THE TURNING Point

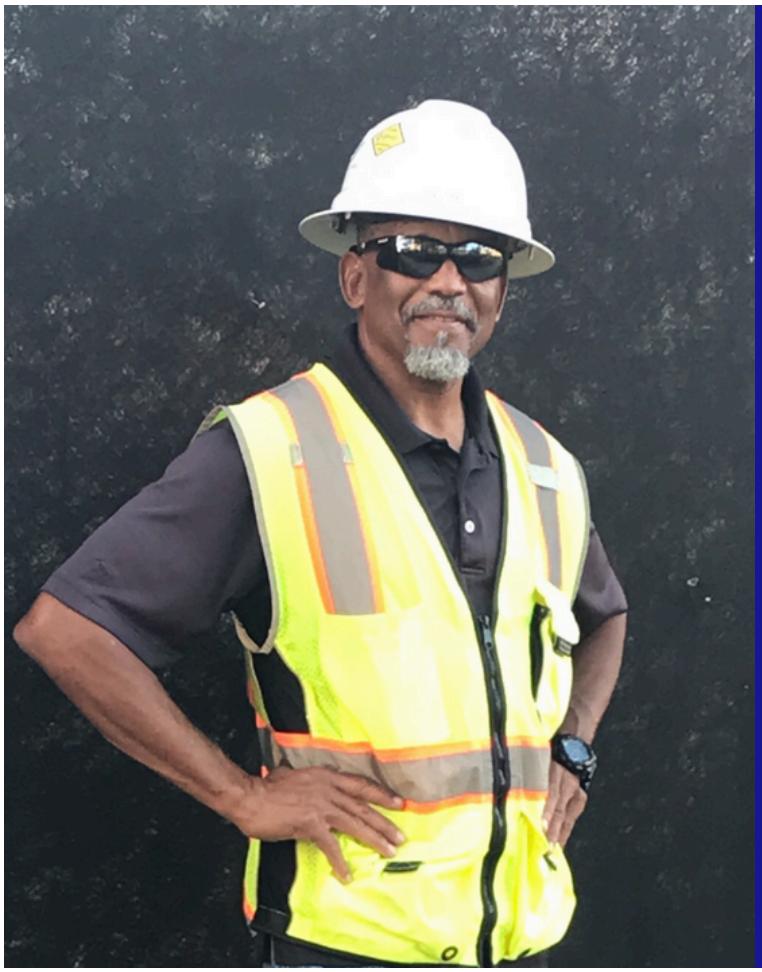
Raising The Standard RTS CONSULTING INC.

June 2025

This newsletter is to inform you of recent changes & trends regarding health and safety.

The Turning Point is a monthly newsletter covering topics from various industries and sectors. The Turning Point will respond to your inquiries and inform you of current services and updates regarding

Raising the Standard Consulting Inc.



RAISING THE STANDARD CONSULTING -- CONSULTANT ARTICLE FEATURE

CHRIS MORELAND (CHST)

"CHRIS M. MORELAND WAS BORN AND RAISED IN THE SMALL CITY OF PORTSMOUTH, OHIO WHERE LOCKING DOORS TO YOUR HOME AND CAR WAS SIMPLY AN UNCOMMON THOUGHT, ATTENDING OR LISTENING TO A SPORTING EVENT ON FRIDAY NIGHTS WAS EXPECTED, AND WHERE THERE WAS NO SHAME IF YOU HAD TO BORROW EGGS, SUGAR, MILK, ETC. FROM YOUR NEIGHBOR TO COMPLETE A MEAL. CHRIS JOINED THE UNITED STATES MARINE CORPS IN 1984 WHERE HE SPENT 20 YEARS AS A HELICOPTER AND JET STRUCTURAL MECHANIC. AFTER RETIRING FROM THE USMC, CHRIS JOINED ALOHA AIRLINES AS A SAFETY AND REGULATORY COMPLIANCE INTERNAL AUDITOR UNTIL 2006. HE HAS BEEN IN CONSTRUCTION SAFETY FOR THE PAST 19 YEARS. IN JULY OF 2017, CHRIS WAS OFFERED AND ACCEPTED A POSITION WITH THE RTS CONSULTING FAMILY."

