

CRST

Examination Preparation Workshop Manual

by Alan D. Quilley CRSP

Based on the BCRSP 2019 Examination Blueprint

www.safetyresults.ca

OHS Statutes and Regulations

A statute governing health and safety in the workplace typically does several things:

1. sets out the broad and general duties of the workplace participants,
2. establishes legal standards for health and safety,
3. grants authority to government officers and sets penalties for non-compliance, and
4. enables regulations to be passed that deal with the specifics of implementation, or the specifics of a given work situation.

Regulations cover a large number of specifics, and fall into several broad categories:

1. Sector-specific regulations relate to:
 - The industry (e.g. mines, construction projects),
 - The type of occupation (e.g. divers, chain saw operators, iron workers),
 - A type of activity (e.g. window cleaning, falling and bucking),
 - A special requirement (e.g. firefighters' protective equipment).
2. Hazardous substances regulations deal with specific substances or harmful agents:
 - Hazardous substances generally (WHMIS),
 - Hazardous physical agents (noise, radiation),
 - Specific (designated) substances (asbestos, silica etc.).
3. Joint health and safety committee regulations deal with size, responsibilities and functions of a committee.
4. First aid regulations specify the requirements for first aid services, equipment, and supplies.

LE3 Duties of Workplace Parties

General Duties of the Employer

The various statutes in Canada impose broad and general duties on employers:

1. The employer has a general duty to take all reasonable precautions (do everything reasonably practicable) to protect the health and safety of workers.
2. This basic duty may lead to others such as:
 - Responsibility to provide a safe and healthy workplace;
 - Duty to provide equipment, materials and protective devices;
 - Duty to supply and give access to health and safety information;
 - Duty to instruct and supervise workers;
 - Duty to register certain information and keep records;
 - Duty to post, display and give notice to workers;
 - Duty to cooperate with government officials;
 - Duty not to take threatening or discriminatory action.

Management Systems (MS)

This competency category has 4 competencies which represents 5% of the total 81 competencies in the CRSTEX. Between 3 and 5 % of the exam questions will come from this category. On average there will be 8 MS questions on the exam.

The CRSTEX Competency Profile includes the following:

MS1 Basic knowledge/comprehension of the integration of health and safety into organizational structure, function, culture and design.

MS2 Basic knowledge/comprehension of training needs analyses (e.g., development, delivery and evaluation, etc.).

MS3 Basic knowledge/comprehension of adult learning principles.

MS4 Ability to deliver routine training programs.

ASF13 Powered Industrial Trucks

Various workplaces including factories, warehouses, and transportation terminals use powered industrial trucks to carry, push, pull lift, stack and tier materials.

Powered industrial trucks may be classified by power source, operator position or means of engaging the load.

Power Sources - electric motors powered by storage batteries; engines using gasoline, LPG, or diesel fuel; combination of gas or diesel and electricity.

Rider-Controlled Trucks

These are powered industrial trucks controlled by an operator who rides on the truck.

- Lift trucks (fork lifts) are widely used; can be either high-lift or low-lift.
- Straddle trucks are used for carrying long materials such as pipe or lumber under the truck's body.
- Order-picker trucks are used in warehouses to raise the operator to the desired height.

Motorized Hand Trucks

Also called pallet jacks; the operator walks behind it or rides on the rear.

Lift Truck Operation

- Lift trucks are generally steered by the rear wheels, so the operator must always carefully watch the swing of the rear of the truck.
- All starts and stops should be easy and gradual to prevent the load from shifting.
- Avoid striking overhead structures and objects, e.g. sprinkler heads.
- Raise and lower loads only when stopped.
- Loaded or empty, the forks should be as low as possible, but high enough to not strike any raised or uneven surface.
- Tilt the mast back to keep load steady and secure.
- If the load obstructs the view, the operator should drive backwards, facing in the direction of travel.

Heavy Vehicle Safety

General Safety Considerations for Heavy Vehicle Safety from NSC reference text:

- Safety in the area around heavy equipment
- Safety of the equipment itself
- Safety of the operator
- Safety of the work process