

FOREST SAFETY News



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Welcome to the first edition of Forest Safety, covering news about safety topics in forestry. This is YOUR safety newsletter. We look forward to your input and feedback! Email the editor at editor@bcforestsafe.org or call 1-877-741-1060.



New industry group TAG tackles logging truck incidents

The first meeting of the Trucking Advisory Group (TAG) was held in Vancouver last month and the next one is scheduled for later this month. The group was formed to improve log hauling safety performance within the forest industry following the higher than normal number of on and off highway logging truck incidents in 2013.

The Group, comprised of steering and task teams will report back to industry, contractors, government and others as needed and:

- work directly on determining why log truck spills are occurring

- identify safety concerns that need to be addressed
- formulate specific objectives to address identified concerns and
- define a set of actions to achieve the objectives.

The steering team will provide direction to the task team and champion key recommendations and initiatives to be implemented within industry, while the task team will focus on the technical aspects.

The BC Forest Safety Council will supply facilitation and ongoing support to the Group by providing historic data and information regarding injuries and fatalities in log hauling operations, as well as updates on current efforts.

The founding TAG members are senior representatives from major licensees and industry harvest contractor associations.

Success will be measured by lowering the overall trucking incident, injury and fatality rates, and improving the public perception of the forest industry's proactive approach to safety. 🌲



Reynold Hert, Chair and CEO, BC Forest Safety Council

2013 Annual Safety Review

In 2013, for the second year in a row, the forestry industry had 11 worker fatalities.

In April, on the Day of Mourning, we will all remember these individuals. But for the rest of the year, it is industry's dedication and determination to further reduce serious injuries and fatalities that will truly honour their memories so that another family doesn't have to experience the loss of a loved one.

"One fatality is one too many,"

said Reynold Hert, Chair and CEO, BC Forest Safety Council.

"Industry knows that, and industry is responding."

While two of the 11 fatalities this year were out of the woods in a commercial charter plane, the forestry industry has recognized the overall upward trend in fatalities. The following industry groups are working hard on eliminating serious injuries in these specific sectors:

- **The Coast Harvest Advisory Group** – Coastal logging operations
- **Trucking Advisory Group and Log Truck Technical Advisory Committee** – Log truck operations
- **Falling Technical Advisory Committee** – Manual tree falling
- **BC Safe Silviculture Program** – Tree planting and other silviculture operations

The BC Forest Safety Council will be supporting these groups and others to develop strong programs that will help prevent fatalities and send workers home to their families, uninjured and healthy, every day.

Four truck drivers and three equipment operators lost their lives at work this past year. This is an increase for these occupations when compared to 2012, while the manual tree falling sector experienced one faller fatality in 2013 (down from 4 in 2012).

2013 Fatalities

January 7 - An empty logging truck heading east on Highway 16 collided with the trailer of a loaded lumber transport truck heading west that had jack-knifed. A third transport truck collided with the accident scene. The operator of the empty logging truck later succumbed to his injuries.

April 8 - An off highway logging truck driver suffered fatal head injuries while attempting to cut two logs with a chainsaw, the two logs had fallen from the top of the load and were suspended in the binders.

May 27 - A grader was grading uphill on a gravel road with a 10 percent slope, preparing for a logging operation. For an unknown reason, the grader reversed out of control and proceeded down the slope backwards. It is believed that the operator exited the grader while it was travelling backwards and was subsequently crushed by the grader blade.

June 11 - A worker was using a front-end loader to move a large fuel tank across a 24-percent sloped portion of the access road to a barge landing. The machine rolled onto its side, throwing the worker out the door and resulting in fatal crush injuries.

July 30 - While the load on an off-highway (fat truck) log transporter was being wrapped, two logs fell from the load. One of the logs was found on top of the driver, who succumbed to his injuries.

August 19 - A worker was operating a grader on a Forest Service Road when the grader went off the road and into a lake. The worker was deceased at the scene.

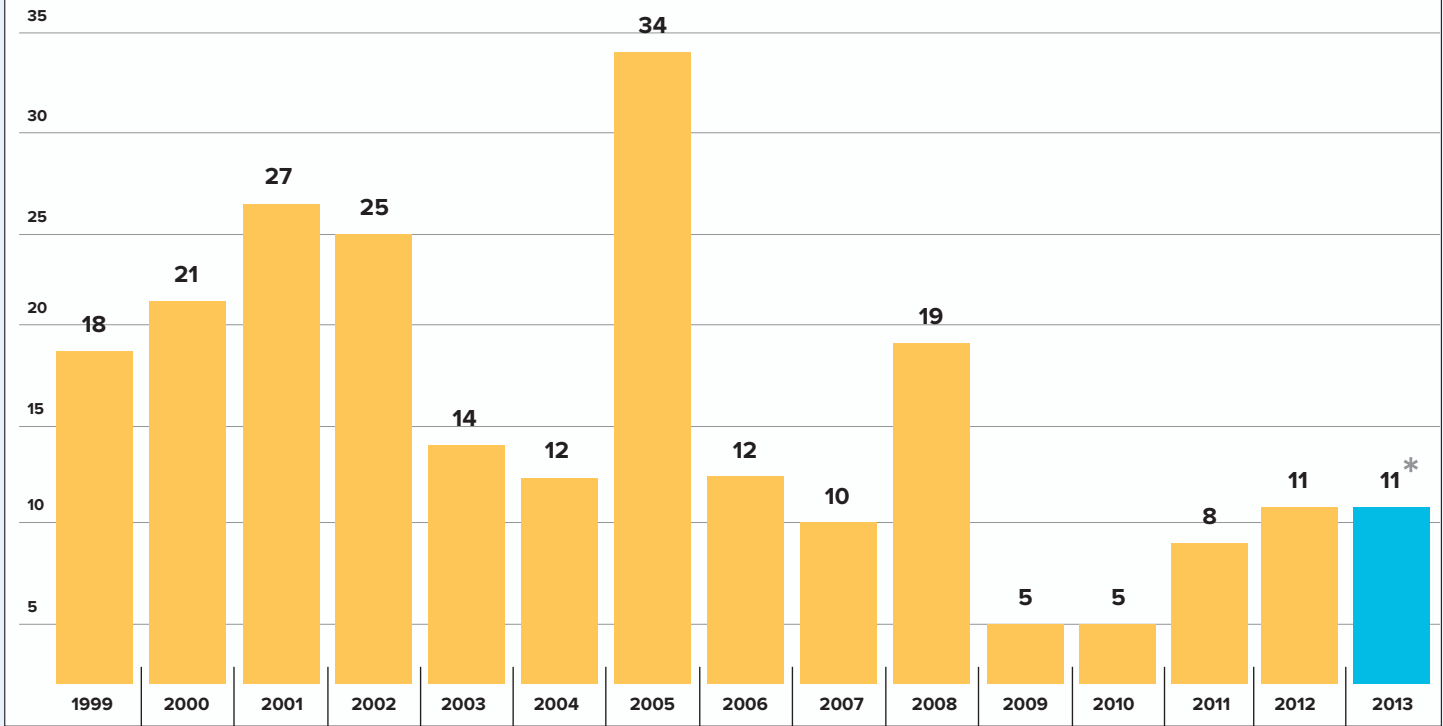
August 26 - A certified manual faller was falling a 17-inch-diameter alder tree. As the larger tree fell, a smaller alder tree (10 inches in diameter), located behind the falling face, broke at the 28-foot height. The broken portion of the tree struck the faller, inflicting a fatal injury.

October 21 - A worker was cutting a blowdown cedar tree into shake blocks within old-growth timber, a mix of blowdown and standing trees. A standing hemlock uprooted, causing a chain reaction of live and dead trees falling down towards the worker. The worker was struck by a portion of a tree and sustained fatal injuries.

October 24 - A pilot was trying to maneuver a floatplane into position to land when it crashed onto a small island. The pilot and the two passengers did not survive the crash. 🚨

WSBC Accepted Harvesting Fatality Claims

Forest Safety extends our deepest sympathy to the families, colleagues and friends of the deceased. May we all work together in the memories of each person lost to improve our businesses to make everyone safe, every day.



* 2013 data is preliminary

Getting workers back to work faster

Two-year pilot project to help Coastal employers and workers



WorkSafeBC's Assistant Director, Claims, Paul Krismer, told TLA convention delegates that delays in claims filing cost the industry 10s of millions of dollars.

The Truck Loggers Association (TLA), WorkSafeBC and the BC Forest Safety Council have joined together to launch a two-year pilot project to help get Coastal forestry workers back to work faster after an injury, and help reduce industry's WorkSafeBC rates.

While other industries across BC take seven days on average to complete and file Employer Form 7s with WorkSafeBC, forestry takes an average of 21 days. And, when it comes to how long an injured worker is off work, forestry is 108 days, while all other industries combined have an average of 60 days.

What this means to our industry is increased costs, with a negative impact on both the company as well as the worker.

And for small forestry firms (with one to five employees) which represent 85% of our industry, it can be significant given that one injured worker can mean more than 25% to 50% of production capability and for a critical role worker, stop production entirely, for an indefinite period.

WorkSafeBC cannot begin to process a claim until they are in receipt of completed Forms 6 (the injured worker form), 7 (the employer form) and Form 8/11 (The Doctor's form). Some of the reasons identified for delays include:

- Remote locations and lack of resources including no internet access to be able to reach WorkSafeBC's website to file a form online; and no hard copies of the Forms readily available

Continued on page 4

Getting workers back to work faster *continued from page 3*



Members of the WorkSafeBC claims management and medical team headed out with Copcan Contracting and Truck Loggers' Association President, Don Banasky (right) and TLA Communications Director, Brenda Martin (third left) in the Fall last year as part of their preparation for the formation of the WorkSafeBC's dedicated Nanaimo-based forestry claims management team.

Coastal companies that would like wallet cards for quick reference reminders for the company and employees can order them, free of charge, from BCFSC. Call 1-855-234-8360 or email walletcards@bcforestsafe.org.

- A lack of awareness by employers that they need to file Form 7s with WorkSafeBC within three days of an injury to a worker (by law)
- An employer delaying sending in a form 7 because they disagree with a claim. The reality is WorkSafeBC reviews both the employee's Form 6 and the employer's Form 7 along with the Doctor's Form 8/11. WorkSafeBC will make the determination of whether or not a claim is legitimate and can be accepted. An employer should never hesitate to file their Form 7, even if they do not agree with the claim. Disagreement can be noted on the form in a place provided (Item No 25.)
- Incomplete wages information provided
- Faxed in hard copy forms that are double-sided, but only a single side is faxed through to WorkSafeBC.

The BCFSC has established a toll-free confidential 1-855-234-8360 phone line for Employers (and Employees) to call to get hard copy forms mailed or couriered to them when they cannot access the internet to file the forms online (employers) and do not have dedicated phone service during business hours to call WorkSafeBC to report an injury (worker). The BCFSC will be able to answer frequently asked questions that can support employers (or employees) to return their completed forms to WorkSafeBC as soon as possible and preferably within the 3-day regulation period! The BCFSC can also assist by sending pre-paid envelopes, already addressed to WorkSafeBC to further expedite matters for those employers working in remote locations.

As part of the pilot, WorkSafeBC has also created a dedicated Nanaimo-based forestry injury claims team. These

dedicated case managers with expertise in coastal forestry trades and knowledge in effective disability management techniques will be able to help injured workers throughout their return-to-work experience. This team will represent a single point of contact for injured workers and their employers. WorkSafeBC believes that the partnership will ensure injured workers get the best of medical care in an expedited way and have everything in place to recover and to get back to work as quickly as possible.

At the end of the two-year pilot period, if this project is successful and helps close the gaps between forestry and other BC industries, and reduces costs for forestry employers, the project will be rolled out Province-wide. 🌲



Transportation

Driving **tired** is as dangerous as driving drunk



By Amanda Wamsteeker

We know driving under the influence of drugs and alcohol impairs our ability to safely drive a vehicle, but did you know being tired can impair you just as much? Research shows approximately 20% of fatal collisions in Canada involved driver fatigue, compared to 29% that involved impairment by drugs or alcohol (Canadian Council of Motor Transport Administrators, 2010).

How do you know if you are impaired by fatigue? Sometimes we know we are tired when we have poor sleep the night before or do not get enough hours of sleep, but other times we may not realize how tired we really are. Here are some of the warning signs of driving while fatigued (Transport Canada, 2011):

- blinking or yawning frequently
- closing eyes for a moment or going out of focus
- having wandering or disconnected thoughts
- realizing that you have slowed down unintentionally

- braking too late
- not being able to remember driving the last few kilometers
- drifting over the centre line onto the other side of the road

If you notice any of the above warning signs, you should pull over when safe to do so, go for a quick walk, get some fresh air, and have a short nap if necessary. If you drive often, there are steps you can take to prevent becoming fatigued. These include ensuring you get the sleep you need to feel well rested, take regular breaks that include fresh air and a bit of exercise, and ensure you eat frequently and stay hydrated.

By understanding fatigue and how best to manage it, we can all help improve safety on our roads. 🌿

PUT SAFETY IN THE DRIVER'S SEAT

WHAT IS VIN
Vehicle Identification Numbers (VINs) are unique letter and number plates mounted on the front of vehicles and registered in the VIN database. VIN is a communication tool for roads users.

MORE INFO
For more info on VIN:
1-877-324-1212
bcforestsafe.org
VIN@bcforestsafe.org

BC Forest Safety Council
l'association des utilisateurs de routes forestières

VIN

News Briefs

New Transportation Director is in the driving seat



Dustin Meierhofer

Based out of the Council's Prince George office, Dustin Meierhofer is a Registered Professional Forester, with more than 20 years of experience in the resource sector.

Before joining the BC Forest Safety Council, he was CEO of General Biofuels BC group of companies, having held progressively more senior and diverse roles in resource management operations for Timberline Natural Resource Group, and other employers.

"I look forward to reconnecting with many I know in the industry in my role and establishing new, strong working relationships with other groups. I recognize that the continued success of forestry is dependent on our industry's ability to effectively integrate safety, health and wellness into everything we do," said Dustin. 🌿

VIN Program supports safe driving



The Vehicle Identification Number (VIN) Program now has a total of 1,390 registered vehicles.

The program was created to increase driver accountability, improve implementation of road protocols, and improve road safety by providing an opportunity for public and industry feedback to companies engaged in forest road activities.

Additional benefits include increased public awareness of road use procedures and the potential to increase the accuracy of estimates of the number and type of vehicles utilizing forest roads.

The BC Forest Safety Council has been running a number of advertisements in publications to make people aware of the program, encourage registrations, and increase reports from users who choose to share feedback on vehicles with VIN plates.

For more information on the program, please contact: transport@bcforestsafe.org or call the Prince George office toll free: 1-877-324-1212 🌿



Falling

Keeping your head in the game

By Allison Thompson

Peter Sprout, BC Forest Safety Council's falling manager told delegates at the 2014 Truck Loggers Association convention and trade show that the most important thing to safe outcomes was recognizing the need to stay focused on the job – and understanding how hard that can be.

appreciative of how good life really is before heading out.

Showing a series of slides of photographs of different terrains, he asked audience members to consider what they would anticipate would be more challenging days for fallers and less

“ Are you ready to go to work? ”

He was saying no-one has the perfect answer – like being a science student in school trying to catch mercury; just when you think you've got it, it slides away again. Industry has come a long way from simply saying “get 10 feet away from the stump”.

He was saying fallers can learn from current understandings including:

- the experiences and opinions of 40-year plus career fallers who have not had a single incident and
- managing the impact of transitions from old growth to second growth blocks, given the perception that second growth is easier with less hazards creating an environment where a faller may relax and let his guard down.

Some of BC's longest-working fallers who have achieved incident-free 40-plus-year careers, have shared with Sprout what the most important thing is that they believe has kept them safe, chiefly keeping their head in the game, staying focused and leaving home

challenging days. The point he was saying was there was a perception that there were a higher number of incidents in the more challenging blocks (old growth) versus less challenging blocks (second growth). In reality, incidents can happen in any type of timber. He was saying supervisors need to recognize that they might have to spend as much or more time walking through blocks that appear easy because when fallers get in the mindset that it is “easy” that's when many incidents happen.

He was saying five falling incidents in 2013 were only inches away from being another five potential fatalities. All five incidents involved small diameter trees (six inches or less at the base but 50 feet or taller) striking the worker from behind while they were falling other trees. He was saying all occurred in second growth that most would accept as an easy day at work. He was saying it was like driving on roads. We stay a lot more focused when we are driving on a twisty road we perceive as challenging and dangerous. When we are driving on a straight, multi-lane highway, we sometimes focus less and let our minds wander. “On a twisty road we tend to raise our level of awareness subconsciously because we recognize the potential dangers, and when we are on the straight road, we are prone to relax and lose focus”.

Two of the industry's safety working committees, the Coast Harvest Advisory Group and Falling Technical Advisory Group have identified some key areas to help support further improvements in safety performance in falling:

- **Switchback training** – understanding what's going on in the brain when in an upset condition and how we can gain control over negative thoughts. A happy worker is a team player and team players create safe work cultures.



These two images help show the difference between challenging and cake-walk terrain and how the challenging terrain makes a faller subconsciously more careful about safety and other less aware, which is when many incidents can occur.



After the presentation, Peter Sprout chats with TLA incoming Vice-President, Jacquie Beban, and Justin Durring.



BC Forest Safety Council safety advisor Lisa Reichel, Interior Logging Association's General Manager, Wayne Lintott, and Joanne Kineshanko (right), of Kineshanko Logging Ltd. in Lumby at the 2014 Truck Loggers Association annual convention in Vancouver.

- **Fit to fall** – Dr. Delia Roberts is working to observe fallers and their nutrition and hydration habits to provide the industry with the best recommended practices that ensure stable blood sugar levels for fallers. This is very important as it is often when blood sugar levels are low that impacts on the mind and body are negative and poor decision-making occurs or muscle fatigue sets in. Keeping consistent blood sugar levels can mean up to a three-quarter of a second increased response time – for fallers, the difference potentially between life and death.

- **Degraded imagery** – research has shown that not everyone can look at something – a forest scene for example and see the same things or identify potential hazards. 3-D image training can help people see more clearly what they haven't seen before, the benefit being biggest for new fallers as part of their new faller training, but also of benefit to established fallers, to literally see the forest and each tree with new eyes.

- **Fatigue management** – in-field testing is happening with arm bands that can measure body functions and rate fatigue levels, informing the wearer of a need to rest, eat, drink, or stop work.

Sprout also talked about additional challenges to fallers at the worksite such as phase congestion. He was saying today unlike in the past fallers have a lot more distractions on the job site – dealing with machine noises and other work activities like road construction nearby, all elements that can sidetrack focus. It is a standard practice for fallers to have 2 way radio communication wired into their earmuffs. Depending on the operation, there is a potential for a large amount of radio traffic to distract the faller.

He closed his presentation talking about the culture of safety and the most important roles of falling supervisors and falling partners.

Falling supervisors can help their fallers “keep their head in the game” by:

- Talking to their fallers regularly
- Building trust
- Checking workmanship weekly
 - Knowing when things are off for their faller
 - Providing confidential support
 - Problem trees
 - Any home issues

Role of falling partner

“If fallers can get to the point that they look out for each other, showing concern for each other when one recognizes something is off, it will go a long way towards preventing falling incidents,” said Sprout.

He was saying the one person who sees the faller on a regular basis is his partner who will be the first to notice if he is cutting corners, or if there are any workmanship issues. “He is the one who can talk to the faller in a timely manner and ask if he needs help.” The Supervisor can encourage this culture.

Audience member Joanne Kineshanko of Kineshanko Logging Ltd. said after Sprout’s presentation that what he was saying was applicable to all aspects of a logging operation, not just falling. She said that she knows their company’s safety record is achieved because all the workers care about each other and look out for each other. Safety advisor, Lisa Reichel, added that the reason Kineshanko workers looked out for each was because that was the culture of the logging company and it started at the top, with Joanne. 🍄

More fallers being trained to meet industry demand

For several years industry has been aware of the aging workforce in forestry, in fallers and log truck drivers in particular. Thanks to Federal and Provincial Government funding through the Canada-British Columbia Labour Market Agreement, 24 candidates will have completed New Faller Training between October 2013 and February 2014. All of these candidates have job placements lined up.

A further 21 new fallers were trained in 2013 through the BC Forest Safety Council’s tuition-based New Faller Training program where students are self-funded, take out loans or secure their own alternative funding options.

The objective in 2014 is to seek an increased number of new faller training opportunities to help meet increasing industry demand. To achieve this the BC Forest Safety Council will continue to offer a tuition based program; work towards getting an approved industry training model; and, offer industry and First Nations bands customized group new faller and falling supervisor training as required.

For further information please email faller@bcforestsafe.org or call toll-free 1-877-741-1060. 🍄



Don Banasky, incoming President of the Truck Loggers Association, and Operations Manager, Copcan Contracting Ltd.

(Photo courtesy of Tree Frog Creative Communications)

Making the case for safety

Speaking on managing for safety at the TLA’s 2014 annual convention, incoming TLA President and Copcan Contracting Ltd. Operations Manager, Don Banasky, challenged delegates to consider what safety – or what he prefers to call risk management – really means.

He said safety might be expensive at the beginning – getting systems and processes and paperwork in place – but it was fundamental to long-term profitability and efficient production. The important thing was to find fresh, new ways to think and talk about safety, and make safety matter.

“It is the guys on the ground and in your machines making the minute by minute and second by second decisions that are going to create the outcome, so get in their heads,” Banasky said. He said giving them the tools to manage personal chaos – competing pressures on the job, challenging work personalities, or issues at home – were critical to ensure workers were not distracted on the job. “You decide how you think and how you feel.” We need to help our crews learn how to have that control and understanding so there are no distractions that can cause poor decisions or injuries.

He shared that research in the UK and New Zealand had found people were more likely to make bad decisions and take risks when they worked in a group, than if they worked alone. He said people often took risks because they thought that was what the owner wanted and it would get the job done quicker, but that was just not true. “Repair the process, or equipment, so short cuts are not an option. Speak up for short falls in these areas, be quick to fix them and everyone will soon realise the benefits.”

Encouraging open, honest communication, asking questions and never being afraid to admit when one was wrong, Banasky closed with a word of caution to not be the one left with regrets. “Don’t be the guy who looks back and wishes you had said something ...” 🍄



Town hall meetings wrap-up at the TLA convention

BC Forest Safety Council's SAFE Companies Director, Rob Moonen, wrapped up the 14th town hall at the Truck Loggers Association annual convention and trade show in Vancouver on January 15, 2014.

Town halls were held across the Province in Quesnel, Williams Lake, Abbotsford, Kelowna, Vernon, Kamloops, Princeton, Houston, Prince George, Nanaimo, Cranbrook, Campbell River, Powell River and Vancouver.

The purpose of the town halls was to give industry an opportunity to hear about proposed changes to the prequalification audit for SAFE Companies and ensure that industry had the opportunity to comment on the changes proposed by industry steering and working committees.

Industry also had the opportunity to provide feedback via toll-free telephone, email and an online survey on the BC Forest Safety Council website.

"All the town halls were pretty consistent with their feedback. People wanted to talk about their issues with the Council from three or four years ago; acknowledge the changes that they have experienced working with the BC Forest Safety Council since then; and then move onto some real discussion about the safety system



Rob Moonen talks with SAFE Co participants about proposed changes to the SAFE Companies audit system at the 14th town hall held at the Truck Loggers Association 2014 annual convention.

in forestry," said Moonen.

"It was good to hear feedback from companies and individuals who are truly motivated to make a difference in safety and share their views on what works best

for their individual forestry operations. All the audiences were also genuinely appreciative that we had come out on behalf of the steering and working committees to hear their views," he added.

Submit your audit at ILA's annual conference

Over 2,600 companies send in annual audit reports to the BC Forest Safety Council (BCFSC) for their SAFE Company certification and WorkSafeBC's Certificate of Recognition (COR) program.

A few times a year, a team of BCFSC safety advisors go to venues where many companies can submit their audits in person, onsite in a large group. This is particularly effective if many contractors all use the same safety system from their licensee or Prime Contractor.

"The biggest benefit is having the opportunity to sit down face to face with a safety advisor and have your audit reviewed in person. You get to ask questions and receive sound advice and support to take back to work immediately," says safety advisor Lisa Reichel.

Having received a recent request from the Interior Logging Association (ILA) to offer this service to members and others in the region, the BCFSC will be available to

receive audits in Vernon during the ILA's 56th Annual Conference and Trade Show.

To book an audit appointment in Vernon on May 8 or 9, please call the BCFSC's Audit Administrator, Clare Craig, at 250-739-5172. ☎

Next steps

Feedback is now being reviewed for presentation to the steering and working committees. A summary of the feedback will also be available on the BC Forest Safety Council website at www.bcforestsafe.org/prequalinput. Updates and next steps will be posted there regularly.

No changes until further notice

Once the steering and working committees review the feedback and consider how best to incorporate it, they will provide an update to industry. It is the plan that any altered audit system will then be thoroughly tested in field with companies of all sizes, but especially with small companies that have one to five employees and make up 85% of our forest industry.

“All the town halls were pretty consistent with their feedback. People wanted to talk about their issues with the Council from three or four years ago; acknowledge the changes that they have experienced working with the BC Forest Safety Council since then; and then move onto some real discussion about the safety system in forestry.”

Once this proposed pilot phase is completed, and all concerns adequately addressed, SAFE Companies be notified directly of any changes to the current audit system with specific details as to how that affects their company, if at all. For now, companies should submit their annual audit on time or book their external auditor as usual.

Any changes that are finalized will be rolled out systematically and slowly across the system, on each company's current anniversary date to allow for a smooth transition period.

Next edition will include summary feedback from forestry firms that participated in the town halls, email, phone and online survey feedback. 🌲



Left to right: Pam Jorgenson, BC Forest Safety Council (BCFSC) Training Manager; Minister of Forests, Lands and Natural Resource Operations, the Honourable Steve Thomson; and, BCFSC safety advisor, Lisa Reichel, at the 2014 Truck Loggers Association annual convention in Vancouver.

Injury Management/Return to Work (IM/RTW) Certificate of Recognition (COR) “frozen” for new Certifications in 2014

WorkSafeBC (WSBC) has confirmed that all organizations who are currently IM/RTW COR certified may continue to use the existing audit protocols through 2014 for both maintenance and recertification audits. WSBC is in a consultation process regarding a possible new “Work Disability Prevention Standard” which may result in a new audit protocol. We will provide updates as released by WSBC. 🌲



Upcoming training

(see www.bcforestsafe.org for 2014's training calendar or email training@bcforestsafe.org or call toll-free 1-877-741-1060)

Small Employer Occupational Health and Safety Course & Small Employer Occupational Health and Safety Refresher Course:

Start date & location:

February 13	Langley
February 19	Prince George
February 27	Williams Lake
March 4	Terrace
March 6	Cranbrook
March 13	Courtenay
March 27	Castlegar

Independent Owner Operator Occupational Health and Safety Course & Independent Owner Operator Occupational Health and Safety Refresher Course:

Start date & location:

February 15	Campbell River and Langley
February 22	Teleconference
March 1	Kamloops and Williams Lake
March 8	Cranbrook and Terrace
March 29	Teleconference

Basic Incident Investigation Course:

Start date & location:

February 21	Prince George
February 27	Kamloops
February 27	Langley
March 18	Nanaimo
March 28	Castlegar
April 3	Courtenay

Advanced Incident Investigation Course:

Start date & location:

March 19	Nanaimo
March 26	Castlegar
April 4	Courtenay

Basic Forest Supervisor Course:

Start date & location:

Feb 17	Prince George
March 6	Terrace
March 13	Vernon
March 20	Nanaimo

Falling Supervisor Course:

Start date & location:

Feb 24	Campbell River
April 7	Nelson

Internal Auditor Training Course:

Start date & location:

April 9	Nanaimo
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Help Prevent Serious Falls



In the past five years, over \$4 million was paid out in claims to log haulers from serious falls.

Please fill in this survey at www.bcforestsafe.org/node/100 to help BCFSC understand the challenges logging truck drivers face specific to 3 point contact. Your information will help shape industry solutions.

While the survey officially closes on February 16, 2014 to allow review to begin, additional feedback will still be considered. 🗳️

You Said It!

Recent comments about BCFSC training:

"This course will save lives."

- Trainee at Falling Supervisor course in Prince George

"Teaching methods were some of the best I have experienced."

- Trainee at Falling Supervisor course in Prince George

New Advanced Incident Investigation Course

New for 2014, this course will be led by an experienced instructor who will teach participants the skills needed to manage and investigate serious workplace incidents.

The training uses a series of videos that will guide the participants through a mock incident and show presentations from organizations involved in investigating these types of serious incidents.

WorkSafeBC, the RCMP, the BC Coroner's Service and others will provide advice on how companies can manage these types of incident scenes with the goals of conducting better investigations and preventing similar incidents in the future.

Focused activities and discussions will be used with the videos to reinforce the key learnings. The course will wrap up with a practice investigation based on the evidence provided in the mock incident video.

Duration

One day. The course consists of classroom training combining instructor lectures, practical exercises and testing throughout the day. Coffee and lunch will be provided.

Cost

Total cost for instruction and materials is \$315.00 (includes 5% GST). 🗳️



February is: Heart Month

According to Canada's Heart and Stroke Foundation, www.heartandstroke.com, a life is taken every seven minutes in Canada by heart disease or stroke.

Heart attack warning signs

Thousands of Canadians die from heart attacks every year because they don't receive medical treatment quickly enough. It is important to understand that warning signs can vary from person to person and they may not always be sudden or severe. Although chest pain or discomfort is the most common symptom of a heart attack in both men and women, some people will not experience chest pain at all, while others will experience only mild chest pain or discomfort. Others may experience one symptom, while some experience a combination.

If you are experiencing any Symptoms:

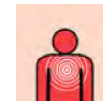
CALL 9-1-1 or your local emergency number immediately, or have someone call for you. Keep a list of emergency numbers near the phone at all times.

Stop all activity and sit or lie down, in whatever position is most comfortable.

If you take nitroglycerin, take your normal dosage.

If the 9-1-1 operator advises it, chew and swallow one adult tablet or two 80 mg tablets of ASA (Aspirin®), as long as you are not allergic or intolerant. Do not take other pain medications such as acetaminophen (Tylenol®) or ibuprofen (Advil®) instead of Aspirin. Do not substitute Aspirin for medical care; call 9-1-1 or your local emergency number first.

Rest and wait for emergency medical personnel to arrive. 🚑



Chest discomfort
(uncomfortable chest pressure, squeezing, fullness or pain, burning or heaviness)



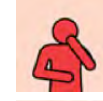
Discomfort in other areas of the upper body (neck, jaw, shoulder, arms, back)



Shortness of breath



Sweating



Nausea



Light-headedness

March is:

National Nutrition Month

Dietitians of Canada www.dietitians.ca remind us of the importance of healthy eating and the positive impact nutrition has on our health and well-being.

Help Fight Liver Disease Month

Find tips, advice and other information at the Canadian Liver Foundation www.liver.ca. There are no cures for liver disease, so take care and prevent it through healthy lifestyle, nutrition and vaccinations.

National Kidney Month

According to Kidney Cancer Canada, www.kidneycancer.ca, we all know the virtues of a healthy lifestyle, yet 69% of Canadians spend the majority of their waking hours sitting or being inactive. Only 15% of men and women actually meet the recommended amounts of weekly exercise.¹ Research shows that those who are less physically active and are obese have an increased risk for kidney cancer.² On the other hand, people who play sports or exercise five or more times a week have a 23% lower risk of developing kidney cancer than those who are not active.³

National Colorectal Cancer Awareness Month

Colorectal cancer is "Preventable, Treatable and Beatable." It is the second leading cancer cause of death among Canadian men and women. 20,000 Canadians will be diagnosed with it this year and 8,500 will die. Get screened. Early signs and symptoms: <http://www.colorectal-cancer.ca/en/just-the-facts/symptoms/>

World Glaucoma Week, March 9-15

Always have your eyes checked regularly. Good vision enhances safety in all situations. Glaucoma is the second leading cause of blindness in Canada with no early warning signs and no cure, but it can be effectively managed if detected early enough with special eye drops and/or surgery. See <http://www.cnib.ca/en/your-eyes/eye-conditions/Glaucoma/Pages/default.aspx>.

Brain Awareness Week, March 10-16

According to the Brain Canada Foundation, www.braincanada.ca, 1 in 3 Canadians will be diagnosed with an injury, disorder or disease of the brain, spinal cord or nervous system and while treatments exist, there are currently no cures. From autism to Multiple Sclerosis to Alzheimer's to concussions, brain disorders pose the greatest health challenge of the 21st Century. Prevention is key. 🧠

(¹Statistics Canada. "Physical activity of Canadian adults: Accelerometer results from the 2007 to 2009 CHMS" Health Reports, Vol. 22, no. 1, March 2011. Pg.10; ²Trinh, Linda; et al. "Associations Between Physical Activity and Quality of Life in a Population-Based Sample of Kidney Cancer Survivors." Cancer Epidemiol Biomarkers Prev 2011;20:859-868. Published OnlineFirst April 5, 2011. Pg.865; ³Moore et al. "Physical Activity during Adulthood and Adolescence in Relation to Renal Cell Cancer." American Journal of Epidemiology. May 8,2008. Vol. 168 (2). Pg.151)



Safety, health and wellness doesn't begin or end at work

Forest Safety invites children from 2 years to 18 years to share drawings, essays or photos on what safety means to them.

Children who send in an item for publication will receive a safety-themed surprise pack with baseball cap, safety whistle, book and stickers and be entered into a draw at the end of the year to win a custom-made wood truck, sponsored by the Editor, just in time for Christmas!

Your family being safe means the world to you, just like you being safe means the world to your family.

Send your child's art, photo, or essay for publication to:

The editor
Forest Safety
420 Albert Street
Nanaimo BC V9R 2V7

Provide your child's name, age and mom/dad's work address or email address on the back of the art/photo/essay so that we can mail their goody bag to you. Submission of any art, photo or essay is accepted as you granting your full permission for publication.

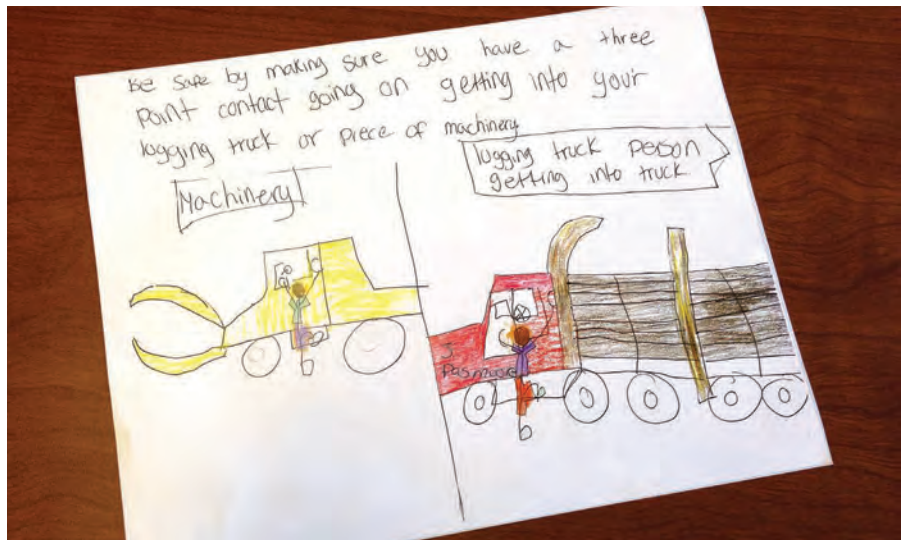
Thank you! 🍀

Comment with OHS submission that sums up why safety matters

"I am the father of a 2-year old boy. The best part of my day is coming through the door at the end of the day and have him waiting for me."

To kick us off, here is some safety inspiration from Norm Druck's daughters in Princeton:

3-point contact getting into and out of your truck or machine and don't forget your seatbelt!



ABOUT Forest Safety

Forest Safety is published six times a year: February, April, June, August, October and December. All submissions – letters to the editor, safety tips, photos, safety stories, concerns are all welcome. The opinions expressed in the newsletter are not necessarily those of the editor, staff or board of the BC Forest Safety Council. All decisions to publish materials rest with the editor.

Subscriptions

If you would like to continue to receive a hard copy or would prefer to receive an electronic copy of this newsletter, please

email editor@bcforestsafe.org and ask to be added to the print copy or email distribution lists.

Have a story, letter to the editor, safety tip, ideas or photos? Please send all submissions to:

The editor
Forest Safety
420 Albert Street
Nanaimo BC V9R 2V7

Call 1-877-741-1060 or
email editor@bcforestsafe.org 🍀



BC Forest Safety

FOREST SAFETY News



April 2014
issue 2 / vol. 1

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Welcome to the second edition of Forest Safety, covering news about safety topics in forestry. This is YOUR safety newsletter. We look forward to your input and feedback! Email the editor at editor@bcforestsafesafe.org or call 1-877-741-1060.



Top Photo: Attendees at the Kamloops session to shape content for a new industry logging supervisor training course were (left to right) back row: Ward Stamer, Stamer Logging; Zac Drift, Tolko; Dan Todd, Bill Todd Ltd.; Rob Marshall, Weyerhaeuser; Carl Brugger, Carl Brugger Consulting; Larry Price, Interfor; Lynda Eclin, Munson Equipment; Glenn Galy, facilitator; and Glen Williamson, Hytest Timber. Front row: Doug Mauger, facilitator; Dustin Meierhofer, BCFSC; Lana Kurz, Interfor; Erik Kok, Interfor; and Pam Jorgenson, BCFSC. Bottom Photo: Roger DeBucy, Island Timberlands (left) and Glenn Galy, facilitator, listen as BCFSC's Mike Sexton talks about skills development.

Development of a new supervisor program driven by industry

Supervisors fill critical roles in forestry – and can make the difference in preventing injury or death – so when it came to determining what content a new supervisor program should have, industry turned to its own seasoned supervisors to help shape the content. Several industry groups including the **Prequalification Working Committee** and **Coast Harvesting**

Advisory Group have identified the need for supervisory leadership development that includes covering training on the key issues industry supervisors have to deal with every day.

Two groups of supervisors (from both contractors and licensees) met in Nanaimo and Kamloops in February and March. Each

of the groups worked through numerous activities, facilitated by course development experts, to establish what characteristics, skills and groups of skills make good supervisors.

After hours of discussion, participants agreed they had settled on a good framework. However, several cautioned

Continued on page 8



SAFE Companies

Prequalification Update:

Diverse, constructive feedback for industry steering committee to consider

Industry's Prequalification Steering and Working Committees have had an opportunity to review and consider the feedback received from 14, town halls, 181 participants, 72 questionnaires and numerous emails and phone calls.

The prequalification review started in spring last year. The objective is to ensure that industry's prequalification standard is relevant and effective in making sure SAFE certified companies fully benefit from integrating injury prevention into day-to-day operations leading to improved reliability, productivity, employee morale and lower costs.

Overall, in summary, industry is supportive of a revised standard that is both practical and focused on high risk activities; and eliminates unnecessary bureaucracy and paperwork.

In no particular order of priority, this feedback has been grouped as follows:

SMALL COMPANIES

1. Some companies are concerned that the proposed audit will be too onerous and require more resources to satisfy.

2. Companies would like to see a small employer audit standard maintained.

LARGE COMPANIES

1. Large companies would like the option to continue the practice of hiring and paying for their own external auditor or maintaining their internal auditor.

2. Many BASE Companies (with between

20-40 employees) have indicated that the existing system is too onerous and costly and would welcome an option of a Council advisor conducting the audit.

COR

1. Majority would like to maintain the Certificate of Recognition (COR) program, so any standard should allow firms to meet WorkSafeBC's COR requirements.

2. Companies support an increased emphasis on high-risk activities and ensuring that their competitors are meeting the same standard.

LEVEL PLAYING FIELD

1. Companies would like to see consistency between licensees and tenure holders when it comes to SAFE Companies Certification. Majority require it and some don't. Would like to see BC Timber Sales and Ministry of Forests, Lands and Natural Resource Operations have the same requirements. Many contractors would like to see common forms and templates that would be universally accepted by all licensee and tenure holders.

RISK SPECTRUM

1. Consulting companies involved in low risk activities feel the proposed audit standard is aimed at higher-risk "in-the-woods" applications and do not feel their operations warrant this level of assessment. They are looking for lower risk to be recognized too.

2. High-performing companies (with low Medical Incident Rates, low claims, etc.) would like to be recognized with less frequent audits and different options, appropriate to their safety record.

3. Log haulers recommended that an audit tool be developed for log haulers that is relevant to that activity/risk.

IMPLEMENTATION PRACTICALITIES

1. Some companies have expressed concern about how audits would be scheduled and performed by Council Advisors. Specific concerns relate to:

- Challenges of scheduling the audit in geographically isolated areas and during intermittent operating cycles
- Business interruptions and stress of having a Council safety advisor evaluate operations and interview employees

“ Industry is supportive of a revised standard that is both practical and focused on high risk activities. ”

2. Some companies have expressed concern that the alternative maintenance action plan or AMAP option may cause companies to lose focus on ensuring the entire safety management system is effectively implemented. It was recommended that companies be provided with an option for an alternative maintenance option or conducting a maintenance audit with an external or internal auditor. (An alternative maintenance action plan option was introduced on a pilot basis in 2012 and 2013 to companies that had consistently achieved SAFE and COR requirements. Industry felt that simply repeating the same annual audit every year did not help those companies further improve their already competent safety program.)

IMPROVED RESOURCES FOR SAFETY PROGRAMS

The majority of companies have expressed a desire for improved resources from the Council to develop and improve their safety programs (e.g. practical and relevant forms, templates, procedures) and training (e.g. supervisory training).

- Council safety advisors who may not have specific industry experience relevant to a company's operations
- Companies that have experienced a verification audit were very supportive of this approach.

2. A few companies (primarily small) felt the existing system works well and do not want to move to another system (increased costs, increased bureaucracy, etc.)

Over the next few weeks, the Prequalification Working Committee will review and incorporate the feedback received from industry and will draft a roll-out plan for the new prequalification standard for review by the Industry Prequalification Steering Committee. All SAFE Companies can expect to receive letters in about three to six months informing them of what -- if any changes -- will be made to their specific company audit process. Till then, no action is required by SAFE certified companies. Forest Safety News will keep you updated in future editions. 📍



You Asked:

What is the difference between a verification audit and a WorkSafeBC Initiated Verification Audit (WIVA)?

The key difference between a verification audit and a WorkSafeBC (WSBC) WIVA is how companies are selected, as both audits are done by BC Forest Safety Council (BCFSC) safety advisors.

How are companies selected for verification audits?

In the past, the majority of companies have been selected randomly. Some companies volunteer because they want to measure how accurate their internal/external audit is. In 2014, companies in Maintenance Year 1 (that is companies that became SAFE Certified in 2013) will be selected for verification audits.

How are companies selected for WIVAs?

WSBC decides which companies will have WIVAs. Triggers for a WIVA may include: high risk violations and program orders, injury rate analysis, and complaints. If your company is required to have a WIVA, WSBC will send a written notice to the company explaining what is required and why.

How many verification audits are done each year?

In 2013 BCFSC completed 254 verification audits and in 2014, is planning to complete 300. Since starting verification audits in 2008, more than 1,000 companies have been audited with overall very positive feedback. The most common company request after a verification audit is: "Can you come back and do this again next year?"

How many WIVAs are done each year?

In 2013 BCFSC completed 58 WIVAs.

What is the difference between BCFSC and WSBC?

BCFSC safety advisors work for you and represent your industry - they do not work for WSBC. They are on the ground to help you, your company and your workers be safe and stay safe and to ensure industry's safety requirements are being met. WSBC officers have the same end objective – a safe work environment. Their toolkit is a little different though in that they have regulatory authority to enforce compliance of the laws and regulations that govern safe work places. They have the authority to write orders and shut down unsafe workplaces.

What happens during a verification audit or WIVA?

The BCFSC safety advisor looks over your safety paperwork, sees the company's activities, and talks with supervisors and workers to confirm that the company's safety program is meeting industry and regulatory requirements.

The kind of information safety advisors will look at includes:

- Company policies and procedures
- Safety meeting minutes
- Tailgate minutes
- Worksite inspections
- Worker assessments and orientation records
- Pre-work plans
- Mobile equipment pre-use records
- Emergency response plans

- Close call or incident reports
- Preventative maintenance records
- Supervisor journals
- First aid and injury reports
- WSBC inspections and orders

How long does a verification audit or WIVA take?

Depending on the size, location and scope of operations, several hours to a full day may be required to complete the audit activities. BASE sized audits will take longer. BCFSC safety advisors are respectful of your time and work as efficiently as possible to complete the audit. Safety advisors will work with you to set up a mutually convenient time that has the least impact on your operations.

What does a company get after a verification audit?

While most of the visit is a conversation about safety issues, continual improvement suggestions or recommendations in the form of a Corrective Action Log (CAL) may be provided to the company. In addition, companies that have had a verification audit may not need to submit a regular audit for that year, and the verification audit may qualify the company for the Certificate of Recognition (COR) incentive payment from WSBC.

What does a company get after a WIVA?

BCFSC safety advisors provide the same information and support as in a verification audit (see above) and in addition are required to provide a short status summary to WSBC. 🌱

Injury Management/ Return to Work pilot project

Following a mail out of over 1,400 letters to harvesting companies in the pilot project, the BC Forest Safety Council has received requests for more than 250 wallet cards and posters from Coastal companies in the three months since launch.

Interior companies have also requested more information and wallet cards. While the pilot will only track Coastal companies' performance, any company that can reduce their time to file injury information with WorkSafeBC is supporting what's best for the injured worker as well as reducing insurance costs for the whole industry.

Learn more at

<http://www.bcforestsafesafe.org/node/2514> 🌱



Did you know?
**COMPANIES HAVE
3 DAYS
TO REPORT AN INJURY**

When there is an injury at work, an employer **must** file that information with WorkSafeBC within 3 days. Currently the forestry industry takes 21 days on average. Prompt claim filing means the best outcomes for the injured worker and the company, saving industry tens of millions of dollars in costs. **Safety is good business.**

Learn more at www.bcforestsafesafe.org

 BC Forest Safety
 TLA THE TRUCK LOGGERS ASSOCIATION
 WORK SAFE BC WORKING TO MAKE A DIFFERENCE

This advertisement appears in the Spring 2014 edition of the TLA's TruckLoggerBC magazine.

SAFE Companies cont...

What's the difference between SAFE Certification and Certificate of Recognition?

Both programs share a focus on recognizing good safety performance:



BC Forest Safety
Unsafe is Unacceptable

SAFE Companies Certification

What is SAFE Companies Certification?

The SAFE Companies program is a safety initiative developed by the BC forest sector and is administered by the BC Forest Safety Council (BCFSC). It is a prequalification process, as recommended in the Final Report of the Forest Safety Task Force, designed to assist companies in improving their safety performance and to evaluate company safety programs using industry recognized audit protocols. The majority of BC forest tenure holders support the SAFE Companies program and require certification as a prequalification to bid on forestry contracts.



Your company receives a SAFE Certification number and certificate from the BCFSC. Your company is listed on the BCFSC website so that licensees (and others) can see if your company meets the industry prequalification standard and may be considered for forestry contracts.

You need to register with the BCFSC. You or one of your permanent employees must successfully complete internal auditor training. You submit a passing audit tailored to your size of company as follows:
BASE (more than 19 workers)
SEBASE (6 to 19 workers)
ISEBASE (5 or fewer workers)
IOO (One owner with one admin)

SAFE Certification is maintained by passing annual audit submissions on time and/or having verification audits carried out by BCFSC safety advisors.



WORKING TO MAKE A DIFFERENCE

Certificate of Recognition (COR)

What is the Certificate of Recognition (COR)?

COR is a voluntary WorkSafeBC initiative that recognizes and rewards employers who go beyond the legal requirements of the Workers Compensation Act and the Occupational Health and Safety Regulation by taking a best practices approach to implementing health, safety, and return-to-work (RTW) programs.



Your company receives an incentive cheque from WorkSafeBC (WSBC). The amount is equal to 10% of your Classification Unit's base rate for total assessable payroll and is paid out the following year. Your company is listed on the WSBC website as COR certified. Some contracts for multi-provincial work may require this.

The BCFSC is one of WSBC's COR Certifying Partners. This means when you become SAFE Certified, the BCFSC will automatically determine if your company meets WSBC's COR requirements. WSBC applies additional requirements based on your WSBC account status to determine if your company is eligible to receive the incentive cheque.

The annual audit must be completed by an approved auditor. Your internal auditor must complete refresher training every three years and complete two audits in three years to remain approved. Or, you may use a qualified external BASE auditor.

Forestry loses one of its strongest safety voices to cancer



Last month forestry lost a great friend, the Central Interior Loggers Association executive director, MaryAnne Arcand (59), to cancer. MaryAnne, who was also on the

Board of the BC Forest Safety Council, and a former employee, served on numerous industry committees and task forces. She was unfalteringly and singularly focused on safety and successful logging. She would take anyone to task for being unsafe, and was as generous in her criticism of bureaucracy as she was with any logging company that didn't shape up to the highest standards of conduct and safety. Most of all, she will be remembered for her big heart, her guitar and singing skills, and her affectionate nickname "bulldozer," for getting things done. She refused to lose touch with the people she served – the loggers of BC – often swapping stories each week with drivers at weigh scales, keeping a finger on the pulse of our industry.

She lost a sister in a road crash when she was young and was from a 35-year logging family. She knew what it meant to live with the consequences of unsafe. So true to form when she said her good-byes, with calmness and dignity, even in the end she felt a need to help people – wanting her circumstances be an opportunity to learn. She called BCFSC CEO Reynold Hert to say that he should tell everyone after her passing that "there is no safety without health," and asked that the industry continues with its efforts to improve workers' health. She paused long enough in her final days to share this with anyone who cared to hear: don't take your health for granted, and never go quietly into that good night.

The BC Forest Safety Council extends its deepest sympathy and condolences to all who knew and loved her. She will be missed. 🍀



Investigation finds unsafe bridges on forestry roads

The Forest Practices Board released its special investigation report, “Bridge Planning, Design and Construction,” in March 2014. A total of 216 bridges built in BC since January 2010 were reviewed and a total of 32 bridges (15%) had issues.

In a press release, the board said it was concerned with the growing number of instances of unsafe bridges showing up in recent audits and had carried out a

-- was not completed for 74 bridges. 19 bridges were “not safe and sound” and 13 had “significant safety concerns”.

“The problem is not the lack of legislation or guidance by professional associations,” said Ryan. “The problem is that some professionals are not performing to the standards government and the public expect. We are recommending that the professional associations that govern foresters and engineers take action to improve performance by their members. We also suggest that licensees ensure their bridges are safe and government compliance and enforcement staff increase their attention to bridge safety.”

A total of 131 of the bridges examined in the investigation were built by major licensees. The balance were built by BC Timber Sales, the Ministry of Forests, Lands and Natural Resource Operations, and others.

Bridges constructed in the Chilliwack, Vanderhoof, Rocky Mountain, Okanagan Shuswap and Cariboo Chilcotin districts were included in the investigation.

In a recent Morning Star article, Minister Steve Thomson is quoted as saying he is disappointed by the findings and expects the unsafe bridges have already been corrected, or will be immediately. He said ministry compliance and enforcement staff would also include bridges in their inspection plans.

The Forest Practices Board is the independent watchdog for sound forest and range practices in BC, reporting its findings and recommendations directly to the public and government.

To read the full report, please see:
www.fpb.gov.bc.ca 📄



Top: Example of a safe bridge. Bottom: Example of an unsafe bridge. Photos provided by the Forest Practices Board.

special investigation to determine the extent of the problem. “What we found is highly disturbing, given the emphasis government and industry have placed on safety in recent years,” said Tim Ryan, Board Chair.

40% of the bridges did not have complete plans and the required sign-off by a professional -- that the bridge was designed and built correctly



Transportation

Inquest into 2013 Whistler logging truck incident

The Mayor of Whistler, Nancy Wilhelm-Morden, has met with many industry and regulatory stakeholders following the October 19, 2013 incident that resulted in the death of motorcyclist Hugh Craig Roberts, 65, of West Vancouver.

Last month (March 2014), the BC Coroners Service announced that it will hold an inquest into his death. Presiding natural resources coroner, Chico Newell, and a jury will hear evidence from witnesses to understand what happened that day. The jury will have the opportunity to make recommendations aimed at preventing a similar event and death.

No date has been set for the inquest, but it is anticipated that it could occur in Fall 2014. 🗓️

Left: Whistler Mayor Nancy Wilhelm-Morden has been updating Whistler via her Facebook page on logging truck safety and the 2013 incident that left residents questioning if they wanted a ban on logging trucks moving through their community during the day.



Trucking Advisory Group update

The Trucking Advisory Group (TAG) is moving quickly to establish key priorities and deliverables aimed at improving log hauling safety performance within the forest industry. The group was formed earlier this year and will hold its third meeting later this month (April 29).

Following the acquisition and analysis of a significant amount of safety related data from TAG members, the following items have been identified for immediate action:

- **Develop overweight policy and management strategy reflecting best practices**
- **Investigate and develop options for training of log loaderman and log truck drivers in managing for and reducing overweights**
- **Improved overweights data set by aiding CVSE in mill slip program data collection activities**
- **Investigate and recommend best practices/options for log truck telematics to monitor and improve driver performance/human factors**
- **Investigate available information/stats and develop appropriate seat belt use policy for consistent application across TAG operations**
- **Further develop log truck training and mentorship package/programs and provide summary of options**
- **Summarize available resources and communications options for improving safety education and awareness to log haulers**
- **Develop a data acquisition and analysis strategy aimed at improving our understanding of safety issues and trends within the industry as a whole**
- **Develop a communications strategy to better inform stakeholders of industry's many safety initiatives and its ongoing commitment to continuously improve safety performance.**

TAG members include senior representatives from Canfor, Gorman Bros., Interfor, Tolko, West Fraser, BC Timber Sales, LoBar Contracting, and association representatives from the Central Interior Logging Association, Truck Loggers Association, Interior Logging Association and the BC Forest Safety Council.

Anyone who would like to provide comments or input directly to TAG, may email TAG@bcforestsafesafe.org.

Forest Safety will provide updates in future editions. 🗓️

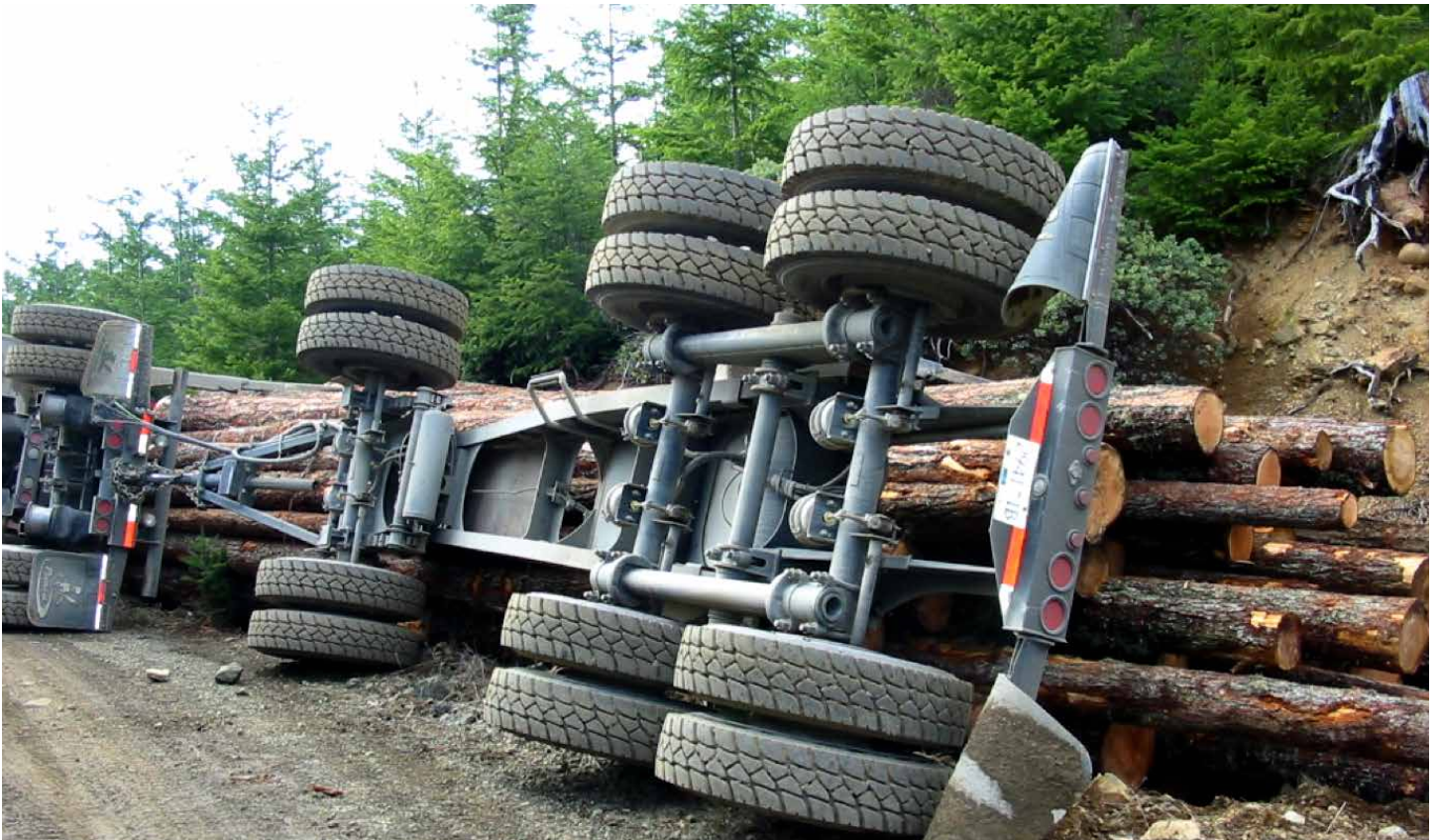


Photo courtesy of Grant Aune, Advantage Fleet Services: sample of a roll over.

Presentation on the causes of truck roll overs

The “Anatomy of a Roll Over” presentation was recently hosted in Prince George by the BC Forest Safety Council to explain the causes of roll overs to log truck drivers, fleet supervisors, loggers, forest licensees, and personnel from various government organizations.

The presenter, Grant Aune, of Advantage Fleet Services, has more than 32 years of commercial vehicle incident investigation and accident reconstruction experience. In his two-hour presentation, he shared how to best manage practices to first avoid a potential rollover and then also how to handle or potentially mitigate one if the truck is in the process of a roll over.

According to Grant, the best thing a driver can do is take the time to look at his load, realize that each and every load is different, and understand that even the smallest of changes to height, weight, speed, and handling can affect how likely a truck will roll over. He then went on to explain the “Roll Over Threshold” – the likelihood a vehicle is to roll over – and how to calculate it for individual vehicles.

Very positive feedback was received from all 25 participants. The BCFSC is now looking to



see how to effectively roll out the information via additional presentations and other means across the province.

Comments from participants included: “The best part of the presentation was Grant’s passion, knowledge, and experience”. “Good technical and practical info, and good stats!” 🍌

Anatomy of a rollover presentations

May 10 at the ILA Conference in Vernon
 Others planned for **April and May**
 Sessions will be added here:
www.bcfestsafe.org/rollover
 Check back regularly to sign up for one near you.

The main causes of roll overs are:

1. Load, tire or suspension failure
2. Tripped (taking a corner too tight or too wide)
3. Driving onto a soft shoulder
4. Steering induced, and
5. Excessive speed while negotiating a curve.



Development of new supervisor program...

continued from cover



(From left) Dorian Uzzell, Wahkash Contracting; Stu Smith, Smith Safety Solutions; Rick Craig, Island Timberlands; and Gary Bauer, Interfor, define the most important logging supervisor skills.

that the next step after developing the content was as important – namely the details of who was going to deliver the training and how it was going to be delivered. Everyone agreed that success would depend on the flexibility and accessibility of the courses as well as the ability to customize the training and ensure the training was not cost prohibitive.

The point was also made that senior management had to value the role of supervisors and support the training and mentoring of supervisors. They said the

easily customized to implement internally, in modules, or offered to contractors near their work on a schedule that didn't impact production.

"We need better ways to train people without taking them out of jobs for five days," said another attendee. "It's not just the costs of the training and travel, it's all the other costs of having that person off the job for that period of time."

Testing the program also ranked high: "I'd like to see it tested on foremen for example, and secure lots of feedback before the course is finalized."

And training isn't something that works in isolation. "Training is one part of it. Supporting tools in the toolbox help make supervisors better. Tools like best practice sample sheets and forms, and sharing practical process and review sheets that new supervisors can make their own." One group supported the idea of an app that would offer a range of tools like templates for key forms, suggestions for dealing with difficult conversations, and more.

Others noted that depending on the different modules within the final course, people might choose to focus on stand-alone modules to help strengthen an area. "One might have a supervisor that is really good in say three out of four supervisory skill areas, but lousy in one. You don't want to waste his and his company's time in say a three day course when he just needs an intensive half day for one module."

All input received at the two sessions will now provide a backbone for a

new supervisor/leadership program. Development is expected to take approximately four months with testing and reviews taking another three months before possible roll-out. Several of the industry participants will be active in the ongoing development, testing and review of the program.

Some industry groups have also suggested that they would like to see industry explore a voluntary Supervisor Certification or Leadership Excellence credential as a final product. Though the workshop participants focused on logging supervisor skills and attributes, the target program is expected to be applicable to all forestry supervisors, with some components focusing on leadership in general.

"The same core skills are shared by all good supervisors, but for each forestry supervisor role, the unique piece is the operational skills component. We will be



Kent Horsley, Mount Sicker (left) and Don Banasky, Copcan Contracting.

looking to develop the new program based on the common supervisory and leadership skills, yet provide opportunity to adapt the program for each specialty job – for example silviculture, logging and falling," said Pam Jorgenson, training manager, BC Forest Safety Council (BCFSC).

Both the Kamloops and Nanaimo working groups came up with the same four 'buckets' of skills and characteristics that a good supervisor has: **communication skills, leadership skills, professional qualities, operational knowledge.** The groups recommended that these four items shape the new program. 🎯

"We need courses that can be tailored to specific needs, when, where and in whatever format works best for the trainee and his company."

“Effective supervisors are key to an effective, efficient and safe forestry industry.”

payback in investing in supervisor training would be safer, more efficient and effective operations, but that forestry leaders had to champion the cause.

"It has to come from the top," said one of the attendees who felt that part of that buy-in would require that the training be

Reader challenge on supervisor skill mix!

What weighting would you give the skill sets of: communication, leadership, professionalism and operational issues? Jot down your answers and see if you came up

with the same or similar weightings as the Kamloops supervisors.* (Your four answers should add up to 100%) *Answer to reader challenge on page 16.



Gerard Messier, training and program development manager, prepares course participants for their mock advanced incident investigation interviews. An important piece of successful investigations is building the right rapport with each person you are interviewing, setting the expectations, asking the right type of questions, and keeping an open mind.

Positive feedback on first Advanced Incident Investigation course

The first Advanced Incident Investigation (All) course ran in Nanaimo in March and was attended by 14 trainees and by the trainers who will be responsible for teaching the All course on an ongoing basis.



An Advanced Incident Investigations trainer, Terry Baker, explains the communications that take place when a serious incident occurs and what the investigator needs to do so as not to compromise the investigation in any way.



One of the participant's tweets about the course.

There are two key outcomes of the course. The first is to have the participants improve their investigation skills by working through a complex practice investigation while being coached by the instructor. The second is to give the participants an understanding of the roles that outside agencies such as the RCMP, WorkSafeBC and the Coroner's Service play when a serious incident occurs.

Developing advanced investigation skills, identifying the root causes of incidents and developing solid recommendations to improve operations, help move industry safety knowledge and performance forward. When expert analysis of incidents is shared regularly internally and with the rest of industry, we can all be informed as to how to prevent similar occurrences in the future.

For more details on the course, please see: <http://www.bcforestsafety.org/node/2393>



Some of the 14 participants who took part in the first Advanced Incident Investigations training course that was held in Nanaimo recently.



Training

40 Canfor contractors attend Prime Contractor training

The BC Forest Safety Council and WorkSafeBC teamed up at the invitation of Canfor in Cranbrook last month (March) to share with 40 contractors what it means to be a Prime Contractor – the role, rules, regulations, responsibilities and opportunities to champion best practices and safer, more efficient operations.

Gerard Messier, BCFSC’s training and program development manager, along with Bjarne Neilsen, WorkSafeBC’s Senior Regional Officer, led a day of learning and meaningful discussion between licensee and contractors representatives, and WorkSafeBC safety officers.

“It’s a good balance of content with real discussion taking place. WorkSafeBC covers the regulations and responsibilities for companies and contractors, and we (BCFSC) walk everyone through our Prime Contractor guide and the tools such as forms that can be used to make the process easier for both the company and the contractor,” said Gerard.

Visit http://www.bcforestsafe.org/rpkg_prm_cnt.html for more information, or contact the BCFSC if you would like to host a similar session in your area. 🌲

You Said It! “Switchback” training

Switchback training is an intense three-day group learning experience which is intended to teach participants how to manage their memories and thoughts in such a way as to improve safety, increase personal and professional success and promote team building. Teaching tools focus on increasing self and situational awareness. Simply put: how not to let your past shape your future. A number of industry supervisors and senior managers have taken the training with a view to deciding the value in implementing it within their own organizations.

Participants at a recent Switchback training session had this to say:

“I like the new tools I now have to deal with situations more constructively, to be a better team player and be more safe and productive.”

“Improving communication in turn improves mental engagement with safety programs.”

“Awareness of behaviours and what are triggers for behaviours allows one to avoid the behaviours that lead to short cuts or poor decisions.”

“It gives me more tools to effectively diffuse potentially serious situations before they escalate into the fight/flight category. It enables a supervisor to address not only conflict on the work site but also recognize the value of your key employees.”

“The beginning of team building.”

“Incredible value in my personal life and at work. In a few short days I found great positive outcomes.”

“Companies that participate should get a break on their WSBC insurance rates or other recognition.”

“End result is a safe workplace and better communication between people.”

“Switchback training opened my eyes in a safe environment to how my thoughts control my behaviour. I was really surprised to learn of the struggles in most of our lives and how that affects our time at work.”

“Would like to see it rolled out to spouses and family as well.” 🌲

Upcoming training

If you would like to see how a training course can meet your organization's needs, please let us know. We are committed to working with you to find the right training solution. We may be able to tailor a program to your specific needs and deliver it in a way that is most convenient for your operations.

Please see www.bcforestsafe.org for 2014's full training calendar. Check back often as course dates do change. Email training@bcforestsafe.org or call toll-free 1-877-741-1060.

Individual Owner Operator (IOO) Occupational Health and Safety & IOO Refresher Courses:

Apr 22	Quesnel
Apr 26	Teleconference
May 3	Castlegar
May 3	Prince George
May 24	Vernon
May 31	Teleconference
Jun 14	Nanaimo

Small Employer Occupational Health and Safety (SEOHS) & SEOHS Refresher Courses:

Apr 23	Williams Lake
Apr 29	Prince George
May 15	Kamloops
May 29	Langley
Jun 12	Nanaimo

BASE Internal Auditor Training Course:

April 7	Nanaimo
May 5	Vernon

Basic Incident Investigation Course:

Apr 10	Vernon
Apr 29	Cranbrook
May 13	Williams Lake
Jun 5	Prince George
Jun 10	Nanaimo

Advanced Incident Investigation Course (NEW):

Apr 11	Vernon
Apr 30	Cranbrook
May 14	Williams Lake
Jun 6	Prince George
Jun 11	Nanaimo

Basic Forest Supervisor Course:

Apr 24	Langley
May 1	Cranbrook
May 1	Prince George
May 15	Williams Lake
May 22	Campbell River
May 22	Kamloops

Falling Supervisor Course:

Apr 7	Nelson
Apr 21	Vernon
May 26	Prince George
Jun 16	Nanaimo

New Faller Training:

May 5	(TBD)
Jun 9	(TBD)

How BCFSC training is developed:

1. Identify and assess need based on industry issues and statistics
2. Conduct research: gather input on skills needed – from experts in the role; people expert reports to; people who report to expert and even stakeholders who might deal with someone in that role
3. Frame backbone of course based on skills and objectives: what will a person be able to do after the course, to what standard, and how that performance can be measured
4. Develop content. Refine content. Make sure program content and delivery meets the target group's needs, wants and likes
5. Develop training materials for instructor and participant. Develop evaluation materials that show participants have met the suite of objectives. Pilot the program. Revise and pilot again
6. Deploy. Gather constant feedback and address as required
7. Analyze and review every three years – is it still meeting its objectives? What is its return on investment? Has technology, industry developments, regulations or anything else made it outdated? Respond accordingly. 📍

2-day Basic Forest Supervisor Training hits the mark in Squamish

This course is held regularly throughout the year and focuses on practical ways to help forestry supervisors meet their regulatory requirements. This particular session was customized for a company that wanted to ensure its supervisors understood their key roles.

"The custom training allows for individual companies to work on specific challenges that may be difficult to talk about in an open training session," explained the course trainer, Gerard Messier.

Apart from comments about uncomfortable chairs, the 11 course participants had good things to say with a 100% approval rating of agree or strongly agree across the board:

"Well done and very worthwhile!"

"Instruction was excellent."

"Was a great course, learned lots that I will definitely use."

"Good course."

"Very interesting course."

Would your organization like us to put on a course for you? Email us at training@bcforestsafe.org or call 1-877-741-1060. 📍



Falling

YOU can be the COACH everybody wants and needs

Eight fallers participated in a five-day falling supervisor training course at Campbell River in March. Here the group and observers listen to a SAFECOach presentation as part of the training.



BC Forest Safety Council's falling manager, Peter Sprout (front right) with falling supervisor trainers (from left): Pierre Gagnon, Wildfire Management Branch; Doug Harrison, APEX Forest and Wildlife Services Ltd.; BCFSC Falling Safety Advisors, Glenn Hestnes and Jeff Mackenzie; and Neil Campbell, Wildfire Consulting Ltd.

It really doesn't matter who you are or what you do, at work or at home, every person benefits from having a coach – someone who **c**ares, **o**bserves, **a**nalyzes, **c**ommunicates and **h**elps. Think about the one person you feel has most influenced your life, and it's pretty much guaranteed it is someone who you respect, someone you felt took the time to know you, cared, and inspired you.

When supervisors are able to recognize and develop coaching skills to use in every interaction with individual workers and teams, barriers come down, understanding goes up, and mutual trust and respect is built or strengthened. Any issues or potential issues can be addressed in a constructive, positive way.

“Caring is by far the most important thing any worker wants to see from a supervisor or employer. They have to believe you really care,” said Marius Jacobs, SafeCOACH trainer.

Course attendees spent time role-playing on how to communicate feedback in the best possible way. 🧠

Updated Qualified Supervisor/Trainer course ready for roll-out!



Neil Campbell puts old Qualified Supervisor/Trainer course content to the test in Sointula in June last year to help shape the development of new materials. These will be piloted later this month (April 2014).

