

WCB VOICE



April 2018



Cooking Up Safety: Meet Michael Lindberg, Safety Champion

“If you’re not safe, you don’t get a job.” That’s what Michael Lindberg, culinary arts instructor at R.B. Russell Vocational High School (R.B. Russell), peppers his students with. He should know. He’s been part of the workforce since he was 14 years old.

When he was 18, Lindberg witnessed an accident in one of the kitchens he was working in. A co-worker received only a minor knife cut to his hand, but fainted from the sight of the blood and hit his head on a mixer, and never went back to work. Knife handling training hadn’t been provided.

“If training was there, that probably wouldn’t have happened. It opened my eyes to take things seriously and to become as knowledgeable as I could about safety in the kitchen.”

Lindberg, now 36, was nominated to be a Safety Champion because of

his passion for safe work. He’s been an instructor at R.B. Russell since September 2015, and a member of the workplace safety and health committee since he joined the faculty. He says safety is extremely important to both the school and the Winnipeg School Division, and that’s why he gutted the existing program when he became an instructor.

“Now, every student has to sign off on safety before they can even get into the kitchen,” he says. “They have to know every piece of equipment, safe work procedures and WHMIS (the Workplace Hazardous Materials Information System).”

Changing lives through safe work

He says R.B. Russell is unlike any other school in the city when it comes to safety because the division mandates that all students get training. “Because of that, we teach them beyond what the

industry standard is. The students have to do hazard assessments, tutorials and food handling training.”

R.B. Russell is in Winnipeg’s North End just north of the Slaw Rebchuck Bridge. Many students have family, social and economic challenges outside of school.

“This is their safe place,” Lindberg says. “I teach them the right way, the safe way to do things and that will help them with their future. They’ve been through a lot in their lives.”

Lindberg has seen a change in his students since they started the culinary program.

“They have gained confidence. When the health inspector comes in to talk to my students, they try to stump him to make sure he knows his stuff,” he laughs. “It’s great to see because it’s making a difference in their lives as well as in the community.”



2018 Fact Sheets Available in Eight Languages

The WCB has updated its Fact Sheets, covering all the specialized information you might need in your dealings with us. From information on wage loss benefits and average earnings to how to request a medical review, our Fact Sheets provide detailed information on every aspect of the WCB's business.

The Fact Sheets are available on our website in English, French, Tagalog, Spanish, German, Mandarin, Punjabi and Russian.

We've also reformatted some of our Fact Sheet content into FAQs in order to streamline information. The FAQs are available in English on our website.

The full listing of our Fact Sheets can be found at wcb.mb.ca > Worker > Worker Fact Sheets and FAQs.

WCB Grants Aim to Support Workplace Health and Safety Innovation and Research

Working with its partners, the WCB promotes safe and healthy workplaces, facilitates recovery and return to work, provides compassionate and supportive compensation services for workers and employers, and ensures responsible financial stewardship.

As part of that commitment, the WCB is now inviting applications for its Research and Workplace Innovation (RWIP) Program.

Through the RWIP Program, the WCB helps to promote and fund scientific research, workplace innovation, training and education

projects and knowledge transfer related to prevention of occupational injuries, diseases and return to work of injured or ill workers.

Learn more by visiting wcb.mb.ca > WCB Info > Research and Innovation.



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Day of Mourning Remembers Lost Lives

On April 28, 80 countries worldwide will mark an official Day of Mourning to commemorate those workers who have suffered work-related injuries, illnesses and fatalities. This annual remembrance serves as a reminder to workers and employers to do everything possible to ensure that their workplaces are safe and healthy.

Through education and prevention efforts, the WCB is here to support safe and healthy work and workplaces, and put workers and employers at the centre of all we do.

The National Day of Mourning is not only a day to remember and honour those lives lost or injured due to a workplace tragedy, but also a day to renew the commitment to improve health and safety in the workplace and prevent further tragedies.

For more information, visit ccohs.ca.

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