



**You need to
know this...**





Where Safety Works

Mark's Commercial is 100% dedicated to your safety. Not only on the job site but also at the office, at home, on holidays, wherever life takes you. Mark's Commercial wants you and your employees to be safe at everything you do. We have the products and knowledge to do just that.

On-Site Safety Is No Accident

Each year, more than four million Canadian workers suffer some type of job-related injury or illness.

Not just frustrating to those affected, injuries can also mean significant downtime for companies. Yet many workplace injuries can be prevented or minimized with the proper compliant workwear and personal protective equipment (PPE).

Numbers Don't Lie

Here are some statistics about common workplace injuries.

Head Injuries: Falling objects lead to more than one third of all job-site head injuries. 86% of these are cuts or bruises and 26% involve concussions.

Slips: 42,000 Canadian workers are injured each year due to falling or tripping.

Hand Injuries: A leading type of work hazard is injury to hands, which can be reduced by 60% with appropriate work gloves.

Eye & Face Injuries: When eyes and faces are unprotected, 48% of facial injuries are caused by cuts, lacerations and punctures, and 27% include fractures and lost teeth.

On-Site Safety Measures

Outfitting workers with the proper workwear and safety gear can help reduce workplace injury significantly. Here's how:

- PPE hard hats help prevent head injury by reducing the intensity and distributing the pressure of an impact.
- Wearing CSA-compliant anti-slip footwear—combined with taking preventative measures on wet, slippery or cluttered walking surfaces—helps prevent slips.
- Work gloves designed for specific occupations offer many features like grip, cut protection, dexterity, sensitivity, dryness, antibacterial protection, chemical resistance, high visibility and insulation.
- Properly fitting safety glasses and face shields help prevent injuries that result from flying sparks, particles, sawdust and objects.





New Strides In Workwear Safety

Safety is the key focus of Mark's product development, and the company can access extensive research and development from its vendor groups. Mark's Commercial can supply Mark's trusted brand names and many other industrial vendors through wholesale and retail distribution options. High-performance technologies have been developed by recognized brands such as Carhartt, Helly Hanson, IFR, Viking, Pioneer and others.

Partnering with university research teams across Canada, Mark's develops cutting-edge product innovations for their own industrial workwear, footwear and safety gear under the Dakota brand. With more than two dozen product innovations for fabric and footwear, Mark's hopes to reduce workplace hazards through better workwear, footwear and PPE. Here are a few Mark's innovations:

- Breathable Hyper-Dri® water protection on fabric and footwear keeps out water and moisture.
- Fabric and footwear treatments such as Soil & Stain Release and Stain Rejector™ remove or repel stains, and Freshtech® inhibits bacterial growth that can lead to odour, spoilage, stain, fungi, mould or mildew.
- Duratoe® and X-Toe® protect toes and help workboots withstand heavy wear around the toe area.
- Hypo-allergenic T-MAX® insulation provides lightweight warmth without bulk while wicking moisture away to help regulate body or foot temperature.
- Tarantula Antislip™ (and Antislip™ on Ice) is a unique tread technology with specialized compounds applied to shoe or boot outsoles to reduce friction and help prevent slips and falls on wet, greasy or icy surfaces.



In it for the long haul?

Long-haul truck drivers are essential to the transportation of goods in Canada, but the demands of their job may contribute to a greater chance for health problems. Irregular schedules, long hours, little physical activity, limited access to healthy foods on the road, and stress make healthy living a challenge for long-haul truck drivers.

Long-haul truck drivers are drivers of heavy-duty and tractor-trailer units (trucks having a capacity of at least 4500 KG Gross Vehicle Weight (GVW)). Their freight delivery routes require them to sleep away from home.

Truck drivers have a greater chance for many chronic diseases and health conditions such as heart disease, diabetes, hypertension, and obesity compared to U.S. adult workers. In 2012, the rate for nonfatal injuries in heavy and tractor-trailer truck drivers was three times greater than the rate for U.S. adult workers.

Knowing the terrain and travel conditions along your route before you leave can help you make safe driving decisions.



