



PSHSA Offers Specialized Services

Your Partner in Health & Safety

The Public Services Health & Safety Association (PSHSA) is a not-for-profit association created by the amalgamation of three respected health and safety leaders – Education Safety Association of Ontario (ESAO), the Municipal Health and Safety Association (MHSA), and the Ontario Safety Association for Community and Healthcare (OSACH). A Health & Safety Ontario partner, PSHSA works with Ontario public service sector employers and workers to reduce workplace risks and prevent occupational injuries, illness and disease.

Located across the province, our consulting teams provide prevention and safety advice, information and training based on best practices and ongoing research. Together they serve more than 9,000 organizations and 1.2 million workers in municipalities, universities and colleges, hospitals, long-term care homes, school boards, police and emergency services, and community care providers.

Whether you need strategic assessment and planning support or help with tactical implementation,

our consultants work with you to deliver tailored, cost-effective solutions to make your workplace safer and healthier. From basic certification to specialized hands-on training, PSHSA courses can be delivered on-site, at regional training centres, or on-line.

To learn more about PSHSA Specialized Services, contact the PSHSA regional team consultant in your area, visit our website at www.pshsa.ca or call us at 416-250-2131 (toll free 1-877-250-7444).

Ergonomic Assessments

Overexertion and musculoskeletal disorders (MSD) involve strains and sprains of muscles, tendons, ligaments, joints or nerves. Sprains and strains account for 50% of all lost-time injuries in Ontario. An ergonomic approach reduces the risk of these injuries by matching the demands of the job to the abilities of the employee through the proper design of workstations, tools, environment, work schedules, policies and procedures.

In an effort to reduce MSD-type injuries PSHSA offers a variety of ergonomic services, including:

- *Ergonomic Assessments* – To identify ergonomics risk factors, determine the level of risk present in a job and provide suggestions to minimize the risk of injury
- *Physical Demands Analysis (PDA's)* – An in-depth description of the physical demands and environmental conditions associated with a job being performed.

Individual Health and Safety Program Assessments

Wondering if your health and safety program satisfies current legislation, standards and best practices? Our field consultants are available to conduct program-specific assessments in areas such as infection prevention and control, workplace violence prevention, or musculoskeletal disorders prevention, among others. Following the assessment, you will be provided with a written report that includes a summary of findings and recommendations aimed at improving your program.

Occupational Hygiene

Occupational hygiene is the science of anticipating, recognizing, assessing and controlling chemical, physical or biological agents before they adversely affect employees' health and safety.

PSHSA can assist you with identifying exposure concerns, developing a comprehensive program and the necessary training to support the program. We offer a variety of services including:

- *Occupational Hygiene Consulting* - Providing advice on occupational exposures, air sampling protocols and occupational disease prevention. A PSHSA hygienist will assist you with the identification and determination of appropriate evaluation procedures that will assess workplace hazards and improve worker well-being and productivity.
- *Respiratory Protection* - on-site qualitative and quantitative fit testing; qualitative train the fit tester sessions.
- *Safety Engineered Medical Sharps* - guidance for organizations in their program implementation of safety engineered medical sharps, as well as assistance in the development of an action plan and implementation strategy.

Infection Control

Infection Prevention and Control addresses factors related to the spread of infections within the workplace setting (whether client-to-client, from clients to employee and from employee to clients, or among employees), including prevention (hand hygiene/hand washing, cleaning/disinfection/sterilization, vaccination, surveillance), monitoring/investigation of demonstrated or suspected spread

of infection within a particular health-care setting (surveillance and outbreak investigation), and management (interruption of outbreaks).

PSHSA can assist organizations in all sectors to develop a comprehensive program that addresses employee safety concerns and the necessary training to support the program. This may include assistance from basic hand hygiene education, an assessment of your current program, assistance with pandemic planning and specialized consulting by experts in infection prevention and control.

Health and Safety Management System Consulting

The Health and Safety Management System (HSMS) is based on the CSA Standard Z1000 and is designed to identify gaps in an organization's existing health and safety system, as well as integrate employee and client health, safety and wellness. The HSMS was audited by QMI-SAI Global in 2010 and conforms to the CSA standard.

In this specialized consulting service, your PSHSA consultant guides your senior leadership team and HSMS steering committee through an assessment of the following five pillars:

- leadership and commitment
- hazard identification and risk assessment
- risk management and control
- evaluation and corrective action, and
- strategic review and continual improvement

Successfully implemented, the HSMS will support a culture of health, safety and wellness.

Emergency Services

A unique specialty service offered by PSHSA involving a variety of hands-on, practical training sessions, geared towards front-line emergency responders, including Police, Firefighters and Paramedics. For a full listing of our emergency services please contact Joe Watkins, Director, Provincial Programs & North at jwatkins@pshsa.ca or 613-329-1650.

Customized Auditing

PSHSA utilizes best practice auditing tools to evaluate an organization's health and safety program. These comprehensive audits are the first step in improving health and safety and reducing losses. The audits are designed to identify organizational strengths and areas of opportunity in the way health and safety is managed.

The PSHSA audit is based on the requirements of the Ontario Occupational Health and Safety Act, Construction and Industrial regulations, the Workplace Safety and Insurance Act, and the Workplace Safety and Insurance Board Workwell audit. The PSHSA audit involves a detailed look at existing documentation, interviews with a wide variety of staff and physical sites inspections.

The PSHSA consultant then reviews and analyzes the data to produce a prioritized, customized action plan to help you develop a plan to reach excellence in health and safety.

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