



The Heavy News Weekly



MHCA Executive Committee Meeting Highlights

Winnipeg – The MHCA Executive Committee, chaired by Derek Walker, met on June 22, 2016. Below are the highlighted areas of consideration.

PROVINCIAL BUDGET – MAY 31, 2016

The Committee reviewed highlights from the Provincial Budget, tabled May 31, 2016. The MHCA has asked, and Manitoba Infrastructure Minister Pedersen will appear at our June 29, 2016 Board meeting to speak to the budget and its impact on our industry. It will provide an opportunity to ask questions about the budget, the rolling of ESRA into MI and any related questions. Of particular concern this year is the soft level of MI work.

ANNUAL MHCA MI PROGRAM REVIEW MEETING

The captioned meeting is to convene on June 27, 2016 at the MHCA offices. A proposed list of topics was emailed to the Executive under separate cover for discussion at our meeting.

ESRA TO MI

ESRA will be rolled into MI. MHCA is meeting with MI on June 23, 2016 to consider the above topic area. A separate email with suggested topics was emailed to the executives.

CBYD & UTILITY LOCATES MEETING

The MHCA hosted a stakeholders meeting on June 8, 2016 to discuss CBYD and Utility Locates. The below summarizes agreed upon next steps:

- A. Information - Short Term - distribute information in the immediate term clarifying the roles, responsibilities and expectations from and of all players; offer a FAQ which could speak to common occurrences and related advice.



In This Edition:

MHCA Executive Committee Meeting Highlights	1-3
Bridging Global Infrastructure Gaps	5
Notice of Passing - Kenneth David Sigfusson	6
WORKSAFELY™ Team Joins in on Lafarge Safety Meeting	8

Upcoming MHCA Meetings

- MHCA Board of Directors - June 29, 9:30 AM - Larters, St. Andrews, MB.
- Education, Training and Gold Seal - August 04, 2016 - MHCA Office

Continued on page 2

B. Subject Matters Expert (SME) Working Group - Short, Medium, Long Term - consisting of industry practitioners and service providers to identify immediate concerns to be addressed so as to mitigate and address known obstacles to timely consistent service; ensure that the same group meets post 2016 season to learn from what occurred during the season; and then hold annual meetings pre and post season to offer to the market experience-driven advice in support of continuous improvement.

Todd Turner, EF Moon will chair the group and Jackie Jones with the MHCA WORKSAFELY™ Program was designated to henceforth coordinate meetings and related materials.

C. Manitoba Common Ground Alliance (MCGA) - Medium to Long term - pursue advocacy promoting best practices, build support coalition, solicit government pressure assistance in support of universal utility participation as a matter of sound public interest/safety policy, and push for legislation only as a last resort. Note: Derrick Saedal and Sher Kirk will lead.

D. National Best Practices Committee - it was agreed that Matthew Neziol, Bayview Construction; and Ed Kuypers, Manitoba Hydro would be named as Manitoba representatives to the National Best Practices Committee. It meets roughly four times per year to review and recommend changes to the National Damage Prevention Best Practices document and it has the final say on what is included in that document. See - (<http://www.canadiancga.com/page-790954>)

E. Training - anyone interested in accessing training for using the web portal (online, facilitated), can be accessed by reaching out to AOC through info@clickbeforeyoudigmb.com and advise how many participants and preferred dates/times. The AOC contact person for that is Sher Kirk, AOC Operations Director, ph 403.531.3718; cell 403.479.4732; email SLKirk@AlbertaOneCall.com

MUNICIPAL/PROVINCIAL REGULATION OF AGGREGATE PITS & QUARRIES

The aggregate industry has not met with much success in dealing with RMs of late:

- Applications (three in total) to establish quarry operations in each of Rosser and Springfield, which seemed to comply with applicable planning policies, have been denied.
- The RM of Rosser has recently adopted a Quarry Operations By-law which seems to conflict with its jurisdictions under the Municipal Act; and
- Past meetings with the RM of Springfield's aggregate task force have been slow-going. Our efforts as a committee to find a reasonable common ground have so far proved to be unsuccessful.