MEDICAL SERVICES AND FIRST AID REQUIREMENTS AT A CONSTRUCTION SITE

It's 8:00 AM on Monday, just an hour into the workday, and chaos begins to unfold. A worker running across the jobsite and screaming, " Get the foreman"! Panicked and confused, he could barely explain that his coworker had fallen on top of an unprotected piece of rebar and had been severely injured. No one knew what to do or had access to first aid kits.

The foreman contacted emergency services but was unable to provide the project address and had difficulty describing how to reach the location. Time is critical and minutes have now been wasted because this project team is unprepared for the emergency at hand.

While the story above is fictitious, similar, real life construction emergencies occur more often than you may think. Do you know what the requirements are of having medical services and first aid on a construction site? Do you know what to do in an emergency or if an accident happens on your construction site? Working in the construction industry is inherently dangerous. Implementing required medical services and first aid on your construction site increases the likelihood that everyone goes home safely at the end of the day.

The following OSHA standard serves as a guide to help you identify and comply with the requirements of providing medical services and first aid on a construction site.

OSHA Standard 1926.50 Medical Services and First Aid

1926.50(a) Provisions shall be made prior to commencement of the project for prompt medical attention in case of serious injury.

- Assess the workplace to identify all risks that have the potential to cause injury or illness.
- Ensure that the findings of your assessment are documented and added to your employee safety orientation.

1926.50(c) In the absence of an infirmary, clinic, hospital, or physician, that is reasonably accessible in terms of time and distance to the worksite, which is available for the treatment of injured employees, a person who has a valid certificate in first-aid training from the U.S. Bureau of Mines, the American Red Cross, or equivalent training that can be verified by documentary evidence, shall be available at the worksite to render first aid.

- OSHA has long interpreted the term "near proximity" to mean that emergency care must be available within no more than 3-4 minutes from the workplace, an interpretation that has been upheld by the Occupational Safety and Health Review Commission and by federal courts.
- When using first-aid providers, ensure they receive first-aid training suitable for the specific workplace and that refresher training is received as required.

1926.50(d)(1) First aid supplies shall be easily accessible when required.

- Clearly mark and place first aid supplies where all site personnel can easily locate them. Briefing personnel on the location of first aid kits, eye wash stations, and other medical equipment during the new employee safety orientation provides initial awareness. Erect signs that identify the location of medical and emergency equipment and provide essential information for the reader.

1926.50(d)(2) The contents of the first aid kit shall be placed in a weatherproof container with individual sealed packages for each type of item and shall be checked by the employer before being sent out on each job and at least weekly on each job to ensure that the expended items are replaced.

1926.50(e) Proper equipment for prompt transportation of the injured person to a physician or hospital, or a

communication system for contacting necessary ambulance service shall be provided.

- Ensure all personnel are briefed on the following:
  - Project name
  - Project location (Formal address or street cross sections)
  - Nearest hospital

1926.50(f)(1) In areas where 911 emergency dispatch services are not available, the telephone numbers of the physicians, hospitals, or ambulances shall be conspicuously posted.

1926.50(f)(2) In areas where 911 emergency dispatch services are available and an employer uses a communication system for contacting necessary emergency-medical service, the employer must:

- Ensure that the communication system is effective in contacting the emergency-medical service; and
- When using a communication system in an area that does not automatically supply the caller's latitude and longitude information to the 911 emergency dispatcher, the employer must post in a conspicuous location at the worksite either:
  - The latitude and longitude of the worksite; or
  - Other location-identification information that communicates effectively to employees the location of the worksite.

1926.50(g) Where the eyes or body of any person may be exposed to injurious corrosive materials, suitable facilities for quick drenching or flushing of the eyes and body shall be provided within the work area for immediate emergency use.

- Ensure the path to eyewash stations and showers remain clear throughout the duration of the project.

Ensure all workers are trained on the first-aid program, including what workers should do if a coworker is injured or ill. Putting the policies and program in writing is recommended to implement this and other program elements.

