Workers' Compensation Board of British Columbia (WorkSafeBC) in 2004, and other boards are considering doing the same.

"It is our hope that all Canadian boards will eventually assume the WorkSafe name," said Roberta Dugas, chair of WorkSafeNB's board of directors. "Research shows that 61% of Canadians and, in particular, 66% of New Brunswickers believe that workplace injuries are an inevitable part of work. This is deeply distressing. We believe the WorkSafe name will help shift New Brunswickers' and Canadians' attitudes about workplace injuries from "unavoidable" to "unacceptable. We encourage you to help us reach this by recognizing and using our new name – WorkSafeNB," Dugas said.

WorkSafeNB now appears on all signage and stationery, but to ensure a cost-effective transition, we will continue to use our current WHSCC-branded pamphlets, posters and other printed materials until supplies are used up. The Workplace Health, Safety and Compensation Commission will remain our legal name. •

GOOD NEWS:

DEALING WITH BACK PAIN

If you need to know about the building at Saint John High School, Dan Ferris is your man. As plant superintendent, he knows how it works. "It's my school", he said. That's why he was determined to return quickly when a back injury put him off work in June 2007.

"I was removing an old valve under the pool. It was a confined space, I bent down and twisted, and my back contracted like a charley horse." Although he filed a claim and began physiotherapy, he continued to work. "I've been doing this job

for 30 years. I didn't want to be off." Things got worse, and by June, Dan had to accept the hard truth – he could no longer work.

"I was hoping for a quick fix, that maybe rest would cure it." An avid golfer and musician, Dan could no longer do either. Physiotherapy treatments were the only thing getting him out of the house. After months with no results, his case manager sent him to the WRC. That's when things took a turn for the better.

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WorkSafeNB
wishes you
a happy and safe
holiday season.



BOARD MEMBER PROFILE



Conrad Pitre

As a hockey player, Conrad Pitre learned early on in life the value of being a team player. Decades later, while still playing hockey, this lesson continues to prove its worth as Pitre serves on WorkSafeNB's board of directors. Pitre was appointed to the board on February 18, 2007, as the member representing the general public, replacing Bernice Doiron Chiasson.

"To be an effective member of this board, you have to act as a team player," Pitre said. "Our decisions are made by consensus, and that would not happen if we did not take a team approach."

Besides a team attitude, Pitre brings to the board 42 years of extensive experience, experience that includes in-depth knowledge of WorkSafeNB. "As

a former health and safety officer, I am in a unique position of being able to look at issues from the inside out, and from the outside in," he said.

Conrad was a journeyman welder by trade, and has spent 12 years as an instructor with the New Brunswick Community College. He worked 17 years with WorkSafeNB and also has served 20 years as a volunteer firefighter for the town of Beresford, where he lives with his wife, Jeanne.

Pitre believes that one of the biggest challenges WorkSafeNB and the board face is changing a culture that views workplace accidents as inevitable; but he believes it can be done.

"I strongly believe that we can achieve a culture change by educating workplaces, and ensuring that they implement strong health and safety programs and joint health and safety committees, or safety representatives. My experience has taught me that education is the best prevention tool. My greatest results (as a health and safety officer) were not in the number of inspections I conducted but

rather the quality of contacts, and convincing both management and workers that culture was doing the right thing when I was not around. I have been retired for six years, and I still meet workers and supervisors who remind me of that."

While Pitre's past employment with WorkSafeNB has provided him with valuable insight on health and safety issues, he said as a board member there has been a great deal to discover and digest. "It has been quite a learning process," he said. "The issues are so complex, especially when you are looking at the financial end of things, such as investments and risk assessments. About administration and governance there is a lot to be learned. There's been a lot of homework, but I love it! It has been a very rewarding experience so far."

When he is not doing his homework, Pitre enjoys riding his motorcycle, fishing and playing hockey. He also is a member of the Knights of Columbus. He and Jeanne have three grown children, and love doting on their three granddaughters. •

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Dan Ferris

"My doctor ordered an MRI, but said it could take six months," he said. "My case manager had it done in a few weeks." The MRI showed a cyst between the L5 and L6 vertebrae in his back. He was given cortisone to reduce the swelling in his muscle, and felt so good that on his first day at the WRC he told his case management team he didn't need to be there. His team leader told him, "it's up to you, but you should give it a try."

"I went in with my eyes closed. I guess it's fear of the unknown." Reluctantly, he finished the day. And now he's glad he did. "It was the best thing for me. I wish I had gone eight months earlier." His treatment included physiotherapy, job simulation and pain management courses. His case management team made all the difference. "They wanted to know about my life – the 24 hours. Not just the eight hours a day at work."

He was doing so well after three weeks that he decided to return work. "It was March break, and I wanted to go back when the school was empty, so I could ease into my routine." The time he spent at the WRC made his return to work easier. "There was no learning curve, I just went right back to my job."

