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Annual Report 2009

Chairperson's Message

This year the MFL Occupational Health Centre celebrated 25 years of service to the workers of Manitoba. When the centre was launched in 1983, we were only the second occupational health clinic in Canada. Manitoba's labour movement was instrumental in recognizing the need for quality, accessible and comprehensive workplace health and safety services. The centre opened with one doctor and three other staff. We have since grown to 13 staff, all of whom are dedicated to providing the highest level of occupational health and safety to Manitoba workers.

We work with joint health and safety committees by providing educationals, train the trainer sessions and up to date information on workplace health and safety issues. This year over 68,000 visited our website looking for information on workplace health and safety issues. We offer over 40 fact sheets with easy to read information on topics ranging from lifting, violence in the workplace, chemicals and workers' rights. In addition nine fact sheets are translated into nine different languages. Any worker can come to our resource centre for up to date information on workplace health and safety issues. Our doctors are occupational health specialists who can help workers determine if their illness is work related and offer a diagnosis or evaluation.

We also work with community partners such as Winnipeg Safe Cities and the Canadian Mental Health Association to expand the awareness of workplace issues such as violence and stress. We work with advisory committees from the Aboriginal community, small business employers and the cross cultural community. This year the Punjabi community produced a video in their first language for community trainers and workers in the Punjabi community.

Our success in delivering programs and services to Manitoba workers is due to the dedication and hard work of our staff, board members, community partners and committees. I want to thank everyone as we embark on another 25 years of dedicated service to the workers of Manitoba.

Darlene Dziewit
Chairperson

Board of Directors

Executive

Darlene Dziewit	Chairperson
Harry Mesman	Vice Chairperson
Art Crane	Treasurer
Pete Walker*	Secretary
Sylvia Farley	Secretary

Directors

Allen Bleich	Maria Jordan
Larry Boyko	Rob Labossiere
Bruce Campbell	Scott McLaren
Martha Chicas	Wayne Relf
Blaine Duncan	Wayne Skrypnyk
Les Ellsworth	Quan Hai Tonthat
Diane Gagnon	
*Resigned	

Development and Implementation of Health and Safety Groups in Rural Manitoba

Blaine Duncan - MGEU
 Glen Blahey - MB Labour Workplace Safety and Health/Manitoba Agriculture
 Sean Scott - MB Construction Safety Association
 Janice Storozuk - Can. Fed. of Independent Business
 Dave Kramer - WCB
 Judith Siemens - 3M Canada

Staff

Rob Chase, Physician
 Andrew Dolhy, Ergonomist
 Marty Fogel, Physician
 Diane Gagnon, Occupational Health Nurse
 Maureen Grace, Occupational Health Specialist
 Janice Greene, Aboriginal Workers Project Coordinator
 Karen Hamilton, Health Educator
 Pat Hebert, Librarian*
 Allen Kraut, Physician
 Carol Loveridge, Executive Director
 Diana Ludwick, Occupational Health Nurse
 Mona Phillips, Finance/Office Administrator
 Geetha Jayasinghe, Committee Development Worker
 Tiffany Pau, Resource Centre Coordinator
 * Deceased

Aboriginal Advisory Committee

Angela Bye	Karen Beaudin
Anita Keith	Larry Wurcherer
Peetanacoot Nenakawekapo	Paula Harris
Diane Scribe Niiganii	Wayne Mason
Brian Barron	Irvin LeClaire
Chris Poot	Rick Ratte
David Zirk	

Cross Cultural Community Advisory Committee Members

Tej Bains	Van Nguyen
Martha Chicas	Florence Marquez
Jose Chinchilla	Quan Hai Tonthat
Phoebe De Leon	Lambros Kyriakakos

Thank you...

. . . to our donors and funders whose ongoing generosity and support is sincerely valued and appreciated for their role in making the quality and range of our services possible.

Winnipeg Regional Health Authority
 Workers Compensation Board of Manitoba
 Manitoba Labour and Immigration
 Unions and many individual donors

Occupational Health Centre 2009 Highlights

Injured Workers

- ☞ Over **200 workers** were seen by the Occupational Health Centre's physicians to diagnose and evaluate their work related illnesses or injuries.

Information

- ☞ **68,250** people visited our website — the most popular topics were Formaldehyde, Mercaptans, Lifting Safely, Mouse-related Pain and Repetitive Strain Injury.
- ☞ Our display was present at 11 conferences and community events throughout the year attended by approximately **5,000** participants.
- ☞ **Redesigned and updated** Resource Centre — includes new office space for the resource centre coordinator and a comfortable and relaxing atmosphere for users.

Workplace Violence

- ☞ Participated on the Violence subcommittee of the **Safe Communities Winnipeg** initiative to bring the issue of workplace violence to this initiative. The focus of the subcommittee is Education & Awareness as a tool to prevent injuries/assaults from violence in the workplace, community and home.
- ☞ Provided four day long workshops for health and safety committees on the **Prevention of Workplace Violence**. About 102 committee members attended the workshops and 78% said the session increased their knowledge of the topic "a great deal" and 99% they were able to use this information in their workplace.

