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## Advocacy works

### MHCA making progress: Reprisal Clauses; Local Preference Practices; COR<sup>TM</sup> as a Condition of Contract



Image from pexels.com

undisclosed 'local preference,' currently being litigated.

The MHCA has pressed Manitoba government to utilize its authority and explicitly make clear to all crown and public procurement agencies including municipalities, that arbitrary reprisal clauses and local preference practices should not be used in any tender documents as those would offend provincial procurement policy not to mention legal principles. The issues arose in part as a result of arbitrary reprisal clauses used in a Portage la Prairie School project, and the award of a road project in Portage la Prairie to the second bidder based upon an

Discussion at a recent meet with government, suggests that the messages were received and that Manitoba will respond in a manner which protects the imperatives of clear, unfettered, fair, open tendering which benefits the project owner, the bidder and in the case of public sector work, the budget and taxpayer.

The issue is not restricted just to Manitoba. The MHCA raised concerns about Saskatchewan's proclivity to restrictive trade practices associated with extra-provincial companies. These are practiced by Saskatchewan Crown corporations notwithstanding that Manitoba is a member of the New West Partnership Trade Agreement (NWPTA). Further SASK Highways is effectively practicing local preference awards by requiring 'local knowledge requirements'. The province has intervened supportively and continues to press for open border trading.

In a related matter, the MHCA requested that Manitoba eliminate the existing \$100,000 threshold above which COR<sup>TM</sup> Certification is required as a condition of contract. That threshold was to have been reduced to \$50,000 some five years ago but was put on pause by the previous administration. The MHCA initiated the hosting of a meeting with government at which the government contract policy was reviewed. It was agreed that the MHCA and WCA would 'jointly author and sign' an ask of the Minister of GET to establish an intergovernmental committee with participation of the MHCA and WCA to review, on a consensus driven basis the merits of reducing the threshold and related exception to requiring COR<sup>TM</sup> as a condition of contract.

## Advocacy works

# MHCA Executive Committee and Board meet



Board of Directors meeting September 13

The MHCA Executive Committee and the MHCA Board met September 6 and 13 respectively, and considered a number of key advocacy related topic areas. A highlight of some includes the following:

### **EVENING & WEEKEND WORK**

The MHCA submitted a brief to the City's Public Works Department addressing a report it has been asked to present to Infrastructure Renewal and Public Works Committee (IRPW) associated with accelerating construction projects with extended hours – evening and weekend work.

A report from administration was considered at the IRPW September 11 meeting which substantially agreed with MHCA's recommendations and focused on procurement practices and more clearly identifying where 'extended hours' or accelerated project completion practices might be better used.

### **ACCELERATING CONSTRUCTION PROJECTS**

Civic administration has confirmed that a Winnipeg/MHCA committee will be convened in October to examine the City's procurement process with a view to its improvement and acceleration. This will provide an opportunity to press our six related recommendations, namely: early program/multi-year approval; quality based design awards; early tendering and timely contract awards; orient towards larger projects to take advantage of economies of scale; flexible scheduling of start dates within project completion parameters; and balanced use of penalties and incentives for early completion.

### **MEETING WITH DEPUTY MINISTER MANITOBA INFRASTRUCTURE**

The MHCA president had an extensive meeting with Bramwell Strain, the newly appointed Deputy Minister of Manitoba Infrastructure. Topics raised included the imperatives of releasing the tender schedule by mid-November; ensure early tendering/timely awards; extend construction season; harness full program value; harness the capital program with a return on investment focus. A follow up meeting has been scheduled.

### **MEETING MANITOBA INFRASTRUCTURE MINISTER**

The MHCA Board Chair and MHCA President have been invited to meet MI Minister Ron Schuler in early October. Topics for discussion include:

- assurance that annual program tender schedules are annually released by mid-November with commitments to timely contracts awards;
- open, public tendering process, competitive bidding and avoidance of sole-source contracts;
- ministry's progress and the government's long term, horizon focused plans, associated with investment in Manitoba's transportation and related core infrastructure;
- the 'big picture:' how core infrastructure – transportation and related – are to be leveraged to help underpin and align with provincial economic growth strategies;
- fully access the as yet unallocated \$527 million of the federal New Building Canada Fund program; and
- protecting access to aggregate minerals.

