



CAPSC

**Safety
Services**

MANITOBA

Safety Services Manitoba Services Catalogue 2009

Safety Services Manitoba is the province's leading not-for-profit safety service provider offering tailored, customized safety services geared to meet our customers' specific safety needs.

At Safety Services Manitoba we promote a culture of safety and health province-wide by delivering coordinated, comprehensive services throughout Manitoba. In-class instruction and hands-on training combine theory and practice, providing opportunities for people to apply their knowledge under the guidance of our certified health and safety professionals. Our instructors provide consistent, comprehensive training and education to help reduce risks and injuries and ultimately increase your bottom line.

We specialize in full-service programming in Occupational Safety,
Road Safety and Community Safety.



GO-TO

safetyservicesmanitoba.ca

to register online

SSM Safety Certification



Safety Services Manitoba Safety Certification supports organizations in managing the health and safety of their employees. The objective of SSM Safety Certification is to give employers the opportunity to develop a sustainable, self-sufficient health and safety system. SSM Safety Certification is available to organizations of any size in any sector of the Manitoba economy who are members of Safety Services Manitoba.

No two companies are alike and no two companies will work through SSM Safety Certification in the same way. SSM Safety Certification is designed to be flexible enough to fit any company.

Completing SSM Safety Certification includes: free three-hour evaluation; comprehensive consultation; written report outlining findings, recommendations and guidance; training requirements (four mandatory and two elective courses); and independent assessment.

Call (204) 949-1085 to begin the process of reaching your goal of reduced injury and illness at your workplace by achieving SSM Safety Certification.

Occupational Safety Services



SSM Consulting Services

Safety Services Manitoba offers affordable consulting services to address your occupational health and safety needs. We tailor our services to meet your specifications, working with you through consultation and evaluation. We adapt training and education services to match and suit your organization – all backed by the extensive experience and knowledge of our certified health and safety experts. Call (204) 949-1085 to set up a meeting to discuss SSM's consulting services.

Safety Leadership

½ day - \$95

Learn about best practices for developing and implementing an effective safety management system that meets and exceeds legislated requirements. An effective health and safety management system must incorporate seven core elements: Commitment; Accountability; Involvement; Hazard Identification; Incident Investigation, Training; and System Evaluation.

This training includes the importance of employee involvement, processes for hazard identification and control and principles of effective incident analysis. Gain fresh insight into the nature of safety systems paired with practical advice on demonstrating management commitment and maintaining accountability.

Safety and the Supervisor

½ day - \$95.00

It is important that all managers understand and apply successful management and leadership principles to make sure their employees enjoy an injury-free work environment. Managers will gain a greater awareness of five basic supervisor safety responsibilities to: provide safety training; provide resources and support; provide adequate supervision; demonstrate safety leadership; and enforce safety.

Safety & Health Committee Basic Training

2 day - \$295

Legislation in Manitoba requires you to have a safety and health committee if you employ 20 or more people. Managers, supervisors and employees learn how to set up an effective safety and health committee. Incident investigation, job hazard analysis and practical problem-solving techniques are covered.

Incident Investigation

1/2 day \$95 • *Also available online for \$35*

The Incident Investigation course empowers employees, supervisors and managers to take immediate action when an incident occurs. Using basic skills learned in this course you can conduct an efficient incident investigation in the workplace.

Job Hazard Analysis

1/2 day - \$95

Employees, supervisors and managers learn to identify areas with greater potential for an incident and specific improvements that reduce risk. This includes recognizing potential incident-causing tasks and providing practical solutions, who to involve in the development process and how to document analysis.

Introduction to Ergonomics

1/2 day - \$95

This course introduces the concept and purpose of ergonomics and teaches participants to identify personal, job and environmental ergonomic risk factors. Participants discuss proper workstation design and learn how to design and implement an effective ergonomics program.

Ergonomics of Manual Material Handling

1/2 day - \$95

This course covers the ergonomic risk factors associated with manual material handling (MMH) and methods to control those risks. You will learn to define the activities involved in MMH, apply the guidelines for safe lifting and conduct a basic survey of MMH risks in your workplace.

Ergonomics in the Office

1/2 day - \$95

This workshop presents the basic principles of ergonomics in the office to workers, supervisors and managers. Participants learn to identify the health considerations that apply in office environments, evaluate their work stations and use a computer monitor selection and set-up check list.

WHMIS

1/2 day - \$65

This mandatory course is designed to fulfill a company's legal obligations by familiarizing every employee with the Workplace Hazardous Material Information System. Basic components of WHMIS and related legislation, hazardous material labeling and how to use material safety data sheets (MSDS) and company compliance with WHMIS legislation is covered.