He still has back pain, and knows he always will. "Once you injure yourself, it stays with you. But I learned that all pain isn't bad." Now, he knows the difference. "I won't push myself," he said. "Before my injury, I would have done anything. Now if something is more than 50 lbs, I get help."

A husband of 24 years and father of two high

school children, Dan was thankful for his family's support. "I couldn't do the things I used to. But because the kids are older, they understood." One of the hardest things for Dan was losing his golf and his music. "It feels great to start doing that again."

More than a year after his injury, Dan is thrilled to be back. Asked if he ever felt like giving up he said, "No. I missed the day-to-day. There are 70 people on staff here, it's like a family." And there's never a dull day. Building safety, climate control (for SJHS and 13 other schools), and upkeep – he manages it all. And because the school rents its facilities for public events, and its pool to community groups in the evenings, his duties also include event management. "It's pretty busy, but that's how I like it."

Dan's advice to anyone in his situation? "If you put in what they're asking, you will get the best results. Mindset is the key." And mindset is clearly the reason for Dan's success. He was at the school three times the weekend that hurricane Kyle threatened just to make sure everything was okay. "Nobody asked me to, I just did it – it's my school."

And his school is glad to have him back. •

IN THE COURTS



JAMES SPARKES & SONS SAWMILL LTD., pleaded guilty on October 20 to charges under section 242(1) of the General Regulation 91-191 of the *OHS Act* for failing to provide adequate safeguards to prevent contact with moving drive or idler belts, rollers, gears, driveshafts, keyways, pulleys, sprockets, chains, ropes, spindles, drums, counterweights, flywheels, couplings, pinchpoints, cutting edges or other moving parts on a machine that may be hazardous to the employee. The charges were laid after an accident that resulted in a worker losing a hand. Sparkes & Sons were fined \$5,000, plus a victim surcharge of \$750.

NORTHWEST ROOFERS LTD., pleaded guilty on October 2 to a charge under the *OHS Act* for failing to ensure that employees used proper individual fall-arrest systems. They were fined \$4,000.

The charge was the result of a Stop Work Order issued on August 20, the company's fifth within 12 months.

E & J DUGAY ROOFING pleaded guilty on September 15 to a charge under the *OHS Act* for failing to provide fall-arrest systems for its employees. They were fined \$2,000.

The charge was laid as a result of an accident in May 2007, when a worker fell 22 feet and suffered a collapsed lung.

FUNDY ROOFING LTD., pleaded guilty on July 31 to two charges under Regulation 91-191 sections 106 and 105(2). Both charges were in relation to working without fall protection. They were fined \$2,000 on each charge.

AV NACKAWIC pleaded guilty on July 14 to two charges as a result of an accident in June 2007 in which an employee lost his hand. For violation of section 240(a) of the General Regulations code of practice where lock-out cannot be followed, AV Nackawic was fined \$1,000, plus a \$200 victim surcharge; for violation of section 241(1) on machine guarding, they were fined \$6,500, plus a victim surcharge of \$1,300.

AV Nackawic has spent \$460,000 on machine guarding since this incident and have implemented a new Safety Stop Program.

E CUMMINGS CONTRACTING INC., pleaded guilty on June 19 to a charge under subsection 182(1)(a) of General Regulation 91-191 under the *OHS Act* for failing to ensure that no employee enters an excavation or trench that is 1.2 m or more deep unless the walls of the excavation or trench are supported by shoring, bracing or caging or is cut in solid rock, or, excavation is sloped or benched to within 1.2 m of the bottom of the excavation or trench, with the slope not exceeding 1 m of vertical rise to each 1 m of horizontal run. The company was fined \$3,000, and a victim surcharge of \$600.

MORE THAN 500 ATTEND 28TH ANNUAL H&S CONFERENCE

Approximately 550 people attended the 28th Annual WHSCC Health and Safety Conference, October 5-7 at the Delta Beauséjour in Moncton, where the WHSCC's new name – WorkSafeNB – was launched.

A conference highlight was the workshop on disability management presented by Wolfgang Zimmerman, executive director of the National Institute of Disability Management Research (NIDMAR). Zimmerman rehabilitated himself following a logging accident that left him paralyzed at the age of 20, and it was his determination to

reduce industrial accidents that helped found NIDMAR.

Other workshops addressed topics such as workplace bullying, machine safety, electrical safety hazards and standards, elevating work platforms, noise reduction, MSI prevention, due diligence, return to work and contractor safety management. A trade show, featuring 30 exhibitors, promoted the latest in health and safety innovations.

At the awards breakfast on Tuesday, WorkSafeNB recognized Cott Beverages Canada and Johnson

Enterprises Inc., for their cultural commitment to improving health and safety practices at their workplaces.

Following the awards presentation, Louis Comeau and Jamie LeMesurier, members of the Independent Review Panel that evaluated New Brunswick's workplace health, safety and compensation system, discussed the report's recommendations to improve workplace health and safety.

Next year's conference is scheduled for September 27-29 in Saint John. •