

Safety Update

Date: May 11, 2018

Alert Summary

Twenty-three new injury prevention opportunities (ALERTS) were submitted last week. Five of those have been resolved due to the implementation of proper control measures. The remaining items will be addressed through the ALERT process.

CATERING AND RETAIL SERVICE

ORC-8091 Salish Orca

The back of the condiment counter has a sharp corner where the edges are not flush, creating an offset joint of the corners. (Resolved)

NADV-8094 Northern Adventure

Passenger tripped on the doorsill at the deck five starboard stairs to car deck.

SUR-8097 Queen of Surrey

It is difficult to find the eyewash station on Decks 2 & 6 for the first time and first aid product identifications do not match the inventory checklist.

ALB-8110 Queen of Alberni

The plate low raters on the steam table were too hot to allow us to handle safely. (Resolved)

ALB-8111 Queen of Alberni

The new bun riser on the front line does not move to allow for reloading and for cleaning underneath. Back strains are possible as a result.

SVI-8113 Spirit of Vancouver Island

OFA's are sometimes asked to respond and deal with passenger medical calls. This can put them into a very dangerous and unsafe work environment. (Resolved)

TERMINAL MAINTENANCE

TSA-8102 Tsawwassen

A ramp finger was recently replaced. It is still bare steel with no anti-slip surface.

BEAR-8095 Bear Cove (Port Hardy)

The passenger walkway gate-locking pin is broken and only secured loosely with rope. It can easily be pushed open creating a gap.

FLEET OPERATIONS

SUR-8109 Queen of Surrey

Winch control did not operate on Marine Evacuation Chute station. (Resolved)

Safety Update

SUR-8107 Queen of Surrey

The deck 6, #2 end fire plans have been removed to make space for the safety communication board.

CAP-8106 Queen of Capilano

There is a risk of falling when the Deckhand receives the overhead passenger walkway in the lounge level cut out.

COQ-8105 Queen of Coquitlam

The UHF radio will not work when the Queen of New Westminster is in dock.

TSA-8103 Tsawwassen

Communication between the ship, ramp attendants and foot passengers is difficult. Often foot passengers walk around the barrier while vehicles are loading. Traffic is stopped and we end up having to yell at passengers ineffectively.

SUR-8098 Queen of Surrey

The new ten hour per day schedule has introduced more drills. This results in more non-scheduled overtime, which can increase fatigue.

ORC-8092 Salish Orca

The bohomet-door module cover fell off and nearly struck two young passengers. This could have seriously injured them.

QQ-8090 Quadra Queen II

The rescue boat wire rope was not greased leaving it very dry. This could lead to wire damage and parting. No apparent grease plan is in place.

TERMINAL OPERATIONS

HSB-8108 Horseshoe Bay

Customers have been observed skateboarding aggressively on the passenger walkway. (Resolved)

TSA-8112 Tsawwassen

From sunrise until 9 am, vehicle booths are too bright with the sun shining directly into our eyes. This causes headaches and sunburned eyes.

ENGINEERING

SUR-8104 Queen of Surrey

Engineers are working while sick and not taking sick leave to cover lack of staff as they are being told there is no relief and boat will not sail.

SUR-8101 Queen of Surrey

First Aid attendant is too far away from engine room on graveyard shift.

SUR-8100 Queen of Surrey

With shortened Graveyard and not enough staff to perform required maintenance, critical maintenance is not being done properly. This also results in heightened levels of fatigue.

Safety Update

SUR-8099 Queen of Surrey

Engineers are being assigned to work in positions for which they have not received "SEA" training.

ISKY-8093 Island Sky

Biohazard waste bags from the engine room were found mixed in with regular garbage in garbage compartment bins.

There were no new ALERTs in Supply Chain Management, Commercial Services, Catering Stores, Office or Other.

For more information on a specific ALERT, please see your worksite's SMS [dashboard](#).

Safety Briefing Tips / Ideas

Mental Health Week



Strategies for Well-being

So, your mental health. It is about more than having a mental illness, or not having one. We all have a state of mental health. Anyone can have a bad day – a bad mental health day. And anyone can have a great mental health day. But, how to keep the good days coming, and lift you up on the bad days? The science tells us that there is real, tangible action you can take. So, here are some strategies for mental well-being, based on compelling evidence.

Connect

Feelings of connection are key to feeling well. So are healthy relationships, at home, work, school or in your community. Put time and energy into developing good relationships with family, friends, colleagues and neighbours. Your mental health is stronger when you feel like you belong.

Take someone for tea or coffee. Join something: a club, a group, an association. Hang out with a friend. Send a card or email to someone you miss. Enjoy the company of friends or family. Accept social invitations. Let grudges go!

Be Active

Being active and taking care of your body will help you take care of your mental health. You've probably heard it before: Exercise will make you feel better. It will make you feel good. Well, it's true. It can reduce stress, boost your energy and strengthen your immune system. Exercise doesn't have to be work, and it doesn't have to be hard. Maybe exercise is the wrong word for you. Depending on what makes you feel good, and on your level of mobility, try these:

Play. Run. Row. Lift. Jump.
Throw (whether it's a frisbee, a ball or even a javelin).
Dance (like no one's looking). Cycle.
Walk. Garden. Stretch. Take the stairs!



