



## Carbon Monoxide – The Silent Killer

By Janelle Johnson Communications Coordinator, MHCA / Worksafely

Carbon monoxide (CO) is an odorless and colorless gas. If furnaces and fuel burning equipment are not maintained and detectors not in place this harmful gas can fill a room and seriously injure or even worse, kill the people in it.

This time of the year, as furnaces are being turned on again it is crucial that a trained professional comes into the building to change filters and check that ventilation systems are not blocked. When working in a closed space with fuel burning equipment be aware of the surrounding and be sure the space is well ventilated. Eliminating the harmful gas at the source is the best way to keep your family and employees safe.

Knowledge on the subject is important. Make sure your family and employees know the symptoms of CO poisoning and know what steps to take if CO does fill the room. The symptoms of CO poisoning are similar to symptoms of a flu; headache, nausea, burning eyes, dizziness and confusion. If this occurs in your home or at your workplace quickly and calmly get everyone outside to fresh air and call 911 or the local fire department.

The best way to prevent a carbon monoxide accident is to make sure there is a carbon monoxide detector in the building. Keep in mind, a fire detector cannot detect CO and a CO detector cannot detect a fire.

The building must be equipped with both detectors. Detectors should be tested on a monthly basis and the batteries should be replaced twice a year. Check the manufacturer’s guide for information on when the detector should be replaced.

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## Beware of carbon-monoxide sources and stay alive

By: W. Gifford-Jones / The Doctor Game Republished from the Winnipeg Free Press print edition August 24, 2012

Where do I get ideas for this column? It's usually from long hours of reading medical reports, talking to researchers, searching the Internet and various sources. It's tedious and tiring, but this week I got lucky. I was having a drink at my favourite watering hole when a friend said to me, "You should write about a problem I know that kills people. It also makes them ill, and they don't realize the cause of their poor health." He then told me some tragic stories.

"A child vomited and appeared to be having a seizure. No one knew why. In another case, two women, swimming in a cluster of boats, suddenly lost consciousness and nearly drowned. Two others were found dead in a cabin cruiser for no apparent reason."

He said another person complained of headaches only in the winter. So what was the final diagnosis? Carbon monoxide (CO) poisoning. It was the culprit in all the cases.

We've all heard stories of depressed people who commit suicide by sitting in a running car in a closed garage. But few people realize that gas from a cluster of boats can also generate enough CO to affect swimmers. Exhaust fumes can also flow back into the boat. If you have headaches, fatigue and general malaise only in winter, it might be due to your wood-burning stove, a defect in the heating system or a blocked chimney that's filling the air with CO.

This year, 500 people will die from CO poisoning in North America and another 40,000 will require hospital treatment. That's because victims are unaware CO is present, as it has no odour, colour or taste. The only protection is a carbon monoxide detector. Studies show although most people have smoke alarms, 50 per cent of households have no CO detector.

My bar friend's task is to inspect homes to determine if CO presents a hazard. He told me some people live on the edge without knowing CO is present, causing their health problems.

CO gas is measured in parts per million (ppm), and nine ppm is considered a health hazard. Because cigarettes emit carbon monoxide, home inspections often show eight to 10 ppm. Small wonder smokers often complain of headaches and feel tired all the time.

One of my friend's remarks reminded me of the "bingo brain syndrome." A woman was admitted to hospital complaining of mental confusion. She smoked two packs of cigarettes daily and was an ardent bingo player three nights a week. Further research revealed that of the 310 bingo players involved, 304 smoked. The woman's diagnosis was CO poisoning.

Today, we worry about deaths due to drunk drivers, but we might never know the number of fatalities that occur because chain smokers fall asleep from increased CO in the car.

Few people consider lighting candles hazardous apart from the danger of fire. But if power fails and several are lit in a small room, CO gas is produced. So think twice if you're planning to add romance to your life by opening a bottle of wine and lighting candles. Your partner might get a little drowsy at the wrong time.

This winter, don't be a victim of CO poisoning. Remember that when fuels such as wood, natural gas, oil or kerosene have insufficient oxygen for full combustion, CO is formed and can set the stage for tragedy.

CO binds to hemoglobin in the blood in amounts 250 times greater than oxygen, and in concentrations of 12,800 ppm, you're unconscious after three breaths.

