

COS Safety Posters

Each issue of COS will feature a high-quality pull-out safety poster. A different topic will be featured in each issue. Exclusive sponsors will have an opportunity to marry relevant content with a targeted marketing message. Posters are reserved on a first come, first served basis.

Ad rate: \$3,000 each



Have you heard?

According to data from the U.S. National Center for Health Statistics, 33.7 per cent of cases of deafness or hearing loss are caused by noise. Noise-induced hearing loss commonly results from multiple and long-term exposure to moderate to loud sounds. In some cases, it can also occur after a single exposure to a very loud sound such as an explosion.

The risk for noise-induced hearing loss is higher for workers in certain industries, including oil and gas, construction, manufacturing and forestry. But it's still possible to develop noise-induced hearing loss from other types of occupation, so prevention is the best course of action.

Noise protection tips for workers:

- 1 Use earplugs and/or earmuffs that are right for the job
- 2 Make sure they fit comfortably and securely
- 3 Put earplugs or earmuffs on before entering a loud environment
- 4 Never take them off while in a noisy environment
- 5 Always wear clean earplugs
- 6 Never use torn or damaged plugs

Noise protection tips for employers:

- 1 Use machinery that generate only 75 decibels or less
- 2 Install vibration controls to cover loud machines
- 3 Use quiet machinery for compressors or fans, e.g. "quietest steel" or plastic couplings
- 4 Display silencers or mufflers to quiet compressed air nozzles
- 5 Repair, recalibrate or balance rotating or fixed sound-absorbing acoustic wall and ceiling treatments
- 6 Review and redesign workflow to reduce workers' exposure to noise

Your safety, your call.

Do you know that a driver's reaction time goes down 35 percent when text messaging while driving?

In 2009, the Ontario government implemented legislation that makes it illegal to talk or send text messages on your cell phone while driving. Similar legislation is also in effect in Newfoundland, Nova Scotia and Quebec.

When driving, follow these safe phone use tips courtesy of the Canadian Centre for Occupational Health and Safety.

- 1 Set up your voice mail where callers can leave messages for you.
- 2 If you need to take a call, pull over to a safe location.
- 3 Have a passenger answer or place the call.
- 4 If available, enable your cell phone's voice-activated feature.
- 5 Use a hands-free or speaker option but keep the conversation short.

Driver safety is everybody's business. So, make the right call.

Helping you stay safe both on the road and off.

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| Issue | Issue Date | Space Closing | Material Closing |
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