The BC Forest Safety Council and Wildfire Management Branch have developed an updated Qualified Supervisor/Trainer (QS/T) curriculum. WorkSafeBC has authorized a pilot on the new materials that will be delivered April 8.

Acceptance into the training is on a competitive basis with applicants'

qualifications reviewed before class selections are made. Priority will be given to suitably qualified applicants that can confirm their intent to train fallers for the forest industry. The objective is to ensure that industry has the right people in place with the right skills to be able to train up to 100 new fallers a year for the next five years. This is one of the ways industry hopes to address the urgent and growing need to replace retiring fallers.

The intensive nine-day QS/T course, at a cost of approximately \$4,500 plus GST, with a maximum of six participants and two instructors, has been designed to prepare experienced fallers to:

1. Teach the BC Faller Training Standard program
2. Evaluate new and existing fallers
3. Certify fallers.

The first scheduled dates for the course are: April 8 and October 7 in Salmon Arm and July 15 in Sointula. Email faller@bcforestsafe.org or call toll-free 1-877-741-1060 for more information on how to apply or visit <http://www.bcforestsafe.org/node/2535> for course details and qualifications required. 🧠

Industry Training Model progressing well

Another way industry is working on having enough qualified fallers to replace retiring workers is with an Industry Training Model that will see a pilot running later this Spring.

This industry model is based on a subset of the WorkSafeBC approved Qualified Supervisor/Trainer course materials and is currently under review by WorkSafeBC. 🧠

Funding needed for new workers, especially fallers

The BC Forest Safety Council will be working with industry to apply for available funding for new faller training in 2014. The BC forest industry needs to replace 85% of its retiring workforce, including handfallers and other occupations, in the next 10 to 15 years. It is critical to the future success of our industry and economic well-being that we focus on securing a pipeline of suitably qualified and trained workers.

In 2014, it will cost approximately \$17,000 for tuition, \$2,700 for tools, plus additional out of pocket expenses for food, accommodation and travel for a new

faller to undertake the 30 days of basic training. This training will authorize the

“Future depends on new workers.”

individual to fall trees as a trainee faller under proper supervision. “Funding helps ensure that suitable candidates, who would otherwise not be able to afford training, are able to participate in the program,” said Peter Sprout, the BC Forest Safety Council’s Falling Program Manager. Industry’s objective is to train 100 new

fallers this year. A total of 35 new fallers were trained in 2013 through the BC Forest Safety Council’s program. In addition, two fallers were trained through an industry partnership pilot between the Council and Western Forest Products – the first in eight years.

“More funding and partnerships will help us secure a feeder system of new fallers to meet industry needs over the next 10 years,” said Sprout. 🍌

According to the BC Coastal Forestry Industry Labour Market Partnership Project: Labour Market & Training Needs Analysis – Final Report, August 2013, the forest industry will need to employ 12,000 new, suitably trained workers over the next 10 years (2013-2022) in 26 different occupations. Of the 12,000 positions, the highest need for 7,170 new workers are in five key occupations, as listed below:

Occupation	Number of new workers needed between now and 2022
logging machinery operators	1,792
truck drivers	1,776
hand fallers	1,312 (875 between now & 2017; 437 needed from 2018 to 2022)
logging workers	1,311
forestry technicians	797

For detailed charts and analysis of supply-demand needs, please see the full report at: www.tla.ca/sites/default/files/news_policy/bc_coastal_forestry_final_report_october_2013_final.pdf (PDF: 158 pages)

Smith Inlet fallers put Readibands to the test



A Smith Inlet faller wears his Readiband as part of a pilot program to see if the technology can help shape better safety decisions relating to fatigue. If the band says you are fatigued, will you stop work and rest till it says you are ready to work?

Late last month (March) a pilot study was rolled out in Smith Inlet where 23 active fallers have agreed to wear Fatigue Science Readibands for the next three weeks as part of a research project that could help shape better safety outcomes for all forestry workers.

The aim of the project is to see how the technology performs on workers in forestry settings. Data collected will be analyzed to identify a faller’s quality of sleep. A detailed, confidential sleep report will be provided to each participant. The Readibands, which look like watches, measure the amount of sleep and quality of sleep and this helps in the linkage between fatigue and human performance. As fallers are industrial

athletes, the idea is to try technology that has been of benefit to a number of professional sports teams.

“This is just the launch phase of the pilot. We go in with good expectations, but until we test and review the findings we won’t know if this is something that makes sense. We need to gather data, consider what participants say about the experience, and inform industry as to whether it can make a difference to consider as another possible tool for the safety toolbox,” said consultant Carole Savage, who was in Smith Inlet to launch the pilot.

Forest Safety News will provide an update on the pilot in future editions. 🍌



Interior certified falling supervisor pilot

Earlier this year a successful certified falling supervisor pilot project was conducted with West Fraser in the 100 Mile House, Williams Lake and Quesnel areas. The pilot involved a BC Forest Safety Council falling safety advisor, Jeff Mackenzie, going into the field to work with the licensee and its contractors. The aim was to determine the feasibility and best implementation approach of the certified falling supervisor program for small logging contractors that have active fallers engaged.



Jeff Mackenzie, falling safety advisor (right) in field with Peter Sprout, falling manager.

Often small company contractors have one or two fallers working for them and even though the contractor might have falling supervisory qualifications and experience himself, many feel they are unclear on what deems them qualified and what qualified assistance to a single hand faller means because they only have hand falling operations for as few as five or six days of the year.

“Our objective is to help those contractors where and when it matters most – while their fallers and supervisors are working. By being in the field with the workers, we can support in the most practical and meaningful way possible and solve potential issues before they arise,” said Jeff.

The pilot demonstrated that one certified falling supervisor can plan and coordinate falling activities for multiple contractors in a designated geographic location. Learnings from this pilot will be shared with other interior licensees to help educate them on this best practice for faller supervision. 📍

Fit to Work programs boost performance

By Dr. Delia Roberts



How important is vigilance to your job? Does your life depend on staying alert, reading the signs and making good decisions? Whether looking at the canopy, climbing through debris or negotiating winter roads, the instantaneous assessment of conditions and the decisions made in response can turn the unexpected into the expected, and give you a much greater chance of avoiding the hazard altogether.

It turns out that these same skills make a good hockey player into a great one and are also used by the US armed forces to help combatants survive in the field. Fit to Plant, Power Driving and a new Fit to Work program aimed at forest workers are all based on a large body of research conducted with athletes and armed forces personnel that has determined some very simple strategies for how to stay alert in the face of fatigue, constant stimuli, and poor environmental conditions.

The Fit to Work programs are field-tested and arise from studies conducted on tree planters, drivers, heavy equipment operators and fallers in British Columbia and the Pacific Northwest. All participants reported less fatigue, less chronic pain, improved health outcomes and far fewer injuries and accidents. In the study with log haulers, improving hydration and stabilizing blood sugar levels resulted in a measured improvement in reaction time and accuracy of 18% or as much as ¾ of a second. That translates into a very real 15

“ Blood sugar levels impact reaction times. ”

feet of additional stopping distance when a loaded truck is travelling at just 50 km/hr. And least you think the phenomenon is restricted to drivers, the same effect has been shown in planters, ski patrols, doctors, helicopter pilots, fallers, and workers in a plywood mill.



Seasoned faller and supervisor joins team as falling safety advisor

Glenn Hestnes joined the BC Forest Safety team last month as Falling Safety Advisor. Glenn will be directly supporting falling supervisors and fallers through onsite field visits. He brings a depth of experience to his new role having spent 28 years as a faller and 15 years as a falling supervisor. “I look forward to supporting fallers throughout our Province,” said Glenn. Connect with Glenn at ghestnes@bcforestsafe.org or call toll-free 1-877-741-1060. 📍



New faller training coordinator to focus on securing funding for programs

Marla Gulbrandsen, formerly SAFE Companies Administrator, has been appointed New Faller Training Coordinator, responsible for promoting and coordinating the New Faller Training Program, including securing funding and administering the program. You can reach Marla at gulbrandsen@bcforestsafe.org or call toll-free 1-877-741-1060. 📍

Hydration is critical in all weather conditions

Working out of doors in British Columbia has its own unique difficulties. Performing even a simple task can be challenging when it's cold out. Add fog, snow, rain and wind and your ability to stay focused is further challenged. Blood supply to your hands and feet is restricted to conserve heat, making it difficult to control the muscles that allow you to grasp your tools or adjust your balance when on unstable footing. Summer heat presents a different set of problems all together, or does it? Did you know that keeping yourself hydrated can help alleviate problems in both of these weather extremes?

The Fit to Work programs show you how to overcome these challenges and more using simple realistic strategies that are tailored to your lifestyle and work environment. Whether you are based in camp or have a long commute home each day making informed choices about the food you eat, the fluids you drink and the recovery strategies you employ can go a long way towards helping you achieve podium level performance each and every day you go to work. You might not go to the Olympics, but your performance has an even higher outcome – in fact your life depends on it.

Next edition, Delia will discuss the one method that is guaranteed to decrease your risk of injury and illness; in fact this is the magic bullet! Proven to slow the effects of aging and reduce your risk of getting cancer, heart disease, diabetes, depression and even the common cold, it also protects against back, knee and shoulder injuries. What can it be?

For more information on Fit to Plant, Power Driving or other Fit to Work programs, contact Dr. Roberts at drobot@selkirk.ca 📧

National Day of Mourning: April 28



I Chose to Look The Other Way

*I could have saved a life that day,
But I chose to look the other way.
It wasn't that I didn't care,
I had the time, and I was there.*

*But I didn't want to seem a fool,
Or argue over a safety rule.
I knew he'd done the job before,
If I spoke up, he might get sore.*

*The chances didn't seem that bad,
I'd done the same, He knew I had.
So I shook my head and walked on by,
He knew the risks as well as I.*

*He took the chance, I closed an eye,
And with that act, I let him die.
I could have saved a life that day,
But I chose to look the other way.*

*Now every time I see his wife,
I'll know, I should have saved his life.
That guilt is something I must bear,
But it isn't something you
need share.*

*If you see a risk that others take,
That puts their health or life at stake.
The question asked, or thing you say,
Could help them live another day.*

*If you see a risk and walk away,
Then hope you never have to say,
I could have saved a life that day,
But I chose, to look the other way.*

Don Merrell, donmerrell@hotmail.com 📧

April is:



Daffodil month

raising funds through daffodil sales and donations (live and pins) to support cancer research. Prevention, awareness and regular screenings are your best cancer weapons. See <http://www.cancer.ca/>

Irritable Bowel Syndrome (IBS) awareness month

IBS affects an estimated 13-20% of Canadians with a lifetime risk for a Canadian to develop IBS of 30%. It affects more women than men, and while it decreases a person's quality of life, only 40% of those with symptoms seek help. Learn more at: <http://www.badgut.org/information-centre/irritable-bowel-syndrome.html>

Parkinson's awareness month

Learn more at <http://www.parkinson.ca/>

May is:

Food allergy awareness month

Learn more at <http://www.anaphylaxis.ca/>

Foot health awareness month

See <http://www.podiatrycanada.org/>

Hepatitis awareness month

See <http://www.liver.ca/>

MedicAlert month

See <http://www.medicalert.ca/>

Speech & hearing awareness month

See <http://www.canadianaudiology.ca/>

Emergency Preparedness Week, May 4-10

At two recent industry conferences, we asked BC Forest Safety booth visitors the question: "Have you participated in an emergency preparedness drill in the last 12 months?" The informal poll found that of a total of 58 completed ballots: 69% had held a drill; 24% had not; and 7% had no response.

Regular drills at least once a year – whether simplified or full scale – help test the plans and refine practical responses that are most appropriate, and can help save lives.

Tip of the month: Make sure contact phone numbers, radio signal frequencies and satellite phone details on call lists are up to date and that back-up contact plans are current and stored where everyone knows where to find them. Often emergencies happen when the lead emergency warden/leader is on holiday or off-site! Have a back-up plan and always test the plan!

See <http://embc.gov.bc.ca/em/index.html> for information on how to prepare for various emergencies, both at work and at home.

North American Occupational Safety and Health Week (May 4 to 10).

Visit www.naosh.ca

National Mental Health Week (May 5 to 11). See

<http://mentalhealthweek.cmha.ca/>

World Asthma Day (May 6).

Visit <http://www.asthma.ca/>

World No-Tobacco Day (May 31).

See <http://www.lung.ca/> 📧



Reader Challenge

Answers: from page 8

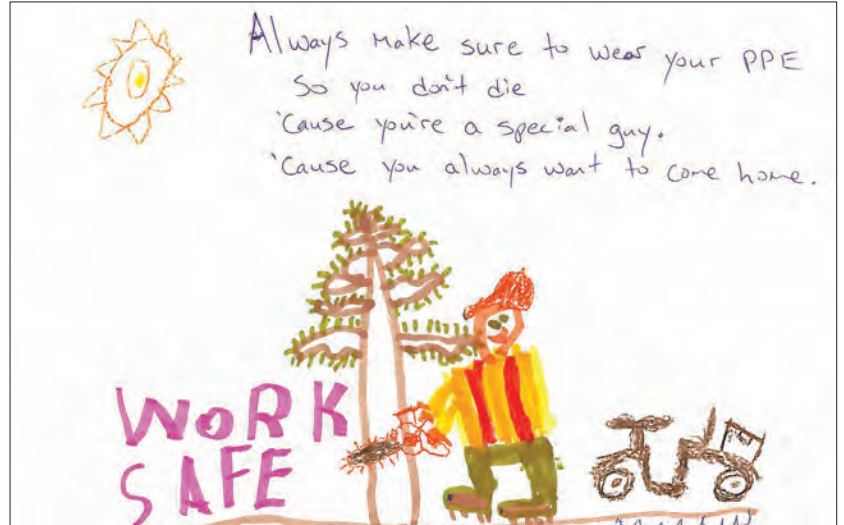
- 25% communication
- 30% leadership
- 25% professionalism
- 20% operational issues.

Kids say it best!

Send your child's art, photo, or essay for publication to:

The editor
Forest Safety
420 Albert Street
Nanaimo BC V9R 2V7

Provide your child's name, age and mom/dad's work address or email address on the back of the work so that we can mail their goody bag to you. Submission of any material is accepted as you granting your full permission for publication. Thank you! Remember all children who send in art will also be entered into a draw to win a custom-made wood truck just in time for Christmas! So keep those masterpieces coming. They bring a lot of smiles to a lot of people, and remind one and all that it's the next generation we all care so much about. 🌱



This bright PPE-focused drawing of a faller called "Work Safe" is from 7-year old Morgan Phoenix, Nelson. Great job!



Our two loot bag recipients from the last newsletter celebrate safety in Princeton! Thanks for sending your photo in!



5-year old Aguamarina Gomez-Bull, Port Clements, drew this lovely "Safe Forest" proving a safe forest is also a very happy forest. We agree. Well done!

Always remember who needs you to be safe today!

Loot bags will be making their way to our artists shortly!

ABOUT Forest Safety

Forest Safety is published six times a year: February, April, June, August, October and December. All submissions – letters to the editor, safety tips, photos, safety stories, concerns are all welcome. The opinions expressed in the newsletter are not necessarily those of the editor, staff or board of the BC Forest Safety Council. All decisions to publish materials rest with the editor.

Subscriptions

If you would like to continue to receive a hard copy or would prefer to receive an electronic copy of this newsletter, please email editor@bcforestsafesafe.org and ask to be added to the print copy or email distribution lists.

Have a story, letter to the editor, safety tip, ideas or photos? Please send all submissions to:

The editor
Forest Safety
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Call 1-877-741-1060 or
email editor@bcforestsafesafe.org 🌱



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FOREST SAFETY News



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Safety is Good Business

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Minister of Forests, Lands and Natural Resource Operations, Steve Thomson, addresses delegates at the Interior Logging Association annual convention.

Welcome to the June edition of Forest Safety, covering news about safety topics in forestry. This is YOUR safety newsletter. We look forward to your input and feedback! Email the editor at editor@bcforestsafesafe.org or call 1-877-741-1060.

Industry-wide cooperation and collaboration encouraged by Minister Steve Thomson

In his address to delegates and members of the Interior Logging Association (ILA) at the 2014 Convention in Vernon in May, Minister of Forests, Lands and Natural Resource Operations, Steve Thomson identified a handful of key issues facing forestry, encouraging industry to continue to increasingly work cooperatively and collaboratively to successfully address them.

He also gave his personal and Ministry's commitment to maintaining an open-door policy where they were ready to listen. "All you need to do is call, to keep the discussion going," Minister Thomson said.

He congratulated industry on its leadership in dealing with issues and referenced both the work done in transportation on the ABS brake issue as well as dealing with the dust issue in sawmills.

Minister Thomson said the Province's recently announced new blueprint for training was in response to making sure provincial systems were better able to meet the short- and long- term labour needs of industry. He said a focus would need to be

on the immediate needs to provide the best support.

He touched on the land tenure issue – assuring everyone that the public consultation period would run its course and that there was no predetermined outcome. The public consultation period will be completed by the end of May and recommendations will have been finalized by the end of this month (June). As far as the review of BC Timber Sales (BCTS) was concerned, the second phase of the review process had been completed and the findings were now being assessed.

Safety remains a priority. Mr. Thomson said it was good to have had the opportunity to talk with the board of the ILA before his speech to hear first-hand of many initiatives that were underway.

"We all want to ensure workers have a safe workplace and get to go home safe," said Thomson.

He also said that we all had to work hard on ensuring our forest industry was

accurately portrayed. He said it had built the Province of BC, continued to be a very large economic contributor, and was a world leader in sustainable forest management providing good paying jobs and opportunities for future generations. "It is a great sector." 🙌

Did you know?

You can follow us on Twitter:
[@bcforestsafety](https://twitter.com/bcforestsafety)

You can send in safety alerts to inform industry of incidents/near misses:
http://bcforestsafesafe.org/safety_info/alerts_bulletins.html
(Scroll down to industry alert database and how to submit an alert. This is one of the most visited sections of the BC Forest Safety website.)

You can explore diverse safety resources, order posters, stickers and other tailgate/safety meeting support tools:
http://bcforestsafesafe.org/safety_info.html

You can always tell us what you think:
editor@bcforestsafesafe.org 🙌



Prequalification next steps approved by steering committee after incorporating industry feedback

- Pilots of revised audits to start Q2 and Q3 2014
- If pilots are successful, WorkSafeBC approval needed for standards to meet COR

Based on industry feedback gathered over December 2013 and January 2014, the Prequalification working committee met in March this year and recommended a number of changes to the proposed audit standards to incorporate industry's feedback including:

- Reinstating the small employer (SEBASE) audit standard that places greater emphasis on managing the activities that attract risk in forestry
- Retaining the use of external and internal auditors for large (BASE) employers
- Providing the option for large (BASE) employers to conduct an alternative maintenance audit in place of a regular maintenance audit.

The steering committee approved these changes last month (May 2014) and BC Forest Safety Council staff will now pilot the revised audit standards with several forestry

companies. Once pilots have successfully been completed for all sizes of companies, the proposed audit standards will be submitted to WorkSafeBC to determine if they meet COR requirements.

One of the big changes is that BC Forest Safety Council Safety Advisors will visit SEBASE, ISEBASE, and IOO companies once every three years. Approximately 800 visits will take place each year. These onsite visits will include documentation review, interviews, and observations. These visits will also allow for increased coaching and sharing of best practices. Large companies may continue to use external and internal auditors.

The proposed in-field audit standard places more emphasis on interviews and observations as compared with documentation to confirm that the company's written safety management system has been effectively implemented in the operational environment. During maintenance years, SEBASE, ISEBASE and IOO companies will continue to submit a paper audit. The revised employer prequalification standard has been based on the Plan-Do-Check-Adjust (PDCA) cycle to more closely integrate safety with normal operational

company needs. Additional emphasis has also been placed on leadership, cascading responsibilities and effective worker and contractor engagement.

Certification Process

For companies entering the process, the first step would involve either a new mechanism of Endorsement or a full Prequalification Audit. To qualify for Endorsement, small companies would submit documentation supporting their health and safety management system. If the intent of the standard is met, the company would be provided with provisional Endorsement to bid on contracts. Upon the contract being awarded and the start of work activities, the company would be audited by a BCFSC Safety Advisor. For large companies, the full Prequalification Audit would be completed by an external auditor. 🌱

First direct harvesting fatality of the year

The BC Forest Safety Council was sad to learn of the Province's first direct harvesting fatality of 2014.

Laurie Kyle Levy (36) was working as a chokerman when he was struck by a tree near Smallwood Creek forest service road, approximately 12 kms west of Nelson on May 26, 2014. He leaves behind his wife, two young children and two stepchildren. The incident is currently under investigation by WorkSafeBC and the Coroner's Service.

We extend our sincere condolences to Levy's family, friends and co-workers.

Please see our website for the fatality alert that contains some general information and recommendations on suggested best practices for cable yarding operations where leave trees are retained:

http://bcforestsafes.org/safety_info/alerts_bulletins.html 🌱

“ The revised standard places greater emphasis on managing the activities that attract risk rather than regulatory compliance and company size. ”



Testing of the revised audits will be happening over the coming months with all sizes of companies to ensure the new audits achieve their objectives: to be more effective, efficient and fully supported by industry.

processes, which places equal emphasis on both the planning and the execution of work activities.

The PDCA cycle will also support the development of an educational component. Training for all companies will focus on how a safety management system is developed and practically integrated into the operational environment. This is a significant departure from the existing system where initial training is focused on preparing company representatives to complete the audit.

The revised standard places greater emphasis on managing the activities that attract risk rather than regulatory compliance and company size. This enables the standard to evolve and adapt to industry and

Latest prime contractor workshop helps SAFE contractors work through complicated site responsibilities



Bjarne Nielsen, Senior Regional Officer, WorkSafeBC explained the regulatory requirements of Prime Contractors and emphasized why it was important for companies to have a plan, and work the plan.

Bjarne Nielsen, Senior Regional Officer, WorkSafeBC and Gerard Messier, Training and Program Development Manager, BC Forest Safety Council, presented on the roles and responsibilities of Prime Contractors at the ILA annual convention in Vernon earlier this year.

Delegates worked their way through several practical challenges they have faced or anticipate facing in upcoming contracts as Prime Contractors. Complicated site drawings were considered and discussed, where seven or more different contractors and phases were working within close proximity along a shared service road. Who was responsible for what, at what point, why, under what conditions, right through to release of contract documentation at the end of work to ensure there were no surprises helped turn regulatory theory into practical responses. The level of engagement among audience members was high as “what if” scenarios were considered, discussed and resolved. Roads no longer considered as work places were also discussed as that had been a point of concern for a few contractors.

In simple summary, the regulation requires that:

1. Any worksite with more than one employer present must have a prime contractor who coordinates the activities on-site to ensure safe operations for all the companies.
2. Before hiring a prime contractor, the owner must assess if the contractor has three things:
 - a. Knowledge (expertise in all activities happening on the site)
 - b. Capacity (time and resources)
 - c. Control (authority over the other companies on site) to successfully coordinate the safety activities at the worksite.
3. The contractor and owner meet and a written agreement is signed that outlines what is required of the prime contractor.
4. The prime contractor and owner have a pre-work meeting where all the necessary safety information about the worksite is shared. A site visit should also be conducted by the owner and the contractor.
5. Prime contractor gathers all the safety information and meets with the designated supervisors for each of the companies that are on the worksite. The safety information is shared with these supervisors and is taken back to their workers.
6. If there are changes in the worksite, the prime contractor communicates this information and any necessary actions to the designated supervisors.
7. The prime contractor coordinates the activities on site as the project is ongoing. This means making sure procedures are followed and inspections, incident reporting and emergency plans are completed.

It is also important that once the project is completed the prime contractor should get something in writing that their obligations as prime contractor are finished on that worksite.

At all times the owner must also keep the prime contractor informed of all changes to the worksite to ensure the prime contractor is able to effectively coordinate safety activities.

WorkSafeBC’s role is to ensure compliance with the regulation, and ensure that the responsibilities of the prime contractor and owner are documented, practiced and recorded, to ensure safe outcomes for all workers on a worksite with multiple employers.

For more information on prime contractor resources, please see: <http://www.bcforestsafesafe.org/node/2342> or email training@bcforestsafesafe.org if you would like a tailored training session for your contractors on their roles and responsibilities. 📧

New SAFE Companies Administrator



Tanya Radu, SAFE Companies Administrator

SAFE Companies is pleased to announce the appointment of Tanya Radu as SAFE Companies Administrator. Tanya will often be the first point of contact for most companies calling or emailing in to talk about their SAFE Companies certification and audit requirements as well as to update changes in their company’s operations, Classification Unit, mail address or other details.

Tanya was most recently a Safety Administrator for a very large construction company in the oil patch. She brings more than 13 years of diverse administration experience to her new role.

Tanya looks forward to being of assistance to all SAFE Companies and returning to work in Nanaimo! 📧



Lisa Houle, of WorkSafeBC, explains bullying and harassment responsibilities for employers, supervisors and workers at the ILA convention in Vernon.



SAFE Companies

Work place bullying and harassment policies made simple

Delegates at the 2014 Interior Logging Association’s Conference in Vernon in May had the opportunity to hear Lisa Houle, Industry Specialist, Industry & Labour Services, WorkSafeBC, summarize the key things to know about bullying and harassment in the work place.

Houle said following new legislation that came into effect in November 2013, it was important for all employers, supervisors and workers to understand their responsibilities under the new legislation.

She cautioned that no one-hour presentation could cover the topic adequately, but said key elements included: understanding what constitutes bullying and harassment, based on what is reasonable; having the right reporting procedures in place; as well as proper investigation processes that are sufficient to effectively assess a complaint and provide proper record-keeping of the process.

From July 1, 2012 to December 31, 2013, Forestry had 22 mental health claims filed with WorkSafeBC, none of which were for bullying or harassment. Industries with the highest mental health claims are in health-care, retail services, transportation and public services.

Several delegates were pleased to learn that they hadn’t needed to create separate policies for work place bullying or harassment. Their updates to existing policies were as effective.

Resources are available for companies to be able to create their own policies and procedures, or update existing ones. The WorkSafeBC tool kit provides practical advice and information on preventing and addressing workplace bullying and harassment. Resources include a handbook, small business guide, fact sheets, sample procedures, training tools and animations. See: www.worksafebc.com/bullying for regularly updated materials. 📄

40 audit submissions received in Quesnel, Williams Lake and Vernon



BC Forest Safety Council Safety Advisor Lisa Reichel (left) meets with Kevin Chau of Cabin Forestry Services Ltd., of Vernon. Kevin brought in his company’s audit submission for onsite review at the Interior Logging Association’s annual convention.

A total of 40 paper audits were received and reviewed at the most recent BC Forest Safety Council mass submission reviews held in April and May this year.

SAFE Companies were able to see their audits being reviewed, ask questions and receive immediate audit scores, feedback and best practice safety advice in person.

Given the positive responses from companies, the BCFSC would like to continue to expand this service to SAFE companies going forward. 📄

Incident Investigation Workshop



Gerard Messier, BC Forest Safety Council Manager, Training and Program Development, takes ILA convention attendees through an incident investigation workshop, covering the step by step process:



Any SAFE certified company that would like to participate in future Basic Investigation or Advanced Investigation training should email training@bcforestsafe.org or view the training calendar at <http://www.bforestsafe.org/node/1657> or <http://www.bforestsafe.org/node/2393> 📄

The business case for safety

By Reynold Hert

Sometimes we overcomplicate safety. We treat it as a separate program to reduce injuries when in reality, injury prevention is mostly accomplished by doing very well the same items that cause a business to run reliably, predictably, on quality specification, and at an effective cost. Losing control of quality, reliability and cost effectiveness leads to an increased risk or unexpected surprises. These surprises can be higher bills, off spec product, or an injury. All of these are indicators that our business is not running as well as it could be, and that there is an opportunity for business improvement.

The business case for safety is the same case that says a well-planned business with good systems for reliability, well skilled people, good operating systems, the right tools all the time, systems that protect equipment and the support from leadership will give better business results. When injuries occur the incident investigation often finds poor planning, lack of knowledge or skill, the wrong tool, poor maintenance or a poor method. These same items also cost the business in quality and productivity.

The companies with the lowest injury rates in the world are often in high risk industries: nuclear power plants, airlines, oil and gas, major plant construction and mining, or in highly competitive industries like textiles or consumer products. These companies have recognized that constantly reviewing their operating procedures in detail, making sure every employee is fully trained before working, updating their tools and methods, and having a high expectation that employees follow the standards and rules are necessary for reliable, competitive results. High injury rates are a sign that a business is not in control. If you cannot manage your process so people don't get injured, why would you think you can manage it to stay on cost or quality?

The differences between forestry and other businesses

In forestry we often believe people know what to do, while low injury rate industries make no such assumption. They rely on detailed review of what is required to operate well, have crisp and clear documentation on the critical items, and rigorously train people so



Reynold Hert, Chair and CEO of the BC Forest Safety Council.

they have the skill. They also actively involve their employees in identifying places where the employees are at risk because the business results are also at risk. In forestry, we tend to rely on "common sense" and experience. Other industries know that "common sense" is not an intuitive process. The only way to have "common sense" is through well thought out methods and training to establish skills. "Common sense" in their world is achieved by clear definition, solid training, identifying the right tools, and making sure everyone uses the right approach.

We often still rely on hope, where other businesses regularly use their top people to identify best practices. We all know that airlines use detailed checklists to ensure each flight is ready to go. Pilots have detailed manuals and training on what to do if one system fails. In forestry, equipment operators sometimes don't even get a copy of the operating manual. Our training often still relies only on the most experienced person mentoring a new person.

The business case for safety is not complicated. Having your business in control through good methods, skills, training and the



right tools all the time leads to a business that is reliable and ready to produce quality products at an effective cost. We can have it all: good business results and everyone home without injury. 🌲

Reynold Hert is Chair and CEO of the BC Forest Safety Council, having previously held Chief Executive Officer and Vice President roles at diverse forestry company operations, in both Canada and the US.

Mill tragedy in Nanaimo

Western Forest Products experienced a tragedy on April 30, 2014 – an unprecedented act of violence by a former employee that took the lives of 53-year-old mill superintendent Fred McEachern and 61-year-old forklift driver and union steward, Michael Lunn. Earl Kelly and Tony Sudar were both seriously injured. Deepest sympathy to all. 🌲



Retired astronaut, author and speaker, Mike Mullane, meets BC Forest Safety Council safety advisor, Stacey Sproule, after his key note address at the Western Conference on Safety in Vancouver this past April.



Mike Mullane knew each of the crew members (above) who died in the NASA Challenger disaster. If the established policies had been followed, the Challenger would have been grounded and the tragedy avoided.

A tolerance for unsafe will result in disaster

What the Challenger and Columbia incidents can teach us

Retired astronaut, Mike Mullane, knows how bad safety outcomes happen. He has lost 14 astronaut colleagues during his career – seven in each of the Challenger and Columbia tragedies, 17 years apart.

Speaking to a capacity audience at the 19th annual Western Conference on Safety in Vancouver earlier this year, Mullane explained in his “Countdown to Safety” presentation the factors that had enabled the incidents to happen, watched by millions around the world.

The written operational policy for Challenger included that if there was any O-ring damage the Challenger should be grounded. If policy had been followed, the Challenger incident would not have happened on January 28, 1986. Instead of following policy, minor damage to the O-rings became the accepted norm on each mission, and the missions continued until the Challenger exploded.

Then, 17 years later the Columbia tragedy happened in large part because lessons learned by the people in place at NASA during the first tragedy were not properly transferred to the incoming team, which represented almost a complete turn-over of staff. On Feb. 1, 2003, space shuttle Columbia broke up as it returned to Earth, killing the seven astronauts on board. Over two years, an investigation determined that a large piece of foam fell from the shuttle’s external tank and fatally breached the spacecraft wing. The problem with foam had been known for years, but like the Challenger O-rings – the issue had never been adequately addressed or remedied.

“Bad things happen to teams with great safety records because they fall victim to the ‘normalization of deviance.’”

Under pressure, people rationalize why it’s ok to take short cuts to meet production, deadlines, or performance.

“Then what happens is in the short-term, they get away with it – there are no immediate bad consequences and they project that past success forward into the future. It gets to the point that deviance is normal. Yet the reality is something bad is going to happen. It is what has been called a predictable surprise,” said Mullane. And that’s exactly what happened to NASA, twice.

“A tolerance has now been established for something previously defined as intolerable.”

The lessons we can take from NASA’s experiences can be applied to forestry or any industry:

1. Plan the work and work the plan.
2. Don’t let a can-do attitude overtake safety.
3. Follow the manufacturers’ instructions. Take the actions specified. When it says don’t operate under certain conditions, don’t!
4. Don’t allow safety lessons to be forgotten or lost, when people retire and institutional knowledge is not properly passed on, or revisited regularly.
5. Document and share collected wisdom about near misses.
6. Past miracle-making doesn’t predict future miracle-making. If you break the safety rules once and get away with it, it doesn’t predict future positive outcomes. In fact, it means you are one step closer to disaster.
7. Recognize your vulnerability.
8. Determination counts BIG. Use your voice to speak up when you have safety concerns, no matter what.

Empower people: YOU count!

Mullane said there was no substitute for courageous self-leadership. While all individuals had to have situational awareness and take ultimate responsibility to speak up and not compromise safety within their control, leaders too had to demand the best, and not accept anything less than the best from every team member. He said it was important that leaders created cultures within organizations where everyone knows their opinion counts and that they can and will be heard.

In closing he said: “Safety isn’t some final destination. It’s a continuous journey. You don’t spike the ball and call it game over. You keep at it.”

Learn more about Mike Mullane at www.MikeMullane.com

MOUs support combustible dust safety

The BC Forest Safety Council (BCFSC) has entered into agreements with WorkSafeBC (WSBC) and the Manufacturing Advisory Group (MAG) to provide technical and administration support for combustible dust audit and advocacy services to the 144 sawmills in British Columbia.

Signed in May, the Memorandums of Understanding specify the administrative support work that will be done by the BCFSC on behalf of the MAG. The BCFSC has the structure in place to receive, manage and track funds from WSBC. These funds will facilitate the availability of five additional suitably qualified dust-audit auditor resources to sawmills. A pilot phase and standards are currently being finalized between WSBC, MAG and the BCFSC.

This arrangement has no financial or other impact on any of the services already carried out by the BCFSC on behalf of the harvesting forestry sector.

No action is required by sawmills at this time. Letters will be sent out shortly to all sawmill owners in the coming weeks providing details of the services offered, options, and next steps. 📧

Mentorship of young new workers reaps rewards

With forestry needing to attract 12,000 new workers over the next 17 years, companies will need to pay close attention to what it takes to connect, talk and mentor young new workers in a meaningful and engaging way to ensure safety is top of mind at all times.

Given that more than half of all workplace incidents are in the 15-24 age group and that every week 41 of these (almost 6 a day) result in life-altering incidents, high risk industries like forestry have their work cut out for them.

Ledcor, which operates in many industries including forestry, is responding with a detailed green-hands mentorship program which it tailors to each type of job.

For every new young worker Ledcor hires, part of required orientation and training involves a mentor being assigned to each new worker – on a one to one ratio – for the duration of the program. Mentors are specially selected for their skills, and for the period of the mentorship, the trainee has to remain within direct sight of the mentor at all times. Every two weeks the trainee is evaluated and has to meet each competency level within each mentorship step.

“When young workers or workers who are new to our sites start, they are the most vulnerable to injuries or incidents. Through our Ledcor Mentoring Program we have a system in place to protect our most valuable resource, our workers,” said Roberta Sheng-Taylor, Director, HS&E Strategic Planning and Programs.

Using forestry-specific documents, the Ledcor Resources and Transportation team of mentors assist in training new staff to relevant tasks. The process starts with an initial meeting and introduction. Then a mentor will conduct one-on-one training for one to three days to ensure competency. The trainee remains in the Mentoring Program for period of one to three months and is evaluated every two weeks. At the end of the Mentoring Program, once a mentor is confident in a trainee’s abilities the mentor signs off (with supervisor) in acknowledgement to allow for the trainee to drive or operate independently.

For trucking operations, following the sign-off, the mentor will travel in a convoy (if dispatch is coordinated) to ensure confidence is maintained with the trainee. The mentor will then follow up informally with a trainee on an

ongoing basis. The driver trainer will lastly look to conduct worker evaluations on an annual basis as per HSE Requirements.

“Through forestry-specific, worker evaluations, assessments and quizzes, one-on-one coaching and hands-on training, the Ledcor Resources and Transportation Mentoring program provides clarity and introduction into ‘how we do business safely,’” said Andrew Hansen, Manager, H&SE, Ledcor Resources and Transportation, and author of Ledcor’s forestry-specific mentoring program materials.

One of the log hauling multiple choice quiz questions for new trainees is:

When do you report an injury or illness?

- a. Only if it’s serious, because someone will need to take me to the hospital.
- b. Never. I don’t want to cause any hassle.
- c. Always, even if it’s minor, so that it can be recorded and resolved.
- d. When I get time during my break.

Other questions include listing your three rights as a worker and what should you do if you witness an unsafe act by another worker, along with questions on the mentorship program itself to help support continuous improvement in both the program and overall productive, safe and efficient performance.

“Don’t just tell me to be careful. Show me how to do it right.”

Ledcor’s Mentoring Program documents sum up the program as: “Tell them. Show them. Watch them. Encourage them.” Each employee is required to spend a minimum of one month in the program and must not be exposed to any high risk jobs during that time.

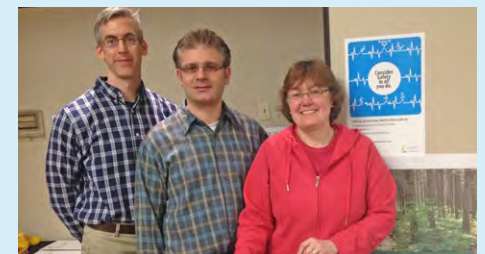
Forestry mentoring practices at Ledcor Resources and Transportation (part of the Ledcor Group of Companies)

are included in the following programs: green chain, fork lift, log hauling training; loader operator training (focusing on safety, productivity & quality); chip hauling training and hog hauling training. 🚧



Ledcor’s program was recognized as The Best Training /Orientation Program for Young Workers, by the Canadian Society for Safety Engineering in 2002.

Saskatchewan looks to BC culture of safety



From left to right: Gerard Messier, BCFSC Training and Program Development Manager with two Saskatchewan Environment Ministry staff: Spiros Papastergiou, Forest Management Audit Expert and Deb Desrosiers, Forestry Program Accountability Specialist.

Earlier this year a representative of the BC Forest Safety Council met with Province of Saskatchewan Government officials to share BC’s experiences in helping to forge a culture of safety in forestry. At the invitation of the Ministry of Environment, Forest Service, Gerard Messier, manager of training and program development, made a presentation on “the culture of safety” emphasizing how shared values and zero tolerance for unsafe practices at every level of forestry operations, ensures greater success in safety systems, buy-in and performance. “Building a safety culture is a critical step in developing a successful and injury free organization,” said Messier. 🚧



Transportation

You Asked: What is the difference between LTTAC and TAG?

	Log Truck Technical Advisory Committee (LTTAC)	Trucking Advisory Group (TAG)
Established	2012	2014
Members	Log Hauling Contractors, Provincial and Federal Government Agencies and NGOs. 15 members, plus 2 members from the BC Forest Safety Council (BCFSC).	Forest industry licencees, Contractor Associations, Log Hauling Contractor and LTTAC representative. 16 members, plus 1 member from the BCFSC.
Purpose	<ul style="list-style-type: none"> • Reduce injuries and fatalities • To Identify and bring forward issues and projects that are important to safety performance of the log trucking community and • Communications between the log trucking community, Provincial and Federal Agencies, NGOs, TAG and the BCFSC. • Work at technical and operational level 	<ul style="list-style-type: none"> • Cooperatively determine the type, frequency and factors relating to log truck safety incidents and take appropriate actions to improve safety performance by reducing injuries and fatalities and • Communications between licencees, Contractors Associations, LTTAC and the BCFSC. • Work at provincial policy and strategic level
Function	<ul style="list-style-type: none"> • To provide a consultative forum that guides and assists BCFSC in the development and implementation of transportation safety programs • To work cooperatively and collaboratively, to identify issues, strategies and projects that deserve BCFSC / LTTAC attention, and to assist in prioritizing those efforts • To apply practical knowledge and experience toward developing solutions that drive towards injury reduction • To assist in the development of Industry Recognized Practices and • To be a conduit of information and ideas, communicating with industry stakeholders, the BC log trucking community and BCFSC. 	<ul style="list-style-type: none"> • To provide a consultative forum that guides the development and implementation of province-wide policy changes that improve safety performance and health within the log hauling sector • To work cooperatively and collaboratively to identify issues, strategies and projects that deserve TAG attention • To apply practical knowledge, experience and influence toward the successful execution of initiatives that reduce injuries and fatalities in the log hauling sector.
Current Focus	<ul style="list-style-type: none"> • Log Truck Driver Recruitment Tools • Log Truck Driver Training Standard • Log Truck Driver Professional Endorsement 	<ul style="list-style-type: none"> • Safety data collection and analysis • Log Truck Overweights • Education/training of log haulers, loader operators and supervisors • Mechanisms to improve driver behaviours and safety performance • Improving communications within and outside the industry 🗣️

Overweight log trucks impact more than road repair costs

One of the issues that the recently formed Trucking Advisory Group (TAG) has been looking at is “overweights”. Thanks to data and insight gathered by BC’s Commercial Vehicle Safety and Enforcement (CVSE) Branch, industry will be able to better ensure that every load is delivered safely across the province.

In the past CVSE has collected log truck weight data from various areas for the purpose of finding out if – and to what degree – overweight log trucks are travelling on provincial highways. Over time, the data has consistently shown moderate levels of non-

compliance with current regulations. As a result of initial findings, CVSE and Quesnel area sawmills teamed up to explore a pilot program in mid-2013 which monitors for overweight logging trucks. CVSE reviews this data monthly and recent data analysis indicates that overweights are a consistent compliance issue.

As a result, CVSE says enforcement action will be based on observations and follow up action as determined by the CVSE Manager. The program is not intended for road side enforcement purposes at this time, but rather as a means to raise awareness, promote

education about the issue and ultimately achieve improved compliance. However, if improvements are not seen, it should be understood that strict enforcement will follow. Overweights are a safety concern. “As the load weight on the trailer increases so does the height of the load’s centre of mass,” says Dustin Meierhofer, Director Transportation and Northern Safety. “Generally speaking, the higher the centre of mass the higher the likelihood of rollover,” adds Dustin. TAG will continue to work with log haulers and provincial agencies to find an effective solution. 🗣️

Increased focus on small scale cedar salvage safety

Following the death of a cedar salvager in Sayward late last year and the subsequent progress in the investigations into the incident, a group of small scale salvage operators, licencees, government, WorkSafeBC and BC Forest Safety Council representatives have been working together to further improve safety performance for cedar salvage operations.

While the investigations are ongoing into the particular incident, early issues identified included slope stability, danger trees, and how best to manage blowdown operations and emergency response planning.

At the first meeting of 30 interested parties at the end of February, discussion was focused on answering: how best to move the safety bar upwards, reduce serious injuries and identify what the barriers might be to working safely for salvage operations. In securing answers, the group looked at hazard awareness – how to identify and mitigate; the regulatory requirements; the role of the Council re falling and SAFE companies; professional practices from the Registered Professional Foresters' point of view; and client interaction principles

from the Ministry of Forests, Lands and Natural Resource Operations.

Four separate breakout working groups all identified SAFE Certification or elements of SAFE Certification as an important step in helping to get all operators on the same page when it comes to safety and providing consistent standards and best practices.

Early themes or recommendations to secure improvement included:

- SAFE Certification trial for a salvage operation
- Danger tree and hazard assessments to be addressed in tenure documents
- Ongoing training
- Better communication with the forest professional and use of information to assist with risk/hazard assessments.

A second meeting with cedar salvagers from the North Vancouver Island region will be held on June 10th. If you are a small scale salvage operator who would like assistance in improving your safety program, please contact safeco@bcforestsafesafe.org 📧

Want to win a t-shirt that's a hot topic?

Because speed when negotiating a curve is the number one cause of rollovers, a Trucking Advisory Group endorsed t-shirt was created to draw attention to the issue and encourage people to talk about it. Remember: there is an incident-free speed for every road condition, every rig, every weight, and every curve. Slow the truck down!

The causes of log truck rollovers – in order of priority – are:

1. Excessive speed while negotiating a curve
2. Steering induced
3. Driving onto a soft shoulder
4. Tripped (taking a corner too tight or too wide)
5. Load, tire or suspension failure

If you would like to win a t-shirt, write the editor with one tip or practice you know from experience helps prevent injuries in any area of forestry operations – transportation, silviculture, falling, planning, phase

management, logging, hauling, sorting, loading, etc. Be sure to send your tip/advice along with your t-shirt size, name and mail address to editor@bcforestsafesafe.org. The first five names drawn will each receive a t-shirt, and tips will be published in a later edition of Forest Safety News. 📧



INTRODUCING the first in a series of columns on why safety is good business. If you have examples to share with readers, please email editor@bcforestsafesafe.org

Making reliability and productivity improvements

Injuries, occupational illnesses and incidents causing losses are often symptoms of defects in workplace systems. When an employee is injured while clearing a jam in a piece of equipment, the safe procedures for clearing the jam may have been faulty. The safety response is to implement revised procedures for clearing jams. However, superior performing companies will also recognize that jams reduce reliability, damage materials, and are labour-intensive. Resolving the reason for the jam improves production rates and productivity, reduces material costs, and eliminates a source of potential injuries.

Injuries that occur when the work area is disorganized, when work flow is awkward, when maintenance is being performed under pressure because of a breakdown, when employees are unaware of potential hazards and so on, may all be symptoms of other workplace issues that are impacting cost, reliability, productivity and quality.

“Superior performing companies use every incident as an opportunity to make improvements that improve reliability, productivity, cost, and health & safety, simultaneously.”

Seeking Root Causes:

A company was having problems with field crews getting to the worksite on time. The delays were costing them production and they wanted to investigate the cause. The crews were regularly having to stop along the way to work to change out flat tires. Why were they getting so many flat tires? The pickups were new and were running the factory supplied tires which were not suited for the gravel road driving. The root cause for the loss of productive time was not selecting the right equipment – in this case – tires for the job. Heavier, more durable tires were put on the trucks and the result was lower maintenance costs, more production time and less risk as workers didn't have to change tires on the side of a busy road.

(Information sources include: “Business Results Through Health & Safety,” a joint publication of the Workplace Safety and Insurance Board of Ontario and the Ontario Division of Canadian Manufacturers and Exporters, Ontario Division) 📧



Training

Training research study finds 38% of truck drivers do not use 3 point contact

In a research study the BC Forest Safety Council training department has found that the majority of drivers surveyed know what 3 point contact is and why it is important. When observed, however, 38% of drivers did not use 3 point contact when exiting their vehicles. Results were better for drivers entering their vehicles, with only 12% not using 3 point contact.

Participants identified that other drivers don't use 3 point contact because:

1. They are in a hurry
2. They don't believe they will get hurt
3. They don't think it is important
4. They forget.

The next phase of this project will provide tools to industry to help achieve 100% 3 point contact compliance by drivers when entering and exiting vehicles.

3 point contact means the difference between an injury and no injury. And, given that slips, trips and falls continue to be the number one injury in forestry, more has to be done to prevent these types of injuries.

It's easier to stay well than get well. Keeping workers safe and well keeps operations moving along effectively and efficiently. Injury-free really is a positive bottom-line investment! 🚧



Log haulers and loggers may order these posters or magnets from the BC Forest Safety Council here: http://www.bcforestsafe.org/files/ps_InjuryPreventionResourceOrderForm.pdf

Resource Road Light Truck Driver Training

Now administered by the BC Forest Safety Council



A resource road light truck driver training participant takes direction from a spotter.

The BC Forest Safety Council (BCFSC) is pleased to announce that it has entered into a partnership with the Western Silvicultural Contractors' Association (WSCA) to provide a two-day resource road light truck driver training program.

“ Good advice: Assume nothing. All vehicles have design differences. Read the owner's manual. ”

Participants spend the majority of the course at a field site and behind the wheel, covering the safe operation of light trucks on public and resource roads, and learning both the physical skills and behavioral factors that affect performance.

Course content covers:

- The characteristics of resource roads
- Vehicle dynamics and understanding design elements and how they affect stability
- Driver skill development.

Participants or companies are required to provide their own vehicles – ideally those that will be used in the workplace. If trailer towing is a regular part of the driver's duties, a trailer will be needed as well. Limited to a maximum of six trainees per instructor, each driver is evaluated throughout the course.

While the course is a much needed introduction to driving for any new or young worker considering working in the woods, it is as valuable to experienced workers and drivers.

Approximately 90% of motorists believe they are better than average drivers. Yet single vehicle incidents account for more than 50% of all fatal vehicle incidents. Self-awareness is tough but much more effective than delusion.

Developing a positive safety culture is a continuous fight with human nature. Often there is no immediate consequence for risky actions nor any immediate benefit for taking safety precautions. High risk behaviours are often more comfortable, convenient and faster than safe behaviours. Even where work places have a good safety culture, “drift” sets in – a gradual, incremental movement from an acceptable norm of safety to an unsafe boundary where a catastrophic event becomes more likely.

For drivers, awareness of these factors, how they exist and what influences them helps develop better, safer, smarter driving choices. Better choices lead to good habits.

Safe driving also means less wear and tear on vehicles, lower maintenance costs and longer road life, which proves safety is a winning business proposition too, saving you time and money.

To learn more about the program, see www.bcforestsafe.org/node/2419 or email training@bcforestsafe.org. 🚧

Upcoming Training

If you would like to see how a training course can meet your organization's needs, please let us know. We are committed to working with you to find the right training solution. We may be able to tailor a program to your specific needs and deliver it in a way that is most convenient for your operations.

Please see www.bcforestsafe.org for 2014's full training calendar. Check back often as course dates do change. Email training@bcforestsafe.org or call toll-free 1-877-741-1060.

Individual Owner Operator (IOO) Occupational Health and Safety & IOO Refresher Courses:

June 14 Nanaimo

Small Employer Occupational Health and Safety (SEOHS) & SEOHS Refresher Courses:

June 12 Nanaimo

June 12 Williams Lake

July 3 Vernon

July 10 Prince George

August 14 Campbell River

September 18 Langley

Basic Incident Investigation Course:

June 10 Nanaimo

September 9 Castlegar

September 11 Campbell River

Advanced Incident Investigation Course:

June 11 Nanaimo

September 10 Castlegar

September 12 Campbell River

Falling Supervisor Course:

June 16 Nanaimo

July 7 Prince George

September 15 Vernon

Basic Forest Supervisor Course:

September 11 Castlegar

September 15 Williams Lake

September 17 Prince George

Prepping the next generation for rewarding forestry careers



Kelowna area Rutland Senior Secondary School students learn how to sharpen saws as part of the BCFSC coordinated basic chainsaw operator training held last month (May 2014). The trainer was certified faller and QS/T, Steve Telosky. 🇺🇸

You said it!

"I found the (Small Employer) course very informative and useful. The instructor, Steve Mueller, is very good at what he does. The round table type of discussions going through all aspects of safety created a comfortable learning atmosphere for me and quickly helped me to see where I was going right and wrong with our program."

I arrived thinking the SAFE Company program was something we 'had' to do, but I left believing that the program was something we 'should' do – that creating safety awareness, keeping up communication and being proactive was what was going to keep my boys, and any employees they hire, safe."

- Colleen Woodcock, of Woodcock & Sons Contracting Ltd., after completing the Small Employer Occupational Health and Safety training course in Prince George at the end of April, 2014. 🇺🇸



Falling



Top Photo: Brad Varkonja (right).
Bottom Photo: Damien Maddocks.

NEW! Faller training can now happen at your operation!

The BC Forest Safety Council (BCFSC) is pleased to announce that WorkSafeBC has approved an Industry Training Partnership Model for new faller training. This means that a company with active falling that would like to apply to be considered as an industry training partner, should contact falling@bcforestsafe.org.

The Industry Training Model was successfully piloted with Western Forest Products. The pilot program which started in 2012 and ended in October 2013 resulted in Damien Maddocks, Western Forest Products Gold River Division and Brad Varkonja, Western Forest Products Woss Division, achieving their Faller Certification after completing the faller training program at their employer's worksite. They were the first two fallers to be trained by industry in eight years. The results from this pilot were instrumental in helping develop the industry training materials.

This is a significant move for industry, given that the last time new faller training was offered by industry was about 10 years ago. This development further supports the Coast Harvesting Advisory Group's objective to support industry securing the new fallers it needs to meet increasing demands.

Just because Industry is going to be able to train, does not mean that training is going back to the 'old days' before certification came into effect. The industry program follows the requirements of the BC Faller Training Standard and involves an organization entering into a partnership agreement with the BC Forest Safety Council. All roles and responsibilities are clearly defined for both parties. A company that would like to apply must have a suitably qualified new faller trainer, who has taken the WorkSafeBC approved 6 day industry trainer course through the BC Forest Safety Council. In addition, a certified falling supervisor must be in place to manage the falling site. Any interested company should contact the Falling Department to discuss the opportunity in more detail.

"Industry has known for a long time that faller training needed to come back into the hands of industry, but everyone also knew there had to be a formal, managed process around it to ensure consistency of training," said Peter Sprout, Falling Manager, BCFSC. "This is great news for industry," he said. 🎉

Some fallers still pay fee to help out the next generation

Even though the annual faller fee was removed at the end of 2013 – a few fallers continue to drop by the BCFSC Nanaimo office determined to make a financial contribution. They want to pay it forward for the next generation of fallers, whether it's to help make sure new fallers have the opportunities they have had or simply to demonstrate appreciation for the support they have received. These funds are being tracked and a decision will be made on how best to use them to support the intent of the donors. Thank you to all! 🎉

Risk management sessions to continue in camps

Due to continued positive responses and feedback from fallers, the BC Forest Safety Council will continue to offer risk management sessions by SAFEmap to fallers. SAFEmap is a globally recognized company that focuses on safety leadership, culture change and risk-based safety. The presentations are customized for fallers and include content specifically pertaining to their work.

Instead of having fallers come out of the bush, the presentations will come to camps. If you have a large number of fallers in a

camp and would like them to have the opportunity to participate in a SAFEmap session, please email falling@bcforestsafe.org.

Faller Bill Harkonen from Port McNeil said of a recent SAFEmap session: "Just wanted to say that that was the best thing I have seen on safety in 30 years. So sad there was not better attendance. Wish our whole camp could see this at a start-up meeting. Anyhow for the few that were there it was life changing, even for my wife who attended and my son, who I shared highlights with." 🎉

Council puts New Faller Training Courses on hold



These four new faller trainees were eight days into their New Faller Training in May when it was shut down by the BCFSC. All four have had their costs reimbursed and each has indicated they want to complete their new faller training as soon as the variance issue is satisfactorily resolved.

On Tuesday May 13th an inspection of the New Faller Training (NFT) course was conducted by WorkSafeBC (WSBC). An area of concern to WSBC was an apparent contravention of regulation 26.29 (3) (b) regarding the number of people close to the tree during training. Council staff immediately went to the site, conducted an investigation, and the training course was halted by the Council. Council is working with the Qualified Supervisor Trainers (QSTs) and WSBC to resolve the concerns before continuing any further training. Orders have since been issued by WSBC to the QSTs involved in the training that regulation 26.29 (3) (b) was contravened.

The Council appreciates the information brought forth by WSBC and will use the observations and concerns to further strengthen the new faller training program. Council took the information very seriously and is examining how the practice of more than two people within two tree lengths of falling was considered acceptable during training. In working this issue with the Council QSTs, a letter was received by the Council on behalf of all the QSTs involved in NFT, and the following paragraphs are quoted from the letter, with the QSTs' permission:

"To be clear, we QSTs understood and support the OH&S Regulations. We do understand the critical importance of regulation 26.29 quoted above, and do recognize the very high risks posed to

workers through violations of this rule. We would never knowingly put ourselves or any other person at risk by ignoring the intent of entry to a falling area rule 26.29.

The NFT course has been in place since 2005. It was developed, and endorsed by WSBC.

When the training course was integrated in industry, WSBC officers were involved with the training of instructors (QSTs), as the NFT course was the only falling training standard acceptable to the Board. The original training model had a ratio of 1 instructor to 3 and sometimes 4 trainees.

Through this training in collaboration with WSBC, we felt confident that regulation 26.29 (3) (b) was being observed by QSTs teaching NFT."

This incident has highlighted that over time between the initial development of the training and current expectations of training practices, clear expectations and the required changes that support meeting those expectations have not been implemented well by the Council. The Council recognizes that it has a strong responsibility in effectively communicating the application of regulation in training and will actively work with the QSTs and WSBC to have complete clarity going forward in regards to accepted training practices and ensuring correct interpretation of regulations at all times.

The QSTs working with the Council are very dedicated and have safely trained 229 trainees in the NFT program since its inception. The QSTs have communicated with the Council that they also believe NFT needs to be suspended until clarity is achieved. Part of their letter to the Council states: *"As a group we will remain clear of NFT until this discussion has been resolved and directions have been clearly expressed in writing, or until such time as a written variance is put in place and endorsed by WSBC."*

In the end, we will have a stronger new falling training course with updated procedures. The Council, QSTs and WSBC believe that the training needs to be done to the highest standards in a manner that instills the importance of regulations.

In the final words of the QSTs: *"We look forward to New Faller Training with either a new model, or a variance to continue using our proven existing training program."*

Council expects NFT to restart in July. 🍏

Qualified Supervisor/Trainer program has been approved by WorkSafeBC

The BCFSC has received approval from WorkSafeBC for the Qualified Supervisor/Trainer (QS/T) program.

The QS/T course is designed to prepare experienced fallers to teach the BC Faller Training Standard program, to evaluate new and existing fallers, and to certify fallers. The course length is 9 days and can accommodate up to 6 participants, with 2 instructors.

The first scheduled dates for the new course will now proceed: July 15 in Sointula and October 7 in Salmon Arm. Email falling@bcforestsafe.org or call toll-free 1-877-741-1060 for more information on how to apply or visit www.bcforsafe.org/node/2535 for course details and qualifications required.

The BCFSC plans to train 100 fallers a year for the next five years and the development and approval of the new QS/Ts is crucial to achieving those numbers for industry. 🍏



Quality of sleep matters

Proper sleep is an essential part of our health and wellness and is necessary to do our jobs safely. Studies have shown that our risk of accidents increases with increased fatigue. Getting a good night's sleep is one step in preventing fatigue. Good sleep is as much about the quantity as it is about the quality!

If you are struggling to sleep well and awake rested, here are a few tips to consider. If poor sleep continues, talk to your doctor as it may be a symptom of another underlying cause:

- Make sure you are going to bed early enough for a good night's rest
- Keep your room as dark as possible; use a room darkening blind or blackout curtains and close these before bedtime
- Make sure your room isn't too hot or too cold, keep it slightly cool. 16-18°C (60-65°F) is optimal
- Keep clutter, televisions, computers or other distractions like pets out of the bedroom
- If noise distracts you from sleep, try some 'white noise' in the background, such as having a fan on while you sleep
- If you can, turn off your mobile phone and anything with an LED display (including clocks)
- A good mattress is essential. If you are waking up with aches and pains that wear off as the day goes on, it may be time to get a new bed. 🛏️

Take Ten for Life

By Dr. Delia Roberts

According to the World Health Organization, physical inactivity is the fourth leading risk factor for global mortality. Cancer, stroke, diabetes, heart attack, what ever your risk of suffering from any one of these diseases, just minutes a day of activity can protect you. There are hundreds of studies that show that people who exercise regularly get fewer colds and flus, have less joint and muscle pain, sleep better, suffer from less depression, report a higher quality of life and are less susceptible to the physical and mental effects of aging.

So if exercise really is the cure for all that ails you, why is it so hard for most people to meet the required 150 minutes of moderately strenuous activity/week that is required to maintain good health?

1. I have no time.

In fact you don't have time not to exercise. Each day that goes by without giving your heart and lungs a workout shortens your lifespan. Think about where you would like to be 10 years from now and consider that the choice you make today about physical activity will influence whether or not you get to be here in 10 years.

2. I leave for work before the sun comes up and by the time I've finished my day I'm ready to fall into bed.

Some of you who are out in the bush get lots of physical activity at work, but many of us are not so lucky. Whether you work in a cab or at a desk, you can use the delays in your day that would normally be wasted time to get some exercise. Even 10 minutes of physical activity can help to protect you. Put together three-ten minute segments each day and you will be well on your way to reaping the benefits of a healthy lifestyle.

Park your truck off to the side, let the loader know you are getting out of your truck and get moving instead of sitting while you are waiting to be loaded; get out of the loader once an hour, do a walk around your machine and get the blood flowing; get up and away from your desk at lunch and coffee breaks.



To exercise your heart and lungs you have

to be moving at an intensity high enough to deepen your breathing, but it doesn't mean that you have to go to the gym. Walk quickly, take the stairs instead of the elevator, do some calisthenics, skip rope, shadow box, get some banding or weights and start a resistance workout. You can do any of these activities just about anywhere. Rumour even has it that trucks have been spotted with mountain bikes strapped onto the front.

3. My free time is taken up by chores and my kids or grandkids.

You can sit on the sidelines and watch your kids' or grandkids' activities, or you can get up and join them. Chase a ball, jog or walk quickly around the soccer field, play tag or Frisbee. And as far as your chores are concerned, do them with vigour, you'll get 'em done sooner and some like chopping wood, certain yard and house work, or shoveling snow can certainly get your heart rate up.

4. It's too hard.

When you are really out of shape doing just about anything feels hard. But your body is made to do physical work, so it won't take long before you start to see big benefits. You'll move easier, breathe easier and sleep better. You'll have more energy and feel happier, and the aches and pains will ease.

Give it a try! Start with just 10 minutes every day for a week, two 10 minute segments the week after and three on the third week. Before, during or right after work, whatever is best for you. Get your family to join in the activity and keep track of every time you get in your exercise prescription. Because it is a prescription – for life.

For more information on any fit to work programs, please contact Dr. Delia Roberts at droboterts@selkirk.ca 📧

Feedback tip, received from a reader

Try yoga stretches before demanding physical activity, like falling. Next edition we will share some easy, basic stretches that are good for everyone.

June is:

Brain Injury Awareness Month – The Brain Injury Association of Canada is focused on improving the quality of life for all Canadians affected by acquired brain injury and promoting its prevention. Brain injuries are more common than breast cancer, HIV/Aids, spinal cord injury and multiple sclerosis combined because causes include everyday activities like falls, motor vehicle incidents, contact sports or violence. See www.biac-aicl.ca

Stroke Awareness Month – A stroke is a sudden loss of brain function caused either by the interruption of blood flow to the brain or a rupture of blood vessels in the brain. Both can cause brain cells to die. See www.heartandstroke.com to learn more and recognize these five warning signs in yourself or others, and dial 911. Do not delay!



Weakness – Sudden loss of strength or sudden numbness in the face, arm or leg, even if temporary



Trouble speaking – Sudden difficulty speaking or understanding or sudden confusion, even if temporary



Vision problems – Sudden trouble with vision, even if temporary



Headache – Sudden severe and unusual headache



Dizziness – Sudden loss of balance especially with any of the above signs.

According to the Heart and Stroke Foundation, you can help reduce your risk of stroke by watching your weight, diet, diabetes, smoking, high blood pressure and blood cholesterol levels.

National Sun Awareness Week (June 2 to 8) – see www.dermatology.ca/programs-resources/programs/sap/ The Canadian Dermatology Association launched its Sun Safety for Outdoor Workers Program seven years ago to introduce employers and workers to a complete sun safety program – to inform about skin cancer, the risks, and how to use safe, easy ways to protect outdoor workers. For tips and free resources, please visit www.dermatology.ca/programs-resources/resources/sun-safety/outdoor-workers/

July is:

World Hepatitis Day (July 28) – The World Health Organization is trying to make people around the world more aware of the devastating consequences of liver diseases (often deadly) caused by different Hepatitis strains – A, B, C, and E. See fact sheets on each at www.who.int/mediacentre/factsheets/en/#H and <http://www.hc-sc.gc.ca/hc-ps/dc-ma/hep-eng.php> 🗺

NEW! Physiotherapists to phone injured workers' employers

Starting June 1, 2014, employers should expect to receive phone calls from injured employees' physiotherapists. A collaborative effort between the Physiotherapy Association of British Columbia and WorkSafeBC has resulted in a new contract for physiotherapists who work with injured workers. These phone calls are one element of the new contract.

The phone calls are intended to help physiotherapists receive valuable input from employers regarding their injured employees' job demands and duties. This information will help to guide their treatment and facilitate a safe return to work.

To provide the best possible care, the physiotherapist needs employers' help. They will ask about the employee's job demands, and the possibility of light/modified duties. The phone call is a chance to help get everyone "on the same page," making sure the injured worker gets the best possible care, allowing them to return to work quickly and safely. 🗺

Top 5 high-risk driving behaviours in BC

Driving is a complex task that requires your full attention. Most crashes are preventable and can be avoided by making smart driving decisions.

According to ICBC:

- In BC on average, 155 people die in crashes involving high-risk driving each year*
- In BC on average more than 53,000 are injured in crashes at intersections each year and
- About 60% of all crashes in BC take place in intersections – 226 every day. **

The most common types of high-risk behaviours include:

- Failing to yield**
- Ignoring traffic-control devices**
- Following too closely**
- Speeding**
- Improper passing**

(*Five-year average, police-reported fatal victims 2008 – 2012. **Five-year average, ICBC-reported incidents 2009 – 2013.) 🗺



Kids say it best!

Thanks to Kayden Chase (6) and Ryan Wolfender (5) for sending in their wonderful artwork.

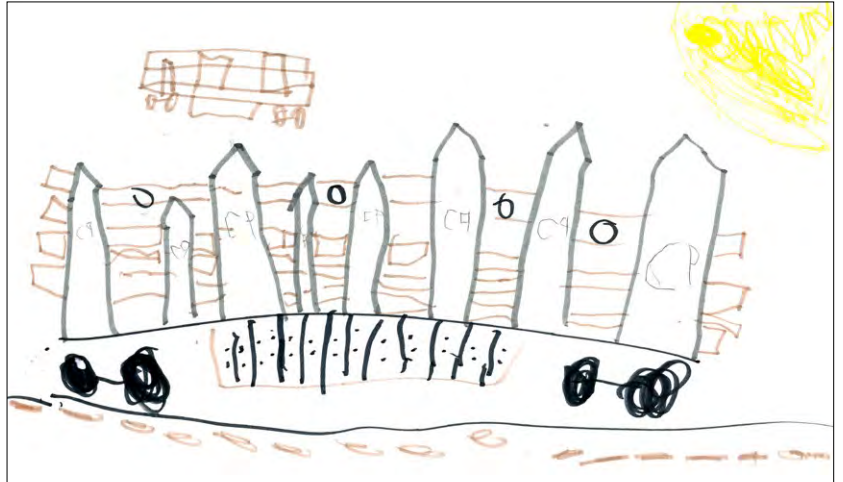
Kayden says safety is: "wearing a hard hat, high-vis vest, safety glasses and steeled toe work boots in the bush", while Ryan has some advice for log haulers: "make sure you have enough straps on your logging truck, and especially on a train car that is hauling logs."

Loot bags will be making their way to our artists shortly, Kayden and Ryan. Well Done!

Send your child's forest safety art, photo, or essay for publication to:

**The editor
Forest Safety
420 Albert Street
Nanaimo BC V9R 2V7**

Provide your child's name, age and mom/dad's work address or email address on the back of the work so that we can mail their goody bag to you. Submission of any material is accepted as you granting your full permission for publication. Thank you! Remember all children who send in art will also be entered into a draw to win a custom-made wood truck just in time for Christmas! So keep those masterpieces coming. They bring a lot of smiles to a lot of people, and remind one and all that it's the next generation we all care so much about. 🌲



Ryan Wolfender, 5yrs, sent in this art work to remind everyone to have enough wrappers to secure your load.



Kayden Chase' six year-old art piece, focusing on the importance of PPE.

Always remember who needs you to be safe today!

ABOUT Forest Safety

Forest Safety is published six times a year: February, April, June, August, October and December. All submissions – letters to the editor, safety tips, photos, safety stories, concerns are all welcome. The opinions expressed in the newsletter are not necessarily those of the editor, staff or board of the BC Forest Safety Council. All decisions to publish materials rest with the editor. 7,500 copies of each edition are distributed via mail or email. Additional copies are distributed at industry events.

Subscriptions

If you would like to continue to receive a hard copy or would prefer to receive an electronic copy of this newsletter, please email editor@bcforestsafesafe.org and ask to be added to the print copy or email distribution lists.

Have a story, letter to the editor, safety tip, ideas or photos? Please send all submissions to:

**The editor
Forest Safety
420 Albert Street
Nanaimo BC V9R 2V7**

Call 1-877-741-1060 or email editor@bcforestsafesafe.org 🌲



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FOREST SAFETY News



August 2014
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Safety is Good Business

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FPIinnovations tests equipment to help shape better performance and safety outcomes.

Welcome to the August edition of Forest Safety, covering news about safety topics in forestry. This is YOUR safety newsletter. We look forward to your input and feedback! Email the editor at editor@bcforestsafe.org or call 1-877-741-1060.

Steep slope work progressing well, additional funding sought

The BC Forest Safety Council (BCFSC) has teamed up with FPIinnovations to explore how best to use mechanized equipment on steep slopes to achieve improved production and safety performance. Initial work has been done to:

- develop a tilt table testing protocol
- determine if tilt table testing could provide the right information for better equipment selection suitable for working on slopes, and
- develop data that could lead to regulation change.

Findings so far have established that it is possible to measure the static stability of different equipment types on slopes.

As a result of these findings, the BC Forest Safety Council has applied to Western Economic Diversification Fund operated by the Government of Canada for funding to complete the tilt table work, and to investigate other items such as tethering, on machine slope measurement, and improvement in mapping to increase the safe application of equipment on slopes.

"The intent would be to establish a set of

practices and tools that improve machine stability, reduce soil disturbance and improve safety of operations on steep slopes," said FPIinnovation's Research Leader, Harvesting Operations, James Hunt. "The tilt table testing can lead to a standard, similar to the five star crash testing on cars, that users can refer to in choosing equipment."

It is anticipated that this rating could be based on showing to which slope level a felling machine has a good level of stability. For example, a 5 star rating could mean the machine has good stability to a certain slope on dry ground conditions, while a 1 star rating would have good stability to a much lower slope, etc.

This type of rating could be done independently, meaning equipment manufacturers don't take on additional liability. This type of approach could potentially lead to an update in the current regulation for operating on steep slopes.

FPIinnovations is a not-for-profit world leader that specializes in the creation of scientific solutions in support of the Canadian forest sector's global competitiveness and responds to the priority needs of its industry

members and government partners. It is ideally positioned to perform research, innovate, and deliver state-of-the-art solutions for every area of the sector's value chain, from forest operations to consumer and industrial products.

More broadly, the BCFSC is also working with industry and WorkSafeBC to revise a steep slope resource package and provide input from industry to WorkSafeBC on revised steep slope check-lists. 📍

Did you know?

