

## 'Heavy Santa' The 'Gift' of 'Giving'

Winnipeg, December 2, 2015 - Smiling faces of children in grades one, two and three at David Livingstone School in Winnipeg's north end were once again lit up with the offer of a pizza lunch, goodie bag and the visit of Santa who presented each child a gift wrapped present to help them celebrate Christmas.

"What you do for these kids....is more than most get at Christmas" is a comment we hear from many of the teachers and staff at David Livingstone School each year we are there. And that is why the MHCA Heavy Santa appears at David Livingstone School each and every year for the past 12 years.



And it's not just the gift for the kids that matters. Donations made by MHCA members fund not only the lunch, goodie bag and present for each child - around 150 gifts - it also funds technology purchases to assist teachers in their ability to educate these beautiful children.

Last year we donated a 55 inch smart television. This year it was two iPads and carrying cases, donations of technology the principal identifies as being a priority for the children's education.

## WORKSAFELY

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We participate more than in just arriving and giving. There is a magnificent warm welcoming tone that embraces our presence by which we are blessed. It is truly wonderful to receive a gift at Christmas and many of us experience those opportunities each year.

But I must tell you, that 'giving' to these children is an emotionally charged event. The look in the eyes of these children when Santa arrives; the stares at the wonder of Santa's presence; the tugs at his clothing; the hugs as he wades through the mass of 150 children; the thank you's.... the repeated thanks you's.... the genuine thank you's....; the high fives.....the Christmas carols loudly and with feeling sung for Santa; these are the raw, real emotions that bring tears of incredible warmth and joy to each of us who participate.

Such is this '*gift of giving*,' far more meaningful than simply receiving a gift. This *gift of giving* touches us because we know that through our small efforts we have put a smile on a child's face; we have helped the school and teachers bring some joy; we have helped share the beauty associated with Christmas. And in return, we are blessed..... by the '*gift of giving*.'

And make no mistake....this would not be possible, were it not for the generosity of MHCA members who contribute funds to make the Annual MHCA Heavy Santa a practice we look forward to and cherish in the office. Each year a different staff person dresses as Santa, to experience the connection with the kids. You have given us that as a gift, and please know.....that your gift is sincerely appreciated. Thank you!

This Christmas season, in you own special way, pass on a gift to someone you truly care for, someone who needs a boost, someone who otherwise might not receive, and you too, will personally and emotionally benefit by....the 'gift' of 'giving.'



Chris Lorenc, B.A., LL.B.,  
President  
Manitoba Heavy Construction Association (MHCA)

## Welcome new MHCA Member!

The MHCA is proud to welcome its newest member, **Outdoor Oasis Landscaping & Design Ltd.!**

Outdoor Oasis Landscaping & Design Ltd. is a full-service landscape operation, based in Dauphin, MB, that specializes in new construction, commercial and residential.

Their list of services includes aggregate trucking, drilling, commercial and residential, riverbank and lakeshore stabilization, and excavation services for water and sewer.

Outdoor Oasis is a licensed wastewater treatment installer, is Manitoba Safety Certified over 4500 kg., and offers full service heavy duty equipment and transport truck repairs and custom lowbedding for construction and agriculture equipment across the prairie provinces.

**For more information on Outdoor Oasis Landscaping & Design Ltd., contact:**

Tim Lendvoy  
Box 430  
Dauphin, MB R7N 2V3

**T:** 204-648-4458  
**E:** tlendvoy@hotmail.com



## Manitoba's common-sense approach to trade

*Originally published in The Winnipeg Free Press, written by Carlo Dade*

Manitoba's healthy preoccupation with the importance of our trade south of the border brings balance to the rest of Western Canada's singular obsession with distant markets.

It is remarkable how ready some provinces are to overlook the importance of trade with the U.S., which remains by far our largest and most important market. The further west one travels, the faster and seemingly more dismissively one hears, "Yeah, but just look at China."

Manitoba is the sober antidote to our China-mania and for good reason: 72 per cent of its trade is with our southern neighbour.

It anchors us to the reality of trade; it is Aesop reminding us a bird in the hand in the U.S. is worth two in some distant Asian bush. Manitoba often seems the lone voice in the West, reminding us the majority of every western province's foreign trade is south, not west across the Pacific Ocean, and that we need both markets.

Trade diversification should not come at the expense of market share in what is the richest and easiest market on the planet. The ideal scenario for Western Canada is to see the rate of growth of our trade with Asia exceed the rate of growth of our trade with the U.S.