Based upon all of the above the MHCA has, since the late fall of 2015, been trying to intervene collaboratively, but regrettably to no avail.

As a result, we have met with and written to the provincial government to raise our concerns. On May 11, 2016 in a meeting with Premier Pallister, we raised concerns in a global context.

SURPLUS TO BUDGET - ALLOCATION TO WINNIPEG PROJECTS

Derek Walker, Chair MHCA; Henry Borger, Chair MHCA Winnipeg Committee; and Dennis Cruise, MHCA Board member met on May 17, 2016 with Councillor Janice Lukes, Doug McNeil CAO and Public Works Director Lester P. Deanne to discuss allocating surplus to budget from competitive bidding, to additional projects for the 2016 construction season. The MHCA will appear before the IRPW Committee on June 28, 2016 to speak to the matter.

Pictured Below: MHCA Executive Meeting on June 22, 2016 at the MHCA offices



PLUMBER-COMPULSORY CERTIFICATION

“Apprenticeship Manitoba has received a request from industry to designate the trade of plumber as a compulsory certification trade. This means that ALL individuals performing plumbing activities would need to be: A Certified Journeyman or an Apprentice in the trade, registered with Apprenticeship Manitoba.”

A topic specific task force chaired by Bob Reidy has been established, has met and its recommendations will come to the MHCA Board meeting to take place on June 29, 2016.

FEDERAL GOVERNMENT CONSULTATIONS ON CLIMATE CHANGE

MHCA staff attended a May 25, 2016 town hall meeting on climate change hosted by the federal Minister of Environment, Catherine McKenna.

The meeting was part of the federal government's consultation on the development of its policy on climate change. In regards to this, the government will be seeking feedback on: how to reduce emissions; pricing or taxing carbon; clean technology; and preparing communities for change. The meeting focused largely on issues of concern from the general public rather than industry.

The Canadian Construction Association (CCA) is taking the lead on providing input to the federal consultation process on behalf of the construction sector.

EDUCATION TRAINING & GOLD SEAL COMMITTEE

The Committee met on June 13, 2016 and discussed the following topic areas:

- the opportunity for company purchasers to attend and network with exhibitors at the tradeshow;
- increasing the marketing of the exhibitors and allow them to promote their products to the purchasers;
- the creation of a survey to be distributed to all MHCA members (owners, management and safety personnel) to determine upcoming industry training needs. The survey is to be distributed with results back by mid July so that the Committee can start planning and have the course outline complete by early fall.

The next committee meeting will be August 4, 2016 at the MHCA office.

REGULATORY ISSUES:

- Permits for Work Camps -- A working group met on June 15. We are approaching the Office of the Fire Commission (the Province) to: seek clarification on regulations and inspection process; simplify the inspection and permit process; and explore ways to work proactively with OFC and industry (i.e., off-season) to expedite the permit approval for the industry.
- Jobsite Storage Tanks –Transport Canada is undertaking a review of regulations related to mobile fuel storage tanks. WORKSAFELY will be monitoring the process and connecting with others to provide industry input.

CANADIAN FEDERATION OF CONSTRUCTION SAFETY ASSOCIATIONS – MAY 8-9, 2016

WORKSAFELY staff attended the meeting. Key issues of discussion included:

- COR reciprocity between Provinces: There was extensive discussion on the process for acceptance of COR for companies working in different provinces. WORKSAFELY is working with other jurisdictions to simplify the process of the recognition of Manitoba COR (and other provincial COR programs) for companies bidding or working in other provinces.
- Construction Safety Officer Designation: Jurisdictions are working together on a process for national and provincial exams and on recognition of the National Construction Safety Officer (NCSO) designation across provinces.
- COR Program Developments: Some jurisdictions are considering alternatives to internal/maintenance audits such as workplace safety climate surveys or annual safety work plans. WORKSAFELY will be monitoring these developments as SAFEWork Manitoba is considering following a similar process in the development of its Safe Work Certification Model.