You can follow us on Twitter:
[@bcforestsafety](https://twitter.com/bcforestsafety)

You can send in safety alerts to inform industry of incidents/near misses:
http://bcforestsafe.org/safety_info/alerts_bulletins.html

(Scroll down to industry alert database and how to submit an alert. This is one of the most visited sections of the BC Forest Safety website.)

You can explore diverse safety resources, order posters, stickers and other tailgate/safety meeting support tools:
http://bcforestsafe.org/safety_info.html

You can always tell us what you think:
editor@bcforestsafe.org 📍



You asked about:

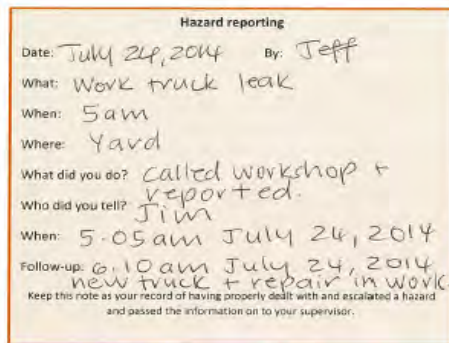
Hazard reports and reporting

Safety regulations, policies and check lists are full of references to hazards – identification of hazards, definition of hazards, preparation for hazards, anticipation of hazards, managing hazards, hazard reports and hazard reporting, to name a few. One could feel overwhelmed about what it all means, which is probably why one of the most frequently asked questions companies have when completing their SAFE Companies audit is about “hazard reporting”.

Passing safety information up the chain

“Hazard reporting is really about how a worker can pass safety information up the chain,” explains Martin Ridgway, Senior Safety Advisor at the BC Forest Safety Council (BCFS)

If a worker sees anything that he/she is



Hazard reporting does not have to be complicated. It has to be effective – hazard was identified and the right action was taken, passing it on to be fixed to ensure unsafe situation is made safe and a record is kept of the incident. This is a simple sample that achieves that.

concerned has, or will have, a negative impact on safety/injure someone, the worker must report that to their immediate supervisor and either the worker or supervisor must make a note of what they reported, when and to whom. The supervisor must document that he/she responded appropriately to that information, either directly taking steps within his/her job/authority to immediately fix or address the hazard/potential hazard identified or that he/she has in turn escalated the hazard reporting to his/her supervisors, and beyond – if that is what it takes to get an unsafe/hazard situation fixed.

“I call it the magic hot potato of knowledge. It is slowly getting hotter in your hands. You either have to do something with it yourself or pass it properly on to someone else. If you don’t do either you will get burnt,” explains Ridgway. “Passing it properly means that the recipient acknowledges getting it, and runs with it, either fixing it himself or passing it on up the line until the hazard is successfully dealt with.”

Where the hazard reporting questions are in the audits

In the IOO audit, Question 7 asks for one to three copies of completed incident or hazard reports – which means the audit is looking for examples of when you/your staff have identified a hazard and passed on that information to a supervisor, documenting what was identified as a hazard and how that information was escalated and the hazard effectively dealt with. In the SEBASE and ISEBASE audits, Question 12 asks for one filled-out close call / hazard report. In the

BASE V3 audits, Section B deals with hazard identification and risk control – and with a total of 180 possible points is the largest part of the audit. Under contractor management there are further requirements about communication of foreseeable hazards, pre-work assessments, assessment sheets; and, hazard alert communications in Prime Contractor Management audit questions.

To be able to answer those questions the BASE company needs to have done hazard assessments or plans which depending on your operations may include any, all or more of the following:

- Cut Block Assessment (general hazard assessment for the block)
- Evacuation plans (usually list access hazards)
- Steep Road Assessment or Log Hauling Hazard Assessment
- Steep Slope Assessment
- Danger Tree Assessment
- Slope stability or terrain stability assessment
- Wildfire Risk and Hazard Assessment
- Falling Plan and Falling Hazard Assessment (with falling hazards documented)
- Cable-yarding assessment (for deflection)
- Logging Plans and maps (usually have several hazards discussed and labeled on the map), etc.
- Weather impacts on terrain and conditions for mudslides, visibility limitations for helicopter evacuations, etc.

If you have any questions about the safety system or any element of the audit, please contact your safety advisors for free confidential advice and support: safetyadvisors@bcforestsafesafe.org or call toll free: **1-877-741-1060**.

Combustible dust support

A total of 15 sawmill facilities are in the process of setting up site visits with technical expert advisors as part of the Manufacturers’ Advisory Group (MAG) initiative to provide comprehensive support and expertise to the sawmill industry on combustible dust control and mitigation. The BC Forest Safety Council (BCFSC) is supporting the MAG effort by providing administrative support.

The technical advisors – all from industry – met late last month (July) to establish a consistency of approach to ensure maximum

benefit for each of the mills, and allow for effective benchmarking.

The five advisors are: Terry Baker, Bill Laturnus, Staffan Melin, Martin Ellefson and Don Cameron.

This service provides all sawmills one-on-one access to highly skilled and knowledgeable experts that may not otherwise be available to them. As this is an industry initiative, and arms-length from WorkSafeBC (WSBC), it is anticipated that

there will be a higher level of participation by individual sawmills. WSBC will not be privy to the details of these engagements.

WSBC has partnered with the BCFSC and MAG to pay for all costs and fees related to the expert advisors. This service will be available until December 31, 2014.

Over the past several weeks, interest has also been expressed by pellet and pulp mills to receive similar support.

If you would like to have a technical advisor visit your site or require additional information about this initiative, please contact the BCFSC at **1-877-741-1060** or email: dust@bcforestsafesafe.org

This is the second in a series of columns on why safety is good business. If you have examples to share with readers, please email editor@bcforestsafesafe.org

Prequalification update:

Pilot testing of new proposed audits underway



As at the end of July, six SAFE Certified companies had been visited by the BC Forest Safety Council to test the proposed new prequalification audit. It is planned that a total of 20 companies will have participated in the pilot by September 1, 2014.

The pilot phase is seen as critical to determining the practical effectiveness of the proposed new system. "The most important thing is for the audit to be responsive to industry needs. In field testing means we

A former BC Forest Safety Advisor, Kim Taylor, has been hired as a contractor to coordinate the pilot testing and prepare a summary of feedback for the working and steering committees to consider.

The 20 pilot companies are being selected in such a way as to ensure the proposed new audits work well regardless of geographic location, classification unit, and size of company. We are also testing the BASE audits with several different auditors to gauge their

“The most important thing is for the audit to be responsive to industry needs. In field testing means we can evaluate if the new audit fully meets that intent or if further changes need to be made to best serve industry and help further reduce serious injuries and fatalities”

can evaluate if the new audit fully meets that intent or if further changes need to be made to best serve industry and help further reduce serious injuries and fatalities," said SAFE Companies Director, Robert Moonen.

feedback and compare old- versus new audit processing times, quality of input and output and delivery on key intended objectives.

The review of the prequalification standard was started almost two years ago in response to industry feedback to eliminate bureaucracy and unnecessary paperwork and make the safety audit system more practical, accessible and reflective of actual performance rather than a paper-filing exercise. Over the past 18 months, steering and working groups along with input and feedback from diverse stakeholder groups and individuals in forest harvesting operations have helped shape the new revised audit standard. The current pilot phase is one of the final steps in deciding if the changes in fact do meet industry's needs and achieve all the desired outcomes.

Forest Safety News will provide a summary of findings after completion of the pilots in early fall, along with next steps. 🌲

Building public trust

Company image is important regardless of company size. A high concern for safe operation and the health and well-being of employees is a positive message that is carried into the community not only by employees, but also by suppliers and customers. It helps attract and retain higher caliber employees. It may help improve the image of the quality of the products. It creates a positive image when the company needs to influence local government or the surrounding community. It creates a favourable image with provincial and other government agencies.

A recent example of the importance of building public trust in the BC forestry industry occurred in October, 2013, after a rash of incidents involving logging trucks on public highways. These incidents made the public concerned about log truck safety. The media, on behalf of the public, quite rightly questions if loads are secured and checked, if vehicle inspections are being done, if trucks are in good mechanical shape, if loads are within weight limits, if speed is a factor and if drivers' hours at work are a factor. Some of the comments from the public on these stories support the progress that log truck drivers have made to improve safety, but many indicate ongoing concern.

Log truck drivers deliver over 1.4 million loads a year in BC. It only takes a handful of incidents for the public to lose confidence in our ability to keep them safe. The importance of delivering each load safely not only impacts the company involved in an incident but the industry's reputation as a whole.

Companies that have implemented highly effective processes for managing health & safety do so not just out of care and concern for their employees (although, this is also an important motivating factor), but also because they have realized it reflects positively on the company's and industry's reputation. 🌲



www.bcforestsafesafe.org



An opportunity for forestry companies and contractors to participate in the discussion and provide feedback on the significant proposed changes to the prequalification system presently known as "SAFE Companies"

DISCUSSION PAPER:
**PROPOSED REVISIONS
TO SAFE COMPANIES
CERTIFICATION
FOR FORESTRY**



Sizzling heat and wildfires stop production, increase safety risk

Summer has brought with it increasingly hot, sizzling days and massive wildfires – some intentionally set and others, the result of lightning strikes. Some forestry operations have shut down due to increased risks, unsafe operating temperatures, air quality and other health and safety issues. Some fires have resulted in the largest evacuations on record.

Thank you

For the front line fire-fighters, support teams, fallers and other loggers who fight wildfires, we all say a big thank you. The toll on first responders, their families as well as forestry companies and communities directly affected should not be under-estimated.

Big costs, direct and indirect

Approximately 2,000 wild fires are started in BC each year. The size, costs of firefighting and causes are provided as follows by the Ministry of Forests, Lands and Natural Resource Operations:

Year	Total Fires	Total Hectares	Total Cost (Millions)	Average Hectares per Fire	People Caused	Lighting Caused
2013	1857	18,259	\$122.2	9.8	560 (30.2%)	1297 (69.8%)
2012	1650	111,645	\$133.6	67.7	708 (42.9%)	942 (57.1%)
2011	653	12,604	\$53.4	19.3	444 (68%)	209 (32%)
2010	1673	337,149	\$212.1	201.5	681 (40.7%)	992 (59.3%)
2009	3064	247,419	\$382.1	80.8	881 (28.8%)	2183 (71.2%)
2008	2023	13,240	\$82.1	6.5	848 (41.9%)	1175 (58.1%)
2007	1606	29,440	\$98.8	18.3	687 (42.8%)	919 (57.2%)
2006	2570	139,265	\$159.0	54.2	1034 (40.2%)	1536 (59.8%)
2005	976	34,588	\$47.2	35.4	591 (60.6%)	385 (39.4%)
2004	2394	220,518	\$164.5	92.1	681 (28.4%)	1713 (71.6%)
2003	2473	265,053	\$371.2	107.2	959 (38.8%)	1514 (61.2%)
Average *	1908	141,092	\$170.4	68.3	711.5 38.6%	1169.5 61.4%

* The average does not include the most recent year.

Costs in 2014 are anticipated to be high, given it is the driest summer season on record since 1958, and evacuations are extensive already. On average it costs approximately \$3.5 million a day to fight the scope of wildfires burning in BC as at July 18, 2014.



Things to check:

- Know and enforce the fire regulations for your operation(s)
 - Know the regulations for fire risk of the machines you operate and proper shut down procedures in event of fire to prevent explosions or sparks causing fires
 - Have all your staff appropriately trained in fire awareness, prevention and response. Every person on a forestry worksite should have a suitable piece of fire-fighting equipment
 - Make sure all fire-fighting equipment is regularly checked on site and in vehicles and follow the recommended maintenance standards provided by the manufacturer
 - Practice and discuss fire emergency and evacuation procedures regularly -- and more often prior to and during fire season
 - Talk about fire safety at tailgate meetings
 - Monitor air quality, heat and all fire hazards. Respond appropriately
 - Obey evacuation orders immediately, and respond to what you see, early and decisively. Don't wait
 - Keep checking communication channels for latest updates
 - Wind change and the speed with which fires can jump should never be under-estimated.
 - Report all wildfires:
 - If you see a wildfire, please report it at 1-800-663-5555 or call *5555 toll free on most cellular networks
 - Alternately, you can report a wildfire to 9-1-1
 - What you'll be asked:
 - When reporting a wildfire, a B.C. Forest Service operator will ask you:
 - your phone number
 - the location of the fire
 - what the fire is burning (trees? What species?)
 - the size of the fire
 - how quickly the fire is spreading
 - the colour of the smoke
 - whether there are values or lives at risk
- The details that you provide are critical in determining the type of response that the fire will receive from fire suppression authorities.

Further information on wildfires, provincial danger ratings and forest restrictions can be obtained by calling the toll-free Wildfire Information number: **1-888-3-FOREST (1-888-336-7378)**

For detailed information on regulations and requirements, see Ministry of Forests, Lands and Natural Resource Operations' Wildfire Management Branch: http://www.bclaws.ca/EPLibraries/bclaws_new/document/ID/freeside/11_38_2005#section5



WorkSafeBC updates two web tools

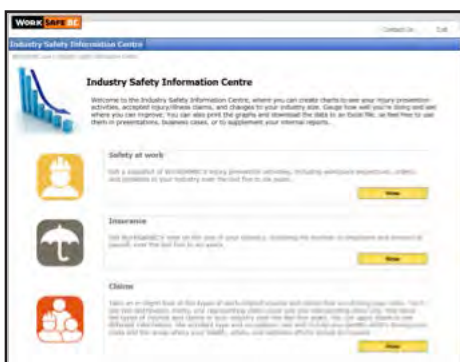
1. New version of the Employer Safety Planning Tool Kit

The interactive online employer tool kit allows employers to benchmark their performance against peers and analyze their own data to chart their performance and see where they can improve.

WorkSafeBC says the tool kit is most useful for large employers with three or more time-loss claims a year, and the updates include:

- Performance Scorecard — create “what if” scenarios to see how changes impact safety metrics
- Injury Prevention Forecaster — drill into specific injury types to target safety initiatives
- Return-to-Work Data — compare your performance with peers

You will need to be a registered employer to access the [secured online services](#).



2. Industry Safety Information Centre

Anyone (without registration, or log-in) can access industry-level information by classification unit and rate group in the [Industry Safety Information Centre](#). It is useful for big picture info and to compare forestry with other industries. Updates include new Serious Injury and Return-to-Work metrics. 🚧



A cable-yarding operation in Austria. The owner came out to British Columbia to learn more about our forest safety systems and take the BC Forest Safety Council small employer training course.

International interest in BC forest safety grows

Over the past several months, interest from the UK, New Zealand, Guyana, US (Washington State and Oregon State) about BC forest safety systems and programs has increased and in a first, two forestry professionals from Austria completed the Small Employer Occupational Health and Safety training course run by the BC Forest Safety Council in Prince George in July.

The Austrian attendees, DI Johannes Rodlauer and Dr. Ernst-Hans Lackinger, were on a fact finding mission to see what they could take back to Austria and to their operations. They have a very good safety record at their cable-yarding operation, without incident for several years.

Rodlauer said it would appear that BC is years in front of Austria, given the depth of information and support that is provided through [www.bcforestsafe.org](#). He added that he thought BC’s Faller Certification was a good thing. He said that in Austria by



Participants in a recent small employer safety training course in Prince George included (from left to right): DI Johannes Rodlauer from Austria, Ken Ilnicki, from Riske Creek, BC and Dr. Ernst-Hans Lackinger from Austria. They are with the BC Forest Safety Council’s training manager, Pam Jorgenson (centre), and falling safety advisor, Glenn Hestnes (right).

comparison “everyone picks up a chainsaw and can do anything” as there is no formal training standard or certification standard that has been set. 🚧



Clarification sought on Emergency Transport Vehicles

The BC Forest Safety Council and the Interior Logging Association (ILA) are working with WorkSafeBC to clarify regulatory requirements for Emergency Transport Vehicle (ETV) inserts (e.g. Brutus boxes). These inserts are after-market devices designed to be installed in the bed of a pickup truck behind the passenger cab. The inserts' purpose is to allow a truck to be used as an ETV. Employers may be required to have an ETV available, based on the requirements of Schedule 3-A of the Occupational Health and Safety Regulation (OHSR).

“Many of our members use these slide-in ETV units and have asked us to work with WorkSafeBC to clarify the regulatory requirements for these units. There is a lot of confusion around the design and testing requirements of the Motor Vehicle Act and of Transport Canada”, said Wayne Lintott, General Manager of the ILA. “We believe that our members and the manufacturers of these units stand to benefit by knowing what WorkSafeBC would like to see in terms of the specific requirements of the Motor Vehicle Act and of Transport Canada. These units can range from \$4,000-\$40,000 and our members would like

to know what to look for before purchasing one of these units,” said Lintott.

WorkSafeBC Regulatory Practices has been asked to review and clarify the requirements for the ETV inserts and what documentation or marks officers will accept as proof that the units have complied with applicable Transport Canada and provincial Motor Vehicle Act requirements. This review is expected to be concluded in the early fall. Forest Safety News will provide the details of WorkSafeBC’s Regulatory Practices review once the information is received. 📢



A record number of attendees were at the 2013 VISC in Nanaimo.

Vancouver Island Safety Conference: October 4, 2014

Plans are well underway for the 9th annual Vancouver Island Safety Conference to be held on Saturday, October 4, 2014 at the Vancouver Island Conference Centre, Nanaimo. The day-event (7:30 am – 4 pm) will be live webcast for those not able to attend in person.

Speakers include: Yvonne Thompson, of changeinnovators.com; Dr. Delia Roberts, selkirk.ca/faculty/delia-roberts; David Rossi, commonsensecenter.com and Ken Donnelly,

beyondattitude.com. Additional speakers from industry and government will provide updates on key developments and industry initiatives. The more than 400 expected attendees will also have the opportunity to network with industry colleagues, and view booths and displays during meal and coffee breaks.

Attendance is free thanks to the generosity of industry sponsors, and every attendee is requested to bring a donation (food or cash) for

the United Steelworkers’ food bank.

Spots fill up quickly, so please register early www.bcforestsafesafe.org/VISC2014.html to avoid disappointment!

If you haven’t attended a VISC conference before and would like to see what it’s like, please see a summary of last year’s event: <http://www.bcforestsafesafe.org/files/VISC2013wrap-up.pdf>. 📢

Industry-Wide Call for Nominations Leadership in Safety Awards 2014



At the 2013 awards presentations (from left to right): Chair & CEO of the BC Forest Safety Council, Reynold Hert; Assistant Deputy Minister, Forests, Lands and Natural Resource Operations, Tom Jensen; Chris Akehurst recipient of the Cary White Memorial Lifetime Achievement Award; Don Banasky, Forest Safety MVP of the Year award winner; and Ian Munroe, Vice-President Employer, Industry, and Worker Services, WorkSafeBC.

Cary White Memorial Lifetime Achievement Award

2013	Chris Akehurst
2012	Bill Boardman
2011	Sig Kemmler
2010	Mikael Jonsson

This award is presented to an individual who, through a long career in the forest industry has demonstrated an unwavering commitment to improving safety awareness, expanding safety knowledge, developing safety skills at ground level and building a lasting culture of safety among BC's forest workers. This individual is known for being a "teacher" of safety – trainer, instructor, mentor – someone who goes the extra mile to help others reach their safety goals with a helping hand, proven experience and knowledge.

Forest Safety Most Valuable Player (MVP) of the Year

2013	Don Banasky
2012	Gerry Lambert
2011	Westline Harvesting Ltd.
2010	Geoterra IRS Ltd.

This award recognizes an individual or group that has made a notable contribution to forest industry safety within their operation or company in 2013/2014. This MVP could be a worker whose idea resulted in improvements to workplace safety; a supervisor who communicated regularly with his crew and spearheaded safe work procedures; a crew who together found a new way to do their jobs more safely and productively; a manager who demonstrated a commitment to worker safety through his actions; a committee that achieved safety improvements at work through their persistent efforts to seek changes or a company that has demonstrated leadership in integrating health & safety into their business practices.

BC Forest Safety Council board of directors

Following the June 11, 2014 BC Forest Safety Council (BCFSC) annual general meeting and elections, the board directors are:

John Betts (Western Silvicultural Contractors' Association), Don Demens (Western Forest Products), Jim Hackett (Interior Lumber Manufacturers' Association), Reid Hedlund (Interior Logging Association), Tom Jensen (Ministry of Forests, Lands and Natural Resource Operations), Bob Matters (United Steelworkers Wood Council), Anne Mauch (Council of Forest Industries), Jack McLeman (BC Community Forest Association), Bill Sauer (North West Loggers Association), Otto Schulte (Interfor), Darshan Sihota (Island Timberlands), Dave Weymer (Western Fallers' Association) and Dwight Yochim (Truck Loggers Association).

Members also approved the financial statements for the 2013 financial year at the meeting. Please see the BCFSC 2013 annual report: <http://www.bcforestsafe.org/files/BCFSCAnnualReport-2014.pdf> and the Forest Safety Ombudsman's 2013 progress report: <http://www.bcforestsafe.org/files/bcfsc-ombudsreport-2013.pdf>

Share your stories with us about the people who have made a direct improvement to working safely in their sector of the forest industry.

Make a Nomination

Nomination is easy. Fill in the nomination form: http://www.bcforestsafe.org/files/frm_LeadershipInSafetyAwardsNomination2014.pdf and email to awards@bcforestsafe.org, or fax to 250-741-1068.

Deadline

Nominations must be submitted to the BC Forest Safety Council by 4 pm, Tuesday, September 2, 2014.

Presentation of Awards

Winners will receive their awards at the annual Vancouver Island Safety Conference in October.



Transportation



The BC Forest Safety Council's Director of Transportation and Northern Safety, Dustin Meierhofer (left) with Island Timberland's Harvesting Manager, Sam Stanko .



Grant Aune (centre) of Advantage Fleet Services chats with participants, Mike Reagon, Island Timberland's Contract Manager (left) and Ron Riddel, Bayline Trucking, after an Island Timberland's anatomy of a rollover session earlier this year.

Anatomy of a rollover participants said:

"An eye opener."

"Examples were excellent."

"This seminar should be mandatory for all class 1 drivers."

500 log truck drivers, loader-operators and supervisors attend anatomy of a rollover sessions

Between February and June of this year the BC Forest Safety Council (BCFSC) worked with licensees, industry groups and Grant Aune of Advantage Fleet Services to deliver 16 Anatomy of a Rollover presentations in 15 communities around the province, attended by 500 log truck drivers, loader-operators and supervisors.

The presentations focused on the dynamics of log truck rollover, the five causes of rollover and how to prevent them. Log truck rollovers are one of the most common serious workplace incidents a log truck driver may experience. Not only do rollovers have the potential to cause serious injuries and fatalities they also cost a company thousands of dollars in vehicle damages and lost time.

"Grant is an engaging, passionate and knowledgeable speaker who captures the audience's attention with ease. By using photos, video, graphs and even model trucks he is able to demonstrate what happens during rollover and why," said BCFSC Director of Transportation and Northern Safety, Dustin Meierhofer.

Feedback from attendees was very positive, with 95% of those surveyed indicating that they would like to attend additional sessions and included recommendations that all forest workers attend mandatory sessions as part of annual training.

At the end of each session, participants were asked to identify "things I learned that I will use:" Responses included:

- pay more attention to my speed when driving and generally slow down
- pay attention to the center of gravity of my load
- be more aware at work
- pay attention to road markings and signs
- look out for hazards
- use seatbelts
- make sure load is safe before driving

Session participants also identified the following as key hazards they are exposed to at work:

1. Road conditions
2. Driving
3. Other drivers or traffic
4. Wildlife
5. Weather

The BCFSC is working with licensees and industry groups to arrange additional sessions this fall, but we can't do it without your help! Please contact Transportation Safety if you are interested in working together to put on these sessions or if you would like to express interest in attending.

Email: transport@bcforestsafesafe.org or call toll free: **1-877-324-1212**. 📞

Survey aims to identify key health and wellness challenges facing log haulers

To better assess the Issues affecting the health and wellness of log haulers across the province, the BC Forest Safety Council (BCFSC) has created a survey, the results of which will help shape industry programs going forward.

As health and wellness issues can negatively affect productivity, safety, and moral, industry recognizes that it is important to be able to accurately assess the nature and scope of previously identified concerns such as weight,

nutrition, physical activity, alcohol/tobacco use, fatigue, stress, and pre-existing medical conditions.

Your participation in the survey is important. It could help save lives. If you are a log hauler or know log haulers, please share this link, and take 10 minutes to complete the online, anonymous survey: survey.bcfscsafe.org/HW2014. All other occupations are also welcome to complete the survey.

To date 104 completed questionnaires have been received. Select interim findings include:

- 98% of the log haulers surveyed were men, 20-70 years of age, with an average age of 50 years
- 76% were above a healthy weight (46% were overweight and 30% were obese)
- 35% smoke, or use tobacco products daily
- The most common medical conditions were high blood pressure (17%), depression/anxiety (10%), and high cholesterol (5%)
- 45% said they worked 13 or more hours/day
- 43% said they worked 11-12 hours/day
- Average length of sleep was 5 hours per night. 📞



FOREST SAFETY SPECIAL INSERT

Dear Forest Safety News reader,

We are enclosing this special insert for your information. It contains a letter that BC Forest Safety Council Chair & CEO, Reynold Hert, sent off to WORKSAFE New Zealand after they asked him for comments on the experience of the BC forest industry in dealing with forest safety issues.

New Zealand is currently hosting an Independent Forestry Safety Review Panel to examine how best to address forest safety concerns, and what learnings might be applicable from other jurisdictions.

The letter provides a summary of the BC forest industry safety experience and insights into how we came to be where we are at and what continue to be our challenges going forward.

If you would like to comment or share your opinions on the topic, please email editor@bcforestsafe.org

BC Forest Safety

Comments to Angela Gregory of WorkSafe New Zealand In response to email about BC Forest Safety Ombudsperson's Input

Angela,

Roger's views (BC Forest Safety Ombudsman) are valuable and I would agree with them in general. My perspective can be viewed as different, but complimentary. Improving the forestry in woods safety record is complex because it deals with many different aspects of human behaviour, beliefs and practices, from owners and senior management to the individual worker on the forest floor. In order to make a permanent change in the safety performance, a permanent change in culture needs to occur, and this comes down to fundamentally changing the beliefs of people. The most important group to change the belief of are the owners of the land, the senior leadership of the companies, and senior members of the regulator.

When we were benchmarking DuPont, one of the best companies in the world at managing safety and producing with minimal injuries, they shared some of their findings with us. A key item they shared was "95% of all injuries are caused by behaviour and 85% of behaviour is driven by what employees believe leadership communicates is important to the success of the business". They went further by saying that it is not what leadership writes as their beliefs (e.g. policies or vision or missions or values), but rather what leadership conveys through their actions. In other words, what they talk about and what they don't talk about, what they measure and what they don't measure, how they themselves act (do they follow the speed limit or safety rules). People continually interpret signals from the owners and senior leadership – what does housekeeping really look like, who gets promoted and why, what gets inspected and what doesn't, what gets rewarded versus what does not, and so on.

Ivan Pupildy of the US Forest Service explained culture in a simple, but powerful model. The definition of culture is "the practices you see, underlain by the values of the group, grounded by the beliefs". Ivan used the example of a marker buoy in a body of water. The buoy part you see floating on the surface is like the practices you observe in a culture. To change the practices, people often use things like regulation and penalties to "push" the buoy to a new spot. As long as you maintain the "push" force on the buoy you will get different results, but as soon as you relax the push, the buoy pops back to its original location, pulled by the chain and anchor.

The chain is the values of the organization or group, the anchor is the beliefs. If the underlying beliefs of leadership have not changed, in spite of the "push" of forces like regulation, you don't get a permanent change. You can get temporary

change, but results will reverse when the "push" is diminished.

The BC Forest Industry is an example of the situation. We always had specific forestry regulations. We have long had a regulator who did inspections, yet we had a high rate of fatalities. The issue was that many owners and senior leaders in the industry accepted the high number of injuries and fatalities as "part of the business" and they had a belief that "safety was a cost of doing business". A strong part of the common belief that safety was a cost was based on historic practices of layering a "safety program" onto the business. Regulation was a part of this belief and a cause of the layering. For example, businesses were required to have safety committees and safety meetings. These were often held separate from operations meetings, with different people. The focus of those meetings was not always clear, and people tended to focus on a reactive process. Most of us separated safety from the businesses systems and results.

The other historical item to consider is that most owners and senior leaders were not aware of the extent of fatalities and serious injuries in the province. We knew our own companies, but not the whole picture. This changed in 2003 when the Steelworkers/IWA union brought the issue to the attention of the Labour Minister, who in turn brought it to the attention of the industry. Once the owners and senior leaders in industry became informed of the true extent of the issue, and more importantly the public became aware, the change process started. A key part of the change was the Labour Minister telling industry they had a choice of either leading the change themselves or the government leading. The Minister said the government's tools were regulation, inspection, orders, penalties, fines and prosecutions, while industry's tools were innovation, collaboration, best practice development and sharing, technological development. The industry chose to lead, with an ongoing close relationship with government (WorkSafeBC).

A joint task force of industry, the Steelworkers union and government studied the situation and created a report entitled "Final Report of the Forest Safety Task Force (2004)". (You can find a copy on our website). The group would have been similar to the Independent Forest Safety Review panel, but perhaps with a broader working group. There were 16 recommendations in the report, but the overriding one was to change the culture. Essentially the change was to make injuries and fatalities unacceptable.

The initial efforts on this approach took several aspects, all of which in hindsight fell into the trap

Ivan Pupildy described so well. We all "pushed" on the buoy because of the heightened awareness and public concern. Senior company leaders made public declarations of the need and intent to change (through a communique), the new values were printed (in a Forest Safety Accord), inspections were increased by WorkSafeBC in the highest risk areas, and SAFE Certification was created. All of these items helped to reduce fatalities and injuries initially, and made some change to the culture. However many of these initiatives also received substantial push back because they felt like new "layering" of safety systems.

SAFE Certification was effective to a degree because it was designated as a requirement by the major tenure holders to operate. SAFE Certification was a foundation system that checked that the contractors working for those tenure holders had a basic safety management system in place. It was driven by the contractor or company having systems that met regulatory requirements. One of the major advantages was that it raised awareness, and educated many people on what the regulatory requirements were (many did not know the regulations). The disadvantage was the first version of the system was designed quickly, and mostly by auditors and bureaucrats, not industry operators. It was very paper oriented and caused a tremendous amount of documentation.

We also put Faller Certification in place of those involved in manual tree falling. This was also felt to be an additional layering of systems, but it did have an impact over time of improving the quality of hand falling. Maintaining the value of this type of system becomes the issue if people don't believe it is of real value.

Many of the contractors did not understand the intent, but went through the motions of filling out the paper and putting things in place to "meet the system". This strengthened the feeling of "layering" safety onto the real business as an additional cost.

These first efforts reduced fatalities and the serious injury rate by about 30% within a few years. It was the increase in awareness and what leadership was measuring that made the biggest differences.

However, the real challenge was permanently changing the belief of the owners, senior leaders, and many of the contractors that would give lasting change and take the industry to the next level of performance. Industry needed to "pull on these systems" rather than feel they were being pushed on them. Industry also needed to be actively involved in designing and doing ongoing improvement to the new systems

SPECIAL INSERT



and best practices.

The shift was to change the belief to one where people believed that injury prevention is an integral part of having a successful business. If you are having injuries your business is not the best it can be, and therefore you are leaving money on the table. Injuries are a cause of problems in the design, knowledge, skills, training, and methods and tools the business uses. Injuries are a window into the business of an improvement opportunity.

Put another way – a logger may state that they are not a safety company; that their business is logging. That is a true statement. Then ask the logger why if their business is being the best logger possible, getting logs predictably and reliably to the roadside and mill, on quality spec and low cost, why they are comfortable in producing the off spec product of a person to the hospital or cemetery. The logger will often realize that it means they are not the best logger since they produced something they did not expect, had a business interruption, and need to change part of their process, training, methods or tools.

At this point people start to look at injury and risk differently. They start asking their people where the systems put them at risk, and work to change to eliminate the risk. What they find is their operation reliability improves, and costs decrease. They also tend to find that the injury doesn't happen the first time a person uses a poor practice, rather somehow the leadership enabled the practice for a period of time, and it finally caught an individual. Owners and leaders now start to look at their business very differently; leading to a change in what they believe makes their business successful.

This is the ultimate challenge in the forest industry. Most of us come from a history of success by jumping in and getting things done. Many other high risk industries have developed more from an engineering background and take more time initially to identify and control risks (nuclear industry, airlines, petroleum and chemical processes). They are high risk industries with even more complexity, but with lower injury rates, stemming from a fundamental belief they had better spend time on strong design, methods, skills, training and tools or they face potential catastrophic failures. Our industry needs to develop this belief, especially as our equipment becomes more sophisticated, the pace of harvest increases, competitive pressure mounts, and steeper ground is harvested.

After the initial improvements in injury and fatality reduction occurred, the industry plateaued in the improvement rate. We had plucked the "low hanging fruit" that comes from

putting pressure on the buoy, now we really needed to concentrate on moving the anchor by changing the belief.

The messaging over the past few years has been geared to helping companies and contractors understand how integrating injury management into business management helps a company be more profitable. The profit improvement comes primarily from better design, knowledge, skills training, methods and tools. The resulting reduction in insurance and direct costs from injuries is a bonus; the real gain is from the overall improvement in daily operations.

The critical mass culture change point in the BC industry is being reached to where discussion on the importance of reducing injuries to improve business results and to attract new employees occurs regularly in industry association meetings. These discussions are not part of a safety topic, but rather interspersed through the various topics. Today, more people understand that the morning tailgate meeting should be focussed on identifying the risks to reliable production. Identifying and managing those risks enables the equipment and people to operate without surprise. The integration of injury reduction with good business process is occurring. More companies are realizing that getting into the details during training and operations is important and makes them money.

Changing the belief in the critical mass of companies will not fully eliminate the injuries. Regulation still has a place for those operators who "don't get it", or who get off track due to a change in leadership, or are new to the business and want an understanding of basic best practices. Inspections by WorkSafeBC officers, directed primarily at those companies with poor safety records, are still an important component in an industry with so many companies. However, today most major companies demand safe performance as a pre-requisite. As one landowner's contract manager explained to the Western Silvicultural Contractors Association: the first thing he checks before giving a tree planting contract is their safety record. His view was that if they cannot prevent injuries to their employees, why would he believe they have a system in place to reliably give him the production, quality and survival rates he requires?

The BC Forest industry is also looking at technical innovations to reduce risk. Like the New Zealand industry, the BC industry is looking at alternate falling methods to get people off the ground and hands off the saw. The interior BC industry (interior of the province) is highly mechanized due to the flatter ground and smaller size of the trees. The Coastal industry is more like New Zealand with a higher portion

of the harvest on steep ground relying on hand fallers and yarding operations. The BC industry is investigating some of the innovations already being tested in New Zealand, such as tethered harvesters on the hillside.

The BC industry is also learning about and applying Human Factors issues such as proper nutrition, hydration, fatigue management, employee participation, logging truck cycle time design impacts, how to develop good habits such as three point contact.

Overall, there are many facets to reducing the injuries in the industry and it takes cooperative participation by all the stake holders. The largest factor is industry owners and leaders, and other visible leaders such as association heads and major contract owners, equipment suppliers and government officials believing the real value in reducing injuries is improving reliability and profitability. That gets picked up by all workers, and changes the way everyone views the practices in the industry.

The regulator (WorkSafeBC) and the government Minister responsible for WorkSafeBC are also important. If they don't understand the true long term issue of changing beliefs and values to reduce injuries; they will work only with tools that address practices (push on the buoy). There is a long history in many industries that shows that is only partially effective. They need to use their tools, but also challenge industry leaders in their beliefs.

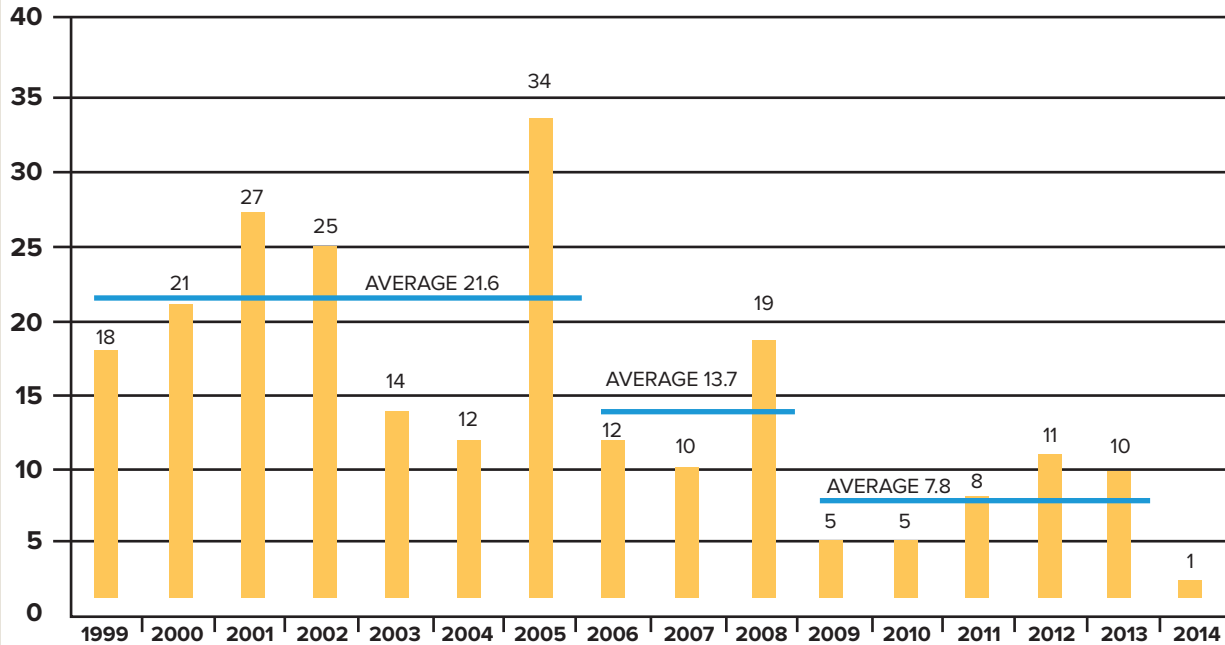
The result of changing the beliefs is that industry has become even more engaged in the past 18 months to reduce injuries. There are industry led groups with senior people tackling key issues such as manual tree falling, the coastal injury rate, log truck rollovers on public and resource roads, silviculture and small woodlot/community forest tenures. These people believe they can improve their overall business results while reducing injuries. Early indications are we are starting to come off the plateau in injuries. Below you will find a few graphs and charts that give some indication to this.

Feel free to call me with any questions you may have on the views expressed here.

Reynold Hert

250-739-5178
hert@bcforestsafe.org

WSBC ACCEPTED HARVESTING FATALITY CLAIMS

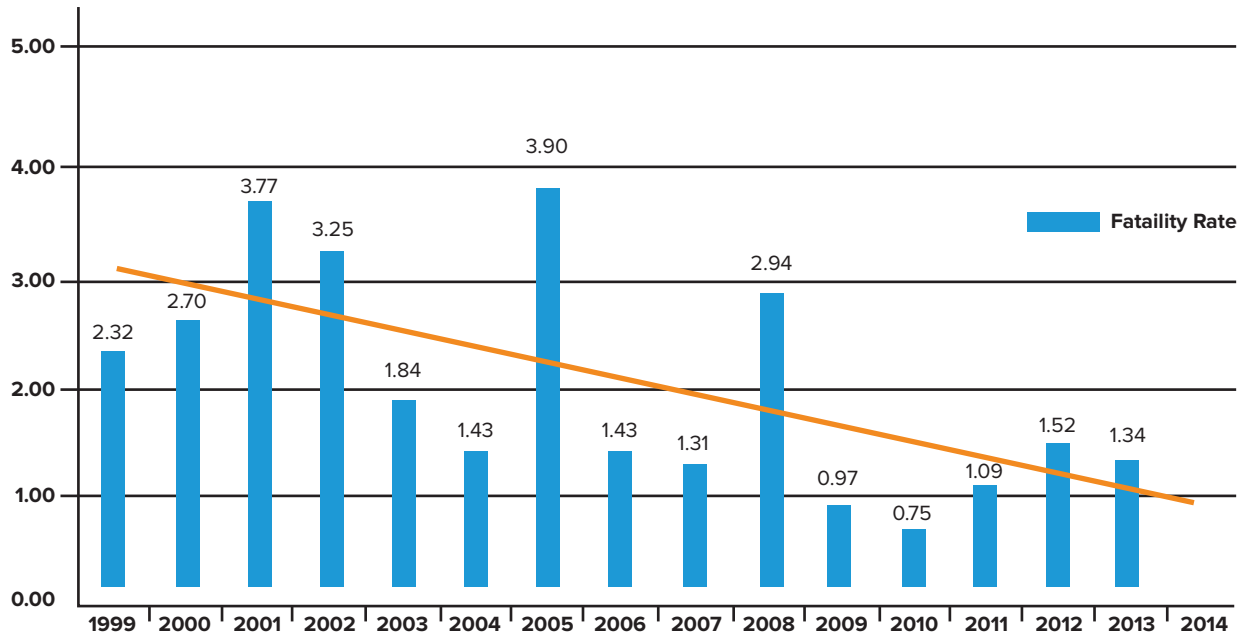


Note: 2014 Fatality Data is to July 9, 2014

Note: 5 of the fatalities in 2008 and 2 in 2013 were forestry passengers and pilot in aircraft chartered for forestry work. 1 fatality in 2013 was a logging truck driver on the highway when a transport truck jackknifed in front of him. Fatality numbers in 2009 and 2010 were affected by the market slowdown. Instead use the rate graph that follows below.

HARVESTING FATALITY RATE*

* (PER TEN MILLION CUBIC METRES OF WOOD HARVESTED)



New radio channels will improve safety on resource roads

Early in June, Industry Canada (IC) announced that it will dedicate 40 new exclusive radio channels to improve the effectiveness of communications and increase the safety on resource roads in BC.

In a statement IC said: "This action will help reduce any interruptions or interference among radio communication users on these roads, resource sectors and other radio spectrum services."

As industry knows, reliable and quick communication can mean the difference between life and death on remote resource roads.

Soon, logging truck drivers and other users of resource roads will no longer need to worry about having the correct radio channel to safely travel in BC's backcountry. With the 40 new dedicated radio channels, they'll be equipped to work throughout the province.

"Radio spectrum is a critical public resource, and it is our job as a government to ensure that it is allocated in such a way that benefits

all Canadians, including those in isolated areas. New dedicated radio channels will give travellers along the 650,000 kilometres of resource roads in remote areas of British Columbia access to better communications," said Industry Minister James Moore.

Improve Safety

BC's Minister of Forests, Lands and Natural Resource Operations, Steve Thomson said the dedicated radio channels were part of a resource road radio protocol that would "improve safety for all resource road users." He said IC, ministry staff and BC's resource sector stakeholders had worked collaboratively to make this happen.

West Fraser Mills Roads Coordinator, Gordon Todd, echoed the improved safety value in the new channels: "All provincial users can have a complete set of established channels, allowing them to immediately integrate to the local radio control rules wherever they work. It's a very positive initiative in support of improved road safety."



British Columbia has 650,000 kilometres of resource roads.

In total, 95 existing radio spectrum users will be asked to voluntarily move to alternate channel assignment to make way for the 40 new resource road channels. Existing users will move by the fall, allowing for more orderly and effective use of communications on resource roads. Users will only move once a replacement channel assignment has been identified that fully meets their needs in order to have minimal impact on the operation and effectiveness of radio communications.

For more information, please see: http://bcforestsafe.org/road_channels.

T-shirt winners



Thanks to everyone who sent in great safety tips relating to any aspect of forestry. Entries were received from timber cruisers, fallers, auditors, company owner/operators, consultants and a variety of supervisors/workers.

The five lucky readers who had their names drawn are: Kelsey Enns (Vanderhoof), Mark Goddard (Campbell River), Jeff Giesbrecht, (Burns Lake), Peter Furlong (Port McNeill) and Warren MacLennan (Clearwater). Winners should allow 4-weeks for delivery of their t-shirts: "Slow the truck down."

Here are some of the safety tips received:

"Being awake and alert gives a guy a big advantage in any situation. Get enough sleep."

There is an incident-free speed for every road condition, every rig, every weight and every curve. **Slow the truck down!**

"One of the best practices I have seen on my tours around the coast is companies who standardize where a truck driver stands when the wrappers are put in the loader grapple and placed over the load. A lot of companies are insisting the driver stand in front of the tracks, behind the load, in plain view of the loader operator. As we know, a lot of deadly incidents have happened when the loader operator does not know where the truck driver is. Obviously, this may not be the best place for the driver of a fat truck being loaded by a line log loader but with hydraulic loaders loading highway trucks, it seems to be a good place. In any event, have a procedure for all drivers' routines under the log loader and at the beach or mill so that the loading or unloading operator knows where the driver is at all times."

"DO NOT ASSUME ANYTHING! When working with others have eye to eye contact or radio communication. Do not assume others know your next move, which could put them in the bite and they could get hurt or seriously injured!"

"Walk don't run. Adjust speed downwards in more difficult terrain, especially where a lot of blowdown is present, and never walk on logs which have conks or significant decay."

"When falling a tree after the undercut, watch the top of tree (if you can still see it), and long before it will sit back and often before a wedge (if it's small) can be placed, the tree indicates its direction of fall with slight jerk in that direction as some of the tension comes out."

"Keeping things clean, neat and tidy is a good safety practice as we significantly reduce the possibility of slips, trips and falls. It also makes for a much better work environment. Also proper inspections, daily logs and PPE is very important to ensure safe work practices."

"Do consistent machine inspections and set cycle times the trucker can meet to avoid rushing."

"Have good communication (handheld radios) at all times with crew and the outside world (cell or SAT phones). It is peace of mind!"

"Plan your day. Know what you need to do, how you plan to do it, anticipate any issues, and visualize how you are going to get it done. I remind myself every day before I leave the house/camp that I really have to be on my A-game the whole shift so I can go home and be grandpa."



The business of bias in incident investigation decisions



Forest industry participants spent two days learning how best to be aware and manage for bias contamination in incident investigations.



Top: Dr. Itiel Dror Bottom: Dr. Carla MacLean

When it comes to making sound decisions in incident investigations we can only make good decisions if we actively recognize and manage bias, ensuring bias does not influence the quality of the investigation.

In an intense two-day training seminar earlier this year, Cognitive Consultants International's Dr. Itiel Dror and Dr. Carla MacLean, made a strong case to forest industry participants for recognizing bias and how the best investigations actively manage bias to ensure that it does not unduly influence outcomes at any stage of an investigation.

Managing bias is important because unchecked, bias can lead to tunnel vision and degraded performance in all kinds of "expert" professionals. There is often a lot of pressure on experts to act very quickly, without time to fully or logically consider all options. Decision-making can tend to be based more on experience than on the actual analysis of the facts and events.

Much of this bias is unconscious. That is just how the brain works. To make sense of things, the brain ignores a great deal of information. Dr. Dror explained that the brain is nothing more than a "limited capacity machine," which creates short-cuts in decoding visual and other cues to facilitate meaning. Course participants were put through several exercises to prove how each person's brain made constant errors. Our brains impose order, make assumptions, distort, add or subtract things as they work to interpret visual and other information.

"It is not a perfect world and we cannot eliminate bias, but if you are aware of bias, you are halfway there already," said Dr Dror. "Once you are aware, you can take active steps to prevent bias contaminating an investigation."

SOME QUICK TIPS:

1. Collect cold, hard data first and document separately.
2. Then ask people what happened:
 - a. Ask only what you need to know
 - b. Never ask judgment or assumption info from witnesses. Keep them on track: what happened, what they saw, heard, smelt, felt, how and why
 - i. Be cautious as memory of an event is a poor version of the actual event. Humans can also add things during recall that their brains expect them to have seen or heard, but actually didn't. Witnesses can mislead an investigation's fact gathering without any intention to do so. Others can mislead intentionally to protect someone, or out of fear.
3. Break expectations:
 - a. Assume nothing. Let the evidence speak, not your or others' expectations of what you/they think happened
 - b. Remember it's hard to forget what we have come to know or expect,

but we have to remind ourselves that preconceived notions create bias and devalue the investigation

- c. Don't underestimate the uncertainty people faced at the time of the incident
- d. Walk in the workers' shoes – the one injured, and each of the witnesses.
4. Measure initial evidence findings against witness and other input, to determine outcomes.

"Investigators want to be as blind as possible for as long as possible; if you don't need it, don't ask about it, before or during your collection of data," said Dr. Dror.

RESEARCH HAS ESTABLISHED:

- Eye-witnesses tend to believe the worker behaved unsafely (in general, but not always)
- People who participated in the event are likely to offer more situation-focused explanations of the event
- Investigator's own tendency to see the worker as causing the incident may result in a distorted understanding of events.

To learn more about the power and limitation of brains, bias in decision-making, visit Cognitive Consultants International: www.CCI-hq.com.

Upcoming Training

If you would like to see how a training course can meet your organization's needs, please let us know. We are committed to working with you to find the right training solution. We may be able to tailor a program to your specific needs and deliver it in a way that is most convenient for your operations.

Please see bcforestsafesafe.org/fscapps/calendar/calendar.php for 2014's full training calendar. Check back often as course dates do change. Email training@bcforestsafesafe.org or call toll-free 1-877-741-1060.

Individual Owner Operator (IOO) Occupational Health and Safety & IOO Refresher Courses:

August 23 Teleconference
September 27 Teleconference
October 18 Kamloops
October 25 Cranbrook
October 25 Teleconference

Small Employer Occupational Health and Safety (SEOHS) & SEOHS Refresher Courses:

August 14 Campbell River
September 18 Langley
September 22 Burns Lake
September 25 Williams Lake
October 8 Terrace
October 9 Nanaimo
October 16 Kamloops
October 16 Prince George
October 28 Cranbrook
October 30 Castlegar

Basic Incident Investigation Course:

September 9 Castlegar
September 11 Campbell River
September 22 Williams Lake
September 29 Langley
September 29 Kamloops
October 6 Terrace
October 16 Nanaimo
October 23 Cranbrook

Advanced Incident Investigation Course:

September 10 Castlegar
September 12 Campbell River
September 23 Williams Lake
September 30 Langley
September 30 Kamloops
October 7 Terrace
October 17 Nanaimo
October 24 Cranbrook

Falling Supervisor Course:

September 15 Vernon
September 22 Prince George
October 20 Campbell River

Basic Forest Supervisor Course:

September 11 Castlegar
September 15 Williams Lake
September 17 Prince George
September 24 Burns Lake
September 25 Courtenay
October 8 Vernon
October 30 Langley

Internal Auditor training:

October 6-8 Prince George

External Auditor training:

October 6-10 Prince George 📍

Update on new supervisor training course

Supervisors play extremely important roles on worksites. They manage safety, production and staff issues and often are the glue that holds things together. At industry's request, the BC Forest Safety Council is revising its supervisor course to not only provide training in due diligence and legal responsibilities, but to also explain strategies for effective communication and leadership. Writing of course content is now in the development stage and should be completed by the end of the summer. The course content will then be reviewed by the industry subject experts. With further input and comments, the content will be piloted with current, experienced supervisors and workers aspiring to become supervisors, and with trainers to ensure comprehensive feedback. Pilot sessions are expected to run in the fall. 📍

STANTEC puts 150 staff through Basic Forest Supervisor Course

Stantec Consulting Ltd., a BC Forest Safety Council (BCFSC) SAFE Certified company, has put 150 of their Environmental Services field crew leaders through a customized version of the Basic Forest Supervisor training course.

A total of eight training sessions were held in Burnaby, four in Sidney, and two in Terrace, over the past several months, all presented by trainer Steve Mueller. Feedback from Stantec course participants has been very positive and included the following individual comments about the training:

"Excellent and relevant."

"Emphasis on the Act and regulations and obligations (of supervisor) and how Stantec's forms and policies/practices meet these requirements."

"Well worthwhile. Great for younger/junior/intermediate newer hires put into positions of responsibility."

"A key benefit was around critical thinking: what to anticipate that may require input as a supervisor."

The BCFSC is committed to supporting industry by tailoring training curriculum sessions to best meet the objectives of companies. "We are flexible and try to find training solutions that will meet a company's needs," said BCFSC Training Manager, Pam Jorgenson.

From a company's perspective, the business case for timely, relevant, consistent and cost-effective training is significant. "Consistent training standards are very important to us. We look for training that supports our people, their roles as supervisors, and in turn supports our clients and their communities." – Asifa Samji, Vice President, Environmental Services, Stantec Consulting.

If you would like to explore how a BCFSC training course might be tailored to your company's needs, please email training@bcforestsafesafe.org or call toll free 1-877-741-1060. 📍

New Faller Training restarted with new training model

In the last edition of Forest Safety News we carried a story about how the BC Forest Safety Council had suspended a session of New Faller Training. Training using a new model is scheduled to begin as soon as trainers and timber sites can be confirmed. The new model – providing for a one-to-one ratio between the Qualified Supervisor/Trainer and the new faller trainee – will result in an increase in tuition from \$15,500 to \$22,000 plus GST, an increase of 42%. Students that are enrolled as of September 30, 2014, will not be affected. Students enrolling after that date will be required to pay the new cost-recovery price that reflects the costs of the new model.

To learn more about the training, requirements, and costs, please visit: http://www.bcforestsafesafe.org/files/ref_newfallertrainingfrequentlyaskedquestions.pdf

Industry training partnership up and running

The BC Forest Safety Council (BCFSC) has signed Industry Partner Training Agreements with two industry operations to implement new faller training, namely Western Forest Products (Gold River Division) and Blue Thunder Contracting Ltd. (Campbell River).

This industry program follows the requirements of the BC Faller Training Standard and involves a partnership agreement that a suitably qualified company enters into with the BCFSC, with all roles and responsibilities clearly defined.

A company with active falling that would like to apply to be considered as an Industry Training Partner, should contact falling@bcforestsafesafe.org.

First Qualified Faller/Trainer course completed as part of industry training model

As part of the implementation of the industry training model, Industry Training Partners must have a Qualified Faller/Trainer (QF/T) on staff to conduct the new faller training. This requires successful completion of a six-day course (six of the nine days of the Qualified Supervisor/Trainer course). The first candidates successfully completed the course in early July, 2014, allowing them to train one faller at a time at the licensee's worksite, under an approved partnership agreement.



Falling

Advanced bucking training tools being developed



A “developing a curriculum” (DACUM) facilitator, Susan Grifone, works with a group of seasoned fallers and buckers to document the knowledge, skills and experience of individuals conducting advanced bucking. The objective is to develop tools to support the safety and training for advanced bucking.

Advanced bucking is at the extreme edge of high risk falling and bucking. Think big trees, on very steep slopes, in remote locations where only helicopter access and exit is possible for both workers and logs, and you can appreciate why it is an elite group of fallers and buckers who have the skills, the passion and perhaps most importantly the depth and breadth of experience to successfully work safely and productively.

Traditionally – and for good reason – there has been no course that can teach these skills. These are skills developed, refined and perfected over many years of felling progressively more challenging conditions.

Industry recognizes that there is no shortcut to experience, but that an opportunity does exist to provide possible tools that can help support progressive learning and improved safety outcomes. To this end a group of seasoned, expert, advanced buckers spent a day brainstorming the risks and hazards of advanced bucking and then documenting the knowledge, competencies, experience and particular skills needed.

Given the complexity of the skills and experience required, the BC Forest Safety Council will be exploring how best to provide training tools to industry.

New video on danger tree blasting offers safer option for many woodlot, silviculture and other industry applications

Faller Blaster, Co-Chairman of the Western Fallers' Association, and BC Forest Safety Council Board Director, David “Dazy” Weymer, shows viewers how to effectively and efficiently deal with the challenge of falling trees below a previously built road.

The rocks, logs and debris left below the road can be a considerable hazard for fallers. Blasting trees can keep fallers clear of this potentially dangerous situation as well as provide silviculture and woodlot operations alternatives to having to call in a full falling team.



Please see www.youtube.com/watch?v=3rwc7vvFPg4&feature=youtu.be&a

To achieve a blasting certificate, please see the course requirements and outline: http://bcforestsafesafe.org/training/Danger_Tree_Blasting_for_Fallers or email training@bcforestsafesafe.org to organize training.

Got wood? Timber sites are needed for New Faller training



If any company has wood that is available and suitable for New Faller Training sessions, please let the BC Forest Safety Council (BCFSC) know. We are looking to develop a list of contacts for potential timber sites across the Province. Finding suitable wood for each new faller or other faller training session can take considerable time and effort, often causing delays in getting training sessions started, which impacts negatively on meeting industry demand for new fallers.

For each 30-day training session, we require a timber site that is approximately 3,000 to 5,000 cubic metres consisting of coniferous trees, not poplar or cottonwood. Sites must have enough room to place four people, each two-tree-lengths apart.

Please contact falling@bcforestsafe.org if you think you have a possible site. 📍

Falling safety advisor needed to champion faller safety out in the woods

The BC Forest Safety Council (BCFSC) is looking for a well-respected faller (either a Qualified Supervisor/Trainer (QST) or able to become one) to join the team to support industry in reducing serious injuries and fatalities. The falling safety advisor will perform falling related field activities, instruct falling related training, provide falling safety advocacy and assist industry to deliver safe production.

The role, which is 80% field-based includes evaluations, certifications and quality assurance of Certified Falling Supervisors, QS/Ts, industry partners for faller training, Qualified Faller/Trainers (QF/T) and Certified Fallers. Additional activities include remedial Faller training, New Faller training, Falling Supervisor training and other falling related training as required, as well as audit support services, investigations and special advocacy visits to assist fallers in the field with challenges they face.

If you are a BCFSC Certified Faller (and/or QS/T), with a minimum of 10 years falling experience including a minimum of five years of faller supervision and have training experience as well as dangerous tree faller blasting certification or awareness, please see the detailed job description: <http://www.bcforestsafe.org/careers.html> and send your resume to: careers@bcforestsafe.org 📧

UPDATE: Pilot study on fatigue management for fallers



Over the past five months a total of 67 fallers have been provided with Fatigue Science Readibands as part of a pilot study to better understand fatigue issues and how they impact performance and safety for fallers.

During deployment of the Readibands, fallers received a short seminar on fatigue and the importance of quality and quantity of sleep with respect to performance and safety.

Early results (still too small to be scientifically significant) indicate a moderate to high level of satisfaction with the Readibands as a

fatigue management tool. Participants identified information on sleep and fatigue as extremely useful to understand how their sleep habits affected their daily performance; and, found the bands comfortable to wear.

The pilot project, which was initiated to consider fatigue as a safety issue among fallers, is scheduled for completion in fall, 2014. Forest Safety News will update readers on final survey results and feedback from participants and their supervisors in a future edition. 📍

Recent Falling Supervisor training course in Prince George



From left to right, Merv Rogers, Sheldon Rabbit, Dietrich Nanooch and Lenn Mason, all of Tawow Resources Inc., practice measuring and scoring stumps to the BC Faller Training Standard.



Stump scoring – supervisors from Frost Lake Logging hone their skills measuring and scoring falling cuts – Neal Smith (front), Roy Kiland and Melvin Parrish (obscured). 📍



*Dr. Delia Roberts holds a PhD in Medical Science and a Fellowship in the American College of Sports Medicine. She worked with Canadian Olympic medalists from 1984 to 1998 before moving to Selkirk College where she focuses on researching and teaching optimum workplace performance. She will be launching the college's newest online citation program: **Integrated Worksite Health & Safety**, starting in October, 2014. The program covers three 12-week modules introducing: integrated worksite health and safety; nutrition science for the workplace; and, movement science for worksite health and safety. See: <http://selkirk.ca/program/integrated-worksite-health-safety> to learn more.*

September is:

Men's Cancer Health Awareness Month and Prostate Cancer Awareness Month: Prostate cancer is the most common cancer to affect Canadian men. One in seven men will be diagnosed with the disease in their lifetime. The prostate is part of the male reproductive system, responsible for adding nutrients and fluid to sperm. Prostate cancer can be slow-growing and some men who develop prostate cancer may live many years without ever having the cancer detected. Early detection through regular screenings is important. Learn more at Prostate Cancer Canada: <http://www.prostatecancer.ca/>

National Arthritis Month: Nearly three of every five people with arthritis are of working age (under 65). Learn more at The Arthritis Society: <http://www.arthritis.ca/>

World Alzheimer's Day, September 21: More than 70,000 people in BC have Alzheimer's disease or other dementia. See Alzheimer Society, British Columbia: <http://www.alzheimerbc.org/?c=1>

World Heart Day, September 29: See World Heart Federation: <http://www.world-heart-federation.org/what-we-do/awareness/world-heart-day/>, promoting improved, heart-healthy environments where people live, work and play. 🌱

It's hot out there!

Stay hydrated to stay alert and reduce fatigue and head-aches

By Dr. Delia Roberts

Staying cool in the summer can be a challenge for anyone, but it's especially tough for people working hard while wearing PPE. For example in a study with fallers working in moderate temperatures (average 20° C), workers consumed less than 2 litres of fluid but lost more than 4 litres during the workday.

Contracting muscle and other metabolic reactions generate heat which can be released into the environment around us. But when the work rate is high, or air temperatures rise, we have to rely on the evaporation of sweat to carry the excess heat away. Unfortunately, this doesn't work very well when airflow is restricted (like when sitting in a non-air-conditioned cab or when wearing PPE or a cruiser vest) and sweat rates can rise very high. Under conditions like these, water losses can reach a litre per hour or more and cause dehydration if the water lost through sweat is not replaced.

Hydration improves concentration and alertness, and reduces the risk of an incident

Dehydration isn't something to take lightly. When water loss is only about 2% of body weight, both physical and mental performance are impaired. It gets harder to concentrate, stay alert or make good decisions. Fatigue sets in because your heart has to work harder to circulate the remaining blood and your brain and muscles can't wash away waste products. Body temperature rises since there isn't enough water in your blood to maintain the volume to circulate out to your skin where heat can escape, or keep sweat rates high. The risk of an incident, heat stroke and even death is increased.

Staying hydrated takes a bit of effort

Working in the bush presents yet another problem. It's all well and fine to talk about replacing sweat, but when you don't have access to a refrigerator and have to carry all your water with you, how are you supposed to replace more than 6 liters of fluid that can be lost during the summer months? All that

water is much too heavy to carry around all day! Advertising tells us sport drinks are the answer, but they are expensive and contain sugar and salt. These ingredients can help you absorb fluid, replace salts lost in sweat, and provide energy if you are exercising hard. But they are NOT necessary for drivers and operators – in fact the sugar will spike insulin, which can cause a drop in blood sugar and loss of concentration in the short term, and which can contribute to obesity and diseases like diabetes in the long term. Too much salt can also be problematic, contributing to high blood pressure.

So what are you supposed to do?

- First off, make water (in addition to coffee) part of your breakfast and get into the habit of always having a water bottle with you.
- Thirst isn't a great indicator of hydration level. By the time you are thirsty you are already down about a litre, and as soon as you start to drink the flow of water across your tongue shuts off the thirst response.
- Sip water all day long. The water will stay in your body much better (rather than be cleared by your kidneys) if you take it in as small amounts instead of guzzling a full litre all at once. Aim for 2 cups/hour and increase if you are sweating.
- Cold water is refreshing, and tastes better – an easy trick is to fill your water containers half full and put them in the freezer. Top them up with water when you wake up, and you'll have ice packs to keep your lunch cool, and nice cold water for the day.
- Check the color of your urine. If it's dark yellow, you need to drink more. If it's pale or colorless slow down your water intake. In rare conditions it is possible to drink too much.

Staying hydrated will help keep your energy level up, reduce stress and help prevent headaches. Every process in your body requires water, so keep your water intake up when the weather heats up! 🌞

Protect your knees!

Wear and tear is a major cause of knee replacements

According to the Canadian Institute for Health Information there were 7,151 hospitalizations for knee replacements in British Columbia in 12 months over 2012-2013. Each hospitalization may have been for one or both knees being replaced. 501 of these operations were repeat procedures. The major cause for knee replacements in Canada (97%) is degenerative arthritis, also known as osteoarthritis, or simply wear-and-tear arthritis of the knee. This causes the cartilage (the cushion between the bones) to wear away, allowing the bones to rub together which results in swelling, stiffness, pain, decreased mobility and bone damage (spurs).

Wear and tear is worse if overweight

Age (simply because of the amount of wear and tear over time and the fact that the ability of cartilage to heal decreases as a person ages) is a major risk factor for osteoarthritis of the knee, but young people, and workers of all ages, athletes, and people who are overweight, are at significantly higher risk of knee injuries if they do not take proper care of their knees.

The knee can fail:

1. When you twist the knee without moving your foot
2. With side to side pressure (like screefing -- pushing soil side to side with your foot)
3. If you squat with the knee positioned in front of your toes. Always keep the knee in line with, or behind, the toes when you bend

4. When your foot arches are not properly supported and ankles roll in, whether walking, running, skating or doing other activities.

Taking good care of your knees is not difficult when you know how

It is important to keep in mind that the knee is designed to move only in the forward-backward direction. Twisting movements put a lot of strain on the ligaments and tendons and we rely on muscles that surround the knee to support the joint. This requires a certain amount of strength, but most importantly to prevent injury, the reflex that tells the muscles when to contract needs to be sharp.

The good news is that it's fairly easy to re-set the reflexes that get your muscles to contract and support the knee joint, taking some of the load off of the joint and reducing further wear and tear. To this end, the Western Silvicultural Contractors' Association (WSCA), along with Dr. Delia Roberts, has produced a two-page knee info sheet for workers along with easy to do exercises to strengthen knees and reactivate these all-important reflexes.

The aim is to help improve knee health, reduce knee injuries and enhance safe performance and productivity throughout work and into retirement.

Please see WSCA's website for more information:

<http://wsca.smartt.com/Media/Multimedia/Desperate%20Planters%20Last%20Chance%20Knee%20Maintenance.pdf> 📄

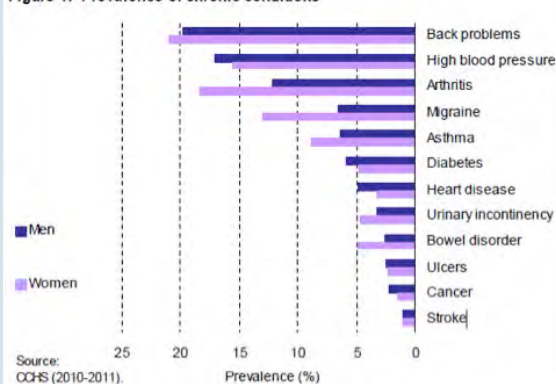


Be sure to keep your knee in line with or behind your toes when you bend. Photo credit: the Western Silvicultural Contractors' Association website.



To prevent knee failure do not roll your foot arches, ankles and knees. Photo credit: the Western Silvicultural Contractors' Association website.

Figure 1: Prevalence of chronic conditions



Health Statistics: Did you know over 20% of BC residents have chronic back problems?

This information is contained in a July 2013 report by the Arthritis Community Research and Evaluation Unit for The Arthritis Society, based on statistics from Stats Canada's Canadian Community Health Surveys. The prevalence percentage (%) along the bottom of the figure (on the left) is the percentage of British Columbians who have these chronic diseases. See <https://www.arthritis.ca/document.doc?id=902>

Next edition: Don't miss the special feature on stretches. 📄



Always wear a hard hat and boots in the woods

Thanks to Marin Jorgenson (9) from Nanoose Bay for sending in her lovely artwork. Her mom and dad are both registered professional foresters.

Marin says: "You should always wear a hard hat and boots in the woods." A loot bag will be making its way to you shortly, Marin. Well done!

Send in your child's forest safety artwork for publication to:

**The editor
Forest Safety
420 Albert Street
Nanaimo BC V9R 2V7**

Please provide your child's name, age and mom/dad's work address on the back of the artwork so that we can mail their goody bag to you. Submission of any material is accepted as you granting your full permission for publication. 🍷

Logging truck model draw



All kids who send in artwork are also automatically entered to win a grand draw prize of a custom log truck model just in time for Christmas. So keep those masterpieces coming between now and October 15, 2014. They bring a lot of smiles to a lot of people, and remind all of us who some of the most important people are who need us to be safe today and every day – our kids, grandkids and future generations. 🍷

Summer Treat

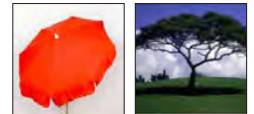
Ask an adult to help you make your own frozen popsicles – if you don't have the trays or sticks, try small ziplock bags (fill half way with water or add a light mix of fruit juice and water), remove excess air and seal tightly and place in the freezer for at least 12 hours. Remove when frozen for ice treats to enjoy outside where it doesn't matter if you're messy. Have a great, safe summer! 🍷



Marin Jorgenson sent in this artwork to remind anyone going into the woods to always wear a hard hat and boots.

Keep kids cool and sun safe this summer with these tips

1. Play in the shade
2. Put on a shirt or other covering in the sun
3. Don't forget the hat and sunglasses
4. Cover well with sunscreen – with the right SPF for you and what you are going to be doing. Remember to replace frequently as directed and don't miss any spots! Do not use aerosol sprays directly on children (latest advice from medical professionals as at July 2014)
5. Sip water frequently (every 15 minutes is a good habit) throughout the day for active kids on the go. 🍷



ABOUT Forest Safety

Forest Safety is published six times a year: February, April, June, August, October and December. All submissions – letters to the editor, safety tips, photos, safety stories, concerns are all welcome. The opinions expressed in the newsletter are not necessarily those of the editor, staff or board of the BC Forest Safety Council. All decisions to publish materials rest with the editor. 7,500 copies of each edition are distributed via mail or email. Additional copies are distributed at industry events.

Subscriptions

If you would like to continue to receive a hard copy or would prefer to receive an electronic copy of this newsletter, please email editor@bcforestsafesafe.org and ask to be added to the print copy or email distribution lists.

Have a story, letter to the editor, safety tip, ideas or photos? Please send all submissions to:

**The editor
Forest Safety
420 Albert Street
Nanaimo BC V9R 2V7**

Call 1-877-741-1060 or email editor@bcforestsafesafe.org 🍷



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FOREST SAFETY News



Safe operation: what's important

Health and safety beliefs or values

Leading organizations have certain beliefs or values concerning health and safety. These govern their approach to achieving safe operation within their organization. Although there may be some variety of beliefs or values, the following are common to all these organizations:

1. Incidents, injuries and occupational illnesses can be prevented

These organizations recognize that incidents do not “just happen” and are not uncontrollable. Incidents have causes. Eliminating the causes eliminates incidents, injuries and illnesses. Most incidents and resulting injuries which occur in your workplace(s) have happened before and have probably happened elsewhere. There is a huge body of knowledge about particular situations and how to prevent specific types of incidents.

2. Health and safety can be managed

Leading organizations manage safety by using the same type of management system as is used for any other business process. The management system is designed to ensure that:

- hazards are identified and control measures implemented
- safe procedures are developed and implemented
- employees are trained in health & safety requirements
- everyone is held accountable for their responsibilities and
- continuous improvement processes are in place.

3. Commitment to safe operation is a fundamental component of how the business is operated. Working safely is a condition of employment

Commitment to safe operation is a core value for leading organizations. Safety is not a “priority” which infers that it is subject to making a choice. The commitment is not

negotiable: other business decisions are made on the basis that planning for safe operation and implementing the necessary steps to ensure it happens are mandatory components of all business decisions.

