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## Planer safeguarding project a safety success story

Industry's Manufacturing Advisory Group (MAG) has completed its planer safeguarding project to improve safety performance.

Forest Safety News first reported in December 2017 ([http://www.bcforestsafe.org/files/ForestSafetyNewsletter\\_2017December.pdf](http://www.bcforestsafe.org/files/ForestSafetyNewsletter_2017December.pdf), page 1) that MAG was working with one of its member sawmills, Conifex's Fort St. James operation, the BC Forest Safety Council (BCFSC), and a system integrator, UBSafe Inc., to test the feasibility of a Control System Isolating Device (CSID). The objective was to determine if a CSID was a viable alternate form of lockout for specific maintenance tasks in BC sawmills, such as clearing obstructions in planers.

MAG believed that it would be possible to demonstrate how improved safeguarding technology results in a higher degree of safeguard performance and personal safety.

The project, made possible by funding from WorkSafeBC, is complete, commissioned and in operation. Testing was performed in the last two weeks of 2018 and on February 14, 2019, WorkSafeBC representative, Occupational Safety Officer, Mike Tasker, and BCFSC's senior safety advisor, manufacturing, Bill Laturus, reviewed the safeguarding system in operation.

Continuous improvement in safety performance is a shared goal for all MAG members and WorkSafeBC welcomed the opportunity to collaborate directly with industry in exploring how technology could improve the health and safety of workers in a shared goal with industry to minimize serious injuries in wood products manufacturing.

There are over 190 sawmills in BC employing approximately 17,000 workers. Planers are key pieces of equipment in all these mills that workers have frequent interactions with, as they clear pieces of wood from the flow. Data from WorkSafeBC shows that in five years (2010-2015) 26 serious incidents occurred.

The project successfully established that CSIDs can elevate worker safety using an engineering control which minimizes or eliminates human factors. The alternate lockout which is an administrative control has associated human factors that have led to serious injuries.

The CSID includes four pre-determined specific functions for regular maintenance activities, controlled by fobs. Activities such as sizing lumber and jointing side heads and top/bottom heads can safely and reliably be handled in this way. Production activities such as clearing blockages in the planer and bridge; removing nuisance slivers and knots require a push of a button. A lock is applied to the entry point to ensure the CSID system is not re-activated.

Maintenance activities such as planer knife changes, replacing side heads, mechanical repairs to planer or bridge or any other related activities are

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not appropriate for CSID. These require additional lockout.

"The bottom-line is this system eliminates people being caught up in machines," said Darren Beattie, Conifex's Safety Manager. "The variance that WorkSafeBC provided us allowed us to demonstrate that CSIDs significantly improve worker safety by reducing the potential for human error. A 124 second lock-out procedure dependent on human compliance is replaced by a 24 second system isolation, with redundancy, monitoring and a fail-safe default, making everyone safer by providing a higher level of control."

*Continued on page 2...*



From left: Bill Laturus, BCFSC, Ian Rood, UBSafe; Mike Tasker, WorkSafeBC; and Darren Beattie, Conifex after observing the CSIDs in operation at Conifex's Fort St. James sawmill operation.



Continued from page 1...

Part of the success is in the relative ease of using the system as well as how intuitive and simple the system is which reduces time to perform simple tasks and also removes worker frustration caused by alternative procedures and tools. CSIDs are widely used in other industries and jurisdictions and are of particular benefit in situations where there is a need for frequent clearing of minor obstructions along a production line like a planer.

“We were really pleased with the results and I want to thank WorkSafeBC, the MAG members, the Conifex team and UBSafe for all the work and support in making the end goal a reality – a big win for improving safety for workers. We have played the long game and it has been worth it,” said

Darren of the project that got started in 2016.

“Technology improvements in safeguarding such as this can bring real safety benefits to sawmills and other manufacturing facilities. This project is an example of what is possible when industry and WorkSafeBC partner together to reduce risk for BC workers,” said Mike Tasker, CRSP, Occupational Safety Officer, Prevention Field Services, WorkSafeBC.

“Next steps will see more implementation of other CSIDs where appropriate within industry. WorkSafeBC will need to review and adjust some regulation to allow this type of technology to be implemented,” said Darren.