### **TAXING PRIVATE CORPORATIONS - FINANCE CANADA'S PROPOSED 'CRACKDOWN'**

42 organizations from across the country, including the Canadian Construction Association, have come together to form the Coalition for Small Business Tax Fairness. The areas of concern include Lifetime Capital Gains; Income Sprinkling; Passive Income. Then MHCA is part of a six-business organization group in Manitoba which will build upon and distribute messages from the national level.

### **PITS & QUARRIES ADVISORY COMMITTEE (PQAC)**

The most recent meeting of the PQAC took place on August 24. A scan of aggregate policies in other provinces has been initiated. Additional detail is anticipated in the fall. A more detailed scan is anticipated to be presented at the September Advisory Committee meeting.

## REVIEW OF THE BUILDERS' LIEN ACT

The Manitoba Law Reform Commission is launching a formal review of 'The Builders' Lien Act' and the MHCA has been invited to participate. Potential areas of reform review include: Modernization of lien and trust provisions; whether there is a need for faster dispute resolution processes; and possible introduction of prompt payment mechanisms. Barry Brown, Maple Leaf Construction is the MHCA representative nominee to the Review Advisory Committee.

## CARBON TAX

The MHCA is stressing that the carbon tax plan must adhere to some fundamental principles for good policy, namely that: its objectives are clear; it be reviewed annually to show whether/where/how it is achieving its goals; the revenue collection and redistribution be transparent, and dedicated to purpose; it achieves responsible environmental stewardship without damaging the economy; and that it encourages partnership with the private sector to ensure mitigation of GHG emissions while protecting competitiveness in the transition to the new economic realities.

## LOCATES

WORKSAFELY™ has been working with key utility and industry stakeholders for the last year to re-incorporate the Manitoba Common Ground Alliance (MCGA). This has been undertaken to improve the one-call/click-before-you-dig locate program for the province and for our industry.

## CCA PRE-BUDGET BRIEF TARGETS INFRASTRUCTURE AND GAS TAX FUNDING

The MHCA supports a pre-budget submission from the CCA to the federal government highlights the need to improve national infrastructure investment programs and to ensure the gas tax fund, at \$2 billion annually now, keeps pace with inflation and population growth.

## WINNIPEG NEW BUILDING CANADA FUND – REQUEST OF MANITOBA

At Winnipeg's request, MHCA contacted IMR Minister Clark on July 27 and encouraged the provincial government to favorably consider the request from the city to access \$182 million from unallocated funds in the federal New Building Canada Fund (NBCF). No decision has yet been made by Manitoba.

## HEAVY EQUIPMENT OPERATOR CERTIFICATION (HEOC)

Following a review of the feedback and demand for training, including from northern and rural Manitoba of the Heavy Equipment Operator Certificate (HEOC) program, it has been agreed that the MHCA focus on HEOC delivery through a new partnership with the MCSC as the dedicated centre of vocational training for the heavy construction industry.

## MHCA FOUNDING TITLE DINNER SPONSOR AT CIVIC LEADERS DINNER

The MHCA will be a founding sponsor of a Winnipeg Chamber of Commerce premier event with city government. The heavy construction industry's priorities will be highlighted when the mayor, councilors and senior city managers meet with business representatives this fall, in the Winnipeg Chamber of Commerce's first Civic Leaders Dinner.

## APPRENTICESHIP MANITOBA REVIEW OF HEAVY DUTY EQUIPMENT TECHNICIAN TRADE

Apprenticeship Manitoba (Provincial Department of Education and Training) has reached out to the MHCA for help in obtaining industry participation on the Provincial Advisory Committee for the review of the Heavy-Duty Equipment Technician trade. This committee provides input on the development of qualifications, standards and regulations related to the trade. Committees include equal representation from employers and employees and a neutral chair. We will be reaching to individual companies and communicating this request through the Heavy News Weekly to encourage industry representation on the committee.

## WCB INJURY STATISTICS:

Monthly statistics, provided by SAFE Work Manitoba, indicate that the year-to-date number of time loss injuries for the heavy construction industry was 150, an increase of 7% over total of 140 for the same period in 2016.

## WCB ACT LEGISLATIVE REVIEW COMMITTEE (LRC)

Meetings are ongoing and resume September 11, 2017. The objective is to conclude and submit a final report by November 2017.