4. Health and safety is everyone's responsibility

Leading organizations recognize that all persons within the organization have a role to fulfill in realizing safe operation. Some responsibilities are common, for example, the responsibility to follow safe procedures. However, some responsibilities will differ based on the person's position/role in the organization. Everyone will have their responsibilities included in their job description.

5. Safe operation protects people and benefits business results

Protecting people is a primary focus for leading organizations committed to safe operation. However, these organizations also expect to improve business results through safe operation. Compliance with regulatory requirements is important in their operation, both because of the organization's intent to operate in compliance with legal requirements, and also because health and safety regulations contain many useful safe operation standards. However, these organizations realize that if their focus is only on compliance, they will not achieve the benefits which will improve shareholder value, and therefore a focus solely on compliance may only mean additional cost to the organization.

(Information sources include: “Business

Safety is Good Business

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Welcome to the October edition of *Forest Safety*, covering news about safety topics in forestry. This is YOUR safety newsletter. We look forward to your input and feedback! Email the editor at editor@bcforestsafe.org or call 1-877-741-1060.

Results Through Health & Safety,” a joint publication of the Workplace Safety and Insurance Board of Ontario and the Ontario Division of Canadian Manufacturers and Exporters.)

This is the third in a series of columns on why safety is good business. If you have something to share with readers, please email editor@bcforestsafe.org. 🌲

Most incidents occur for one or more of the following reasons:

A failure to assess the work situation for hazards and to eliminate these or take appropriate control measures.

A failure to develop and implement safe operating procedures.

A failure to train employees as to the hazard and the safe procedures.

A failure of the employee or someone else to follow the safe procedure.

The safe procedure was flawed.

In spite of a thorough hazard assessment a set of unanticipated circumstances occurred which exposed an employee to a hazard.

Inadequate planning for safety in the design and operation of new or changed equipment and work environment is often a root cause of the above. 🌲



Making sure all mobile equipment meets escape requirements

A logging operation recently received WorkSafeBC work orders because their new hydraulic excavator equipment did not meet requirements relating to escape from mobile equipment.



Making sure all mobile equipment has the correct cab guarding and exits for easy escape is a regulatory requirement.

Learning from the past

“About four years ago, over a 12-month period, three forestry workers died after being trapped in mobile equipment cabs. In some incidents then and since, relatively minor events turned deadly when operators could not escape when tipped machines had either become immersed in water or had caught fire,” said Terry Chow, safety advisor, BC Forest Safety Council.

When buying new mobile forestry equipment:

1. Ensure specifications meet all regulatory requirements, including cab guarding and escape exits. If in doubt whether something complies or not, ask a WorkSafeBC safety officer to assist you in determining if all requirements are being met.
2. Do not assume that all current or older models meet current safety or

other regulatory requirements. Many are made in or for foreign markets where standards, requirements and specifications can vary, or are intended primarily for different industry uses.

3. When purchasing a new machine, look for manufacturers who have designed and already include a third exit on their machines (regular entry door and two escape hatches).
4. If doing modifications to your equipment, ensure that they will meet regulations and that a suitably qualified engineer has signed off on the change.

When onsite with any mobile equipment:

1. Do your pre-work orientations and hazard checklists. Be sure to include information on hazards related to equipment roll-overs. High stumps, slash, bogs, boulders, standing water, deep snow, steep slopes, etc. can

all block escape hatches, or create additional risk to equipment operators.

2. Look for “upset conditions”. Maybe the ground is softer than anticipated, or the slope isn’t as stable as expected. If your site plan doesn’t cover the potential hazards, the upset condition is much more likely to cause an incident.
3. Verify that all existing cab exits are fully functional. Bent or damaged hatches, corrosion, rotten rubber seals, over tight bolts, or even heavy repainting can make escape hatches difficult or impossible to open.
4. Check that the external cab protection (FOPS / ROPS) doesn’t block the hatch, or make it difficult to access and open. Pay extra attention to older machines where damage could have occurred or other modifications have been made.
5. Vandal locks are OK, but they must be removed from escape hatches before operation begins.

6. Equipment operators should inspect the function of all doors and escape hatches before each shift and clean any accumulated debris from the hatch area.
7. Make repairs to existing escape hatches if required, and include servicing of hatch and door hinges and latches in regular scheduled equipment maintenance activities.
8. As part of your company's emergency response planning, equipment operators should practice opening and exiting through each of their machine's emergency hatches. Note: not all large operators can squeeze through a roof escape hatch that could be as small as 2 ft. x 2 ft. sq.
9. When working in hazardous conditions (steep slopes, frozen muskegs, etc.), steep slope assessments should be completed as needed; and one should have other operators working nearby that can offer assistance if an upset occurs. Increase the frequency of man-checks.
10. Check the operation of equipment fire suppression systems. Check with suppliers if you are unsure of maintenance requirements or to check effectiveness of the design when equipment is tipped over.
11. Operators should also inspect and clean their engine compartments frequently to prevent build-up of flammable substances that could ignite in a rollover.
12. Report any hazard or upset condition to whoever supervises your work, whether that's a foreman, owner, licensee, or prime contractor. If you are a SAFE Company, there are forms you can use to record the incident and conduct an investigation. If it is something that the rest of industry should hear about and could benefit from, you are also encouraged to submit a Safety Alert once you are back at the shop or office. 🚩

What do the regulations say?

WorkSafeBC has requirements for operator escape from the cab of mobile equipment. In summary: all equipment must have an alternate means of escape, the alternate escape must be usable regardless of the position of machine accessories or protective structures, and the escapes must be able to be opened without tools from either inside or outside the cab.

Check Occupational Health and Safety Regulation:

4.3(4): <http://www2.worksafebc.com/publications/ohsregulation/Part4.asp#SectionNumber:4.3>

16.17: <http://www2.worksafebc.com/publications/ohsregulation/guidelinepart16.asp#SectionNumber:G16.17>

16.24: <http://www2.worksafebc.com/publications/ohsregulation/guidelinepart16.asp#SectionNumber:G16.24>

For general access to all related regulatory requirements and guidelines, see:

<http://www2.worksafebc.com/publications/ohsregulation/guidelinepart16.asp>.

It is also important to ensure cab guarding meets requirements, which may be reviewed here:

Section 16.21(1):
<http://www2.worksafebc.com/publications/ohsregulation/guidelinepart16.asp#SectionNumber:G16.21>



Timberline Reforestation, of Courtenay, participated in one of the pilot audits to test the proposed prequalification standard. Auditor Jordan Tesluk with Timberline supervisor Jeff Cooney (Please see story on page five).

WORKSAFE BC WORKSAFE BULLETIN

Alternate means of escape from mobile equipment

Mobile equipment rollovers or upsets can put operators at risk if they can't escape to safety. Operators have had close calls when doors were blocked or didn't work after equipment they were operating.

- Tipped over on uneven ground
- Rolloff into a trench
- Slipped off a road they were building

In some cases (e.g., where equipment caught fire or the cab was submerged), these incidents have led to tragic results.

It is crucial that mobile equipment have adequate emergency means of escape.

Key regulatory requirements

All mobile equipment with a single cab entrance door must have an alternate means of escape. Equipment with a single cab entrance door, manufactured after January 1, 2000, must have an adequately sized alternate means of escape that is clearly marked and can be opened from both the inside and outside without the use of tools. The means of escape must be usable regardless of the position of movable components, accessories or protective structures. See sections 16.17, 16.24 and 16.28 of the Occupational Health and Safety Regulation for some of the specific requirements.

Solutions

1. When purchasing a machine, look for manufacturers who have designed and already include a secondary exit that meets the requirements of the Regulation.
2. Ensure that all mobile equipment is equipped with an easily accessible and fully functioning alternate means of escape (sometimes referred to as a secondary escape hatch). Bent or damaged hatches, corrosion, rotted rubber seals, over-tightened bolts, or even heavy repainting can make escape hatches difficult or impossible to open. Check that the external cab protection (POPS/ROPS) doesn't block the hatch or make it difficult to access and open. Any necessary work on ROPS must be done (and certified) following manufacturer's or a professional engineer's instructions. Pay extra attention to older machines where damage could have occurred or modifications may have been made. Any modification of the equipment must be carried out in accordance with manufacturer's instructions (if available), safe work practices, and the requirements of the Regulation.

Page 1 of 1 WS 2013-04

WorkSafeBC has produced this poster summarizing the key points all mobile equipment owners and users should be aware of. You may download a pdf of the poster here: http://www2.worksafebc.com/i/posters/pdfs/2013/ws_2013_04.pdf 🚩



First external auditor training in five years

The BC Forest Safety Council (BCFSC) will be hosting an external auditor training session in Prince George October 6-10, 2014 – the first time since 2009.

There are currently 41 external auditors listed on the BCFSC website that meet the requirements to perform external audits on forestry companies' safety programs. Some of these auditors are very active, conducting audits every month, while others are not as active, and some industry veterans are considering retirement in the next few years. It is important to industry that the pool of trained, qualified and experienced external safety auditors is maintained and expanded.

Safety auditors are one of the key mechanisms of ensuring best practices lessons learned are recorded, and passed on to prevent past occurrences from happening again.

What does it take to be an external auditor?

To qualify for the training course, auditors need to satisfy minimum requirements for forestry work experience, operational safety experience, specific safety training, operating in their consulting business and most importantly prior safety auditing experience.

The ideal external auditor would have decades of operational forestry experience in a leadership role before starting up their consulting company years ago, a diploma or degree in Occupational Health and Safety and has been performing audits for other standards for many years while obtaining their Canadian Registered Safety Professional Designation. Some auditors come from more of an operational forestry background and some come from more of a technical safety background.

In addition to these technical skills – and far more important – are the soft skills: the ability to talk to anyone, anywhere about safety; the ability to listen; and the ability to come up with useful recommendations that fit each specific company's needs.

"Compassion, dedication and an unwavering drive to help industry reduce the risk of serious injuries and fatalities while practically demonstrating that safety is good business for everyone all the time are really what it takes to be a great auditor," said senior safety advisor, Martin Ridgway.

Opportunity to volunteer as audit site

As part of the external auditor training, there are approximately 10 auditor trainees who will need to complete a student audit in November to March. If your company is interested in volunteering as an audit site for a maintenance audit, please contact safeco@bcforestsafesafe.org or call toll free 1-877-741-1060. The audit can count as your company's maintenance audit; the only cost is the auditor's expenses such as travel, accommodations and meals. 📍

Remember to send your audit by your due date

We understand life happens, but getting your audit in on time is important, which is what most companies do. If you cannot get your audit in on time, let us know. For extenuating circumstances beyond your control – such as wildfires shutting down operations – extension requests will be reviewed and granted on a case by case basis.

Reasons for not submitting an audit like: "My wife reminded me but I forgot." "My computer crashed." "Why do I have to do an audit this year when I didn't work?" do not take the place of an audit submission and do not meet the requirements for obtaining an extension. If you have questions, call us toll-free at 1-877-741-1060 or email safeco@bcforestsafesafe.org. 📧

The BC Forest Safety Council will be audited twice this year

The BC Forest Safety Council (BCFSC) knows what it is like to get ready for an audit! This year we will complete two audits. One is a BASE recertification audit as a SAFE Certified company and the other is as a Certifying Partner for COR, conducted by WorkSafeBC.

SAFE Recertification Audit



A request for proposal for the SAFE Companies recertification audit was extended to all external auditors listed on the BCFSC website as at September 10, 2014. Once an auditor has been selected, it is expected the audit will be completed by mid-November.

WorkSafeBC certifying partner audit

WorkSafeBC audits its certifying partners every few years to ensure effective quality assurance and compliance with all COR standards and guidelines.

"WorkSafeBC needs to ensure that we are upholding the COR program and appropriately awarding COR certifications," said Laurel Laturnus, SAFE Companies Registrar.

This audit will take place November 24 to 28 and involves review of documentation, interviews and observations. 📍



Status update on prequalification:

Pilot testing completed; changes recommended for proposed small employer audits

Piloting of the proposed audit standards with 20 companies (of all sizes, geographical location and nature of operations) was started in June and completed in September. Fires and heat that shut down forestry operations over the summer delayed completion of the pilots by about four weeks.

A summary report on the pilots has been prepared for the prequalification steering and working committees' review and consideration by the end of the first week of October.

Revisions work well for BASE companies

Preliminary feedback from BASE companies and auditors suggest that the revised BASE audit effectively emphasizes the key focus areas identified by the Prequalification Steering Committee – reducing or eliminating unnecessary paperwork and bureaucracy; appropriately addressing the risk of activities; and being responsive to industry needs.

More work needed on proposed audit standards for small employers

Pilots of small employers identified a number of potential improvement areas including further decreasing the focus on documentation and increasing the focus on interviews and observations.

Value of new standard is recognized by pilot test auditors

"I think a big change is that every question on the audit is valuable and I would anticipate a far better response from industry to this standard than earlier versions. That said, it means change and no-one likes change. Ultimately success will come down to ensuring the auditors are well trained in the new standard and are able to deliver it well to industry," said Jordan Tesluk.

Kim Taylor said doing the first couple of audits was challenging, but after a few she had no reservation that it was a huge improvement, ensuring the highest value to companies.

"There is so much value talking with employers and workers in the field. Observing their work activities is where we

can determine how a company focuses on their high risk activities and the field is where safe operations need to occur," she said.

"The added value in these face to face interactions is that it also gives us a better understanding of the organizational dynamics between workers and leadership. In turn we have a first-hand understanding of the challenges they face which allows us to continually improve our support through products and services to better assist SAFE Certified companies."

Tesluk added that the SEBASE 4 audit provided superior value in terms of its assessment of meaningful and important issues.

Other auditors involved in the pilot testing were John Gooding, Martin Ridgway and Bill Laturnus.

The Prequalification Steering and Working Committees will review and make final recommendations in October. Once they are fully satisfied that the proposed standards fully meet industry needs, it will go the BC Forest Safety Council board of directors for consideration and final approval. At the same time WorkSafeBC will review and determine if it meets Certificate of Recognition (COR) requirements.

It has been almost a year since industry provided initial feedback on the proposed prequalification standard at 15 townhalls across the province, via online survey, phone and email.

No action is required by any SAFE Companies at this time. Every SAFE certified company will receive mail or email notification of any changes specific to their operations in 2015. 🌱



Kim Taylor

YOU ASKED:

Preparing for your annual audit submission

Q: How long should it take me to prepare my small employer submission?
A: About an hour for a SEBASE or IOO submission. All the documents required should already be easily accessible as your normal course of operations.

Q: Are there any tips that will help me?
A: Don't overthink it. Read each question and answer. Remember to review your Corrective Action Log (CAL) from the previous year's audit and ensure it is updated and that you have implemented the recommendations.

Q: How many ways are there to submit an audit?
A: Depending on file size, it can be submitted directly via email to audit@bcforestsafe.org or it can be uploaded on the website at <http://app.bcforestsafe.org/upload/>. Alternatively, you may send your audit by a shipping method that can be tracked.

A: Depending on file size, it can be submitted directly via email to audit@bcforestsafe.org or it can be uploaded on the website at <http://app.bcforestsafe.org/upload/>.

Alternatively, you may send your audit by a shipping method that can be tracked.

"Preparing your annual audit should not take more than an hour," says BCFSC Safety Advisor, Mike Sexton.

Q: If I have questions while I am putting the audit together, can I talk to someone?
A: Yes. Please call us toll free at 1-877-741-1060, or email us at audit@bcforestsafe.org.

Q: Why do we do this?
A: It is important to remember that the audit process is an opportunity for you to review your business' key paperwork and ensure everything is as it should be and in compliance with regulations that support good safety practices. It makes your company a better business – organized, efficient and effective.

An efficient filing system is simple. It could be a single folder with all your documentation, kept in your truck with a back-up set at the house. Having everything you need in one place to prepare your annual audit should be easy, not hard. 🌱

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Did you know?

- The BCFSC is the largest COR certifying partner in BC.
- One of the busiest audit submission and review periods is December/January each year when approximately 800 audits are received and processed over the following three months.



National Forest Week celebrations

Throughout the province, many in forestry took time to reflect on the great benefits – economic, social, recreational and environmental – that forestry brings BC and Canada during National Forest Week at the end of September.

The BC Forest Safety Council on behalf of industry ran radio ads across BC and was joined by co-sponsor partners like COFI in the Interior. Industry events were also attended. While National Forest Week happens just once a year, those of us fortunate to work in forestry all know – it's an industry worth celebrating every day, especially when the system works and everyone goes home injury-free at the end of the day.

The radio ads ran with the following script: "Strong healthy forests mean strong, healthy communities. Our forests provide rewarding employment, sustainable building products, beauty, recreation and clean air. Our forests are also our most important renewable resource. We celebrate Canada's National Forest Week this week by saying thank you to all forest workers across BC. Thank you for doing what you do and for your commitment to helping make sure everyone returns home injury-free, every day. Because safety is good business. A message from the BC Forest Safety Council and the Council of Forest Industries." 🎧



Funds available for “innovation at work” research to improve safety

On October 10, 2014 WorkSafeBC will announce that it is making funds available for innovation at work research with the objective of supporting safer workers and workplaces.

Successful applicants could include workers, employers, unions, employer organizations, educators, safety associations, and professional researchers.

“Funding is intended to support the development of new knowledge, practical problem-solving, and/or taking practical approaches to enhance workplace health and safety,” said Lori Guiton, WorkSafeBC’s research services director.

Projects that have been funded in the past include the development of workplace health and safety training resources; the creation and evaluation of new devices for use in industries including forestry, healthcare, construction, education, and emergency services; and the pilot testing of innovative tools to improve safety for specific types of workers and demographic groups.

The maximum grant for these projects is normally \$50,000, for a maximum duration of one year.

For more information, about this funding including eligibility and requirements please see http://www.worksafebc.com/contact_us/research/default.asp or send an email to resquery@worksafebc.com. 🎧

BC Silviculture Workforce Initiative survey

The BC Silviculture Workforce Initiative BCSWI 2014 LABOUR MARKET SURVEY is available for completion, which allows industry to understand what workers think about their work – all aspects, including safety. If you are a silviculture employer or worker, please complete the survey here by the end of October:

Employers:

<http://fluidsurveys.com/s/2014Employers/>

Workers:

<http://fluidsurveys.com/s/2014Employees/> 🎧



FEDERATION OF BRITISH COLUMBIA
WOODLOT ASSOCIATIONS

Woodlots owners face falling and qualified assistance challenges

The Federation of BC Woodlot Associations and the Woodlot Product Development Council held their joint annual general meetings and conference in Golden last month (September). Two key areas around safety that were discussed by attendees were falling and

qualified assistance and what that means for the growing 800 plus operating woodlots across the province, given the relatively small amount and infrequency of falling needs. How best do woodlot owners handle the falling and faller supervision aspects in a sustainable, safe and productive

way? Some discussion was also had as to whether or not woodlot owners and operators needed and/or would benefit from having their own safety advisory group formed.

For more information on the federation, please see: <http://woodlot.bc.ca/> 🎧

Board approves 2015 workplan

The BC Forest Safety Council (BCFSC) board of directors approved the organization's 2015 workplan as presented at its meeting on September 18, 2014

In summary, the workplan supports the three key areas the board had previously identified during its strategic planning session to improve overall effectiveness in reducing fatalities and serious injuries:

1. Continued need for an industry led approach to improving safety performance of the forest sector, with support from a province wide organization.
2. The advisory group approach which places more leadership of solving issues into regional and industry sector groups is working well and should continue to be supported and expanded as appropriate.
3. The governance of the BCFSC can evolve to further improve effectiveness in eliminating all injuries by strengthening the role of the advisory and program committees, and in turn having a smaller board focusing on province-wide issues with added resources from the interior tenure holders. The board would provide broad oversight with a more unified voice to government and senior levels of WorkSafeBC.

2015 workplan highlights include:

Training and Education

- Support FP Innovations on Steep Slope Logging Project
- Competency Profiles developed for four forestry occupations – done through a DACUM process with industry advisory groups
- Train fallers on Fit to Log (diet, hydration, safe movement), Degraded Imagery Hazard ID, and mental toughness (Switchback) programs
- Deliver new three module Supervisor training
- Develop and deliver industry requested workshops – Prime Contractor, Emergency Response Planning and Steep Slope Harvesting
- Behavioural Change Program – 3 point contact with log truck drivers
- Promote and deliver Certified Incident Investigator Advisor Program to industry

- Develop Hazard Recognition Tools
- Develop New Worker Training – if requested by industry
- Develop training department processes to align with Private Career Training Institutions Agency (PCTIA) requirements
- Revision of Falling Supervisor training
- Maintain high quality of instruction – instructor quality evaluations and professional development sessions
- Maintain existing SAFE Companies, Incident Investigation and Basic Chainsaw Operation training. Update SAFE Companies Refresher training

SAFE Companies and Certificate of Recognition (COR)

- Continue to support the Industry Prequalification Steering and Working Committees
- Implement the revised SAFE Companies system while maintaining COR
- Support the development of training and resources for owners to demonstrate the business case for safety in the industry sector
- Continue to provide ongoing service of BCFSC's dedicated Return to Work (RTW) & COR industry helpline and coast injury claims management pilot
- Increase support for companies in central and southern interior regions of province through regional safety advisors
- Increase availability of health and safety resources for companies to support development and improvement of safety management systems

Falling

- Increase the number of fallers trained and continue to build capacity for training
- Complete process to update New Faller Training course materials
- Deliver Qualified Faller Supervisor/Trainer (QS/T) training

- Conduct QS/T quality assurance, ongoing professional development and complete ongoing updates to training materials
- Deliver Qualified Faller/Training(QF/T) Training for Industry Training and quality assurance; update the training materials as required
- Continue certifying falling supervisors to meet industry demand
- Develop a booklet to share information on the top five ways to keep fallers safe
- Develop safe work procedure for qualified falling supervisors (InfoFlips)

Transportation

- Improve data collection, sources, and analysis
- Implement Log Truck Driver Training pilot programs and expand
- Finalize Log Truck Driver Certification Standard and Assessment, pilot program
- Develop and deliver log trucking mentorship resources
- Assess fatigue of log truck drivers (in concert with BCFSC Training and Development)
- Continue to support, attend and provide information/resources to Road Safety Management Committees
- Support and expand Vehicle Identification Number Project provincially
- Review, revise, maintain existing, and develop additional, Transportation Safety resources for industry
- Continue transportation safety communications and education seminars

BCFSC Supporting Industry Advisory Groups

The 2015 workplan includes support for initiatives identified by these advisory groups: Coast Harvesting Advisory Group (CHAG) Silviculture Advisory Committee (SAC) Falling Technical Advisory Committee (FTAC) Log Truck Technical Advisory Committee (LTTAC) Trucking Advisory Group (TAG) Woodlot and Community Forest Safety Advisory Committee (WC-SAC)

BCFSC staff will now be working against the board approved workplan and budget. 🍌



Local road safety committees focus on making roads safer for all

There are at least 33 active area and district road management committees around the province, each focused on supporting effective forest road management specific to their geographic area. The committees take a co-operative approach, pulling together all interested forest road stakeholders.

Generally some common goals and objectives of these committees include: reducing the risk of road incidents; developing standardized forest road procedures and communicating them to forest road users; identifying potential road upgrade priorities; working with other road user/maintenance/safety groups to coordinate efforts; providing clarification and interpretation of existing legislation and providing guidance in shaping future policy decisions and infrastructure planning.

One of these committees, the Cariboo Chilcotin Truckers Compliance Committee (CCTCC) has been active for more than 15 years. The group's focus is on workable solutions to address road safety issues.

Zach Drift, Tolko area supervisor for harvesting which includes the log hauling required to supply timber to mills in Williams Lake and Quesnel, is one of the newest team members of the Williams Lake area CCTCC.



Zach Drift, Tolko

He says the greatest value in the committee is having representatives from all areas that impact local road safety. "It's a joint committee between industry – three local mills and government – CVSE, RCMP, Ministry of Transportation, Ministry of Forests, Lands and Natural Resource Operations and WorkSafeBC – that is purely focused on safety and improving business. We all share a common purpose – to make our roads safer for all users." He says the road safety challenges across the province are very similar for the forestry industry, and include these key elements:

- **speed**
- **weight compliance**
- **safety complacency, as a result of people doing the same thing for a long time and**
- **a lack of common courtesy.**

"We don't think about lack of common courtesy as a safety issue, but it is, when a driver gets worked up about something it then takes his mind off driving safely," said Drift.

The committee, which meets quarterly, allows a very positive environment with expertise at every level of the system to provide input, new ideas and workable solutions that will not only meet compliance but significantly improve safety and operational performance. "It really helps break down silos and promotes information sharing," added Drift.

"Weight compliance" creates a great deal of conversation and debate and was the primary reason the CCTCC started 15 years ago. The focus continues today on managing and monitoring the truck fleet to achieve the highest level of compliance.

The committee is optimistic about a CVSE provincial mill slip program that the committee believes will better allow regulators and enforcement levels of government to understand who is compliant and who isn't.

Other road safety initiatives that the committee is working on include continuing with annual trucker appreciation days where they can focus on health and safety issues – for example, anatomy of a rollover presentations, road safety signs, and implementing the BC Forest Safety Council's Vehicle Identification Number (VIN) plates on Tolko's approximately 200 local area logging trucks.

The driving motivation to all the initiatives is helping to make sure people are getting home safely at the end of the day. "Knowing that something I've done may have prevented an accident is a big motivation. I have to keep asking myself have I done enough," says Drift. 🙏

Q&A: What are some of the most common logging truck issues found in inspections in the Cariboo area?

"Generally smaller items that drivers or logging companies are not aware of or attentive to such as illegal or malfunctioning lamps; improper or non-completion of written documents (i.e. log books or inspection reports); and over size or over weight loads," said Ed Marshall, Cariboo Portable Scale, CVSE and member of the CCTCC.

How do the committees help address common issues?

"When repetitive violations or very serious ones are reported, these are shared at the committee meetings so that all stakeholders are aware and can address them," said Marshall.

Summer of logging truck incidents in the media



A recent logging truck incident on Highway 3 near Keremeos. (Photo credit: Keremeos Review)

For all the approximately 1.4 million logging truck loads delivered in BC each year, the reality is, it is the roll-overs and other incidents that shape and define the public and media perception of the industry. Fortunately these incidents typically represent an extremely small fraction of the overall log truck traffic in BC.

Forest Safety News has tracked the incidents reported in community media in recent months and provides the following summary to create greater awareness and hopefully reinforce that every incident and roll-over is preventable. If one tallies the human and financial impact of a hand-full of incidents, the cost is very high when you consider injuries, time off work, and the cost of replacing rigs – literally millions of dollars as well as the human toll. In addition there are the costs of clean-up, disruption to other traffic and communities, and the negative impact on industry reputation. Together as an industry we can help change for the better – prevent incidents and injuries as well as unnecessary costs and expenditures by making sure every load is delivered safe, each and every time.

September 2, 2014: approximately 8:30 am, Keremeos area: http://www.keremeosreview.com/breaking_news/273594681.html

August 27, 2014: Highway 3A next to Yellow Lake: http://www.pentictonherald.ca/news/article_7553b72e-2e42-11e4-a064-001a4bcf6878.html.

August 19, 2014: approximately 6:30 am, Highway 17 in Tlell, logging truck left the highway and went 50 metres into woods, photo of truck appeared in the local Haida Gwaii newspaper.

August 15, 2014: logging truck rollover mentioned by Creston RCMP in local paper.

August 10, 2014: Highway 3, near Keremeos logging truck roll-over: <http://www.castanet.net/edition/news-story-120262-21.htm>

July 25, 2014: logging truck and CNR train collide on crossing near Burns Lake: <http://www.cbc.ca/news/canada/british-columbia/cn-rail-train-crashes-into-logging-truck-near-burns-lake-b-c-1.2718306>.

July 10, 2014: logging truck catches fire on Highway 97: <http://www.castanet.net/news/Central-Okanagan/121616/Logging-truck-fire>.

June 10, 2014: run away logging truck incident: <http://www.castanet.net/news/Central-Okanagan/116918/Runaway-logging-truck>

June 3, 2014: logging truck rollover: <http://www.timescolonist.com/news/local/man-airlifted-to-hospital-after-truck-rollover-in-shawnigan-lake-1.1113833>

May 1, 2014: logging truck involved in hit and run: <http://infotel.ca/newsitem/logging-truck-involved-in-hit-and-run-near-ubco/it9724>

In addition, there were also a hand-full of other stories or letters to the editor from local residents or municipalities (e.g. Sooke, Terrace, Nelson, Vernon, Courtenay) voicing concerns about the speed, number, or noise of log trucks coming through residential neighbourhoods or along busy local streets; a distracted loaded logging truck driver; and damage to roads caused by logging trucks.

(Methodology of gathering incidents: The BC Forest Safety Council subscribes to a community print news clipping service and has google alerts set for electronic monitoring of online mentions of logging truck incidents in BC. This should not be viewed as an exclusive list of incidents; rather it is what our tracking has recorded for incidents that have been reported by print and online web media outlets.) 📄



Transportation

Distracted driving is a danger to everyone



According to ICBC, on average 88 people are killed each year in BC due to driver distractions – more than impaired driving. Only speed kills more people on our roads.



Minister of Transportation and Infrastructure, Todd Stone.

Todd Stone, Minister of Transportation and Infrastructure, said in a recent press release that drivers were “four times more likely to crash” if they were using their phone while driving. “We are asking drivers to leave their phones alone and stay focused on the road. A text or call is not worth risking your life over.”

While last month (September) was a big push for police to crack down on distracted drivers, it’s a habit every driver needs to perfect every time they get into a vehicle: Leave the phone alone! Many drivers also don’t think that rule applies at red lights or in bumper-to-bumper traffic. It does! Most rear-end crashes resulting in injuries are caused by distracted drivers and research shows that given how hard distracted driving is to prove, investigators firmly believe the numbers are higher than reported.



The Canadian Automobile Association (CAA) has these findings on their website. To see more, please visit: <http://distracteddriving.caa.ca/> to use the distracting driving simulator.

The impact is significant for commercial drivers too. Studies have placed the crash risk while texting as high as 23 times for operators of commercial vehicles.

Ipsos Reid survey conducted for ICBC in July 2014.

Change starts with each of us – our own behaviours and encouraging/demanding others we know at work and at home to be safe and put the phone or other personal electronic device away! Because, at work or play, safety is good business.

The most recent numbers for people killed in distracted driving-related crashes in BC, on average, every year:

- Southern Interior: **32**
- Lower Mainland: **30**
- North Central: **15**
- Vancouver Island: **12**

Even though 84% of BC drivers who own cell phones agree that texting and driving is risky, 25% still admit to texting and driving themselves, according to an

Please see this WorkSafeBC video: “Prevent Distracted Driving on the Job”: <http://www2.worksafebc.com/Publications/Multimedia/Videos.asp?ReportID=37516> which provides four recommended practices to help ensure you fulfill your responsibilities as an employer to get people where they are going, safely. 🚧

Requests for “Slow the truck down” t-shirts continue

If you would like to purchase a t-shirt at cost (\$15.75 including GST, plus mailing costs), please email your order and size to: transportation@bcforestsafe.org Upon receipt of payment, a shirt will be mailed to you. Please allow 6 weeks for processing and delivery. 🚧



Your family depends on you to drive safely. Plan ahead and drive for the conditions.



Know before you go.

DriveBC.ca | ShiftIntoWinter.ca

Shift into winter safely ...

1. Prepare your vehicle(s) and winter emergency kits
2. Prepare your drivers and employees for winter driving
3. Add extra time into expected delivery times
4. Drive for the weather, road and vehicle conditions
5. Slow down to make up for much longer braking distances in cold, winter and snow conditions
6. Give yourself lots of extra room between other vehicles
7. Leave the phone alone
8. Always better late than never

Visit www.ShiftIntoWinter.ca for posters, tips and other materials to support driving in winter throughout BC. 🚧 safe



Safety is an ethical responsibility

If there was a single common thread throughout the day it was that safety is an ethical responsibility for each of us, and that an injury or a fatality is never the worker's fault, it is a system failure.

"We keep hoping that behavioural interventions will fix safety, but it is changing the design, systems and tools that really achieve that," said Sidney Dekker at a recent Canadian Society of Safety Engineering professional development seminar in Vancouver.

Every safety system benefits with more people going home injury-free when we:

- never stop asking questions; think critically and challenge everything
- never blame a worker for an injury or near miss (a safety culture where people are punished means they won't tell you what's wrong or what could go wrong)
- make changes to work, process and system designs to maximize safety

"Workers are the recipients of trouble, not the instigators." Sidney Dekker.

Respect for workers knowing what is going on in their jobs that is safe or unsafe is critical. It's all about trust.



Love him or hate him, controversial Dr. Sidney Dekker has no intention of letting you feel comfortable about safety. He challenges assumptions reminding us that simply rehashing 1900 to 1980s safety thinking has no place in 2014. Dekker was addressing a full house of safety, regulatory, and diverse industry professionals at a recent Canadian Society of Safety Engineering professional development seminar in Vancouver.

Dekker said that there should always be encouragement and support for having meaningful conversations in the workplace about safety. "Better than simply observing workers doing their tasks is to ask workers to tell you about their work and to show you how it's done and to ask them what's dodgy. Let them explain and let them tell you what they think."

He said it can be as simple for managers and supervisors saying things like: "I am going to tell you if I see anything that is unsafe or anything I think might be a problem and I want you to do the same thing. Tell me."

On refusal of unsafe work, Dekker said it was not enough to tell people that they can refuse unsafe work: "You have to role-play and teach people how to do that to give them enough courage to say no."

To learn more, see <http://sidneydekker.com/> and <http://www.safetysdifferently.com/>



Attending the session were Western Silvicultural Contractors' Association executive director and BC Forest Safety Council board member, John Betts; safety consultant and OHS trainer, Steve Mueller; and WorkSafeBC forest industry specialist, Lisa Houle. 🌱

Upcoming training

If you would like to see how a training course can meet your organization's needs, please let us know. We are committed to working with you to find the right training solution. We may be able to tailor a program to your specific needs and deliver it in a way that is most convenient for your operations.

Please see www.bcforestsafe.org/fscapps/calendar/calendar.php for 2014's full training calendar. Check back often as course dates do change. Email training@bcforestsafe.org or call toll-free 1-877-741-1060.

Individual Owner Operator (IOO) Occupational Health and Safety & IOO Refresher Courses:

Oct 18	Kamloops
Oct 25	Cranbrook
Oct 25	Teleconference
Nov 1	Nanaimo
Nov 22	Nelson
Nov 29	Teleconference
Dec 6	Prince George
Dec 13	Teleconference

Small Employer Occupational Health and Safety (SEOHS) & SEOHS Refresher Courses:

Oct 8	Terrace
Oct 9	Nanaimo
Oct 16	Kamloops
Oct 16	Prince George
Oct 28	Cranbrook
Oct 30	Castlegar
Dec 1	Williams Lake
Dec 4	Courtenay
Dec 4	Prince George
Dec 11	Langley
Dec 11	Vernon

Basic Incident Investigation Course:

Oct 16	Nanaimo
Oct 23	Cranbrook
Nov 25	Prince George
Dec 9	Vernon
Dec 15	Courtenay
Dec 15	Langley

Advanced Incident Investigation Course:

Oct 17	Nanaimo
Oct 24	Cranbrook
Nov 26	Prince George
Dec 10	Vernon
Dec 16	Courtenay
Dec 16	Langley

Falling Supervisor Course:

Oct 20	Campbell River
Nov 3	Vernon

Basic Forest Supervisor Course:

Oct 16	Fort St John
Oct 30	Langley
Nov 6	Nanaimo
Nov 20	Nelson
Nov 27	Prince George
Dec 4	Kamloops
Dec 11	Campbell River

Internal Auditor training

Oct 6-8	Prince George (full)
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External Auditor training

Oct 6-10	Prince George (full) 🌱
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Falling

Falling Technical Advisory Committee tackles diverse safety issues

The Falling Technical Advisory Committee (FTAC)'s key objective is to continually improve falling so that industry will have suitable, well-trained, safe and productive fallers, now and in the future.

The committee consists of 32 members, each selected based on skills as well as geography and type of falling organization to help ensure FTAC membership accurately reflects the falling industry and is best able to make credible, trusted and effective recommendations on behalf of industry.

Skill considerations include knowledge of falling and falling supervision activities; practical, goal-oriented approach; enough time to be able to commit to delivering on task, on time, on budget; and an ability to influence others within their industry sector.

Broad representation is achieved by including all falling sectors for the coast and the interior: QST fallers, small contractor fallers, large falling contractors, large logging contractors, Western Fallers Association, Interior Logging Association, union representatives with falling backgrounds, licensees, Ministry of Forests, Lands and Natural Resource Operations, BC Timber Sales, Wildfire Management Branch, WorkSafeBC, certified utility arborist, silviculture, Enform and the BC Forest Safety Council (BCFSC).

Peter Sprout, BCFSC's falling program manager told members that the transition of FTAC to an effective working group that set the direction and accountability of the BCFSC falling program was complete: "FTAC owns the BCFSC falling work plan," said Sprout. In order of priority, the items FTAC has identified that the BCFSC will develop on behalf of industry in 2015 are:

1. Ongoing provision of options for human factors training for fallers – e.g. nutrition, hydration and fatigue management.
2. Guidance and information for improved emergency response plans and access to Ministry of Forests, Lands and Natural Resource Operations' repeater towers.
3. Increased number of falling safety advisors to be able to provide in-woods support.
4. Development of best practice safe work procedures for mechanical harvesting operations that work in conjunction with hand fallers to reduce risk to hand fallers.
5. Development of online resource for common falling supervisor forms.
6. Develop InfoFlips for falling supervisors. 🚩



Members of the Falling Technical Advisory Committee, a province-wide committee, meets four times a year to shape and support falling safety practices. From left to right: Guest of the committee, John Stulen, Forest Industry Contractors Association (New Zealand); Gary Bauer, Interior; Tom Pawlowski, WorkSafeBC; Bill Boyes, Antler Creek Logging; Don Cleaver, Island Timberlands; Glenn Hestnes, BC Forest Safety Council; and Steve Kerrone, Island Pacific Logging. Back to camera is Chris McAllister, Western Forest Products.



(Left to right) Wayne Lintott of the Interior Logging Association with the BC Forest Safety Council's falling department staff, Sarah Heasman and Allison Thompson.

New official guideline on summoning qualified assistance

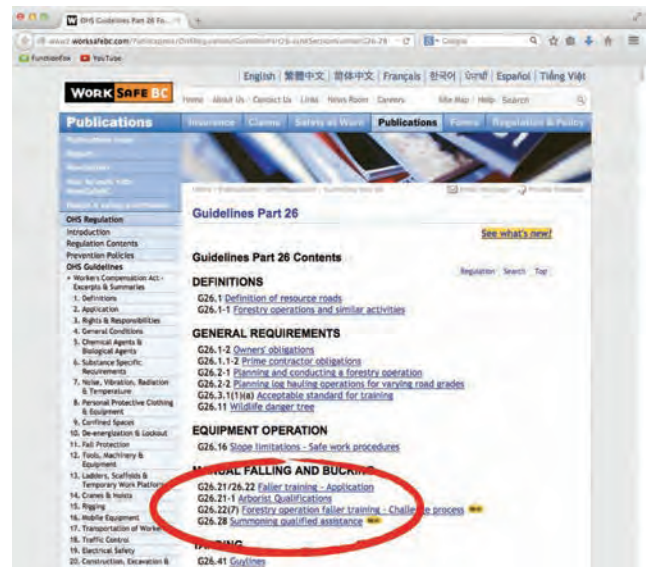


WorkSafeBC's senior regional officer for Vancouver Island, Bjarne Nielsen, took FTAC members through WorkSafeBC's new official guideline on summoning qualified assistance. The preliminary guideline was released at the end of June and is expected to be finalized in the coming weeks. The guideline provides the intent of the regulation and assists in interpretation of the regulation.

To review the full guideline, please see: <http://www2.worksafebc.com/Publications/OHSRegulation/GuidelinePart26.asp#SectionNumberG26.28> 🚩

Did you know?

Orders are written up on regulation; never on guidelines.



Making positive safety changes permanent is the challenge



Reynold Hert

Reynold Hert, Chair and CEO of the BC Forest Safety Council told FTAC members that one of the challenges industry still faces going forward is how to make positive safety, health and wellness changes permanent

for example addressing diet, hydration and fatigue management issues among fallers.

The question Hert said industry has to answer is: “How do we get these issues behind us forever,” so that in 10 or 15 years another group of fallers isn’t sitting around a table trying to address the same issues all over again, as has happened in the past. He said another issue is how best to address the fact that one size doesn’t fit all. How do we make a falling system as robust for mom and pop shops on woodlots falling four trees every three weeks versus production falling teams that operate at maximum capacity every day. 🍌

New Zealand focuses on accountability

Public outrage was unforgiving in New Zealand when two major disasters spread over two different industries – mining and construction – left hundreds dead, and not one person faced charges or was held accountable.

Widely described as a “collapse of accountability” was how the public defined the aftermath of the Pike River Mine disaster and the collapse of “earth-quake proof” buildings during the Christchurch earthquake. As a result, industries and government had to reboot the system – looking at culture, laws, requirements, expectations, accountabilities, penalties and measurement.

Along with 10 forestry deaths in 2013 (down to one for the past 10 months), the New Zealand forest industry also had to respond to mounting public pressure. Part of that response includes a complete system review, similar to what BC undertook in 2004, that is currently underway. Changes already in place make owners legally responsible for the safety of every contractor person on their property.

“It is really about contractors working smarter,” said John Stulen of the New Zealand Forest Industry Contractors Association along with new investment in a stand-alone Crown agency responsible for safety. “We know industry has to lead it” and a great deal of effort is being spent



John Stulen of the New Zealand Forest Industry Contractors Association shares New Zealand’s experience on forest safety performance with members of the Falling Technical Advisory Group.

on innovation, said Stulen for example steep slope technology and machinery such as the ClimbMAX <http://www.youtube.com/watch?v=4FwgrE6afvs> or <http://www.climbmax.co.nz/> (safe operation to 45 degrees). New young workers would also appreciate the X-box-type console that has been added on a 909 machine in a research project for remote controlled machinery. He said that the city of Nelson (NZ) was “innovation central” for creative responses to New Zealand’s logging challenges.

Stulen was in BC for a week to fact-find and see what ideas he might be able to take back to share with New Zealand contractors. “I will be recommending a lot of things I have heard this week,” he said. 🍌

Eight candidates start New Faller Training in Sointula



Left to right) Eight New Faller Training (NFT) trainers, Harry Cole, Paul McCaffrey, Steve Telosky, Mikael Jonsson, John Jacobsen, Ken McGregor, Dominic Gagnon and Pierre Gagnon (not shown) meet with BC Forest Safety Council falling program manager, Peter Sprout (third from right) in Sointula to review NFT program changes allowing for one-to-one training ratios during the NFT course before taking to the woods to train seven new faller trainees.



A total of eight trainees started New Faller Training in Sointula last month (September). Here one of the trainees, Zach Burleson, falls his first tree. At the time of going to print, six trainees remained in the course. Each participant needs to meet stringent safety and performance criteria at each point of the course to ensure the best long term outcomes.

Fatality alert highlights good practice

In a recent fatality alert, the BC Forest Safety Council reminds all falling operations to review key guidelines with crews to help prevent future incidents. Please see <http://bcforestsafesafe.org/node/2588> for the full safety alert.

Extracts include:

- Fallers must be qualified for the timber type and terrain that they are working in. It is the responsibility of the falling supervisor to assess the fallers and document that they are qualified.
- Qualified assistance must be available to all fallers in case of a difficulty, emergency or injury. Often this assistance is provided by a falling partner, falling supervisor or qualified dangerous tree faller/blaster who can provide advice or help directly with solving the problem.
- Supervisors need to closely supervise their fallers when moving to a new area with different site conditions and hazards. Prework meetings and worker assessments are necessary to make sure fallers are aware of any new hazards and are following the necessary steps to control those hazards.
- Avoid the Six Deadly Sins of Manual Tree Falling:
 1. Failing to progressively fall danger trees into open areas with the falling of other timber and before falling adjacent live trees
 2. Using the practice of “Domino Falling”
 3. Leaving cut-up trees and failing to mark such trees and notify the work place supervisor and workers whom may enter the affected area of the location of the cut-up trees
 4. Failing to take appropriate measures to control the fall of trees, which may include:
 - i. Not ensuring the undercut is complete and cleaned out
 - ii. Not leaving sufficient holding wood
 - iii. Carelessly cutting off the corners of holding wood
 - iv. Not ensuring that the back cut is placed higher than the undercut
 - v. Failing to have wedging tools immediately available at the tree being felled
 - vi. The unnecessary brushing of timber
 5. Permitting workers, other than the faller and those permitted by regulations to be within two tree lengths of the tree being felled
 6. Falling trees within the specified minimum distances from unguarded overhead energized high voltage electrical conductors without complying with the requirements. 🚧



Falling

Thank you for timber site offers for New Faller Training



Thank you to the operations that have contacted the BC Forest Safety Council so far to offer up timber sites for New Faller Training. Your offers help us deliver continuous training, without delays throughout the year, ensuring industry is able to have enough fallers in place to meet demand. Thank you for your support!

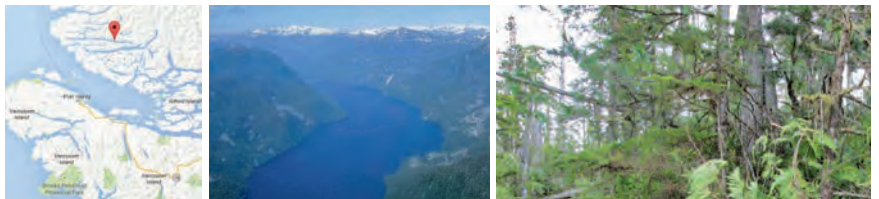
If you think you have a suitable timber site for New Faller Training, or want to learn more about what is involved, please email falling@bcforestsafesafe.org. 🚧

Reporting incidents can save others

Just a reminder that when you report close calls and incidents it helps shape better outcomes for everyone in industry. Through sharing your experience, you make other fallers aware of things they need to know too. You can submit a safety alert at any time using this template provided here:

http://bcforestsafesafe.org/safety_info/alerts_bulletins.html (scroll down to bottom of screen) and email it to: alerts@bcforestsafesafe.org 🚧

2nd direct harvesting fatality of 2014: faller in Seymour Inlet



Seymour Inlet (red marker) on Google map, aerial view (photo credit: weathercat.ca) and the type of wood conditions Hugh Conley was working in.

Forest Safety News was saddened to learn of a faller fatality near Seymour Inlet on Tuesday, September 2, 2014. Hubert (Hugh) Russell Conley, 43, was working along with five other fallers near Woods Lagoon, Seymour Inlet. Hugh died after trees he was falling fell on top of him. He leaves a wife and young son in Bella Coola.

There is an ongoing investigation into the incident by WorkSafeBC and the coroner's office. Detailed information and causes have not been released publicly so far. This incident is the second direct harvesting fatality in 2014. The first was when chokerman Laurie Kyle Levy was struck by a leave tree in May.

Forest Safety News extends its deepest sympathy and condolences to Hugh's family, friends and colleagues. 🚧



Finding your path to greater health and wellness

We're all working hard for our retirement so let's make sure we can enjoy it!

It takes three key ingredients: diet, exercise, and rest for both body and mind. But before you start, consider some words from the wise – doctors, realists, dieticians, homeopaths and health and performance coaches/trainers:

Reality rules. Identify your motivation. Set realistic goals, one day at a time.

Slow and steady. A little bit more exercise over time is how you build sustainable strength, flexibility and endurance to reach your goals.

Get an expert opinion. If you are overweight, eat poorly or have any pre-existing health condition, see your doctor or a health and performance expert to help ensure you choose programs best suited to your needs and likes.

Everything in moderation, when you're ready. Even too much of a good thing can be bad for you! For example, stretching can be damaging if you overstretch or you have not built up enough strength in tendons and muscles to support stretches around key joints, resulting in injury.

You are in control. Some people like company when they are looking to reduce weight, stop smoking, cut out other bad habits, change diets or start exercising, or trying new activities. Some don't. You know what's going to work for you and what motivates you.

The most important thing is to start. Try new things. Find what works for you, what you like and enjoy doing and what fits your lifestyle, your personality and your budget. Find the de-stressor that's right for you. And if you really don't know what to do – walk, increasing your distance slightly every day.

Forest Safety News asked 30-year forest industry veteran, Alain Deggan, Director of Marketing and Distribution, Island Timberlands, for his thoughts on achieving health and wellness.

"We are an aging work force. Living in the present with an eye to the future, how to age with some grace and enjoy our retirement is a question we need to ask."



Alain Deggan

Alain says one hears it over and over again, how simple it is to improve health and wellness through exercise, diet, and rest, but for him after 30 years of downsizing in the industry, living to work rather than working to live, he realized he needed to make some changes to find balance. Five years ago, he decided to try yoga. Fast forward to today, and Alain not only continues to do yoga, but is also a yoga instructor because it was exactly what he needed to achieve work life balance.

"Relaxing your mind and body is a tough message for loggers to embrace."

He is quick to caution that yoga is not for everyone. "Rather, I encourage people to do something they love – doesn't matter what it is, whether it's golf, biking, walking, painting, yoga, anything that connects you with what inspires you, relaxing you mentally and physically. That's a tough message for loggers to embrace. If we are really active, it is important to know that our bodies and minds need a balance between downtime

and activity. This is also true if we are not active enough. Two of the most important things we want to have when we are older and retired is flexibility and balance, so it's important to develop those strengths." For Alain it is yoga that brings that balance.

He believes that we all want to have a quality of life when we are retired. "We need to do things now to be able to enjoy our retirement later," said Alain. 🧘



Alain demonstrates a simple stretch to do after one has been sitting for a long time at a desk or in a logging truck or other equipment.



Tips from experts:

1. Diet

Eat more healthfully! Three basic rules:

Avoid anything white – processed foods and refined sugars

Veggies should be half your plate (half of what you eat)

Enjoy a whole foods diet – i.e. you can pick an apple off a tree, but not a chocolate cake.

-- Dr. Clare Craig, Island Optimal Health & Performance

Samples of healthy snacking foods:

- A smear of peanut butter on celery or low fat crackers
- Hard-boiled egg
- Fat reduced cheese on crackers or toast
- Bananas (greener rather than over-ripe)
- Whole-grain cereal with skim milk
- Low fat whole wheat crackers with humus
- Fat-free or 1% low-fat milk
- Low-fat yogurt (no sugar added)
- A few almonds and raisins mixed with a high-fibre cereal

2. Exercise

Getting active is important. Latest research suggests that just three 10-minute sessions a day of raising your heart rate is beneficial.

One of the most important elements to better understand is your “core”. It is all the muscles in your body known as stabilizer muscles. You use your core in almost every movement of your body with these muscles either stabilizing movement, allowing you to transfer force from one extremity to another, or to initiate movement itself. A healthy core means stability, strength, endurance, flexibility, and good motor control. With it, risk of injury is reduced; backs and necks stay aligned; everything works cohesively; and stress on leg and arm muscles is reduced because the core is strong and working at its best.

The following two core strengthening activities are from Dr. Joseph Foglia, of Island Optimal Health and Performance, <http://www.islandoptimal.com/>:



Front plank:

- Laying face-down on your elbows and toes with your elbows directly below your shoulders.
- Contract your abdominal muscles and lift your pelvis to create a straight line between your shoulder, hip and ankles.
- Continue breathing normally throughout.
- Hold position until fatigue and/or loss of correct position x 2 sets.



Bird-dog (cross-crawl):

- Neutral spine position on your hands and knees, with 90° angles at your hips and shoulders.
- Contract abdominal muscles and breathe normally throughout movements.
- Raise alternating, opposing arms and legs to horizontal and hold for 2 seconds.
- Repeat 20 times.

“Our bodies were made to move, so find activities that you love and that make you sweat, and do them frequently.”

-- Dr. Clare Craig, of Island Optimal Health & Performance 🍏

YOU ASKED:

What's good and what's not for warm ups?

The most effective type of warm up is gradually increasing movement within the limit of the range of motion of the joint, followed by getting back to neutral position – reminding your body where neutral posture is and loading the joint while concentrating on stability.

What you never want to do is stretch a joint to end range – fully compressed or extended. This is when injuries occur.

Dr. Delia Roberts advises that stretching is best done after work rather than before because discs between the vertebrae are fluid-filled sacs and they plump up overnight. Due to increased pressure they are more at risk of damage for the first 20-30 minutes of the day.

If you are heading into the woods for strenuous physical activity, do your stretches once you arrive at the block (not before leaving home/site office/yard) because the changes in muscle and contraction time (CT) from a warm up or stretch only last about 20 minutes so the warm up is best done in the block or prior to other physical activity. 🧘

October is:

Breast Cancer Awareness Month

See the Canadian Cancer Society:

<http://www.cancer.ca/en/cancer-information/cancer-type/breast/breast-cancer/?region=bc>

Eye Health Month & World Sight Day, October 10:

See Canadian Association of Optometrists: <http://opto.ca/>

Healthy Workplace Month:

See <http://healthyworkplacemonth.ca/en/>.

In Canada, the annual absenteeism rate per full-time employee due to illness is 9.4 days (closer to 10 days in BC), with an annual cost of \$16.6 billion.

Fire Prevention Week October 5-11:

See <http://www.fiprean.ca/?section=0>

Mental Illness Awareness Week, October 5-11

& World Mental Health Day, October 10:

See the Canadian Alliance on Mental Illness and Mental Health <http://camimh.ca/mental-illness-awareness-week-english/about-miaw/>

World Spine Day, October 16:

has a “straighten up and move” theme this year.

See: <http://www.worldspineday.org/>

World Stroke Day, October 29:

http://www.strokeassociation.org/STROKEORG/General/World-Stroke-Day-2012_UCM_444999_SubHomePage.jsp

November is:

Osteoporosis Month

See Osteoporosis Canada:

<http://www.osteoporosis.ca/>
Bone disease can strike anyone at any age.

Diabetes Month

See Canadian Diabetes Association:

<http://www.diabetes.ca/>

November Month

See the Movember Foundation, an organization committed to changing the face of men's health:

<http://ca.movember.com/>

Lung Cancer Awareness Month

See the Canadian Lung Cancer Association:

<http://www.lungcancer canada.ca/>
1 in 12 Canadians is diagnosed with lung cancer.

Cardiopulmonary Resuscitation (C.P.R.) Awareness Month

Knowing how to respond to a cardiac emergency can increase a person's odds of survival and recovery by 30% or more.

See <http://www.heartandstroke.com/site/c.iklQLcM-WJtE/b.3479257/k.9CC7/ResuscitationCPR.htm>

National Addictions Awareness Week

See Canadian Centre on Substance abuse:

<http://www.ccsa.ca/eng/Pages/default.aspx> 🧘



What and when you eat and drink impacts vigilance and reaction time

By Dr. Delia Roberts

Vigilance means staying alert and paying attention, especially in situations where even a momentary loss of concentration can result in harm. It's an important concept for the forestry sector as there are many occupations that require high levels of vigilance for extended periods in order for workers to keep themselves, their co-workers and members of the public safe. Many of us simply accept that vigilance will fall off along with fatigue, long hours, bad weather, and the joint pain that are part of working in the woods. The good news is that you can manage much of the stress created by these factors in a way that will significantly improve your ability to stay vigilant. All it takes is a little bit of planning and self-care.

Following good safety practices can go a long way towards mitigating the hazards in your job, but you can't eliminate the risk completely because many of the factors that lead to incidents are outside of your control. The higher your level of vigilance the more likely that you will pick up the clues that can provide warning of even the unexpected hazards. This is something that you can influence by simply changing what you eat and drink. In the Fit to Drive study we measured how quickly 40 drivers in BC and the Pacific Northwest could react to an unexpected visual event. When they were eating healthy snacks and drinking enough water, drivers reacted up to 3/4 of a second

faster than when they skipped breakfast and ate junk food.

A snacking diet can help keep you at your best level of vigilance because it's designed to stabilize blood sugar. Your brain and nervous system rely on blood sugar for their main fuel. It's only under conditions of starvation or weeks of very low carbohydrate intake that they adapt to burn other fuels. Physical symptoms like headache, nausea, the shakes, and an increase in stumbling are due to low blood sugar. Emotional symptoms include anxiety, anger, and irritability. Most importantly, your ability to assess information and make decisions is impaired when blood sugar is variable. In other words it's not just low blood sugar that is problematic, but also the swings from high to low that can reduce your ability to concentrate and stay alert – by the same amount equal to 10 years of aging!

Making dietary choices to stabilize blood sugar is easy once you know how. It's as simple as eating small amounts of foods higher in complex carbohydrates and protein every 2-3 hours, and staying away from sweets. Simple sugars are absorbed very quickly causing a sharp rise in your sugar level, while the more unprocessed a carbohydrate is (the more fiber it contains) the longer it takes to digest and the more slowly the sugars are released. For example eating an apple provides a nice slow release of the fruit sugars while drinking apple juice (even when no sugar is added) will result in a swing in blood sugar and a reduction in concentration, assessment of visual information and decision-making. Limiting fat intake can help with digestion and balance calorie intake for drivers and equipment operators whose energy output is low. Active forestry

workers like fallers and surveyors can add small amounts of fat to each snack (a little cheese or sausage, smear of mayo, olive oil or coconut butter).

Starting with when you wake up and then every 2-3 hours, you should eat a small snack and have a half-cup of water (you may need more water when temperatures are high or you are working very hard).

Suggested snacks include:

- Half to a whole sandwich on whole grain bread, made with chicken breast or other lean meat, lettuce and sprouts, tomatoes or peppers. No mayo, butter or cheese
- Half to a whole cup of cottage cheese with chopped fresh fruit
- Vegetable or beef barley soup in a thermos
- An omelet (drivers and operators use two egg whites to every whole egg and a non-stick pan) with onions, spices and chopped vegetables in a whole wheat or corn wrap
- Five to 10 whole almonds and one or two pieces of fresh fruit

No-one likes change, and making these changes to your diet might seem difficult at first, but the effect on your well-being makes it worth the effort. Give it a try. You will have more energy, a more stable mood and most importantly stay at your best level of vigilance all day long. Every industry that has made this change has secured a reduction in incidents and injuries of 40-90%. Without fail, staying more alert will reduce your risk of harm. 🍏

When drivers ate healthy snacks and drank enough water, they reacted up to 3/4 of a second faster than drivers that skipped breakfast and ate junk food

-- Fit to Drive research study

Snacking diets stabilize blood sugar



improved performance physically, mentally and emotionally

NEW Resources you can use

Please visit our website to view and download a set of four posters focused on health and wellness, Fit to Log posters here: <http://bcforestsafesafe.org/node/2485> or you may order hard copies here: http://www.bcforsafesafe.org/files/ps_InjuryPreventionResourceOrderForm.pdf Available in all weather, no tear, material (i.e. polyester paper used for forestry maps) for outdoor bulletin boards and tailgate meetings as well as regular paper for indoor use. 🍃



Dr. Delia Roberts holds a PhD in Medical Science and a Fellowship in the American College of Sports Medicine. She worked with Canadian Olympic medalists from 1984 to 1998 before moving to Selkirk College where she focuses on researching and teaching optimum workplace performance. She will be launching the college's newest online citation program: *Integrated Worksite Health & Safety*, starting in October, 2014. The program covers three 12-week modules introducing: *integrated worksite health and safety; nutrition science for the workplace; and, movement science for worksite health and safety*. See: <http://selkirk.ca/program/integrated-worksites-health-safety> to learn more.

KEEPING YOUR HEAD IN THE GAME

POWER SNACKING

- Your engine can't run right if the fuel mix is wrong. Do the same for your body to keep your reactions sharp.
- Keeping your blood sugar stable can prevent the loss of focus and slowing of reaction time when you are tired or have been working for more than a couple hours.
- Every 2-3 hours stop for a small snack of carbs with low fat protein to fuel up your brain and reflexes.

CHOOSE CARBS AND LOW FAT PROTEIN

- Whole grain bread, bagel or wrap with chicken breast or low fat hummus, lettuce, sprouts and tomato slices.
- Fruit with low fat cottage cheese.
- Get a small thermos for soup or stew and bring leftovers.
- Veggie sticks of all kinds with low fat bean or cream cheese dip.
- Low fat baked goods like muffins or breads made with applesauce to replace half of the oil and only half the recommended sugar. Add a few nuts, extra egg whites or dried milk powder to increase the protein content.

STAY HYDRATED

- Remember to have a drink of water every 15 min or so.
- Use a frozen water bottle to keep your lunch from spoiling and provide you with cold water to drink.

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MAINTAINING HYDRATION

FUELING UP

- Your engine can't run right if the fuel mix is wrong. Do the same for your body to keep your reactions sharp.
- Even mild dehydration can reduce your physical endurance and your ability to stay focused.

HOW MUCH WATER YOU NEED TO DRINK

- Drinking small amounts of plain water frequently is the best way to stay hydrated.
- SIP don't chug your water! A small hydration bag helps to make it easy to drink regularly.
- Aim for 1/2 cup of water every 15 minutes of physical work and increase if you sweat heavily.

PPE + WATER LOSS

- Summertime temperatures can cause very high sweat rates.
- Working muscle generates a lot of heat, even in the winter.
- PPE restricts heat loss, which makes you sweat even more.

SPORTS DRINKS

- Use a sport drink or add a small amount of salt (1/8 tsp) and sugar (1/4 cup) per liter:
 - If you are a heavy sweater.
 - When temperatures are high.
 - When you can't carry much water with you.
 - You see white streaks on a dark work shirt when it dries.

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BACK UP YOUR BACK

A neutral posture and activated core will reduce pain and increase strength. Take a moment to restore your posture once per hour every day.

STEP 1: FIND A NEUTRAL SPINE

- Stand tall as though a string is pulling out the top of your head.
- Look straight ahead - don't drop or raise your chin.
- Keep your shoulders and chest relaxed, just lengthen through your spine.
- Put one hand on the back of your neck to check that your neck is lined up with your spine (if your head is forward, the knobby 7th vertebra will stick out. Correct this by pushing your chin straight back with the other hand until the vertebrae all line up).

STEP 2: PUT YOUR PELVIS UNDERNEATH YOU

- Put one hand on your hip bone and the other on your pubis as shown in the photo.
- They should be in one plane, the pubis should not be behind or in front of the hip bone.

STEP 3: ACTIVATE YOUR CORE

- Tighten your belly by drawing your lower abdomen in and up very slightly.
- Make sure your upper body is still relaxed, only your lower belly is tight.
- Tighten the pelvic floor (lift your testicles slightly to activate this core muscle) and hold for a count of 10, then do 10 contractions in a row.

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RELEASE NECK TENSION

Spend 5 minutes relaxing these muscles once an hour, and do a more thorough relaxation session after work to keep your back and neck pain free.

START IN NEUTRAL POSITION:

- Stand tall and make sure your pelvis is underneath you.
- Draw in your lower belly to activate your core.
- Put your fingers on your chin and shift your head back until the vertebrae of your neck line up with the rest of your spine.

STRETCHING THE BACK OF YOUR NECK:

- Put your hands behind your head and gently drop your chin toward your chest.
- Contract the back of your neck by lifting your head up against your hands - resist the movement with your hands, contracting for 3 seconds.
- Relax completely, leaving your hands in place. Repeat the contract-relax cycle 3 times.
- After the last relaxation use your hands to increase the stretch on your neck. Hold for 30 seconds and repeat the whole cycle.

STRETCHING THE SIDES OF YOUR NECK:

Do these exercises on each side of your neck.

- Put your hand on the side of your head and gently drop your ear towards your shoulder.
- Contract the side of your neck by pushing your head against your hand - resist the movement, contracting for 3 seconds.
- Relax completely, leaving your hand in place. Repeat the contract-relax cycle 3 times. After the last relaxation use your hand to increase the stretch on your neck. Hold this position for 30 seconds and repeat the whole cycle.

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Learning about forests with Canadian Women in Timber

Pull out your crayons, paints or markers and have some fun colouring in this lovely image from Canadian Women in Timber:

<http://www.canadianwomenintimber.com/Welcome.html>. The organization is dedicated to informing the public regarding our forests and forest industry by promoting forest awareness through education. Be sure to check out their kiddies' packs for lots of colouring, educational games, word searches and more right here:

http://www.canadianwomenintimber.com/Education_files/Splinter%20Activity%20Book%20CWIT.pdf

and

http://www.canadianwomenintimber.com/Education_files/Splinter%20Activity%20Book%20CWIT.pdf



Image courtesy of Canadian Women in Timber.

Feller buncher at work

Alyna Obexer, 5, of Williams Lake, sent in this wonderful painting of a feller buncher and a forestry worker with his/her PPE on. Thank you Alyna! 🌱



Logger cutting down tree

Finn Hestnes, 4, of Nelson, sent in his crayon drawing of a "logger cutting down tree". Thank you Finn! 🌱



Loot bags will be making their way to each of you shortly!

Who are you going to be safe for today?

ABOUT Forest Safety

Forest Safety is published six times a year: February, April, June, August, October and December. All submissions – letters to the editor, safety tips, photos, safety stories, concerns are all welcome. The opinions expressed in the newsletter are not necessarily those of the editor, staff or board of the BC Forest Safety Council. All decisions to publish materials rest with the editor. 7,500 copies of each edition are distributed via mail or email. Additional copies are distributed at industry events.

Subscriptions

If you would like to continue to receive a hard copy or would prefer to receive an electronic copy of this newsletter, please email editor@bcforestsafesafe.org and ask to be added to the print copy or email distribution lists.

Have a story, letter to the editor, safety tip, ideas or photos? Please send all submissions to:

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Call 1-877-741-1060 or
email editor@bcforestsafesafe.org 🌱



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FOREST SAFETY News



December 2014
issue 6 / vol. 1

Safety is Good Business

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Forestry company representatives and safety officers attended a half- or full- day session to learn the steps required to most effectively translate workers' safety knowledge into lasting behaviour change.

Creating lasting behaviour change requires more than knowledge

Two days after Ken Donnelly, of Beyond Attitude Consulting, presented at the Vancouver Island Safety Conference in Nanaimo in October 2014, he was in Prince George to deliver a more detailed presentation and workshop on how best to influence behaviour change in forestry workers.

Log haulers, tree planters and fallers have the highest rates of serious falls in the forest industry. With Donnelly's assistance, the BC Forest Safety Council is working on a project to help reduce the number of serious falls that take place each year.

Focus on log haulers

In the past five years over \$4 million was paid out in claims to log haulers from serious falls, according to WorkSafeBC statistics for the period 2008 to 2012. In addition to these claim costs and the pain, discomfort and work absence the injured worker faces, companies are on the hook for additional costs due to lost production, rescheduling, short or long term time off, retraining, injury management/RTW and insurance premium escalation costs. There may also be equipment repairs and other costly damages.

For logging truck drivers and machine operators, entering and exiting their cabs safely secures the best production efficiency – exiting



3-Point contact.

and entering safely takes the same amount of time or less than doing it unsafely and it minimizes any chance of injury, uninterrupted production, or down-time. The only way to consistently achieve this level of efficiency and cost-effectiveness is 3-point contact.

Translating knowledge into action

Donnelly explained that someone knowing how to do something safely and

Welcome to the December edition of Forest Safety News, covering news about safety topics in forestry. This is YOUR safety newsletter. We look forward to your input and feedback! Email the editor at editor@bcforestsafe.org or call 1-877-741-1060.

Happy Holidays!



Whether you are falling, logging, hauling, milling, getting ready for planting season, or just chilling, we wish you & yours a safe & happy holiday season. From all of us at the BC Forest Safety Council.

Our offices will be open:

Mon Dec 22	Tues Dec 23
Wed Dec 24	Mon Dec 29
Tues Dec 30	Wed Dec 31

Our offices will be closed:

Thurs Dec 25	Fri Dec 26
Thurs Jan 1	

1-877-741-1060

www.bcforestsafe.org
info@bcforestsafe.org

Continued on page 2...



WHMIS is changing to meet consistent global standards

The Workplace Hazardous Materials Information System (WHMIS) is changing (in late 2015). The new WHMIS is aligning with the Globally Harmonized System of Classification and Labelling of Chemicals (GHS). GHS is a worldwide system with a goal to have a common set of rules for classifying hazardous products, standardized labels, and a standard format for safety data sheets.

The WHMIS (after GHS) for Workers course provides worker education on the proposed new WHMIS system, along with an exam and a certificate for those who complete it successfully. The course is free and is suitable for workers in organizations of all sizes, in industries and occupations where hazardous products are found.

This course was developed by The Canadian Centre for Occupational Health and Safety

(CCOHS) in partnership with the Workplace Hazardous Materials Bureau of Health Canada (formerly the National Office of WHMIS).

Topics

- Overview of WHMIS
- Overview of hazard groups and classes
- Labels
- Physical hazards
- Health hazards
- Safety data sheets (SDSs)

Upon completion of the course workers will be able to:

- Understand labels
- Recognize the pictograms (symbols) and understand the hazards that they represent
- Identify the hazards represented by each hazard class
- Find additional information about hazards and protective measures on SDSs.

Online

This one-hour, free course is delivered online. You will need a computer with access to the Internet. You can complete the course at your own pace, when and where you want.

Stringent course review process

CCOHS and the Workplace Hazardous Materials Bureau worked closely to develop the content of this course, and it was reviewed by other specialists in the field. The course was also reviewed by representatives from labour, suppliers, employers and government to ensure the content and approach was unbiased and credible.

For links to the free course and additional information, please see: http://ccohs.ca/products/courses/whmis_workers/

Continued from page 1...

understanding why it is the safest way to do something, doesn't mean that the person will actually do it. One of the key aspects that helps translate knowledge into action is having people agree verbally to do the desired behaviour, then having them sign a document that they will do it, and finally, publicly sharing that pledge so everyone knows they have committed to doing it.

Two of the companies in attendance at the workshop in Prince George that were keen to participate were Lo-bar Log Transport, and Edgewater Holdings. Both companies recently shared with Forest Safety News a list of log truck drivers who agreed to share publicly that they are committed to using 3-point contact at all times getting in and out of their logging trucks. They also consented to having their names published. Forest Safety News gives a big, loud shout-out to these Lo-Bar drivers:

Brenda Raphael, Robert Wheeler, Albert Fehr, Dax Sage, Cliff Falkowski, Kirk Richter, Randall Stevens, Brad Dejong, Dennis Allen, Ron Fosti, Blake Wiebe, Craig Chesley, Bruce Turcotte,



Ken Donnelly explains to falling, logging and other forest industry operators what it takes to make safety choices stick.

Art Wolfenden, Terry Durrant, Jason Brade, Russ Groves, Al DaCosta, Darcy Solmonson and Gary Macpherson.

And a big loud shout-out to these Edgewater Holdings drivers and subcontractor drivers:

Scott Pattie, Bud Colebank, Lionel Caron, Andre Daly, Mervin Birch, Monte Garber, Derek Russell, Dale Andersen, Guy Buemann, Jody Drinkwater and Rich Price.

Shallard & Shallard: **Paul Cain, Rob Smith,**

Claus Mikkelson and Mike Luchka.