Safety Update

Take notice

Our lives are busy, so we sometimes need reminding to take notice. These days, we're hearing more and more about mindfulness. What is it? Here's one definition: It is the state of being attentive to and aware of what is taking place in the present. In other words, it means paying attention to what is happening right now. Sometimes we forget to be mindful. When you notice what's going on inside you, and what's going on around you, you can make choices that will meet your needs. And you can reduce stress. Notice the moment, whatever you're doing. Reflecting on your experiences will help you appreciate what matters to you.

Take time to really enjoy your food.

Pay attention to your breath, in meditation practice or just sitting at your desk.

Notice when something good happens to you, and savour it.

Observe when something's beautiful. Or unusual. Be aware of your thoughts and what you tell yourself.

Be curious. Keep a journal or write a blog. Check out your local arts and culture scene.

Try meditation. It's not as hard as it might sound. (You can meditate in all sorts of way, including sitting, walking, and even eating. Check it out online.)

Keep on learning

Whether you're in a classroom, or at the university of life, learning new things can foster your self-confidence, and give you a sense of well-being. We don't just learn as children, or in school. We can learn new things all life long. And through learning, we can change the way we think about ourselves and the world. The opportunities to learn are endless, whether it's formal learning, or not.

Try something you've never tried. Or go back to something that you liked before.

Sign up for that course: learn sign language or CPR or how to decorate cakes.

Learn to play an instrument. Experiment with cooking and make your favourite food.

Try a hobby or activity you've always meant to. Give yourself a challenge you'll enjoy.

Check out how to do just about anything on YouTube.

GIVE

Give to others

Seeing yourself, and your well-being as linked to your community can be incredibly rewarding, and can give your brain a boost. Do something nice for a friend, or for a stranger. Thank someone.

Smile. Check it out: it's contagious. Volunteer at something that's meaningful to you.

Join a community group.

Give to yourself

This is sometimes called "self-care." Set aside time for yourself and to do the things that make you feel well. Cook a tasty meal.

At work: Take breaks. Go for a walk at lunch. Don't eat at your desk. Take your sick days when you need them. Get a good night's sleep. Go out in nature. Or just get outside. Join a peer support group.

Un-plug from email when you can. Take a break from social media. Laugh hard, and often.

Do your laundry. Sing loud.

Reference: [Canadian Mental Health Association – Mental Health Toolkit](#)

Our annual Come Sail Away TEAM Challenge is back!

As you may recall, it is 21,600 Nautical miles to sail around the world once, which is equal to 40,000 kms or 1.72 million points on Sprout. Through tracking physical activities on Sprout (our very own health and wellness platform), we're challenging BC Ferries as a group to hit that goal ... THREE times! Last year BC Ferries sailed around the world 2.4 times so we're confident that extra push to get to 3 will be a breeeeeeeze! **As of May 1st**, track any and all activities from the **Cardio, Play, and Strength** categories on Sprout to help BC Ferries sail around the world!



Find Sprout: [BCF Intranet / Benefits, Health / SPROUT](#) or via [sailsafe.com](#)

Or go direct to the challenge page [here](#).



SMS Safety Flash



Stay in the loop with the latest SMS news & fleet-wide shared learnings.

[Safety Flash](#)

Safety Flashes are always available on the SMS Dashboards or BCF Intranet/Safety Links

Employee Occupational Injuries

Since all accidents are preventable – what key safe behaviours would have prevented these accidents and what will **you** do to prevent recurrence in your own workplace?

In the past week we experienced the following time loss injuries:

Back Strain – After working a pm shift a Customer Service Attendant felt pain and tightness in her back after helping with stores. The employee’s back pain worsened while attending a four day domestic vessel safety course.

Knee Pain – A Deck Officer reported experiencing pain in both knees over the past month.

Neck Strain – A Terminal Services Attendant experienced neck pain after tossing a bag of garbage into a bin.

Knee Strain – An Engine Room Assistant hyperextended his leg while moving a heavy electrical motor.

Back Strain – An Engineer had recently returned to work after a lengthy leave and was performing routine maintenance work. He was squatting down between the switchboard and the bulkhead to close the breaker and when he stood up he experienced a sharp pain in his back.

Burn – A Chief Steward noticed that the steam kettle was over filled with water and food product and asked the Cook to correct it. The Cook partially opened the drain and boiling water began to pour out. The Cook was standing in front and not to the side of the kettle and the boiling water missed the drain and splashed on the employee’s right foot.

Crushed Fingers - A propeller blade was being lowered onto the main car deck by a forklift. As the blade was being lowered it slipped on the forks, crushing the Labourer's right middle and index fingers between the blade and the bulkhead.

Date: April 1 – May 9	2017/18	2018/19	2018/19 objective is to reduce injuries and to reduce days lost by 18% over last year
All employee injuries including time loss	131	142	8% increase
All employee time loss injuries	11	30	173% increase