There are several manufacturers that make smoke and CO detectors. They are a great insurance policy to protect your family.

And remember, never assume when the buzzer sounds, it's a false alarm. Get everyone out of the house, as a few moments of exposure to CO can mean the difference between life and death.

This has been a good week. I'll visit my favourite watering hole more often.

See the website [www.docgiff.com](http://www.docgiff.com)

For comments [info@docgiff.com](mailto:info@docgiff.com)



# Welcome MHCA New Members!

## KNYSH Construction

### Jay Knysh

201 Oak Point Highway R2R 1T7

Email: jay@bobcatmb.ca

Ph: (204) 633 - 3975  
Cell: (204) 782 - 2571  
Fax: (204) 633 - 6582



## Structure Scan Inc.

### Tony Brunette

1868 Springfield Road  
Box 5 Grp 525 RR#5  
Winnipeg, MB R2C 2Z2

Email: tony@structurescan.ca

Ph: (204) 777 - 6590  
Cell: (204) 795 - 1014  
Fax: (204) 222 - 7177



## Barkman Gravel & Landscaping

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# CentrePort welcomes firm's \$4.8-M buy-in

## Alberta-based investor builds facility for lease at inland port

By: Martin Cash Republished from the Winnipeg Free Press print edition October 22, 2013



Bird Construction's (from left) Nathan Wiebe and Paul Bergman, Shindico Realty's Robert Scaletta, CentrePort CEO Diane Gray, RM of Rosser Coun. Angela Emms, Rosser Reeve Frances Smee and Bird Construction's Richard Marshall in front of the partially constructed building in CentrePort.

BORIS MINKEVICH / WINNIPEG FREE PRESS

THE owner of an industrial park within the CentrePort footprint has as good a sense as anyone about the level of demand that exists for industrial land within the inland port.

So it's a vote of confidence in CentrePort Canada that the Alberta-based investor Olexa Developments is building a 44,000-square-foot multi-tenant industrial building in the Brookside Business Park before all the tenants have been identified.

Developers typically pre-lease more than 50 per cent for such a project before breaking ground.

It's the first build-to-lease building at CentrePort.

John Scaletta, manager of industrial properties at Shindico Inc. and the agent responsible for the development located north of Inkster Boulevard and west of

Brookside Boulevard, said Olexa really does have faith in the project.

"That's why they're spending \$4.8 million putting this new building up before it's fully leased up," he said.

Only one tenant has been lined up so far.

Houston-based Goodman Global Group, one of the largest manufacturers of residential and light commercial heating and air-conditioning products, has committed to 12,000 square feet of the space. It will be setting up a Canadian distribution centre.

Diane Gray, the CEO of CentrePort, said, "We get calls sometimes from interested parties asking to see potential sites for companies that want to be ready to move in six months. But there is so little inventory out there."

She said that's why the new build-to-lease project is good for the market.

Tenants in that industrial park and ones in the 67-hectare Brookside Industrial Park West south of Inkster Boulevard will have easy access to CentrePort Canada Way, the new \$212-million expressway that is only a few weeks from completion. (Brookside Industrial Park West is sold out and an additional 40 hectares are being readied for the market.)

Scaletta said the industrial-park land was originally packaged and sold to Olexa in 2008 before the creation of CentrePort and right when a global recession was taking hold.

"There were no sales at all during the first year," Scaletta said.

Since then, about two dozen companies have located there, many in the transportation and distribution sector. Out of 60 hectares in the original property, Scaletta has only eight hectares left to sell in the Brookside Business Park.

The developers had originally expected to have sewer and water servicing on the site by 2014. But because of significant complexities experienced by the city -- in particular a legal challenge regarding its ability to service land outside the City of Winnipeg (in this case, the RM of Rosser) -- an alternative water source and treatment plan is now in place.

Gray said that process should mean servicing will be ready by the end of 2015.

## Have a story for us? We'd love to hear about it!

The MHCA is only successful thanks to our strong membership roster that continues to grow, and now we want to hear from you!

We want to hear about a success story, a great photograph or a fantastic video or anything you want to share with us and the rest of the MHCA membership!