A & K Macpherson: **Kirt Macpherson, Allan Macpherson and John Groeb.**
PL Scully Ent.: **Dean Scully.**

The BC Forest Safety Council will continue to monitor and measure its 3-point contact behaviour change program to see how and where it has been most successful in influencing and sustaining positive safety actions that make for good business outcomes. 🌲

CHAG completes phase congestion materials for industry

Phase congestion was identified by industry as a safety concern in 2013. The term “phase congestion” means a situation where different logging phases – such as planning, falling, road construction, production or blasting, etc. -- become bunched up or congested, with an increased risk of negatively affecting the productivity and safety of each phase, putting workers at higher risk of an incident. Simply put, phase congestion is having too many activities going on in too small of an area.

One type of phase congestion, known as stacking, is where operations are going on in steep terrain and one logging phase is located directly above another. There is a risk that the operations at the top of the hill may cause a log or rock to move downhill, putting the lower operations in harm’s way.

With the leadership and support of the Coast Harvesting Advisory Group (CHAG), working groups spent many months analyzing and identifying the root causes of phase congestion and how best to manage it. To help prime contractors, licensees, contractors and supervisors be aware of phase congestion and how best to manage it if it occurs, CHAG produced practical tools and materials for broad industry consideration and use.

In addition, a section on phase congestion has also been added to the SAFE Companies audit requirements.

The overall objective in producing these materials is to help ensure every worker goes home safe at the end of the day:

Phase Congestion Guiding document:

<http://www.bcforestsafesafe.org/files/PhaseCongestionGuidingDocument.pdf>

Phase Congestion Hazard Assessment:

<http://www.bcforestsafesafe.org/files/PhaseCongestionHazardAssessment.pdf>

Phase Congestion video:

<https://www.youtube.com/watch?v=1Ux13XTRSKU>

Phase Congestion poster:

<http://www.bcforestsafesafe.org/files/PhaseCongestionPoster.pdf>

To order regular paper or outdoor polyester paper copies of the poster for worksites, please use this order form

<http://www.bcforestsafesafe.org/files/psInjuryPreventionResourceOrderForm.pdf>

and email the form to: info@bcforestsafesafe.org

If you have any comments or questions about phase congestion, or the materials produced, please email

CHAGinput@bcforestsafesafe.org



YOU ASKED:

What does SAFE Certification really mean?

SAFE Certification means a business has taken the steps to put a basic safety management system in place as part of their overall business management system.

Most will agree that the primary objective of any business is to survive and grow. The idea that safety is good for business is not new. "The business case for safety is not complicated. Having your business in control through good methods, skills training and the right tools all the time leads to a business that is reliable and ready to produce quality products at an effective cost," says Reynold Hert.

Of 2,600 SAFE Certified companies, there are 112 different WorkSafeBC classification units. Two thirds of these companies are directly involved in forest harvesting while one third sought SAFE certification for their business through an alignment with the forest industry. They may work for a licensee or contractor who requires SAFE certification as an industry prequalification and they may also do non-forestry work during the year. The company's safety program should cover all business activities and the audit should reflect all these activities too.

The annual SAFE Companies audit is a measurement of the effectiveness of a company's entire safety program rather than just the forestry aspects. It does not take the place of regular inspections. It is not the time to "ramp up" safety. If there is missing or incomplete paperwork, it is an indication that the program is not working well or not covering all the company's risks. Record review needs to look at the results, recommendations and corrective actions from the previous year's audit. Records are also a way of proving that specific regulatory requirements have been met. While safety audits are not designed to be comprehensive physical wall-to-wall facility inspections, a general walk-through of work areas throughout the year in all industry areas can provide additional insight into the effectiveness of safety programs. 📍



SAFE Companies

All forestry companies could benefit

from silviculture's experiences with PAR

Participatory action research or PAR as it is most commonly called is a way of seeking out all the information from every perspective within a process to best understand how it works and how each part impacts others. With this information, one can influence changes that can improve safety. People at every part of the process share their opinions, insights and observations by telling stories and narratives about their work, allowing researchers to gather insights from multiple

"When you watch a skillful planter, his shovel glides over the ground. He looks like he's dancing. He sees the spot, puts in the tree. Effortless."

perspectives. Stories of both the problem and the solution are gathered.

Tom Bigda-Peyton, of Second Curve Systems, has been guiding and coaching members of the silviculture sector in how best to use PAR to achieve collaborative problem solving in safety.

"We are aiming to reduce the MSI rate in silviculture and in parallel help solve problems in the sector where there are difficult, complex or recurring scenarios," explains Tom.

He said a pilot project was funded by WorkSafeBC two planting seasons ago. A lot of progress had been made in silviculture safety and performance by focusing on ergonomics,

nutrition and hydration but that there were still \$1.3 million in claims each year and industry needed to know how to put a dent in that. Since the initial project, Tom has continued to work with the Western Silvicultural Contractors' Association (WSCA) and the BC Forest Safety Council to further the PAR work.

"Given similar conditions planting trees, one wants to understand why some firms have lower injury rates than others. What are they doing? Are there new practices, new insights? The notion of PAR is designed to support collaborative problem solving – research that generates knowledge that can be used by people doing the work – foresters, tree planters, contractors and licensees – looking at the system factors and where we can create improvements," said Tom.

Looking at the silviculture production cycle, researchers found that the influencers on MSIs included:

1. Customer/supplier practices: forester and nursery
2. Industry practices (piece-rate pay system, informal incentives, contract requirements –soft touch planting versus screefing)
3. Company culture: safety or production or both, for example, did companies have a provision for tree planters to have a half day if they felt a strain or were they expected to work through?
4. Safety management system and ability for decision-making on the job
5. Crew management practices

New safety advisor in central interior



Mike Pottinger joined the BC Forest Safety Council as Safety Advisor for the central interior region last month (November, 2014). Mike will support all aspects of the Certificate of Recognition (COR) and SAFE Companies Program with the goal of reducing injuries and fatalities in forest harvesting. Mike has extensive operational experience in logging in the central interior including operation of line and grapple skidders, butt-n-top loaders, feller bunchers and various positions in high lead operations. Mike, is a Certified Risk Manager, and recently attended the University of Northern British Columbia where he obtained a Certificate in Health & Safety. 📍

6. Education – coaching, mentoring and training, for example skillful planting, like dancing across the ground, is achieved and sustained with the right coaching
7. Individual strategies – e.g. did planters prepare before the season or come in cold?

One influencer on MSI rates in tree planters is how seedlings are watered at the nurseries. The weight of boxes increase from 30 lbs to 50 lbs if seedlings are waterlogged. Multiply by 50 boxes per truck load = 1,000 lbs of extra weight per day. Until people collaborated and understood the impact of actions on others further down the production line, no-one knew the unintended consequences. By changing watering practices in the nurseries, a whole chain of positive business and safety outcomes are achieved: water is saved, money is saved, fuel costs drop in not having to truck an extra 1,000 lbs and most importantly the injury rates and injury costs can be reduced due to fewer strains among tree planters. Production goes up too because no-one is lugging extra, unnecessary weight.

Weyerhaeuser mass audit submission successfully completed

Three members of the SAFE Companies team completed a three-day visit to Weyerhaeuser in Princeton-Okanagan Falls in late October to review 38 audits from Weyerhaeuser contractors and sub-contractors.

The BCFSC team members were senior safety advisor, Martin Ridgway; safety advisor, Stacey Sproule; and audit administrator, Clare Craig.

In total the team was able to process and mark the audits as well as have safety discussions with 46 forestry workers/ company owners on an individual basis.

Identifying unintended consequences of well-intended decisions

“The process allows us to understand what works well and what needs to be done better,” said Tom. “People are often unaware that decisions they make can have an impact on safety – the downstream consequences of upstream decision-making, which is why we need to incorporate everyone to make this collaborative problem-solving.”

He said that across all high consequence industries one sees that safety, quality and productivity are all connected – that safety really is good business.

WSCA annual conference attendees will be able to learn more about the PAR project on February 4, 2015 in Victoria when Tom will provide an update and facilitate a technical workshop on work relating to heavy seedlings, fertilizer use and MSIs.

In the next edition we will talk with silviculture companies to learn about their front line experiences with PAR. 🌱

Getting your SAFE Company audit in on time

As the BC Forest Safety Council gears up for one of its busiest audit processing cycles – December – we are aware that for many small companies the whole audit procedure can seem a little overwhelming. We don't want to see panic set in as people realize it is THAT time of year!

**KEEP
CALM
AND
AUDIT ON!**

All of a sudden, the due date is here but the audit is not started, pages are missing, or the person who always does it, is not doing it anymore. These are just some of the “rush” examples that we hear when it is audit time.

Between 500 and 800 audits will be received by the Council in less than four weeks, either electronically or in hard copy binders. Some are dropped off in person, others by mail, some by courier and even one or two by float plane special delivery! Whatever the means of arrival, the process is straightforward on our end – first in, first out. To keep us on track every audit is date-stamped and recorded so we can track its progress through the system.

There are cases where a “rush” might be necessary and these are all reviewed on a case by case basis to ensure the rush request is warranted. Please note that due to the volume of audits received, rush audits may not be able to be processed right away, but we will always try as best we can to accommodate the last minute rush for a contract that just came up.

We want everyone to succeed with their audit and often this means simply taking the time to make sure everything is right. Please double check that all the questions have been completed, and that all necessary documentation is included. Don't get caught up in the holiday rush. Keep calm and audit on! And remember, if you are not sure about something, call us first before you send the audit in. No-one wants to hear an audit has failed because something is missing. Please call toll-free 1-877-741-1060 or email safeco@bcforestsafesafe.org. 🌱

Prequalification update

In the October edition of Forest Safety News, it was announced that the piloting of the proposed audit standards with 20 companies (of all sizes, geographical location and nature of operations) was almost complete and that a summary report on the pilots had been prepared for the prequalification steering and working committees' review and consideration.

In October, the prequalification steering and working committees reviewed and discussed the summary report on the pilots along with a number of recommendations and options. The two committees recommended a number of minor changes that have now been

incorporated into the proposed audit standards.

The proposed prequalification standards are scheduled to be reviewed by the BC Forest Safety Council board of directors at the December meeting for consideration and final approval. Discussions are continuing to take place with WorkSafeBC to determine if the proposed standards meet the Certificate of Recognition (COR) requirements.

No action is required by any SAFE Companies at this time. Every SAFE certified company will receive mail or email notification of any changes specific to their operations in 2015. 🌱



Falling



Jack Miller tests a new 3-D training program for new fallers to help them identify hazards.

3-D degraded imagery training

will help new faller trainees identify hazards

One of the biggest challenges in properly preparing workers for hazardous workplaces – like falling – is finding the right tools that help train workers to be able to anticipate, recognize and appropriately respond to hazards in order to avoid injury or death.

A common training approach to date has been to show single hazards, standing alone without real-world environmental context. While this has helped show trainees what the hazards are, it hasn't helped them to identify them in the ways they might encounter them where it matters most – in complex forest environments.

The 3-D degraded imagery training program has been designed to help the new faller trainees learn how to identify all hazards and their potential consequences, in turn improving decision-making and responses to hazards.

The new tool makes use of a simple ViewMaster and reels of degraded 3-D visual images, each visual based on real-world harvesting conditions similar to conditions that have previously resulted in incidents or fatalities. According to WorkSafeBC's website listing of a sample of 150 falling incidents (September 2005 to April 2014) 84% of these incidents involved "struck by". Dangerous trees were the most common key word reported in the incidents. Other frequent incidents were defined as "hit by portion of tree", "hit by limb from above," and "hit by top from above", with 88% of fallers being in the process of falling activity when they were struck.

Similarly in a separate 2009 WorkSafeBC report it was also noted that in 28 out of 32 (87.5%) falling incidents reviewed at that time, pre-planning had not completely identified all the hazards or risks before the work began; and, in 19 (59%) of the incidents the supervisor did not do a hazard assessment; or, had failed to identify the hazards the faller would be exposed to. In 29 (90.6%) of the incidents the fallers had either not properly assessed the risks, were unaware of the risks, or had ignored them.

The image content of the reels covers all hazard aspects – as if the trainee was standing in a forest looking at his worksite, ready to do his workplan. Trainees look at 3-D forestry scenes with the ViewMaster and focus on both the identification of individual and combined hazards. As a class they then discuss potential consequences, and what to do about them to ensure a safe outcome.

At the end of the training session, trainees are asked to evaluate two slides on their own, writing down a list of all the hazards they see. In this way trainers are able to benchmark individual trainee's progress on identifying hazards. It is planned that a similar evaluation will take place at other key points during new faller training to chart a trainee's progress and confidence in identifying hazards and helping to support them if any remedial action is required in identifying particular types of hazards.



From left: Dave Weymer, DT Blasting Limited; John Shearing, TimberWest Forest Corp.; Jack Miller, U.S.W. Local 1-1937; and the BC Forest Safety Council's Gerard Messier test the three reels of falling images, identifying hazards in each image. The aim is to have new fallers use these 3-D imagery tools to help them learn through simulation how best to look for and identify hazards.

New falling safety advisor



David Adshead joined the BC Forest Safety Council Falling team early last month (November, 2014) as a falling safety advisor. He will directly support falling supervisors and fallers through onsite field visits to falling operations. David brings a total of almost 30 years in industry to his new position, both as a faller and as a falling supervisor, trainer and mentor from the coast through the Okanagan, Kootenay, Columbia and Northern regions. If you would like falling advocacy or other support for your falling company, falling supervisors or fallers at no extra cost, please contact falling@bcforestsafesafe.org to set up a visit.

Need to train fallers?

Canada-BC job grant could help, up to \$10,000 per person

The Canada-BC Job Grant is a cost-sharing program that helps employers offset the cost of training for new or current employees. The grant is intended to help British Columbians gain the skills they need to fill available jobs and helps employers invest in their workers, providing training necessary to help make businesses succeed. The BC Government will be partnering with organizations to help employers assess skills needs, develop training plans and assist with grant applications.

Any employer with a plan to train workers for new or better jobs in BC may apply: for profit, not-for-profit and First Nations Band Councils. Applicants must be legal entities entitled to operate in BC and/or registered with the BC corporate registry.

Training for both current and future employees is eligible. An employer may seek funding to upgrade the skills of a current employee or to train an individual for a future job. In either case, the employer must have a guaranteed

job available to the participant once the training is complete.

Employers can receive up to two-thirds of the costs of training to a maximum government contribution of \$10,000 per grant. Employers must contribute the remaining one-third. Eligible training must meet the needs of the business and lead to a guaranteed job in BC, including essential skills, technical, business, management and leadership, and short-term certificate training, with the training taking place in a classroom or training facility, a workplace or online. The training must be delivered by a third-party trainer and be completed within 52 weeks of receiving grant approval. The grant covers tuition fees, mandatory student fees, textbooks, software and other required materials as well as examination fees.

Visit www.workbc.ca/canadabcjobgrant for more information and to complete an application form, or call 1-877-952-6914 📞



New Faller Training course, Sointula September 8, 2014 (left to right) Dominic Gagnon, Steve Telosky, Paul McCaffrey, Harry Cole, Darrell Pearson, Reagan Mayo, Matthew Murray, Korbyn Dunn, Corey May, Zach Burleson, Kurtis Peppy and Daniel Klint.

Feedback from recent falling supervisor course

YOU SAID IT:

The best part of the course was:

"It has made me a safer faller. It has helped me to understand and identify hazards and helped me to work with and understand other people better."

"The field days where we had Jeff (Mackenzie) knock down trees and Doug (Harrison) explaining at the same time. Checking stumps in the field."

"More people need this training."

"Very informative. Eye opener to all the regulations."

"Every faller/supervisor needs to know every aspect of this course. Very informative!"

"Being out of the classroom and in the field watching the faller work. More value than watching videos in class."

To improve this course I would suggest:

"Letting the faller supervisor trainees be closer to the faller – closer than two tree lengths – on the field day to observe how the falling is done, at least one at a time. Need a variance."

Additional things to consider:

"There is also seismic falling in BC so maybe adjust some rules for seismic falling."

"Valuable to have experienced faller to discuss what faller is doing, in real time."

"Very well done, safe and open learning environment." 📞



Data tracking helps shape better performance

The BC Forest Safety Council (BCFSC) has engaged a consultant to work with administrators of falling contactors to collate and review faller audits to track data. This data collection will allow the BCFSC to identify trends and proactively address safety or potential safety issues before they become incidents.

Upon review of more than 400 faller audits the following three parts of the audit report have been found to have the highest "unacceptability" percentages,

namely: PPE; identifying hand tools and equipment; and, demonstrating falling cuts.

While historical data has been collected and reviewed to date, real-time audits will feed into and inform the review going forward so that responses to emerging issues and trends can be appropriately addressed in a timely manner. This insight will support reducing serious injuries and fatalities in falling operations. 📞



Trainers participate in train the trainer session

Once a year the BC Forest Safety Council (BCFSC) pulls together all its regular trainers for a “train-the-trainer” session, to share the latest industry developments, safety performance and discuss how best to continuously improve training – from program content to delivery. The key objective is to ensure that training remains relevant and effective in supporting industry to achieve further reductions in injuries and fatalities and increase operational efficiency.

The BCFSC provided an update to trainers on the new Forest Supervisor training program and let them test-drive a number of the new training components in the program to get their input and feedback before the training moves into a final stage of review and piloting, and out to industry.

The new supervisor training will be divided into three one-day modules that can work together, or as standalone units so that experienced supervisors may choose the modules that best meet their needs. For new supervisors, the three module combo will provide them with a content-rich, practical and interactive training experience. They will learn about their own work-style and preferences as well as other work styles in the workplace and how best to manage them all to bring out the best in crews to optimize performance and support positive safety outcomes.

BCFSC training manager, Pam Jorgenson, facilitated the session and kicked it off with trainers taking part in a DiSC profile assessment that will be part of the new forest supervisor course. This copyright trademarked system, owned and administered by Wiley, provides participants with their “workplace profile” which allows them to better understand their style, and how to relate to others in the workplace – a key piece of being an effective and respected supervisor. Following the DiSC exercise, trainers got to present different parts of the proposed new course, and then make suggestions on final content and how they would present particular components of the communication/leadership modules of the course.

Trainers also got an update on the latest safety statistics, new safety industry working/advisory groups and what they were focused on achieving. They learned about new programs



Top Photo: Trainers, Stacey Sproule, Barry Manfield and John Gooding. Bottom Left Photo: Gerard Messier, BCFSC’s training and program development manager, gives the trainers an update on the Fit to log project and materials, focused on supporting the health and wellness of fallers to increase performance, safety and productivity. Bottom Right Photo: Guest presenter, and adult education academic and trainer, Glen Galy discusses the key elements of every successful training session – from preparation and content, to delivery, interaction, timing and participation. He said adults learn best when they teach and using group activities is very important.

under development and those ready to be rolled out such as new phase congestion tools, steep slope tool updates, the fit to log program, emergency response planning, log truck driver training curriculum development, falling updates and SAFE Companies audit and prequalification review status. WorkSafeBC’s Bjarne Nielsen, also provided the trainers

with an update on regulation, legislation and guidelines.

The trainers shared their feedback from first-hand experiences of delivering hundreds of hours of BCFSC training to industry during the year – what works, what doesn’t and suggestions for improvement.

In talking about where industry was at, Reynold Hert, BCFSC Chair and CEO, told the trainers, that they played a critical role in delivering training at the front lines and that their dedication and hard work was helping to make a difference in industry. He said industry was “not out of the woods”, referring to the two fatalities year to date in 2014, but that “things are different” culturally and having a positive impact on reduced payroll levies for forestry.

He cautioned, however, that lots of change was coming: trying to fill industry’s work force needs going forward and dealing with how industry manages and determines how someone is “qualified” to do a certain job.

The event was well received by the trainers and their feedback will help shape training and program development decisions going forward. 🌱



Top Photo: Trainers Steve Lackey and Steve Mueller. Bottom Photo: Trainers Kevin Bonnett and Terry Baker.

YOU SAID IT:

Feedback from recent small employer occupational health and safety training participants:

The most valuable feature of the course was:

“Knowing the documentation required to be kept over the course of the year to make the (audit) submission easier.”

“Learning how to audit and how to improve safety of the company.”

“Worker assessment info will help me to be more professional in hiring and taking care of workers.”

The weakest feature of the course was:

“A lot of information to digest.”

“Not as difficult as I thought.”

“Too much reporting and not enough actual safety training.”

Additional comments:

“I don’t think this course should have to be taken again as a refresher requirement for auditor.”

Editor note: The above comment has encouraged the training department to increase its efforts to find alternatives for refresher training that will be recognized by WSBC. Thank you for your constructive feedback, which allows us to be responsive to industry needs and shape better safety and business outcomes. 🌱

Upcoming training

If you would like to see how a training course can meet your organization’s needs, please let us know. We are committed to working with you to find the right training solution. We may be able to tailor a program to your specific needs and deliver it in a way that is most convenient for your operations.

The 2015 training calendar is currently in development and should be finalized soon. Please see bcforestsafesafe.org/fscapps/calendar/calendar.php. Check back often as course dates do change. Email training@bcforestsafesafe.org or call toll-free 1-877-741-1060. 🌱

In memoriam

As we celebrate the holidays, let’s not forget these absent friends who died at work this year:

Laurie Kyle Levy (36), a chokerman struck by a leave tree 12 km west of Nelson on May 26, 2014; and Hugh Conley (43), a faller struck by two trees he had partially cut while he was falling a third in the Seymour Inlet area on September 2, 2014. 🌱



Year-to-date direct forest harvesting safety stats

As at November 21, 2014, the forest harvesting sector had recorded two direct harvesting fatalities year-to-date, down from 10 for the same period in 2013. However, incidents and serious injuries continue at a similar or higher rate to prior periods.

Here are the most recent incidents reported by WorkSafeBC in forestry operations, as at November 21, 2014:

Injury: Soft-tissue injury to head

Industry: Forestry

Core Activity: Manual tree falling and bucking / Cable or hi-lead logging / Integrated forest management

Location: Vancouver Island/Coastal BC

Date of Incident: 2014-Nov

While moving away from the base of a falling tree, a certified manual faller was struck on the head by the top of a small (7-inch diameter) danger tree.

Injury: Multiple fractures

Industry: Forestry

Core Activity: Helicopter logging / Integrated forest management / Hand falling old growth timber

Location: Vancouver Island/Coastal BC

Date of Incident: 2014-Nov

A certified manual faller was trying to fall three limb-tied trees on terrain with a 70 percent slope. He was struck by the root system of one of the trees, dragged downslope 15 feet, and trapped by the root system. A faller trainee had to buck the certified faller free. The injured faller was evacuated off the hill by a long line system and transported to medical care by helicopter.

Injury: Soft-tissue injuries

Industry: Forestry, Trucking

Core Activity: Log hauling

Location: Interior BC

Date of Incident: 2014-Nov

A loaded logging truck was travelling on a forest service road. The truck encroached on the soft shoulder of the road, which collapsed beneath the driver's side of the vehicle. The truck rolled onto its side and then over the embankment. Standing trees arrested the truck's descent about 10 feet below the road grade. The driver was able to exit the truck cab unassisted and called for help on the radio.

Injury: Concussion

Industry: Forestry

Core Activity: Hi-lead logging

Location: Vancouver Island/Coastal BC

Date of Incident: 2014-Nov

A young worker (rigging slinger) was setting chokers in a cable yarding operation. While walking over uneven ground with heavy debris, the worker fell and his head struck a rock.

Injury: Close call

Industry: Forestry, Trucking

Core Activity: Log hauling

Location: Northern BC

Date of Incident: 2014-Oct

A loaded logging truck was travelling close to the edge of a gravel road, which resulted in the truck leaving the roadway, overturning, and coming to rest against a tree on the passenger side. The driver reported no injuries and the employer is currently conducting an incident investigation.

Injury: Fractured vertebrae

Industry: Forestry

Core Activity: Falling trees

Location: Interior BC

Date of Incident: 2014-Oct

A certified faller lost control of a tree. The tree was 7 inches in diameter at the butt (the bottom end of the tree) and 46 feet high. The tree hit another worker, who was repairing a chainsaw within the faller's work area.

Injury: Broken ribs

Industry: Construction, Forestry

Core Activity: Road construction

Location: Vancouver Island/Coastal BC

Date of Incident: 2014-Oct

A worker could not control a runaway 8-ton shop truck on a steep grade. The worker tried to ditch the truck in an attempt to stop it. The truck rode up an embankment where it rolled multiple times.

Injury: Crush injuries to leg

Core Activity: integrated forest management

Location: Vancouver Island/Coastal BC

Date of Incident: 2014-Oct

A logging crew was installing a backspar assembly onto the boom of an excavator. One of the assembly struts pivoted and struck a worker.

Injury: Serious leg injuries

Core Activity: log transport

Location: Vancouver Island/Coastal BC

Date of Incident: 2014-Sep

A worker was trying to air up a multi-piece off-highway logging truck tire. The tire exploded and the worker was struck by the tire as it came out of the tire cage.

The power of "I chose to look the other way" and other great safety poems

Often Don Merrell's safety poems get attributed to different people around the world in all industries. His poems have influenced safety outcomes at many leading organizations such as Bechtel Corporation. Here the President of the global group's mining and metals business explains how the poem, "I chose to look the other way" influenced him and his approach to safety: <https://www.youtube.com/watch?v=QqYa37idFMA> Maybe it will inspire you or your workers too. Here is a link to other safety poems by Don Merrell. Feel free to share. Remember to credit Don Merrell as the author of the poems. <http://www.safetyrisk.net/workplace-safety-poems/safety-poems-by-don-merrell/> Thank you to Aaron Frost at Strategic Natural Resource Consultants for sending in one of Don's poems.

I Chose to Look The Other Way by Don Merrell

donmerrell@hotmail.com

*I could have saved a life that day,
But I chose to look the other way.
It wasn't that I didn't care,
I had the time, and I was there.
But I didn't want to seem a fool,
Or argue over a safety rule.
I knew he'd done the job before,
If I spoke up, he might get sore.
The chances didn't seem that bad,
I'd done the same, he knew I had.
So I shook my head and walked on by,
He knew the risks as well as I.
He took the chance, I closed an eye,
And with that act, I let him die.
I could have saved a life that day,
But I chose to look the other way.
Now every time I see his wife,
I'll know, I should have saved his life.
That guilt is something I must bear,
But it isn't something you need share.
If you see a risk that others take,
That puts their health or life at stake.
The question asked, or thing you say,
Could help them live another day.
If you see a risk and walk away,
Then hope you never have to say,
I could have saved a life that day,
But I chose, to look the other way. 🙏*

Injury: Fractured arm and finger; bruised back

Core Activity: log truck operation

Location: Northern BC

Date of Incident: 2014-Sep

The operator of a self-loading log truck was removing the load binders and wrappers from a load when a log fell off, striking the operator. 🙏



Working group: Building awareness about safe fertilizer handling and storage

A silviculture fertilizer working group has been created as a result of support from the Western Silvicultural Contractors Association (WSCA), the Coast Harvesting Advisory Group, and the BC Forest Safety Council. The need has been identified that all silviculture operations – and specifically coastal operations – would benefit by improving business processes around safe fertilizer handling and storage.

The catalyst for the creation of a group to look at the issue was the 2012 Vancouver Island incident where tree planters had a reaction to fertilizer that had degraded in the heat. (See <http://www.bcforestsafe.org/node/2273> for more information.)

The working group members are: John Betts, WSCA; Roland Emery, Bivouac West; Darius Bucher, Integral Forest Management and RTI fertilizers; Jordan Tesluk, Symbiotic Solutions; and Gerard Messier, BC Forest Safety Council.

The group has identified two key items to address:

- Increase awareness of the appropriate PPE to use when working with and storing fertilizers; and
- Increase awareness of the personal hygiene practices needed when handling fertilizers.

In BC, fertilizer use in forestry is much more common on the coast, but is also applicable in the interior and north, with tree planters handling literally tons of fertilizer teabags each planting season when the seasons start up in January on the coast and in the interior in March/April, respectively.

The exposure to fertilizers among planters is documented in a research paper titled Trace Metal and Pesticide Exposure in Tree Planting in British Columbia (May 2009) by Hugh Davies, Melanie Gorman, Ernst Stjernberg and Christian van Netten. The study investigated self-reported health effects among 223 tree planters at 13 sites

in BC and Western Alberta, and measured personal exposure to dust, heavy metals and certain pesticides among a subgroup of 54. Although findings were not statistically significant, the results suggest a relationship between chronic respiratory symptoms (cough, phlegm and nasal symptoms), nose bleed, and skin irritation and work with fertilizers among tree planters in British Columbia. To learn more please access the full study here: http://www.worksafebc.com/contact_us/research/funding_decisions/assets/pdf/2005/RS2005_OD05.pdf

While incident reporting is rare of these types of incidents, there have been examples where some planters have developed an intolerance over time to fertilizer exposure.

Safe handling, storage and good personal hygiene practices are key to avoiding the potential negative effects of handling the fertilizer.

Some key points to consider:

- Not all fertilizers are created equal. Always work with your manufacturer/supplier to ensure you have the information you need and that all staff are aware of the contents of the fertilizer
- While fertilizers are not considered hazardous materials under WHMIS and do not require Material Safety Data Sheets (MSDSs), most suppliers do provide MSDS information but it is often too generic, or too difficult to understand to be effective. As fertilizers can cause adverse health reactions all tree planting crew supervisors should write up the contents and explain how exposure may affect individuals and what to do if a reaction occurs
- Licensees should make sure they know exactly what is in every fertilizer delivery and be fully satisfied that proper quality assurance is done by the supplier to ensure that heavy metal amounts are low, measured and listed and are within a safe, acceptable range



- Ensure proper hand washing facilities are provided in the field
- Encourage all planters to wear nitrile surgical gloves to minimize possible exposure
- If a SAFE Company, ensure that paperwork and actual practice of safe storage and handling of fertilizers match
- Always investigate and respond appropriately when any concerns are raised about fertilizer handling by any crew member(s).

The following link is for a pamphlet that provides excellent advice for tree planters on how to handle fertilizers. It includes guidance on the proper gloves, handling techniques and hygiene practices: <http://www.wsc.ca/Media/Multimedia/Pesticide%20and%20Fertilizer%20Pamphlet.pdf>

Safe storage and handling procedures from RTI, a fertilizer supplier, are located in a tree planter resource package. See pages 15-17 specifically: http://www.bcforestsafe.org/files/SafetyResources/res_TreePlanting.pdf

Over the next couple of months the working group will:

1. Develop and test a template Chain of Confidence Checklist that will document key information about the fertilizer and will accompany a shipment of fertilizer from the manufacturer to the licensee to the contractor and finally to the planters.
2. Distribute existing handling and storage information for the 2015 season to licensees, contractors and silviculture companies.
3. Explore the feasibility of including a check for an Exposure Control Plan for fertilizers in the Guidelines for SAFE Companies audits. 🌱



Transportation

Cycle times and the impacts on safety

Following a story in the October edition on logging truck rollovers, Forest Safety News received comments from logging truck drivers on what they believe is a major contributing factor to incidents: speeding related to achieving unrealistic cycle times. One driver described cycle times as “the elephant in the room” that we still don’t talk about often enough in industry.

Forest Safety News asked BC Forest Safety Council Transportation Director, Dustin Meierhofer, where industry was at on cycle times, and what is coming next.

“We still have to improve, but we have come a long way over the last several years on cycle times and understanding the impact on drivers, safety and the bottom-line for contractors and their licensees. It is in everyone’s interests to get every load delivered safely to its



destination. The expense in leaving loads on the side of the road with crushed trucks and injured drivers is not an option. We all know that, so when any driver continues to identify cycle times as an issue, it is a concern to all of us in industry,” he said.

Moving forward, Dustin said open communication between all the parties was key, and that the best place for that was directly between contractors, sub-contractors and licensees.

Cycle times were mentioned in an academic paper in the Journal of Rural and Community Development, by Alex Martin (2013): Entrenched instability: the community implications of flexibility in BC’s northern interior:

“Recently one of the [companies] cut 20 minutes off the [logging truck] cycle time. The trucks already drive too fast under horrible

conditions. It is unprecedented to take a look at cycle times that are already dangerously short and say ‘We’re pinched for cash guys you have to drive faster,’ ...”

In March 2013, the BC Forest Safety Council also produced a report “Log truck cycle time review project” which included these findings:

- Frustration on the part of contractors related to the perceived lack of ability to revisit cycle time estimates set by licensees or within the context of safety concerns;
- Potential of licensees in not meeting the test of due diligence required to confirm that estimated cycles times are reasonable to prevent unsafe outcomes;
- Road maintenance programs also influenced the safe speed for travel as did truck configurations, loading and unloading times, number of wrappers required and weather;
- Safety concerns were not limited to speed. They included inconsistent completion of pre-trip and post-trip vehicle inspections and exceeding load limits; and
- Overlapping mandates of regulators which overwhelmed the end-user truck driver/contractor because of all the different rule and reasons for the rules.

You may **read or download the full report** (37 pages). Additional tools to work out safe and efficient cycle times, are also available on the website: http://bcforestsafe.org/Cycle_Times

Industry continues to actively address cycle times

Further to the research and cycle time tools that were developed in 2013 on behalf of industry, the Trucking Advisory Group (TAG) has been actively working on telematics to track cycle times as well as working on improving log yard procedures to make unloading procedures more efficient.

Many TAG licensees are already using telematics data to identify/develop appropriate cycle times for haulers. It is a good option for any licensee and/or contractor wanting to develop transparent and accurate cycle times. Industry is optimistic that cycle time issues – real or perceived – will be a thing of the past.

The BC Forest Safety Council is available to provide confidential advice and support to any forestry operator or log truck driver who would

Keep spreading the word: distracted driving kills!



Presenters at the two seminars and workshops were Drop It And Drive’s Tim Baillie and Karen Bowman.

The BC Forest Safety Council working with Drop It And Drive and Northern Health, presented a free distracted driving prevention education seminar and supervisor workshop in Prince George in the second half of last month (November, 2014).

The interactive seminar and supervisor workshop had 20 attendees and focused on raising awareness on how best to help manage workplace risk factors and reduce workplace injuries and fatalities; provide supervisors with resources and tools to create a ‘top down’ corporate safety culture that effectively addresses distractions in the workplace; and tools on how to support keeping workers safe on or near roadways.

The statistics are significant:

- On average, one person dies every five hours on Canadian roads
- Nearly three out of four Canadian drivers admit to driving distracted
- Economic losses caused by traffic collision-related health care costs and lost productivity are at least \$10 billion each year – about 1% of Canada’s GDP.

The presenters were Tim Baillie, a retired fire captain after 27 years of service and Karen Bowman, founder & executive director of Drop It And Drive.

See <http://dropitanddrive.com>

like to ask any questions or receive advice on how best to manage cycle times or raise any concerns about any aspect of transportation safety. Please call 1-877-741-1060 or email dmeierhofer@bcforestsafe.org

Transportation Canada releases new water safety videos for tow boats and other small vessels

for tow boats and other small vessels

Whether it's a tug boat hauling logs or a small craft that is being used to get to remote logging camps, safety on water is critical. Transportation Canada has recently (November 2014) released a series of five new videos on different aspects of water vessel safety.

The Small Vessel Safety video series is called "My business. My vessel. My responsibility" and is designed to deliver education on the importance of knowing, understanding and meeting small non-pleasure vessel safety requirements. The videos cover topics on vessel stability, passenger vessels, hypothermia, tow boats and fishing vessels.

Please see tow boat safety:

<http://www.tc.gc.ca/eng/marinesafety/dvro-boating-safety-tow-boats-4422.html>

Additional videos may be accessed here:

<http://www.tc.gc.ca/eng/marinesafety/dvro-boating-safety-videos-4417.html>

Each video comes with a script of all the dialogue for anyone who prefers reading safety advice, rather than watching and listening to it.

While sinkings are generally infrequent, two tug boats recently sank off Vancouver Island – one near Tofino in November and one near Nanaimo in October. All crew members were rescued.



Screenshot of CHEK NEWS' coverage of the sinking of a tug boat off Nanaimo. The vessel was moving a barge full of wood chips at the time in October 2014.

The Nanaimo incident occurred while the tug boat was moving a barge full of wood chips. Here is CHEK NEWS' video coverage of the incident:

<http://www.cheknews.ca/nanaimo-port-authority-monitors-waters-tug-boat-sinking/>.

In addition to the lost production, capital and injury costs involved when a boat sinks, the costs for rescue, environmental clean-up and recovery of vessels is significant too. Safety promotes good business outcomes. 🌱



Screenshot of one of the Transportation Canada videos talking about the importance of maintaining watertight seals on tow/tug boats.

ORV changes focus on improving safety and responsibility

The provincial government has announced the launch of a registration system for the estimated 200,000 off-road vehicles (ORVs) in the province as well as increased access to safe highway crossings for recreational ORVs.



Effective November 17, 2014 registration is voluntary for ORV operation on Crown land, but will become mandatory on June 1, 2015. The combined cost of the number plate and registration fee is \$48.

Owners can obtain a one-time registration for their ORVs from Insurance Corporation of British Columbia (ICBC). This will reduce implementation costs and allow off road vehicle owners to register at any of ICBC's 900-plus insurance brokers.

ORV operators will also now be able to:

- Cross a highway without having to obtain an operation permit if the crossing is controlled by a stop sign or traffic light
- Cross a highway where local police authorize through an operation permit
- Load or unload in a parking lot without an operation permit
- Obtain an operation permit with an extended term of up to two years.

The government intends making future regulations that will flesh out ORV rules of operation, safety standards, penalties and conditions of use for a wide range of modern ORVs, including snowmobiles, all-terrain vehicles or "quads", dirt bikes and side-by-sides (e.g. Rhinos and Argos).

ORVs are used in a variety of sectors in British Columbia, including forestry, oil and gas, mining, sport, tourism, ranching, farming and transportation, as well as search and rescue. Unlike snowmobiles that have been registered in BC since the 1970s this will be the first registration for all ORVs.

For more information on BC's ORV Management Framework see:

<http://www.for.gov.bc.ca/mof/orv/> 🌱



Surviving seasonal celebrations

By Dr. Delia Roberts

It's that time of year again, the days are short, the weather is lousy and friends are getting together for a few drinks. Celebrating the season is a good way to relax and have fun, but the impact on whether you come home safe from work the next day, or even the next week, might be worse than you think.

Alcohol is a depressant; it slows down your reactions and reduces your ability to judge distances and speed... And these effects last long after the alcohol has left your bloodstream. So if you have more than a couple of drinks it isn't just a problem on the drive home, it affects your reaction time for days afterwards, whatever you are doing.

Part of the problem is that alcohol causes dehydration, after four servings of alcohol you will be down close to a liter of fluid – this is one of the reasons that an evening of drinking often leaves behind a headache. Making sure that you sip water along with your beer, wine or highball can help; as can having an extra glass of water before going to sleep. But don't gulp the water down all at once. When you consume more than about a quarter of a cup of water all at once your kidneys will go to work and pass it right through you. Small sips are a much better way to hydrate. So keep on sipping away at your water all through the day of your hangover too, as always a part of your basic strategy for good health and work performance!

Having some food along with your alcohol can help slow down the absorption of the alcohol, but there is another cost to the indulging that often comes along with the Christmas season. While sharing good food and drink with friends and family is one of the best parts of the holidays, it's pretty easy to end the season with an extra 5 to 10 pounds packed on.

The reality is that carrot sticks just don't compete with turkey and stuffing. A tall glass of cold water doesn't cut it when there are rum and cokes being served. But you can

make it through to the New Year without also picking up some extra insulation.

Here are a few tips to help you stay focused on your new health gains.

1. Get some exercise. If you have a bit of time off from work make a point of increasing your physical activity. Start a new tradition and take the whole family out skating, snow shoeing or just for a walk. You'll burn off some of those extra calories.
2. Eat small amounts more frequently. If you don't eat all day so that you can pig out at dinner, your body goes into a starvation mode and packs everything you eat at night into storage.
3. Set realistic limits for yourself before you even go to a party, and every time you sit down at the table. Have just one serving, or if you must have two, then cut the size of your first helping in half. Go ahead and have all the foods you love, but only in small amounts.
4. Get involved in the conversation. If you're talking you can't be shoveling food in your mouth. You'll be the life of the party and I bet at 10 pounds lighter, you look good too.
5. Eat slowly, cut your food into bite-sized pieces and eat it one bite at a time. Chew slowly and thoroughly and don't take the next piece until the first has been swallowed. You will feel full sooner, and if your plate isn't empty you won't be tempted to take another helping.
6. Fill your glass with ice, the mixer will go further, and you won't need as much alcohol for the right mix. Sip, talk, and limit yourself to just 2 or 3. You have the rest of your life ahead of you. 🍷

Research confirms what we all know to be true: good nutrition, hydration and safe movement make for healthy, safe, productive and happy workers. So let's make it happen!

VISC 2014: Fit to log

Nutrition, hydration and safe movement

Dr. Delia Roberts walked 373 Vancouver Island Safety Conference (VISC) 2014 delegates through the scientific research that informs the forest industry's fit to log, fit to drive, and fit to plant programs.

93 percent of respondents gave her presentation top scores with five and four star ratings. Comments included: "good, useful information"; "awesome and inspiring"; and "excellent!"

To view Dr. Roberts' presentation, please see the BC Forest Safety Council (BCFSC) YouTube Channel: <http://www.youtube.com/watch?v=1fXkKzYLCUM&feature=youtu.be&>



For a 12-page PDF print summary of VISC 2014, photos and sponsor list, please see: <http://bcforestsafesafe.org/files/VISC2014Wrap-Up.pdf>

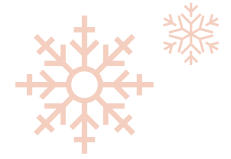
Given the continued success of the VISC which will be celebrating its 10th year in 2015, the key sponsors of the event – the BCFSC and WorkSafeBC – will be working together to stage a similar event in the interior. We will update readers in a future edition of Forest Safety News on the new conference. 🍷



Delia's Healthy Holiday Recipes



It's also possible for food to taste great and be healthy for you. Here are a few recipes that are super fuel as well as satisfying as only good food shared can be. And if you don't tell anyone that they are also healthy they will never guess.



Spicy Bean Dip

Use as a dip or spread with vegetable sticks or low fat crackers, or spread on wraps sprinkled with your favorite veggies, chopped jalapenos and just a bit of cheese. You can serve the wraps rolled up and sliced to make pinwheels or leave them flat and broil till bubbly.

Go through the dried bean section at the store and select about 6 different varieties of beans. Mix 1/2 cup of each variety in a large pot. Rinse several times with cold water, and then let stand overnight covered in cold water. Change the water and bring to a boil, then simmer several hours until the beans are soft. Drain well.

You now have enough beans for several recipes. I freeze them in 2 cup servings and then throw some beans into most any recipe for an added source of lowfat protein. Alternatively, just open a couple of tins of beans.

The Base
For 1 recipe

- 4 – 6 cups drained cooked beans
- 2 tsp salt
- 1 head of roasted garlic (see instructions below)
- 1 roasted onion (see instructions below)

Mix all ingredients and puree in a blender or food processor. This is the base for your spreads. I usually double it and then split it into 2 before I mix in the spices. You can pretty much flavour it with any of your favourite tastes. Here are two that I really like.

Roasted Carrot Spread

Lightly rub the garlic, onion and 1 lb of peeled carrots with olive oil. Bake at 350 deg C for 1 hour or until soft. Puree the carrots separately if you are going to use half your bean mix for a different flavour.

Puree in the carrots along with 2 Tbspn plain greek yogurt, 3 Tbspn lowfat mayonnaise, 3 Tbspn roasted sesame seeds or Tahini, 1 tsp grainy mustard, 1/4 tsp ground pepper.



Mexican Bean Spread

Add the juice from 3-4 fresh limes, plus the grated zest from 1 to your pureed bean, onion and garlic mixture.

Stir in 3 Tbspn each Chili powder, coriander, cumin, a pinch of salt and pepper or hot sauce to taste

Christmas Morning Scones

- 2 tbsp (30mL) margarine or butter (melt in microwave)
- 1/3 cup (80mL) sugar or the equivalent sweetener
- 1 1/2 cups (375mL) whole wheat or white flour
- 3/4 tsp (3.75mL) baking soda
- 1 cup (180mL) rolled oats
- 2 tbsp (30mL) each wheat germ, ground flax, chia seeds
- 1/4 cup (60mL) dried skim milk powder
- 1 egg + 2 egg whites
- 2/3 cup (170mL) plain low fat yogurt
- 3/4 cup (180mL) frozen blueberries or dried cranberries or other chopped dried fruit
- Zest of 1 lemon

Cut together margarine, sugar, flour and baking soda, then cut in oats, wheat germ, germ, ground flax, chia seeds, milk powder and lemon zest.

Mix together eggs and yogurt and stir in, adding berries when nearly mixed. Drop by the spoonful onto a baking sheet and sprinkle with a few chopped almonds if desired

Bake at 350°C for 20-25 min until lightly browned.

Gingerbread Spread

Perfect on pancakes, waffles or toast, you won't miss the butter and syrup with this rich pudding like spread.

Cook a Butternut squash and puree the flesh. (Roast the seeds too for a great snack – just sprinkle with a bit of salt or spice and bake for 30 minutes in the oven.)

2 cups squash puree

- 2 whole eggs plus 1/4 egg whites
- 1/4 to 1/3 cup sugar or sweetener
- 1 tsp vanilla
- 1 tsp each cinnamon, ground allspice and ground ginger
- pinch salt
- 2 Tbspn each wheat germ, ground flax, chia seeds
- Optional: 1/4 cup low fat cottage cheese (puree with squash if using)

Mix all ingredients together well and pour into 3 small baking dishes. Bake at 400°C for 10 minutes, then turn the oven down to 350°C and bake another 20-30 minutes or until firm.

No Guilt Roasted Potatoes

(or any other vegetable)

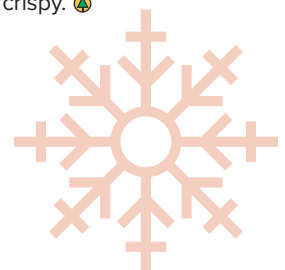
Scrub as many potatoes as you want to serve. I like red potatoes the best but any type will do. Trim any eyes or dark spots off, but leave skin on if the potatoes are nice.

Prepare other vegetables as desired, carrots, sweet peppers, summer or winter squash or cauliflower or broccoli are all delicious prepared this way.

Cut vegetables into slices or bite sized chunks. Potatoes can be sliced as for "fries" if desired.

Place all vegetables in a large bowl and drizzle with a tsp/serving vegetable or olive oil, 1 Tbspn/serving of plain low-fat Greek yogurt, and a Tbspn/serving of mixed spices. I like Italian spice but cumin and coriander, or curry and pepper are also very good. Stir well until all the vegetables are evenly coated.

Spread out on a baking sheet in a single layer and bake at 450°C for 20 minutes, turn over and bake another 20 minutes or until the potatoes are crispy. 🍟





Kid's Corner

Log truck winner is announced!

Over the past year, children have sent in their wonderful art masterpieces. Each child's name was entered into a draw for a grand prize of a custom-made wood logging truck to celebrate their efforts and help remind each of us that being safe is not just good business, it's important to all of us, especially our families.

Forest Safety News says heartiest congratulations to the winner of the draw: Kayden Chasse (6) of Invermere! A wood model log truck generously donated and handcrafted in Duncan BC by Alan Somerville will soon be making its way to you and your family. 🌲

Keep the season festive & safe

Holidays are busy and joyous times, but holiday routines give rise to greater safety hazards than usual. Blazing fireplaces, a dry evergreen tree, faulty ornamental lights, unsafe sleepwear and candles left unattended can all pose fire hazards. Here are some safety tips:

Holiday trees

- When using a real tree, make sure it's fresh (the needles are hard to pull off). Water the tree daily once you bring it indoors for decorating.
- Place the tree away from high traffic areas and doorways. Make sure the tree is well-secured in a sturdy stand.
- Place the tree away from heating vents, radiators, stoves, fireplaces and burning candles.
- Dispose of the tree as soon as the holidays are over, or as soon as the needles start to fall.

Holiday lights

- Only use lights that have the mark of an accredited certification agency such as CSA, cUL or cETL.
- Choose the right light for the job: light strings and other decorations are rated for indoor or outdoor use. Ensure that indoor lights and decorations are only used inside. Read the package instructions and do not exceed the recommended wattage.
- Check all light bulbs before you put them up. Replace broken or burned-out bulbs with those recommended by the manufacturer.
- Keep 'bubble lights' away from children – they contain a hazardous chemical that may cause irritation or burns if the bulb breaks.
- Check the light strings and extension cords you use, discarding any that are frayed or have exposed wires, loose connections or broken light sockets. Never run electrical cords through doorways or under carpets.
- Avoid plugging too many lights and decorations into an outlet. Overloaded circuits can overheat and start a fire.
- Use Ground Fault Circuit Interrupters (GFCI) outlets when plugging in outdoors.
- Turn off all holiday lights before you go to bed or leave your home.

Common sense approach to decorations and candles

- Never leave a burning candle unattended and always keep candles out of the reach of children and away from anything that can catch on fire.
- Choose tinsel, artificial icicles and other trimmings made of plastic or non-leaded metals. Don't let children put decorations in their mouths, as some may be harmful to their health.
- Avoid decorations that are sharp, breakable or have small removable parts.
- Keep trimmings and candles that look or smell like food away from children and pets – they might try to eat them. 🌲

ABOUT Forest Safety News

Forest Safety News is published six times a year: February, April, June, August, October and December. All submissions – letters to the editor, safety tips, photos, safety stories, concerns etc. – are welcome. The opinions expressed in the newsletter are not necessarily those of the editor, staff or board of the BC Forest Safety Council. All decisions to publish materials rest with the editor. 7,500 copies of each edition are distributed via mail or email. Additional copies are distributed at industry events.

Subscriptions

If you would like to continue to receive a hard copy or would prefer to receive an electronic copy of this newsletter, please email editor@bcforestsafesafe.org and ask to be added to the print copy or email distribution lists.

Have a story, letter to the editor, safety tip, ideas or photos? Please send all submissions to:

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Call 1-877-741-1060 or
email editor@bcforestsafesafe.org 🌲



BC Forest Safety

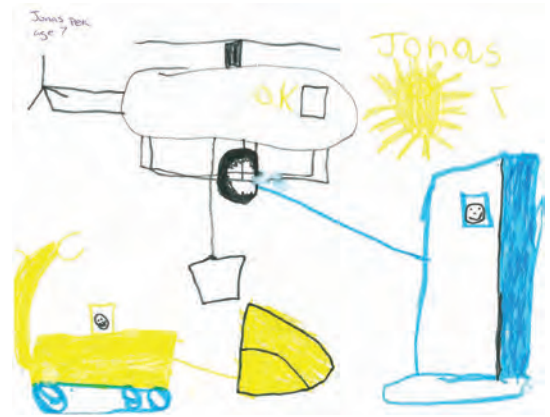


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More wonderful, colourful art!



Forestry machinery operating safely by Jonas



Out in the forest by Adam

All forest safety artists are winners! We say a big thank you to Jonas Pek (7) and Adam Pek (5), of Mackenzie, for sending in their colourful forestry drawings. Your lootbags are on their way to you.

Children are welcome to continue sending in their artwork for publication, showing any safe work activities in forest harvesting. Send them in to: The editor, Forest Safety News, 420 Albert Street, Nanaimo BC, V9R 2V7. 🌲

FOREST SAFETY News



February 2015
issue 1 / vol. 2

Safety is Good Business

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BC Premier Christy Clark and the Minister of Forests, Lands and Natural Resource Operations Steve Thomson were two of several speakers and panelists that talked about safety at the 2015 TLA convention and trade show.

Welcome to the February edition of Forest Safety News, covering news about safety topics in forestry. This is YOUR safety newsletter. We look forward to your input and feedback! Email the editor at editor@bcforestsafe.org or call 1-877-741-1060.

Premier Clark recognizes industry's progress on safety at 2015 TLA convention

In her keynote address to the 72nd Truck Loggers Association (TLA) convention in Victoria last month (January 2015), Premier Christy Clark, emphasized BC's prosperity was thanks to resource industries like forestry, not socialism.

She recognized that for many communities throughout the province, forestry was the only game in town and that the opportunity in a poor oil price was that there was potential to entice oil sands workers back to BC and put them to work in forestry and other resource sectors. Clark told a media scrum after the lunch that recruitment ads were being posted in the Fort McMurray airport.

Clark paid tribute to industry for investing in people and working to get everyone home safe. She said that 10 years ago industry made the decision to change its poor safety record and that these efforts had realized a two-thirds decrease in fatalities. Clark added that she believed industry could get it down close to zero and that government supported industry in achieving this as it was "the right thing to do."

Minister Steve Thomson congratulates industry on safety record

The Minister of Forests, Lands and Natural Resource Operations, Steve Thomson, congratulated industry on safety record achievements during the past years, and reiterated that industry needed to keep a strong focus on safety, and move the fatality rate down to zero. "One fatality is too many," said Minister Thomson.

Integrating safety boosts the bottom-line

BC Forest Safety Council Chair and CEO Reynold Hert's TLA presentation on "improving business efficiency through injury prevention" covered five key points:

1. Awareness of risk
2. Engagement and participation of workers in how to make the business better –

always includes safety related production efficiencies – emphasis not on safety suggestions but business improvement ideas

3. Basics done well, every time: disciplined, rigorous and relentless
4. Leadership – walk the walk. Set the standard and never compromise.
5. Work on the highest priorities – don't take on too much at one time, but effectively handle what you do focus on.

Hert stated: "Integrating safety is key i.e. don't hold a safety meeting and then a tailgate – hold one meeting: how are we going to achieve injury-free production today?"

Quoting management guru, Peter Drucker, who said: "The first duty of business is to survive and the guiding business principle is not the maximization of profit but rather the avoidance of loss", Hert said that if industry considered how many additional cubic metres of contracted logs were required to make up for the costs of incidents, upsets and injuries, they'd realize that the investment in time and money spent on preventing incidents was a much greater economic reward.

Continued on page 2...



BCFSC training and development manager Gerard Messier talks about prime contractor responsibilities to 2015 TLA convention attendees. Find prime contractor resources here: http://bcforestsafe.org/rpkg_prm_cnt.html

Continued from page 1...

2015 TLA convention highlights safety areas for action

The successful 2015 TLA annual convention and trade show focused on the theme “investing from the ground up,” with safety coming up in a number of presentations and discussions.

While it is clear that industry culture about

safety has come a long way, there is also a need for more work to be done to support industry in understanding the true costs, value and business case for integrated safety programs. Several contractors shared that they layer safety on top of operations – which is the most costly process with the

least business and operational rewards. The comprehensive bottom-line benefits of effectively integrating safety within operations and worker actions are being left untapped by these operations. 🚧

Prime Contractor roles and responsibilities

First up at the 2015 TLA event was a prime contractor session presented by WorkSafeBC’s Senior Regional Office, Bjarne Nielsen, and the BC Forest Safety Council’s (BCFSC) manager training and program development, Gerard Messier.

Apart from their focus on the regulatory and practice aspects of safety for prime contractors – the rules, requirements and best practices – a key safety concern raised among the 76 contractor representatives in attendance was around roads and road safety matters.

“Resource road issues need action,” said a logging company contractor.

Contractors shared that the biggest single issue they still face is around safety related to road maintenance – from who is responsible for the particular roadways to what to do when one is off on the side of the road due to unsafe road conditions, especially since the law had changed and these roads were no longer considered workplaces.

A contractor said that most of the company’s incidents and accidents were happening on

resource roads and we “can’t keep burying our heads in the sand.”

Cutting to the core of the owner-licensee-contractor responsibilities relationship, road issues have to be discussed.

Messier said that it was a good idea for contractors to stipulate the standard of expected road condition in all contracts. 🚧

Annual Safety Winners



WorkSafeBC's Vice President Prevention Services, Al Johnson (left), presented the Carey White Memorial lifetime achievement for commitment to safety excellence to Stu Smith at the 2014 Vancouver Island Safety Conference.



Steve Venus (left), of Blue Thunder Contracting, received his Forest Safety M.V.P. award from the BC Forest Safety Council's Chair and CEO, Reynold Hert.

De-escalation techniques can help shape constructive outcomes safely

Everyone faces conflict at some time, whether at work, at home, or out in the community.

Keith Dormond, a facilitator with the Crisis & Trauma Resource Institute Inc. (CTRI), is an expert in de-escalation training and recently shared some of his knowledge during a day-long training session in Nanaimo. First important thing to know is that given the right provocation, anyone is capable of violence (e.g. protecting children or grandchildren, defending oneself or a co-worker, etc.) and that dangerousness is not a permanent attribute, but situational. Recognizing these facts is important as is never dismissing or discounting a threat of harm.

So what makes people commit violence? They are trying to release intense feelings of anger or frustration due to feeling out of control; are trying to control others' behaviours or thoughts; or are retaliating against someone who wronged them.

There are a long list of warning signs, some obvious, some a lot more subtle, but Dormond cautions that violence can happen anywhere, there are no "it won't happen here" places. Prepare for the worst, hope for the best.

The seminar takes participants through the stages of de-escalation – what to look for, what approach to choose based on a rapidly changing situation, what to do and how to do it, and how to identify when it's time to disengage. Variables include each individual's personality, response style and how comfortable they are dealing with confrontation, the ability to problem-solve, demonstrate genuine concern and caring, whether the individual is impaired, has a mental illness and is off his/her meds, etc.

No two incidents are the same and every person brings their own baggage and experiences to a conflict situation.

Having procedures in place to deal with threats of violence in the workplace is key to ensure the safety, health and wellbeing of workers.



Keith Dormond of CTRI interacts with the BC Forest Safety Council's Chair and CEO, Reynold Hert, to demonstrate different ways to de-escalate a potentially violent workplace situation.

Keith Dormond has more than 15 years of experience in the assessment and management of workplace, school place and domestic violence, stalking and cyber-bullying. In addition to being a consultant with CTRI, Keith is also a director and past president of the Canadian Association of Threat Assessment Professionals and a law enforcement officer. He has a Masters in social work and is currently studying for his PhD. 🌱



Safety solutions made easy

MYTH:

Getting a safety management system started that meets WorkSafeBC and BC Forest Safety Council (BCFSC) requirements is costly and frustrating for small companies.

FACT:

Free expert consultation, tools, documents and other resources are available from the BCFSC to assist small companies to develop effective and practical safety management systems.

Forest Safety News asked the BC Forest Safety Council's SAFE Companies Director, Rob Moonen, for his views.

"I am always concerned when anyone says being a SAFE Company is difficult and that meeting safe requirements is costly and frustrating," says Moonen. "We have the in-house expertise and resources available to support any forestry company."

The BCFSC is able to provide forest harvesting companies of all sizes with expert, tailored, confidential advice and support along with off-the-shelf tools, sample documents and other resources that are easy to understand and use – all for free. (See article on "Updated off-the-shelf forms and tools").

What we really want to emphasize is that small companies do not need anyone – not an internal staff member nor a consultant -- to manufacture or create documentation at any additional cost to strictly satisfy SAFE Companies Certification requirements.

To be effective, practical and sustainable, the safety management system should reflect a company's actual day-to-day operations. The bottom line is not to have a safety program that is separate from the business, but rather part of a business improvement system that uses injury analysis, risk awareness and prevention to increase profitability. If a company is measuring the cost of a safety program as the cost of safety, it is missing the point. The real cost of unsafe operations is the ongoing underlying causes that lead to injuries and unreliable costly operations.

"The most effective systems we see have been developed by the company and are used in every aspect of running the business," Moonen says. "The majority of companies use our advice, insights, materials

and support to achieve SAFE certification very quickly without any additional expenditure, and often we are able to help them achieve better operating efficiencies at the same time."

Moonen said that it was important for all forest harvesting companies in BC to be aware of the resources and expertise that were available to them in choosing the right safety system; planning how best to integrate it into existing or new operational processes to achieve optimal safe performance; and how to implement continuous improvement performance over the short-, medium- and longer-term.

The BCFSC has safety and forest operation professionals, supervisors and safety system administrators available all year round to provide confidential advice and support. In addition, two specialist falling safety advisors are dedicated to supporting falling operations. The team also has five Registered Professional Foresters with experience in all aspects of forest harvesting, from planning, silviculture, falling, logging, hauling, and stump to dump and implementing safety systems.

"Given these experts spend a good portion of each year out in the field across BC doing site visits, advocacy and audit and training visits, they are an invaluable resource to any company wanting real-world, practical, timely,



Rob Moonen

WorkSafeBC completes Certifying Partner audit of the BC Forest Safety Council

Two auditors from WorkSafeBC (WSBC), Dennis Delgado and Sandra Kolberg, spent a week in late November 2014 auditing the COR program operations of the BC Forest Safety Council (BCFSC), one of WSBC's certifying partners.

The objective of the audit was to confirm that the BCFSC's Certificate of Recognition (COR) program operations conform to contractual obligations, good business practice, and the objectives of WSBC's COR program.

WSBC previously audited the BCFSC in 2008. The full 2014 audit report of findings and recommendations will be available in the first quarter of 2015 and will be posted on the BCFSC website. 🌱

relevant operational-safety information and support," said Moonen.

At the senior operational level, the BCFSC Chair and CEO, Reynold Hert, is also in high demand visiting companies to provide thoughts to leadership and performance updates at company team meetings and special events, always focused on furthering the understanding and support that safety is good business.

In addition, the BCFSC training and resource development team is ready and able to facilitate the development of responsive training and new in-field support tools that best meet emerging industry trends and needs.

"We've come a long way as an industry in safety and as an organization in 10 years," said Moonen. "Our journey has allowed us to learn the hard way with the support of industry as to what works, what doesn't, how industry and individual company needs are best served. I do believe that we offer an unparalleled set of available expertise and resource for all forest companies to access – with no additional fees."

Let us know what you think. Had a recent good experience with SAFE Companies? Had a recent bad experience? Email the editor@bcforestsafesafe.org. All feedback helps shape better outcomes. 🌱

UPDATED off the shelf forms and tools

SAFE Companies will be able to download updated forms, tools and other resources off our website, starting at the end of this month (February 2015).

It has been several years since the last round of updates to safety forms. Each updated form has document controls within the footer to indicate date and version numbers for quick and easy reference by end-users.

We recommend that all SAFE companies skim through the resources at their convenience and choose any that would be helpful to them in their day to day safe operations. Use them in full, in part, or to add a particular item to your existing forms.

And, remember, journal notes count too. "Some people just don't like forms and carry their journals everywhere making notes about safety matters," said Mike Sexton, BCFSC safety advisor. "As long as the journal content

covers everything one could find on a form, they can photocopy their journals and attach them to their documentation," said Mike. "This practice is particularly helpful for small independent operators and is an excellent tool to keep track of business and safety activities."



Mike Sexton.

Don't forget to give us feedback or to share your forms that you find most helpful in your particular operations. Contact SAFE Companies at 1-877-741-1060 or email safeco@bcforestsafe.org

TIP! Do not turn WorkSafeBC accounts on and off

Some small to mid-size forest harvesting companies with several WorkSafeBC (WSBC) accounts and/or classification units (CUs) for different seasonal businesses frequently turn these accounts on and off of as one business shuts down for the season and another starts up. Please be aware that this practice can have unintended negative consequences.

"We have had to reject audits submitted during an 'account off' period, because there is no valid WSBC number in the system to recognize the business has an account in good standing with WSBC, or because an audit was done while the account was 'off' showing zero activity when all audits have to be done at a time when a company is active,"

said BCFSC's senior safety advisor Martin Ridgway.

The BCFSC gets some panic calls when owners realize that by shutting off a WSBC account they cannot have claims, audits or rebates processed against that 'off' account and cannot receive COR incentive payments as a result.

Solution: Keep all your WSBC accounts open. It does not cost anything more to do so and can save you a lot in the long-run. Something to remember though is to always file your zero pay-roll filings with WSBC during the company's dormant months. 🌲



Martin Ridgway at the 2015 TLA convention.

Prequalification update

Board approves new prequalification standard

The board of the BC Forest Safety Council approved the proposed revised prequalification standards at the board's December 2014 meeting in Vancouver.

Next steps are:

- completing discussions with WorkSafeBC (WSBC) to secure agreement that the changes meet COR guidelines;
- completing planning and preparations to ensure the implementation of the revisions will be seamless for all SAFE Company participants;
- implementing internal BCFSC system changes required to support the revised system; and testing them fully before any roll-out dates are finalized;
- finalizing the implementation and running costs of the new system and timelines. The biggest difference between the existing and revised systems is increased site visits for verification audits by BCFSC safety advisors going forward; and
- ensuring the final costs and return on investment match WSBC budget allocations.

Once the above is finalized, the BCFSC will be implementing an information campaign to ensure all SAFE Companies, industry associations, auditors and other interested parties fully understand the revisions, implementation and actions required. This will include tailored individual letters and emails to all SAFE Companies, Q&A documents, town hall meetings across the province and dedicated phone support.

The objective is to ensure the roll-out of the revised IOO, ISEBASE, SEBASE and BASE 4 audit tools happens in such a way that it is seamless, welcomed and supported by industry, and once in place, supports achieving the further reduction in serious injuries and fatalities over the next 36 months.

At this time, no action is required by any SAFE Company in this regard. 🌲

QS/T News

At the December Qualified Supervisor/Trainer (QS/T) meeting, the QS/Ts asked for their own section in Forest Safety News. Going forward we will include information regarding training, certifying fallers and QS/T best practices as appropriate.

At that meeting of QS/Ts some key items were discussed, including:

180-day period between New Faller Training completion and certification

Employers of trainees are reminded that WorkSafeBC has regulations for training and supervision during the 'up to 180 days' prior to faller certification. The person supervising the faller trainee must evaluate the trainee's work on a weekly basis and keep records of all evaluations done in respect of the trainee. WorkSafeBC also has requirements for qualified assistance and employers should ensure that the regulation is adhered to when placing trainees.

QS/T certification process

The recently updated BC Forest Safety Council QS/T training was approved in 2014 by WorkSafeBC. After running two courses in 2014, it was determined that the evaluation process was somewhat subjective and as a result the evaluation process is being revised. The goal is to ensure one provincial QS/T program where all QS/Ts are training and measuring to one consistent standard.

Faller certification on hold

Over the past two years, there have been discussions between WorkSafeBC and the BCFSC regarding the ownership of the BC Faller Training standard. A need for clarity around the roles and responsibilities of each agency is needed. Pending a review of the certification process by an external auditor (final report due later this month), faller certification was put on hold. It is anticipated that certifications will be restarted next month.

If you are a QS/T and missed the meeting, please contact the falling department for a copy of the minutes, at faller@bcforestsafety.org or call toll-free 1-877-741-1060. 📞



Falling

Dangerous tree faller blasting training session



Glenn Hestnes, BC Forest Safety Council falling safety advisor, prepares a tree along road right of way for blasting.

The four-day dangerous tree faller blasting course is intended to prepare certified, qualified fallers to work safely and effectively with explosives to remove trees that are too dangerous to fall by conventional methods.

Blasting is a practice that helps fallers manage the risks associated with dangerous trees. This training makes blasting more

readily available to falling operations, overcoming the risks of managing dangerous trees, jackpots, hang-ups, or windthrow stacks.

For course information details, scheduling and current pricing, please contact trainer Dave Weymer at 250 949-0271 or email glmdazy@cablerocket.com. 📞



Dangerous Tree Faller Blasting participants prepare to blast a tree.



Participants document details in a blaster's log during the training session.

New Faller Training in modules

The New Faller Training (NFT) materials are in the process of being reviewed and updated. "The ultimate goal is to create one NFT program for the province of BC," said Allison Thompson, falling program coordinator.

Considerations include a revised curriculum which may include degraded imagery, nutrition/hydration and sleep resources for managing fatigue. QS/Ts have also been asked for feedback on other training elements they feel should be included.

Including a distance-learning module to cover off the classroom day at the beginning of the

course is also being considered.

As part of the process, modules will be built to align with other chainsaw users such as Wildfire Management Branch and Enform to make it easier for fallers from other industries to transition into forestry.

Faller trainer experts are considering what the revised curriculum might look like and how best it would be modularized to support revised, relevant, timely content that best meets industry training needs going forward. 🌲

A number of certified fallers require reevaluation

- All affected fallers will be sent a letter to the address on record
- Fallers should call to check if they have any concerns, or if their contact information is out of date
- The reevaluation affects less than 160 fallers

In the coming weeks (up till the end of February 2015) a number of certified manual tree fallers will be receiving letters from WorkSafeBC advising them that they need to be reevaluated in field to validate their certification. This is a result of WorkSafeBC having conducted a quality assurance review of BC Faller Training Standard certifications.

There is no fault on the part of the fallers or their respective employers. Rather, inconsistencies were found in the administration of the certification scores in a number of instances due to interpretive scores and human administration error.

As a result of this review, the affected fallers will be contacted (phone calls have started and letters will be delivered shortly) for the affected fallers to retake their field evaluation. This will ensure all fallers meet the requirements for faller certification under Reg. 26.22.

Preliminary indications are that of the approximately 4,000 fallers who have been certified, about 160 are affected. We estimate that between 70 to 100 fallers of the currently active 2,500 certified fallers will need to be evaluated in the field.

WorkSafeBC has issued a letter to employers with manual tree falling and integrated forestry classification units to advise them of additional supervision requirements for the affected fallers. Employers can contact the falling department to confirm if any of their fallers are subject to this restriction.

The BC Forest Safety Council (BCFSC) and WorkSafeBC are working together to manage this process with the least disruption to the individual fallers involved. The BCFSC has also communicated with major employers of fallers and the Steelworkers union so that they are aware of this situation for fallers who are their members.

If anyone has questions or concerns, please contact the falling department at 1-877-741-1060. 🌲



Minister of Forests, Lands and Natural Resource Operations, Steve Thomson, stopped by the BC Forest Safety Council booth at the 2015 Truck Loggers Association convention and trade show. With him is falling program coordinator Allison Thompson and falling safety advisor David Adshead. 🌲

In the Clear wraps up

For two years, the falling department issued an annual wrap-up newsletter on all the key activities that happened during the year. Given our new industry-wide forest safety newsletter, we have decided not to publish a separate publication and to rather include the same information that we would have covered in "In the Clear" in this newsletter. 🌲

Russel Robertson joins BC Forest Safety Council as Director, Programs and Training



Russel Robertson

Russel Robertson has joined the BC Forest Safety Council as Director, Programs and Training effective Friday, January 16, 2015. Russel will support the development of the Council's province-wide programs and training to meet the needs of the forest sector as part of the actions to eliminate injuries.

Russel recently was CEO of the Transportation Career Development Association and previously worked as the Senior Director, Program Standards for the Industry Training Authority.

Russel's forestry experience includes Manager of Human Resources for Canfor's Englewood operations with a focus on reducing workplace injuries, during which time he served as a Director on the SAFER Council with the mandate to improve safety and create a healthy work environment.

He served as the Manager of Training and Development with Forest Industrial Relations (FIR), and prior to that was the Manager for Human Resources and Organizational Development with PulpCo (formerly Fletcher Challenge Canada's pulp operations) based out of Vancouver.

"I am looking forward to joining the team at the BC Forest Safety Council and having the opportunity to support the forest industry in achieving excellent operational performance, safely," said Russel. 🌲



Training

New forest supervisor course piloted

A new forest supervisor training course was recently piloted in Nanaimo and while a number of changes will be made based on feedback from participants and trainers, the course is seen as an important step forward in being responsive to industry training needs.