Conducting scheduled evaluations (emergency drills) and making necessary changes will keep the first-aid program current and prepared to handle new risks that may arise in the workplace. Regular training, inspections, and reminders help keep first aid readiness a priority, ensuring a safer environment for everyone working on-site.

Note(s): Important references

- OSHA3317first-aid.pdf
- 1926.50 - Medical services and first aid. | Occupational Safety and Health Administration
- Interlinking | Occupational Safety and Health Administration
- For work being performed on government projects, see Safety and Occupational Health Requirements

Key Takeaways

Medical services and first aid play an essential role in managing injuries and avoiding serious outcomes in construction. Construction sites must have well-established and well-practiced procedures in place. Adequate training and preparation are critical for effective emergency response. Weekly inspections and maintaining the contents of first aid kits guarantee that ample supplies will be there in emergency situations. Complying with legal and regulatory requirements not only can create a safer working environment, but it will also avoid costly penalties.

Chris Moreland, CHST

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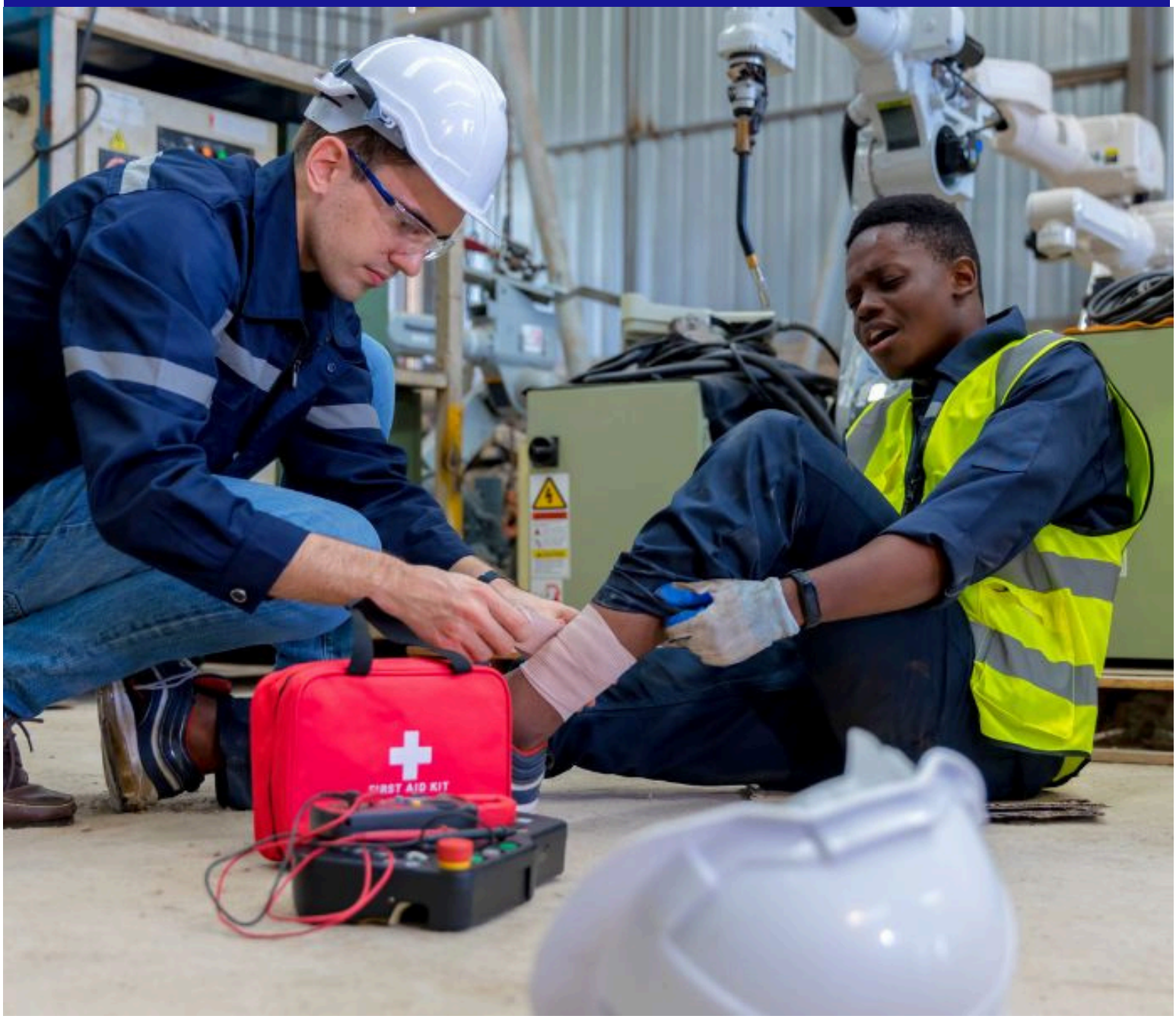