Safety is in the facts

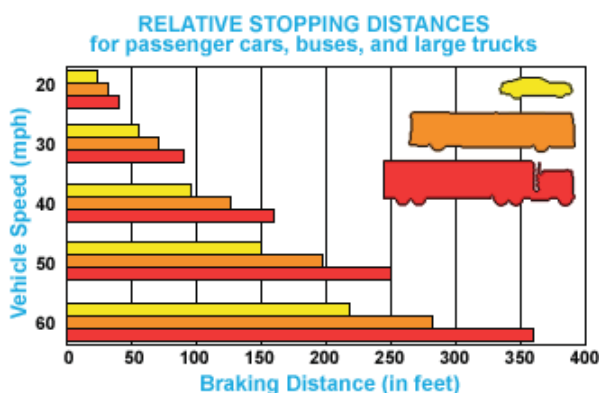
68% of injuries involving days away from work among company drivers were not reported to employers.

73% of the drivers surveyed perceived their delivery deadlines as unrealistically tight, which could increase likelihood of unsafe actions such as speeding, violating driving-hour regulations, and driving despite fatigue, bad weather, or heavy traffic.

35% of the drivers reported at least one motor vehicle incident in their career.

38% of the drivers reported receiving inadequate training at the beginning of their careers.

Did you know...



- 449 people were killed and 9,343 were injured in collisions involving commercial vehicles (2010 to 2014).
- There are over 26,397 carriers in Alberta that operate over 131,128 commercial vehicles.

Types of Heavy Equipment

There are several pieces of machinery classified as heavy equipment.



Dozers, Loaders, Graders, Excavators, Scrapers, Backhoes, Cranes-Draglines, Forklifts-Manlifts, Compactors/Rollers, Cable Plows, American Augers, Mixers, Heavy Haul Trucks

Trucking requires full concentration on the road. Not only must commercial drivers contend with other motorists, dangerous weather conditions and wandering wildlife, but they must do so while operating large rigs, often carrying heavy and sometimes dangerous cargo. One mistake carries possibly huge repercussions.



Knowing the terrain and travel conditions along your route before you leave can help you make safe driving decisions.

- Use the truck's flashers when driving below the posted speed limit for an extended period of time.

Did you know...

During operation of heavy equipment:

- Always wear seatbelts
- Check controls for proper operation (including backup alarms)
- Check the work area for obstacles, holes, overhead utility lines, etc.
- Have the utility service provider identify underground cables and supply lines before digging
- When working on slopes, operate up and down the face of the slope instead of across the face
- Never jump off of or onto the equipment (use 3-point contact rule)
- Never exit a running vehicle (turn the vehicle off if the operator must leave the cab)

Exiting the vehicle:

- Park on level ground
- Relieve pressure from all hydraulic controls
- Wait for all motions to stop, then safely dismount the vehicle using the 3-point contact rule
- Remove the key from unattended vehicles

You can make a difference...

Maintain additional space with the vehicles in front of you when driving in rain or snow.

Exercise caution when approaching bridges in wintertime. Bridges freeze faster than roads, creating difficult-to-detect black ice.

Slow down in work zones. Close to one-third of all fatal work-zone crashes involve large rigs. Plus, you could lose your commercial driver's license if caught speeding in a posted work zone.

Take plenty of driving breaks, especially while driving cross-country, to help remain alert.

Don't fight eye fatigue. Pull off the road and take a nap.

Strictly adhere to commercial driver hour restrictions. By law you cannot exceed 13 continuous hours of driving.

SLOW DOWN...

The contributory factor most often cited in single-vehicle heavy truck incidents was "driving too fast for road conditions."

What Is An Eye Injury?