As some readers might recall from stories in earlier Forest Safety News editions, two groups of supervisors from across the province met last year to identify the elements of knowledge, skills and performance that make for respected, trusted supervisors: people who can bring out the most in teams and deliver excellent production, cost effectively and with the least downtime.

Based on this input, a curriculum was developed and content built into a three module course covering Due Diligence (module 1), Communication (module 2) and Leadership (module 3). The units may be taken together or as stand-alone modules to best meet the needs of individual participants, depending on whether they are being considered to become supervisors, are new supervisors, or experienced supervisors who want to fine-tune leadership or communications skills.

"This new program will allow individuals to consider what training they need to be more effective as supervisors, and to plan their time accordingly," said BC Forest Safety Council training manager, Pam Jorgenson.



She said the first module of training captures due diligence, legalities and hazard control, replacing the Council's original Basic Forest Supervisor program; the second module focuses on strategies for clear communication – written and verbal; and, the third module focuses on personal style and how to become a more effective leader.

"Being an effective supervisor is about a lot more than understanding the work and legal requirements. By attending all three modules, supervisors will gain a good understanding of their legal job requirements and the softer skills of managing people," Jorgenson said. 🌲



Pam Jorgenson, BC Forest Safety Council training manager, talks with course participants, Rogi Young, Haka Enterprises (left), and Andrew Meyer, Interfor.

Volunteer investigators available to support industry

High quality incident investigations provide corrective actions that help achieve improvements in business operations and fewer injuries. In the forest industry, given the relative small size of 85% of forest harvesting companies, this expertise is hard to develop and maintain in-house, given that incidents can be rare and infrequent (which is a good thing!)

However, when an incident does happen, much can be learned and such learnings when shared across industry help prevent similar occurrences. About 18 months ago a number of industry members suggested exploring the value and effectiveness of creating a pool of highly trained incident investigators who will act as advisors to aid forest companies and contractors in the completion of high quality incident investigations.

In response, the BC Forest Safety Council helped industry facilitate a training program and framework for volunteers from the industry to become advisors with the intent to secure representatives from major licensees, industry associations, contractors, unions and the BC Forest Safety Council.

Suitable candidates were determined to be senior workers or supervisors in their organizations who had had previous experience with conducting investigations. In addition volunteers had to commit to initial training sessions (3 to 5 days) and successfully complete a certification exam. Other requirements included agreeing to be a volunteer investigator and having their name and contact information made public in order to communicate their availability as an incident investigation advisor, and make oneself available to advise companies on their incident investigations.



Allan Goldberg

“The depth of support might vary from answering questions over the phone to visiting the site to assist with investigations. The time spent on this advising role depends on demand but it is estimated that it will be no more than 40 hours/year per advisor,” said the BC Forest Safety Council training and program development manager, Gerard Messier, who also coordinates the team of investigators.

He said that employers of the volunteers were supportive of the program, understanding the time that their employee might need to commit to it. What the volunteer and his/her employer get in return includes a high level of incident investigation training and refresher training at no cost.

“After the completion of the initial training, the BCFSC will work with the advisors and provide support through regular conference calls and investigation practice to maintain the skills learned during the initial session,” said Messier.

Anyone who would like to learn more about the program; be considered as a volunteer candidate; or learn how to contact a volunteer investigator, should call Gerard Messier at 1-877-741-1060 or email messier@bcforestsafesafe.org.



Allan Goldberg, expert investigator and risk manager from International Risk Control America, recently led 16 industry participants through a three-day intensive incident investigation course. Several of the attendees will also be volunteering to become part of an industry pool of serious incident investigation advisors that companies may call on to assist them in incident investigations.

Upcoming Training

If you would like to see how a training course can meet your organization's needs, please let us know. We are committed to working with you to find the right training solution. We may be able to tailor a program to your specific needs and deliver it in a way that is most convenient for your operations.

Please see bcforestsafesafe.org/fscapps/calendar/calendar.php for 2015's full training calendar. Check back often as course dates do change. Email training@bcforestsafesafe.org or call toll-free 1-877-741-1060.

Small Employer OHS and Small Employer OHS refresher course:

February 26 Nanaimo	March 26 Williams Lake
February 26 Vernon	April 21 Cranbrook
March 2 Skidegate	
March 26 Langley	

Basic Incident Investigation:

March 4 Skidegate	April 23 Castlegar
March 5 Vernon	April 23 Prince George
March 13 Nanaimo	
March 24 Langley	

Advanced Incident Investigation:

March 6 Vernon	April 24 Castlegar
March 25 Langley	April 24 Prince George

Resource Road Light Truck Driver Training:

April 6 Vernon
April 9 Castlegar

NEW! Forest Supervisor Training

Module 1: Due Diligence
Module 2: Communications
Module 3: Leadership

March 5 Skidegate (Module 1)
March 6 Kamloops (Module 1)
March 12 Nanaimo (Module 1)
March 23 Langley (Module 1)
April 22 Prince George (Module 1)
April 29 Vernon (Module 1)
April 30 Vernon (Module 2)
May 1 Vernon (Module 3)

Falling Supervisor:

February 23 Campbell River
April 6 Nelson
April 20 Vernon

Internal Auditor:

April 13 Nanaimo

External Auditor:

April 13 Nanaimo

New Faller Training:

March 2 Site TBD
May 25 Site TBD

Individual Owner Operator (IOO) & IOO Refresher course:

February 28 Teleconference call
March 2 Skidegate
March 28 Teleconference call
April 25 Teleconference call



Four direct harvesting fatalities in 2014

A total of four (4) direct harvesting fatalities were reported to the BC Forest Safety Council (BCFSC) in 2014. These incidents were:

Dec. 7, 2014 - A faller was fatally injured while bucking a tree at a helicopter logging operation on Vancouver Island. When the faller cut off the top section of the tree, the root wad section shifted and the tree pinned the faller to the ground.

Sept. 10, 2014 - While driving to work on southern Vancouver Island, the worker's vehicle went off the resource road which resulted in a fatal injury. (Please note: This incident was not previously published in a safety alert as the incident investigation was still in progress.)

Sept. 2, 2014 - A faller was fatally injured while falling four limb-tied trees in the Seymour Inlet area. The faller lost control of all four trees, with all of them falling towards him.

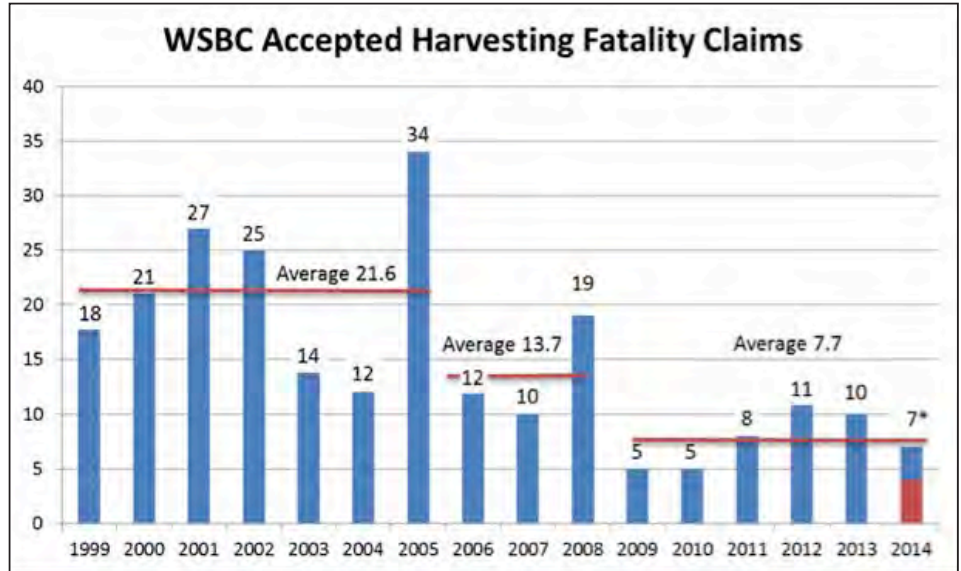
May 26, 2014 - A chokerman was fatally injured in the Kootenay region when a skyline cable contacted a leave tree in the block and caused it to fall and strike the worker.

Of the four fatalities above, the December 7th incident will likely be reported in the 2015 accepted claims data, as it happened late in 2014. Accepted claims are workplace injuries or fatalities that have been reported to WorkSafeBC and qualify for compensation payments.

In addition to the fatalities above, WorkSafeBC also accepted claims in 2014 for four fatalities that occurred in prior years.

Two of these incidents occurred in 2013 and were included in previous BCFSC Fatality Alerts:

Jan. 7, 2013 - An empty logging truck heading east on Highway 16 collided with the trailer of a loaded lumber transport truck heading west that had jack-knifed.



* Please Note: There are 4 fatalities the BC Forest Safety Council is aware of that occurred in 2014. WorkSafeBC tracks fatalities by the year in which they accept the claim. WorkSafeBC has accepted three of the four fatalities from 2014 in 2014, and is reviewing the fourth which occurred later in the year and will likely accept it in 2015. WorkSafeBC has also accepted 4 fatalities from prior years during 2014. The BCFSC uses the WorkSafeBC data of accepted claims for trends although it may not specifically indicate current year fatalities, it is the only long term data base for comparative purposes.

Oct. 24, 2013 - A pilot was trying to maneuver a floatplane into position to land north of Port Hardy when it crashed onto a small island.

The other two 2014 accepted claims fatalities occurred when forest harvesting workers died in 2014 due to complications from injuries which occurred in the distant past.

In addition to direct forest harvesting fatalities, the BCFSC also tracks associated fatality information but this information is not published in our alerts. Associated fatalities involve people who do not directly work in our industry, but died as a result of an incident related to the industry, for example – a collision with a logging truck. Please contact our Nanaimo office at 1-877-741-1060 if you would like additional information on these

types of incidents.

All fatalities no matter when or to whom they occur are tragic events and the BCFSC extends sincere condolences to the family members and co-workers of those workers who were lost.

The BCFSC will continue to support industry in further reducing fatalities and serious injuries in 2015. Sharing the knowledge from incident investigations is one way to improve the industry's safety performance. The BCFSC's Safety Alerts webpage contains incident information submitted by forest companies from across the province. See http://www.bcfsc.org/safety_info/alerts_bulletins.html

Some recent forest harvesting incidents reported to WorkSafeBC

Injury Type: Head laceration
Core Activity: Log hauling
Location: Vancouver Island/Coastal BC
Date of Incident: 2014-Nov
A loaded highway logging truck went out of control while descending and negotiating a sharp corner. It struck a high-voltage power pole. The truck and

trailer then rolled over and came to rest in a water-filled swamp on the low side of the road.

Injury Type: Close call
Core Activity: Log hauling
Location: Interior BC
Date of Incident: 2014-Dec
A loaded logging truck was travelling down a resource road. When it entered a corner at a stream crossing, the trailer unit slid off the roadway and rolled onto its side, losing its load of logs. The truck

remained upright on the road.

Injury Type: Lacerations to head
Core Activity: Cable or hi-lead logging
Location: Interior BC
Date of Incident: 2014-Dec
A worker was on the boom of an excavator assisting to remove the gantry, which was being used as a cable yarding backspar. When the last attachment pin was removed, the gantry shifted, and the worker lost his balance and fell about 13 feet to the ground.

New incident reports issued by WorkSafeBC

The following three forest harvesting incident reports were released by WorkSafeBC last month (January 2015) and are posted on the WorkSafeBC website. They address three separate forest harvesting incidents that occurred in 2013.

These reports are intended to help employers and workers understand the causes and underlying factors that contribute to workplace accidents in order to prevent similar incidents in the future. Under the Freedom of Information and Protection of Privacy Act, personal, identifying information has been removed from the reports on the website. The reports may also have been shortened to focus on the main cause and underlying factors contributing to the incident.

The final incident investigation report for an incident can be obtained through WorkSafeBC's [Freedom of Information and Protection of Privacy Office](#), which will sever information protected under the *Freedom of Information and Protection of Privacy Act and confidentiality provisions of the Workers Compensation Act*.

Date of incident: August 2013

Employer: Logging company

Incident Summary

A truck with its loaded four-axle log trailer was approaching a bridge. While nearing the end of the on-ramp, the truck and log trailer tipped onto the driver's side, spilling the logs onto the road and median. The truck and log trailer were damaged, and the driver was injured. The same log trailer had been involved in a similar incident about three months earlier, also on an on-ramp onto a bridge.

Investigation conclusions

Cause

- Mechanical deficiencies caused tip-over of loaded log truck and trailers: The truck and loaded log trailers were travelling on a 90-metre-radius right-hand turn, approaching the bridge deck, when they tipped onto the driver's side, spilling the logs. All the mechanical deficiencies of both the log trailers and the truck's fifth wheel, taken together, allowed the centre of gravity to shift significantly, and the speed of the truck and trailers created the forces that caused the tip-over.

Underlying factors

- Worn bunk components: Components of the rear bunk, such as the "cup and saucer," were worn past the manufacturer's specifications. The loose rear bunk resulted in the load shifting abruptly to the driver's side as the truck made the right-hand turn.

- Warped upper plate and fifth wheel: The warped upper plate at the front of the log trailer and the warped fifth wheel on the truck resulted in insufficient contact between these components. During the right-hand turn, this extra space permitted the load on the trailer to

shift more to the driver's side than normal. This caused the weight of the logs to shift the centre of gravity to the driver's side of the trailer unit.

- Under-inflated log trailer tires: The 16 trailer tires were intentionally under-inflated by 33 percent, which resulted in decreased vehicle stability and a lower safe-cornering speed. The under-inflated tires also contributed to shifting the centre of gravity more towards the driver's side of the trailers during the right-hand turn.

Date of incident: November 2013

Employer: Dry land sort company

Incident Summary

A worker employed to strap bundled logs in a dry land sort yard was in the work area, but the loader operator was not aware that he had arrived. The loader operator, believing that he was alone, drove a wheel loader up to a self-tripping log bunk containing a strapped bundle of logs. The loader operator pushed the loader against the logs to trip the stakes and release the bundle. The bundled logs rolled from the bunk, down the ramp, and into the water. At this time, the worker was either behind or below the bundled logs, and was struck by the bundle. He was likely pushed by the moving bundle of logs into the river. While the loader operator was working on another bundle, he noticed the worker's body in the water. The worker died from blunt force trauma injuries.

Investigation conclusions

Cause

- Worker struck by moving log bundle: The worker died as a result of a significant blow. The worker was found directly beside the recently launched log bundle, so it appears likely that the worker was struck in the head by the moving log bundle.

Underlying factors

- Inadequate safe work procedures: The worker was in a hazard area on the river side of the loaded log bunk when the bundle was released. The worker was able to freely enter and move about the worksite without anyone being aware that he was there. The hazard zones were not clearly identified. There were no specific safe work procedures to prohibit entering the hazard zones or to notify site personnel when workers arrived on the site. There was a failure to control access to unsafe areas.

- Inadequate training, instruction, and supervision of workers: The loader operator, who was the worker's supervisor, provided training and instruction that it was permissible to go behind the loaded log bunk and feed the straps through underneath the bunk. The worker had performed this task many times with or in the company of the loader operator, who often helped him strap the bundle in this manner. The worker was given inadequate training, instruction, and supervision, and this contributed to the circumstances that resulted in this incident.

Date of incident: September 2013

Employer: Equipment repair company providing workers for logging operation

Incident Summary

A load of logs got hung up on the ramp at a log dump. A tracked log loader with a grapple was being used to get the logs into the water. The loader operator commented that the cab felt loose, but he continued to use it. A number of times he abruptly placed the grapple on the ground and then repositioned the tracks to the loader. In the last attempt, the cab broke free from the frame and hinged forward, striking the ground. The worker was not restrained and suffered serious injuries.

Investigation conclusions

Cause

- Inadequately secured cab tipped over during aggressive handling: The loader was being operated aggressively and improperly by the loader operator. The cab bolts failed to keep the cab in place and it unexpectedly tipped forward.

- Operator unrestrained: The loader operator did not wear a seat belt despite one being available for use. When the cab tilted forward, he hit the windshield and suffered serious injuries.

Underlying factors

- Failure to follow manufacturer's repair procedures: A few months before the incident, the loader's boom pin was replaced. Both the foreman and a mechanic were aware that there were procedures available from the manufacturer of the loader to assist them with the replacement of the boom pin. However, these procedures were disregarded. Neither worker was a licensed heavy-duty mechanic; they learned about mechanics on the job.

- Removal of the cab tilt cylinder: Both the foreman and a mechanic did not realize that the primary means of holding the cab in place was the cab tilt cylinder. When they had completed the boom pin work, they did not ensure that the cab tilt cylinder was repaired and reinstalled. Thus, a crucial safety aspect of this loader was overlooked.

- Improper installation of the cab bolts: It is uncertain if the proper number of cab bolts were reinstalled upon the completion of the boom pin work. What is certain is that the torque specification for these bolts was not followed. Accordingly, the cab bolts were not installed according to the manufacturer's instructions, and this led to their eventual failure.

- Inadequate supervision: The workers conducting the boom pin replacement were not properly instructed or supervised to ensure that the loader was repaired to safe operating condition. 🚫



Creating awareness about speed



As part of an ongoing information campaign to keep drivers aware of speed, signs (like the one shown here) were erected on key logging truck routes in the Prince George area for the month of January as a joint initiative between Canfor and the BC Forest Safety Council.

Speed is still a key contributing factor in

logging truck incidents. This is not to imply that any logging truck drivers are speeding over the posted limits necessarily, but rather that a speed is too fast for the road conditions, the logging truck configuration and/or the load.

Remember posted speeds are not based on the dynamics of a logging truck, nor are they

based on any scientific testing for particular weather, or other conditions. They are really only an indication of a speed suited to optimal conditions for standard passenger vehicles. Remember: there is a safe speed for every logging truck, every curve, road condition, weather condition and every load. So spread the word: slow the truck down! 🚚

Want to offer your log truck drivers an Anatomy of a Rollover session?

In 2014 a total of 945 log truck drivers and associated participants attended 24 Anatomy of a Rollover (AoR) sessions throughout the province. Feedback was excellent and the message from participants was clear: more drivers need to understand the key fundamentals that affect their performance in being able to consistently deliver loads without incident.

If you would you like to offer your contractors, sub-contractors and log truck drivers an AoR session in 2015, please call our transportation department at 1-877-741-1060 or email transport@bcforestafe.org. 🚚

More log truck drivers say yes to 3-point contact

LTN Contracting Ltd. and Burke Purdon Enterprises Ltd.'s log truck drivers, including sub-contractors, have pledged to use 3-point contact when they enter and exit their vehicles. A big shout out goes to these drivers:

Glen Bjorklund, Bruce Gendron, Kurt Baraniuk, James Byron, Keith Billy, Glenn Johnsen, Bob Schwing, Jason Schwing, Earl Purdon, Darryl Colville, Greg Sarrazin, Glenn Deitz, Harry Allen, Ray Mycock, Chad Berg, Aaron Case, Leon Bellamy, Brenden P., Ken Mechan, Clifton Howard, William Canning, Lyle Bowen, Shayne Pozdnikoff, Neal Johnsen, Tyler Beach, Ron Roberts, Ward Walker and Art Betke.

A major cause of injury among log truck drivers is due to slips, trips and falls. Using 3-point contact at all times when entering and exiting their logging trucks means effective prevention and optimal performance. 🚚

Amended regulations for cab guards, effective February 1, 2015

In a recent update, WorkSafeBC issued approved amendments to regulations for cab guards (previously identified as bullboards in Section 26 of the regulation) in forestry operations and similar activities, specifically hauling. The updated regulation will be available on the WorkSafeBC website February 1, the day the amendments become effective.

Here is a link to a marked up version of the regulations explaining the changes provided to Forest Safety News by WorkSafeBC:

http://www.worksafebc.com/regulation_and_policy/public_hearings/assets/pdf/2014OHSAmendmentsFeedback/Amendments/Part26.pdf

Incident highlights need to continue work on road safety initiatives

Logging truck incidents continue to be a small percentage of total loads hauled. Of the approximately 1.5 million loads of timber hauled in 2014, 99.99% were hauled without incident including a short term disability, long term disability or fatality claim. While the percentage of incidents is low, every incident that does happen is preventable and when it involves the death of anyone, it is a tragedy with long-term negative consequences for everyone involved. A recent unfortunate incident that resulted in the fatality of a passenger vehicle driver highlights the need to continue work on provincial road safety initiatives. This incident is still under investigation.



The scene of the fatal December 4, 2014 incident involving a logging truck on Highway 1, near Chase. (Photo by Rick Koch Photography.)

Reminder about resource road radio channel changes

Efforts have been underway in the province to shift resource road mobile radio communications to new standard protocols including a standard bank of Resource Road (RR) channels. Areas on the Coast and central interior of the province have shifted to the new resource road radio communication protocols and others will follow this spring.



Resource road users may have noted new standard radio communications signage on roads informing of call protocols and appropriate radio frequencies or channels. Where posted, road users using mobile radios must use the posted radio frequencies or channels and call protocols. All road users are reminded that forest service roads and the majority of resource roads are not radio controlled but radio assisted and users should drive safely according to the road conditions and weather.

It is recommended that all users exercise additional caution when travelling on resource roads during transition to new call protocols. This should be communicated to all affected employees and contractors.

The new standard bank of Resource Road (RR) Radio Channels (40 channels) is available at local mobile radio shops who are aware and prepared to program radios with the new channels. It is recommended that road users retain current channels/frequencies until they are sure that they are no longer required.

The new standard resource road radio communications protocol, radio channels and signs were developed by a working group, which included representation from government, industry and other affected stakeholders such as licensees and truck drivers. It is recommended that road users retain current radio frequencies until such time as it has been confirmed that they are no longer required.

For more information see the RR Radio Communications website: http://www.for.gov.bc.ca/hth/engineering/Road_Radio_Project.htm or call Industry Canada (British Columbia/Yukon) at 1-800-667-3780; or your local forest district engineering officer.



Spine health: building capacity for pain-free performance

By Dr. Delia Roberts

Whether you are running a saw, driving a truck or working a cable, each time you pull/push/lift or lower, the load is transferred through your muscles into your spine. This means that no matter which joint and muscles you are using, if your spine isn't lined up properly the muscles won't be able to stabilize the adjacent joints. It also means that nearly all chronic joint pain can be improved by starting with good spinal posture!

Unfortunately, past injuries, fatigue, sitting for long periods, vibration, fluctuating blood sugar, hydration and awkward postures while we work affect our perception of posture, and before long the slouch has become a habit. Spend just a few minutes a day on the exercises below and you can protect your joints from undue stress by resetting your reflexes to bring your spine back to a good alignment without you having to consciously think about it.

Stand sideways to a mirror without your shirt on.

Your back should have two curves, slightly outward or convex at your shoulders and upper back, and slightly concave or inwards in your lower back. Imagine that someone is pulling upwards on a string that runs all the way from your tailbone, up your spine and out the top of your head. Don't just lift your chest as you would with military posture, but rather lengthen your spine and keep your chest relaxed. If you currently have back pain this should feel better immediately as you increase the space between your discs.

1. Check that your pelvis is underneath you by placing one hand on your hip bone and one on your pubic bone as shown in the photo. Both hands should be in the same plane, your pubic bone should not be behind your hip bones, as most women stand, or in front of it as most men do. You can use this technique to check your posture any time, as it's easy to feel your hip and pubic bones even through



Too much lower back curve

Neutral Posture

Low back too flat

work pants. Check it each time you do your standing tall exercise. If your pelvis is aligned correctly you will be able to generate a lot more strength with the big muscles of your legs and butt. Walking through the bush, lifting a heavy object and stepping up into the truck or onto a log will all become a lot easier as soon as you make this correction, but you will need to remind yourself frequently to put your pelvis back underneath you until you break the habit of that comfortable old slouch.

2. Use your core to hold your newly corrected posture in place while you are focused on other things. The reflex is meant to work without you having to think about it, but you'll have to keep it "trained up". Do this by drawing your lower abdomen in and up slightly (at about the level of where the zipper in your fly starts). Your muscles should tighten without any hollowing or stiffening of your upper belly and chest. Make sure that you can still take a deep breath and move your rib cage; it's only your lower abdomen that is doing the work. This is the best abdominal exercise that you can do, it's way more effective than crunches or leg lifts and will build you a six-pack if you use it regularly.

3. The final step is to add the pelvic floor. This muscle can be hard to isolate, but having a strong pelvic floor has lots of benefits. The easiest way to learn how to contract your

pelvic floor is to try and stop the flow when urinating. Once you know how the movement feels you can practice it any time, as there is no outward sign that you are contracting. Do 5 slow contractions, holding for a count of 5 each time, and then 10 fast contractions, trying to relax between each one. If you have to lift something heavy, make a powerful movement or do a high step up, activate your pelvic floor first for increased strength and stability!

At first it will take time and concentration to find the neutral posture and activate your core and pelvic floor, but before long you will be able to do it in only a few seconds. Make the postural adjustment routine part of your day, doing it at least 5 times/day every day. Before long it will become automatic, and most importantly will kick in when your joints need protecting without you having to consciously think about it. You can do the exercises sitting (in the truck on the way to work) or standing (when brushing your teeth, pouring your coffee, or when walking), but before long your spine will stay tall and your core will be solid all the time, with only the occasional reminder needed. It's this that will save your joints from injury, increase your strength, and reduce pain from existing joint problems.

Questions or comments? What would you like to hear about in the next article? Email Delia at droboterts@selkirk.ca.

Dangers of fatigue in the workplace

WorkSafeBC has released a bulletin on the dangers of fatigue in the workplace. The two-page document includes quick summaries on the signs, symptoms and causes of fatigue, along with tips on how to help you and your workers stay safe.

One study showed that fatigue can have similar effects to drinking alcohol:

- 17 hours awake is equivalent to a blood alcohol content of 0.05 (the legal limit in British Columbia)
- 21 hours awake is equivalent to a blood alcohol content of 0.08
- 24–25 hours awake is equivalent to a blood alcohol content of 0.10

Please see: http://www2.worksafebc.com/i/posters/pdfs/2014/WS_2014_14.pdf

WorkSafe BC | **WorkSafe Bulletin**

The dangers of fatigue in the workplace

Fatigue increases the risk of injuries or other accidents. As an employer, ensure your workers are not experiencing signs or effects of fatigue on the job. You can help make your workers and your business safer by including information on fatigue and sleep in your safety guidelines and orientations. You can also develop a fatigue management plan.

What is fatigue?
Fatigue is a state of feeling very tired, exhausted, weary, or sleepy. Fatigue results from a lack of sleep and can be heightened from prolonged mental activity or long periods of stress or anxiety. Boring or repetitive tasks can also intensify feelings of fatigue. Fatigue can be acute or chronic.
Acute fatigue results from a sudden onset of short-term sleep loss, such as getting less sleep than normal before a work shift. Adequate sleep is necessary to reverse the effects of acute fatigue.
Chronic fatigue is a long-term state that results from an extended loss of necessary sleep. A sleep debt can build over weeks or months from a reduction or disruption of a normal sleep routine.

Effects of fatigue
Studies indicate that the risk of making mistakes at work increases significantly if workers sleep for less than the average (7.5–8.5 hours) or are awake for more than 17 consecutive hours.
The effects of fatigue can reduce a worker's:
• Ability to make decisions
• Ability to do complex planning
• Communication skills
• Productivity and performance
• Attention
• Ability to handle stress
• Reaction time
• Ability to recall details
• Ability to respond to changes in surroundings or information provided
Fatigue can also result in:
• Inability to stay awake
• Increased forgetfulness
• Increased errors in judgment
Over the long term, fatigue can result in health effects, such as loss of appetite and digestive problems, and other chronic health conditions, including depression. These effects can result in:
• Increased sick time, absenteeism, and rate of turnover
• Increased medical costs

Signs and symptoms of fatigue
Train supervisors and workers to recognize the immediate signs and symptoms of fatigue, which include the following:
• Tiredness or sleepiness
• Memory lapses
• Difficulty concentrating
• Slower reaction times

WS 2014-14 | WorkSafeBC Prevention Information Line: 604-276-3100 or toll-free 1-888-621-SAFE (7273) | page 1 of 2

Healthy living is exactly what your grandmother told you

According to Dr. Hister:
“Don’t sit for long periods. Keep moving.
Don’t follow the fads. Stick with common sense.
Drink coffee. It’s full of anti-oxidants!”

Dr. Art Hister, Global TV News health analyst, medical doctor, speaker and author of two Canadian medical best sellers, shared his message of: “Stay safe, stay healthy”, at the 2015 Truck Loggers Association 72nd annual convention in Victoria last month (January 2015).

He was quick to point out that when everyone thinks they’ve heard it all before when it comes to health: “That’s because you have heard it all before. SOS – the same old stuff or the same old s**t!”



Dr. Art Hister at the 2015 TLA convention in Victoria last month (January 2015).

Men don’t listen

The first tip to men is to be more like women when it comes to health. Women outlive men primarily because they make better lifestyle choices and follow health advice better than men and have good support systems. In countries where women live like men, they die at the same rate as men. Men tend not to listen to their bodies, health care advisors, spouses, families or friends about health or lifestyle. Art asked the men: “When last did you put your arm around a buddy and say let’s talk about our prostrates?”

Dr. Hister said it didn’t matter how old you are, how sick, or what genes you inherited, the healthier you begin to live today the better your chances to live better; and the better your chances to live longer and better with diseases if you get them in the future. Other tips include not believing everything you read about what’s good or bad for you as it constantly changes.

Rather stick with common sense, moderation and all those good things our grandmothers knew. There is no magic pill or diet, no matter what marketers want us to believe. Stick with the tried and true:

- don’t smoke, exercise regularly, eat sensibly and always eat breakfast
- “Mediterranean diets” are good: lots of veggies and fruits, healthy oils, legumes, beans, whole grains, fish, poultry, some meat, some dairy
- minimize your stress — consider meditation, natural medication (St. John’s Wort), yoga, exercise and sex
- maintain a healthy weight

- get enough good quality sleep
- keep your brain sharp by continuously learning new stuff
- protect your hearing as deafness increases dementia, depression and falls;
- exercise should incorporate four elements: Balance, Aerobic, Resistance (pumping iron) and Flexibility.

Two web resources recommended by Dr. Hister are: www.nih.gov and www.mayoclinic.com



Custom truck donated as kid's art prize

Alan Somerville has made more than 300 logging truck models over 15 years – a hobby that started when he was given a truck and thought he could do something better. Alan has received orders from as far afield as South Korea, Australia and Britain for his trucks which are most often given as gifts to loggers retiring after 20 to 45 years of service in forestry. They are becoming so popular that Alan is finding it hard to keep up with demand!

One of the best parts for any logger is stacking the wood. There isn't a forestry worker among us that doesn't have an opinion on what a well-stacked log truck looks like – taking centre of gravity, safety rules & regs, and aesthetics all into consideration!



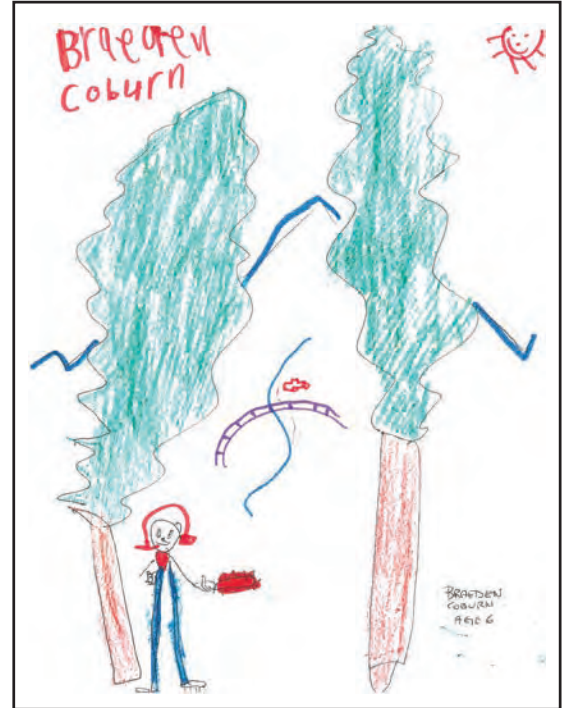
Alan Somerville with the logging truck he made and generously donated as a prize to Kid's Corner for art winner, Kaydn Chasse.

Certainly many hours of fun and lots of discussion can be had around what a load should look like!

When Alan is not making model trucks, he can be found working for Western Forest Products as a back-up change hand, rip saw planer operator and first aid attendant as well as running his own company, Somerville Firewood. Alan generously donated a truck to Forest Safety News kid's art program. The 2014 winner was Kaydn Chasse, of Invermere.

Remember who you are going to be safe for today and every day!

Daddy's safely falling trees



Braeden Coburn, 6, of Powell River, sent in this super drawing of "daddy safely falling trees while in radio communication with others on the worksite, with his truck on the purple bridge". Well done Braeden. A loot bag is on its way to you!

Children are welcome to continue sending in their artwork for publication, showing any safe work activities in forest harvesting. Send them in to: The editor, Forest Safety News, 420 Albert Street, Nanaimo BC, V9R 2V7. 🌲

ABOUT Forest Safety News

Forest Safety News is published six times a year: February, April, June, August, October and December. All submissions – letters to the editor, safety tips, photos, safety stories, concerns etc. – are welcome. The opinions expressed in the newsletter are not necessarily those of the editor, staff or board of the BC Forest Safety Council. All decisions to publish materials rest with the editor. 7,500 copies of each edition are distributed via mail or email. Additional copies are distributed at industry events.

Subscriptions

If you would like to continue to receive a hard copy or would prefer to receive an electronic copy of this newsletter, please email editor@bcforestsafesafe.org and ask to be added to the print copy or email distribution lists.

Have a story, letter to the editor, safety tip, ideas or photos? Please send all submissions to:

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Forest Safety News
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Nanaimo BC V9R 2V7

Call 1-877-741-1060 or email editor@bcforestsafesafe.org 🌲



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FOREST SAFETY News



April 2015
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Safety is Good Business

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A sample of a construction initiated slide near Terrace, BC. Photo courtesy of Brinkman Forest Ltd.

Welcome to the April edition of Forest Safety News, covering news about safety topics in forestry. This is YOUR safety newsletter. We look forward to your input and feedback! Email the editor at editor@bcforestsafe.org or call 1-877-741-1060.

Group to look at improving safety related to road construction landslides

The Construction Initiated Slides Working Group (CISWG), a sub working group of the Coast Harvest Advisory Group, was formed in late 2014 to address logging road construction initiated landslides on the coast.

The industry-based group meets every six to eight weeks and intends to cooperatively determine the type, frequency and factors relating to resource road construction initiated slide events and take appropriate actions to improve safety by eliminating event occurrences.

The group plans to develop initiatives and support actions that improve the safety performance and health of workers involved in resource road construction activities. By applying their leadership, expertise and influence the CISWG will aid in the execution of initiatives and make recommendations that drive practical solutions and support the development of industry best practices.

The group will focus on:

- Engagement of workers and resource professionals
- Education and awareness
- New ways to identify sensitive zones and safely build road and
- Options for monitoring and enforcement of road construction standards.

The outcomes will be shared across the industry to create a more uniformed application of road construction methods and standards.

BCFSC Director of Transportation and Northern Safety, Dustin Meierhofer, said although the frequency of construction initiated slides are relatively low, the potential for worker harm, related operational costs

and environmental impacts can be quite significant. "The group strongly believes that these type of incidents can be eliminated. This, together with their dedication to worker safety, is driving this initiative."

CISWG members are:
Del Ferguson, PGeo, Aztec Geoscience;
Gino Fournier RFP, PEng, Ministry of Forests, Lands and Natural Resource Operations (MFLNRO); Clayton Gillies, RFP, RPBio, FPIInnovations; Tom Jackson, RFT, MFLNRO; Mike McCulley, RFT, BC Timber Sales; Dustin Meierhofer, RPF, BC Forest Safety Council; Andrew Meyer, RPF, PEng, Interfor; Mark Ponting, Ponting Logging; and Jack Reynolds, RPF, Western Forest Products.

An example of a related incident is documented in a recent safety alert on the BC Forest Safety Council website, submitted by Brinkman Forest Ltd.: <http://bcforestsafe.org/node/2618>.

If you have information to share, would like to learn more about this group or join the group to help influence positive change, please contact the BC Forest Safety Council at toll-free 1-877-741-1060 or email meierhofer@bcforestsafe.org.



Day of Mourning: April 28, 2015
Last year, 173 BC workers died.
Four of those were in forest harvesting.
See: www.dayofmourning.bc.ca



Airline industry reminds us that we are not competitors when it comes to safety

Western Silvicultural Contractors Association 2015 conference delegates enjoyed hearing the sage safety learnings from a seasoned airline industry director responsible for safety and air worthiness, Jim Bouey.

He told delegates strong safety enablers include: a safety culture, where safety is integrated into everything; where all workers have two jobs – first as a safety officer and then second, their other job; and a commitment from the top signed off by the

He shared the example of how the two competitors – Boeing and Airbus – meet twice a year along with major aviation suppliers to talk about safety. It's just the safety folk and all the talk is about safety things they have discovered – risks, incidents, near misses that have occurred in the past six months.

While some might argue safety is a competitive advantage, safe industry sectors know: "We are all on an equal footing when it comes to keeping people safe," he said.

"You don't compete on safety ... the whole industry can go belly up and people die when you compete on safety." Jim Bouey

CEO so that everybody understands that's the way the game is played.

Reflections of this culture means that everyone asks: "Does this change I want to make impact on safety? On outcomes? Are checks and balances built in? Have we done independent evaluations of design and redundancies?"

Bouey said that it was also a given that industry cooperation meant keeping industry safe and that there was no competition on safety.

And on the costs, Bouey pointed out that if you add safety on, that comes at a cost, but if it is integrated there is no cost – it is simply a solution to a problem where safety is managing an established risk to an acceptable level.

Speaking to the five categories of "The Safety Spectrum" devised by Bryce Fisher of Transport Canada, Bouey said where you want to be is where "safety, like productivity, is everybody's job."

Safety matters at WSCA 2015 annual conference

Reynold Hert, BC Forest Safety Council CEO, told delegates that the biggest emerging issue in safety in forestry – in BC and around the world – was answering the question: "What is qualified?"

Hert said it was pretty hard to answer that question right now and if one found oneself in a court of law or coroner's inquest having to explain how "Harry" was qualified to operate a machine, it wouldn't be good enough to say: "Joe our most senior guy trained Harry, and Joe is the best."

He said that industry had an opportunity to evolve and stay a step ahead of regulation by creating its own standards and that industry leaders were looking to see standards for key jobs be set and implemented within 2015.

Hert then took delegates through an interactive session of how best to train a 16-year old to drive a car, emphasizing each of the elements that makes them achieve optimal mechanical and cost-effective vehicle operation through knowledge and skill, also improves their safety– highlighting the case that safety is both cost-effective and efficient as well as the right thing to do.

"Safety is not something you layer on. First you define what qualified good operating really means; you own it; and you update it every five years," said Hert. "As part of due diligence, you define what is acceptable not just as a sector, but as a company." 🧠



Jim Bouey, former director of safety and air worthiness for Boeing.

Culture is the big enabler ... a culture that allows the solutions to come from the front-line workers/operators. "There must be the support to get everything to bubble up ... because the answers come from the supervisors and below, not from above."

"Culture either enables or disables. If people don't feel safe in doing the right thing, they won't do the right thing. We have to turn near misses into good catches. We do that when we try to expose the risk and the hazard rather than compromise, or try to escape liability." 🧠

ABC FP 2015 annual conference puts professional reliance in the spotlight

The Association of BC Forest Professionals (ABC FP) had a jam-packed agenda on everything from land rights to invasive species and all the forest management and public interest responsibilities in-between. A recurring message through many of the sessions was on professional reliance and what that means in theory, legally, ethically, practically and where lines might blur between employers, licensees and potentially conflicting priorities. The appropriate response was clear – to be unwavering in the application of public interest responsibilities no matter how challenging, to ensure trust and the best managed forests. 🧠



Pam Jorgenson, RPF, training manager and Lisa Reichel, RPF, safety advisor were part of the ABCFP 2015 conference organizing committee.

Woodlot Licence and Community Forest Agreement Safety Committee to address unique needs of its members

A new group dedicated to safety matters for woodlot licencees and community forests agreement holders has been formed as a result of collaboration between the Federation of BC Woodlot Associations (FBCWA), BC Community Forest Association (BCCFA) and the BC Forest Safety Council (BCFSC).

The three parties agreed to establish a Woodlot Licence and Community Forest Agreement Safety Committee with the objective of improving safety by working on identifying issues, developing solutions, and supporting projects that are important to the safety performance and health of people working within woodlots, and community forests. It is expected that the work done by the group will be relevant to all small to medium sized tenure holders within the province.

To encourage safer work environments, the committee will advance safety by:

- Identifying safety issues; including those that may be geographically unique
- Developing specific solutions to safety issues and concerns
- Utilizing existing knowledge and past successes within the Woodlot Licence and Community Forest Agreement sectors and the forest industry as a whole
- Effect and implement solutions and
- Measure and monitor improvements.

Members of the committee consist of six representatives; three appointed by the FBCWA and three appointed by the BCCFA. There will be at least one BCFSC staff person to provide support to the safety committee.

Representatives are to ensure relevance and timely response to emerging issues, and representatives from the FBCWA and BCCFA will seek direction from their respective executive committee and/or board of directors as required.

The founding members of the safety committee come from different areas of the province and bring a cross section of experience. They are: Mark Churchill, Woodlot Licencee, Vanderhoof; Shawn Flynn, Woodlot Owner, Nanoose Bay; Bill Golding, Smithers Community Forest; Gary Hanson, Woodlot Licencee, Smithers; and Dave

Lasser, Sunshine Coast Community Forest. Another member from the Community Forest Association will be added in the near future.

BCFSC Director of Transportation and Northern Safety Dustin Meierhofer, said the development and implementation of safety initiatives are always most effective when built and owned by those directly responsible for activities that have the potential to harm workers and/or the public.

“The formation of this committee is a positive step in that direction and compliments the good work both the community forests and woodlot licencees have completed in addressing safety to date,” Meierhofer said. “We know that some of the safety issues that woodlot license and community forest agreement holders face are unique. Activities such as securing services, general forest operations, supervising contract fallers, are often done on an infrequent basis, which creates some significant challenges.”

The first meeting of the committee was held in January with a second meeting in February of this year and topics of discussion included:

- responsibility for safety
- options and processes for hiring qualified contractors
- role and responsibilities of owners, prime contractors, and subcontractors including part-time operators
- safety management system due diligence
- public safety awareness and education
- accountability versus liability
- available safety tool kit resources
- impairment
- certification options for new woodlots
- best options for securing input and feedback from community forest and woodlot licencees/operators to facilitate timely and relevant working solutions to emerging safety challenges.

For more information on this group and to share any safety concerns that you would like to see the group consider, please contact the BC Forest Safety Council at toll-free 1-877-741-1060 or email meierhofer@bcforestsafe.org.

PAR project updates provided at WSCA conference



John Betts, executive director of the Western Silvicultural Contractors Association and Tom Bigda-Peyton, of Second Curve Systems, who is also the PAR project lead.

The Western Silvicultural Contractors Association 2015 annual conference attendees received an update on the various Participatory Action Research (PAR) projects that are helping to shape a high-performing industry. Improved safety and performance outcomes are secured based on collaborative inputs and actions that recognize previously unknown impacts and consequences – i.e. actions taken at one point along the production line of “seeds to finished wood products” has potential consequences and impacts on all the other points. When issues are identified and then tracked back to source, revised actions can shape better, safer outcomes for everyone. Some of the silviculture topics that continue to receive attention are: Musculoskeletal Injuries (MSIs), road deactivations, identification and sharing of standards, ergonomically correct shovels, best performing caulks and other footwear, arm warmers, stretches, pre-work training, work schedules, cool-downs, fatigue, nutrition and hydration, and improved performance tracking. 🌲



“Innovation Alerts” help share new ideas that support safety

Following requests, the BC Forest Safety Council (BCFSC), on behalf of industry has relaunched a service on its website called “Innovation Alerts”. The service allows anyone in industry who has created or seen an innovative idea at work, to share it broadly with the rest of industry for consideration and possible implementation.

The Canadian Ministry of Natural Resources is committed to innovation to support the forest industry at the macro-level. Learn more here: <http://www.nrcan.gc.ca/forests/innovation/13329>

Innovation – as defined in the Webster dictionary – is a new idea, device or process. Innovation can happen anywhere at any time. Innovation results in doing something differently in such a way that it can be more efficient or effective; safer; leave less waste; cost less and save more resources; or achieve some or all of these things.

According to Wikipedia, Canada ranked 11th (in 2013) in the world for innovation, measured on independent performance measures. In BC and forestry, innovation has been constant over the years – from tools, machinery, logging truck configurations and PPE to steep slope harvesting, and caulk boots, etc. It is fair to say that if one looks around a workplace one can probably identify innovative ways you, your business or co-workers do little things – or big things – differently to make a positive safety impact.

To encourage innovation and share forestry-related innovation that improves performance and safety, you are invited to submit content to innovation@bcforestsafe.org for sharing with industry through posts on www.bcforestsafe.org/innovations.html.

Please note that the BC Forest Safety Council has not and will not test or endorse any of the innovations shared. If you choose to copy, purchase, follow or implement any of the innovations shared, please ensure you complete your own due diligence and ensure that any implementation best meets your specific needs. Any modifications you might consider making to any process or machinery



Here is an example of an invention by a SAFE certified company owner, Brad Blackburn, called carbide claws (studded tire equivalents for rubber track forestry vehicles) with an objective to improve traction and increased, safe performance: <https://www.youtube.com/watch?v=G66e6QaF50k>

Ceramic vs steel caulks sampling:

Approximately 600 caulks, half of which were steel and the other ceramic tipped caulks, were distributed to planters in the Interior. Planters were asked to outfit one boot with all steel and the other with ceramic caulks. At the end of the planting season participants were asked to mail back a select (by sole location) number of caulks from each boot. A total of 12 planters returned the caulks as instructed. The number of days the caulks were exposed to wear ranged from 35 to 50.



Another sample of innovation is in a recent Western Silvicultural Contractors Association report released on their website last month: Footing and Footwear Report, January 31, 2015, which includes analysis of using ceramic versus steel caulks for superior safety performance. See the full report here: <http://wsca.ca/Media/Multimedia/Footing%20report.pdf>

must meet all regulatory requirements as well as the manufacturers’ instructions.

We thank everyone for sharing their innovations that support improved safety performance. Through innovation, an industry demonstrates leadership, finds new and better ways to do things, and in turn inspires further innovation.

If you have questions or concerns about any innovation shared, please contact the person who submitted the innovation alert. Contact details are provided at the bottom of each innovation alert. Any follow-up with the BCFSC may be directed to innovation@bcforestsafe.org or call toll-free 1-877-741-1060. 📞

WorkSafeBC approves WHMIS 2015 changes

WorkSafeBC has approved amendments to the Occupational Health and Safety Regulation (OHSR) relating to the Workplace Hazardous Materials Information System (WHMIS) 2015. Proposed amendments were subject to public consultation and a hearing in February 2015.

These changes will harmonize with the Government of Canada's implementation of the Globally Harmonized System of Classification and Labelling of Chemicals (GHS). The existing WHMIS requirements will align with the GHS elements and will be called WHMIS 2015.

The approved amendments affect:

- Part 1, Definitions
- Part 4, General Conditions
- Part 5, Chemical Agents
- Part 6, Substance Specific Requirements
- Part 9, Confined Spaces
- Part 12, Tools, Machinery and Equipment
- Part 24, Diving, Fishing and Other Marine Operations

Promising practices in ATV road deactivation to improve safety, quality and productivity of tree planting

The Western Silvicultural Contractors Association (WSCA) is calling on industry – specifically operators, licensees, foresters, hoe operators and others – to help get the word out about promising practices in ATV road deactivation ahead of this planting season.

As part of WSCA's Participatory Action Research project Trena MacLeod of Weyerhaeuser and Scott Overland of Quastuco collaborated on a project to define standards for ATV road deactivation.

Conference Call April 17, 2015

In a free conference call on April 17 at 9 am Pacific Time, attendees will learn more about Trena and Scott's experiences, the guidelines, and how these practices might be adapted to local conditions in other areas. Join them on toll-free: 1-866-613-5223, access code 7647151#.


Resources

For a one-page sample of practices for road rehabilitation and ATV access, see <http://www.bcforestsafesafe.org/files/ATV.pdf>


Strikethrough versions and explanatory notes of the approved amendment may be accessed here:

http://www.worksafebc.com/regulation_and_policy/public_hearings/assets/pdf/2015OHSAmendmentsFeedback/Amendments/Part1WHMIS.pdf

The Province of British Columbia, along with other provinces and territories, has committed to working towards amending the WHMIS sections in the Occupational Health and Safety Regulation by June 1, 2015. These regulatory amendments will come into force on the date sections 5 and 6 of the Workers Compensation Amendment Act, 2015, Bill 9, come into force. It is anticipated that this will happen later this year, with roll-out at a later date. Questions about this regulation may be directed via email to WorkSafeBC at ssquery@worksafebc.com or call 1-888-621-7233 toll-free or 604-276-3100 in the lower mainland.

The Canadian Centre for Occupational Health and Safety has also provided free information and training resources as well as a free poster download (or paid print orders) of WHMIS pictograms: <http://www.ccohs.ca/products/posters/WHMIS2015/> 

"We want to remind engineers and road managers that silviculture crews need reasonable and safe access to blocks for their crews, seedlings and for emergency evacuation. In many cases the examples we have collected of poor road deactivation could be remedied by instructing hoe operators on just what an F350 can drive through," said John Betts, executive director of the WSCA.

Betts said BC SAFE Silviculture was working with industry to ensure road deactivation and rehabilitation doesn't create access problems and unsafe situations. 



Delegates at the 2015 Western Silvicultural Contractors Association conference.

Prevent and report wildfires!

Fire activity was already a concern in March in certain forestry areas. Everyone is reminded that with lower snowpacks, the risk of an early start to wildfire season is much higher. Be aware. Prevent fires before they start. Report immediately. Be safe!

Reporting fires

Nearly one third of all wildfires in BC are detected and reported by the general public. Public wildfire reports have resulted in immeasurable savings in property damage, forest resources and fire suppression dollars.

How to report a wildfire

If you see a wildfire, please report it at 1-800-663-5555 or call *5555 toll-free on most cellular networks. Or, report a wildfire to 9-1-1.

What You'll Be Asked

When reporting a wildfire, a BC Forest Service operator will ask you:

- your phone number
- the location of the fire
- what the fire is burning (Trees? What species?)
- the size of the fire
- how quickly the fire is spreading
- the colour of the smoke
- whether there are values or lives at risk

The details that you provide are critical in determining the type of response that the fire will receive from fire suppression authorities.

Further information on wildfires, provincial danger ratings and forest restrictions can be obtained by calling a toll-free wildfire information number: 1-888-3-Forest (1-888-336-7378).

Wildfire map for current fires across BC:

<http://apps.gov.bc.ca/pub/dmf-viewer/?siteid=5131184402955244847>


Air quality information:

<http://www.bcairquality.ca/>

Air quality and impacts on health when forest fires happen:

<http://www.interiorhealth.ca/YourEnvironment/EmergencyPreparedness/Pages/Forest-Fires.aspx>

Provincial emergency advisories:

<http://www.emergencyinfbc.gov.bc.ca/> 

Joint audit practices for COR for small employers have changed

Past practice for some small forest harvesting firms has been to do combined or joint audits using SEBASE or ISEBASE audit protocols where two or more operations share the same ownership, same or similar staff, such as shared safety officers and/or internal auditors.

WorkSafeBC recently notified the BC Forest Safety Council (BCFSC) that effective from January 1, 2015 WorkSafeBC will no longer accept a joint audit from multiple small employers for the Certificate of Recognition (COR) incentive where SEBASE or ISEBASE protocol has been used.

In the current version of the COR Standards and Guidelines there is no provision for joint auditing. However, WorkSafeBC has advised that it is further reviewing joint auditing protocols for all sizes of COR employers, in consultation with all certifying partners, to determine an appropriate future direction around this topic.

The BCFSC has sent out letters to all affected small employers who have previously submitted joint audits to let them know that while the BCFSC will continue to accept joint audits to maintain SAFE Companies certification, companies using a small employer joint audit using SEBASE or ISEBASE protocol will no longer be eligible for the WorkSafeBC COR incentive.

Associated employers have the following options:

1. Submit separate SEBASE or ISEBASE audits to be considered for SAFE and COR;
2. Conduct a joint BASE audit with prior approval from WorkSafeBC for SAFE and COR. A BASE audit must be conducted by a certified external auditor; or
3. Submit a normal joint audit for SAFE only. These companies will not be eligible for COR with either a SEBASE or ISEBASE joint audit.

In 2014, preliminary statistics show the BCFSC received five joint ISEBASE audits (involving 10 companies) and 44 joint SEBASE audits (involving 90 companies).

The BCFSC will continue to inform all affected SAFE Companies directly of any changes they may need to make to meet WorkSafeBC's COR requirements as soon as possible. In the meantime if you have done joint audits previously and have any questions or concerns about this topic, please call toll-free 1-877-741-1060 or email safeco@bcforestsafesafe.org



SAFE Companies

Prequalification update: New BASE companies audit approved for COR by WorkSafeBC



The industry-led revamp of the SAFE Companies audit tools reached another milestone recently with the approval for Certificate of Recognition (COR) of the new BASE Version 4 audit tool by WorkSafeBC.

In an email, WorkSafeBC said that after careful consideration it was determined that "the proposed BCFSC BASE 4 dated February 14, 2015 meets the COR program audit standard for large employer audit specified in the Standards and Guidelines, specifically in relation to its content, scoring proportion and validation technique."

The BCFSC will start using this tool with all BASE companies in 2015 as part of verification audits. BASE companies will also be individually contacted to inform them when their next audit is due and which audit tool they should be using to complete that audit with their external auditors.

The revised audits for IOO, ISEBASE and SEBASE companies have been approved for SAFE Certification by industry and the BCFSC. For COR requirements, however, WorkSafeBC is currently reviewing its requirements for all audits to include interviews and observations. We are waiting to see how this might affect small companies before moving forward with any changes.

"Industry is focused on improving its safety record by further reducing fatalities and serious injuries. It has made significant progress in this regard over the past 10 years, with 2014 in fact seeing four fatalities down from 10 the prior year.

The challenge now is to try and continue that trend without making audit tools more paper-driven than they need to be," said Rob Moonen, SAFE Companies Director.

"Historically we have had different size audit tools to best reflect and manage the practical applications for the different sizes of companies. Version 4 focuses the most attention on high risk activities. These principles have served the forestry industry well to date," said Moonen.

Remind me, why did industry support making these changes?

Industry provided feedback on the earlier versions of the audits, pinpointing that there was too much bureaucracy and paper-filling that really didn't reflect real work situations. Specific concerns related to the compliance-based nature of the audit; volume and redundancy of paperwork required; the level of bureaucracy associated with completing the paperwork; and, the associated costs to achieve and maintain COR and SAFE Companies Certification. It was also emphasized that the verification or demonstration of competency is more important than relying on paperwork to determine if a safety system is in place although it is recognized that a paperwork component will always be required.

We strongly encourage all forestry firms to provide us with feedback to ensure audit standards continue to best meet evolving needs and circumstances.

Call toll-free: 1-877-741-1060 or email moonen@bcforestsafesafe.org

Submit your audit at the ILA's annual conference in May

Over 2,600 companies send in annual audit reports to the BC Forest Safety Council (BCFSC) for their SAFE Companies certification and WorkSafeBC's Certificate of Recognition (COR) program.

Each year, a team of BCFSC safety advisors go to venues where many companies may submit their audits in person, near their operations. This is particularly effective if many contractors all use the same safety system from their licensee or Prime Contractor.

Last year 40 companies submitted their audits in person at the Interior Logging Association (ILA) annual conference and had

the opportunity to get face-to-face feedback and input on their audit and safety program.

Next month (May), the BCFSC will be available at the ILA's 57th Annual Conference and Trade Show to receive audits, give advice and share best practices in Vernon on May 8 and 9. Please call the BCFSC's audit administrator, Clare Craig at 1-877-741-1060 to book an appointment or if you have any questions.



BASE internal and external auditor upgrade training underway

The BC Forest Safety Council is in the process of providing upgrade training to BASE internal and external auditors at five sessions. It started late last month and ends in May (next month).

The training is to provide existing BASE internal and external auditors with the information they need to meet the revised standards for the new BASE 4 audit tool version. To date, BASE auditors have been using the Version 3 audit tool.

In addition, the training is intended to meet the WorkSafeBC COR requirements for refresher training for BASE auditors – a

requirement of seven hours of refresher training every three years.

This interactive upgrade training is provided free of charge. An internal auditor session will be held in Williams Lake. Internal and external auditor sessions will be held in Vancouver, Vernon, Prince George and Nanaimo.

If you are a BASE internal auditor and have not been invited to attend an upgrade training session, please contact the BCFSC as soon as possible at safeco@bcforestsafe.org or call 1-877-741-1060. 📞

Another peak audit cycle closes

The BC Forest Safety Council has processed hundreds of audits over the past three months. The last audits received for 2014 are in the process of having results letters prepared and mailed/mailed.

In 2014, the Council received:

- 1,334 paper audits and
- 1,125 electronic audits, of which:
 - 953 were emailed in
 - 159 were uploaded directly on the website
 - 8 were sent in on a CD and
 - 5 were mailed in on a thumb-drive.

“We really encourage people to send in their audits electronically whenever possible as it makes processing much faster at our end. Everyone gets their SAFE certification audit results faster as a result,” said Clare Craig, Audit Administrator.

“Sending in paper audits is absolutely fine, but it really goes well if there are no staples, clips, spiral bindings or other permanent bindings put in place – as we have to take everything apart to feed it into a scanner – without jamming – and then reassemble as all audits are recorded and kept on file electronically. Consider just putting all the separate sheets together into an envelope, or put it in a binder or binding comb without staples, paper clips, stickies and post-it notes,” said Clare. “Then there will be no delays in us preparing it for scanning, processing and review,” she said. 📞

Maintaining the SAFE list

Each week, as part of regular quality assurance and to help ensure that the SAFE list published on the BC Forest Safety Council website is accurate, the SAFE Companies registrar, Laurel Laturnus, ensures every company on the list is current and has met the requirements to be SAFE. See: http://bcforestsafe.org/safe_companies/whos_safe.html (screenshot below)

Legal Name	Trade Name	Division Name	Audit Type	Certification Number	Valid Until	City
017650 BC LM			ISEBASE	4110059	7-Mar-2017	Kelowna
030300 BC LM			SEBASE	4110148	12-Aug-2017	Port Hardy
060999 BC LM	Pat Ferguson Contracting		SEBASE	5090443	12-Jun-2018	Williams Lake
060784 BC LM	Central Interior Excavating		SEBASE	5060780	18-Nov-2017	Vanderhoof
075906 BC C. LM			SEBASE	5090152	31-Dec-2016	Liity
072948 BC LM	CT Services		SEBASE	5004137	31-Dec-2016	Williams Lake
075811 BC LM	Spelt Lake Silviculture		SEBASE	5000097	28-Jan-2017	Campbell River
076308 BC LM and Trails Holdings Ltd	Archer CRM Partnership		BASE	9070154	19-Nov-2016	Fort St John
076599 BC LM	Ecologic Research		ISEBASE	4100291	31-Dec-2017	Gabriola
077474 BC LM			SEBASE	5090225	31-Dec-2016	Kamloops
075065 BC LM	Etra Mason		SEBASE	5090161	4-May-2017	Duncan
0794169 BC C. LM	Rafter P Ranch Contracting		SEBASE	5150029	15-Feb-2016	Penticton
076476 BC LM			SEBASE	5120030	15-May-2016	Prince George
076530 BC LM	Tanent Silviculture		BASE	9140005	5-Jun-2017	Quatnes
076649 BC LM			ISO	3110061	24-Mar-2017	Prince George
070791 BC LM			SEBASE	5090468	27-Nov-2015	Sooke
0766619 BC LTD	Jason Skutumpah Backhoe Service		ISO	3110061	25-Jul-2017	Williams Lake
0812632 BC LM	Timberland Consultants (2011)		BASE	9090075	20-Jun-2017	Nelson
0812632 BC LM			SEBASE	5110008	20-Jun-2017	Port Moody

The most common reason for a company to be removed from the SAFE list is that they have not met the requirement to submit an audit each calendar year. As at February 15, 2015, 122 companies were removed from the SAFE list for not meeting the deadline of December 31 to file their annual audit. Of these companies 75 had been certified for three or more years: 15 were Individual Owner Operators; 20 were ISEBASE companies (between 2 and 5 employees) and 40 were SEBASE companies (between 6 and 19 employees).

Reasons why companies don't submit audits to maintain their SAFE certification include the owners retiring, closing the business, moving province or deciding not to pursue contracts that require SAFE certification, as well as personal and family reasons. A few advise that they will be taking a break from operating and plan to recertify when they restart operations.

SAFE certification is a requirement for companies in BC to be able to secure most forestry contracts on crown land and for most licensees. 📞

Got a question about WorkSafeBC regulation and what it means?

WorkSafeBC has a help desk equipped to answer all your occupational health and safety regulation questions.

In addition, you may also use the same contact information to:

- Report an unsafe condition or situation in a workplace
- Request a worksite inspection consultation
- Get information about workplace health and safety issues
- Report serious accident/incident or major chemical release and
- Get information and have your questions answered about occupational health and safety regulation – what it means, why, how you are meant to implement, etc.

Call 1-888-621-7233 toll-free within BC or 604-276-3100 in the lower mainland, or email: ssquery@worksafebc.com

http://www.worksafebc.com/contact_us/prevention_information_line/default.asp

To report safety and health emergencies to WorkSafeBC, that happen after regular office hours, call 1-866-922-4357. 📞

Promoting safe travel trips for all resource road users



Transportation

Anatomy of a Rollover and Standard of Care sessions offered across the province

SAFE TRAVEL TIPS FOR RESOURCE ROAD USERS

WHAT TO EXPECT
Resource roads are dirt or gravel and may be one or two lanes wide. Expect to see over-sized logging, mining and other trucks that are heavy and hard to maneuver. Move and slow down safely. Give them the room. Hazards include pot holes, sharp corners, blind spots, soft shoulders, narrow bridges and steep slopes.

FOLLOW THE RULES
Take your license and insurance. Drive on the right hand side. Wear your seatbelt. Don't drink and drive. Obey the speed limit as marked. If not marked, never drive more than 80 km/hour. Most resource roads are fast driven at 60 km/h or less.

DRIVE ACCORDING TO ROAD CONDITIONS
There'll be speed limits in some areas with half of your line of sight. Before vehicles need room to stop too, when it's slippy or slippery, slow down so you can react to changing traffic, potholes, wildlife, changing road conditions and unexpected hazards.

FOCUS ON YOUR DRIVING, EXERCISE CAUTION, PATIENCE AND COURTESY
Keep your headlights and tail lights on. It may be advantageous for you to follow industrial vehicles—watch for brake lights and make sure you find a turn out where they do to clear for oncoming traffic.

READ AND OBEY THE SIGNS
Take time to read and understand signs at the start of a resource road, and along the way. They have important information about the road, traffic you can expect and other warnings or hazardous conditions. Remember that not all hazards are signed—be ready for the unexpected.

STOP ON THE RIGHT SPOT
If you must stop along the road, try to find a pull-out. If one is not available, find a straight section that provides good visibility from both directions and is wide enough for other traffic to pass. Pull over onto the shoulder and avoid stopping in a curve or on the crest of a hill.

BE PREPARED
Plan your trip before you go, verify a reliable contact of your planned location and return times, carry an emergency kit and tools.

www.bcforestsafesafe.org
1-877-741-1060
Report a concern or compliment at www.vrbc.ca

A sample of one of the public information and education advertisements produced on behalf of industry to promote safe driving practices on resource roads by general public users such as campers, hunters, ATV users, hikers, etc. This one appears in the 2015 Go Camping BC guide. Others appear in fishing guides and backroads map books.

Keeping forestry workers safe includes helping to inform and educate non forestry users of resource roads on what to expect and how to be safe. For regular folk who find themselves infrequently on resource roads, or are first-time users of resource roads going camping, biking, hiking, hunting, fishing, and exploring, etc., issues happen through lack of knowledge on how to prepare, or what to expect.

Resource road information ads were placed in the following publications to reach non-industry users of forestry and resource roads: Go Camping BC, BC Backroads Mapbook (six different mapbook editions for different regions of the province), BC Freshwater Fish Synopsis and the Quesnel Visitors' Guide.

In 2014 there were several resource road incidents where members of the public and forestry workers were involved in the same incidents.

The current resource road user guide can be found here: http://www.bcforestsafesafe.org/files/tk_pdfs/gde_resrd.pdf

If you belong to any recreational groups who use resource roads for non forestry/resource purposes, please share the link with them. If you would like a hard copy of the guide, please email transport@bcforestsafesafe.org and we will be happy to send the recreational group a hard copy to share with its members. 🌲

Following the success of the Anatomy of a Rollover presentations last year, and the demand for more, a further 21 presentations are being offered over the next two months across the province in May and June, 2015. The BC Forest Safety Council has partnered with licensees and others to offer 18 Anatomy of a Rollover (AOR) and three Standard of Care (SOC) sessions.

Many of these sessions are being held as part of licensees' all day safety meetings or Trucker Appreciation Days and attendance estimates range from 30 – 175 attendees per session.

Licensees will be sending invites out to contractors soon. A handful of the sessions will also have room available for additional attendees.

Proposed dates and locations:

May 4	AOR	Merritt
May 5	SOC	Kamloops
May 6	AOR	Salmon Arm
May 7	AOR	Vavenby
May 8	AOR	Cranbrook
May 11	AOR	Kamloops
May 12	AOR	Nelson
May 13	SOC	Nakusp
May 14	AOR	Castlegar
May 15	SOC	Grand Forks
May 19	AOR	Vanderhoof
May 20	AOR	Prince George
May 21	AOR	Fort St. James
May 22	AOR	Mackenzie
May 25	AOR	Chetwynd

DO YOU UNDERSTAND YOUR OBLIGATIONS AS A PROFESSIONAL DRIVER OR EMPLOYER OF PROFESSIONAL DRIVERS?

YOU ARE INVITED TO A FREE PRESENTATION

STANDARD OF CARE

TOPICS INCLUDE

- Importance of professionalism and attitude towards driving
- High-risk behaviours such as: unsafe speed, non-use of seatbelts, distraction
- Driving as an art rather than an act—with reference to visual search patterns
- Vehicle dynamics: kinetic energy, braking, steering, acceleration, and rollover stability
- Tire and road surface considerations
- Incident examples

May 26	AOR	Fort St. John
May 27	AOR	Grande Prairie
May 29	AOR	Burns Lake
June 1	AOR	Houston
June 2	AOR	Campbell River
June 3	AOR	Duncan

Please contact transport@bcforestsafesafe.org or call toll-free 1-877-741-1060 for more information or visit www.bcforestsafesafe.org/rollover for updates. 🌲

Sign up online for Rumblings

RUMBLINGS 🌲

For Safe Roads, Loads and Drivers Across British Columbia.

News

Road Safety at Work Week March 27th - 31st
This March marks a new annual event in BC's built-up regions aimed at raising awareness and encouraging safe occupational driving practices. It is called Road Safety at Work Week.

2014 logging truck incidents down from 2013
Transportation staff received log truck incidents throughout the year in part to reduce trucking year to year. 2014 saw a 20% reduction in the number of serious log truck incidents reported through the media, BCFC Safety Alerts, WorkSafeBC, and OSHA. When compared to 2013 a total of 81 log truck incidents were reported in 2014, down from 101 in 2013.

2014 logging truck incidents down from 2013
In 2014, 80% of incidents occurred on highways and 20% occurred on resource roads. In 2013, 60% of incidents occurred on highways and 40% on resource roads. In 2014, 60% of incidents occurred on highways and 40% on resource roads. In 2013, 60% of incidents occurred on highways and 40% on resource roads.

BC Forest Safety Alert

On February 17th BC had its first deer hunting fatality of 2015 on the Alaska Highway at Mile 64.

ICCBP says a 24-year-old man died on the crash involving two logging trucks, an animal was believed to be involved in the collision. One logging truck was slowing down as two deer were crossing the road ahead of it. The second logging truck over-rode the first logging truck. The driver of the second truck succumbed to the injuries on scene.

Police believe that visibility and poor road conditions played a role in this incident.

Images from OSHA file dated 02/17/2015. Please refer to the OSHA file for more information.

After a hiatus, the BC Forest Safety Council has restarted electronic publication of Rumblings – targeted specifically at log truck drivers and other road users to promote safe roads, loads and drivers across BC.

If you would like to subscribe to Rumblings, a bi-monthly email document (one to three pages max.), please sign up here: http://www.bcforestsafesafe.org/newsroom/newsletters.html#Trucksafe_rumblings. 🌲

Road Safety at Work has to happen every day, every trip

The BC Forest Safety Council teamed up with Safety Driven – The Trucking Safety Council of BC to sponsor radio ads across the province promoting BC's first "Road Safety at Work Week – March 2-6".

According to Drop It and Drive and WorkSafeBC, motor-vehicles incidents are the leading cause of traumatic workplace fatalities in British Columbia. Distracted driving – specifically the use of mobile phones while driving – is a contributing factor in at least 28% of BC motor vehicle incidents that have resulted in the deaths of 77 people in 2013. It is estimated that texting while driving increases crash risk by up to 23 times.

Distracted driving was the focus this year's Road Safety at Work Week – promoting awareness among employers, managers and workers to improve road safety and adoption of safe driving practices at work.

Best practice is to have all employers, managers and workers commit to road safety at work, every day, each trip, where phones are switched off before the trip begins. Anytime anyone climbs into a vehicle to drive they need to be focused on the task at hand – driving – and exclusively driving!

While phones are the biggest current distraction when driving, distraction can mean many things – getting distracted by an activity on the side of the road, eating, getting the coffee back in the cup-holder, changing a radio channel, thinking about dinner, the spouse, the kids, the next

“On average 23 workers are killed in British Columbia each year and another 1,290 are injured due to motor vehicle crashes while driving for work.”

contract, the boss, or a passenger. Each of us has had one of those “how did I get here moments because our minds have wandered momentarily – or longer!

Leading companies (big or small) are making using phones (hands-free or otherwise) a major offence that can result in immediate dismissal. Why? Because when you're dead it doesn't matter who was on the phone, it's game over.

Remind all workers and colleagues to make their pledge to drive phone-free; include a distracted-free driving requirement in your OHS system, and talk with your employees and colleagues. They'll be glad you did.

To make your pledge, and get more information about safe driving practices, see www.roadsafetyatwork.ca. Road safety is smart business! 🚗



Karen Bowman and Tim Baillie of Drop It And Drive presented at the recent Western Silvicultural Contractors Association annual conference on distracted driving.

Reminder: New resource road radio protocols and channels continue to roll-out

The new standardized resource radio communications protocols have been successfully implemented in a number of forest districts in 2014 and will continue to be rolled out in other areas of the province in 2015.