The last word has to go to Conifex’s workers who have used the system. “They say it is a better tool to keep them safe,” said Darren.

And for the health and safety association perspective, Bill said: “The significance is taking safety to a higher level for workers, from an administrative control to an engineered control. Reducing the potential for injuries, benefits everyone.”

### Creating awareness and shared understanding

MAG representatives will be presenting to WorkSafeBC occupational safety officers to explain and demonstrate the technology and show how workers are best protected in applying safeguarding technology.

Part of this new understanding is sharing common terminology to clarify the differences and similarities between safeguarding and lockout; and normal production and maintenance. 🚧



Part of the CSID system, showing magnetically controlled gates tied to operation of the planer.

## BC Government to assess WorkSafeBC’s implementation of worker safety recommendations related to 2012 sawmill explosions

On April 11 this year, the BC Government announced that it had hired a Vancouver lawyer, Lisa Helps, to assess how WorkSafeBC implemented worker safety recommendations following the two sawmill explosions at Babine Forest Products and Lakeland Mills.

See the full press release here: <https://news.gov.bc.ca/releases/2019LBR0004-000613>

The United Steelworkers has welcomed the review. See the full United Steelworkers’ response here: <https://www.usw.ca/news/media-centre/releases/2019/usw-welcomes-bc-government-review-of-worksafebc-actions-in-sawmill-explosions>

Globe and Mail story: <https://www.theglobeandmail.com/canada/article-bc-government-opens-new-inquiry-into-2012-forestry-mill-explosions/>

Prince George Citizen story: <https://www.princegeorgecitizen.com/news/local-news/lawyer-to-review-worksafebc-followups-to-sawmill-explosions-1.23806101>

# WorkSafeBC has released updated prevention resources re hearing loss in all workplaces

Noise-induced hearing loss is a serious, preventable workplace injury. Consistently, WorkSafeBC officers are finding that employers and workers need to improve hearing protection measures.

Hearing loss can occur gradually as a result of prolonged exposure to noise levels greater than 85 decibels. This new bulletin outlines how to use the hierarchy of controls to reduce noise in your workplace and protect workers from occupational noise-induced hearing loss: <https://www.worksafebc.com/en/resources/health-safety/hazard-alerts/preventing-noise-induced-hearing-loss-at-work?lang=en>

## New videos

1. What does workplace noise do to your ears & how to prevent noise-induced hearing loss: <https://www.worksafebc.com/en/resources/health-safety/videos/protect-your-hearing-what-noise-does-to-your-ears?lang=en>
2. How intensity and duration of noise damages hearing: <https://www.worksafebc.com/en/resources/health-safety/videos/protect-your-hearing-intensity-and-duration-of-noise?lang=en>
3. How to use earplugs: <https://www.worksafebc.com/en/resources/health-safety/videos/protect-your-hearing-how-to-use-earplugs?lang=en>

## Other resources

How to build a hearing loss prevention program: <https://www.worksafebc.com/en/resources/health-safety/interactive-tools/hearing-loss-prevention?lang=en>

More information: <https://www.worksafebc.com/en/health-safety/hazards-exposures/noise>

# Seven years of progress in combustible dust mitigation and control 2012-2018

## • From 42% compliance to 100% compliance

Following the two tragic sawmill explosions over seven years ago that took the lives of four men, the significant risks associated with wood dust in manufacturing propelled the Forest Products Manufacturing Industry, Labour Unions and WorkSafeBC to come together and work on strong mitigation and control measures from 2012 to 2018.

During this time, the number of BC Sawmills that underwent inspections and responded to WorkSafeBC recommendations rose from a 47% compliance rate to 100% compliance and industry-wide support for combustible dust inspection initiatives.

In 2019, there are well-established, significant mitigation and control practices in place to eliminate wood dust risk. Such practices involve monitoring operations for potential hazards, staff training, an annual review of combustible dust programs, and an external audit every three years.

For instance, all engineered ventilation systems are monitored and maintained on a regular basis to reduce wood dust accumulation. Manufacturing sector employees are trained on combustible dust hazards, safe cleanup methods, their right to refuse unsafe work, and reporting procedures for any observation of excessive wood dust accumulation to ensure immediate and appropriate actions.