## SNOW REMOVAL POLICY REVIEW

Further meetings with industry in September and joint with the City in October have been scheduled.

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**(Thursday) | 8 am**

Assiniboia Downs  
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# CentrePort still growing – #bigdealforManitoba

Rosenau Transport Ltd. moves from 5,000 square feet to newly-renovated 140,000 square foot terminal



Pictured: Councillor Scott Gillingham, Ken Rosenau, Diane Gray and Chris Lorenc

In January 2016, Rosenau Transport Ltd. (Rosenau) opened its first location at CentrePort Canada (Canada) operating out of a 5,000 square foot facility. After only a year and a half, the trucking company has moved to a 140,000 square foot repurposed and renovated terminal located at 1000 King Edward Street in CentrePort and is investing in a massive expansion plan.

"As one of Western Canada's largest regional carriers with 24 terminals, Rosenau recognized huge market potential when we initially opened a facility at CentrePort, which has led to our expansion at a much larger facility," said Ken Rosenau, president of Rosenau. "Continuing to be located at CentrePort means we can leverage a geographically central location, access to direct transportation infrastructure and a highly

skilled labour force to grow our business.

"With some of Canada's biggest trucking firms headquartered in Winnipeg, it's natural to see companies like Rosenau invest in a larger presence at CentrePort, a critical transportation centre that continues to attract new business and create jobs," said Scott Gillingham, City of Winnipeg councillor for St. James – Brooklands – Weston. "Congratulations to Rosenau on their expansion plans. This investment will have a great impact on our community in years to come.

"We are excited that the former Safeway distribution centre has been repurposed and complements Rosenau's significant expansion plans," said Diane Gray, president and CEO of CentrePort Canada Inc. "Investing in an existing building has also allowed Roseanau to get up to operating speed quickly so they can continue to grow their business at North America's largest inland port."

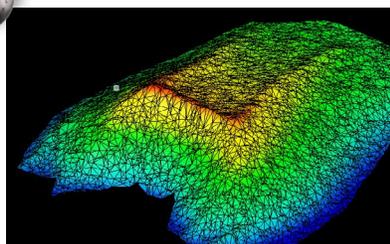
Rosenau plans to grow their capacity and staff over the coming months. They occupy approximately half of the building, leaving room to accommodate their expansion plans. Formerly the Safeway distribution centre, the facility complements Rosenau's service offering, which includes warehousing services, less than truckload, and deck heated and refrigerated hauling options between their national terminals. Rosenau is the latest company to move or expand operations at CentrePort Canada which has welcomed 51 new businesses since 2009 on approximately 300 acres, representing more than \$300 million in new capital investment.

CentrePort Canada is Manitoba's 20,000-acre inland port and Foreign Trade Zone. Located in the heart of North America, CentrePort connects to major national and international trade gateways and and air cargo.



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# MHCA staff meets to support association priorities

The MHCA staff met on September 11 at the monthly staff meeting to discuss our ongoing efforts to serve our companies through the different facets of our association. The most notable updates included:

## Events

The events committee will meet on October 10 to discuss the budget and planning for the 2017 Awards Breakfast and Chairman's Gala (November 17).

## Communications

A new membership brochure has been created and distributed to interested and potential new members. The brochure can be found on the MHCA website.

Progress on the Annual Report and 2018 Directory and Rental Rates is already underway. The Directory will see new changes to its layout and yellow pages categories. Check your inbox this month for when we release further details.

The second Winnipeg Free Press insert of 2017 is in its beginning stages of creation. The publication date for this will be sometime in the beginning of November.

The second WORKSAFELY™ E-News will be out in early October. Visit <http://www.mhca.mb.ca/worksafely/safety-e-news-sign-up/> if you would like to receive the E-News in your inbox.

## Marketing

Preparations for the MHCA's 75<sup>th</sup> year are coming along. A new logo has been created and can be seen in staff emails and on our weekly newsletter. The MHCA is asking all members to send photos and stories of work their companies have done that have helped shape the infrastructure of Manitoba. For further details, view the ad on page 7.

## Advocacy

The MHCA met with the City of Winnipeg to discuss their fall budgets.

Both the Executive Committee and the MHCA Board of Directors met this month. Further details on these meetings can be found on pages 1, 2 and 3.