Road User Groups, in areas moving forward with the transition to the standard radio communication protocols, are currently working to inform road users of the changes so that everyone is ready before the following transition dates.

Monday, May 4, 2015: Southern Interior Areas: Quesnel, Thompson Rivers, Cascades, Okanagan Shuswap and Chilliwack Forest Districts

Monday, June 1, 2015: Northern Interior Areas: Prince George, Robson Valley, Mackenzie, Stuart Nechako (Vanderhoof & Fort St James), Nadina (Burns Lake & Houston) & Skeena Stikine Forest Districts

A standard bank of resource road channels has been established for the sole purpose of communicating location and direction when travelling on resource roads. Except in emergency situations, the RR channels should not be utilized for any other purpose.

Those using mobile radios to indicate location and direction on resource roads must use the specific RR channel (or frequency) and any call instructions that are posted at the entry point of the road. Those using mobile radios are reminded that not all vehicles have mobile radios and almost all roads are radio assisted and not radio controlled. All traffic on resource roads should drive safely at all times taking into account road and weather conditions.

Maps are available denoting RR channels on the Ministry of Forests, Lands and Natural Resources Operations web page: http://www.for.gov.bc.ca/hth/engineering/Road_Radio_Project.htm. Note that should there be discrepancies between maps and signage posted in the field, the channels (or frequencies) on the signage posted in the field will govern.

It is recommended that resource road users exercise additional caution during the transition to the new standard bank of Resource Road Radio channels and communications protocols.

Examples of standardized resource road communications signage can be viewed at: http://www.for.gov.bc.ca/hth/engineering/sign_standards.htm.

Loading (LD) channels are used for the co-ordination of temporary site specific field work such as the loading and unloading of resources or equipment and short term field work within a cut block. Selection of the specific LD channel to use is up to the person in charge of the site. When a channel is selected be sure to listen for a period of time to ensure you are not interfering with other operations.

Interference can result if any channel is used improperly, such as for “chit-chat”, etc. Please use the LAD channels for talk not directly associated with these designated uses. 🚗



Training

Recent forest supervisor training session held in Nanaimo, March 2015



Part of a group of 20 forestry workers participate in the one-day due diligence (module 1) of the revised Forest Supervisor Training course. 🌲

FREE! First Northern BC Safety Conference in Prince George May 30, 2015

Following the success of the Vancouver Island Safety Conference (VISC), and with the direction and support of industry, the first Northern BC Safety Conference (NBCSC) will be held in Prince George on Saturday, May 30 at the CN Centre – Kin 1.

It is hoped that the annual NBCSC will grow over time by providing forestry workers, supervisors and managers in the interior with a unique opportunity to network and learn about the latest safety innovations and emerging areas of safety, health and wellness concerns in our industry.

The conference steering committee members are: Darren Beattie, Conifex; Randy England, West Fraser Mills Ltd., Paul Holitzki, Leavitt Machinery; Trish Kohorst, Spectrum Resource Group Inc.; Lisa Houle, WorkSafeBC; Darren McQueen, Stones Bay Holdings; Tyson von den Steinen, Canfor; and Rachel Derrick, Gerard Messier and Russel Robertson, BC Forest Safety Council.

For more information, please see: www.bcforestsafe.org/NBCSC. Be sure to check back regularly as new sponsors and speakers are added. 🌲

Upcoming training

If you would like to see how a training course can meet your organization's needs, please let us know. We are committed to working with you to find the right training solution. We may be able to tailor a program to your specific needs and deliver it in a way that is most convenient for your operations.

Please see bcforestsafe.org/fscapps/calendar/calendar.php for 2015's full training calendar. Check back often as course dates do change. Email training@bcforestsafe.org or call toll-free 1-877-741-1060.

Small Employer OHS and Small Employer OHS refresher course:

- April 21 Cranbrook
- April 25 Bella Coola
- May 4 Houston
- May 7 Campbell River
- May 11 Castlegar
- May 14 Kamloops
- May 25 Terrace
- June 15 Prince George

Basic Incident Investigation:

- April 23 Castlegar
- April 23 Prince George
- May 21 Campbell River
- May 26 Williams Lake
- May 28 Terrace
- June 23 Squamish

Advanced Incident Investigation:

- April 24 Castlegar
- April 24 Prince George
- May 22 Campbell River
- May 29 Terrace
- June 24 Squamish

Resource Road Light Truck Driver Training:

- April 9 Castlegar
- May 7 Prince George
- May 11 Pemberton

Forest Supervisor Training

- Module 1: Due Diligence
- Module 2: Communications
- Module 3: Leadership
- April 22 Prince George (Module 1)
- April 29 Vernon (Module 1)
- April 30 Vernon (Module 2)
- May 1 Vernon (Module 3)
- May 6 Houston (Module 1)
- May 13 Castlegar (Module 1)
- May 14 Castlegar (Module 2)
- May 15 Castlegar (Module 3)
- May 27 Terrace (Module 1)

- May 27 Williams Lake (Module 1)
- May 28 Williams Lake (Module 2)
- May 29 Williams Lake (Module 3)
- June 17 Campbell River (Module 1)
- June 18 Campbell River (Module 2)
- June 19 Campbell River (Module 3)

Falling Supervisor:

- May 11 Prince George
- June 1 Nanaimo

Internal Auditor:

- April 13 Nanaimo
- June 1 Vernon

External Auditor:

- April 13 (5-day) Nanaimo
- April 16 (2-day) Nanaimo

New Faller Training:

- April 7 Nanaimo
- May 25 Site TBD

Individual Owner Operator (IOO) & IOO Refresher course:

- April 26 Teleconference call
- May 23 Campbell River
- May 23 Vernon
- May 30 Teleconference call
- June 27 Teleconference call 🌲

Forest Supervisor Training at the ABCFP conference gets solid thumbs-up!



A total of 15 participants took part in a day-long BC Forest Safety Council training session at the Association of BC Forest Professionals (ABCFP) conference held earlier this year in Nanaimo. The Forest Supervisor Training – leadership (module 3) – was well received. Participants said they would recommend the course, and that it had either met or exceeded their expectations. 🌲



Shouldering the load so you don't suffer rotator cuff tears

By Dr. Delia Roberts

Shoulder injuries are frequent in forestry workers, on average 13% of compensation claims made by log haulers and 7% of claims for fallers are related to this joint (WorkSafeBC 2015). The costs to the industry for these injuries averaged \$637,000 per year for log haulers and \$505,000 per year for fallers over each of the past five years. That's a lot of money and a lot of discomfort for those of you who work in the forest.

Shoulders are high-risk injury joints

Part of the reason this joint has such a high risk for injury is that like the knee, the structure of the shoulder is a compromise between allowing the joint to move freely, and stabilizing it enough to carry heavy loads. In order to allow the freedom of movement needed to raise your arm up over your head or move it in front and behind your body, the joint construction can't have a tight fit between the three bones that meet at the shoulder. But the shallow joint also makes it hard to hold the top of the arm (the humerus bone) in its socket. Once injured, space inside the shoulder joint decreases significantly, causing wear and tear on other tendons and ligaments. If a mild shoulder injury is left untreated, a larger injury most often occurs.

Instead of getting stability from bones tightly meshed together, tendons from the surrounding muscles pass through the shoulder joint to hold the bones in place. (Tendons are slightly elastic connective tissue bands that attach muscle to bone). The whole structure forms a cuff of muscle, which when it's working properly, can contract to hold the joint stable as soon as load is applied. The problem arises when poor posture, previous injury, inadequate strength, dehydration or low blood sugar cause a delay in the recruitment of the stabilizing muscles, or even cause the wrong muscle to contract at the wrong time. Each time that happens the tissue is reinjured a little, the joint is narrowed a bit more, and over time the tendons start to degrade. Add in a sudden increase in force like throwing wrappers, and a tear can occur.

Fallers also repetitively perform movements that place a lot of load on the shoulder joint. Pounding wedges or carrying a saw or gas can in an awkward posture can easily cause wear and tear that over time can damage the joint.

Another good example of this can be found in

the typical posture seen in drivers. Because they spend so much time looking out the windshield they tend to shift their heads forward on the spine, and round their shoulders inward. This places the shoulder joint into an even more shallow position, and over time causes weakening of the rotator cuff muscles. The joint will start to creak and crack as the internal structures catch on each other, and the tendons begin to degrade. The fluid filled sac (called a bursa) that helps the tendons glide smoothly can also become irritated and further contribute to the pain and restriction in the joint.

Shoulder injuries are very slow to heal

Once injured, shoulder injuries are slow to heal, partly because there isn't a very good blood supply to facilitate repair, and partly because swelling in the joint tends to continue to irritate the tendons, which leads to more damage, which leads to more swelling. It's also difficult not to use the arm and allow healing to take place. Even sleeping on your side can cause pain, and often surgery, and a long rehab process, is the only option to regain stability.

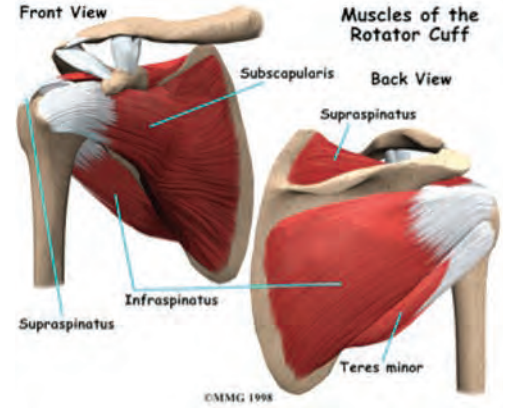
Prevention is by far the best

By far the best treatment is to work on prevention. And given that the muscles are so important in carrying the load on the shoulder, you can see that keeping them in shape is critical to avoiding further shoulder problems.

How to reduce existing shoulder pain and avoid (further) injury

Start with finding neutral posture. Use the resources from the Fit to Drive or Fit to Log manuals and posters to learn how to put your spine into neutral and activate your core to hold it there. Once you know how to find neutral it only takes a moment to correct your posture, so if you are a log truck driver, a faller or any forestry worker, cue it up before you throw your wrappers, lift something heavy, hit wedges or push or pull with your arms. Even if you have already sustained a shoulder injury, this simple exercise will help to restore the normal movement patterns.

Once you are in a neutral posture, take the opportunity to use those small breaks in your day to load your shoulder, while you are concentrating on maintaining neutral. There are lots of suggestions for specific exercises in the Fit to Drive and Fit to Log manuals.



Click here to review, download or order a back up your back free poster: http://bcforestsafefiles.org/files/ps_BackUpYourBack.pdf.

Other resources are also available here: <http://bcforestsafefiles.org/node/2485>

Icing brings short-term relief

If you have to use a previously injured and painful joint, icing can help to relieve some of the pain, as can anti-inflammatory medications. But, if you already have significant pain and restricted movement you should see a professional like a sports medicine physician or a registered physiotherapist to have the injury properly diagnosed and get a program of remedial exercises to strengthen the rotator cuff muscles.

Invest in you now!

Restoring shoulder function and reducing the pain of either an overuse or acute injury takes a lot of work and a lot of time. So even though you likely don't have much "time" in your day to devote to self-care, taking a few moments now and then throughout your day to set up your posture and core, and relearn how to stabilize your shoulder joints makes a lot of sense. Like the maintenance on your equipment, this is a very good investment in your future.

Thank you to faller, Greg Wozny, for the suggestion to do a column on rotator cuff injuries. If anyone has content suggestions for Forest Safety News, please email editor@bcforestsafefiles.org or call toll-free 1-877-741-1060. All feedback welcome too! – Editor

Dr. Roberts holds a PhD in Medical Science and a Fellowship in the American College of Sports Medicine. She worked with Canadian Olympic medalists from 1984 to 1998 before moving to Selkirk College where she focuses on researching and teaching optimum workplace performance. She has consulted widely to the forestry industry among others on workplace health and wellness and written several programs including Fit to Drive, Fit to Plant, and Fit to Log.

FTAC directs and supports 2015 workplan projects

At a recent Falling Technical Advisory Committee (FTAC) meeting held last month (March 2015), members put their names against items on the 2015 workplan that the committee had previously directed and developed. These projects include:

1. Continue to provide options for training that increases awareness of human factors (decision-making, nutrition, hydration, fatigue, drug and alcohol use) within the falling community and explore other human factor training options that could benefit fallers
2. Provide guidance and information for improved emergency response plans and to work on obtaining access to Ministry of Forests, Lands and Natural Resource Operations repeater towers
3. Increase the number of its falling safety advisors to support falling supervisors and fallers in the field
4. Create Safe Work Procedures as an industry best practice for mechanical harvesting operations that work in conjunction with hand fallers to reduce the risk to the fallers
5. Create Safe Work Procedures for Falling Supervisor
6. Build online resources for falling supervisors to access common forms, InfoFlips, etc.

Members also formed a sub-committee to discuss priorities for the falling industry for 2016. A draft will be presented to the full committee in May in time for the FTAC to make final recommendations for the 2016 workplan. 📍

FTAC is looking for representatives from the interior

The Falling Technical Advisory Committee is looking for falling contractors and licensee representatives from the interior, to consider joining the committee. To explore further, please contact Allison in the falling department at toll-free 1-877-741-1060 or email falling@bcforestsafe.org. 📍



Falling

Re-certification process of 160 fallers is progressing

The BC Forest Safety Council (BCFSC) would like to thank all fallers and their employers for their understanding about the need to retest 160 fallers to ensure certification requirements were met.

“We put ourselves in each of the affected fallers’ boots and understand that they had every right to be frustrated and upset about having to be evaluated. We were pleasantly surprised though that the overwhelming majority of those affected understood exactly how it had come about,” said Peter Sprout, falling program manager.

At the time of going to print, 13 of the affected fallers had already been evaluated and confirmed certified; 29 have agreed to participate and are finalizing their review dates and logistics; 25 did not need to be re-evaluated as they were withdrawn or no longer falling for various reasons, working elsewhere or not interested; 17 want to think about it more before they make a final decision including whether they are going to work as fallers going forward; 13 have asked for an extension as they want to participate but feel they are not ready and two declined due to concerns about the process. In addition, a total of 37 fallers have been unreachable due to phone numbers not being in service, no telephone number provided; or, the wrong phone number is on file; 21 have received messages by letter and

voicemail but have not connected with the BCFSC to set up a review. A final 6 have no voicemail and their phones ring unanswered.

“We encourage anyone who received a letter from WorkSafeBC to contact us if they have not already spoken with us to determine next steps. Any fallers who know they have moved a lot in the last couple of years, and not kept their contact information up to date with the BCFSC, should call us so that we can update records and check if they are on WorkSafeBC’s re-evaluation list,” said Sprout.

WorkSafeBC conducted a quality assurance review of BC Faller Training Standard certifications going back to 2004 when fallers were first certified. There is no fault on the part of the fallers or their respective employers. Rather, inconsistencies were found in the administration of the certification scores in a number of instances due to interpretive scores – such as stumps – and human administration error.

The affected fallers need to retake their field evaluation to ensure all fallers meet the requirements for faller certification under Reg. 26.22.

If you have questions or concerns, please call the falling department at toll-free 1-877-741-1060 or email falling@bcforestsafe.org 📍



Workplace responsibilities for falling activities

WorkSafeBC’s senior regional officer, Bjarne Nielsen, explains the regulatory requirements for falling activities at the 2015 Western Silvicultural Contractors Association conference in Victoria earlier this year. 📍

Falling Supervisor Training

Feedback from the 12 fallers who completed the five-day falling supervisor training at the end of February 2015 in Campbell River:

Strengths of the course:

“Great having two instructors who were excellent.”

“Better with two teachers – a lot of knowledge.”

“A lot more thorough than I expected.”

“Field day was good.”

“Very thorough.”

“Enjoyed the course and learned a lot.”

“I learned a lot and became a better leader.”

“I had a lot of unanswered questions in this industry and they were all answered, top notch.”

“Understanding workers will be easier.”

“Everything was explained in a way that was easy to understand.”

How the course could be improved:

“Little more time hands-on or outdoor.”

“Would be good to be closer to the faller on the field day.”

“More ducksback paper would nice and more industry people on video talking because everywhere is different.”

“The 23-page audit could be improved by putting it in better order and downsizing.”

“Less repetitive information in forms.”

Thanks for the feedback!

Actions already underway include review and revision of the 23-page audit form!

Deloitte report on the falling program in BC due soon

Following a joint decision by the BC Forest Safety Council (BCFSC) and WorkSafeBC, Deloitte was hired by WorkSafeBC to review the falling program in BC and make recommendations to strengthen the program. The original scope of the review included the roles and responsibilities of WorkSafeBC and BCFSC, as well as the regulation around Faller Certification. The end of February, 2015 deadline for the report was extended due to the scope of the project being expanded to include review of Enform certifications, arborist certifications and Wildfire Management faller certification. It is now anticipated that the full report will be tabled to WorkSafeBC and in turn industry in the coming weeks. It is understood the review includes discussions on modularized training and changes to both the falling program and the BC Faller Standard. We will provide details in the next edition of Forest Safety News. 📍

Something on your mind that impacts fallers?

The Falling Technical Advisory Committee is always looking for information. Anyone who has a topic that concerns fallers and faller safety is welcome to come and present at any meeting of the committee. To discuss a topic and make arrangements to present to the group (30 members), please contact falling at toll-free 1-877-741-1060 or email falling@bcforestsafes.org. 📍

New Faller Training recently completed in Sointula



A new faller training session in Sointula earlier this year. Left to right: Ken McGregor (trainer), Tamara Campbell, Shaun Stevens, Bill Boardman (trainer) and Colin Hepburn. 📍



An active falling site during the recent falling supervisor training in Campbell River. Doug Harrison, trainer, demonstrates stump measurement during the course. 📍

One direct forest harvesting fatality year to date

A 24-year-old log truck driver was fatally* injured on the Alaska Highway at Mile 64 on February 11, 2015 in a collision involving two logging trucks. Poor visibility caused by swirling snow and winter road conditions may have played a role in the incident.

A loaded logging truck that had slowed down to wait for a vehicle to turn off the highway was rear-ended by another loaded logging truck. The young worker driver of the logging truck that rear-ended the front truck was fatally injured in the crash when the load slid forward and crushed the cab.

The BC Forest Safety Council extends its deepest condolences to the family, friends and co-workers of the deceased.

According to Global BC, using information requested from ICBC, from 2004 to 2013, there were 55 fatal crashes on the Alaska Highway from Dawson Creek to the northern border. The majority (30) of these crashes happened between Fort St. John and Fort Nelson. Please see <http://globalnews.ca/news/1819213/british-columbias-12-deadliest-highways/> for details.

**Note: direct harvesting fatalities are incidents where a worker in the logging, log transportation or silviculture industries is fatally injured at work. Associated harvesting fatalities involve people who do not directly work in our industry, but died as a result of an incident related to the industry. 🚫*

Recent incidents reported on WorkSafeBC's website

Did you know? If you go here: <http://www2.worksafebc.com/Publications/Incidents-Industry.asp?ReportID=36698> you may view all recent forestry incidents reported to WorkSafeBC.

And, you may subscribe to email updates by selecting "forestry" and the types of updates you would like to receive at: <http://www2.worksafebc.com/Safety/subscribenow.asp>.

These summaries are useful to share with workers to increase awareness and give you an opportunity to reinforce your own worksite's requirements to help ensure similar incidents don't happen. 🚫



Statistics

Industry's goals the same as WorkSafeBC's: we all want fewer incidents

WorkSafeBC's – and industry's – goal is to see industry achieve reductions in the serious injury and fatal injury rates. To support this objective, WorkSafeBC's 2015 high risk strategy for forestry is to reduce the serious injury and fatal injury rates in the top risk exposure activities, namely:

- Manual tree falling
- Mechanized harvesting
- Cable yarding operations and
- Log transportation

On average there are 122 serious injuries each year in these four harvest phases alone.

Most Common injury Claims in Forestry

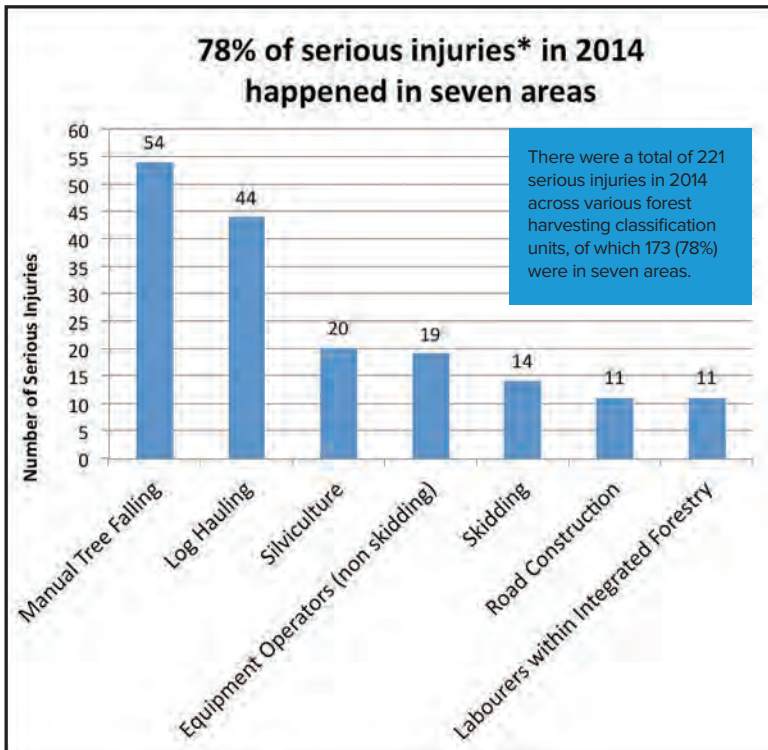
Most common serious injury claims in the Forestry subsector (7030), Log Hauling CU (732044) and Log Booming CU (732024) from 2009–2014 (as at September 2014)

Accident Type	%	Source of Injury	%	Nature of Injury	%	Body Part	%
Struck By	35%	Trees, Plants	25%	Fractures	52%	Wrist, Fingers, & Hand	23%
Fall from Elevation	17%	Working Surfaces	20%	Lacerations	14%	Ankle, Toe & Feet	12%
Fall on Same Level	13%	Vehicles	16%	Contusion	7%	Other Lower Extremity	10%
MVIs	12%	Machines	10%	Concussion	6%	Back	8%
Caught In	7%	Power	6%	Other Strains	5%	Knee	7%

WorkSafeBC will direct 100% of planned forestry-harvesting inspections in 2015 at the four high risk area with additional focus on both Emergency Response Plans (ERPs) and seasonal silviculture operations. [See chart on next page.](#)

Harvesting Phase	Mech. Injury/ Area of Risk	WorkSafeBC's 2015 Areas of Inspectional Focus
Manual Falling	<ul style="list-style-type: none"> Control of tree (falling cuts) Risk assessment (windfall, danger tree, etc.) Brushing 	<ul style="list-style-type: none"> Falling cuts Danger tree and windfall assessment and plans Unnecessary brushing practices New faller training sites Faller uses escape trail to get 10 feet away
Mechanized Harvesting	<ul style="list-style-type: none"> Maintenance work Getting off and on machinery Equipment – loss of stability 	<ul style="list-style-type: none"> Maintenance work plan and lockout Three Point Contact procedures and anti-slip materials Steep slope assessment plans Landings
Cable Yarding Operations	<ul style="list-style-type: none"> Struck by Logs Slips and Falls 	<ul style="list-style-type: none"> Clearing the turn Yarding angles Landing the log
Log Transporting	<ul style="list-style-type: none"> MVAs Loading and unloading activities Maintenance Work 	<ul style="list-style-type: none"> Driving and Road Assessment Loading, off-loading and securing of load Cab guards (Feb 1 / 2015 new OHSR) Best practices for maintenance work (lock out, access and egress) Seatbelt and tire chain use
Emergency Response Plan	Lack of ERP or inadequate ERP/potential for delayed medical treatment with potential catastrophic consequences for the worker	<ul style="list-style-type: none"> First aid assessment Lack of ERP practice and testing Helicopter access only daily plan
Silviculture (seasonal focus)	<ul style="list-style-type: none"> MVAs Lack of ERP/Practice MSI injuries assessment & management programs 	<ul style="list-style-type: none"> ATV training and procedures Planning and conducting operations MSI risk assessments MSI management plans in place and being followed

In 2014, WorkSafeBC carried out 2,343 inspections in forestry, resulting in 1,318 initiating orders and generating 1,518 follow-up orders. A total of 23 warning letters were sent to companies and 10 penalties were imposed. 🚫



New incident investigation report in 2013 fatal shake block cutting incident

A detailed incident investigation report involving a forestry fatality was released by WorkSafeBC last month (March 2015) and is posted on the WorkSafeBC website: <http://www2.worksafebc.com/Topics/AccidentInvestigations/IR-PrimaryResources.asp?ReportID=37626>

The incident involved a buckler struck and killed by a chain reaction of falling trees in October 2013. The investigation established that factors included: inadequate planning and hazard assessment; lack of supervision; inadequate emergency evacuation planning; inadequate first aid; working in isolation; and inadequate training. 🚫

In addition to the injuries charted above, another 48 serious injuries in 2014 occurred in: processing, salvage, shake cutting, cable-hi –lead logging, heli-logging, dry land sort and log processing. *Note: Serious injuries are defined as a worker being off work longer than 50 days.



Kids pay tribute to their dad for keeping people safe

Thanks to Anil and Kadesh Peasgood, of Mcleese Lake, for sending in their fabulous drawings of falling scenes from the interior with this note: "Our dad works for Sibola Mountain Falling. He is a Falling Supervisor. My brother and I are very proud of our dad as he makes sure everyone is safe at work."

Words to melt any parent's heart. Thanks for sharing your artwork Anil and Kadesh! You will be receiving lootbags shortly. 🎁

Remember who you are going to be safe for today and every day!



Children are welcome to continue sending in their artwork for publication, showing any safe work activities in forest harvesting. Send them in to: The editor, Forest Safety News, 420 Albert Street, Nanaimo BC, V9R 2V7.

ABOUT Forest Safety News

Forest Safety News is published six times a year: February, April, June, August, October and December. All submissions – letters to the editor, safety tips, photos, safety stories, concerns etc. – are welcome. The opinions expressed in the newsletter are not necessarily those of the editor, staff or board of the BC Forest Safety Council. All decisions to publish materials rest with the editor. 12,000 copies of each edition are distributed via mail or email. Additional copies are distributed at industry events.

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If you would like to continue to receive a hard copy or would prefer to receive an electronic copy of this newsletter, please email editor@bcforestsafesafe.org and ask to be added to the print copy or email distribution lists. Email subscriptions are encouraged.

Have a story, letter to the editor, safety tip, ideas or photos? Please send all submissions to:

The editor
Forest Safety News
420 Albert Street
Nanaimo BC V9R 2V7

Call 1-877-741-1060 or email editor@bcforestsafesafe.org 🎁



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FOREST SAFETY News



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Safety is Good Business

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Part of the outdoor display at the 2015 ILA annual conference and trade show where (below) Minister Steve Thomson was a keynote speaker.

Minister thanks industry for work on safety

Speaking at the Interior Logging Associations (ILA) 2015 annual conference and trade show, the Minister of Forests, Lands and Natural Resource Operations, Steve Thomson, provided the ILA with an update on several issues that his department is currently working on in regards to forestry.

Minister Thomson was briefed on forestry matters by the Board members of the ILA and TLA prior to the luncheon and he mentioned that he had been advised on safety issues relating to cab guards in particular and that he would be taking back with him for discussion.

He said it had been productive to meet with representatives from the North West Loggers Association, the ILA and the Truck Loggers Association to be able to hear about the common issues contractors and operators face across the province. He encouraged industry to continue to work together regularly going forward, and that his door was always open.

He also complimented and thanked industry and its safety council for safety efforts to date, and reminded everyone that any incident was one too many. 🙏



Welcome to the June edition of Forest Safety News, covering news about safety topics in forestry. This is YOUR safety newsletter. We look forward to your input and feedback! Email the editor at editor@bcforestsafe.org or call 1-877-741-1060.

Helping supervisors be great leaders



Greg Swan's "Supervisors – the critical component to great safety" presentation, at the 2015 Western Conference on Safety, included some quick tips for helping supervisors be great leaders:

- Smile as much as possible
- Listen and be transparent
- Be firm, but fair
- Understand that 5% of your workers won't like you and that's ok
- You are gunning for respect, not a lovefest
- You can't teach common sense
- You can't fire the stupid people
- Be consistent
- Be aware of your bias
- Correct, don't punish

Greg said that a team that works well together will look out for each other, so focus on getting people talking, building relationships, getting rid of worksite politics. 🙏

Brutus ETV2 emergency transportation vehicle launched at ILA

Following WorkSafeBC's review earlier in the week, the Brutus ETV2 or Brutus Box was on display at the 2015 ILA annual conference and trade show.

As previously shared in August 2014 edition of Forest Safety News, discussions had been held between the Interior Logging Association, BC Forest Safety Council and WorkSafeBC to clarify regulatory requirements for ETV inserts. WorkSafeBC informed the manufacturer last month (May 2015) that the insert meets emergency vehicle requirements under Schedule 3-A in the OHS Regulation. Given that different types of inserts can cost from \$4,000 to \$40,000 industry, and ILA members in particular, had wanted confirmation of compliance on particular models.

Designed to fit GM, Ford and Dodge trucks with 8" pick-up boxes, the Brutus box also allows for custom add-on options to meet individual needs. The inserts are after-market devices that allow a truck to be used as an ETV and meet the requirements of Schedule 3-A of the Occupational Health and Safety Regulation. 🚚



The Brutus ETV2, generated a lot of interest at the ILA outdoor display. (Left) Reynold Hert takes a closer look inside.



Industry News

New Zealand workplace safety law reform update

John Stulen, executive director of New Zealand's Forest Industry Contractor's Association provided an update at the ILA annual conference and trade show on the roll-out and response to his country's workplace safety law reform.

He said that New Zealand's main areas of injury incidents in forestry were primarily in hand falling, breaker outs (hook tending) and due to poor radio communication practices – not knowing where the man was. Unlike our conditions in BC, New Zealand's logging industry has two vastly different types of operations – large commercial forest harvest operations and small stop-start farm woodlot operators.

There were three drivers for change in New Zealand – the general public perceived a 'collapse of accountability' after a major mining disaster saw no one charged with safety breaches, a review by government into all workplace safety matters and 10 deaths in one year in forestry resulting in an independent forest industry safety review. At the same time forestry workers were getting together at tailgate meetings saying "we have to show people this is not us" – referring to unsafe, can do risk-taking workers. So while the New Zealand government was looking to the Australian law model, industries, unions and workers were driving their own initiatives to improve safety, culture, perceptions and performance.

Stulen said that the independent review found that the New Zealand economic forestry model had created tension between profit and worker safety, putting the greatest burden on workers rather than the owners

of the asset. Production targets combined with unexpected delays in harvesting compounded health and safety risks. The new law model makes the owner, the board of directors, of the asset responsible in that they cannot claim ignorance of what is happening on the forest floor. So all owners, whether pension plan boards, investors or private owners, are all liable for safety.

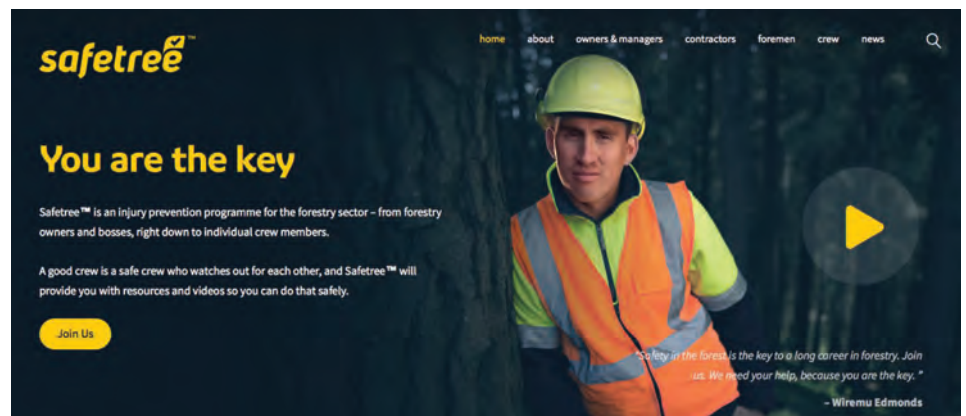
Industry's response includes an innovative, trademarked website of safety materials, Safetree™. Jointly funded by government and the forestry industry, Safetree™ is part of the government's commitment to reducing serious harm and fatalities in New Zealand's workplaces by 25% by 2020. It targets information at forest owners and managers, contractors, foremen, head breaker outs, breaker outs, tree fallers, hauler and machine operators, and silviculture workers to support safe work.

Materials provided include videos, printable downloads and other resources to help forestry workers work safely. Materials focus on real, credible, forestry workers telling the safety story, and walking the talk.

See <http://safetree.nz/> to learn more. 🎥



John Stulen.



Screenshot of the safetree.nz website.

Smile, be happy and be influencers for safety

The 20th annual Western Conference on Safety held in Vancouver in April 2015 attracted 854 delegates over one-and-a-half days with presentations from WorkSafeBC, human factor (ergonomics) specialists, a former fighter pilot, incident investigator, high-tech futurists on fit for duty tools and the critical role of supervisors in safety. In addition an underlying theme was emotion with keynotes and supporting speakers focusing on happiness and how we perform best and safely when we are happy and less stressed.

WorkSafeBC prevention services' vice president, Al Johnson, said the landscape of health and safety had changed dramatically over the past 20 years when the rate was double digits and is now 2.28 for industry overall in BC. But, he emphasized that one injury or death was one too many and more must be done, encouraging all participants to find a "nugget" that they could take back to their workplaces from the conference to help make a difference to address known and unknown risks.

Keynote presenter, Jeff "Odie" Espenship, of Target Leadership, said that "90% of accidents or incidents are behaviour related" (US Department of Labor Statistics). He gave the very personal example of his brother's death and how "situational reliance" shaped a deadly outcome. He said he truly believes that one does not start influencing behaviour change until there is an emotional connection. "You have to feel it. When you touch people



emotionally you can start influencing their behaviours," he said. "We all have the ability to influence someone's future behaviour in a few minutes, months or even years from now."

Odie was piloting a plane; his brother was sitting behind him in the two-seater. Before take-off it was his brother's job to rotate the propeller blade through as many cycles as cylinders – a key practice required to ensure you don't blow a cylinder during flight. On one trip, he stopped his brother from doing the full set of rotations as they were in a rush to beat a storm. That time, nothing happened. They got home safe. But six months later his brother was flying with another pilot and both died. The bottom cylinder had blown off, causing the crash. Afterwards, the investigator asked: "Did they always pull the propeller blade through all its rotations?" The last man to see the pair at the airport said he did remember they had been in a rush...

Odie said that everyone should strive through personal leadership to inspire positive, good safety behaviours in others. "You will not inspire everyone, but you will inspire someone."

"We follow all the rules until we don't," said Odie. "We all have a propeller blade in our lives. You have to pull it through every job, every time." 🧘

Promising practices progress for road deactivations

The Western Silvicultural Contractors Association (WSCA) recently held a conference call to share promising practices on road deactivation to improve worker safety and gather additional input to help shape continuously improving practices suited to particular regions and worksite conditions.

Licensees, operators, foresters, hoe operators, safety officers and others participated in the call to share their experiences, concerns and potential solutions.

The key objective in hosting the call was to help improve worker safety while also improving the quality and productivity of tree planting.

Call participants heard how in 2014 Trena MacLeod of Weyerhaeuser and Scott Overland of Quastuco collaborated on a WSCA-sponsored project to shape suggested guidelines for ATV road deactivation.

There was good input and commitment from participants to help shape future versions of the draft document – collaborative problem-solving in action. It was recognized that particular circumstances will require site-specific responses and that guidelines needed to "live" to meet unique needs. The intent is to help inform better outcomes through continuous improvements.

While it was acknowledged that this is not a simple issue to address, people were encouraged by the proactive actions of licensees and contractors to work together to find solutions. The role of the hoe operator and his/her training and knowledge of sloping and drainage as well as full appreciation for the needs of the planters that follow can go a long way to support a workable solution.

Anyone who would like to learn more, should please contact the WSCA directly at 1-604-736-8660. 🧘

I love my job. It's the people I hate

Western Conference on Safety presenter Jody Urquhart used humour to remind us we are happier, less stressed people when we expect nothing in return. To illustrate her point she asked the audience: You



are driving a vehicle and someone is trying to merge. Are you one of those people who doesn't let them in? One of those people who does let them in, but expects some kind of thanks like a wave or other acknowledgment; or, someone who lets them in and doesn't expect anything?

Those of us who can do everything without expecting anything in return will be happiest! We will be the least stressed, and be the best influencers of others to change their negative behaviours into positive behaviours around the workplace.

Jody explained that the more stressed we are, the lower the safety level. She said a great deal of this stress is caused by change and technology. Today, on average in North America, we change houses every 3.5 years; change jobs every 2.5 years; and women born after 1960 will have more husbands than children! That's a lot of change which creates stress that none of our grandparents knew. They lived on the same street in the same house and worked the same job, with the same spouse, for 30 years or more. Added stress comes as a result of technology use. We have just nine seconds to get and hold people's attention, and the stress just goes up!

Who do you think gets the most attention at work? Turns out it is the negative, cranky and difficult workers. Organizations spend the most time on the difficult people than on the fun, easy going, positive ones.

"Take yourself lightly to take work seriously," said Jody. To encourage high morale, humour is the best way. It increases endorphins, takes oxygen to the front of the brain, decreases stress and releases tension, relaxing muscles.

One in three burn out from stress, so next time you are at a tailgate meeting, look to your right – if they look ok, look to the left; if they look ok; you're it! A study of nuns over 20 years found that laughter allowed nuns to live 8.5 years longer than those nuns that didn't laugh regularly. Just five minutes a day of good laughter – you can even fake it – makes a difference! 🧘

First round of BASE V4 internal and external auditor upgrade training sessions completed



Trainer and senior safety advisor Martin Ridgway reviews materials with participants.

Year to date, several members of the SAFE Companies team have provided nine BASE internal or external upgrade training sessions.



BASE 4 is the result of industry consultation for a pre-qualification program that best meets industry's needs, allows for continuous improvement and is highly responsive in helping shape better safety outcomes. Steering and working committees drove the process in developing BASE V4, consulting and soliciting feedback from industry via emails, phone calls, a survey and in-person townhall meetings across the province.

Following industry and WorkSafeBC's approval to upgrade BASE V3 to BASE V4, it was necessary to ensure that BASE auditors were well-informed of the changes and how best to implement the change-over internally or with forestry clients and ensure correct and consistent application of the new audit tool.

Approximately 90% of forestry's BASE external auditors attended the sessions in Nanaimo, Vancouver, Prince George, and Vernon. Internal auditor sessions will continue based on demand in the summer and fall. Trainers were SAFE Companies senior safety advisor, Martin Ridgway; safety advisors, Lisa Reichel and Mike Sexton; and Director, Rob Moonen.

Feedback from auditors attending the sessions has been positive. Auditors appreciated the in-person opportunity



SAFE Companies

BASE V3 to V4 summary

Here is a summary of the key similarities and differences between the BASE V3 and V4 audits.

COR-eligibility

BASE 4 is still COR-eligible and the Injury Management portion is completely unchanged.

Reduced redundancy and duplication

The industry working group and steering committees spent over a year trimming repeat, redundant and trivial questions from the audit tool. The result is a 40 question audit where all the questions have meaning to all companies. The audit has also made it easier to score for auditors and companies by making each question out of 10 points. The 400 point total is also easy to work with and the pilot audits found an overall decrease in page count for completed reports.

Structural changes

BASE 3 had six to eight elements depending on the company operations. BASE 4 has only four elements for any business: Planning, Doing, Checking and Adjusting. This aligns with other business systems (quality, environment, etc.) to better integrate safety into the business whole. The wording of the questions now gives the auditor more opportunity and responsibility to capture effective ideas for each company to improve in ways that fit the individual business needs.

Passing scores

As with all COR audits, 80% is the minimum overall score required to pass. However, the passing threshold is 50% in each question (rather than in each element as in other COR audits).

to ask questions and share opinions as well as review the extensive support materials provided.

BASED-sized companies can use either BASE V3 or BASE V4 in 2015. Effective January 1, 2016, BASE V4 will be the new industry audit standard to qualify for SAFE Companies and the Certificate of Recognition Program. At the end of 2014, there were 275 BASE-sized companies certified through BCFSC. There are, however, no changes to small employer audits (IOO, ISEBASE, SEBASE). Small employers will continue to use V3. WorkSafeBC is in the process of reviewing audit requirements for small employers but no changes are anticipated currently. The BCFSC will contact companies directly when any changes are required. 🗨️

Managing the risk of fatigue at work, required for COR

WorkSafeBC issued a second bulletin on fatigue earlier this year, to reinforce the importance of managing fatigue at work and also to ensure that all employers seeking Certificate of Recognition (COR) are aware that they must be able to show that they recognize that fatigue is a hazard and is included within hazard identification, assessment and control. This is because fatigue can negatively affect safety at the workplace. See the full May, 2015 WorkSafeBC bulletin here:

http://www2.worksafebc.com/i/posters/2015/WS15_05.html, or the PDF version here:

http://www2.worksafebc.com/i/posters/pdfs/2015/ws_2015_5.pdf

Please note, BASE V3 captures this in question C1.3 and BASE V4 in question D1.2. 🗨️

CALs

A Corrective Action Log (CAL) is highlighted in the BASE V4 report to help emphasize the auditor's recommendations and suggestions for continual improvement. The audit questions are changed in how they are worded to respect the general success of most companies. Rather than asking "Does a company do X for safety?" the BASE V4 now asks "How does a company do X effectively?"

Shifting from policy paperwork to on-the-ground evidence

BASE V4 has decreased the % of points from documentation while increasing observation points. In addition, the documentation points are shifted away from policy to completed records.

	BASE V3	BASE V4
Documentation	50% total (approx. 60% on policy)	38% total (approx. 70% records)
Interview	40% total	37% total
Observation	10% total	25% total

Auditor note writing skill level

With the shift to more descriptive notes, auditors will have to meet a higher standard of writing. It will take some auditors more time and effort to write BASE V4 than BASE V3. Each company is always encouraged to perform a cost / benefit analysis of using internal auditors in maintenance years and this extra time may tip the balance for some companies towards hiring an external auditor rather than 'losing' a key operational person to report writing for a significant time.

New or substantially changed topics

- Joint Committee only required by the audit if required by the Act, Regulation or the Officer for each company's specific situation (2 X 15-person sites no longer require Joint Occupational Health and Safety Committees)
- Closing off Corrective Actions from the previous audit (V4, V3, gap analysis or SEBASE) is worth points in this audit
- Young worker management until they turn 25 (not just orienting an 18 year old for 2 years)
- Phase congestion, stacking of workers and lockout; all to protect different workers working together (when applicable to company operations)
- Supervisory skills
- Targets, goals and objectives for safety

If you have any questions about the BASE V4 audit tool, please email safeco@bcforestsafesafe.org or call toll-free at 1-877-741-1060. 📞

New safety advisor hired to provide dedicated support in southern interior



Jerry Kirouac.

Jerry Kirouac joined the BC Forest Safety Council last month as Safety Advisor for the southern interior to support all aspects of the Certificate of Recognition (COR) and SAFE Companies Program with the goal of further reducing injuries and fatalities.

Prior to moving to the Okanagan 11 years ago, Jerry was a partner/owner of a forestry and road building company for 25 years with wood haul and chip deliveries (750,000 m³ annually), as well as road construction/maintenance and winter sanding. Jerry developed a good understanding of road infrastructure methods and maintenance including working on many Ministry of Transportation projects such as highway frost probes, central tire inflation, inspections and audits.

In 2002, Jerry's company received a Safety Excellence Award from Weyerhaeuser and received an award for safety excellence from Ontario's Workplace Safety North (formerly Ontario Forest Safe Workers Association) for going O-LT/O-MA for the year and O frequency for most man hours.

Over the years, Jerry has worked in all aspects of forestry – stump to dump, faller, cut and skid, equipment operator, supervisor, safety coordinator, management roles to eventual partner/owner. He also served as president of the Northern Ontario Log Transportation Association (NOLTA) for two terms and was part of several committees regarding safety standards, legislation and regulations, and dealing with all levels of government as an advocate for forest safety and transportation. 📞



New faller trainees complete initial training



Top photo: The four latest successful new faller trainees to complete their 30-days initial training with their four trainers (from left) Mik Jonsson, QS/T, trainee Dane Robertson, trainee Cole Bennink, John Jacobsen, QS/T, trainee Cody Antosh, Dominic Gagnon QS/T, trainee Reuben Arthurs, and Steve Telosky, QS/T. The training took place in the Nanaimo Lakes area from April 7 to May 10, 2015. *Photo courtesy of John Jacobsen.*

Bottom Photo: Day 20 of the training, two of the trainees (middle) Cole Bennink and Reuben Arthurs, with QS/T trainers (left) John Jacobsen and (right) Steve Telosky.

Quality assurance on Industry Training of new fallers

Windy Point Falling Ltd. is the latest Industry Training partner for new faller training, with their first new faller trainee, Luke Grant, having successfully completed his 30-day initial training. Luke is now completing his up to 180 days of on the job training with Windy Point Falling.

During the initial training period, the BC Forest Safety Council's falling program manager, Peter Sprout, visited Windy Point Falling's new faller training site to carry out quality assurance in early April 2015. The training took place in Upper Nimpkish, north of Sayward, Vancouver Island.

If any company with active fallers would like to learn more about being an industry training partner with the BCFSC, please contact Marla Guldbransen, new faller training coordinator, at toll-free 1-877-741-1060 or email guldbransen@bcforestsafesafe.org 📧



Peter Sprout (right) gives feedback to the trainer during a quality assurance visit on a new faller training session run by industry. (From left) Brodie Gilkin, owner of Windy Point Falling, new faller trainee, Luke Grant, and QS/T new faller trainer, Bill Boardman.

Evaluations for fallers identified by WorkSafeBC continued in April and May 2015

The BC Forest Safety Council (BCFSC) continued to manage and perform field evaluations in April and May on fallers requiring re-confirmation to ensure that certification requirements are met.

To date, 24 fallers have completed the requirements; the BCFSC is working with the remainder to facilitate the evaluations. Affected fallers have been notified via letter that if eligible, they will receive their faller certification cards and logbooks after they have fulfilled the WorkSafeBC requirement.

At the end of 2014 WorkSafeBC reviewed certification records for fallers in BC. 160

fallers were identified as requiring a field evaluation to confirm their certification. WorkSafeBC sent registered letters to all the affected fallers and the BCFSC has been proactive in helping these fallers get their evaluations completed.

Reminder to keep records up to date

If any faller has not been in contact with the BCFSC recently and tends to move often, please take a moment to update your records with us. Call toll-free at 1-877-741-1060 or email faller@bcforestsafesafe.org 📧

Updated QS/T training course and examination rolled out in May

Last month six trainees participated in an updated Qualified Supervisor/Trainer (QS/T) training program from May 21 to 30. The program is for experienced fallers who would like to train and/or certify fallers. The revised course was based on feedback received from previous program participants.

Certified fallers who would like to become QS/Ts must:

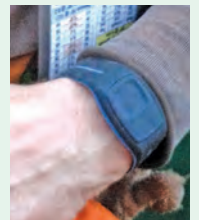
1. Complete an application form
2. Achieve a minimum 90% score on a faller field evaluation by a QS/T
3. Complete and score a minimum 90% score on a written examination
4. Successfully complete the ten days of QS/T training
5. Successfully complete three written exams
6. Successfully complete an ongoing performance assessment

QS/Ts are needed to help train new fallers to meet increased market demands. For more information regarding the requirements needed to perform certifications or training for the BCFSC, please contact the falling department at 1-877-741-1060. 📧

Update on Readibands and fatigue management

Fatigue data collection from 100 fallers testing Readibands has continued over the past several months and is scheduled to wrap up shortly. Trends identified in the data will be shared in a future

edition of Forest Safety News. In addition, the BC Forest Safety Council (BCFSC) will be working with Clinton Marquardt, a sleep specialist, on another fatigue project later this year. See http://sleepanddreams.com/?page_id=2390 for some of his fatigue, sleep and brain resource materials.



"The plan is to use the fatigue data and Clint's expertise and combine the information into an online training module for fallers. We hope to conduct pilot testing of the fatigue management training in October (2015)," said Gerard Messier, BCFSC's Training and Program Development Manager. 📧

Upcoming Training

If you would like to see how a training course can meet your organization's needs, please let us know. We are committed to working with you to find the right training solution. We may be able to tailor a program to your specific needs and deliver it in a way that is most convenient for your operations.

Please see bcforestsafesafe.org/fscapps/calendar/calendar.php for 2015's full training calendar. Check back often as course dates do change.

Email training@bcforestsafesafe.org or call toll-free 1-877-741-1060.

Small Employer OHS and Small Employer OHS refresher course:

June 15 Prince George
July 20 Nanaimo
August 6 Vernon

Basic Incident Investigation:

June 23 Squamish
June 25 Kamloops

Advanced Incident Investigation:

June 24 Squamish
June 26 Kamloops

Forest Supervisor Training:

Module 1: Due Diligence
Module 2: Communications
Module 3: Leadership

June 17 – 19 Campbell River (Modules 1, 2 & 3)
June 22 Squamish (Module 1)
July 13 – 15 Kamloops (Modules 1, 2 & 3)

Falling Supervisor:

July 6 Vernon

IOO & IOO Refresher:

June 27 Teleconference
July 25 Teleconference 📍



Training

Revised steep slope logging resource package discussed at ILA

A fourth revision (draft) of the steep slope logging resource package was showcased at the 57th Interior Logging Association's annual conference and trade show. About 60 licensees, contractors and other industry participants attended the session and were able to provide additional feedback on the draft.

The objective is to create a steep slope logging hazard assessment that is current, simple, effective, easy to use, and meets all regulatory requirements. Another objective is to ensure that industry participants working on steep slopes and the WorkSafeBC officers who inspect these worksites are all on the same page as to how the regulation is interpreted and enforced.

Bjarne Nielsen, WorkSafeBC's senior regional officer explained the regulations while BC Forest Safety Council's training

and program development manager, Gerard Messier, walked delegates through the revised "Steep Slope Logging – Hazard Assessment and Site Pre-Work" form, along with WorkSafeBC's occupational safety officers' steep slope checklist.

"This is really about continuous improvement to help fine-tune resources available to industry and make them as useful, relevant and easy to use as possible," said Messier. Several licensees and contractors have provided input and feedback on the draft and it is planned that additional feedback received from ILA delegates will complete the final draft of the version four documentation.

It is anticipated that the updated steep slope resource package and forms will be available later in June on our website. Please check the resources section of our website at <http://bcforestsafesafe.org/node/1938>. 📄



WorkSafeBC's Bjarne Nielsen explains the regulatory requirements for logging operations on steep slopes to about 60 licensees, contractors and other industry participants.



BC Forest Safety Council's Gerard Messier walks the audience through the latest draft steep slope resource materials.

Industry drives training department's focus on developing competencies for four forestry jobs

The BC Forest Safety Council's director of training and program development, Russel Robertson, is on an industry-directed mission to determine what qualified means in four industry occupations, namely yarder operator, landing man, hook tender and supervisor, and to develop standards, training and competency testing for each job.

Speaking at a Hancock Forest Management Safety Breakfast in Nanaimo recently, Robertson explained that the Coast Harvesting Advisory Group (CHAG) on behalf of industry had directed the BC Forest Safety Council (BCFSC) to determine what the competencies, training and other inputs were to be able to certify these four types of workers as "qualified". The overall objective is to ensure a consistent standard that can achieve optimal production with the least down time due to incident, upset, injury, or damage to equipment.

In introducing Robertson, Hancock Forest Management's Matthew Merritt, explained to Hancock's forestry contractors that it "saves everybody money by being safe".

Robertson's presentation, "Call to action – understanding the demographic risks and building industry-led solutions to develop a competent workforce" explained that through retirements and growth, BC would have one million job openings by 2020, with just 600,000 students in the pipeline. A total of 16,000 job openings in forestry would be competing with all other industries. The need for machine operators leads the pack, with the biggest need estimated by the BC Coastal Forest Sector Labour Market & Training Needs Analysis (published October 21, 2013, page 84) at 1,792 machine operators. On average forestry needs 1,000 qualified new trainees each year to fill the openings.



Russel Robertson, presents to Hancock Forest Management contractors and staff on industry's needs to get the right people in the right jobs with the right competencies within the next few years.

What does qualified actually mean and why does it matter?

According to WorkSafeBC, "qualified" means: "being knowledgeable of the work, the hazards involved and the means to control hazards, by reason of education, training, experience or a combination thereof."

It matters because when qualified people do the work they are qualified to do, things work well – higher productivity, less machine down time, fewer incidents, fewer surprises, better morale, better operations and proper due diligence. Ensuring workers are "qualified" limits liability and ensures effective and proper risk management.

To develop "qualified" workers, the process will include:

1. The development of competency standards by industry subject matter experts for each job.
2. Development of standards and tools so that a worker's performance can be measured and recorded against the standard
3. Industry advisory groups will review and sign off on the industry standard for each job
4. Assessment process, instructions and tools for each competency will be tested in-field
5. Industry-wide roll-out: BCFSC will provide the competency standards, assessment tools and catalogue of available learning sources for supervisors on how to use the tools and how to archive completed worker assessments to meet due diligence requirements.



The forestry industry is under increasing pressure to find new suitable and qualified workers to fill critical jobs – 16,000 positions in the next eight years. The BC Forest Safety Council's director of training and program development, Russel Robertson, has been instructed by the Coast Harvesting Advisory Group to support industry by fast-tracking industry competency standards.

Timeline is tight

An aggressive timeline has been set to have the first four forestry jobs/occupations completed by the end of 2015. The most urgent need is for any forestry companies that would be willing to provide the BCFSC with access to experts in any one of the four jobs to help industry develop practical, workable, realistic and reliable competencies for each job. Please contact Russel directly at robertson@bcforestsafesafe.org to explore how your expert(s) can help lead and shape industry standards. 🌲

Internal auditor examination

Internal auditor trainees caught in deep concentration while writing their examinations in Nanaimo on April 15, 2015 after completing three days of BASE internal auditor training. 🌱



Interfor contractors & staff attend seven training workshops

Interfor's Southern Interior operations coordinated seven sessions of BC Forest Safety Council training in April for their contractors and employees. Training kicked off with an Advanced Incident Investigation workshop in Chase, and was followed by Supervisor training (Communication and Leadership modules) in Chase, Nakusp and Grand Forks. A total of 136 seats of training were delivered.

Course feedback provided in confidential questionnaires at the end of the courses was very positive! The overall rating of the course for sessions in Nakusp and Grand Forks were as follows:

1 fair 21 good
35 very good 14 excellent 🌱



Training

Revised small employer occupational health and safety course rolls out to industry

A group of 20 industry and trainer participants took part in a pilot session of a revised SAFE small employer occupational health and safety two-day training course in Langley in April.

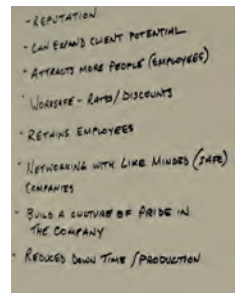
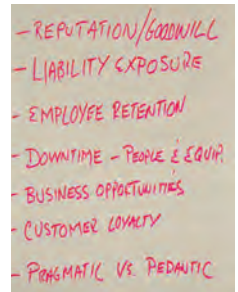
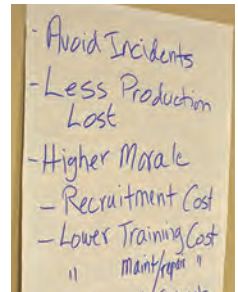
The original course, developed in 2008, underwent minor housekeeping changes in the interim years, with the revised version marking the first major update to better focus on the safety program itself, with the audit tool simply being a measure of the program's effectiveness.

Feedback from the pilot participants and the facilitator has been incorporated. The revised course started to roll out to participants in May 2015.

A trainer who has taught several small employer occupational health and safety training courses since the course was first offered said of the revisions: "This is really good – putting the focus on the safety program itself and how it benefits companies – and positioning the audit tool precisely as it should be – a tool to use to assess the effectiveness of the safety program."

Making the case for a safety system, all five break-out groups identified almost identical benefits for the business case for safety in any forestry operation. The benefits of safe operations included:

- avoiding incidents;
- reputation and goodwill;
- limiting liability exposure;
- higher morale;
- increasing employee retention;
- limiting lost production through people and equipment downtime;
- lower recruitment and training costs;
- increasing business opportunities tied to customer loyalty; and
- lower WorkSafeBC premiums. 🌱



A group of trainers and forestry small employers got to test-drive the pilot of the revised small employer occupational health and safety training course in Langley earlier this year.



Transportation

Clarifying how cab guards will get the green light

Following WorkSafeBC's regulatory changes to cab guards earlier this year, the Transportation Advisory Group (TAG) sought clarification from WorkSafeBC on some critical issues to ensure correct interpretation and consistent application of the rules across the province. The following clarification was provided verbally to TAG members and BC Forest Safety Council Transportation Director, Dustin Meierhofer by WorkSafeBC.

Cab guards must protect 15 cm or more above the highest point on the cab

- Cab guards are to be measured from the highest point on the cab including any attachment/component of the cab that can accommodate a person. i.e. sleepers/day cab etc. This does not include superfluous pieces such as air dams/foils etc.
- Cab guard height must comply with regulation i.e. 26.65 2a – 15cm above the cab.
- As far as the point of measurement, it is to the top of the guard where protection to the cab and in turn the driver is provided, so the 15cm of safety buffer would have to consist of a structure/guard that is fully capable of holding the load back as per the requirement; not the height of any superfluous pieces, regardless of how tall they might be, i.e. ears, etc.

Compliance or Out of Service order?

- If a WSBC Officer finds a height requirement infraction, the direction currently is to provide the transporter with a compliance order to correct the problem.
- If a WSBC Officer finds the cab guard is not in compliance with structural requirements, the direction currently is to issue the transporter with an out of service order.

i.e. compliance with section 26.65 (2) (d) the cab guard is

- (i) constructed with a main supporting structure made of steel, or
- (ii) certified by a professional engineer as having a main supporting structure designed and constructed so that vibration and distortion generated by use of the log transporter cannot damage the cab guard;

(6) A log transporter must be removed from service if there are any cracks, damage



Some of the new logging trucks on display at the ILA 2015 annual conference and trade show.

or other conditions that will decrease the rated capacity of the cab guard of the log transporter.

(7) A log transporter removed from service under subsection (6) must not be returned to service until

- (a) the cab guard is (i) repaired, and (ii) inspected and certified to meet the rated capacity by the manufacturer, a professional engineer or a certified welding inspector, or
- (b) the cab guard is replaced by a cab guard that meets the requirements of this section.

"At this time, WSBC is standing behind all section 26.65 regulation requirements. However, industry representatives and WSBC are having further internal discussions on the issue. Based on observations and industry feedback there may be as many as 80% of the trucks out of compliance with the height regulation, primarily due to sloped cab designs, and sleepers," said Meierhofer.

Options moving forward

- Answer, Artic and others have developed kits which attach to the top of the cab guard, typically between the ears to raise the height of the guard in order to meet regulation. This would seem to be a potential short term fix until a more permanent solution is found. Again the fixes must be certified to meet regulation and the owner/driver must have proof of certification.
- Some trucks may have to change their cab guards completely.
- Those who purchased trucks from the manufacturer/distributor with a cab guard installed that did not meet regulation are encouraged to follow up with that manufacturer/distributor to discuss options to address i.e. modification or replacement of the guard by the distributor. Height regulation has been in place for over a decade.

20 Anatomy of a Rollover and Standard of Care sessions held

In 2015, by early June, 20 more sessions will have been held across the province, and attended by over 1000 logging truck drivers, supervisors and managers. The seminars were held in Prince George, Merritt, Salmon Arm, Vavenby, Cranbrook, Kamloops, Vernon, Castlegar, Vanderhoof, Fort St. John, Mackenzie, Chetwynd, Burns Lake, Houston, Campbell River and Duncan.

While there has been an overall reduction in rollovers during the past year, rollovers continue to be the most frequent type of serious logging truck incident in BC. See this link for a poster on the five keys to rollover prevention: <http://bcforestsafesafe.org/files/FiveKeysToRolloverPrevention.pdf>

Remember: there is a right speed for every rig, every load, every corner, and every condition. Slow the truck down! An additional "Your Greatest Risk" session was presented to about 80 drivers, crew leaders and supervisors at the beginning of May. 🚛

Barge sinking under investigation

The Transportation Safety Board of Canada (TSB) is investigating a barge sinking, off Campbell River, on March 14, 2015. The barge was transporting silviculture workers to an island at the time, and took on water. All 16 passengers and crew were rescued and no injuries were reported. The barge was salvaged and towed to harbour. The TSB told Forest Safety News that there was no new information at the time of going to print. Indications are the investigation could take several months to a year to complete. We will share the findings in a future edition. 🚢

Ongoing discussions with WorkSafeBC

- Correspondence will continue between industry and WSBC on this issue given the significant impact to the majority of logging trucks in the province.

Updates will be shared in future editions of Rumblyngs and Forest Safety News. 🚛

Ergonomics for Truckers (video)



<http://www2.worksafebc.com/Publications/Multimedia/Videos.asp?ReportID=37200>

Truck drivers often sit for long periods of time, which puts stress on the lower back. This WorkSafeBC video identifies things truck drivers can do before they start work to reduce the risk of back injury. (2 min. 44 sec.)

In summary:

- Adjust your seat to support your back properly
- Adjust your mirrors so you don't have to twist or slump to see
- Adjust the steering wheel so you don't reach
- Keep your elbows close to your body
- Don't sit for more than 2-hours. Stretch and walk around frequently
- Always use 3-point contact entering and exiting the cab. Jumping puts 8x stress on your joints and increases the risk of sprains, strains and musculoskeletal injuries from slips, trips and falls (see article below). 🚧



Transportation

Study aims to measure ABS performance on logging trucks

The Logging Truck Technical Advisory Group (LTTAC) is working with FPIInnovations and the Commercial Vehicle Safety and Enforcement (CVSE) on a new Anti-lock Braking System (ABS) study focusing on logging trucks.

The research period is expected to take three to four months with the intent that the data collected will ultimately help shape better safety outcomes. This part of the research – a field trial to document ABS issues – is being funded jointly by the BC Forest Safety Council and CVSE. An additional phase of the research will involve consultation with manufacturers. The final stage may provide a summary of findings and recommendations along with estimated costs and resources required to test proposed solutions in a future implementation project. Recommended design changes and consultations are expected to carry through to early 2016.

ABS in off-highway conditions

The new study aims to clearly understand the type and frequency of ABS issues experienced by heavy vehicles in the off-road environment and to develop potential solutions to improve the performance and functionality of ABS in off-highway environments.

Anecdotally, industry field experiences have indicated a very high level of failure of ABS brakes on logging trucks.

“We are hearing of extremely high failure rates of ABS brakes, sometimes even within

minutes or hours of ABS brakes being fixed on logging trucks,” said Dustin Meierhofer, BC Forest Safety Council’s Transportation Director, and member of LTTAC.

“Working with FPIInnovations and CVSE, we are focused on establishing meaningful data on which to explore and develop workable solutions,” he said.

The key issue is that while the benefits of ABS braking systems are well documented for on-highway heavy industrial vehicles, off-highway users report that they become disabled after a relatively short time. In response to complaints in BC, regulation was changed to require that ABS was not a requirement on off-highway hauling combinations where more than 55% of the haul is off-highway. This position is currently under review in part because most users believe that malfunctioning ABS are more hazardous than non-ABS. There have also been cases where the ABS shuttles on and off so frequently to avoid wheel-slip that no effective braking is accomplished. A driver is then unable to slow the truck down, with potentially serious consequences for both the driver and other road users.

Earlier research findings

Earlier research on ABS in off-highway settings in Australia and Canada identified that speed sensors worked loose and gave erratic signals. It was also noted that harsh operating environments had system impacts requiring maintenance much more frequently. Forest Safety News will report back on the research findings and outcomes. 🚧

Slips, trips and falls are not getting cheaper or less painful!

According to WorkSafeBC’s injury statistics for forestry – rate groups: CU 7030, CU 732044, CU 732024, and CU 763105, 32% of all serious injuries were a result of falls from elevation and falls on the same level. Anecdotally, some forestry operators suspect the injury rates are even higher than the serious injury rates due to the fact that they believe many incidents are not reported and workers push on only to suffer a more serious injury later and/or greater discomfort for a longer time.

To put some dollar costs to slips, trips and falls, indications are currently that for every day WorkSafeBC pays a worker say \$200 in

compensation, the employer cost is 8x that, at about \$1,600, according to the experiences of a large coastal forestry contractor. Add in other costs – such as human toll -- and the cost of serious injury can be significant especially for any operation already squeezed by rates and other market challenges.

In earlier Forest Safety News editions, we have shared research that the BC Forest Safety Council (BCFSC) training department has been doing at mills in the northern / central interior to track 3-point contact among logging truck drivers. After running initial information sessions to establish a benchmark of 3-point contact implementation, follow-up

reviews were carried out.

“We have done a preliminary scan of the data and it is looking like there are some encouraging results. As soon as an industry expert has reviewed our results we will share them broadly, said training manager, Pam Jorgenson.

“Reviewing the actual performance of logging truck drivers, we saw many drivers taking more care when getting out of their vehicles. This is going to help prevent putting injury-making forces on their knee, ankle and hip joints.

As ATV use increases after break-up, keep safety top of mind

A member of the public riding an ATV died last month (May) north of Logan Lake in an incident where authorities believe speed and unfamiliarity with the trail were factors.

Given the use of ATVs increases during planting season, it's good to remember the following:

Only trained ATV operators with sufficient training for the terrain and the conditions must operate ATVs for work in forestry. Loaded ATVs handle differently as do different models. What might look like a rideable trail once, is not the same level of difficulty if you have to ride it repeatedly, and due to loads of heavy seedlings. Driver fatigue and wear and tear on the trail has an impact and, gravity always wins.

ATVs are "driver-active" which means the driver's body movements help control the ATV. Safe operation requires a driver with a highly developed combination of skill, good judgment, attention, and physical strength.

WorkSafeBC provides the following ATV related hazard alert on its website: http://www2.worksafebc.com/i/posters/2014/ha2014-5_young_worker.html

According to the 2014 alert, based on a 2012 incident, a young silviculture worker was driving an all-terrain vehicle (ATV) on a wet forest service road. The worker lost control of the ATV after entering a curve and was thrown onto the road. He suffered serious injuries.

Driving an ATV was not part of the worker's regular duties. He had not received any formal ATV training and his only previous experience was less than 10 minutes of supervised ATV driving that had taken place a few days before the incident. Despite the lack of training, the supervisor allowed the



Photo credit: replant.ca

worker to drive the ATV to lead a work crew down a forest service road that was wet and slippery from rain. The young worker drove the ATV too fast for the road and weather conditions.

Safe work practices:

Employers

Before allowing workers to drive an ATV, ensure that they have been adequately trained in its safe operation. To be adequate, training must at a minimum include the following:

- The operator's pre-trip inspection
- Use of personal protective clothing
- Operating skills according to the ATV manufacturer's instructions
- Basic mechanical requirements
- Loading and unloading the vehicle, if those activities are part of a worker's duties
- Knowledge of how different loads and trailers affect the ATV handling

Provide workers with adequate supervision:

- Ensure that before young workers begin work, they are given workplace-specific orientation, as well as adequate training on any equipment they will be using.

Workers

Adapt driving speeds to suit road and weather conditions. 🚧

Accident Type	# Serious Injury Claims	% of Serious Injury Claims Total
Fall from elevation	366	17%
Fall on same level	313	15%

<http://www2.worksafebc.com/Portals/Forestry/Statistics.asp>

"Slips, trips and falls can be life altering injuries that are very expensive to treat with no guaranteed success. They are also easy to prevent by using 3 point contact. If our results prove to be very positive, we will expand the program more broadly across the province.

"We want to be able to best support drivers and operators, and their supervisors, to shape good habits. Every driver or operator must be safe every time they enter or leave the cab of a logging truck or other piece of

machinery," Jorgenson said.

The BC Forest Safety Council at the direction of industry is testing several tools infield to support 3-point contact. Once efforts show demonstrable success in helping to reduce these incidents and costs, results will be shared with the rest of industry. Forest Safety News will provide updates. 🚧



Second direct harvesting fatality in 2015

On April 6, 2015, a forestry worker was driving a company vehicle on a forest service road near Smithers. Initial reports indicate that the driver pulled over and got out of his vehicle. He was struck by another company vehicle that was following him.

An investigation is underway by both WorkSafeBC and the RCMP. Forest Safety News extends sincere condolences to the family, friends and co-workers of the deceased.

As previously reported the first direct harvesting fatality of the year was on February 11, 2015 on the Alaska Highway at Mile 64. A log truck driver died in whiteout conditions after his loaded logging truck rear-ended another loaded logging truck that had slowed for a turning vehicle in front of it. 🚧

Latest forestry injuries reported to WorkSafeBC

Sharing relevant examples of recent injuries and incidents at tailgates or other safety meetings can help inform and shape better outcomes. Here are quick summaries of three of the most recent incidents reported to WorkSafeBC. Regular incident updates may be viewed here: <http://www2.worksafebc.com/Publications/Incidents-Industry.asp?ReportID=36698>

Injury Type: Undetermined injuries

Core Activity: Manual tree falling and bucking
Location: Vancouver Island/Coastal B.C.
Date of Incident: April 2015
Two certified fallers were falling trees on a right-of-way. One was seriously injured when his upper body was struck by a tree felled by his falling partner.

Injury Type: Bruising and soreness (3 workers)

Core Activity: Integrated forest management
Location: Interior B.C.
Date of Incident: April 2015
Three workers, including two young workers, were at a cable logging operation. One worker felled an intermediate tree onto a slack skyline (a cable used to suspend a carriage for hauling logs). A felled tree lying on the slack skyline above the worker released and rolled down the hill, striking that worker and two other workers.

Injury Type: Concussion

Core Activity: Manual tree falling and bucking
Location: Vancouver Island/Coastal B.C.
Date of Incident: April 2015
A certified manual faller was falling a tree at the base of a rock bluff inside a cutblock. When the tree fell, another small tree uprooted off the rock bluff outside the cutblock and struck the faller. 🚧



Beat the summer heat to keep optimal performance

By Dr. Delia Roberts

Staying cool in the summer takes more than turning up the air conditioning. Any time you work in the woods, the water lost through sweat will need to be replaced if you want to continue working at your best. But when the summer sun and wind come into play, water becomes as essential a safety item as your high vis.

About 65% of body weight is water. It makes up the delivery system for everything your body needs, gets rid of wastes, and helps essentially all of the chemical reactions that maintain your body. The challenge is that we also use this same pool of water as a coolant to keep us at just the right temperature to keep all of those important processes running at their best. And you'd better believe that when we lose too much water (become dehydrated) our ability to work hard and stay alert will drop off.