Industry programs began with an initial information package on combustible dust mitigation and control in 2012. The following year, the Manufacturing Advisory Group (MAG) developed and implemented the Wood Dust Mitigation and Control Audit. Over 2014 and 2015, a Combustible Dust Control & Mitigation Initiative saw 36 mill operations receive support and expertise about the hazards and recommended controls.

The Safety Advisory Foundation for Education & Research (SAFER) also supported combustible dust awareness and training. In May 2014 United Steelworker (USW) members located in four regions of BC were provided education, hands-on training and tools to perform wood dust inspections to support Joint Occupational Health and Safety Committees and act as SAFER Combustible Dust Advisors.

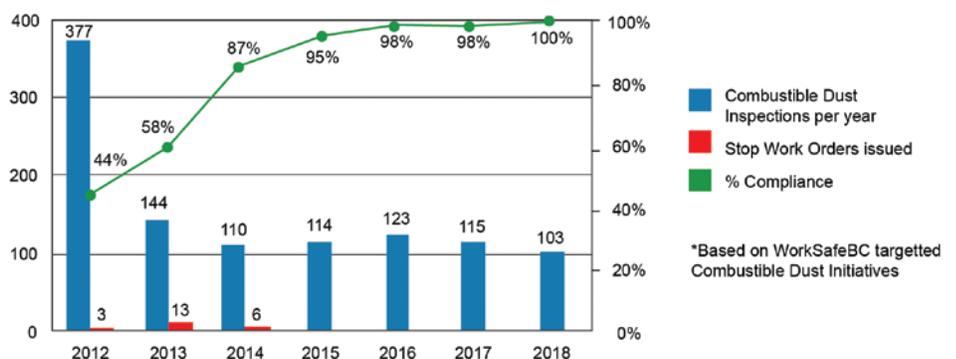
In February 2015, the Wood Pellet Association of Canada (WPAC) and BC Pellet producers developed a combustible dust standard for wood pellet mills using the MAG Wood Dust Control and Mitigation Audit and BCFSC BASE Audit Pellet Industry Addendum. In the same year, key information and targeted training modules went live on the BC Forest Safety Council website.

In addition, WorkSafeBC-sponsored combustible dust education and training resources were made available online and as information sessions.

More recently in 2018, the WPAC developed Wood Fibre Storage resources for online access— including Risk & Mitigation and a gap analysis form. And in 2019, the MAG SAFE Audit was implemented to include a Combustible Dust High Risk Module.

Overall, industry invested more than \$100 million over three years (2013-16) in mitigation and control measures for combustible dust hazards. Industry knows there can be no complacency in safety and remains focused on maintaining its excellent compliance rates and seeking continuous improvements in overall safety performance.

A set of materials sharing the MAG safety story will be posted on the MAG section of the website here: <http://www.bcforestsafec.org/node/2866>





## WCS 2019: Mental health, Cannabis impairment, behavioural driver training, making safety sticky and more

The 24th annual Western Conference on Safety (WCS), in Vancouver in April attracted 1,200 participants, with diverse topics from mental health, making safety strategic, behavioural driver training, and cannabis impairment to communicating effectively about safety.

In opening remarks, gold sponsor WorkSafeBC's VP of Prevention, Al Johnson, shared that today's safety challenges were not just the traditional ones, but increasingly included mental health, violence in the workplace, and impairments like fatigue.

### Making safety messages stick

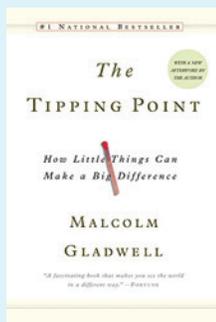
Eldeen Pozniak's keynote address on making safety stick showed that success in saving lives depended on how we communicate. Effectively talking safety means speaking the right language – "their language", taking context into consideration as well as the diverse values and definitions individual workers in different roles and places with different life experiences, bring to the conversation.

While some people need stats and facts, others need stories from people they like and trust – and it's ok if that isn't "you" but you need to find those people in your workplace who can influence the changes needed – whether about safety, or health and wellness. She said that starting with the "why" was critical before getting to the how. People need to be inspired in words that resonate with them.

"What we say and how we say it can make a difference," she said.