## WORKSAFELY™

Due to the recent outbreak of fires in northern Manitoba, WORKSAFELY™ is offering a grace period on inspections and recertification for its COR™ companies who were forced to evacuate their homes due to fire.

In response to many inquiries regarding the issue of industry preparedness for the impact of the pending legalization of marijuana, WORKSAFELY™ has been working with Jamie Jurczak a lawyer at Taylor McCaffery LLP and Joel Gervais a substance abuse counselor with VitalLife, on the development of industry workshops on "managing substance abuse in the workplace."

The MHCA will be hosting two such workshops: November 1, 2017 for company owners and/or senior managers and, November 6, 2017 targeted to front line managers, safety and HR personnel.

WORKSAFELY™ has worked with SAFE Work Manitoba and the WCB on the WCB rebate issue. COR™ companies will receive a rebate cheque for 15%.

## CCA announces new president

**R**ecently, the Canadian Construction Association officially announced the hiring of their new president, Mary Van Buren.

Van Buren, who comes from a strong marketing and communications background, has worked in the private, public and not-for-profit sectors and has held executive roles at associations including Export Development Canada and her most recent role as vice-president of marketing and IT at the Canadian Real Estate Association. While there, she led a team of 60 to grow CREA's premier services, REALTOR.ca and WEBForms® in the double digits, collaborating with over 90 boards and associations across Canada, significantly generating member value and promoting the value of REALTORS®.

In addition to her broad business experience and financial acumen, Mary holds an MBA in International Business from McGill and a B. Com from the University of Ottawa, is bilingual and is a Certified Association Executive.

"I am delighted to be joining the Canadian Construction Association as president and look forward to working with the CCA board, staff, association colleagues, members and stakeholders to advance the interests of the construction industry, a cornerstone of the Canadian economy." said Van Buren.

While Van Buren's official start date is not until mid-October, she will be attending the CCA board meetings in Niagra Falls. Current president Michael Atkinson will remain with the CCA until April 30, 2019, as president emeritus with special duties.

The MHCA would like to wish Mary Van Buren the best of luck in her new position, and we look forward to our continuous work alongside the CCA.



**THE SAFETYYS**

*A Celebration of Workplace Safety*

WEDNESDAY, SEPTEMBER 27, 2017

[WWW.THESAFETYYS.CA](http://WWW.THESAFETYYS.CA)

DISRUPTIVE ISSUES  
GAME CHANGING THEMES  
TECHNOLOGICAL SHIFT  
COLLABORATION

IT IS WITH GREAT PLEASURE THAT WE  
ANNOUNCE THE LAUNCH OF THE CCI FIRST EVER  
CONFERENCE SCHEDULED TO TAKE PLACE IN  
TORONTO, ON  
NOVEMBER 3RD, 2017.

WE INVITE YOU TO VISIT THE CONFERENCE  
WEBPAGE SO YOU CAN SEE  
THE FULL PROGRAM AND REGISTER .

[Webpage Link](#)

WE ASK THAT YOU PROMOTE THIS EVENT TO YOUR  
COLLEAGUES WHO WILL SURELY  
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WE LOOK FORWARD TO SEEING YOU IN  
TORONTO!

BEANFIELD CENTER  
TORONTO, ONT.  
NOVEMBER 3RD, 2017  
7:30 AM - 6:30 PM

## Upcoming MHCA Meetings

SAFE Roads  
MHCA Office  
September 21 - 12:00-1:30

Rental Rates Committee  
MHCA Office  
October 6 - 12:00-2:30

MHCA Executive Committee  
MHCA Office  
October 25 - 12:00-4:00 PM

Rental Rates Committee  
MHCA Office  
November 3 - 12:00-2:30 PM

MHCA Board of Directors  
RBC Convention Centre  
November 17 - 10:00-12:00 Noon

MHCA Executive Committee  
MHCA Office  
November 21 - 12:00-4:00 PM

Rental Rates Committee  
MHCA Office  
December 1 - 12:00-2:30

MHCA Executive Committee  
MHCA Office  
January 17, 2018 - 12:00-4:00 PM

MHCA Board of Directors  
Location TBD  
January 24, 2017 - 12:00-4:00 PM



## 75 in 2018

The MHCA is turning 75 in 2018 and we're telling our story. The heavy construction industry has helped build this province, its economy and foundational infrastructure: roads, highways, bridges, and water/sewer. As part of the commemoration, which will include celebratory features throughout 2018, we are asking for your memories, your photos or any archived materials that can help tell this tale in displays at our marquee events next year.

