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Transportation Health & Safety
Association of Ontario

E-Trans

Your Transportation Sector Health & Safety Information Link

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Welcome to the New Look E-Trans

Thanks to an outpouring of interest in our new electronic format, we have now had an opportunity to respond to some terrific suggestions from our readers to improve our newsletter and have come up with this easy to read look. We hope you enjoy the new look and continue to provide feedback and content suggestions that would be of interest.

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Impaired & Aggressive Drivers Targeted

Stronger sanctions, stiffer fines and immediate roadside suspensions are now the call of the day for Aggressive & Impaired drivers. Stiffer penalties became effective September 30/07 and include mandatory license suspensions for speeding over 50 KPH.

[Read On](#)



Transportation Health & Safety
Association of Ontario



Program
Spotlight

Federal Health & Safety Competency Training

This addition to the THSAO course catalogue is a program that impacts due diligence, competency and strongly supports a federally regulated company health &

Guide to Reducing Motor Vehicle Incidents at Your Workplace

Although it is an American publication and references relevant U.S. statistics, "Guidelines for Employers to Reduce Motor Vehicle Crashes" is a very helpful guide for Employers that offers useful information to design an effective driver safety program in their workplace. It features a 10-step program outlining what an employer can do to improve traffic safety performance and minimize the risk of motor vehicle collisions.

The guidelines include a detailed section on the causes of aggressive, distracted, drowsy and impaired driving, and tips for avoiding such behavior on the road. There is also a sample worksheet for calculating the costs of motor vehicle crashes to employers. [Guidelines for Employers to Reduce Motor Vehicle Crashes](#)



MSD's: Ergonomics & Driving

It wouldn't seem that sitting in a moving vehicle would be hazardous to your health, but think...

After a long drive to the cottage, are you stiff as soon as you get out of the car?



- Does your whole body feel exhausted after driving the truck all day?
- Is lifting suitcases from the trunk of your taxi harder on your back after driving your fare across town?
- Do you feel like you need a couple of minutes to stretch out your back after driving the forklift for the whole afternoon?
- Are your neck and shoulders sore after long drives?

These are symptoms you would feel from exposure to the ergonomic risk factors of driving. If you work in a job where driving a vehicle is a major activity, you are encountering these risk factors every day. If you do not protect yourself, the health of your spine could deteriorate, possibly leading to chronic back pain in later months or years. This pamphlet informs you of the ergonomic risks from driving, and provides you with a few simple but important safety tips to help keep you

safety program.

This course is made up of following modules:

- Canada Labour Code Part II
 - Hazard Recognition and Workplace Inspections
 - Personal Injury Investigation
 - Legislative Duties of Supervisors and Managers when assisting Workplace and Policy Committees
 - How to Avoid Sprains and Strains - Ergonomic Awareness
 - Due Diligence and Bill C-45

Strengthen your health and safety program by attending the next session in your area.

Read On:

Reserve a spot at one of the Upcoming Dates for this program:

[November 5, 6, 7 - Kingston](#)

[November 27, 28, 29 Peterborough](#)

[December 10, 11, 12 - Etobicoke](#)

THSAO

November Open Courses

Canada Labour Code Part II

- November 14 - Kingston
- November 29 - Ottawa

Certification Training

- November 20, 21, 22 - Ottawa

Collision Review Committee (CRC)

- November 22 - London

Conducting Effective Safety Meetings

- November 13 - Kingston

Defensive Driving - Commercial

- November 1 - Etobicoke
- November 6 - Windsor
- November 27 - Ottawa
- November 28 - Brantford

Defensive Driving - G Class Driver

- November 8 - Thunder Bay

Defensive Driving - School Bus

- November 1 - Waterloo
- November 3 - Peterborough

Hazard Prevention Program - Part 19

- November 7 - Etobicoke

TDG - Instructor Course

- November 12-16 - Etobicoke

Joint Health & Safety-

Workplace Committee Effectiveness

- November 15 - Sarnia
- November 28 - Ottawa

Lift Truck Operator's Course (LTOC)

- November 3 - Waterloo
- November 15 - Sudbury
- November 27 - Scarborough

Personal Injury Investigation (PII)

healthy. [Read On](#)

Source: Occupational Health Clinics for Ontario Workers

Aggressive Driving Continues to be a Problem on Canadian Roads

A new poll by the Traffic Injury Research Foundation (TIRF) has found that over two million Canadians display aggressive driving behaviours.



The poll also noted that most Canadians believe aggressive driving is on the rise, with 88 per cent stating that aggressive driving is more common today than it was five years ago. Among the findings, the poll found some 2.7 million Canadians admitted to frequently driving well over the speed limit. Even more disturbing, some 670,000 Canadians say they like to take risks while driving, just for the fun of it. [Read On](#)

- November 8 - Kingston
- November 14 - Sarnia

Principles of Effective Training

- November 6, 7, 8 - North Bay

TDG

- November 3 - Windsor
- November 13 - Brantford
- November 14 - North Bay

WHMIS

- November 15 - Kingston
- November 28 - Etobicoke

Workplace Inspection/Hazard Recognition

- November 1 - Thunder Bay
- November 21 - Etobicoke



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