We want our trade in both markets to grow, but it will become more difficult under the new reality of the Trans-Pacific Partnership (TPP).

The agreement will turn North America from a privileged market we shared almost exclusively with Mexico to a more competitive and more difficult 12-nation replacement for NAFTA. We will soon have nine new low-cost competitors competing for our best customers in the U.S. At the same time, every new market to which we gain access under the TPP comes with those same competitors. So, new markets will be difficult as well.

We need to prepare to step up our trade game, not just in Asia but also here in North America. With approval and implementation of the TPP likely in 2017, we have little time to waste. In a recent speech to the Business Council of Manitoba, I outlined three ways in which Manitoba could take the lead:

The reality of the TPP replacing NAFTA has largely escaped public notice. It will affect the West's trade with the U.S. We need a champion to ensure the federal government takes western issues into account. A champion would also bring the West together in high-level public/private meetings to get these issues in front of the public and on policy agendas. This would be a natural role for Manitoba.

Second, we will need allies in our fight to maintain advantage in North America. The only country with as much at stake as us is Mexico. Strengthening relations, repairing damage from the previous government's decision to impose visas and catching up with Ontario and Quebec, whose premiers are constantly in Mexico, is a priority. Former Manitoba premier Gary Doer was the last western premier to visit Mexico; with Mexico exploring investments in CentrePort and plans to open a consulate in Winnipeg, Manitoba leadership on this front seems natural.

Finally, a key to keeping our market share in North America will be our ability to move products and people efficiently, cheaply and safely. Distance from market is a competitive disadvantage for us in Asian markets but an advantage in North America, one that we could build on. Manitoba, in fact, has four direct transportation links to Mexico: rail, road, air and sea (via the Port of Churchill).

As the geographic centre of North America, Manitoba can and should play a leading role.

The need and opportunity are there; the West would benefit if Manitoba takes up the challenge.

## Amazing Machine 'Prints' Brick Roads

*Originally published in, featured in the CCA Weekly*



In goes a truckload of bricks, out comes a road!

Part printer, part pasta press, these remarkable machines spit out a perfectly uniform sheets of bricks to make walkways up to 20 feet wide.

Several companies operate such machines, including Tiger Stone, RoadPrinter, and RPS.

As construction workers insert bricks into the machine's forward compartment, the machine automatically processes the bricks and spits the assembled road from its rear, leaving a meticulously crafted path in its wake.

The green machine runs entirely on electricity, moving at a speed of 13 feet per minute. According to TechInsider, the machine can lay upwards of 5,300 square feet of bricks in a single day.

### Storm Machines Mimic Disasters At The Tap Of A Button

As Belgian manufacturer RPS notes on its website, the machine carries ergonomic benefits for its operators: "Because the finishing of the edges is directly done on the machine, the pavers do not have to get on their knees for fixing the edges (they work in a good ergonomic position which makes their job much lighter and more efficient) and the road is filled and finished instantly!"

For more information please visit: <http://www.rpsystems.be/rps6.html>





# Reporting Workplace Injuries Matters



## The goal

Increase awareness that workplace injuries should be reported to the Workers Compensation Board of Manitoba (WCB)

## What's it about?

This campaign will raise awareness and knowledge of injury reporting responsibilities among employers and workers to ensure workplace injuries are reported so injured workers get the benefits they need

## What are the key messages?

- Report workplace injuries – it's your right, and it's the law
- Get the benefits you deserve quickly – coverage of lost wages; a full range of healthcare services; and a timely and safe return to meaningful work
- The WCB provides service that is fast, easy, caring, right and clear
- Injury reporting identifies hazards so they can be prevented in the future

## Where will you see it?

TV, radio, billboards, online, transit, doctors' offices

## Call to action

If you're injured at work:

1. Tell your supervisor
2. Get healthcare if required
3. Report your injury directly to the WCB – call 204-954-4100 in Winnipeg or toll free 1-855-954-4321



Visit [wcb.mb.ca](http://wcb.mb.ca) for information on injury reporting and return to work in multiple languages

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## Message from the Events Committee Chair...

On behalf of the Events Committee, I want to extend our sincerest thanks to Mickey Stanley for his years of service and dedication to the MHCA. Mickey has worked extremely hard for the MHCA overseeing the Events Committee for the past number of years and helping to shape the success of the various events we host.