We'd like to hear from our members on things such as:

- A New Exciting Construction Project your company is involved with
- A Recent Successful Completion of a Construction Project
- A success story or achievement for your company or staff member(s)

Feel free to submit your idea or story to [media@mhca.mb.ca](mailto:media@mhca.mb.ca)

We will contact you for more information or details on your story, and then have it ready for a future issue of the Heavy News Weekly!

**Ho'olu homo la kuaa!**

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**WCRHCA 2014 Conference: Sunday February 2 to Wednesday February 4, 2014**

**Ho'olu homo la kuaa! Please Join Us!**

For more information please contact: Shantel Lipp, President  
slipp@saskheavy.ca | Phone: 306 586 1805 | www.saskheavy.com



## 2013 MHCA Membership & Services Directory available!

Released annually in spring, the MHCA Annual Directory is the exclusive Equipment Rental Rates Guide in Manitoba. Its 'yellow pages' list companies by areas of service. The 2013 Directory was mailed to MHCA members at the beginning of May.

Non-members can purchase this year's directory by contacting Brenda at 204.947.1379 or [brenda@mhca.mb.ca](mailto:brenda@mhca.mb.ca)

Public and private sector project owners extensively use the Directory to locate and contact needed suppliers of services, including contractors, materials, equipment, aggregates, oils, design, and engineering — to name a few.

# Training Schedule

Winnipeg Schedule:

Construction Safety Excellence™

## Training Schedule:

Train the Trainer	October 21-22
Traffic Control Coordinator	October 23-24
COR™ Auditor Refresher (1/2 day AM)	October 25
COR™ Leadership in Safety Excellence	October 28-29
COR™ Principles of Health & Safety Management	October 30
COR™ Auditor	October 31
COR™ Auditor	November 1
Traffic Control Coordinator	November 4-5
Owner Operator	November 6-7
Train the Trainer	November 12-13
WHMIS (1/2 day AM)	November 14
TDG (1/2 day PM)	November 14
Flagperson (1/2 day AM)	November 15
Excavation & Trenching (1/2 day PM)	November 15
COR™ Leadership in Safety Excellence	November 18-19
COR™ Principles of Health & Safety Management	November 20
COR™ Auditor	November 21-22



**FOR THE FULL CALENDAR**  
[www.mcha.mb.ca/worksafely](http://www.mcha.mb.ca/worksafely)

To Register:  
 Email: [sarah@mcha.mb.ca](mailto:sarah@mcha.mb.ca)  
 OR Fax: 204-943-2279

## OWNER OPERATOR CERTIFICATION

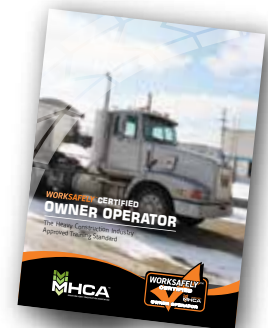
**WORKSAFELY MHCA™**

will hold a two day  
 Owner Operator Certification course on  
**November 6th and 7th, 2013**

(8:30a.m. - 4:30p.m.)

at the Manitoba Heavy Construction Association  
 3-1680 Ellice Ave, Winnipeg MB

To register please contact: Sarah Higgins at [sarah@mcha.mb.ca](mailto:sarah@mcha.mb.ca) or by phone at 204-947-1379



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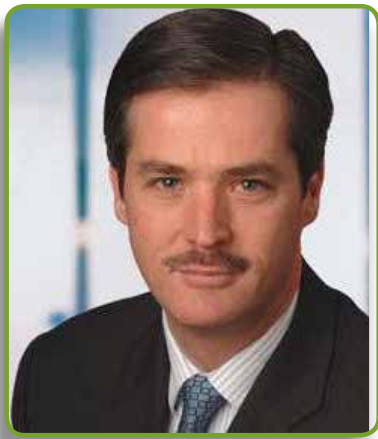
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[www.mcha.mb.ca](http://www.mcha.mb.ca)



MANITOBA HEAVY  
 CONSTRUCTION ASSOCIATION

## A Message from Bali

Peter G. Hall, EDC Vice-President and Chief Economist, October 25, 2013



Peter G. Hall

Enveloped in cloudless skies, brilliant sun and crystal waters, the delegates at the APEC-CEO summit in Bali had almost perfect conditions for clear communication. The conference didn't disappoint. Presentation after presentation took into account the fast-growth years, the ravages of the crisis, and offered thoughts on the way forward. Were there some key messages for Canadian exporters and international investors?