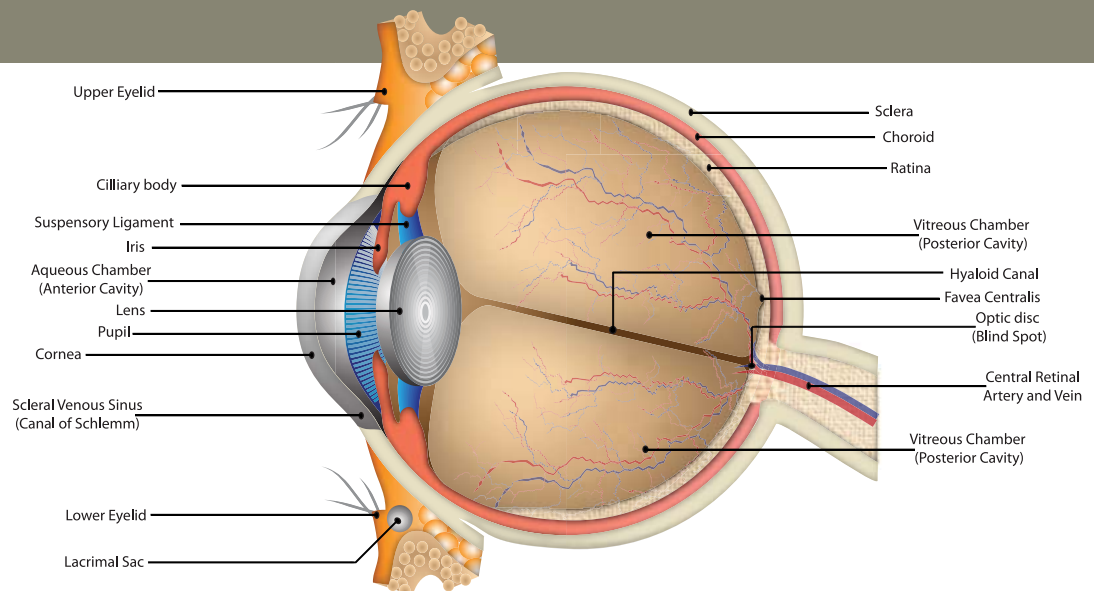
Physical or chemical injuries of the eye can be a serious threat to vision if not treated appropriately and in a timely fashion. The most obvious presentation of ocular (eye) injuries is redness and pain of the affected eyes. This is not, however, universally true, as tiny metallic projectiles may cause neither symptom. Tiny metallic projectiles should be suspected when a patient reports metal on metal contact, such as with hammering a metal surface. Intraocular foreign bodies do not cause pain because of the lack of nerve endings in the vitreous humour and retina that can transmit pain sensations. As such, general or emergency room doctors should refer cases involving the posterior segment of the eye or intraocular foreign bodies to an ophthalmologist. Ideally, ointment would not be used when referring to an ophthalmologist, since it diminishes the ability to carry out a thorough eye examination.

ANATOMY OF THE EYE



90%

**OF ALL
WORKPLACE EYE
INJURIES CAN
BE PREVENTED
BY WEARING
PROPER
PROTECTIVE
EYEWEAR.**



**When someone is injured,
treatment must be rendered
promptly in order to increase
the chances of a full recovery.**

**See the signs...
before you can't.**



What contributes to eye injuries at work?

1. Not wearing eye protection. BLS reports that nearly three out of every five workers injured were not wearing eye protection at the time of the accident.
2. Wearing the wrong kind of eye protection for the job. About 40 percent of the injured workers were wearing some form of eye protection when the accident occurred. These workers were most likely to be wearing eyeglasses with no side shields, though injuries among employees wearing full-cup or flat-fold side shields occurred as well.

Each day, an estimated 2,000 workers suffer eye injuries on the job, which not only causes many of them to lose their sight, but also costs employers and insurance companies millions of dollars each year.

Where do eye accidents occur most often?

Potential eye hazards can be found in nearly every industry, but more than 40 percent of injuries studied occurred among craft workers, like mechanics, repairers, carpenters and plumbers. Over a third of the injured workers were operators, such as assemblers, sanders and grinding machine operators. Laborers suffered about one-fifth of eye injuries. Almost half the injured workers were employed in manufacturing, and slightly more than 20 percent were in construction.



A few prevention tips

Eye protection devices must be properly maintained. Scratched and dirty devices reduce vision, cause glare and may contribute to accidents.

See the dangers... before you can't.

Be informed

NOT JUST AT WORK...

