

## IMPORTANT POINTS

- **WE ARE HIRING FOR VARIOUS POSITIONS.** If you have friends, family members or acquaintances who are looking for work, they can email their resume to [humanresource@labortek.com](mailto:humanresource@labortek.com) or go to our website [www.labortek.com](http://www.labortek.com) and register on-line.
- It's a requirement from our clients that time cards be handed in **regularly** every week on time.
- Your safety boots must be worn at all times, no matter the work place you are assigned to for work.
- If you are going to be late or absent for work it is **very important** that you call in to inform us. The deadline for phoning is **10:00 pm**. There are **NO EXCEPTIONS** to this rule. Not informing us will put your job at risk.

Have a safe and healthy month of November

**Mary Collier**  
Health & Safety Rep.  
[mcollier@labortek.com](mailto:mcollier@labortek.com)  
Tel: 613-741 1128  
Fax: 613-741 1130

## Dressing for the Cold Weather

Fall is a spectacular season with the leaves changing colours, the birds migrating to warmer places and the blue sky reflecting on the rivers during warm days. But Fall is also the season with the greatest variations in temperatures. The nights and early mornings are cool and the days warm. Rainy days are also more frequent. How to dress for outside work when the weather is rapidly changing in one same day? "What matters is not how much you wear, but what you wear to stay dry and comfortable when working in hot, wet or cold conditions" says Paul Aiken, Sales Manager, Work-Wear Division for Helly Hansen. When your body overheats or drastically cools, you lose concentration and efficiency. Wearing the right apparel helps with productivity and safety.

Layering is the key to staying dry, warm and safe in adverse

condition. Typically, a three-layer system of dress provides a comfortable level of warmth for workers who work outside in colder conditions. Layering also helps you in removing a layer when it gets warmer during the day.

The first layer, called the Base Layer, is close fitting and moves perspiration away from the skin. Cotton T-shirts are popular when it's warm, but they are the wrong choice to wear next to the skin in wet conditions. Wool is a better natural alternative that maintains its warmth properties even when wet. Synthetic base layers - i.e. polypropylene fabric - work best to quickly move excess moisture away from the skin and maintain a comfortable level of body heat.

The second layer, called the Thermal Layer, provides the greatest amount of warmth in the three-layer system.

Fleece jackets, crews, and pants are popular thermal layer garments and are recommended for their insulating properties. Warm air gets trapped in the loft of the pile while moisture can still move to the outer layer, where it turns into water vapor. Wool is the best performing natural thermal fiber that maintains its warmth properties while holding on to moisture longer than the synthetic alternatives.

The third layer, called the Outer Layer, comes in a variety of fabrics and styles designed for specific work environments, including high-visibility, flame-retardant, and fully waterproof jackets and pants. Multi-coated PVC fabrics are waterproof, durable and a good value for long-term use.

Keeping dry equals to keeping warm when it comes to dressing for weather. Garments worn on the job should work with the body to move sweat and excessive heat away from the skin and still insulate and protect you from the elements. When you buy your working cloths, always remember this three-layer system. Another good advice is to check the weather report before leaving home in the morning. What will be the minimum and maximum temperatures for the day? Is rain or snow forecasted? Answers to these questions will help you dress appropriately and avoid falling sick.

## Injured at Work - What You Should Do

LaborTek has put a procedure in place in case you are injured at work:

1. Obtain first aid promptly.
2. **Report injury immediately to site supervisor and LaborTek Safety Officer.**
3. Ensure you are accompanied by site supervisor to a hospital or clinic.
4. Obtain a Medical Treatment

Form from the site supervisor when medical attention is required. Ensure this form is completed by the first doctor to treat you and return it to LaborTek Safety Officer without delay.

Source: Occupational Health & Safety - <http://ohsonline.com/articles/2004/08/Improve-Safety-by-Dressing-for-the-Weather.aspx>