

SAFE Companies UPDATE

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21 July 2009

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25 MORE COMPANIES RECEIVE THEIR SAFE CERTIFICATION

Between July 6–17, 25 more companies were SAFE certified. Congratulations to the following companies for contributing to a safer culture in the BC forest industry:

538726 BC Ltd. dba Palm's Grading, Smithers • Able Ridge Falling, Woss Lake • Boswoth Trucking Ltd., Vernon • Boundary Waste Water Systems & Excavating Ltd., Greenwood • Charles Wales dba New Forest Management Company, Cranbrook • D&T Bonner Enterprises, Williams Lake • D. Savard Trucking, Tumbler Ridge • Frank Rowley Cont., 150 Mile House • GO Wood Forestry Services Ltd., 108 Mile Ranch • Gottler Bros. Trucking & Excavating Ltd., Golden • Jaffray Logging Ltd., Jaffray • MacDonald Lowbed Ltd., Clearwater • Marine Toad Enterprises Inc. dba MTE Inc., Tlell • Nu Creek Developments, Enderby • Philmar Contracting Ltd., Prince George • R. L. Postuk Contracting, Terrace • Ritual Contracting Ltd., Salmon Arm • S. McKenzie Contracting Ltd., Revelstoke • Stomata Forestry Consulting, Golden • Terra Archaeology Limited, Vancouver • Timberspan Road Services Ltd., Armstrong • Tony Bild dba TBILD Enterprises, Valemount • Wayne Polson Trucking Ltd., Salmon Arm • WCM Forestry Consulting Ltd., Quesnel • West Bridge Corporation, North Vancouver

NOMINATE YOUR FAVOURITE SAFETY LEADER TODAY!

Do you know someone who has gone way beyond the call of duty in terms of safety throughout his or her long career by helping others to work safer? Or maybe you know of someone – or even an entire crew – who made a real difference toward working safer in the woods in 2009. If so, then you can help celebrate these unsung heroes by nominating them for one of two separate safety awards the council is sponsoring — the Cary White Memorial Lifetime Achievement Award and the Forest Safety “MVP” of the Year.

“Recognizing forest industry people who are safety examples to others is important. The council set up these awards last year for that recognition,” says Reynold Hert, the forest safety council’s CEO. “We know those safety leaders are out there, and this is one way we can support them and make their stories known.”

The Cary White Memorial Lifetime Achievement Award is presented to someone who, through a long career in the forest industry, has demonstrated an unwavering commitment to improving safety awareness and building a lasting culture of safety among BC’s forest workers. The award is named for Cary White, an inspiring safety leader who spent years as a logger before working as a forestry safety officer with WorkSafe BC. He tirelessly promoted safety, including as one of the first forest safety advocates with the BCFSC, before he passed away in 2008.



INAUGURAL CARY WHITE AWARD WINNER: Steve Telosky (centre, with plaque) last year with BCFSC senior advisor Bill Bolton (on Steve’s left) and crew with Island Timberlands near Port Alberni.

The Forest Safety “MVP” of the Year award recognizes an individual or group that has made a notable contribution to forest industry safety within their operation or company in 2009. This “Most Valuable Player” could be a worker whose idea resulted in improvements to workplace safety, a supervisor who

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2257 SAFE certified companies = Safety Leaders

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spearheaded safe work procedures, or maybe a crew who together found a new way to do their jobs more safely and productively.

So share your stories about the people who have made a direct improvement to working safely in their sector of the forest industry, and nominate someone today!

Nominations must be submitted to the BC Forest Safety Council by August 21. [Click here for more info and the nomination form](#), or contact the BC Forest Safety Council at #103 – 65 Front Street, Nanaimo, BC, V9R 5H9. Toll Free: 1-877-741-1060. Fax: (250) 741-1068. www.bcforestsafe.org



SAFETY ALERT



LOOK OUT FOR HEAT-RELATED ILLNESSES & CONDITIONS

As the weather warms up, it's extremely important for workers to be aware of heat-related illnesses. These include dehydration, heat exhaustion, and heat stroke. Intense exertion at work or at play can cause them, even with cooler temperatures. So here are a few quick tips on what to watch for, and what to do in case of:

Dehydration

• **Causes:** Occurs when the body does not have

enough fluids to function properly.

• **Signs and symptoms:** Sweating, dry mouth, weakness, dark urine with severe dehydration.

Impaired mental and physical function occurs.

• **Treatment:** Drink fluids throughout the day. Bringing water, juice, etc. with you at all times helps to prevent dehydration.

Heat exhaustion

• **Causes:** Exposure to high temperatures and inadequate or unbalanced replacement of fluids that don't restore the body's salts lost through sweating.

Those most prone to heat exhaustion are the elderly and people with high blood pressure or those working or exercising in a hot environment.

• **Signs and symptoms:** Heavy sweating, paleness, weakness, increased heart rate, dizziness, headache, nausea or vomiting.

• **Treatment:** Drink juice or other fluids with salt in them (alcohol and caffeinated drinks should **not** be used). The victim should be cooled and should also receive medical treatment.

Heat stroke — a life-threatening condition that requires immediate hospitalization!

• **Causes:** Occurs when the body has lost large amounts of salts and fluids and has an abnormally elevated temperature with accompanying physical and neurological symptoms. Among the groups especially at risk are outdoor workers physically exerting themselves under the sun or those working in hot environments, such as forest firefighting.

• **Signs and symptoms:** **Not sweating**, rapid heart rate, loss of consciousness.

• **Treatment:** The worker needs to be taken to a hospital immediately. A Level 3 first aid attendant should be present. Remove excess clothing. Do not wrap the worker in a wet blanket as this traps heat and does not allow the body to cool. Applying cold compresses to the torso, head, neck and groin areas will help cool the worker. If conscious, the worker should be hydrated with water; if unconscious, the attendant should place the worker in the recovery position to ensure an open airway.

The above conditions can also develop quickly with exposure to high temperatures and/or intense exertion experienced by many resource workers, especially fire fighters. If you think you or your co-workers are experiencing heat exhaustion or heat stroke, contact the Level 3 first aid attendant immediately. More info can be found by [clicking here](#).



BC Forest Safety Council
Unsafe is Unacceptable

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