Do you have something to share? Please email Katie Pfeiffer at [katherine@mhca.mb.ca](mailto:katherine@mhca.mb.ca)

Thank you,

Greg Orbanski  
Chair, MHCA

Chris Lorenc  
President, MHCA

# Cost for Winnipeg walkway nearly doubled

*Tim Bruch, Global News, September 11*

The City of Winnipeg approved an almost 100 per cent increase in funding needed for a multi-million dollar riverside promenade on September 11.

Councilors gave the green light to \$4.8 million dollars more that will go into the construction needed to convert a stretch along the Tache Avenue side of the Red River into a pedestrian walkway.

Winnipeg city council approved a \$5.188 million price tag in 2016.

On Monday, the added cost was chalked up to additional road construction, street lighting improvements, engineering work, a contingency allowance, and drastic riverbank stabilization efforts.

It was passed at City Hall by a tie vote — meaning it will proceed to the mayor's Executive Policy Committee without recommendation for the group to decide whether or not to green-light construction.

The city said the price discrepancies are due to "a conceptual...estimate of construction costs."

"This could be beautiful, but this also could be an absolute nightmare in terms of the view and what this will turn the riverbank into," Russ Wyatt, Winnipeg City Councillor said on Monday.

"It seems like a lot of money to build basically a glorified crows nest up in the air."

The completed project, which has been in the works for three years, would see the construction of a treetop lookout and sidewalk expansion along the Red River.

The original estimates of the promenade were considered 'level 4', meaning the price could potentially vary from 30 per cent less needed funding to 60 per cent more. Monday's approval is labeled as 'level 2', so the \$10 million dollar price tag could change to 10 per cent less or up to 20 per cent more.

Design work is currently ongoing and the city said they hope construction will start this winter while the riverbanks are low.

The rough timeline for the promenade will see the walkways in place by autumn of 2018.



## Report says Churchill rail line could be repaired soon for \$43 million or less

*The Canadian Press, September 13*

CHURCHILL, MAN. — A new report says the broken rail line that is the only land access to Churchill, Man., could be up and running again by November for \$43.5 million or less, if somebody steps forward soon to pay for it.

The report by engineering firm AECOM was commissioned by the rail line's owners, Denver-based Omnitrax, which has said it cannot afford to fix the line on its own.

The railway was severely damaged by spring flooding and since then, goods and people have had to be flown in, at much higher cost, to the town of 900 on the coast of Hudson Bay.

The report says the 250-kilometre section of track leading to Churchill has been washed out or otherwise damaged in 130 locations, including bridges and culverts.

Prime Minister Justin Trudeau said in July that Omnitrax has legal obligations to fix and operate the line, which was privatized in 1997 and given millions of government dollars for upgrades a decade later.

Omnitrax, which had previously estimated repair costs at up to \$60 million, has been in talks with a First Nations consortium to sell the line but there is no sign of a deal.

"The plan is to complete at a minimum all immediate (urgent) work in 2017 with the goal of re-opening the line for safe passage of light loaded trains in early November 2017," the AECOM report states, adding non-urgent repairs that would allow heavier rail cars could wait until next year.

"However, there are several factors, such as contractor availability, procurement delays, equipment availability or early freeze-up that may prevent this from happening."

AECOM also says that if weather, procurement procedures and other factors really co-operate, all repairs might be complete this year, reducing the final price tag.

Despite the shrinking time-frame for construction to occur before freeze-up in the subarctic community, Churchill Mayor Mike Spence has recently sounded hopeful that a breakthrough may be at hand.

"Important discussions are continuing with the federal government and we are optimistic and confident that federal support will be forthcoming to our current situation," Spence and other town council members wrote in a statement recently.

Spence said Churchill residents are anxious for a solution.

"The clock is ticking, the repairs need to be done and winter's coming here quick."

The Manitoba government recently increased its subsidy for some food to Churchill and ordered large amounts of propane to be sent by ship this month to ensure that homes have enough heating fuel to last through the long winter and spring.