Confined Space

2 days - Classroom and Practical \$350

People who work in confined spaces benefit from this course as they learn the fundamentals and necessary safety precautions. Practical training in a controlled environment is provided in SSM's leading edge Confined Space training facility.



Lockout Energy Sources

½ day \$95 • *Also available online for \$35*

This course gives employees, supervisors and managers who work on live equipment an understanding of when and how to use lock-out procedures. This includes energy sources and types of isolating devices, responsibilities and legislation affecting work on live equipment and the implementation and communication of an effective lock-out program.

First Aid (Emergency)

1 day - Classroom and Practical \$125

This course benefits all employees by ensuring they are prepared if an emergency occurs. Training includes adult CPR and what to do when someone is choking, Basic Emergency First Aid guidelines, and recognizing the signs and symptoms of a heart attack, stroke, seizure or diabetic emergency.

Fall Protection

1 day - \$225

Employees and supervisors working in situations where they are at risk for a fall, learn industry best practices and relevant legislation. Includes Federal and Provincial standards and relevant legislation, selection, fit and maintenance of fall protection equipment and differences between fall protection and fall restraint.

Lift Truck (Forklift)

1 day - Classroom and Practical \$195

All operators are legally required to take this mandatory certification program. Operating a forklift safely and efficiently takes skill and practice. This course covers all makes, models and classes such as reach trucks, order pickers, walkie riders and sit-down counter balanced units. Supervisors and managers are encouraged to complete this training as well. Operators receive consistent training in compliance with existing regulations to improve efficiency and safety. Onsite training at your facility is available.

Skid Steer Loader

1 day - Classroom and Practical \$225

This comprehensive course teaches rules and practices for the safe operation of this equipment. After participating in the course, trainees are able to operate a skid steer loader in a safe and efficient manner.

Scissor Lifts/Articulating Man Lifts

1 day - Classroom and Practical \$225

Participants are taught to identify specific health and safety hazards associated with operating man lifts. Training includes a complete review of fall protection requirements, pre-shift equipment inspection, work area survey requirements and safe operating procedures.

Telehandler

1 day - Classroom and Practical \$225

This training course covers essential features of telescopic handlers and their maintenance. Avoid potential dangers of operation, assess loads, move them safely and learn how to get the best from your telehandler in various conditions.

Overhead Crane

½ day - Classroom and Practical \$125

This course teaches the basics of safe crane/sling operation and pre-shift inspections. Increase productivity and efficiency while reducing the risk of product and property damage, and accidents. Training includes load limits and capacity, lifting, moving and placing loads and use of chains, slings, spreader bars, grabbers and other attachments.

Front-end Loader

1 day - Classroom and Practical \$225

This course educates workers in safe work practices and procedures. It includes types of loaders, pre-operational inspection, potential problem areas, operating characteristics of front-end loaders, and loader stability/instability.

Truck-mounted Crane

1 day - Classroom and Practical \$225

This training program provides operators with the confidence to safely operate cranes in a variety of situations. Due to the number of makes models and applications in this industry, each course is customized to meet the company's requirements. This course applies to units under 7300 kgs capacity.

Road Safety Services



Transportation of Dangerous Goods

6 hours - \$125

This course provides the necessary tools to ensure all drivers, shippers and receivers learn appropriate handling and ensure legal responsibilities are understood and fulfilled.

Driver Evaluations/Assessments

1½ hours - Practical \$90

Determine your employees' confidence, knowledge and skills while driving company vehicles. This course will provide a professional, unbiased, written evaluation and assessment of employees or prospective employees driving company vehicles. Includes updated traffic laws, defensive driving and vehicle control, practical skills while driving and areas for improvement and future training requirements.

Winter Driving

6 hours - Classroom and Practical \$275

Improve your winter driving skills by attending this practical, hands-on learning course that teaches the basics for winter driving as well as evasive techniques for skid control and ice and winter road conditions. Drive our skid-monster and learn valuable driving skills to better prepare you for our Manitoba snow-covered and icy road conditions.

Mature Driver Workshop

½ day - No Charge

Varying road conditions emphasize the importance of refreshing our driving skills as we age. Increase your confidence and driving ability by taking advantage of our Mature Driver Workshop. Training includes an updated knowledge of traffic laws and road safety rules and how to compensate for the physical effects of aging on driving (changes in hearing, vision, flexibility and reaction time).



Class 4 Driver Training

1 day Classroom and Practical \$150

Designed for employees responsible for transporting up to 24 passengers, this training will improve their driving skills through defensive driving techniques, collision avoidance, skid control and threshold braking skills.

Corporate Defensive Driving

2 hours \$25; 4 hours \$50; 7 hours \$105

Reduce your insurance costs to company vehicles by training your employees in defensive driving. Interactive classroom sessions include preventing collisions, driver attitude and impairment, intersections, passing and aggressive driving. Optional topics include other road users, winter driving, emergency driving situations and vehicle technology. Course content can be adapted to all employees including summer students and office staff.

