

N.B. CONSIDERING TILT-UP

Continued from page 8

months. A 12 bay garage / office Regional Service Facility has been designed to replace NB DoT's existing facilities in St. Stephen, NB. The building will consist of structural tilt-up panels having continuous exterior insulation and cladding to make maximum use of the thermal mass effect of the concrete walls. Tenders for the building construction are expected to be called in 2007. Presently the preparation of the building site, access road and municipal services are being developed by Fundy Contractors Ltd. of St. George, NB.

The choice of tilt-up for construction is expected to make the project both time-efficient and cost-effective. Design, tendering and construction policies are administered by the Department of Supply and Services for their client department, NBDOT.

Architect Robert F. M. Phillips, Fredericton, says he is enthusiastic about the potential for the tilt-up system, and its use in New Brunswick.

The economy of tilt-up lays in the speed and simplicity of construction, resulting in the lowest first cost. The method offers overall economy by utilizing readily available local labour and materials, while speedy construction can minimize delays and allow for earlier occupancy. The immediate construction cost savings will be supplemented during the life of the building by reduced operations and maintenance costs.

Laurence Smith agrees that tilt-up is a more financially viable method than traditional construction techniques, and hopes to see its usage expand across the region.

"Tilt-up buildings require less heating and air conditioning because the thermal mass in concrete reduces both heating and cooling loads. And, on top of all that, the durability and performance of tilt-up buildings is usually reflected in stable long-term property values. All of these, of course, are highly desirable elements across the growing Maritime marketplace, especially during the long winter months."



The APRMCA and CAC Tilt-up Concrete Symposium included a tour of nine tilt-up sites in the Halifax area to increase awareness of the advantages of tilt-up technology.

LOCK OUT THE SYSTEM FOR SAFETY

By Gerard Gaudet, P. Eng.

When we clean, repair, adjust or maintain systems or mechanical equipment, we have to follow procedures for locking out the equipment. It doesn't matter how short or simple the job is. When we work on equipment like conveyors, motors, crushers, hoppers, etc., the first step is to "lock out the system."

Machine parts that move because they weren't locked out cause many of the injuries that occur during equipment service and maintenance. The usual excuse is that lockout procedures are complicated and take too long. Ask yourself the question: would you rather spend time locking out equipment or lying in a hospital bed missing limbs, or worse?

Locking out means bringing every power source in a machine or system down to a zero energy state. There are four basic actions in any lockout procedure:

1. Identify all energy sources connect-

2. Disable, redirect or stop all energy from doing what it normally does.
3. Confirm that you've reached a zero energy state.
4. Apply restraint devices to prevent the system from starting up while you work on it.

When you put your multiple lock device ("scissors clamp"), chain or block on a piece of equipment, you also have to lock and tag it. The lock is your personal security device that can only be removed by you with your own key. The tag indicates who locked out the machine, it directs people not to start or operate the machine and it notes when the lockout procedure was applied.

A recent review of fatalities, accidents, injuries and near misses has led the Workplace Health, Safety and Compensation Commission (WHSCC) to focus attention on lockout safety. Safe and effective lockout procedures protect lives, but only if they're followed explicitly. The legislative requirements haven't changed. Operations that involve clean-

ing, maintaining, adjusting or repairing machines must comply with the Provincial General Regulations. In addition:

- Employers must advise employees of hazards and risks.
- Employers must ensure necessary systems are maintained in good condition and are of minimum risk to health and safety.
- Employees must conduct themselves in a manner that ensures their health and safety.

The WHSCC will be strictly enforcing these laws whenever it encounters operations that involve cleaning, maintaining, adjusting or repairing machines. No shortcuts. No exceptions. No second chances.

Remember: Don't take chances. When in doubt, lock it out.

Gerard Gaudet, P. Eng. is the plant manager for Lafarge Construction Materials in Saint John and Hampton, New Brunswick. He sits on the APRMCA Board of Directors as vice president and is chair of the Safety Committee.

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