As the new Chair of the Events Committee, I want to replicate the success Mickey has enjoyed. In doing so, I would certainly welcome any feedback or suggestions from our members relative to the events hosted by the MHCA. In addition, we are always looking for new members for our committee, so if you are interested in joining, please feel free to contact me at (204) 934-0268 or via e-mail at michael.byrne@aon.ca.

In the coming weeks, we will share more information about our next event – the MHCA’s annual curling bonspiel – which will be held at the Heather Curling Club on Thursday, January 21, 2016.

Michael J. Byrne  
MHCA Events Chair  
AON Reed Stenhouse



Michael Byrne

## Appointment

The MHCA is pleased to report that MHCA President Chris Lorenc, a member of the WCB Board of Directors representing Manitoba employers, was named by the WCB Board to Chair the WCB Prevention Committee.

The Prevention Committee is established to assist the WCB Board of Directors in fulfilling its oversight responsibilities for workplace injury and incident prevention activities. The Committee is charged to:

- (a) Develop policy for the prevention of workplace injury and illness, including incentive programs, for the consideration of the Board of Directors;
- (b) Develop operating and capital budgets for prevention activities;
- (c) Regularly review and advise the Board of Directors about prevention activities;
- (d) Ensure that the WCB has reasonable processes for coordination of activities with Workplace Safety and Health and the Chief Prevention Officer; and
- (e) Review and evaluate strategic plans for prevention initiatives and make recommendations to the Board of Directors.



Chris Lorenc

The Prevention Committee is composed of the Chairperson of the Board of Directors, the Chief Executive Officer (non-voting) and equal number of members of the Board of Directors representative of workers, employers and the public interest.

The Prevention Committee is also composed of the deputy minister of the department over which the minister presides or the deputy minister's designate, the Chief Prevention Officer, a member representative of employers who is appointed by the minister, and a member representative of workers who is appointed by the minister. All members have voting privileges on the committee.

# ***NEWS RELEASE***

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**WCB Communications, 333 Broadway  
Winnipeg, Manitoba R3C 4W3**

**Tel.: 204-954-4113  
Fax: 204-954-4968  
[www.wcb.mb.ca](http://www.wcb.mb.ca)**

**For Immediate Release**

**Date: November 30, 2015**

## **WCB Encourages Workplace Inclusion for People of All Abilities**

(WINNIPEG) – December 3, 2015 marks the International Day of Persons with Disabilities to build global awareness, understanding and support for those affected by disability issues. The theme for this year is "Inclusion matters: access and empowerment for people of all abilities" which includes the area of employment. The Workers Compensation Board of Manitoba (WCB) encourages Manitobans to take this day to consider ways to improve inclusion in the workplace for people of all abilities.

Approximately 30,000 workplace injuries occur every year in Manitoba. Inclusive work environments help those workers recovering from an injury or illness remain active, productive and connected to the workplace.

"Contributing to the workplace, and utilizing one's abilities in an altered capacity, lessens the personal and financial impact of an injury or illness and aids in the recovery and overall wellness of the worker," said Winston Maharaj, President and CEO of the WCB. "Through our return to work efforts, we work collaboratively with workers, employers and healthcare practitioners to help people return to safe and meaningful work while focusing on ability and workplace inclusion."

The WCB offers employers free workshops on how to set up a return to work program and has an Employer Relationship team with return to work specialists who are able to coach and mentor workplaces in developing effective return to work programs.

For more information about return to work programs, visit [wcb.mb.ca](http://wcb.mb.ca) or call 204-954-4321, toll free at 1-855-954-4321.

The Workers Compensation Board of Manitoba is a mutual workplace injury and disability insurance agency funded by employer premiums. We are here to insure and support safe and healthy work and workplaces, and put workers and employers at the centre of all we do.



-2-

**For more information contact:**

Warren Preece  
 Director of Communications  
 Workers Compensation Board of Manitoba  
 204-954-4113  
 1-855-954-4321, ext. 4113  
 Email: [wcb@wcb.mb.ca](mailto:wcb@wcb.mb.ca)



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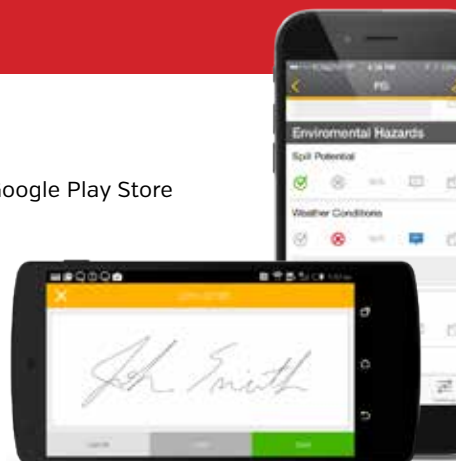
*Curtis Bachmeier, Director, Wildcard Excavation Inc.*

