

OHS Newsletter

British Columbia Institute of Technology

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https://www.bcit.ca/safetyandsecurity/safety/ohs_newsletters.shtml

For COVID-19 updates, refer to [Breaking News](#).

For more information, contact covidinfo@bcit.ca

WorkSafeBC – COVID-19 and the Workplace

WorkSafeBC has been updating their website with [information](#) about COVID-19, workplace protections and compensation.

To report an unsafe condition or an injury, exposure or close call, refer the [BCIT website](#) or [OHS ShareSpace](#). Every employee has the [right to refuse unsafe work](#), as well the right to know and to participate. To find out more information about your [Joint Occupational Health and Safety Committee](#) and who your representative is, refer to OHS ShareSpace.

Caffeine and Sleep

It is widely understood that caffeine is a stimulant; it has been used for centuries since coffee was discovered on the Ethiopian Plateau. “Caffeine is the most widely used (and abused) psychoactive simulant in the world” – M. Walker, “Why We Sleep”. Caffeine works by latching on to adenosine receptors in the brain. Unlike when adenosine binds to the receptors, it does not make you sleepy. The typical caffeine half-life is five to seven hours; if you drink coffee at 8 pm at night, you still may have half the caffeine dose interfering with adenosine receptors at 2 am. If you wish to avoid insomnia from caffeine, it is therefore important to drink your last cup of coffee before noon.

The liver removes caffeine from your system. Not everyone’s liver does this at the same rate. This explains why some people may drink coffee at night and fall asleep without a problem. Others are very sensitive to caffeine and even coffee consumed in the early afternoon will make it difficult for them to fall asleep.

Coffee is not the only source of dietary caffeine. Many teas and energy drinks along with dark chocolate, ice cream and some drugs have caffeine; this is keeping people awake at night. Three to four cups of decaffeinated coffee have the same amount of caffeine as a regular caffeinated cup and prevents sleep in the same manner.

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WHY HEALTH & SAFETY NEWSLETTER?

Health and Safety is a priority at BCIT. OHS newsletters contain first aid statistics, compliance concerns, and updates of new legislation and interest articles.



First Aid

The truth about First Aid Attendants is we can and do deal with anything from the smallest of cuts to someone in Cardiac Arrest and any number of issues in between.

One of the biggest misgivings is that most people think that a first aid attendant job is to just put on band aids and Paramedics do everything else. First aid attendants are another link in a chain when dealing with a patient. So are you, when someone is in distress every minute counts.

Someone in your office becomes injured or ill, call first aid for your campus, contact numbers, location and hours of operation located [here](#). If you believe it to be a life threatening issue, have another person call 911.

Information required when you call first aid:

- What's wrong with the person? (eg. Dizzy or lightheaded, unconsciousness)
- Where was the incident, building & room number (e.g. North East 1, room 224)
- What happened.
- Number of people (sick or injured)

Please have another staff member standing in the hallway waiting to direct us to the incident is a big help.

Injuries and exposures are reported using the [Staff/Student Injury Report form](#). Soon an online system will be implemented to report incidents, which will include near misses, injuries, chemical spills, and more. Further information will be available in the coming months.

Sometimes you're just not sure if you should call for help, and you're worried about wasting people's time, always make the call.