Nearly every speaker made reference to the disappointing global growth of recent years, and the recent slowing of Emerging Asia. Nonetheless, all took comfort in the observation that growth will be faster in the Asia-Pacific region than anywhere else on the planet. Thoughts were less about how to get growth going again and more about making sure that economies could accommodate continued growth. The contagion of Western pessimism seems to have stopped at Asia's door.

A key and repeated observation was the critical mass in the emerging Asia-Pacific zone. Multiple years of stellar growth rates have doubled and doubled again GDP in China and elsewhere, meaning that even if growth rates are lower in the future, they are growing on a much heftier base - effectively giving birth to a decent-sized economy every year. Also getting multiple mentions was the consequent growth of the region's middle class.

Tens of millions of new entrants to the club are consuming more and moving up the quality scale - starting with food, but spreading to a wide variety of goods and services. It's doubtful that the region can accommodate these demands on its own.

Another message was the need to move up the production value chain. China is quickly running down that vast surplus of cheap labour, and wage rates are on the rise. Eager to remain competitive, China is seeking to boost education, getting more out of its workers - and farming out more basic manufacturing to the rest of the region.

Others are trying to do the same. Two messages here: expect increased competition for higher-end goods; and higher demand for educational goods and services. All this upward movement is putting pressure on infrastructure. In economy after economy, infrastructure deficits are colossal. The collective need suggests a continued golden opportunity for construction firms, equipment makers, and engineering services companies in the region.

Huge profile was given to the pursuit of freer trade. The Trans-Pacific Partnership was hailed as a new and very necessary type of free trade deal - praised for what it will achieve, while at the same time acknowledging the pain of relinquishing various measures of national sovereignty over key issues of policy. Canada's intent to participate gives hope for freer access to regional dynamism - and the pledge by the Americans and others to conclude talks added excitement to the proceedings.

Not absent from discussions was the need to deal with the thornier issues present in the region. The challenges of corruption, governance, inclusivity and transparency, to name a few, were not ignored; - rather, recent progress was seen as the best evidence that the region is moving in the right direction.

One oft-expressed criticism was the cancellation of US President Barack Obama's visit. But if, as some intimated, this was really a sign of waning US influence, it's amazing that the absence of the President received so much air time.

The bottom line? Key takeaways for Canada from this year's APEC-CEO summit: demand from the region will remain robust, a sign that Canada's diversification of trade and investment will continue. A new thrust in key areas like infrastructure, clean-tech equipment, education and health care services suggest that Canada can gear up for greater participation in this region's ongoing, exciting story.



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Infrastructure and Transportation

**Attn: Manitoba Heavy Construction Association,  
Winnipeg Construction Association and  
All Contractors / Bidders of  
Government of Manitoba Contracts**

**October 21, 2013**

**Re: Changes to Province of Manitoba  
Government Wide Tendering and Contracting Policies – Safety Certification  
Affecting All Construction, Maintenance and Renovation Contracts  
On Manitoba Owned Property**

**Effective Immediately**

The Province of Manitoba is currently reviewing its Government Wide Tendering and Contracting policies which began a staged implementation in 2011.

Currently, all Contractors involved in construction, maintenance or renovation projects on Manitoba owned property require COR™ or SECOR™ certification for contracts valued at \$100,000 or more. Further, all subcontractors working on these same contracts must be registered and actively working towards COR™ or SECOR™ certification.

The final stage of policy implementation, set for January 2014, requires COR™ or SECOR™ certification for contractors and subcontractors regardless of the value of the contract.