Eldeen recommended two books that demonstrate the power of sticky:

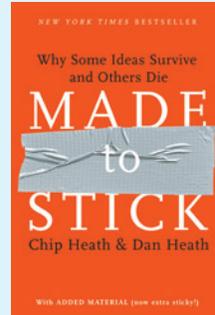
1. The Tipping Point – how little things can make a big difference by Malcolm Gladwell contains three sections that focus on the right context; the right people; and the stickiness factor.



2. Made to Stick by Chip Heath & Dan Heath, showing how a sticky idea is one that people remember and act on; one that is retold and is memorable; and has the potential to permanently change our behaviour.

In summary Eldeen said useful and lasting safety sticky messages are: simple, unexpected, concrete, credible, emotional, and often in the form of memorable stories.

All safety messages must make people pay attention; be easy to understand and remember; and empower people to act.



### Cannabis in the workplace remains a hot topic

Both WorkSafeBC's Director of Regulatory Practice, Tom Brocklehurst and the Canadian Centre for Occupational Health and Safety's senior technical specialist, Jan Chappel, presented on cannabis / impairment in the workplace given it had been six months since cannabis was legalized in Canada.

There were no surprises, with messaging being consistent that impairment regulations have been in place for a long time, and that the priority is still ensuring that work places are safe and that workers are fit for duty/ fit to work, regardless of what caused or is suspected of causing the "impairment". While tests can test for cannabis, no tests exist that can measure impairment which is what makes cannabis so much harder to manage.

Training and good supervision are key in effectively preventing and managing impairment in the workplace. Supervisors need the skills and confidence to know and feel comfortable in how to handle suspected impairment; they must know exactly what their employer's policy means and how to apply it fairly and consistently; the process and paperwork required; and, they must always ensure confidentiality, never be accusatory or breach anyone's human rights.

Research has shown that impaired behaviour from acute use differs between occasional users and long-term cannabis users. There is good evidence that chronic frequent cannabis users exhibit less impairment from acute THC than do occasional users, but the degree to which impairment is mitigated is unclear.

A new 42-page white paper, Workplace Strategies: Risk of Impairment from

Cannabis, is available for free on the CCOHS website: <https://www.ccohs.ca/products/publications/cannabis/>



Other impairment recognition training courses suggested (no endorsement implied by the CCOHS) are:

CANN/AMM Occupational Testing Services: <https://cannamm.com/services/training/drug-and-alcohol-awareness-training/>

DriverCheck online supervisor training: <http://www.drivercheck.ca/online-supervisor-training/>

Leavitt Machinery, substance abuse awareness for supervisors: <http://www.leavittmachinery.com/training/online-training/online-training-canada/substance-abuse-awareness>

Ontario Trucking Association alcohol and drugs training: <http://ontruck.org/ota-online-training/alcohol-drugs-training/>

Safety Courses International alcohol and drug awareness: <https://www.bistrainer.com/index.cfm?action=store.CourseDetails&ProdID=80&category=91&Language=1>

SureHire supervisor reasonable suspicion training: <https://www.surehire.ca/supervisor-reasonable-suspicion-training/>

Alberta Construction Safety Association: [https://10058.cyssecure.com/cart\\_builder.cfm?ProductID=1261](https://10058.cyssecure.com/cart_builder.cfm?ProductID=1261)

The applicable workplace regulations in BC are here, namely sections 4.19 and 4.20 (see <https://www.worksafebc.com/en/law-policy/occupational-health-safety/searchable-ohs-regulation/ohs-regulation/part-04-general-conditions#SectionNumber:4.19> for both), the former dealing with broader application covering physical and mental impairment and the latter with impairment by alcohol, drugs or other substances.

For more WorkSafeBC information and links to bulletins and other items related to impairment, please see: <https://www.worksafebc.com/en/health-safety/hazards-exposures/substance-use-impairment>

And for general information re resources, policy development and a template, please see: <http://www.bcfestsaferg.org/node/2226>

## Making the case for behaviour-based driver training: It's all about attitude!

Spencer McDonald, president of BC's Thinking Driver Fleet Safety and Ryan Jacobsen, CEO of the Saskatchewan Safety Council, co-presented on why they believe defensive driver training – which most have taken to pass their driving tests, fails drivers and safety – because it does not address the behavioural attitudes to support drivers making the right decisions. Without a constant monitoring system in place (in-cab assessor/observation), people let bad habits, emotions and other behavioural reactions take over. When people are trained to recognize how their emotions impact their driving – e.g. that they choose to speed to meet a deadline or choose to let others bug them – and how to effectively manage those types of responses, incidents are reduced.

