

FOREST SAFETY News



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Safety is Good Business

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What's New in This Issue:

In this month's Forest Safety News you might notice we have included QR Codes in the Winch Assist Workshop article on page 9. If you are reading the printed version of the newsletter, simply scan the QR Codes within the article using the camera in your Apple or Android device for direct access to the YouTube video links. Give them a try and let us know what you think.



Mental Health: Coping with the Stress of Forestry's Economic Downturn

The stress of the economic downturn in BC's forest industry is being felt across many areas. The impact is affecting not only the hundreds of mill workers who have been laid off or had a reduction in shifts, but also by forestry workers and contractors, such as log truck drivers and independent timber harvesters, who rely on the mills to produce product.

Losing a job or not having work is one of life's most stressful experiences and is not something to take lightly. It can be an overwhelming, life-changing event that affects not just the individual, but families and communities alike.

If you have been impacted by losing work, it's normal to feel angry, hurt, or depressed and grieve about your loss, or feel anxious about what the future holds. Job loss and unemployment involves a lot of change all at once, which can rock your sense of purpose and self-esteem. While the stress can seem overwhelming, there are many things you can do to take control of the situation, maintain your spirits and come out of this difficult period stronger, more resilient and with a renewed sense of purpose.

Why is job loss so stressful?

Our jobs are much more than just the way we make a living. They influence our personal perception and how we are

perceived by others. They give us structure and purpose which is why job loss and unemployment can be so stressful.

Beyond the loss of income, losing a job also comes with other major losses, some of which may be even more difficult to face:

- Professional identity
- Self-esteem and self-confidence
- Daily routine
- Purposeful activity
- A work-based social network
- Sense of security

Grief is a natural response to loss. You need to give yourself time to adjust and try to accept your feelings by going easy on yourself. No matter how devastating it may seem though, with time and the right coping techniques, you can come to terms with these setbacks, ease your stress and anxiety and move on with your career.

Coping Techniques

The following coping tips can help you deal with the stress of job loss and work reduction in a healthy way.

Stay Strong by Cultivating a Resilient Mindset

1. Resist the temptation to withdraw. Find a support system and stay engaged.
2. Set goals and set a schedule for achieving them.
3. Be a realistic optimist and let go of any unrealistic expectations of yourself and others.
4. Give yourself permission to feel and process your feelings.

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5. Don't expect to be happy all the time and take responsibility for your decisions and feelings.
6. Develop a caring relationship with yourself and others and practice gratitude and mindfulness.

Reach Out and Stay Connected

1. Find a good listener to talk to about how you are feeling.
2. Continue to develop your social connections by taking a class, joining a sports team or getting involved with your community by volunteering or attending local events.
3. Develop a network for new employment opportunities and set up meetings with networking contacts.
4. Create a job search plan or learn a new skill.

Involve Your Family for Support

1. Open up and lean on your family for support.
2. Keep your family in the loop on your job search.
3. Listen to their concerns and worries and give them a chance to make suggestions.
4. Make time for family fun.
5. Keep an open dialogue with your kids and help them feel involved.

Face Your Feelings to Help You Deal with the Loss and Move On

1. Accept reality by acknowledging the difficulty and accepting the situation you are in so you can move onto the next phase in your life.
2. Avoid beating yourself up and challenge negative thoughts to maintain your self-confidence.
3. Look for a silver lining by finding a lesson in your loss and learning from the experience. Take time to reflect on what you want and rethink your career priorities.
4. Write it all down. Express your feelings, make a note of your ideas, document your experience, make a list of your positives or detail your goals; writing can help you to look realistically at your new situation and put things into perspective.

Take Care of Yourself and Maintain a Healthy Balance in Your Life

1. Get moving to relieve stress by exercising.
2. Eat healthy to keep you focussed.
3. Get plenty of sleep and practice relaxation techniques.
4. Focus on what you can control to help you stay positive and stay on task.
5. Keep a daily routine.

Losing your job or not having work is a setback, to be sure, and it's hard not to take things personally. But in order to keep your self-esteem intact, try to think about the situation as objectively as possible. It's important to experience whatever emotions arise and you don't want to ignore them. You can, however, manage them and make sure they don't get the best of you during the process. Coping with job loss is difficult, but you never know what's around the corner. If you feel you need assistance in dealing with stress and have access to an Employee and Family Assistance Program (EFAP) don't hesitate to use it.