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# **EXPO NORTH**

Destination: **Thompson**  
February 24 & 25, 2016

# **EXPO SOUTH**

Destination: **Winnipeg**  
April 5 & 6, 2016

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*The Manitoba Heavy Construction Association & the Manitoba Home Builders' Association  
are pleased to present,*

# Breakfast with the Leaders Series

## *Holiday Inn Winnipeg Airport Polo Park*

1740 Ellice Avenue, Winnipeg, MB

**Mr. Brian Pallister**

Leader, PC Party

Tuesday January 19, 2016

King Edward Room

**Ms. Rana Bokhari**

Leader, Liberal Party

Thursday January 28, 2016

Madison Ballroom

**Premier Greg Selinger**

Leader, NDP

Tuesday February 23, 2016

Madison Ballroom

### *Areas of interest to be addressed in the presentations:*

- Given the importance of growing Manitoba's economy, the relative priority the Leader would place on trade & transportation investments as part of a provincial economic growth strategy, including promoting CentrePort Canada and the Port of Churchill as key Canadian trade gateways and corridors;
- To address obvious investment need, commitment to sustaining and incrementally enhancing the projected levels of strategic investment in Manitoba's core infrastructure through the dedicated 1% of PST revenues;
- Income growth has not kept pace with the cost of housing. Address the rising cost of home ownership and decline in affordability in the Manitoba market particularly as it impacts young people;
- Projected approaches to balancing the provincial budget;
- Views on reviewing the existing provincial revenue sharing and striking a 'New Fiscal Deal' all of Manitoba's municipalities;
- With the growing importance and profile of the New West Partnership an indication of intention to join, or otherwise project Manitoba's global presence and investment promotion.

**Doors Open:** 7:30 am

**Breakfast:** 8:00 am hot breakfast will be served

**Presentation:** 8:15 am

**Cost:** \$35.00 + gst / person

**RSVP:** **MHCA** - Brenda Perkins at 204-947-1379 or [Brenda@mhca.mb.ca](mailto:Brenda@mhca.mb.ca)

**MHBA** – Janet Constable at 204-925-2578 or [jconstable@homebuilders.mb.ca](mailto:jconstable@homebuilders.mb.ca)

The *Breakfast with the Leaders* series is sponsored by  
**Aon Reed Stenhouse Inc.**





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SEASON

TITAN ENVIRONMENTAL CONTAINMENT





# Join your colleagues at the WCR&HCA Convention

Sunday, February 7 to Wednesday, February 10, 2016

Fairmont Kea Lani

Wailea Coast, Maui, Hawaii

## Convention Features & Highlights Include:

- Accommodations at the Fairmont Kea Lani, Hawaii's only all-suites oceanfront resort
- Keynote speakers: The Honourable John Baird and Todd Hirsch
- An extensive social program, including four fabulous evening events
- An educational program that will address today's emerging issues and trends
- Exclusive group and kids activities offered daily
- The AON Golf Classic on the Wailea Gold Course, home of The Champions Skins Game
- 4 great days of networking and sunshine!

Don't miss your opportunity to be **"Where the West Meets"!**

For Convention & Registration information, visit [www.wcrhca.org](http://www.wcrhca.org)

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# THOMPSON, MB WINTER ROADS TRAINING



Winter Roads Training will be held at the Burntwood Hotel, in the Executive Room, from **November 30 – December 4, 2015**

COR™ Leadership in Safety Excellence	November 30	For any training requests and to register, please contact:  <b>Sarah Higgins</b> WORKSAFELY™ Training Coordinator e: sarah@mhca.mb.ca t: 204-594-9060
COR™ Principles of Health & Safety Management	December 1	
COR™ Auditor	December 2	
WHIMIS	December 3 (a.m.)	
Transportation of Dangerous Goods (TDG)	December 3 (p.m.)	
Winter Roads Training	December 4	

This training is open to anyone. Training for Aboriginal Communities building winter roads will be sponsored by Manitoba Infrastructure and Transportation

Please note that a minimum of six (6) students is required to hold the training. WORKSAFELY™ policy states cancellation must be made at least two business days in advance - otherwise, full course fee charges will apply



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**TO REGISTER,  
PLEASE CONTACT:**  
Sarah Higgins  
sarah@mhca.mb.ca