NEW CSA GAS CODE UPDATES PREPARE INDUSTRY FOR HYDROGEN FUTURE

"The B149 Code Series is the foundation for safe gas installations across Canada," says Brent Hartman, director of fuels and transportation standards at CSA Group. "We update it every five years to reflect industry needs, field experience, and emerging technologies—so the code captures current best practices and safety requirements."

This year's release of the CSA B149 Code Series signals a significant shift in Canada's gas safety landscape. The updated suite—most notably CSA B149.1, Natural Gas and Propane Installation Code—includes new provisions aimed not just at aligning with existing electrical standards, but also at preparing the gas industry for a low-carbon future where hydrogen plays a central role.

Expanding scope, strengthening safety

CSA B149.1, adopted by all provinces and territories through regulation, has traditionally focused on residential and commercial applications. The 2025 edition expands that scope to include industrial settings.

"This is a major change," says Hartman. "For the first time, the code explicitly addresses natural gas and propane use in industrial operations—like manufacturing or processing plants. Employers in those sectors will need to carefully review the new requirements."

The updated code also aligns more closely with the Canadian Electrical Code, Part I. This includes revised bonding requirements and clearer rules around press-connect fittings—ensuring safety where gas and electrical systems coexist in close quarters.

Changes also affect key areas like separation distances, vent terminations, piping materials, and leak testing protocols—elements that technicians and installers must navigate daily. But perhaps the most future-focused element is the groundwork laid for hydrogen-natural gas blends.

Hydrogen on the horizon

The updated B149.1 introduces early guidance on hydrogen integration—an emerging priority as Canada moves toward decarbonization.

"Hydrogen is gaining traction as a potential fuel," Hartman explains. "Our first step was to explicitly bring hydrogen-natural gas blends into the scope of the code."

This move lays the foundation for broader hydrogen use in pipelines and appliances. "There's the installation aspect, which the code covers, but also a separate suite of product safety standards. Those are being developed independently," Hartman says.

Additional changes address specific needs related to hydrogen, such as new rating plate requirements and odorization rules for blends—crucial steps in ensuring these fuels are handled safely as they enter the market.

Despite these forward-looking changes, Hartman clarifies that a separate hydrogen-specific code isn't on the horizon. "The B149.1 code will continue to evolve to address hydrogen blends. It's a continuous update process. As industry knowledge and technology mature, we adjust the code accordingly."

Implications for the workforce

The B149 Code Series plays a pivotal role in training and certifying Canada's gas fitters and technicians. Updates to the code mean updated learning materials—and new challenges for those maintaining certification.

"The B149 Series forms the backbone of gas technician training," Hartman says. "Understanding and applying the code is critical for passing licensing exams. So when we publish a new edition, it's essential the training content evolves with it."

As for whether currently licensed gasfitters will need to re-certify under the new code, Hartman explains: "The need for re-certification due to a new edition of B149.1 depends on Red Seal requirements, jurisdictional regulations, or employer policies. Regardless of whether re-certification is required, gasfitters and gas technicians should familiarize themselves with the relevant changes."

CSA Group doesn't set recertification policy but does play a key educational role. "We offer training on the key updates in each new edition of the B149.1 code," Hartman adds.

A living document for a changing energy landscape.