Workplace Stress

- ☞ Launched a new website **www.workplacestressinitiative.ca** which received 3,731 hits.
- ☞ In partnership with the Canadian Mental Health Association delivered the **first Mental Health and Psychological Safety workshop** to Health and Safety Committee members across the Province.
- ☞ Developed a **Work Life Balance** presentation for Joint Health and Safety Committees to use in promoting work life balance in their workplace. A worker survey was also developed that the Health and Safety Committee can use to identify workers needs.
- ☞ Hosted a Discussion Group on the issue of **Respectful Workplaces in Manitoba** to identify work being done and gaps around this issue for Manitoba Workplaces.

Ergonomics

- ☞ Provided industrial and **office ergonomic train the trainer** sessions to 20 health and safety committees. The committees were from sectors such as office, social services and child care; 89% of committee members responded that they will be able to use the information from these sessions in their workplace.

Aboriginal Communities

- ☞ Wings of Change — **Building Cultural Bridges** was invited by the American Industrial Hygiene Association to present our program at their International Conference in Toronto.
- ☞ Two communities, **Berens River and Brokenhead**, are moving forward in establishing Joint Workplace Safety and Health Committees after participating in Building Cultural Bridges.
- ☞ Wings of Change **blog** was established to exchange information about our program with interested parties. From this initiative, our model has been promoted as an example for working with the **Roma communities in Europe**.

Cross Cultural Communities

- ☞ Hired a full time **Cross Cultural Community Development worker** through funding from Manitoba Labour & Immigration.
- ☞ **23** new trainers from newcomer communities completed the **Train the Trainer** program in two sessions, fall 2008 and winter 2009.
- ☞ **11 newcomer communities** currently participate in the Cross Cultural Community Program. Trainers have delivered workshops in their first languages to over **900 individuals** in their cultural communities.
- ☞ Staff and community trainers deliver workplace health and safety presentations twice a month at the **Entry Program** for newcomers to Manitoba.
- ☞ Worked with members of the **Punjabi community** and Mediacircus.tv to produce a **video** on Workplace Health and Safety for the Punjabi community in Manitoba.

Rural Outreach

- ☞ The Rural Safe Work Groups project includes **six rural communities**, Thompson, Brandon, Dauphin, Morden/Winkler, Steinbach and Selkirk with an average of 15 members in each community.
 - ☞ **Nine teleconference education sessions** were held providing health and safety information related to developing a safety program in the workplace for these rural safety groups.
 - ☞ Health and safety services were provided directly to **22 workplaces** in the rural safety groups.
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Financial Report

MFL Occupational Health and Safety Centre, Inc.
Statement of Financial Position
Year Ending March 31, 2009

	2009	2008
Revenues		
Winnipeg Regional Health authority - Medical Clinic	769,349	758,619
Winnipeg Regional Health Authority - Recoveries	(21,530)	(28,302)
Interest & Other	11,800	15,055
MB Labour & Immigration	78,417	33,717
Fundraising	8,857	10,211
Workers Compensation Board Projects	146,526	101,839
Deferred Contributions for Capital Assets	935	2,204
Repayment of funding	-	-
Deferred Revenue in	-	-
Deferred Revenue out	(30,759)	-
Total Revenues	963,595	893,343
Expenses - Operating		
Amortization on Equipment	935	2,204
Audit & Accounting	8,835	8,407
Computer software and services	3,514	4,994
Bank Charges	5	13
Delivery	180	184
Employee benefits	72,061	69,759
Equipment rental & minor purchases	24,095	17,312
Fundraising	-	712
Insurance	4,256	5,971
Memberships	250	375
Legal	20	120
License Fees	600	900
Meeting Expense	818	2,487
Miscellaneous	1,158	924
Newsletter	13,334	11,172
Printing/Stationery & Office Supplies	13,404	11,748
Postage	669	1,233
Pre-retirement	5,026	8,091
Publications	12,765	7,208
Public Relations	8,590	9,722
Purchased Services	89,314	53,192
Repairs & Maintenance	15,552	626
Rent	70,509	70,564
Staff Education & recruitment	2,622	2,280
Staff Parking	3,421	3,475
Staff Travel & Expenses	6,699	7,303
Stress Initiative	473	232
Stretch/Massage/Breathe	4,764	9,484
Telephone	6,146	8,571
Wages & Salaries	584,060	562,335
Total Operating Expenditures	954,075	881,598
Excess of Revenue over Expenditures	9,520	11,745

MFL Occupational Health Centre, Inc.

Mission Statement

The Centre is dedicated to attaining the highest level of occupational health and safety for Manitoba workers by delivering services that improve workplace conditions and by empowering individuals and groups to take action on workplace health and safety issues.

Adopted by Board of Directors and Staff, 1991