MHCA MEMBER SURVEY CHECK YOUR INBOX

On June 14, 2016 a survey was emailed to all MHCA members. The goal of this survey is to ensure value from your MHCA membership and participation in the WORKSAFELY™ Program, with an ongoing focus on continued improvement.

Please check your inbox or visit <https://www.surveymonkey.com/r/MHCAsurvey> by **June 29, 2016**. Your feedback is very important to us and will help us improve existing or introduce new services to MHCA members.

Thank you for your cooperation!





2016 MHCA Annual Golf Classic SPONSORSHIP OPPORTUNITIES

Wednesday, August 10, 2016 | Elmhurst & Pine Ridge Golf

Let us advertise your company, products and/or services at one of the largest and most popular golf tournaments for the heavy construction industry in Manitoba! Don't miss out!

MHCA MEMBERS FIRST COME... FIRST SERVED

HOLE SPONSORSHIP

\$450 ^{+GST}

DUAL HOLE SPONSORSHIP

\$725 ^{+GST}

LONGEST DRIVE

\$450 ^{+GST} (includes prize & sign)

CLOSEST TO THE LINE

\$450 ^{+GST} (includes prize & sign)

CLOSEST TO THE PIN

\$450 ^{+GST} (includes prize & sign)

CHIPPING CONTEST

\$450 ^{+GST} (includes prize & sign)

FREE PUTTING CONTEST

\$450 ^{+GST} / per course (includes prize & sign)

BUS TRANSPORTATION

\$425 ^{+GST} / two buses

- Donation towards bus shuttle between courses

"TOURNAMENT BALL" CONTEST

\$975 ^{+GST} plus prize donation in excess of \$250 per course

- Will hold one team entry per sponsorship until June 16. *Team registration fees extra.*
- Each team will use your corporate golf ball.

BEVERAGE CART / DRINK SPONSORSHIP

\$1,250 ^{+GST} / per course

- Will hold one team entry per sponsorship until June 16. *Team registration fees extra.*
- Windshield signage on each golf cart.

GOLF CART SPONSORSHIP

\$1,250 ^{+GST} / per course

- Will hold one team entry per sponsorship until June 16. *Team registration fees extra.*
- Windshield signage on each golf cart.

TEAM ENTRIES:

- Team registration forms and fees still need to be completed and sent to the MHCA
- If you forfeit your team entry, please notify the MHCA

SPONSOR RECOGNITION INCLUDES:

- Networking at one of the largest golf tournaments in Manitoba
- Exposure to over 380 private sector decision makers in the heavy construction industry
- Recognition throughout the facility, on the golf carts, and in the dinner programs
- Recognition in the MHCA's Heavy News Weekly, which is circulated to over 1,000 companies plus stakeholders, associations, MP's, MLA's, City Councillors, and agencies, at all three levels of government, across Manitoba

NOTE:

- Sponsors wishing to have representatives on the hole are subject to approval by the Events Committee and must notify the organizer of representation prior to **July 20, 2016**.
- Sponsor reps are responsible for payment of their own meal(s) - **\$50/person.**

Company: _____ Sponsorship Package: _____
(one or both courses)

Contact Person: _____ Phone: _____ Fax: _____

Special Instructions: _____

Please send completed form to Christine Miller at christine@mhca.mb.ca

Bridging Global Infrastructure Gaps

Global infrastructure systems are straining to meet demand, and the spending trajectory will lead to worsening gaps. But there are solutions to unlock financing and make the sector more productive.



Written by Jonathan Weetzel, Nicklas Garemo, Jan Mischke, Martin Hjerpe, and Robert Palter for the McKinsey and Co. website and published in the CCA weekly newsletter

The world today invests some \$2.5 trillion a year on transportation, power, water, and telecommunications systems. Yet it's not enough—and needs are only growing steeper. In a follow-up to its comprehensive 2013 report *Infrastructure productivity: How to save \$1 trillion a year*, the McKinsey Global Institute finds that the world needs to invest an average of \$3.3 trillion annually just to support currently expected rates of growth (exhibit). Emerging economies will account for some 60 percent of that need.