Additional Resources

- Help Guide: Job Loss and Unemployment
www.helpguide.org/articles/stress/job-loss-and-unemployment-stress.htm
- Map showing mental health support and crisis phone numbers for BC
www.crisislines.bc.ca/mapcrisis-lines
- Mental Health and Substance Use Resources from HealthLinkBC
www.healthlinkbc.ca/mental-health-substance-use
- Stress Management Resources from HealthLinkBC
www.healthlinkbc.ca/health-topics/r/x/sk
- Managing Stress in the Workplace
www.bcforestsafesafe.org/node/3354 📄

Preliminary 2020 insurance rates provide relief for majority of forestry subsector

WorkSafeBC has presented the proposed preliminary insurance rates for Forestry, Sawmills, Pellet Manufacturing and Log Transport for 2020. Premium rate drivers are calculated based on number of claims, claim costs (which take into account payments for health care, short term disability, vocational rehabilitation, long term disability and survivor benefits) and investment returns.

WorkSafeBC places employers into categorized industry groups called Classification Units (CU's). Every year, the CU's are compared to the industry group's claim cost profile within that rate group to set the premium base rates. The Forestry subsector contains 14 classification units categorized as DR. Sawmills form their own rate group (IS) and silviculture, pellet manufacture and log transport have their own rate group band according to their respective claim cost rate.

WorkSafeBC provides an overview to the changes to the 2019 Health and Safety Regulation

In early 2019, WorkSafeBC's Board of Directors approved amendments to the Occupational Health and Safety (OHS) Regulation. These changes went into effect June 3, 2019. Several of these OHS amendments which have been put into effect directly relate to the forestry sector.

The proposed preliminary rates for all 14 classification units in the Forestry subsector will see an average premium rate decrease of 16% percent compared to 2019. That translates into more than \$10 million in reduced premiums for the for the Forestry subsector and over \$3 million for the Sawmill sector based on 2018 assessable payroll levels. For Log Hauling, although the cost rate is down, the rate is proposed to increase as it moves towards its required rate of 8.84%.

Rate Overview by Forestry Subsections

Rate Group	Forestry CUs	Key Observations
DR	703003 Cable or Hi-Lead 703004 Dry Land Sort 703006 Ground Skidding or Log Loading 703008 Integrated Forest Management 703009 Log Booming or Marine Log Salvage 703011 Log Processing 703012 Logging Road Construction 703013 Manual Tree Falling 703014 Mechanized Tree Falling 703015 Shake Block Cutting 703019 Helicopter Logging	The rate group's cost rate has dropped substantially, as have COR payments and the levy for BCFSC. Therefore the base rates are proposed to drop accordingly.
IS	714022 Sawmill	The cost rate remains flat to 2018 and 2019. However COR payments have dropped substantially, and although funding of BCFSC Sawmill Safety Initiative adds a levy of 0.04, the base rate is proposed to drop over 9%. The classification of the industry remains under review and further industry engagement is sought prior to the final 2020 rates being finalized in the fall.
09	714019 Pellet Manufacture	The cost rate has remained flat. The base rate is proposed to increase due to the loss of the amortization credit.
18	732024 Log Towing 732044 Log Hauling	Although the cost rate is down, rates are proposed to increase because Log Towing's amortization credit is gone and Log Hauling continues towards its required rate.

WorkSafeBC 2020 Proposed Rates

CU	Industry	2019 Rate	2020 Rate	Firms
703002	Brushing, Weeding, Tree Thinning, Spacing	6.53	5.35	156
703003	Cable or Hi-Lead Logging	7.40	5.97	52
703004	Dry Land Sort	7.58	6.63	40
703005	Forest Fire Fighting	6.19	5.19	46
703006	Ground Skidding, Horse Logging, Log Load	7.53	6.06	215
703008	Integrated Forest Management	7.70	6.48	1,022
703009	Log Booming or Marine Log Salvage	7.21	6.05	51
703011	Log Processing	7.38	6.21	220
703012	Logging Road Construction or Maintenance	7.61	6.28	271
703013	Manual Tree Falling and Bucking	7.07	5.94	928
703014	Mechanized Tree Falling	7.41	6.09	194
703015	Shake Block Cutting	7.18	6.15	29
703016	Tree Planting or Cone Picking	3.78	3.60	115
703019	Helicopter Logging	7.76	6.13	14
714019	Pellet or Pressed Board Manufacture	2.16	2.30	11
714022	Sawmill	3.78	3.44	163
732024	Log Towing	8.37	9.32	34
732044	Log Hauling	6.79	8.15*	1,286

*Log Hauling continues to be transitioned towards its required rate of 8.84%

Regulation Changes

Part 8: Personal Protective Clothing and Equipment

www.worksafebc.com/en/law-policy/occupational-health-safety/searchable-ohs-regulation/ohs-regulation/part-08-personal-protective-clothing-and-equipment

Part 8 and 34 - Safety headgear – Amendments in sections 8.11 (2) and 34.14 replace past CSA and ANSI standards with current versions to better reflect industry standards while maintaining worker safety. Check your hard hat to ensure it complies with the updated standards.