Did you know...

- Did you know that men are more likely to sustain an eye injury than women? In fact they are almost three times more likely to sustain eye injuries.
- Did you know that an additional 25 percent of eye injuries are due to home repair or power tools?
- Did you know that the most common place for an eye injury to occur is the yard?
- Did you know that 34 percent of injuries in the home occur in living areas such as the kitchen, bedroom, bathroom, living or family room?
- Did you know that eyes can be damaged by sun exposure, not just chemicals, dust or objects?



An injury can happen in a split second and result in a lifetime of disablement and hardship for you and your family. Support and work with your employer and your health and safety committee or representative to implement an effective eye protection program. It takes:

- team effort
- safety training
- observance of safety rules and
- proper work practices
- first aid training
- hazard recognition
- safe tools and equipment
- adequate eye protection
- a safe work place

EYE INJURIES RARELY GET A SECOND CHANCE.



Our Hands at Work! ————— Be informed

The hand is the part of the body most often injured and these injuries are sometimes difficult to heal. Hand injuries are preventable. By identifying hazards and developing safety measures, you and your employer can prevent your hands from being among the 500,000 injured in Canada every year.



Think of your hands as...

Valuable

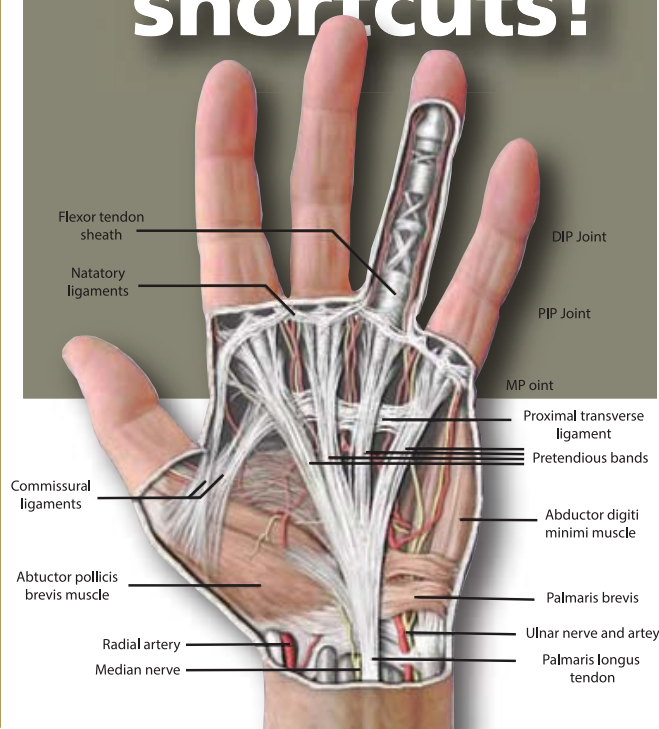
Your hands are superbly designed tools of amazing strength and dexterity. They can pinch, grasp, twist, lift, hold and manipulate while doing a wide variety of other specific tasks.

Vulnerable

Your hands and wrists are a complex system of bones, muscles and tendons, ligaments, blood vessels and nerves protected by layers of skin. A total of 27 hand and wrist bones are connected to the muscles by tendons. Ligaments join bones together and hold the joints in place. Blood vessels supply nourishment to all these parts. Nerves convey sensations and help to control hand and finger movements. The skin provides a barrier against chemicals, heat and cold. Skin on the back of the hand is thin and elastic and, on the palm, it is thick to provide traction, cushioning and insulation.

Remember! Your hands are valuable but also vulnerable! If even a small cut makes it difficult and painful to work or play, imagine if you had a serious injury.

Don't take shortcuts!



Workplace hazards and injury prevention

A hazard is any energy that can cause harm. Injuries can be immediate or may happen over time. In the workplace, your hands are subjected to many hazards.



Just the facts....

92% of on-the-job hand injuries are preventable.
72% of injured workers report not wearing gloves at time of injury.
There are roughly 250,000 serious hand, finger and wrist injuries per year.