Motorcycle Training

21 hours - Classroom and Practical \$325

8 hours - Practical \$275

Riding a motorcycle requires a whole new set of safety skills in order to avoid a mishap or collision. Whether you're a seasoned rider or just learning, these courses provide valuable information to help you stay safe. Students should consider their level of ability when choosing a course. The 21 hour is the leading program for training new riders. The 8 hour is the minimum requirement for achieving your Class 6 licence in the Province of Manitoba. Training includes motorcycle dynamics including balance, control, and steering, collision avoidance, braking techniques and appropriate attire. A 6M motorcycle licence is required to take this training.

Scooter Training

12 hours - Classroom and Practical \$275

In order to safely ride a scooter, you're going to need skills that are best taught in a controlled environment. Graduates of this program are taught the skills to be safe, responsible scooter operators. Training includes balance, control, steering, collision avoidance, braking techniques and appropriate attire.

All-Terrain Vehicle Safety

1 day - Classroom and Practical \$150

This curriculum is based on field-tested techniques and provides a fun and orderly way to learn proper ATV operation. Whether you're a seasoned ATV rider or recently purchased your first one, you'll find this course very informative. Includes the safe operation of an ATV and laws governing ATV use. Students must be over the age of 15 and supply their own ATV.

Snowmobile Safety

1 day - Classroom and Practical \$150

Snowmobile safety training is encouraged for all snowmobile operators. Modern snowmobiles are capable of high speeds over snow and ice. With the countless hazards associated with operating a snowmobile, training is a crucial factor in safe, responsible snowmobile operation. The course includes the correct operating procedures and laws governing snowmobile operation. Students must be over the age of 15 and supply their own snowmobile.

Custom Designed Courses

Looking for a course that is custom tailored for your needs? SSM can help. We offer custom courses for the following:

- Responsible driving; and
- Defensive driving

Call (204) 949-1085 for more information regarding customized course options.

Community Safety Services



Safety starts in the community. Individuals, families, friends and neighbours work together and watch out for one another. Acting as a facilitator, Safety Services Manitoba promotes community safety between people and corporate sponsors who express an interest in activities designed to enhance and promote everyday safety issues and injury prevention.

SSM interacts with the community in several different ways. Events like the Motorcycle Show, World of Wheels and Snowmobile Show provide opportunities for SSM to get the word out that we offer skill and safety development.

SSM also promotes a number of annual Safety Weeks recognized throughout the province including:

School Safety Week	October
Senior's Safety Week	November
Home Fire Safety Week	November
Community Safety & Crime Prevention Campaign	November
Safe Driving Week	December
Agriculture/Farm Safety Week	March
Summer Safety Week	May
North American Occupational Safety & Health Week (NAOSH)	May
National Road Safety Week	May
National Water Safety Week	June
Day of mourning for persons killed or injured in the workplace	April
Stay Alert – Stay Safe Month	April

SSM is a resource for all safety information. Our qualified safety experts are available to answer questions or refer you to the appropriate resource. We also offer meeting facilities to community safety groups looking for space to meet. For more information, please call (204) 949-1085.



Operation Red Nose Running in December Only



Operation Red Nose offers a safe ride home during the holiday season with the added bonus of having the driver's car delivered safely home. This free service also collects donations to support various youth sport programs throughout the province.

As the Provincial Host Organization, Safety Services Manitoba headquarters the Winnipeg program and streamlines sponsorship opportunities for Operation Red Nose programs throughout the province. SSM also works closely with Manitoba Public Insurance which helps support programs in Flin Flon, Thompson, The Pas, Gimli, Portage la Prairie, Selkirk and Winnipeg.

For more information – including volunteer opportunities – Go-To www.safetyservicesmanitoba.ca/rednose



Founding Sponsor



**Manitoba
Public Insurance**

Provincial Host



Special Events



SSM's Occupational Health and Safety Conference (January) - Sponsored by the Workers Compensation Board, the Occupational Health and Safety Conference is for anyone responsible for the health and safety of their workplace. This includes senior management, supervisors, union safety representatives, safety specialists and safety engineers. Each year this long-standing conference brings more than 600 individuals together to learn from dynamic speakers, network with peers and explore new products and services in the trade show.

Safety Services Manitoba Golf Classic - This popular tournament is held each September at the beautiful Elmhurst Golf and Country Club. The Texas-scramble format ensures that a team effort is made and that all 144 golfers enjoy a great day on the links. Success for this event year after year hinges on the generosity of our sponsors.

With Safety Services Manitoba,
your return will be greater than your investment.



VISION

A safe and healthy Manitoba

MISSION

We deliver the best safety and health services for Manitobans

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