Despite glaring gaps and years of debate about the importance of shoring up backbone systems, infrastructure investment has actually declined as a share of GDP in 11 of the G20 economies since the global financial crisis. Cutbacks have occurred in the European Union, the United States, Russia, and Mexico. By contrast, Canada, Turkey, and South Africa increased investment.

If the current trajectory of underinvestment continues, the world will fall short by roughly 11 percent, or \$350 billion a year. The size of the gap triples if the additional investment required to meet the new UN Sustainable Development Goals is included.

Years of chronic underinvestment in critical areas such as transportation, water treatment, and power grids are now catching up with countries around the world. If these gaps continue to grow, they could erode future growth potential and productivity. It is therefore critical to get finance flowing into urgently needed projects.

A great deal of attention has focused on connecting institutional investors with projects that need their capital as well as creating an expanded role for public-private partnerships. But the vast majority of infrastructure will likely continue to be financed by the public and corporate sectors.

Even in the face of fiscal concerns, there is substantial scope to increase public infrastructure investment. Governments can increase funding streams by raising user charges, capturing property value, or selling existing assets and recycling the proceeds for new infrastructure. In addition, public accounting standards could be brought in line with corporate accounting so infrastructure assets are depreciated over their life cycle rather than immediately adding to deficits during construction. This change could reduce pro-cyclical public investment behavior.

Corporate finance makes up about three-quarters of private finance. Unleashing investment in privatized sectors requires regulatory certainty and the ability to charge prices that produce an acceptable risk-adjusted return, as well as enablers like spectrum or land access, permits, and approvals.

Beyond ramping up finance, there is even bigger potential in making infrastructure spending more efficient and effective. Accelerating productivity growth in the construction industry, which has flat-lined for decades, is critical to this effort. Additionally, as our 2013 research showed, improving project selection, delivery, and management of existing assets could translate into 40 percent savings.

Since our original report was published, McKinsey has completed a detailed diagnostic in 12 countries to measure the efficiency and effectiveness of their infrastructure systems. Our findings indicate that even the most advanced economies have significant room to learn from each other and to build stronger capabilities and institutions. Capturing the full opportunity for infrastructure productivity requires a detailed understanding of where processes tend to veer off track in each country. Virtually every location needs to build expertise and establishing the right organizational structures for developing critical skills and sharing best practices. This effort can pay remarkable dividends, since infrastructure influences the quality of life for citizens everywhere and paves the way to productivity growth and competitiveness.

Notice of Passing - Kenneth David Sigfusson

The Manitoba Heavy Construction Association, along with its Board and members, would like to offer our regrets to the family and friends of David Sigfusson, who passed away in his home on Thursday, June 16, 2016 at the age of 72.

David lived his entire life in the Lundar area. He attended Mary Hill School for two years and lived on the family farm where he enjoyed many adventures with his brother Brian and grandfather Skuli. After moving to town in 1950, he attended Lundar School where his mischievous nature kept life interesting. His love of sports found him playing for the local baseball and hockey team the Lundar Falcons. In later years, he had great fun coaching both boys' teams winning MAHA tournaments with each of them. After high school, he joined his Dad and brother in the construction business which became JS Sigfusson and Sons in 1963. With his purchase of farm land, he started up the farming side of the business. In his later working life he was the go to person sharing his extensive knowledge of road building (winter and all season), land clearing, site preparation, low bedding and rock moving expertise. Along the way he made many good friends. His pride of always doing a good job and going the extra mile ensured many satisfied customers throughout the Interlake and beyond.

He met his life partner in high-school, marrying Patricia Johnson in 1967. They raised their two boys in the Lundar area instilling in them his incredible work ethic. This led to the boys expanding the business with their cousins and branching out to establish their own successful company Sigfusson Northern Ltd in 1993.

He took great joy in having fun with his grandchildren and two generations of nieces and nephews. He will always be remembered for his great sense of humour, good-natured teasing and his kind and generous spirit. Life was always entertaining in his presence. His family, friends and the community will miss him.