Workplace hazards

- Chemical
- Mechanical
- Heat and cold
- Virus /Skin infections
- Shortcuts
- Lacerations

Common workplace injuries

- Strains and sprains
- Fractures
- Crushes
- Abrasions
- Cuts / Punctures
- Burns

REMEMBER

It is dangerous to wear rings at work. Even a ring that fits your finger perfectly poses a hazard. If the ring is forced off or breaks, it may pull the flesh from the finger or amputate it. Remember, too, that long hair, loose clothing, dangling accessories, jewellery and similar items can get caught in machinery. If these are worn, they must be tied, covered or otherwise secured to prevent them from becoming a safety hazard.

Did you know...

Nearly 250,000 injuries and illnesses to the wrists/hands/fingers led to 27% of total days missed from work in 2015.

When someone is injured, treatment must be rendered promptly in order to increase the chances of a full recovery.



"I've only got two hands"... It's true. keep it that way!



An injury can happen in a split second and result in a lifetime of disablement and hardship for you and your family.

Always choose the glove that provides the right protection

BDG
BOB DALE GLOVES



Rating	Latex Rubber	Nitrile	Polyurethane	Neoprene	PVC
Abrasion	Good	Excellent	Excellent	Good	Good
Cut	Excellent	Excellent	Fair	Good	Fair
Tear	Excellent	Fair	Good	Good	Fair
Puncture	Good	Excellent	Excellent	Good	Fair
Flexibility	Very Good	Good	Excellent	Very Good	Fair
Temp/C°	-17 to +150	-4 to +150	-4 to +150	-4 to +150	-4 to +65
Oils/Grease	Poor	Excellent	N/A	Excellent	Fair
Hydrocarbons	Poor	Excellent	N/A	Excellent	Fair
Acids	Good	Good	N/A	Good	Excellent
Non Ketonic Solvents	Poor	Excellent	N/A	Excellent	Good
Ketonic Solvents	Fair	Fair	N/A	Good	Poor
Detergents	Fair	Excellent	N/A	Excellent	Good

What Is a Head Injury?

A head injury is any sort of injury to your brain, skull or scalp. This can range from a mild bump or bruise to a traumatic brain injury. Common head injuries include concussions, skull fractures, and scalp wounds. The consequences and treatments vary greatly, depending on what caused your head injury and how severe it is.

Head injuries may be either closed or open. A closed head injury is any injury that doesn't break your skull. An open, or penetrating, head injury is one in which something breaks your skull and enters your brain.

It can be hard to assess how serious a head injury is just by looking. Some minor head injuries bleed a lot, while some major injuries don't bleed at all. It's important to treat all head injuries seriously and get them assessed by a doctor.



Think about it... before you can't.

It is preventable...

Preventing head or any type of injury in the workplace is very important because no employer wants to have to tell an employee's family that their loved one has been seriously hurt or killed on the job.

In addition, accidents can be very costly when they result in hospital and doctor bills, insurance increases, possible fines, attorney fees and lost time from the job.

A well-organized and properly conducted safety program can reduce the number of work-related accidents to zero.



Workplace hazards and injury prevention

A hazard is any energy that can cause harm. Injuries can be immediate or may happen over time. In the workplace, your head is subjected to many hazards.



**Remember... it's not only your head gear
that can save you... proper footwear
can help prevent costly slips and falls.**

What Are the Major Types of Head Injuries?

Hematoma
Concussion
Edema

Skull Fracture
Diffuse Axonal Injury



Major Head Injury Symptoms

- a loss of consciousness
- seizures
- vomiting
- balance or coordination problems
- serious disorientation
- an inability to focus the eyes
- abnormal eye movements
- a loss of muscle control
- a persistent or worsening headache
- memory loss
- changes in mood

Minor Head Injury Symptoms

- Headache
- Lightheadedness
- Spinning sensation
- Mild confusion
- Nausea
- Temporary ringing in the ears