## Metals: pointing to True North?

*Peter G Hall, Vice President and Chief Economist*

It still baffles me that magnetized metal on a frictionless surface will point north. Since its discovery, the simple compass has been relied on by the small and great alike, and doubtless has myriad stories to tell of dramatic rescues and great navigational feats. Metals have in the same way been a reliable bellwether of the economy – some more than others. As the signs of a long-delayed revival in global growth mount, are movements in metals markets telling us anything?

If so, it would be a big change. Metals lost their magnetism in the post-recession years, for a number of reasons. First, the massive global government spending program, launched in 2009, created the illusion of recovery, vaulting metals prices back to pre-recession highs. Second, wave upon wave of liquidity injections, through central banks' quantitative easing mechanisms, kept prices high even when governments reversed course on their spending plans. A third, and more persistent, factor was the investment in mineral exploration and development that surged in the wake of the artificially-high prices. This increased available supplies well beyond market needs – a fact that became all too apparent when monetary tapering began in mid-2014, sending prices crashing to impossible lows.

China had a peculiar and instrumental role in this debacle. During the heady years of double-digit annual economic growth, its prime concern was security of supply. High prices meant one thing: scarcity. Even if it meant over-stocking, China felt extreme pressure to feed its voracious appetite for metals, and was reputed to be accumulating official and unofficial inventories of all base metals. Steel is probably the most obvious. As a key input to China's nationwide building program, a top priority was the creation of vast productive capacity. This was more than successful, vaulting China from a heavy net importer to a heavy net exporter of steel in about a decade. The Great Recession truncated global steel demand, leaving China with a gaping overhang – not just of production capacity, but also actual inventories of steel products.

Certain analysts felt that recovery would be a long way off – perhaps as much as a decade. Are they right? Well thankfully, metals prices staged a partial revival after the mid-2014 crash. They hit bottom in early 2016, and made it about halfway back by late summer. Then late in the year, another jump. For the first half of 2017, prices were flat and appeared unsure of where to go. But since June, a smart, 11 per cent gain that shows no sign of abating has taken prices back to early-2014 levels. Among commodity classes, it stands alone; the only comparator is a much more modest uptick in raw industrial commodities.

Which metals are driving this? Lead prices are up 8.8 per cent since June, and are now above average post-recession prices. Nickel, pummeled by the ill fortunes of steel, is up 32 per cent from mid-year levels – an impressive run-up, although prices are still less than half of pre-recession levels. At the same time, zinc prices are now at their highest levels since late-2007, thanks to a recent 19 per cent surge. Iron ore is also up, although it staged a similar rally last year, only to fizzle out. It will continue to be closely tied to steel market prospects, which remain soft.

What about copper, the li'l red metal with economic foresight? It was stripped of its PhD in economics because of the false signals it sent back in 2010. We're thinking about giving it back, though. Only time will tell whether this time its upward movement is a sign of better things in the global economy. Get this – since mid year, it is up 24 per cent, and there is no let-up in the trajectory. In fact, this is copper's most significant price increase since the ill-fated one in 2010.

These movements in metals prices, while surprisingly strong, square nicely with the recent upswing in global economic growth. Major institutions are adjusting their forecasts northward, and for the first time in about seven years, it's looking as if global business investment is in for some serious re-invigoration.

The bottom line? If the economy is heading north, then it looks like metals might again be the compass that's pointing in the right direction. Not the false signal that we got in 2010 – this time looks a lot like True North. If so, it will be the first time since the Great Economic Debacle that we are on the right path.



## Investment in COR™ continues to bring returns

*WORKSAFELY™ Back to You with Don Hurst*

Up to this current year, companies in good standing in WORKSAFELY™'s COR™ program can be eligible for a 5% discount on their WCB premiums. This discount was established for the construction industry to help offset the costs of implementing a COR™ safety & health program.

Beginning in 2018, the 5% discount will be replaced by a prevention incentive rebate of 15%, funded fully by the WCB. This rebate will be provided to all companies in good standing with the COR™ program or the SAFE Work Certified program offered by the manufacturing, trucking and motor dealer industry.

With more than 350 COR™ companies covering approximately 75% of the industry workforce, the heavy construction industry will benefit strongly from the introduction of this enhanced incentive.

If you require more information on the 15% rebate or would like more information on WORKSAFELY™'s COR™ program please call 204-947-1379.