David leaves in mourning his wife Patricia of 48 years; son Warren, grandson Leif (Cheri); son Wade (Jennifer), grandchildren Hayley, Abbey and Colby; brother Brian (Hope) their children Dwayne (Trudi), Grant (Michele); sister Ellen (Jim) Gleich, their children Curtis, Kyle, Vanessa (Joe); in-laws Tommy (Maureen) Johnson, their sons Mark (Kristina), Gord (Amanda) and Jamie (Sandra); in-laws Stephen (Verna) Johnson, their daughters Krista (Mark) Klatt and Amber (Jason); in-laws Rose (Bob) Benedictson their daughters Tanis (Cam) Scott and Trina (Jarett) Reid and in-law Dot Johnson, her children Dean (Larissa), Becky (James) along with many grand nieces and nephews.

David was predeceased by parents Mattie and Siggie, brother Thomas (5 years) and nephew Brent, brother-in-law Benny Johnson, great nieces Serena and Kelsey Johnson.

A memorial service will be held on at 2:00 pm on Saturday, June 25, 2016 in the Lundar Curling Rink with Pastor Terry Thronson officiating. A private family interment will follow in the Lundar Municipal Cemetery. A luncheon will be held following the service in the Curling Rink. In lieu of flowers donations may be made to the Lundar Sportsplex c/o Grettir Co-op Inc., PO Box 334, Lundar, MB R0C 1Y0

MHCA Welcomes New Members

Manitoba Heavy Construction Association would like to welcome its newest member **Ker-Wal Industries Inc.**

Ker-Wal Industries Inc. is located in Winnipeg MB. They specialize in all inclusive equipment rentals including mobile excavators, 2-ton/5-ton/20-ton excavators, tandem dump trucks, tractor/trailer end dumps, compaction equipment, loaders, graders, skid steers. They also provide snow removal, gravel work and parking lot construction.

Contact Information:

Kerry Minsky
40 Signet Road
Winnipeg, MB R2V 4V4
Ph: 204-222-5818
Cell: 204-290-7460
Fax: 204-222-5724
Email: ker-wal@outlook.com





Infrastructure

Motor Carrier Division/Commercial Vehicle Safety and Permits
Unit C, 1695 Sargent Avenue, Winnipeg, MB R3H 0C4
T 204-945-3961 F 204-945-6499
www.manitoba.ca

NOTICE:

THE PERMIT SERVICES OFFICE (CVSP) WILL BE CLOSED

FRIDAY, JUNE 17, 2016 FROM 11:30 AM TO 1:00 PM

Please notify any of your contacts of this closure.

Thank you for your cooperation in this matter.

You can contact Permit Services at:

Phone: (204) 945-3961 (local)
(877) 812-0009 (toll free)

Fax: (204) 945-6499

Email: permitservices@gov.mb.ca



The Hope Factor

By Peter G Hall, Vice President and Chief Economist



“Where there is no vision, the people are unrestrained.” So penned wise King Solomon millennia ago, and it’s perhaps an apt adage for today’s political climate. The post-recession period has seen significant political upheaval, aided by social media but fed by a groundswell of underlying frustration that we just can’t seem to kick. Is it a new reality brought on by a confluence of multiple structural factors, or is it more of a passing fad?

The phenomenon is widespread, touching emerging and developed markets alike. For Canadians, likely the most visible manifestation of political mayhem is the US election. Restraints of the past have been flung aside, with candidates using radical rhetoric that verges on the incendiary at times, fights occurring at rallies, and policy statements that strike fear into the hearts of onlooking exporters. Brexit is also the issue du jour, with the lead-up to today’s vote inflaming debate and eliciting unthinkable violence. For a change, political issues dominated discussion on my recent cross-Canada Global Export Forecast speaking tour. In almost every location, the US election and Brexit were, respectively, the top two questions asked. Clearly, Canadian exporters are troubled by the rancor and its possible implications for near-term business activity.