With hydrogen entering the mix and industrial coverage expanding, the 2025 edition of the B149 Code Series reflects a gas sector in transition—balancing current safety needs with future fuel potential.

Hartman closes on a note of ongoing responsibility: "Our codes are living documents. They evolve with safety always at the core. As the energy landscape changes, we'll keep building the standards that professionals and the public can rely on."

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WHAT SAFETY LEADERS NEED TO KNOW ABOUT AUDITS

The following is the first in a series of safety auditing articles from the new book by Wayne Pardy and Terri Andrews titled, Health, Safety, Environmental, and Quality Auditing, published by Rowman & Littlefield.

Safety audits. We all do them in one form or another. Some are mandated by regulatory requirements. Others are dictated by clients or customers. Still others are mandated by industry associations (COR) and still others are implemented based on prudent or best practice or a desire to demonstrate excellence in safety (ISO 45001).

By way of a few examples;

- WorkSafeBC: To earn or keep a certificate of recognition (COR), your organization's health and safety management system must pass an audit. Once the audit has been completed, your certifying partner will review the report to make sure it meets all criteria. An audit of your organization's health and safety management system is how your certifying partner will determine if your organization qualifies for a certificate of recognition (COR).
- Alberta: A Certificate of Recognition (COR) is awarded to employers who develop health and safety programs that meet established standards. A COR shows that the employer's health and safety management system has been evaluated by a certified auditor and meets provincial standards. These standards are established by Occupational Health and Safety (OHS). To get a COR, your business must first have a health and safety management system in place, and then have it successfully audited through a Certifying Partner.
- Ontario: In Ontario, the WSIB's Health and Safety Excellence Program (HSEp) and the Supporting Ontario's Safe Employers program (SOSE) encourage workplace safety excellence, with SOSE recognizing employers with accredited Occupational Health and Safety Management Systems (OHSMS) like ISO 45001 or COR 2020.

- Newfoundland and Labrador: In Newfoundland and Labrador PRIME Path 2 Employers are employers who pay greater than or equal to $10,000 in average assessments and have 20 or more workers at any provincially and federally regulated worksite. Employers in this category are required to develop and implement a 15-Element OHS Certification Program to be eligible for PRIME refunds. There is a minimum safety audit score of 65 per cent per program element, and minimum overall safety audit score of 80 per cent, for an employer to be eligible for PRIME refunds.

Whether you're a large, multi-national or a small fabrication shop, the fundamental foundation for a successful safety audit is dependent on how well you structure and implement the following criteria:

1. Commitment to the audit process. Explicit top-management support for HSEQ auditing and commitment to follow-up on audit findings. Such support could be demonstrated by sanctioning the role of the audit program in a written management policy statement on HSEQ management, buttressed with specific, tangible implementing actions. For organizations which have decided to implement management systems based on any of the more common ISO standards this is a stated requirement, subject to audit and verification.
2. Independent audits. An HSEQ auditing function independent of audited activities. The status or organizational focus of HSEQ auditors should be sufficient to ensure objective and unobstructed inquiry, observation, and testing. Auditor objectivity should not be impaired by personal relationships, financial or other conflicts of interest, interference with free inquiry or judgment, or fear of potential retribution. Simply put, you should not be auditing your own work. Plus, they need to have clear technical competencies in HSEQ discipline areas. Generalists are OK. Specialists are preferred.

3. Training and competency. Adequate team staffing and auditor training. HSEQ auditors should possess, or have ready access to, the knowledge, skills, and disciplines needed to accomplish audit objectives. Each individual auditor should comply with professional standards of conduct. Auditors, whether full- or part-time, should maintain their technical and analytical competence through continuing education and training.

4. Clear objectives of your efforts. Explicit audit program objectives, scope, resources, and frequency. At a minimum, audit objectives should include assessing compliance with applicable HSEQ laws and evaluating the adequacy of internal compliance systems to carry out assigned responsibilities. Explicit written audit procedures should generally be used. Auditors should be provided with all internal policies and applicable permits and regulations pertinent to operations or the facility, as well as checklists or protocols addressing specific features that must be evaluated.