**“The four most important inches in driving are between your ears.”**

– Spencer McDonald

“The four most important inches in driving are between your ears,” said Spencer, because there is always a reason why drivers do what they do. “We can only control our own thoughts and actions,” he said.

So the next time someone cuts you off, self-identify that you've done the same thing before looking for a turn-off you've never used before ... give the other driver the benefit of the doubt and don't let their actions be the trigger for you to be THAT road rage ass. Ask yourself, what is the other driver's story? Ideas might include: does he have a pregnant woman about to give birth in the back seat; did his boss give him a crappy route or a reprimand; is her child dying of cancer; or tell yourself that his/her bladder must be really, really full that they are driving like a crazy person to get to a washroom ... use humour to diffuse your own anger and you'll improve your own safety and everyone else's on the road.

Thinking Driver Fleet Safety's website for example shares the experience of clients who have achieved a 60% reduction in

incident rates and an 80% reduction in at-fault incidents after putting their fleet drivers through the training (online and infield options).

Defensive driver training only takes one so far. The added components needed to reduce incidents include training on emotions, attitude and risk.



Bryan Lundale, Safety Leader at BC Safety Authority and Regional Vice-President for Canadian Society of Safety Engineering explains the 60% reduction in incident rates achieved using Thinking Driver. The savings achieved by BCSA were **three times** the cost of program implementation!

Screenshot of a testimonial video link on the success of behavioural training for drivers in reducing incidents. See: <https://www.thinkingdriver.com/> to learn more and to test-drive their training.

## With more than 60% of Canadians experiencing some kind of mental health issue, significant stress or anxiety, more awareness and support is key

Stuart Ellis-Meyers ([www.itwitch.com](http://www.itwitch.com)) spoke on mental health safety, something he knows a lot about. He lives and works safely with the rare neurological disorder Tourette Syndrome, anxiety, bipolar, clinical depression, OCD and ADD.

He said that 60% of workers are currently either experiencing, hiding or observing heightened levels of anxiety, depression and mental illness issues. Too many people still do not talk about their challenges and prefer not to ask for help because they will be judged; fear being fired or sidelined.

We need to continue to create and sustain environments where everyone is comfortable asking for and receiving help related to mental health. It's ok to not be ok.

### What can you do?

If someone seems not themselves, don't let it pass. Consider the best words to use, at the right time and in the right place (in private). It might be one of the following:

- You don't look as well as you usually do ... is everything ok?
- You seem upset and distracted ... let's talk

- Are you feeling ok?
- I may have this wrong, but I sense you are not feeling great. Is now a good time to talk? If not, how about I check in with you later today?

It can take several follow-ups for someone to start to really talk. We are all programmed to give “I'm ok” responses when we are not ok. And, when people do start talking, the best advice for you is to keep quiet. Say nothing. Just listen.

- Don't try and say I know what you're going through – because you don't
- Don't say that's like when I felt depressed ... this is about them, not about you!
- Don't give advice
- Don't try and fix the problem
- Don't tell someone to look on the bright side, or that it could be worse ...
- Don't make judgements
- And don't tell someone to snap out of it ... mental health illnesses are not a choice, just like people don't choose to get the flu or cancer.

Do say and do:

- It's ok to not be ok
- There are qualified people who can help and give them the EAP/local health number(s) they can call
- Check in regularly over the coming days and weeks

## Nutrition for your noggin – feed those trillions of pet microbes in your gut!

According to a registered dietician, Jennifer Howker:

- Restorative sleep is key
- Manage stress because most people turn to the three things in excess that are most damaging to gut bacteria: sugar, caffeine and alcohol
- Eat more fruit and vegetables
- Buy organic when possible as foods contaminated with pesticides or herbicides are toxic to gut bacteria
- Eat/drink fermented foods
- Include more plant-based proteins in your diet
- Eliminate processed foods as emulsifiers used in them are particularly harsh on gut bacteria
- Exercise for improved mood and cognition. 🧘