# Training Schedule

## December

COR™ Principles of Health & Safety Management, **Thompson, MB**  
 COR™ Auditor, **Thompson, MB**  
 WHMIS (1/2 day AM), **Thompson, MB**  
 TDG (1/2 day PM), **Thompson, MB**  
 Winter Roads, **Thompson, MB**

Dec. 1  
 Dec. 2  
 Dec. 3  
 Dec. 3  
 Dec. 4

Burntwood Hotel  
 Burntwood Hotel  
 Burntwood Hotel  
 Burntwood Hotel  
 Burntwood Hotel

## January

COR™ Leadership in Safety Excellence  
 COR™ Principles of Health & Safety Management  
 COR™ Auditor

Jan. 11 -12  
 Jan. 13  
 Jan. 14 - 15

MHCA Office  
 MHCA Office  
 MHCA Office

COR™ Leadership in Safety Excellence, **Brandon, MB**  
 COR™ Principles of Health & Safety Management, **Brandon, MB**  
 COR™ Auditor, **Brandon, MB**

Jan. 11 - 12  
 Jan. 13  
 Jan. 14 - 15

St. John Ambulance  
 St. John Ambulance  
 St. John Ambulance

Train the Trainer  
 Flagperson (1/2 day AM)  
 Committee/Representative Training  
 WHMIS (1/2 day AM)  
 TDG (1/2 day PM)  
 Excavating and Trenching (1/2 day AM)  
 Traffic Control Coordinator  
 \*Team Leader (1/2 day AM)  
 \*Effective Delegation (1/2 day PM)

Jan. 18 - 19  
 Jan. 20  
 Jan. 20  
 Jan. 21  
 Jan. 21  
 Jan. 22  
 Jan. 25 - 26  
 Jan. 28  
 Jan. 28

MHCA Office  
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 MHCA Office

## February

\*Written Communication (1/2 day AM)  
 \*Verbal Communication (1/2 day PM)

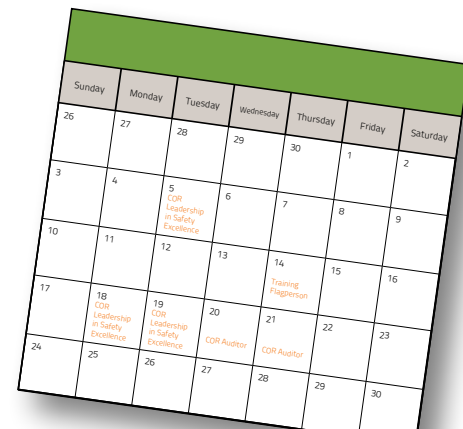
Feb. 11  
 Feb. 11

MHCA Office  
 MHCA Office

EXPO North, **Thompson, MB**  
 Held at the **Thompson Regional Community Centre & University College of the North**

Feb. 24 - 25

\*Leadership Certificate Program





# WORKSAFELY MHCA SAFETY TIPS

## Ergonomics

Office environments aren't perceived as dangerous workplaces; however, ergonomic hazards surround us on a daily basis. Ergonomic injury risk factors include forceful movements, repetitive motions, awkward postures and lack of rest. Ergonomic injuries happen more frequent than you think and they can happen to you if you don't follow some basic ergonomic rules, including stretching, micro-breaks and proper posture. The following list contains tips and tricks that will help reduce the stress on your body and allow you to take effective breaks in the day.

Workers should think of themselves as Industrial Athletes: athletes wouldn't participate in a sport without proper rest and warm-up, so use the same preparation on the job.

Give yourself rest periods to give your body time to recover from work and break routine with mini exercises and stretches that strengthen the body.

Also, maintain your overall health. Get a good night's sleep to rest your body and maintain alertness. Eat healthy foods and drink fluids to boost energy and stay hydrated. Take part in aerobic exercises and weight training to increase strength and vitality. And stretching, yoga, and pilates are all proven to improve flexibility and build core body strength.

### The importance of stretching

- Stretches help you warm-up before work and relax during breaks; they increase flexibility and boost blood flow and oxygen to muscles.
- Perform stretches slowly and gently; avoid extreme postures and stop stretching if you feel pain or discomfort.

Overall fitness and flexibility, adequate sleep, task rotation, and rest breaks can help limit the overall risk of injury.