Part 8 - Eye and face protection – Amendments to sections 8.14 to 8.17 have

been rewritten to clarify obligations of the employer and worker, and to provide further guidance to affected stakeholders (e.g., optometrists and safety suppliers). References to CSA and ANSI standards have been updated to maintain consistency with other sections of Part 8 of the OHS Regulation.

Part 21: Blasting Operations

www.worksafebc.com/en/law-policy/occupational-health-safety/searchable-ohs-regulation/ohs-regulation/part-21-blasting-operations

Part 21 – Amendments throughout Part 21 update definitions and wording to reflect new blasting technology, including electric igniters and to differentiate

between electronic and electric detonators. Correspondingly, sections 21.61 to 21.63 have been amended to clarify radio frequency precautions and circuit testing. Section 21.73 has been updated to clarify the handling of misfires in relation to these changes.

Guideline Updates

In addition to the amendments made to the OHS Regulations, OHS Guidelines were also updated to reflect the regulatory amendments in relation to their respective categories. Detailed updates can be found at www.worksafebc.com/en/law-policy/occupational-health-safety/searchable-ohs-regulation/ohs-guidelines.

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SAFETY HEADGEAR

1. G8.11 (2) Activity specific safety headgear (*editorial revision*): Outlines alternate standards for safety headgear for specific types of activities and describes when they are applicable. www.worksafebc.com/en/law-policy/occupational-health-safety/searchable-ohs-regulation/ohs-guidelines/guidelines-part-08#SectionNumber:G8.11_2
2. G8.11 (2)-1 Safety headgear standards (*preliminary revision*): Clarifies the requirements in the approved standards around the use of type 1 or type 2 safety headgear. www.worksafebc.com/en/law-policy/occupational-health-safety/searchable-ohs-regulation/ohs-guidelines/guidelines-part-08#SectionNumber:G8.11_2-1
3. G8.11 (3) Protection from electrical hazards (*editorial revision*): If a worker may be exposed to an

electrical hazard the safety headgear must have an appropriate non-conductive rating. The guideline revision is updating the standards consequential to the regulatory amendments. www.worksafebc.com/en/law-policy/occupational-health-safety/searchable-ohs-regulation/ohs-guidelines/guidelines-part-08#SectionNumber:G8.11_3

4. G8.11 (4) Chin straps (*editorial revision*): The expert advice to the regulation development process was industrial safety headgear should have a mandatory headgear retention criteria, to assist with keeping safety headgear in place during work, including the headgear remaining effectively in place during a fall. Hence, section 8.11 (4) was established. www.worksafebc.com/en/law-policy/occupational-health-safety/searchable-ohs-regulation/ohs-guidelines/guidelines-part-08#SectionNumber:G8.11_4

BLASTING OPERATIONS

5. G21.3 Dangerous incident reports (*editorial revision*): Explains the requirement to report a blasting incident to WorkSafeBC. www.worksafebc.com/en/law-policy/occupational-health-safety/searchable-ohs-regulation/ohs-guidelines/guidelines-part-21#SectionNumber:G21.3
6. G21.69 Blasting signals (*preliminary revision*): The guideline clarifies how to request acceptance of alternate warning procedures under sections 21.69 (2) and (3) of the Regulation and also provides alternate warning procedures that are considered acceptable to WorkSafeBC for oil and gas downhole explosives operations. www.worksafebc.com/en/law-policy/occupational-health-safety/searchable-ohs-regulation/ohs-guidelines/guidelines-part-21#SectionNumber:G21.69 🚧



Succeeding in Today's Evolving Work Environment

- When:** Saturday, October 5, 2019
- Where:** Vancouver Island Conference Centre, 101 Gordon Street, Nanaimo, BC
- Time:** Registration check-in opens: 7:30am
Conference: 8:30am - 4:00pm
- Cost:** Free (refreshments and lunch will be provided)

Join us for the 14th annual Vancouver Island Safety Conference (VISC) – our annual, forest industry-driven safety conference. This year's conference, *Succeeding in Today's Evolving Work Environment*, will cover pivotal topics on how we can address and actionably manage increasing concerns impacting the forest industry today.

Our **keynote speakers** are three leading industry experts who will present high-impact sessions focussing on the following topics:

- **Change Management** – presented by Dr. Mark Devolder
- **Drugs and Alcohol** – presented by Dr. Ray Baker
- **Mental Health** – presented by Jennifer Sparks

Thanks to the generous sponsorships from industry, WorkSafeBC and other organizations, VISC is free to attend. As a reminder, we encourage you to pre-register.

For online registration, visit www.bcforestsafes.org/fscapps/reg.php?e=26

Attendees are encouraged to **bring non-perishable food items** for donation to the **Loaves and Fishes** food bank. 🚧