5. Evidence-based decisions. A process,

that collects, analyzes, interprets, and documents information sufficient to achieve audit objectives. Information should be collected before and during an on-site visit regarding matters related to audit objectives and scope. This information should be sufficient, reliable, relevant, and useful enough to provide a sound basis for audit findings and recommendations. Sometimes your time as an auditor can be rushed and challenged on site, so any opportunity to review any audit evidence before getting on site is advisable and a definite advantage.

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ENHANCING RESPIRATORY PROTECTION THROUGH TECHNOLOGICAL ADVANCES

Keeping your co-workers safe in the workplace is a daily effort. Respiratory protection can shield people from changing threats, like airborne illnesses and unsafe buildings falling apart with time. Learning about technological advances protecting workers in numerous industries could improve your team's well-being.

Health hazards exist in numerous workplaces

Protecting your airways is crucial in health care settings, but airborne viruses aren't the only ways people can become ill on the job. If your team is around pesticides, organic dust and vapours, they could develop conditions like chronic obstructive pulmonary disease if they breathe the contaminants over time. Other allergens, such as pollen and fungi, can also decrease a person's productivity if they start feeling sick.

People in industries like health care, construction, manufacturing and other sectors need daily protection against viruses, bacteria and airborne pollutants. The Canadian Occupational Health and Safety Regulations protect against numerous respiratory threats in workplaces, but updating your team's ability to stay healthy through advanced technological tools will give everyone more peace of mind.

Latest respiratory protection advances

Filtration technologies are an excellent tool in aging buildings. Nanofiber filters collect finer particles, even when they have different shapes like cones. If you replace them regularly, you'll prevent blockages from making them less efficient. Combination filters with Wi-Fi connectivity may be another option for teams that want automatic replacement reminders.

Workers in areas with unavoidable gases could start using air-purifying respirators. These devices come in two models — one that catches particulate matter and another that absorbs gases. While your team might already use the standard APR that blocks you from breathing contaminants, swapping them with gas-absorbing respirators could better protect your team.

Portable air filters also effectively shield people from airborne viruses, regardless of what they do during the workday. When your team members are in rooms full of people, conversing one-on-one or sitting in shared spaces, a PAF will clean the air around them with technology like ultraviolet light or negative ionization.

Challenges to overcome when implementing health and safety measures

Giving everyone health-boosting technology won't be enough to make your efforts successful. Workplace leaders must also implement strategies like written respiratory protection programs and training sessions on new equipment. When people know how to correctly use their tools, they'll experience maximum protection.

Investing in respiratory technology also requires budgeting unique to each workplace. A team of five people will spend less on individual APRs than an office with 50 employees. If an entire department starts using PAFs, the company's electric bill might also rise. Each PAF will need power, resulting in higher ongoing utility costs.

Improve your team's workplace safety

Learning about new respiratory protection tools is an excellent way to protect your co-workers. If you strategize how you'll manage potential challenges that could arise during the office transition, you'll create a more effortless experience for everyone involved.

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Raising The Standard

RTS CONSULTING INC.

RTS First Aid and CPR

RTS Consulting can provide First Aid and CPR Training. The topics in this 14 hour Standard First Aid/Heart Saver Training Session include adult, child and Infant C.P.R., obstructed airway, abdominal or chest injuries and burns and many more.

RTS Due Diligence Training

Due Diligence means taking every reasonable precaution to protect the Health and Safety of workers. Demystify the process of establishing and maintaining a successful Health & Safety System and ensure your organization's compliance with the Due Diligence Legislative Obligations. We have assisted numerous companies in Workwell audits in the last few years. We have a 100% pass rate. You will be in good hands under our direction.

For more information please contact Hailey Mesner at hmesner@rtsconsulting.com

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Raising the Standard Consulting will raise the standard of EH&S in your organization through the development of new and innovative strategies and programs driven by your own individual needs.

We want to build relationships with our clients to help create lasting change in their organizations. Contact us today to build a safer tomorrow.

With Aloha,

Stanford Brown, B.Sc., CSP, CSHP, CRSP, CHSC, Senior Consultant, President & CEO