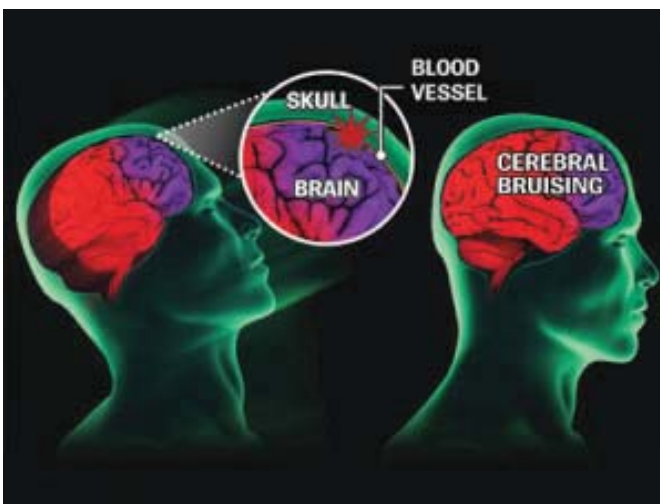
A few prevention tips

Form a safety team from among your employees and require that they conduct an audit each month listing practices and conditions that are conducive to head injuries. Act on their report by removing or correcting the reported safety hazards.

75% of persons with TBI who return to work will lose their job within 90 days if they do not have supports.

If you don't think it can happen...You're DEAD wrong.

Be informed



After one brain injury, the risk for a second injury is three times greater; after the second injury, the risk for a third injury is eight times greater.

STUDY

Traumatic brain injuries in the construction industry.

Colantonio, A, McVittie, D, Lewko, J, and Yin, J (2009). Brain Injury, Vol. 23 (11), pp 873-878.



This study found that falls were the most common cause of brain injury in construction workers. In addition, a significantly higher proportion of young workers were injured in the mornings compared to older workers. The authors suggest that TBI prevention strategies targeted at the construction industry could be helpful.

Did you know...

- Every 7 minutes, someone dies of a brain injury.
- The estimated lifetime cost for each survivor of a severe brain injury exceeds \$4 million.

An injury can happen in a split second and result in a lifetime of disablement and hardship for you and your family. Support and work with your employer and your health and safety committee or representative to implement an effective head protection program. It takes:

- team effort
- safety training
- observance of safety rules and proper work practices;
- first aid training
- hazard recognition
- safe tools and equipment
- adequate head protection
- a safe work place.



When someone is injured, treatment must be rendered promptly in order to increase the chances of a full recovery.

Slips, Trips & Falls?

Falls are one of the leading causes of unintentional injuries, accounting for approximately 8.9 million visits to the emergency department. Most people have a friend or relative who has fallen, or maybe you've fallen yourself. Falls are the second leading cause of unintentional death in homes and communities, resulting in more than 25,000 fatalities in 2009. The risk of falling, and fall-related problems, rises with age and is a serious issue in homes and communities.



FOOTWEAR SAFETY FACT:
1 IN 5 OF ALL LOST-TIME WORK INJURIES RESULT FROM SLIPS, TRIPS AND FALLS—THEY MAKE UP OVER 20% OF ALL JOB-RELATED ACCIDENTS

5%

Over 5% of slips and falls cause fracture. The majority of fractures caused by slips and falls are hip fractures.

Falls occur in virtually all manufacturing and service sectors. Fatal falls however are in construction, mining and certain maintenance activities.

Slips and Falls Can Cause...

- Bruises
- Fractures
- Broken Bones
- Spinal Cord Injuries
- Neck Injuries
- Head Injuries
- Brain Injuries
- ...and others

Slips

A slip occurs when there is too little friction or traction between your footwear and the floor surface. In most slip events where a worker is walking, the worker's heel on the front foot slips forward as the individual is transferring weight, causing the worker to fall backwards. Common contributing causes for slips include:

- Wet or dry contamination on the floor
 - Loose, unsecured rugs or mats
- Walking surfaces that do not have the same degree of traction

Walking surfaces that do not have the same degree of traction can occur when the floor wears unevenly or at transitions from a floor with high friction, such as carpet, to a floor with lower friction, such as polished marble.

Floor contamination can also contribute to slips and falls. Wet sources of contamination include water, oil, grease and soap from cleaning solutions.