As a result of an ongoing policy review, as well as industry feedback, Manitoba will not be proceeding with the final stage of policy implementation at this time. **The requirement for COR™ or SECOR™ certification will remain at the current level until further notice.**

For any questions or additional information regarding implementation of Manitoba's Government Wide Tendering and Contracting Policies, please contact:

Dustin Booy  
Contract Engineer  
Contract Services Branch  
Manitoba Infrastructure and Transportation  
204-945-0018  
[dustin.booy@gov.mb.ca](mailto:dustin.booy@gov.mb.ca)

John Erickson  
Contract Engineer  
Real Estate and Contract Services  
Accommodation Services Division  
Manitoba Infrastructure and Transportation  
204-945-7539  
[john.erickson@gov.mb.ca](mailto:john.erickson@gov.mb.ca)



Manitoba Infrastructure & Transportation (as of October 25, 2013)  
[www.gov.mb.ca/tgs/contracts/tenders/index.html](http://www.gov.mb.ca/tgs/contracts/tenders/index.html)

**TENDER NO. 6376 – CULVERT REPLACEMENT**

Location: PTH 68 at Dog Lake Drain Tender Availability: Currently available

Tender Due: 12:00 Noon, October 29, 2013

Owner: Infrastructure and Transportation

Phone: 204-945-3637

The work involves construction and removal of a shoo fly detour, removal of steel culverts and installation of pre-cast concrete culverts including frost taper construction on Provincial Trunk Highway 68, approximately 14.0km south of Provincial Road 325, at Dog Lake Drain (3-23-9W) in the Municipality of Siglunes. Major items of work include:

- 19 500 of Crushed Rock, 125mm Minus Limestone
- 134.6m of Placing Culverts Group 'A" and 'F"
- 2 8900 t of Granular Base Course Class 'A" Limestone

**C.O. X03674 – GUARDRAIL INSTALLATION**

Location: PR 340, Vicinity of Wawanesa Tender Availability: Currently available

Tender Due: 12:00 Noon, November 1, 2013

Owner: Infrastructure and Transportation

Phone: 204-726-6800

The work involves Guardrail installation on PR 340 in the vicinity of Wawanesa.

**City of Winnipeg (As of October 25, 2013) [www.winnipeg.ca](http://www.winnipeg.ca)**

No tenders this week

**OTHER**

**M.W.S.B. No. 1135 – R.M. OF WEST ST. PAUL TRUNK SEWER, CONTRACT #2**

Sealed tenders will be received by The Manitoba Water Services Board, Imperial Square, 2010 Currie Blvd., Box 22080, Brandon, MB R7A 6Y9 up to 11:00 AM on November 1, 2013 for the following works:

- Supply and installation by trenchless methods of approximately 2,400 metres of 750mm Diameter wastewater sewer and associated works in the R.M. of West St. Paul.

Phone: 204-726-6076

**M.W.S.B. No. 1127 – R.M. OF ST. CLEMENTS SOUTH SEWER MAINS: PHASE 1, CONTRACT 1**

Sealed tenders will be received by The Manitoba Water Services Board, Imperial Square, 2010 Currie Blvd., Box 22080, Brandon, MB R7A 6Y9 up to 11:00 AM on November 8, 2013 for the following works:

- Supply and installation by trenchless methods of approximately 14.7 km of 200mm forcemain (2-twin 7.35 km each), 24 km of low pressure sewer mains ranging in size from 75 mm to 250 mm including road crossings and various sizes of appurtenances and clean outs, along Henderson Highway and a railroad allowance all in the RM of St. Clements.

Phone: 204-726-6076

**M.W.S.B. No. 1141 – TOWN OF DELORAINE WATER TREATMENT PLANT**

Sealed tenders will be received by The Manitoba Water Services Board, Imperial Square, 2010 Currie Blvd., Box 22080, Brandon, MB R7A 6Y9 up to 11:00 AM on November 8, 2013 for the following works:

- Construction of a new water treatment plant including a new water reservoir, new pre-engineered building, installation of Owner supplied treatment equipment, chlorine disinfection, connection to the raw water line, connection to existing distribution system and wastewater connection to existing piping and associated works for Town of Deloraine.



**TENDER NO. 6375 – STOCKPILING TRAFFIC GRAVEL (EPP), SPLIT LAKE-GILLAM AREA**

Closing: October 17, 2013

Results:

(M) Smook Contractors COR™	\$1,139,900.00
(M) Hugh Munro Construction Ltd. COR™	\$1,820,500.00
(M) Glacier North Ltd. COR™	\$1,836,000.00

City of Winnipeg (as of October 25, 2013) [www.winnipeg.ca](http://www.winnipeg.ca)

No results this week

*Groundbreaking*



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[www.mhca.mb.ca](http://www.mhca.mb.ca)