## KNOW YOUR WORKSAFELY™ TEAM

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To contact your WORKSAFELY™ advisor assigned to your area, please see [mhca.mb.ca/worksafely/know-your-advisor](http://mhca.mb.ca/worksafely/know-your-advisor)



# SAFETY TALK

Ensuring safe push/pull procedures can prevent injuries caused by muscle sprains and strain.

## What's the danger?

Injuries from lifting, pushing and pulling are caused by overexertion. Heavy construction requires us to push and pull carts, wheeled equipment and other objects.

- When pulling a load, the cart may run over your feet or hit your ankles
- Pulling a load while facing the direction of travel may cause your arm to be stretched behind your body, increasing your risk of injury
- Pulling a load while walking backwards can cause you to not watch where you are going, creating a slip and fall
- Floors that are uneven, or cluttered can cause a slip or trip
- Footwear with a slippery sole can increase the chance of slipping while pushing or pulling
- Unstable loads can cause a tripping hazard
- Trying to catch a falling load may lead to an injury
- Moving too fast while pushing or pulling can cause a fall

## Push/Pull Safety

### How to protect yourself

**CHOOSE TO PUSH WHENEVER YOU CAN.**

**Regardless of whether you push or pull:**

- Plan your path of travel; make sure it is free from obstructions, slippery surfaces, etc
- Avoid moving heavy loads through rough or uneven surfaces
- Wear appropriate footwear
- Make sure the load is stable; do not try to catch a falling load
- Place your hands within the sides of the cart or equipment; use both arms
- Keep your elbows in as close to your body as possible and your forearms at elbow height
- Keep your back straight
- Stay close to the item you are moving
- Avoid moving too fast; pace yourself

Print and review this talk with your staff, sign off and file for COR™ / SECOR audit purposes.

Date: \_\_\_\_\_

Performed by: \_\_\_\_\_

Supervisor: \_\_\_\_\_

Location: \_\_\_\_\_

**Concerns:**

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Corrective Actions:**

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Employee Name:**

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Employee Signature:**

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# Training Schedule

**WINNIPEG - MHCA Office**  
**3-1680 Ellice Ave.**

## September 2017

- 18-19 **COR™ Leadership in Safety Excellence**
- 20 **COR™ Principles of Health & Safety Management**
- 21-22 **COR™ Auditor**
- 25 Excavating and Trenching 1/2 day AM
- 25 **COR™ Auditor Refresher (no charge) 1/2 day PM**
- 27 Train the Trainer

## October 2017

- 12 Flagperson 1/2 day AM
- 12 Committee/Representative training 1/2 day PM
- 13 Excavation and Trenching 1/2 day AM
- 13 Transportation of Dangerous Goods 1/2 day PM
- 16-17 **COR™ Leadership in Safety Excellence**
- 18 **COR™ Principles of Health & Safety Management**
- 19-20 **COR™ Auditor**
- 24-25 Traffic Control Coordinator

## November 2017

- 2 Winter Roads Safety 1/2 day AM
- 2 Environmental Awareness 1/2 day PM
- 7 Flagperson 1/2 day AM
- 7 Safety Committee/Representative 1/2 day PM
- 8 Excavating and Trenching 1/2 day AM
- 8 Auditor Refresher (no charge) 1/2 day PM
- 9 Train the Trainer
- 13-14 Traffic Control Coordinator
- 20-21 **COR™ Leadership in Safety Excellence**
- 22 **COR™ Principles of Health & Safety Management**
- 23-24 **COR™ Auditor**

## December 2017

- 4 Flagperson 1/2 day AM
- 4 Safety Committee/Representative 1/2 day PM
- 7-8 Traffic Control Coordinator
- 11-12 **COR™ Leadership in Safety Excellence**
- 13 **COR™ Principles of Health & Safety Management**
- 14-15 **COR™ Auditor**

★ Leadership Certificate Program/Gold Seal  
⚡ e-COR™ training and information session

# Construction Safety Excellence™

# *Retirement* CELEBRATION

PLEASE JOIN US FOR A RETIREMENT CELEBRATION HONOURING

*Lance Vigfusson*



Wednesday, October 11, 2017

5:00PM - 9:00PM

Come and Go – Informal Event

Speeches 6:00 PM

Tickets \$15

**441 Main**

441 Main Street, Winnipeg MB

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