Dry contamination includes dusts, powders, granules and other small objects, such as metal nuts and bolts spilled on the floor.

SLIPS, TRIPS & FALLS ARE CANADA'S MOST FREQUENT ACCIDENTS

Yet no one has legislated footwear safety standards for the most slippery places of all:

The hospitality, service and health industries...

BUT YOU CAN FOR YOUR EMPLOYEES.

PAY ATTENTION AND WEAR PROPER FOOTWEAR.



60%



of injuries that resulted from flat surface falls

Came from the SERVICES, WHOLESALE & RETAIL INDUSTRIES

Trips

A trip occurs when your foot strikes an object, resulting in a loss of balance.

In a trip, your momentum causes your body to continue forward.

Common causes for trips include:

- Cords or clutter in walkways
- An obstructed view
- Taking a short cut instead of a proven path
- Uneven stairs

Be informed



Prevention Starts With You...

SLIP RESISTANCE ?

Mark's has spent over a decade researching Canada's leading cause of industrial injury and death; Slips, trips and falls. This has led to the development of the TARANTULA ANTISLIP® with JStep outsole innovation. Anti-slip soles provide better traction, especially in wet, soapy or even greasy conditions. - taking safety to a whole new level.



An injury can happen in a split second and result in a lifetime of disablement and hardship for you and your family. Support and work with your employer and your health and safety committee or representative to implement an effective foot protection program. It takes:

- team effort
- safety training
- observance of safety rules and
- proper work practices
- first aid training
- hazard recognition
- safe tools and equipment
- adequate and proper foot protection
- a safe work place

**Take the proper steps
to prevent fall injuries.**

Just the facts...



As an employer,

you must assess your workplace to determine if hazards are present that require the use of personal protective equipment. If such hazards are present, you must select protective equipment and require workers to use it, communicate your protective equipment selection decisions to your workers, and select personal protective equipment that properly fits your workers.

Always

KNOW

How to wear your personal protective equipment (PPE) properly.

- The risk of lost-time due to injury is the **HIGHEST** among new workers

over
45
years of age.

- Always have a safety plan in effect and make sure every member of your team is aware of the plans and procedures. Practice the plan frequently.

Personal Protective Equipment

Personal protective equipment, or PPE, is designed to protect workers from serious workplace injuries or illnesses resulting from contact with chemical, radiological, physical, electrical, mechanical, or other workplace hazards. Besides face shields, safety glasses, hard hats and safety shoes, protective equipment includes a variety of devices and garments such as goggles, coveralls, gloves, vests, earplugs and respirators.

80%

of new workers do not receive proper safety training in their first year with a new employer.

Remember...

Employers must train workers who are required to wear personal protective equipment on how to do the following:

- Use protective equipment properly.
- Be aware of when personal protective equipment is necessary.
- Know what kind of protective equipment is necessary.
- Understand the limitations of personal protective equipment in protecting workers from injury.
- Put on, adjust, wear, and take off personal protective equipment, and maintain protective equipment properly.



All workers regardless of age, have 5 to 7 times the risk of injury in the first month on the job.

Ask yourself is your industry safe?

**WHERE
SAFETY
WORKS**



Just the facts...



Worldwide

- One worker dies every 15 seconds.
- 6,300 workers die daily.
- Asbestos kills 100,000 people annually.
- Other hazardous chemicals and substances kill another 350,000.
- Over 2.3 million deaths occur due to occupational accidents or diseases.
- 160 million workers suffer work-related illnesses.
- Around 337 million workers are injured in workplace accidents.
- 4% of the world's GDP is lost through work related death, injury or sickness.
- The annual cost of work time lost to the global economy is a staggering \$1.25 trillion.

How we compare...

Here are a few workplace safety facts that compare countries to each other.

Canada - 2014 - 1,036 Workplace Deaths

United States - 2014 - 5,071 Workplace Deaths

United Kingdom - 2014 - 180 Workplace Deaths

China - 2014 - 11,449 Workplace Deaths

Germany - 2014 - 57 Workplace Deaths

Make safety work for you.

markscommercial.ca



Make safety work for you.

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