### The importance of taking breaks

- Pay attention to signs of discomfort and fatigue on the job; these are warning signs from your body.
- As muscles tire during a work task, slouching can lead to poor posture, sloppy, uncontrolled movements, and injuries. Rest breaks mean recovery for the body.
- During a job task, take micro-breaks lasting 10-15 seconds every ten minutes. Take mini-breaks lasting 3-5 minutes every thirty to sixty minutes.
- These short breaks give the body a rest, reduce discomfort, and improve your performance.
- Alternate your work activities and postures throughout the day. Rotating tasks may seem inefficient, but the rest and use of different muscle groups increases energy and maintains productivity. For example, if you are a landscaper, don't trim all of the shrubs, sweep up the trimmings, and then leaf-blow the whole area; work in sections and trim, sweep, and leaf-blow in alternating tasks. If you work at a single workstation and job task all day, move into different postures while you work: first standing, then standing with one foot resting on a stool, then sitting.



## Bumpy Ride to Shangri-La?

By Peter G Hall, Vice President and Chief Economist



“The great fall of China,” the title of an article in *The Economist*, sums up recent market sentiment toward China. To point, there’s a lot of falling going on. Equity markets crashed hard. The Chinese yuan was devalued, sparking fears of a currency war. Some speculate that China’s massive debt bomb is about to explode. To top it off, economic growth is sputtering and there are recession fears. Is China in serious trouble?

Let’s put it in perspective. China was in trouble back in 2008, and it had to act fast to avert a tumble. Faced with collapsing exports and an unheard-of property market reversal, China responded with an enormous stimulus package equivalent to about 13% of GDP. As a result, investment as a share of GDP, which had averaged 37% from 2000 to 2008, accelerated to 44% from 2009 to 2014. At the same time, private sector credit grew by a staggering 99% from 2008 to 2009 and has been growing at rapid rates since. The ensuing private and public sector investment binge has led to overcapacity and over-leverage. Local government debt is considered especially concerning.

Slowdown complicates the situation. It’s partly policy-driven, as China itself is concerned about excesses and sustainability of growth. It’s also population-driven. China doesn’t have the giant labour surplus it began with 30 years ago, and total population growth has stalled. Slowdown is also a result of underwhelming trade performance, which stands in contrast to the pick-up in US activity. Does this spell disaster for debt management?

Clearly the trajectory is not sustainable, but the level of debt and pace of growth alone do not outright suggest a full-blown crisis if properly managed. Recent policies undertaken by authorities suggest an acknowledgment of the problem, and they are devising mechanisms to address it. China’s public debt was 15% of GDP in 2014. If we assume all identified local government debt, which the latest government estimates put at 38% of GDP, to be liabilities on the sovereign, it would bring the aggregate ratio closer to about 54% of GDP. Granted, the sovereign may be on the hook for more liabilities, but the debt share still indicates the government has some room to manoeuvre. For instance, it’s notable that most of China’s debt is domestically held; external debt is just 9% of GDP. Sure, debt service costs will increase, and deleveraging amid a slowdown will expose other vulnerabilities, but on balance the risks appear manageable given the many levers at the government’s disposal. Put another way, China is unlikely to experience a “Lehman” moment given its political and economic realities.

Even so, growth is still required to keep the overall situation from deteriorating. Can exports take the lead, leveraging nascent US and European growth? There is a glimmer of hope stemming from one of the recent sources of volatility. China’s currency depreciations in August, totaling 4.6%, shocked markets and led to immediate “currency war” banter. As discussed in last week’s Commentary, the renminbi actually saw a significant appreciation over the past 18 months in trade-weighted terms. Although the Chinese Central Bank had earlier changed the currency mechanism to allow market forces to influence the daily fixing rate of the currency, it was maintained in a narrow band against the USD, appreciating significantly against many other currencies, including the euro. Given China’s trade dependence, it is actually surprising that the authorities didn’t intervene earlier to stem the appreciation. China is continuing down the path of internationalizing its currency, capital market and financial sector reforms. But it bumped into an economic reality, and the currency response unnerved markets, spurring capital outflows. However, the outlook for China would actually be somewhat worse if the depreciations had not occurred.

The bottom line? Growth has slowed since late 2013, but keen to avoid a “hard landing” policymakers are busy providing various forms of stimulus to stabilize the economy to allow growth to get close to the 7% target range. Consumption may also help. At 38% of GDP, it has maintained a stable presence throughout the turmoil, and economic strategy is aimed squarely at increasing its contribution to growth. Adding these factors together, we estimate headline GDP growth for China to come in at 6.9% this year and 6.8% in 2016 – still a very impressive result.



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