Near-shore effects may be new, but the movement isn’t. Mid-2008 saw the threat of political upheaval in China as the onset of global recession T-boned real-estate markets. It cost China a pretty penny to avert the initial unrest, and they have had to keep up the stimulus since. It hit the Arab world in 2010. The self-immolation of a frustrated food vendor in Tunisia ignited a movement that toppled or seriously threatened partial autocracies across the Middle East and North Africa regions, to the amazement of casual observer and expert alike. To this we can add the migrant crisis, which arose out of the Syrian conflict but has since morphed into a general movement of economically strangled citizens seeking a better life. To this can be added political upheaval of various magnitudes in places like Brazil, Burkina Faso, France, Thailand, the Philippines and others.

Why the discontentment? After years of promises, policies, and projects, there is very little to show for the effort. Global growth is still unimpressive, and the stagnation has pushed a lot of people to the side of the economy. Snuff out the hope of enough of the population, and they are bound at some point to let their feelings be known. Hope is a seldom-discussed, but always essential, element of any economy, critical to sustaining the human spirit. Dampened hope causes its victims to single out ones deemed responsible: political figures, institutions, other elites, the 1% who are seen to be capitalizing on the situation – all lightning rods for the unease. But are they really to blame?

Given that they, too, loathe the circumstances, not likely. The true culprit? Probably the economic cycle. It’s little different than it ever was, except lately it has been exaggerated. A double-sized growth cycle. Five-plus years of excess at the end of the cycle. Then the biggest global drop in activity since the Great Depression. Unprecedented fiscal and monetary stimulus, which initially created the illusion of recovery. Then 5-6 years of general stagnation – necessary to absorb the pre-recession excesses – punctuated with ‘serial disappointments’, the one-off weather, geological and political events we’ve become all too familiar with. Today’s problem is the perpetuity of sluggishness. Six years is a long time in anyone’s career, enough to convince even the wisest that this is some kind of ‘new normal’ – and to condition economic behavior to suit. Acquiescing to this view to some is realism, to others, the beginning of the end of hope.

Is it necessary? Not if the above sequence is true. At some point – fundamentals suggest we’re actually beyond it – the last cycle’s excesses are absorbed. Just getting back to normal activity implies a lot of growth. That potential represents hope, but it awaits the investment of those who see its opportunities. And the longer we wait, the longer we’re likely to wait.

The bottom line? Hope is in short supply in today’s economy. The search for it goes on, and the answers don’t seem far off. But the fallout of a fruitless search is discontent, and that has always risen in proportion to the length of the search.

WORKSAFELY™ Team Joins in on Lafarge Canada's Safety Meeting

On Wednesday, June 22, 2016, the WORKSAFELY™ team took part in one of Lafarge Canada Inc.'s safety meetings at their Winnipeg office on Dawson Road. Inspired by the practices of safety boards in Spain, the staff at Lafarge Canada often invite other companies, whom they work closely with, to sit in on their safety meetings.

This particular meeting focussed on Ready-Mix Trucks. The Lafarge safety board went over proper hand signals, cleaning techniques, driver safety and other key safety procedures that construction workers working on and around ready-mix trucks would need to know and follow. Through the use of personal anecdotes and researched facts, the Lafarge team presented an informative safety discussion.

On behalf of the WORKSAFELY™ team we would like to congratulate Lafarge Canada's safety board on a great presentation and thank them for including us in their meeting.



Pictured Right: Lyle Anderson of Lafarge Canada, speaks to the room on ready-mix truck safety. June 22, 2016

EXPO South 2017 Needs Survey

A survey will be sent out at the the week of June 27, 2016 to MHCA members and industry regarding courses being offered at EXPO South

- What education and training do your employees need to most make them more informed and productive?
- What education and training do your employees need to make your organization more competitive and successful?

Please take a moment to complete the short survey prior to **July 15, 2016**. If there is someone else in your organization who is in charge of training, please forward the survey to them to complete.

Your feedback is important to us, thank you for your participation!



**TO REGISTER,
PLEASE CONTACT:**
Kristen Ranson
kristen@mhca.mb.ca

Training Schedule

June

Flagperson (1/2 Day AM)	June 27	MHCA Office
Traffic Control Coordinator	June 28-29	MHCA Office

July

COR™ Leadership in Safety Excellence	Jul 11 - 12	MHCA Office
COR™ Principles of Health & Safety Management	Jul 13	MHCA Office
COR™ Auditor	July 14 - 15	MHCA Office
Flagperson 1/2 day AM	July 19	MHCA Office
Committee/Representative Training 1/2 day PM	Jul 19	MHCA Office
Traffic Control Coordinator	Jul 20 - 21	MHCA Office
Excavation & Trenching 1/2 day AM	Jul 26	MHCA Office
Train the Trainer	Jul 27	MHCA Office

August

COR™ Leadership in Safety Excellence	Aug 15 - 16	MHCA Office
COR™ Principles of Health & Safety Management	Aug 17	MHCA Office
COR™ Auditor	Aug 18 - 19	MHCA Office
Flagperson 1/2 day AM	Aug 23	MHCA Office
Committee/Representative Training 1/2 day PM	Aug 23	MHCA Office
Traffic Control Coordinator	Aug 24 - 25	MHCA Office
Excavation & Trenching 1/2 day AM	Aug 30	MHCA Office

September

COR™ Leadership in Safety Excellence	Sep 19 - 20	MHCA Office
COR™ Principles of Health & Safety Management	Sep 21	MHCA Office
COR™ Auditor	Sep 22 - 23	MHCA Office
Flagperson 1/2 day AM	Sep 26	MHCA Office
Committee/Representative Training 1/2 day PM	Sep 26	MHCA Office
Traffic Control Coordinator	Sep 27 - 28	MHCA Office
Train the Trainer	Sep 29	MHCA Office
Excavation & Trenching 1/2 day AM	Sep 30	MHCA Office



Heat Stress

Just the Facts:

When your body's cooling system can't keep up with the heat, your body's temperature rises and you begin to dehydrate.

Severe dehydration can cause heat exhaustion and even heat stroke.

If you are exhibiting signs of heat exhaustion (such as headaches or nausea) sit in a shaded area and drink water to cool your body down.

If a coworker begins acting irrationally or passes out, they may have heat stroke. Get them to a hospital immediately.

To avoid getting heat exhaustion or heat stroke, wear light, loose clothing and drink 8 oz of water every half hour.

- **Heat Stroke** is when your body has used up all its water and salt and cannot cool itself down. It is a medical emergency.
- Symptoms of heat stroke include confusion and irrational behaviour, convulsions, unconsciousness, hot-dry skin and body temperatures of 104° f or higher.
- If a coworker is showing signs of heat stroke, act fast.
- Call local emergency or get the worker to the hospital.
- Take aggressive steps to cool the worker down. Immerse the body in a tub of cool water, or spray them with a hose.
- Avoid giving unconscious coworkers something to drink or placing them in a tub of water. Instead, wrap them in cool, wet sheets and cool them down with a fan.

The Dangers:

- **Heat Exhaustion** is when your body cannot keep blood flowing both to vital organs and to the skin for cooling
- Symptoms include weakness/feeling faint, headache, breathlessness, and nausea/vomiting.
- To treat heat exhaustion cool the body down by moving into a shaded area, loosening clothing and drinking cool water. It takes approximately 30-60 minutes to cool the body down from heat exhaustion.
- If heat exhaustion is not treated properly it can lead to heat stroke.

Identify Controls

- Wear light, loose clothing that allows sweat to evaporate. Light-coloured garments absorb less heat from the sun.
- Drink small amounts of water (8 oz) every half hour. Don't wait until you're thirsty.
- Avoid coffee, tea, beer or other drinks that make you go to the bathroom frequently.
- Remember that your physical condition can reduce your ability to deal with the heat. Age, weight, fitness, health conditions (heart disease or high blood pressure), recent illness or medications can all affect your ability to withstand high temperatures.



2016 MHCA Annual Golf Classic

Team Captains:
please submit the
names of the golfers on
your team ASAP to
christine@mhca.mb.ca
Thank you

Wednesday, August 10, 2016 | Elmhurst & Pine Ridge Golf Courses

SOLD OUT

All incoming registration forms will be placed on a wait list. If an opening becomes available, we will contact the company by phone.

Please note only registrations cancelled prior to July 20, 2016 will be refunded.



Stay Connected



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