Research shows that when the loss is just 2% of body weight (only about 4 pounds for a man weighing 200 pounds) physical and mental performance drop by a whopping 10% at just 25°C, and much more than that under conditions of high heat and humidity. And just in case you don't believe that dehydration is a problem for you, in a study with fallers in the interior of British Columbia, the average water losses were more than 2% in spite of fluid intake of about 2.5 L during the workday. It wasn't a warm summer either, the average temperature during the study (June-August) was only 15°C and yet fallers still sweated out an average of 3.5 L during the work day.

So where does all that water go? It's easy to see how when we stand next to a hot object, like the engine of a loader, the heat from the engine radiates outward and is absorbed by our bodies' in the same way we absorb heat from the sun. If the work that you do is physical, then significant amounts of heat are also generated by contracting muscle. In fact, about 40% of the energy utilization by the body (even when not physically exercising) is lost as heat. And if left to accumulate in the body, all this heat would soon reach levels where it would "cook" the proteins, just the same way the texture of food changes when cooked.

To get rid of excess heat we have those same physical systems in reverse. If the environment is cold, as when you climb into your machine on a cold morning and sit on the cold seat, heat is transferred from your body to the colder environment. The only other option is to sweat. As the water evaporates, it takes large quantities of heat with it. Add in wind, and evaporation goes faster. Add in PPE and the opposite happens. Because air can't flow across your skin and take away the water vapour, the whole process of getting rid of heat is reduced. Your body doesn't know why it isn't able to lose heat, so it just keeps on sweating even harder. In the study described above for fallers, some individuals lost more than 5 L/day through sweat.

Advertisements tell you that the only way to maintain hydration is to use a sport drink, but are they really the best choice for performance or health?

Sport drinks are expensive, and contain sugar and salt. These ingredients help you absorb fluid faster, replace salts lost in sweat, and can provide energy if you are exercising hard (like tree planters do). They help to make sure that the fluid that you drink stays inside you, so if you have to carry your water with you and tend to cut back on how much you take because it's too heavy to carry, a sport drink can help you stay hydrated. But they are not necessary for drivers and operators – in fact the sugar will spike insulin, which leads to diabetes, and the salt can contribute to high blood pressure.

Other factors can increase your risk for dehydration so be aware and increase your water intake accordingly. If you drink much caffeine (more than two cups of brewed coffee/day) then the caffeine can act on your kidneys to cause water loss. Beware of non-coffee sources of caffeine like energy drinks and sodas as they can contain 5-8 times as much caffeine as a cup of coffee. Likewise, alcohol causes water loss, just 4 servings of alcohol will dehydrate you by a liter of fluid, and it can take up to a week to replenish your hydration level after binge drinking. Research shows that the risk of injury is increased for the entire period of dehydration! And lastly, unusual events like

when you are recovering from a virus, have missed a night's sleep, or have been out in the sun on your days off, can all make you more likely to be dehydrated. Being smart and paying attention to staying hydrated can make the difference in whether you come home safely at night.

So what are you supposed to do?

- First off, make water (in addition to coffee) part of your breakfast and get into the habit of always having a water bottle with you.
- Thirst isn't a great indicator of hydration level. By the time you are thirsty you are already down about a liter, and as soon as you start to drink the flow of water across your tongue shuts off the thirst response.
- Sip water all day long. The water will stay in your body much better (rather than be cleared by your kidneys) if you take it in as small amounts instead of guzzling a full liter all at once. Aim for 1-2 cups/hour and increase if you are sweating.
- Cold water is refreshing, and tastes better – an easy trick is to fill your water containers half full and put them in the freezer. Top them up with water when you wake up, and you'll have ice packs to keep your lunch cool, and nice cold water for the day.
- Pay attention to unusual circumstances that raise your risk of dehydration. Drinking more coffee than usual, getting some sun or exercise on your days off, or having had a few beers the night before all mean you need to take in a little extra water to stay safe.
- Check the color of your urine. If it's dark yellow, you need to drink more. If it's pale or colorless slow down your water intake. In rare conditions it is possible to drink too much.

Staying hydrated will help keep your energy level up, reduce stress and help prevent headaches. Every process in your body requires water, so keep your water intake up when the weather heats up! ☀️

Be aware of Lyme disease

Q: What is Lyme disease and how do you get it?

A: Lyme disease is a serious illness which can be spread by the bite of blacklegged ticks infected with the bacterium *Morrelia burgdorferi*. People can come into contact with ticks while working in the woods, or doing other outdoor activities.

Ticks are active all year round, but your risks of being bitten are highest in spring and summer.

Q: Are all ticks infected?

A: No. Not all blacklegged ticks carry Lyme disease, but according to the Government of Canada, populations of infected ticks are growing, and the risk of contracting Lyme disease is on the rise across Canada.

Q: What should we do if we work in the woods in BC?

A: Be aware. As ticks are very small and their bites are usually painless, you may not even know you have been bitten.

- Know if blacklegged ticks are in the area
- Even if not previously known to be in the area, take precautions because infected ticks can be dropped into new areas by migrating birds and other wandering wildlife:
 - wear clothing and footwear that will prevent ticks from getting to bare skin
 - Wear long-sleeved shirts that fit tightly around the wrist and tuck them into pants
 - Protect your legs by tucking pants into socks or boots or other means.
 - Insect repellent containing DEET or Icaridin can effectively repel ticks. Read the instructions carefully on how to apply
 - Check for ticks on clothing and skin after being in the woods. A daily check, and preferably with a buddy for hard to see places (given how small the ticks can be) is helpful.
 - If a tick is found, carefully remove using tweezers, as close to the skin as possible, without twisting the tick. If the tick has buried itself under the skin, go to a doctor for removal to ensure full removal and to lessen the risk of infection.
 - Wash the bite site with soap and water or disinfect with alcohol or antiseptic. Save the tick in a Ziploc bag or other container.
 - If no tick/s is found, but you develop symptoms (see below), contact a doctor immediately.

Symptoms of Lyme disease may include the following, and often start out as flu-like:

- fatigue
- chills or fever
- headache
- muscle and joint pain, spasms or weakness
- numbness or tingling
- swollen lymph nodes
- skin rash

- cognitive dysfunction, dizziness, memory challenges
- heart palpitations
- nervous system disorders
- arthritis and arthritic symptoms

Q: What do I do if I have been bitten by a tick or suspect I may have been bitten, because of symptoms?

A: Contact your healthcare provider immediately. The earlier you receive a diagnosis, the greater the chance of successful treatment and the shorter the illness. If you saved the tick that bit you, take it with you to your doctor, as it may help in assessing your illness.

Be assertive. Many doctors have never treated anyone with Lyme disease. Ask questions about the different tests, and getting them done quickly to begin treatment, and discuss the risks of false-positive tests.

For more information, please see:

Removal of ticks:

<http://www.healthlinkbc.ca/healthfiles/hfile01.stm>

Misdiagnosis of Lyme disease:

<http://www.healthlinkbc.ca/healthtopics/content.asp?hwid=hw71739#hw71739-sec>

Other Lyme disease resources:

<http://www.healthlinkbc.ca/healthtopics/content.asp?hwid=hw77226>

Map as at 2013 for Lyme disease

risk areas: http://www.bccdc.ca/NR/rdonlyres/A07283DB-A709-4494-BFD5-E2AB7ED2724C/0/Lyme_Disease_Risk_Areas_Map_BC_June_2013.pdf

Other resources for reference:

<http://www.health.gov.on.ca/en/public/publications/disease/lyme.aspx>

http://www.bccdc.ca/dis-cond/a-z/_/LymeDisease/default.htm

<http://www.vancouver.sun.com/health/Lyme+disease+small+bite+change+life/11044715/story.html>

<http://www.macleans.ca/society/health/health-canadas-new-lyme-disease-plan-you-act-well-watch/>

<http://canlyme.com/> 📍



Female blacklegged ticks in various stages of feeding. Note the change in size and colour. Image courtesy of Government of Canada.

How to fit a heart attack into your busy schedule!



Philip Jones.

Philip Jones, motivational speaker and cardiac infarction survivor, shared some light-hearted, simple advice at the recent Interior Logging Association's annual conference and trade show on what one can do to increase the odds of either not having a heart attack, or being able to survive one.

He said that if your objectives are to:

- delay a cardio infarction event
- reduce the severity of such an event
- avoid the morgue from such an event; and/or
- recover more easily from such an event

You need to start now to:

- be less stressed
- get more exercise
- eat a balanced diet
- live a balanced life
 - more leisure time
 - nothing beats being alone in the countryside to help regain perspective on what is important and what is not;
 - move towards what is important and what makes you happy and less stressed; and
- maintain a sense of humour.

Learning how to respond to stress is key. Given that the only stress-free state is being dead, we all have to learn to live with stress and minimize it. So ask yourself about a situation that stresses you out:

Can you change it? If you can't change it, you can either stew about it or accept it. If you can learn to accept something you cannot change – and not stew about it – you won't stress about it. Accept that none of us can control how others act, only how we choose to react.

And, the power for less stress lies within each of us, starting with one change. "You already know one key lifestyle change you will make after your own myocardial infarction. Do you really intend to wait," asked Jones. 📍



Summer fun means being water safe too!

Where-ever summer sees your kids and grandkids playing this summer, don't forget water safety. Whether it's a paddling pool in the back yard, a swimming pool, at a river, lake or beach -- and no matter the age -- keep water safety top of mind.

Supervising children

Keep young children and inexperienced swimmers in view and within arm's reach at all times when they are in water. This will reduce the risk of serious injury.

Carefully supervising your children while they are swimming or playing in or near water is necessary at all times. Children should be closely monitored even when they use swimming aids such as armbands, floating seats, water wings and neck rings. These devices are not intended to save lives. Swimming aids can give a false sense of security, which could result in a lack of proper supervision. Careful supervision is essential to keep children safe.

Tips:

- Help your children learn about water safety by signing them up for a swimming and water safety program, sign yourself up for first aid training to learn basic lifesaving skills.
- Make sure young children and inexperienced swimmers always wear an approved lifejacket or personal flotation device when playing around water. Learn how to find the right lifejacket or personal flotation device for your children.

See choosing the right flotation device: http://www.healthycanadians.gc.ca/healthy-living-vie-saine/boating-nautique/lifejackets-gilets_sauvetage-eng.php

- Choose a safe place to swim, such as a supervised beach or public swimming pool. Check with your municipality for health and safety notices before wading into the water. This can include warnings about water pollution levels or a strong undertow.

Beat the heat and sun

Keep kids well hydrated with water. Keep them cool, covered and use appropriate sunscreen, frequently as directed.

Keep eyes safe

Don't forget the hats and sunglasses to protect eyes of all ages. Did you know eyes sunburn too? Eyes get spots and cataracts that affect vision from sun damage.

What are cataracts? They are a progressive clouding and yellowing of the crystalline lens, the eye's focusing mechanism. At least 10 percent of cataract cases are directly attributable to UV exposure. In the U.S. alone, more than one million operations to remove cataracts are performed every year. Cataracts are the most common cause of treatable blindness worldwide, and UVB has been directly linked to cataracts.

In addition some research (more is needed) is indicating the UVA and HEV light are potential causes of macular degeneration of the eyes. Macular degeneration is one of the major causes of vision loss in the U.S. for people over age 60.

Helping kids get into good safety habits young, will serve them well throughout their lives. Protect their eyes -- and yours.

Have a super, safe summer everyone! 🌞



Send in your artwork

Children of all ages are welcome to send in their artwork for publication, showing any safe work activities in forestry. Please send them in to: The editor, Forest Safety News, 420 Albert Street, Nanaimo BC, V9R 2V7. Little loot bags are sent to all the artists who send in their art, and all their names are entered into an end-of-year draw for a chance to win a model logging truck just in time for Christmas.

ABOUT Forest Safety News

Forest Safety News is published six times a year: February, April, June, August, October and December. All submissions -- letters to the editor, safety tips, photos, safety stories, concerns etc. -- are welcome. The opinions expressed in the newsletter are not necessarily those of the editor, staff or board of the BC Forest Safety Council. All decisions to publish materials rest with the editor. 12,000 copies of each edition are distributed via mail or email. Additional copies are distributed at industry events.

Subscriptions

If you would like to continue to receive a hard copy or would prefer to receive an electronic copy of this newsletter, please email editor@bcforestsafesafe.org and ask to be added to the print copy or email distribution lists. Email subscriptions are encouraged.

Have a story, letter to the editor, safety tip, ideas or photos? Please send all submissions to:

The editor
Forest Safety News
420 Albert Street
Nanaimo BC V9R 2V7

Call 1-877-741-1060 or
email editor@bcforestsafesafe.org 🌱



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FOREST SAFETY News



August 2015
issue 4 / vol. 2

Safety is Good Business

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Firefighters tackle the Dog Mountain fire, one of the many BC wildfires in 2015. Image courtesy of BC Wildfire Services.

Thank you!

To all BC Wildfire Services fallers, firefighters and support teams

A big thank you to all the wildfire firefighters, fallers and support teams – equipment operators, drivers, pilots, command centre staff and coordinators, first aid attendants, food and other supply providers, and everyone else who either directly or indirectly helps our front line firefighters battle one of the worst wildfire seasons on record in BC. They serve to protect and keep us, the people we love, our forests, wildlife, air quality, communities and livelihoods, safe. And, never to forget the spouses, parents, and children of those firefighters who best know the risk of sending a loved one out the door ...

Thank you!

If you would like to leave a personal message of thanks please go to: https://www.for.gov.bc.ca/pscripts/pab/fordisc/view_discussion.asp?TopicID=40&ShowPage=110

And to help reduce the number of fires, pause a moment to consider

what you can do to help create greater awareness among smokers and others you know of why it matters most to be responsible and to eliminate man-made wildfires. Many are reporting people still throwing cigarette or cigar butts out of car windows; people still lighting fires even during a complete fire ban across the province. The more we can help spread the word, the better the chance that Wildfire Services can focus exclusively on naturally caused fires. Start the conversation. Spread the word. We are in this together.

For Wildfire Services info in BC always go to <http://bcwildfire.ca/index.htm> or Twitter: <https://twitter.com/BCGovFireInfo> or Facebook: https://www.facebook.com/BCForestFireInfo?_rdr=p

For additional information on general wildfire safety info, a good out-of-province source is the US's <http://www.wildfirelessons.net/home> 🌲

2015 National Forest Week:

Wildland Fire, you can make a difference!

National Forest Week (NFW) runs September 20-26, 2015. This year's theme takes us back to the founding history of the initiative. NFW was established in 1922 as Forest Fire Prevention Week. The intent then was to encourage public awareness of Canada's forests. At the time, the greatest threat to Canada's forests came from forest fires, due mainly to human causes. Sound familiar?

Since then National Forest Week, as it was renamed in 1967, evolved to encompass the many and varied human and environmental aspects of Canada's forest resources – past, present and future. NFW's objectives remain to challenge Canadians to learn more about their forest heritage and support greater recognition of this valuable resource.

As we burn through one of BC's worst fire seasons, this year's NFW's theme is timely: Wildland Fire: You can make a difference! 🌲



Register now! Countdown to VISC on October 3, 2015

Planning for the Vancouver Island Safety Conference (VISC) is well underway with final speakers being confirmed. The day-long conference can attract 400 or more delegates from all areas of forest harvesting and mills. This year's theme is "Driving Forward – 10 Years of Safety Evolution: Past, Present, Future". Confirmed speakers include:

- Dr. Saul Miller – saulmiller.com
- Karen Bowman – dropitanddrive.com
- Grant Aune – www.advantagefleetservices.com
- Al Johnson – **Vice-President, Prevention Services, WSBC**

As in previous years, there is no charge for this conference thanks to the generous donations of industry, but a non-perishable food item (or cash donation) for the United Steelworkers' food bank is greatly appreciated.

Anyone who would like to consider being a sponsor may contact: Patty Bergeron at 1-877-741-1060 or email: VISC@bcforestsafesafe.org

Delegates may register here:
http://www.bcforestsafesafe.org/files/frm_VISC2015ParticipantRegistration.pdf

For a wrap-up of last year's VISC conference to get an idea of what happens:
<http://www.bcforestsafesafe.org/files/VISC2014Wrap-Up.pdf>

WorkSafeBC calls for feedback on changes

WorkSafeBC is seeking to consult with industry on proposed occupational health and safety (OHS) policy changes, and hold public hearings on proposed regulation changes. To review the discussion papers and proposed changes, and provide feedback, click on the links below. Please note consultation on stop work orders is already underway.

OHS Citations
Employer Incident Investigations
OHS Compliance Agreements
Stop Work Orders

Feedback will be accepted until 4:30 p.m. on Thursday, October 15, 2015. Public hearings regarding the regulation changes will be held in the fall. Specific locations and dates will be announced on www.worksafebc.com.

The BC Forest Safety Council will be developing a plan to gather feedback from industry.

If you have questions in this regard, please contact Rob Moonen at moonen@bcforestsafesafe.org or call toll-free 1-877-741-1060.



Industry News

First Northern BC Safety Conference draws 120 attendees

The first Northern BC Safety Conference, organized by industry, was held May 30, 2015 in Prince George and was attended by 120 delegates including silviculture, falling, logging, hauling, harvesting and mill workers as well as representatives from oil and gas.

The safety conference was made possible by generous sponsorship from West Fraser, Canfor, WorkSafeBC, TransCanada, Spectrum Resources Group Inc., the BC Forest Safety Council, Conifex, KDL Group, Pinnacle Renewable Energy Inc. and the Canada North Resources Expo.

For anyone who would like to learn more about the conference, please use this link to a 12-page newsletter summary of the day-long event including presentation notes, links to the speakers' and sponsors' websites, and photos: <http://bcforestsafesafe.org/files/NBCSC2015Wrap-up.pdf>

Due to the success of the event, plans are already underway for the 2016 Northern BC Safety Conference. If you would like to be a sponsor, volunteer, or suggest a good safety topic or speaker, please email messier@bcforestsafesafe.org.

Northern BC Safety Conference
WRAP-UP PUBLICATION on industry-sponsored, day-long safety conference in Prince George, May 30, 2015

How the conference came about:

Industry in the north expressed interest in wanting to explore how to create more safety awareness and access to topical, timely safety information. A group of companies committed their staff, time, monetary and other resources to conceptualized, lead, organize and support the first Northern BC Safety Conference. •

First Northern BC Safety Conference a success!

At the first free Northern BC Safety Conference (NBCSC) held May 30, 2015 in Prince George, 120 delegates from industry attended to hear a diverse mix of presentations on safety topics relevant to forestry and other resource industries.

"Very good, very relevant and current issues addressed."
"Overall fantastic conference and speakers!"
"Excellent conference. Appreciate that the sessions are going to be on YouTube."
"Good work. Keep it up!"
"So glad to see this happen."
"Excellent presentations – not only thought-provoking but inspirational in terms of making behavioural changes to improve my approach to safety."
"Excellent food." "Good venue." "Good variety of speakers."

Screen capture of 12-page wrap-up Northern BC Safety Conference newsletter



(Left) Members of the Canfor team were part of the 120 delegates attending the first Northern BC Safety Conference in Prince George and (right) Gary Anaka, brain coach and one of the speakers, shared how we can keep our brains – our most valuable asset – healthy and on task at work. He also explained how we can limit brain damage and Alzheimer's by reducing stress.

Workers Compensation Amendment Act, 2015 (Bill 9) receives Royal Assent

Bill 9 was approved by the BC Government (Royal Assent by the legislature) in the middle of May, 2015 and contains a number of changes to Part 3 of the Workers Compensation Act – some effective immediately and others effective later in 2016.

The goal of the changes is to improve workplace health and safety and strengthen the tools that WorkSafeBC uses to enforce the Act and the occupational Health and Safety Regulation.

Four changes are now in effect (as at May 14, 2015):

- Expanded stop work order powers
- Changes to employer incident investigations
- Expanded injunction powers
- Changes to penalty due diligence

Other sections of the new legislation are expected to come into effect in September 2015, while occupational health and safety citations for employers are expected to be introduced in early 2016.

WorkSafeBC has prepared three documents to assist employers understand the changes and actions they might need to take.

Please see:

- [Legislative Change: A Primer on Stop Work Orders](#)
- [Legislative Change: A Primer on Employer Incident Investigations](#)
- [Legislative Change: A Primer on Injunctions and Due Diligence](#)

In addition, there is a question and answer document on the changes to the Workers Compensation Act: http://www.worksafebc.com/regulation_and_policy/legislation_and_regulation/assets/pdf/Bill9FAQs.pdf

And an employer incident investigations overview: http://www.worksafebc.com/regulation_and_policy/legislation_and_regulation/assets/pdf/EmployerIncidentInvestOverview.pdf

BC Forest Safety Council's senior advisor, Martin Ridgway said as far as employer investigations are concerned: "The what to investigate; how to do it; and with whom; are unchanged. What has changed is the when to investigate and the report distribution."

Summary table of changes

When to investigate	Preliminary investigation: 48 hours from the time of the incident Full investigation: 30 days from the time of the incident but extensions can be requested in special complex cases
How to report	Preliminary investigation: Internal company document, but WorkSafeBC can request it Preliminary investigation corrective action report: must send to Joint Committee, Worker Representative and post for workers Full investigation: must send to WorkSafeBC Full investigation corrective action report: must send to WSBC, Joint Committee, Worker Representative, post for workers Updates to corrective action reports as items get closed off: must send to Joint Committee, Worker Representatives and post for workers (not required to send to WSBC unless WSBC requests it)

Accordingly, the BC Forest Safety Council has also updated the Small Employer Manual on incident investigation policy. Please see http://www.bcforestsafes.org/files/man_xSmallEmployerSafetyProgram.pdf (pages 20-22).

If you have any questions or concerns, please call us toll-free at 1-877-741-1060 or email safeco@bcforestsafes.org.

BCFSC 2014 Annual Report is available online



The BC Forest Safety Council (BCFSC) held its annual general meeting on June 3, 2015. At that time members approved the annual financial statements.

The annual report is available here: <http://www.bcforestsafes.org/files/BCFSCAnnualReport-2014-15.pdf>

Who sits on the board of directors of the BCFSC? [See page 6 of the annual report](#)

Who are all the members of the BCFSC? [See page 7](#)

What are all the industry safety working committees/groups and who are the members of each one? [See pages 25, 26 and 27](#)

How did the BCFSC perform? [See pages 10 to 23](#)

How is industry's money spent? [See financials on pages 23 and 24](#)

Got questions about anything at the BCFSC? [See page 28 for all contact details](#)



Call for nominations for Annual Safety Awards

Up to two annual safety awards are made each year to celebrate safety achievements in industry. Nominations are made by anyone in industry, who knows someone – an individual, crew, team, division, contractor, company, supplier, consultant, trainer, etc. – that deserves to be recognized for outstanding safety achievements. Something that has made, or continues to make, a difference supporting our shared goals as an industry to see every worker return home safely at the end of each work day.

The safety awards were conceived in 2007, with the first awards being made in 2008. Over the years the following recipients have been honoured for their contributions to safety in our industry:

Year	Cary White Memorial Lifetime Achievement Award	Most Valuable Player of the Year Award
2014	Stu Smith	Steve Venus
2013	Chris Akehurst	Don Banasky
2012	Bill Boardman	Gerry Lambert
2011	Sig Kemmler	Westline Harvesting Ltd.
2010	Mikael Jonsson	Geoterra IRS Ltd.
2009	Jack Miller	Roger Whittaker
2008	Steve Telosky	John Gooding

See <http://bcforestsafef.org/AnnualSafetyAwards.html> for photos of all the recipients.

Cary White Memorial Lifetime Achievement Award

This special award is presented to an individual who, through a long career in the forest industry has demonstrated an unwavering commitment to improving safety awareness, expanding safety knowledge, developing safety skills at ground level and building a lasting culture of safety among BC's forest workers. This individual is known for being a "teacher" of safety, a trainer, an instructor, a mentor – someone who goes the extra mile to help others reach their safety goals with a helping hand, proven experience and knowledge.

Devoting a lifetime of work to our industry is an achievement of its own. Tell us about the person you know who has made a difference when it comes to forest safety. Send in your nomination!

Most Valuable Player (MVP) of the Year Award

This award recognizes an individual or group that has made a notable contribution to forest industry safety within their operation or company in 2014/2015. This MVP could be a worker whose idea resulted in improvements to workplace safety; a supervisor who communicated regularly with his crew and spearheaded safe work procedures; a crew who together found a new way to do their jobs more safely and productively; a manager who demonstrated a commitment to worker safety through his actions; a committee that achieved safety improvements at work through their persistent efforts to seek changes or a company that has demonstrated leadership in integrating health & safety into their business practices with measurable results.

Get your nominations in! It's time to recognize the safety leaders, heroes and champions in BC's forest industry.

Nominations

Nomination is easy. Fill in the nomination form: http://bcforestsafef.org/files/frm_LeadershipInSafetyAwardsNomination.pdf and email it to awards@bcforestsafef.org, or fax to 250-741-1068.

Deadline

Nominations must be submitted to the BC Forest Safety Council by 4 pm, Tuesday, September 1, 2015.

Announcement of winners

The 2015 safety awards will be presented at the Vancouver Island Safety Conference on October 3, 2015. 📍

Year to Date:

Three confirmed direct harvesting fatalities;
Two other deaths, pending classification

While it hasn't been determined at this time whether this is a direct harvesting or associated fatality, a low-bed transportation company, died from injuries sustained while attempting to remove two beetlekill trees blocking the Fort George Canyon Road, off West Lake Road, near Prince George on May 23, 2015.

Direct harvesting fatalities are deaths of people who are in WorkSafeBC (WSBC) Forestry Classification Units and were working in forestry. Associated fatalities involve people who are not in the forestry WSBC Classification Units, but died as a result of an incident related to the industry, for example, a tourist travelling on a logging road who is involved in an incident with a logging truck; or someone who normally is in the forestry Classification Unit but is doing work outside of our industry e.g. line clearing in oil & gas, wildfire firefighting for BC Wildfire Services (formerly Wildfire Management Branch) or other industries. No matter where a death is classified to put costs against the most appropriate WSBC Classification Unit (which affects insurance rates) every death is as great a loss, and each is preventable.

The low-bed driver was hauling heavy equipment out to a logging site when he and the owner of the logging company came upon the trees lying across the road and tried to remove them. While pulling the trees off the road, a piece struck the low bed driver. He succumbed to his injuries in hospital a few hours later. Both the coroner's service and WSBC are investigating the incident.

Forest Safety News extends deepest sympathy to the family, friends and co-workers of the deceased. For related safety information, please see the fatality alert here: <http://www.bcforsafef.org/node/2675>



Fatalities and Injuries

60-year-old Wildfire faller dies fighting Sechelt fire

Based on preliminary information, on July 5, shortly before the noon-hour, a faller, whose company was also SAFE Certified, died while falling trees for the BC Wildfire Service (formerly Wildfire Management Branch) along the road near Sechelt. The faller was working with a spotter and another faller at the time. Forest Safety News extends deepest condolences to the deceased's family, friends, co-workers and fellow wildfire firefighters. The coroner's service, BC Wildfire Service and WorkSafeBC are investigating the incident. Please see the fatality alert here: <http://www.bcforestsafe.org/node/2682>.

25-year old faller dies at heli-logging operation on Northern BC Coast

No details were known at the time of going to press, except confirmation that a faller from Terrace died on Saturday, July 11, 2015 while falling at a remote heli-logging site on the northern coast of BC. WorkSafeBC and the coroner's office are investigating. Forest Safety News extends deepest sympathy to the family, friends and co-workers of the deceased. Please see the fatality alert here: <http://bcforestsafe.org/node/2683>.

Also included in the fatality alert (link above) is a non-forestry worker death. A mechanic died while working underneath a low-bed truck when someone moved the truck. We are sharing this information as it is important for all vehicle drivers doing maintenance to be aware and use lock-out to help prevent a similar incident in the future.

As reported previously, the two confirmed direct harvesting fatalities were:

April 6, 2015: a forestry worker was driving a company vehicle on a forest service road near Smithers when he pulled over and got out of his vehicle. He was struck by another company vehicle that was following him.

February 11, 2015: on the Alaska Highway at Mile 64, a log truck driver died in whiteout conditions after his loaded logging truck rear-ended another loaded logging truck that had slowed for a turning vehicle in front of it. 🚧

Recent incidents reported by WorkSafeBC

By sharing incidents we may learn from the experience of others and help prevent them from happening again. Here are the latest forestry injuries reported by WorkSafeBC on their website:

Forestry incidents

Injury: Concussion; multiple fractures
Industry: Forestry
Core Activity: Ground skidding, horse logging, or log loading
Location: Northern BC
Date of Incident: 2015-Jun
The operator of an excavator with an attached clam (log loading/land clearing implement) travelled over a deck of logs. The excavator rolled over, resulting in serious injuries to the operator.

Injury: Lacerated arm
Industry: Forestry, Trucking
Core Activity: Log hauling
Location: Vancouver Island/Coastal BC
Date of Incident: 2015-Jun
A loaded off-highway logging truck failed to negotiate a turn on a grade of 18 percent. The trailer fell over a small bank and pulled the tractor over as well. The tractor came to rest on its roof. The operator was wearing a seat belt.

Injury: Close call
Industry: Forestry, Trucking
Core Activity: Log hauling
Location: Interior BC
Date of Incident: 2015-May
A worker in a log transporter inadvertently pressed the trailer release button, which, in turn, caused the trailer brakes to apply, resulting in a sudden stop on the highway. The worker meant to press and release the engine compression brake instead. No injuries occurred.

Injury: Lower body injury (possible fracture)
Industry: Forestry, Trucking
Core Activity: Log hauling
Location: Interior BC
Date of Incident: 2015-May
A logging truck was trying to pull another logging truck out from the ditch. A worker was caught between the two trucks.

Injury: Lacerations to head
Industry: Forestry, Trucking
Core Activity: Log hauling
Location: Vancouver Island/Coastal BC
Date of Incident: 2015-Apr
A loaded logging truck failed to negotiate a left-hand curve in the road. The logging truck went across the road, flipped onto its side, and came to rest in the inside ditch.

Manufacturing incidents

Injury: Close call
Industry: Manufacturing - All, Manufacturing - Wood & Paper Products
Core Activity: Sawmill
Location: Northern BC
Date of Incident: 2015-May
A supervisor discovered a fire at the 27-inch debarker of a sawmill. The supervisor was able to extinguish the fire without incident. The fire department was called and responded as per company policy. The cause of the fire is under investigation.

Injury: Close call
Industry: Manufacturing - All, Manufacturing - Wood & Paper Products
Core Activity: Sawmill
Location: Northern BC
Date of Incident: 2015-May
A small fire erupted on top of the hog bin at a sawmill after some welding in the area. The fire was quickly extinguished by mill personnel and there were no injuries.

Injury: Close call
Industry: Manufacturing - All, Manufacturing - Wood & Paper Products
Core Activity: Sawmill
Location: Interior BC
Date of Incident: 2015-May
A small fire occurred in a room used by a millwright room used to store personal items and to perform light repair work. The fire was controlled by the sprinkler system and by a worker using a fire hose. There were no injuries and no disruption to work.

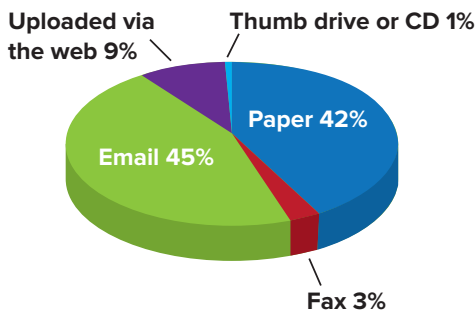
See more incidents at: http://www2.worksafebc.com/Publications/Incidents-Industry.asp?ReportID=36720&_ga=1.45979232.515817213.1436206259&appSession=763739434811035&RecordID=&PageID=2&PrevPageID=&cpipage=2&CPISortType=&CPIOrderBy

WorkSafeBC has also released the following new investigation reports on forestry/manufacturing incidents:

Driver seriously injured when a logging truck rolled over: <http://www2.worksafebc.com/Topics/AccidentInvestigations/IR-PrimaryResources.asp?ReportID=37692>

Young sawmill worker suffered fatal injuries after being trapped by conveyor belt: <http://www2.worksafebc.com/Topics/AccidentInvestigations/IR-Manufacturing.asp?ReportID=37647> 🚧

347 SAFE Company audits received in June 2015 as follows:



Thank you!

A big thank you to the 55% of SAFE Companies that send in their annual maintenance audits via email, web upload or thumb drive/CD.

By doing this companies help shorten the processing time of their audits and ensure that SAFE Companies staff do not have to take paper versions apart to scan and copy them before review.

Keep it up! 🎯

New SAFE Companies Administrator

Carmen Niemi has joined the BC Forest Safety Council as SAFE Companies Administrator effective June 22, 2015, replacing Tanya Radu who many of you dealt with regularly.



Carmen Niemi

Carmen will provide administrative support for the SAFE Companies program, working with companies, staff and external partners. Carmen recently relocated back to Nanaimo from Alberta where she worked for the past four years. The daughter of a faller, Carmen has a passion for safety coupled with a strong background in administration. All SAFE Companies will come to know Carmen as the first voice they speak with about their registrations, audit timetables and other SAFE Companies administration inquiries. You may reach Carmen at safeco@bcforestsafesafe.org or call toll-free 1-877-741-1060. 🎯



SAFE Companies

COR certification & lower injury rates go together

Certificate of Recognition (COR) certification is associated with lower injury rates, particularly in two sectors – forestry and construction – according to a University of British Columbia (UBC) study commissioned by WorkSafeBC.

COR certification was associated with lower injury rates across all 10 years of the study. Certified firms in forestry had 16% lower short-term disability (STD), long-term disability (LTD) and fatality injury rates and 21% lower serious injury rates compared to non-certified firms.

While the study proves that COR certified companies have lower injury rates, it does not prove that COR causes the lower rates. There may be other factors that drive a company both to become COR and to have lower injury rates (e.g. passionate committed leadership).

The overall research project looked at data across all industry sectors in British Columbia for the period 2002-2012, and was completed in 2015 by C. McLeod, W. Quirke and M. Koehoorn, at UBC's Partnership for Work, Health and Safety.

While employers who pass an audit of their Occupational Health and Safety (OHS) practices receive a COR and are eligible for a rebate of 10% of their WorkSafeBC premiums, little research had been done

to establish whether these programs led to improved occupational health and safety.

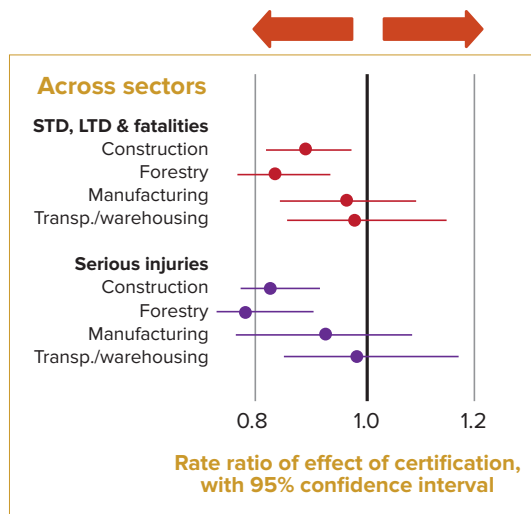
Companies pre COR certification and post as well as differences between certified and non-certified firms, were compared. Overall across all industries in the province, on average, certified firms had a 12% lower STD, LTD and fatality injury rate between 2005 and 2012 compared to non-certified firms and a 17% lower serious injury rate. No differences were found in the health care only claim rate. A health care only claim is a case with medical aid, but no time loss, for example getting a tetanus shot or a couple of stitches.

The UBC researchers recommend further research on ongoing monitoring of the effectiveness of the COR program; investigation of how the certification process facilitates change in OHS practices by companies; and assessment of the audit tool to improve its efficiency and incorporate evolving OHS best practices.

Please see <http://pwhs.ubc.ca/research/policy-and-program-evaluation/certificate-of-recognition-audit-program/> for more information about the research. Any questions about the research report should be directed to UBC. See www.pwhs.ubc.ca for contacts details. 🎯

A certified firm has a lower injury risk than a non-certified firm

A certified firm has a higher injury risk than a non-certified firm



The research shows that Forestry leads all industries where certified firms have a lower risk than non-certified firms.

IM/RTW pilot project update shows some positive progress; more work to be done

A joint pilot project between WorkSafeBC, the Truck Loggers Association (TLA) and the BC Forest Safety Council to help reduce insurance costs to industry has passed the half way mark, with some positive results.

Going into the pilot, industry was taking 21 days to send in Form 7s to WorkSafeBC – three times longer than the provincial average for all industries combined and seven times the legal requirement of three days! Form 7s are the forms employers use to report to WorkSafeBC that a workplace incident has occurred and has resulted in a lost time injury. The injured worker fills in a Form 6 and the Doctor involved fills in a form 8/11. It is only when WorkSafeBC has information that it can begin fully processing a claim – which includes matching the best care and RTW support to the specific type and nature of the injury. Delaying the form stalls the whole recovery and paperwork process, which has less than optimal outcomes for the injured worker, the employer and the insurance rate for the classification unit.

Since advertisements and other outreach (poster, wallet cards, presentations and promotions) have occurred, industry has reduced the 21-day processing time to 12 days, but still industry needs to drive it down to three.

One of the biggest challenges and opportunities is to also help forestry companies understand the bottomline benefits to engaging with and getting injured workers back to work as quickly as possible to help better, faster recoveries and smaller costs to the employer.

The majority of SAFE companies (85%) are small employers (less than five workers) and many of those are two or three-person family small businesses, which means reduced or alternative duties can be more than a tall order, if not near impossible.

Some small forestry contractors and companies have gotten creative, motivated by doing what's right by their workers

and their bottomline. For a few it is also about succession planning – if they are the breadwinner supporting a family and they are out themselves due to injury, how do they manage that? Some will tell you, it is also a risk management strategy, allowing them to fulfill contractual obligations with the licensees that hire them, if/when a critical worker is taken ill or needs to be off work due to injury or other reasons.

Creative injury management strategies for small companies include:

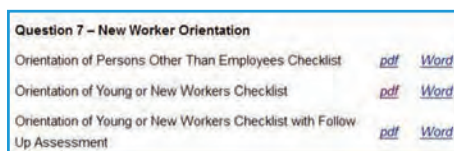
- Teaming up with other small employers in similar roles to work-share; this can work well just as back-up for when contract support and additional help is needed too, not just when someone is injured; and getting someone injured to do some shared light duties for several companies operating in the same area means spreading the load;
- Using a third-party provider that specializes in injury management that can stick handle everything between the employer, the worker and WorkSafeBC ensuring that the worker is getting the optimal service and care and getting them back to work soonest. This also allows the rest of the small team of workers/owner to focus on production and keeping the business going rather than having to split their focus going back and forward into town to personally do IM/RTW meetings, paperwork, etc.;
- Paying directly for medical services immediately for workers rather than waiting for traditional channels, e.g. access to an MRI within hours of an injury versus waiting six weeks;
- Having a good IM/RTW plan in place before you need it. Make the plan. Work the plan.

See the Summer edition of the TLA's Logger BC magazine, pages 38-43, for more information at <http://www.tla.ca/magazine>. To discuss how to make an IM/RTW plan work for your small company and unique needs, email safeco@bcforestsafef.org or call toll-free 1-877-741-1060. 📞

Young or New Worker orientation documents updated

Question 7 of the SAFE Companies small employer audits refer to new worker orientation. To assist you in meeting the latest regulatory requirements, the supporting reference form and checklist have been updated on our website here:

<http://www.bcforestsafef.org/node/2650> 📄



Question 7 – New Worker Orientation	
Orientation of Persons Other Than Employees Checklist	pdf Word
Orientation of Young or New Workers Checklist	pdf Word
Orientation of Young or New Workers Checklist with Follow Up Assessment	pdf Word

Screenshot of page (about half way down) is where you will find the latest versions of the documents in either PDF or Word.

New WHMIS policy documents

Following the regulatory changes affecting Workplace Hazardous Materials Information System (WHMIS), The BC Forest Safety Council has updated off-the-shelf WHMIS policies for companies to use. Companies may access PDF or Word Versions to use as is or to tailor for their own operations. Please see: <http://bcforestsafef.org/node/2650#policies>. A direct link to a PDF version http://bcforestsafef.org/files/pol_xWorkplaceHazardousMaterialsInformationSystem.pdf.

Something to note is the new WHMIS requirement for reasonable periodic evaluation of the knowledge of workers, using suitable means such as written tests and practical demonstrations.

For forestry operations, we would suggest the following practices:

- Training all workers as soon as practical in WHMIS 2015 since the new labels could be arriving on worksites in a few months;
- Observing workers safely working with hazardous products and recording it in supervisor journals or site inspections so that every worker who works with hazardous products is assessed at least annually; and
- A short annual WHMIS 2015 refresher quiz.

However, please consider what works best for your operation(s) and call WorkSafeBC's help line to clarify anything, as needed, in regards to interpretation of the regulation. You may reach the WorkSafeBC help desk dedicated to answering all your occupational health and safety regulation questions toll-free at 1-888-621-7233 (within BC) or 604-276-3100 (on the lower mainland), or email ssquery@worksafefbc.com. 📞

Calling all BASE auditors (internal and external)

If you have not had your BASE 4 upgrade training, your auditor certification will end December 31, 2015. You will not be able to conduct BASE audits in 2016. Please contact Laurel Laturnus at safeco@bcforestsafef.org for upgrade training options. 📞

Five industry training partners are training fallers

Launched last year at industry's request, the industry training program has approved a total of five falling companies to date. These companies are authorized industry training partners for the new faller training program. Each company successfully completed a rigorous qualification process to be considered and had to undergo specific training to be able to support the program. Ensuring consistent standards and excellent safety practices is key.

The five industry partners are: Western Forest Products, Blue Thunder Contracting Ltd., Windy Point Falling Ltd., Dickson Timber Falling Ltd. and R&B Falling Ltd.

A total of three new fallers have completed their initial 30-days of training through this program this year.

If you are an active falling company and would like to be considered as a partner, please contact guldbransen@bcforestsafesafe.org to discuss or call toll free 1-877-741-1060. 📞

New falling safety advisor joins team

Given the feedback received from industry on the value Falling Safety Advisors are able to bring in the field, real-time to falling crews, the Board of the BC Forest Safety Council approved the budget and hiring of a third safety advisor.

The falling department is pleased to advise that Scott Rushton has accepted the position, bringing 30 years of diverse falling, supervisory and logging experience to support industry through onsite visits, advocacy and training.



Scott Rushton

Scott spent 22 years working for major licensees and eight years working as a contractor. He has worked for MacMillan Bloedel/Weyerhaeuser and Island Timberlands, and is a certified bull buckler.

"Safety has always been important to me and I have always been on safety committees," said Scott who is looking forward to his new role. Give him a few weeks to settle in and then you can reach him direct at:

srushton@bcforestsafesafe.org or email falling@bcforestsafesafe.org. 📞



Falling

Faller Supervisor course draws strong participation

One of the most recent Falling Supervisor courses in Nanaimo in June, 2015 drew 11 trainees, including two trainees from Korea and one from Panama, all looking to BC for good falling supervisor practices.

Overall feedback from all participants was positive, and included:

"Quality course and informative manuals/hand-outs to give me a lot of positive additions to the falling/clearing work I am doing. Learned the tools for becoming a professional with safety at the forefront."

"Good content and materials."

"I was looking forward to attending closer to home but other than that the course is excellent."

What did you learn? How did this course change you or how you work?

"To be more in-depth with weekly audits and how to deal with people better."

"Will become an excellent falling supervisor." 📞



Attendees at one of the recent week-long faller supervisor courses held in Nanaimo, included three international participants, two from Korea and one from Panama.



Recent Falling Supervisor course participants review their copies of the new Faller Food Chart. See story on page 9 for more details.

New! Faller food chart poster available

- Circles of choice – aim for GREEN along with good water hydration to support best performance, health and safety
- Poster includes explanation on how to use the chart.

QST training back up and running

The QS/T training program is back up and running with a new evaluation process in place. The QS/T course was offered in partnership with BC Wildfire Service. Six participants, three of which were from BC Wildfire Service (formerly Wildfire Management Branch) and three from the forest industry, took part in the 10 day course in Port Alberni in June, 2015.

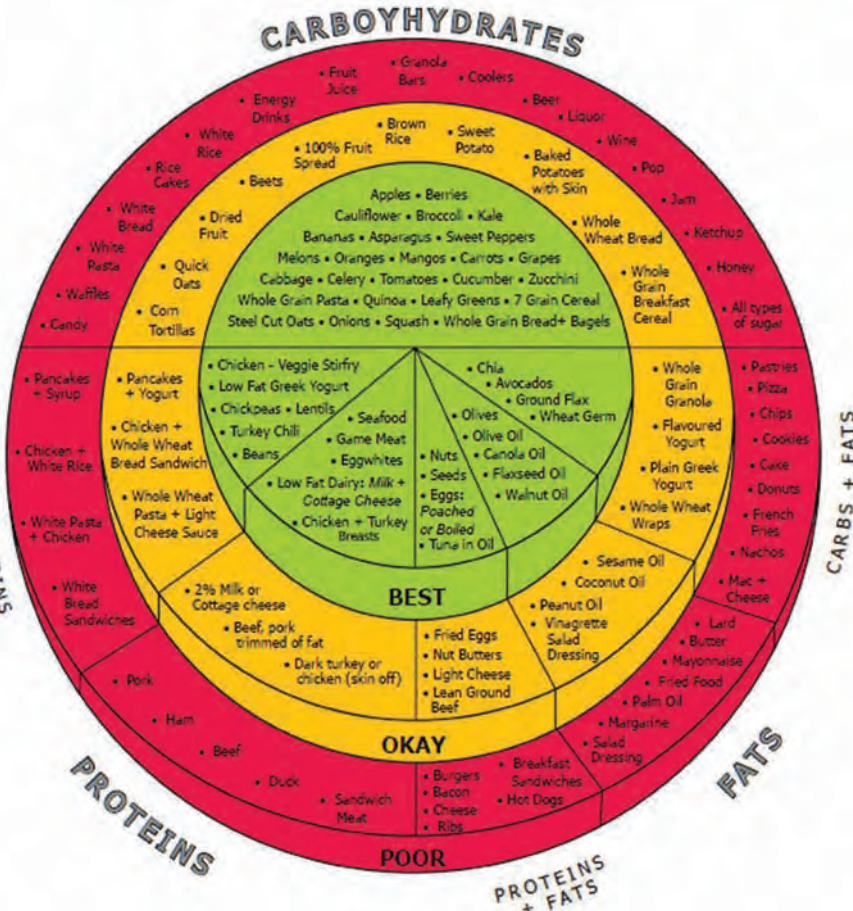
The QS/T Course has been designed to prepare experienced fallers to teach the BC Faller Training Standard program, to evaluate new and existing fallers, and to certify fallers. If you are interested in the QS/T course, please contact guldbransen@bcforestsafe.org for an information package and application form. 📧



A high stump is selected for an exercise during the QS/T course.



During the QS/T course, Clark Lansdowne (left), acting as the trainee, with Stephen Kompass, acting as the trainer, discuss procedures and how to be more effective with directions after completing an undercut in high stump.



The free faller food chart poster is available to view and download from the BC Forest Safety Council website: http://bcforestsafe.org/files/ps_FallerFoodChart.pdf or to order 11x19 posters, please use the online order form here: http://bcforestsafe.org/files/ps_InjuryPreventionResourceOrderForm.pdf (see page 2).

The chart aims to offer a quick and easy to use guide for fallers and other forestry workers to maximize health, wellness and top performance. Balancing what the body needs to optimize physical and mental performance helps improve production and safety and minimize fatigue and injury. Give it a try. We would love to get your feedback! The faller chart is part of the Fit to Log program that the BC Forest Safety Council has worked on with Dr. Delia Roberts and her company FitSAFE Solutions Inc.

booklet along with their faller card this year. Approximately a third of fallers will have already received their packages, and the rest will have received them by the end of the year with their annual renewals.

Other Fit to Log tools may be found here: <http://bcforestsafe.org/node/2485> (half way down the page). If you have any questions or comments about Fit to Log and the faller food chart in particular, please email: editor@bcforestsafe.org or call toll free 1-877-741-1060. All feedback welcome! 📧

Certified fallers will receive a Fit to Log

Pre-screening program for new faller trainees is being considered

A preliminary meeting in August has been scheduled with Stefan, Fraser & Associates Inc. <http://stefanfraser.com/main/> to create, with the help of industry, a pre-screening process for participants interested in taking new faller training.

Best practices in other industries involving high-risk, physical and mental activities, e.g. fire-fighters and commercial divers, etc., provide pre-screening processes. In such a way, participants who are not ideally suited to high risk situations and the demands of

training and a career in falling, will know this before entering the program. Appropriate pre-screening helps increase the odds of a good match that makes for better safety outcomes, higher production and more satisfied fallers – a win-win for everyone. 📧



Falling

WorkSafeBC will be sending final reminders to fallers still needing re-evaluation

Reminder letters from WorkSafeBC will be going out to a small number of fallers who still need to complete re-evaluation to meet certification under Reg. 26.22, and who have not yet made arrangements to do so.

Any fallers that were required to complete the re-evaluations by December 31, 2015 – and don't – will no longer be able to work as fallers in BC. And, the costs to complete the appropriate training to be in a position to pass re-evaluation after that date will not be covered by WorkSafeBC.

For those who missed stories in prior editions, a review by WorkSafeBC determined that due to human error – often miscalculations of scores by those administering the audit – some fallers may not have met the required standards to achieve certification. To remedy the situation, re-evaluations of the affected fallers and remedial training if necessary (at no cost to the faller) was put in place to meet regulatory requirements. The BCFSC worked closely with WorkSafeBC to contact all of the 160 affected fallers.

To date, 29 of the 160 completed the requirement; 32 are in the process of completing the requirement, while many others have indicated that they are retired, no longer work in the industry, or are not interested. In addition 37 fallers were not reachable – addresses or phone numbers are no longer valid.

If you have any doubts as to whether you are on the list and/or would like to check to be 100% sure, please call 1-877-741-1060 as soon as possible or email faller@bcforestsafe.org. Better be sure than sorry! 🚩

Deloitte Report Implementation Plan

Deloitte was commissioned by WorkSafeBC to review the BC Faller program and make recommendations to improve it. A final report of Deloitte's findings and recommendations was recently shared with the BC Forest Safety Council (BCFSC), BC Wildfire Services and Enform, the three entities that are approved administrators of the BC Falling Training Standard.

At a meeting in early July with all parties invited, the BCFSC accepted the recommendations contained in the report. "We will be working closely with WorkSafeBC to put together an action plan to implement the recommendations," said Peter Sprout, BCFSC's Falling Program Manager.

It is anticipated that implementation of the recommendations will be completed within nine months (by end of April 2016). Details of the action plan for implementation will be worked on in the next few weeks. How the changes will improve the program and safety will be shared in a future edition of Forest Safety News. 🚩

The latest new fallers!

The two new fallers who are the latest trainees to successfully complete their initial 30 days of training are: Nevin Simpson and Charles Ash. The training took place in Sointula from May – June 2015.

The next course dates for new faller training are September 14 and October 14, 2015. For information on the new faller training program, please check our website at: http://www.bcforestsafe.org/training/faller_certification/training.html 🚩



New faller trainees with their trainers, (left to right) Nevin Simpson, Harry Cole (trainer), Charles Ash and Ken McGregor (trainer).

Shorter Switchback course available

A 2-hour Switchback pilot course was run in Port Alice at the beginning of May with 10 fallers at Sibola Mountain Falling. The original course runs over several days and while very valuable, is challenging in the time and cost for many small forestry companies and individual contractors. A few of the key elements have been distilled into a much shorter offering, which it is anticipated, may provide the opportunity for many more forestry participants. If any companies would like to offer the 2-hour course to their employees, please contact Switchback at 250-337-8885. 🚩



A 2-hour Switchback training pilot was recently held at Sibola Mountain Falling.



Training

Over 900 trained in first six months of year, almost 33% more than prior year *

The forest industry continues to show a strong interest in improving injury prevention skills and knowledge as indicated by the level of participation in training. As of 2015's half-way mark, over 900 individuals have taken part in just the BC Forest Safety Council (BCFSC) training programs, almost 300 more than for the same period in 2014. More seats in refresher training for Small Employer and Individual Owner Operator have been filled in 2015, than in the whole of 2014.

258 people have been trained in Forest Supervisor modules to date, almost equivalent to the number of people trained in 2014. A further 13 Forest Supervisor sessions hosted by companies specifically for their people also took place. This summary of training to support the industry does not include what companies are providing to their people through other training providers available to the industry.

This year has seen new/revised programs added to the line-up of courses available through the BCFSC:

- Communication for Forest Supervisors
- Leadership for Forest Supervisors
- Light Truck Driver Training
- Internal Auditor Refresher and
- External Auditor Refresher.

More training programs are in various stages of planning and development:

- Computer-based Small Employer
- Computer-based Individual Owner Operator
- Personal Awareness and
- Alcohol and Drug Awareness for Supervisors.

(*Excludes Anatomy of a Rollover and other transportation training done in partnership with licensees. See page 15 for those details.)

Addressing alcohol and drug impairment

As companies and contractors continue working to make the workplace injury-free, alcohol and drug impairment on the job is an issue that is likely to be raised. As with all successful safety initiatives, it is important to ensure that everyone understands that the intent in improving safety is never to “catch and discipline” anyone. Alcohol and drug impairment on the job is just one more area that needs to be worked along the journey to injury-free. This is done by developing relevant policy for the particular workplace; by educating workers to increase awareness and understanding of impairment; by supporting any individuals with impairment issues to become impairment-free; and as appropriate, by testing in safety sensitive work.

Employers have an obligation to deal with all safety and risk issues on a worksite, including those caused by impairment. While Canada does not regulate testing in certain industries, precedents have been established, e.g. in long haul trucking where the United States (US) requires testing of drivers crossing the border into the US, the same rules have been applied by companies in Canada. Other industries in Canada have also established programs for policies and testing, such as oil and gas.

Recently Barbara Butler presented a discussion, “Alcohol and Drugs: Canadian Policy Direction,” to a cross section of industry and contractor association executives during a Board meeting of the BC Forest Safety Council. Information she shared as well as additional resource material is available for your reference when it is time for you to address this issue. Please see <http://bcforestsafesafe.org/files/AlcoholAndDrugsCanadianPolicyDevelopment.pdf> and <http://bcforestsafesafe.org/node/2226>

Progress on developing cable yarding occupation standards

Industry experts have been working hard to create a standard for cable yarding occupations. These standards outline the knowledge and skills that these workers need to be considered qualified at what they do. Previously, this knowledge and skill has been passed along from experienced loggers to new workers on the job. However, this information was rarely recorded or documented which is why this project is so important. The industry experts have been brought together to brainstorm all of the key components as well as review cable yarding standards from other jurisdictions like New Zealand.

Once the standards have been built, easy-to-use tools will be developed to provide supervisors with checklists to assess their workers to determine if they are qualified. This information can also be used to develop training materials for new workers who are just starting out in these occupations.

Initially, the standards and assessment tools are being developed and tested with coastal companies and contractors. Before they are finalized, they will also be tested by companies in other parts of the province to make sure they work well for Interior yarding operations.

Standards will be built for the following occupations: Hooktender, Grapple Yarder Operator, Landingman/Utilityman, Tower Operator, Rigging Slinger and Chokerman.

Special thanks to the following people who have been involved in the development of these standards: Stu Smith, Sam Stanko, Vince Devlin, Ron Boe, Rick Neuwirth, Phil Linder, Mike Sexton, Norm Knowles, James Smith and Patrick Geary.

For more information on this project, please contact Gerard Messier at messier@bcforestsafesafe.org or call toll-free 1-877-741-1060.



Three of industry's experts on cable-yarding (left to right), Ron Boe, Sam Stanko, and Stu Smith, participate in a meeting with consultant, Greg Shorland (right), to help in the development of standards.





Training

New free 3-point contact poster and sticker

The objective in supplying these new resource tools is to assist forestry and mill operations in reinforcing good 3-point contact work procedures with all machine operators and log truck drivers.

You may use the poster or sticker as is, or you may add another tail-gate/safety meeting activity if you like. At the bottom of each sticker or poster is a line under the wording: "I can prevent slips, trips and falls!" Crews, if they choose to, can get together and sign the poster together as their personal pledge and pledge to their fellow workers that model their own behaviours to ensure everyone uses 3-point contact every time. Individual drivers/operators may choose to show their commitment to personal 3-point contact by signing a sticker and placing it on the door of their machine. The idea is have a reminder to use 3 point contact right when and where it happens and to publicly show commitment to support 3-point safe work procedures. Everyone wants to go home safe and injury-free at the end of each day. The stickers/posters contain the key elements included in WorkSafeBC's safe work procedures, below.

Three Points of Contact

You must use three points of contact at all times when entering/exiting all machines and trucks.

You must use three points of contact at all times when climbing on/off all machines or trucks when working on them.

Three point contact is exactly that: 3 points of contact. To do this you must at all times have contact with one hand and two feet or two hands and one foot.

Mount/dismount procedures:

- Maintain three point contact at all times
- Mount and dismount **facing the machine/truck**
- NEVER jump from the machine/truck
- Look before and where you step, taking conscious time
- Step squarely, never at an angle
- Never get on or off a moving machine/truck
- Be conscious of the clothing you wear, especially in winter.

Another tip we have received from readers: include a tool(s) for drivers/operators to clean out ice/debris accumulation on the stairs/ footholds (e.g. a hard bristle scrub brush/softer bristle dust brush). Anecdotally this may be helpful for some situations.

What do you think?

What have you found works for you or your log truck/machine operators in supporting the consistent use of three-point contact? What doesn't work? Please let us know at editor@bcforestsafesafe.org or call toll-free 1-877-741-1060 to help shape better safety outcomes for everyone in industry. 🌱



To order the free new 3-point contact stickers and posters, please see here: http://www.bcforestsafesafe.org/files/ps_InjuryPreventionResourceOrderForm.pdf (page 2 for the 3-point full-size 11x17 poster (orange and black) and page 4 for the sticker (orange and black). Please note that some web browsers' colour palettes are showing the sticker/poster as having pink PPE. The actual colour is yellow!

Testimonial received about industry's OH&S training: An eye opener!

By Mark Churchill, RFT

Prior to attending the Small Employer OHS Training Course, I was probably like most people and thought that I knew what was required to provide a safe work site and what safety concerns to discuss when hiring a contractor to conduct some silviculture work, logging or road building.

Working part-time as a forest consultant in a two-man operation and as a woodlot licensee who hired contractors to conduct the harvesting and road construction phases, I had heard of the SAFE Certified designation but had thought it was only for the larger companies. That changed recently when in my area of the province, the local mills have moved to only hiring SAFE Certified contractors and if I wanted to continue to sell logs and provide consulting services to these sawmills and the loggers who were working for these mills I too would have to obtain the SAFE Certified designation.

One of the first steps in obtaining SAFE Certification is to have someone in your company attend the two-day Small Employer OHS Training Course. For a woodlot licensee that means you. You can't hire a contractor to provide that service.

I attended the course in December 2014 expecting not to learn much; after all I have been working in the forest sector for 35 years. By the end of the first day I realized how little I really knew, and that I had taken too much for granted over the years in the area of safety responsibility. The instructor, John Gooding, guided the class made up of forest consultants, trucking companies and logging contractors.

The goal of the course was to prepare you to set up and run an effective proactive safety program at your company and prepare you for the certification/audit process. By the end of day two it had achieved that goal and much more. Detailed and current safe work procedures for all phases of our operation are available as is advice on how to effectively implement a safety plan that consists of both the prerequisite paper content and more importantly the implementation of a safety attitude that will evolve into both a safer and a more productive worksite.

If you haven't taken the course yet, go to the Forest Safety Council website to sign up for one near you.

Mark worked for 11 years with the Ministry of Forests and for the past 24 years as a Forestry Consultant. He has been a Woodlot Licensee for 15 years. 🌲

Sharing knowledge and safety support



BC Forest Safety Council staff talk with attendees at the 2015 Northern Resources Expo in Prince George earlier this year.

Upcoming Training

If you would like to see how a training course can meet your organization's needs, please let us know. We are committed to working with you to find the right training solution. We may be able to tailor a program to your specific needs and deliver it in a way that is most convenient for your operations.

Please see bcforestsafesafe.org/fscapps/calendar/calendar.php for 2015's full training calendar. Check back often as course dates do change. Email training@bcforestsafesafe.org or call toll-free 1-877-741-1060.

Small Employer OHS and Small Employer OHS refresher course:

August 6	Vernon
August 26	Hazelton
September 17	Langley
September 24	Prince George
October 22	Campbell River
October 29	Williams Lake

Basic Incident Investigation:

September 22	Prince George
September 24	Nanaimo
October 5	Cranbrook
October 8	Vernon

Advanced Incident Investigation:

September 23	Prince George
September 25	Nanaimo
October 6	Cranbrook
October 9	Vernon

Resource Road Driving:

September 14	Prince George
September 17	Vernon
September 24	Port Alberni

Forest Supervisor Training:

Module 1: Due Diligence	
Module 2: Communications	
Module 3: Leadership	
October 14	Nanaimo (Module 1)
October 15	Nanaimo (Module 2)
October 16	Nanaimo (Module 3)
October 19	Langley (Module 1)
October 19	Cranbrook (Module 1)
October 20	Cranbrook (Module 2)
October 21	Cranbrook (Module 3)
October 28	Prince George (Module 1)
October 29	Prince George (Module 2)
October 30	Prince George (Module 3)

Falling Supervisor:

September 28	Prince George
October 5	Nelson
October 26	Vernon

Internal Auditor:

October 5	Prince George
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IOO & IOO Refresher:

August 29	Teleconference
September 26	Teleconference
October 10	Nanaimo
October 17	Kamloops
October 31	Teleconference 🌲



Transportation

Update on TAG activities



The BC Forest Safety Council (BCFSC) Director of Transportation Safety, Dustin Meierhofer, recently provided an update on the Trucking Advisory Group (TAG) activities at the first Northern BC Safety Conference in Prince George.

He said that in 2014, log hauling incidents reported by TAG indicated the following:

- 34%** Rollover (reduction of approximately 10% from 2013)
- 24%** Collision
- 15%** Loading/unloading
- 9%** Left the road
- 18%** Other

Dustin explained that in addition to many actions TAG is taking to improve log hauling safety, one of the key roles of TAG is supporting effective communications between licensees, contractor associations, the Log Truck Technical Advisory Committee (LTTAC) and the BCFSC. In this way industry can focus on developing initiatives and supporting projects that are important to the safety performance and health of workers across the log hauling sector and being able to identify and respond proactively to any emerging issues.

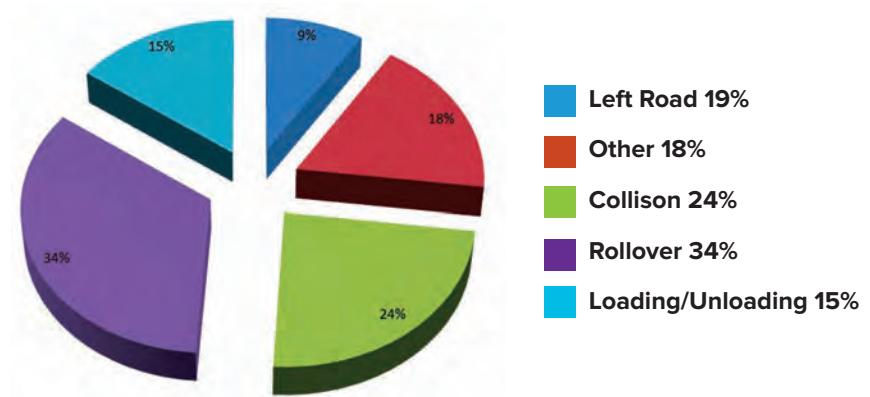
Members of TAG include representatives from the Interior Logging Association, the Truck Loggers Association, LTTAC, Lo-Bar Log Transport, West Fraser, Interfor, BC Timber Sales, Conifex, Gorman, Tolko and Canfor. 🚚

Get where you are going by slowing the truck down!

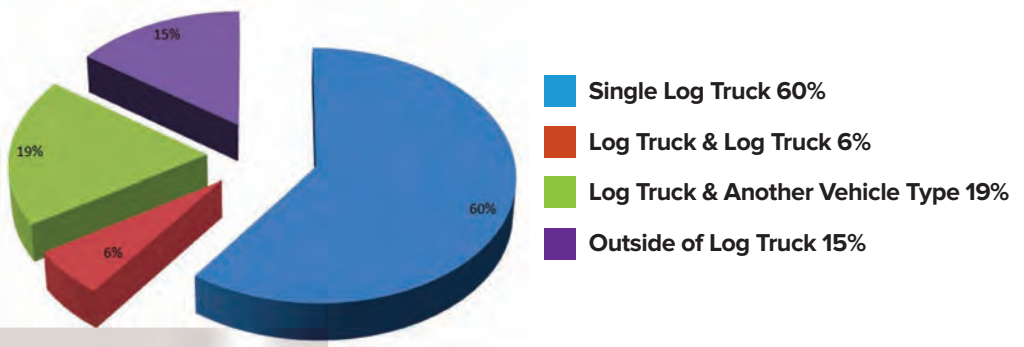
In addition to the incidents below, a few readers have shared with Forest Safety News that they have observed a couple of trucks “flying by” as they haul before heat/fire shuts down hauling. There is no excuse for speeding. Slow the truck down! 🚚



BCFSC's Director of Transportation Safety, Dustin Meierhofer, provides an update on TAG at the Northern BC Safety Conference in Prince George.



Breakdown of logging truck incidents in BC 2014 by type.



Defining incidents by number and/or type of vehicles involved in logging truck incidents.

Summer logging truck incidents

According to our tracking, six logging truck incidents have been reported in the media since the beginning of June, 2015.

On June 1, preliminary information from authorities is that excessive speed on a corner was to blame for a logging truck losing its load on Highway 3 west of Princeton. The driver sustained neck injuries and was hospitalized.

On June 10, a logging truck near Port Alberni hit a rail on a bridge that tore off the front axle and caused the rig to lift and lose its load. The driver sustained minor injuries and was treated in hospital. Fuel lost into a dry stream bed was remediated.

On June 16, a 73-year-old log truck driver suffered what is believed to have been a medical emergency and drove off Highway 3 into a house.

On June 26, on the Princeton-Summerland Road, a logging truck lost its load and the driver suffered minor injuries.

On July 10, a logging truck struck a CP rail overpass bridge in Kamloops as the load was too high to clear the structure.

On July 20, a logging truck flipped on Highway 28 near Campbell River. Driver was taken to hospital. 🚚

Industry push to prevent rollovers continues

Industry continues its push to help prevent log truck rollovers through awareness and education. In the last three months, 1,059 log truck drivers, loader operators, supervisors and others have attended joint licensee/BC Forest Safety Council Anatomy of a Rollover sessions. A further 309 have attended Standard of Care sessions and 57 have

attended Your Greatest Risk sessions, all promoting safe driving and hauling practices based on science, incident reconstruction and proven best practices.

These sessions follow on last year's program where more than 900 log truck drivers, loader operators and other industry

participants attended similar sessions.

The table below details the 2015 outreach and the commitment of licensees, contractors and individual drivers and operators to improve operational performance and reduce incidents and injuries. 🚛

LOCATION	DATE	TYPE OF SESSION	NUMBER OF ATTENDEES
Prince George: Spectrum	3/5/2015	Your Greatest Risk (YGR)	57
Merrit: Tolko	4/5/2015	Anatomy of a Rollover (AOR)	54
Kamloops: Interfor	5/5/2015	Standard of Care (SOC)	87
Salmon Arm: Gorman	6/5/2015	AOR	79
Clearwater: Canfor	7/5/2015	AOR	30
Cranbrook: Canfor	8/5/2015	AOR	158
Kamloops: Tolko	11/5/2015	AOR	24
Vernon: Tolko	12/5/2015	AOR	37
Grand Forks: Interfor	13/5/2015	SOC	100
Castlegar: SutCo	14/5/2015	AOR	22
Nakusp: Interfor	15/5/2015	SOC	122
Vanderhoof: Canfor	19/5/2015	AOR	121
Prince George: Canfor (2 sessions)	20/5/2015	AOR	133
Fort St. John: Canfor	21/5/2015	AOR	100
Mackenzie: Canfor	22/5/2015	AOR	41
Chetwynd: Canfor	25/5/15	AOR	77
Burns Lake: Babine FP	29/5/15	AOR	56
Houston: Canfor	1/6/2015	AOR	51
Campbell River: Timber West	2/6/2015	AOR	22
Duncan: Timber West	3/6/2015	AOR	54
TOTAL:			1425

2015 Anatomy of a Rollover Total Attendees	2015 Standard of Care Total Attendees	2015 Your Greatest Risk Total Attendees
1,059	309	57



Participants listen intently to Grant Aune, of Advantage Fleet Services, deliver an Anatomy of a Rollover session in Fort St. John earlier this year.



Transportation

Recent BC highway incidents provide an opportunity to reinforce the need for vigilance

Never stop scanning the road far up ahead! Rule of thumb is the faster you are travelling and the heavier your vehicle and load, the further ahead you should be looking to give yourself sufficient time to react and/or brake safely.

In the old days we'd talk about the three second rule. Today, many talk about the six second or eight second rule because of speeds, road conditions and loads. Add the delay in time of seeing a potential issue, getting the brain to process the issue, and having the body react to the issue, the average person has already lost one or two seconds, or more if fatigued which translates into 50 m / 166 ft when travelling at 90 km/hr (25m a second).

The safest drivers are defensive drivers – that is, those drivers who are anticipating potentially unsafe driving behaviours from other drivers on the road and adjusting their own behaviours accordingly.

Some people pull off the side of the road unexpectedly, especially when they are hauling summer toys, but leave tires sitting on the white line or even over the white line in a lane of fast-moving traffic. Others just don't think or are not aware of the potential implications of their decisions. Like the drivers who stop to shepherd wildlife across a highway, or pick up something that's blown out the car or trailer. There is no way you are going to stop in time unless you are focused, scanning far ahead, see the vehicle and slow down a long way away.

Sadly that was not the case in two recent incidents, one on Vancouver Island on July 9, 2015 and one on the mainland on July 13, 2015 that between the two incidents put 15 people in hospital. In the first incident a ladder came off a pick-up truck while the truck was travelling down the highway. A second pick-up truck stopped and put hazards on to assist the first driver in recovering the ladder. A third pick-up truck hit both trucks and the driver of the first

truck, before flipping and rolling down the highway. The impact destroyed all three vehicles. This incident happened in good driving conditions on Highway 19 near Qualicum Beach at 6:40 am.

The other incident happened July 13, 2015 on Highway 1, just west of Herrling Island. A police cruiser had its hazards on and was stopped to assist a stalled truck on the shoulder. A total of 13 people went to hospital as five or six vehicles including a lumber truck were involved in a chain-reaction collision.

So please, pay attention. Drive defensively by staying focused on driving and what's ahead. Never under-estimate how much time and space you need to stop, no matter what you drive and how good road conditions are. If you have a transportation safety concern you would like to share, please email editor@bcforestsafesafe.org or call toll-free 1-877-741-1060. 🚚

Work continues on improving safety related to road construction landslides

Following on from our first story in April 2015 on the road Construction Initiated Landslides Working Group (CISWG), the group is focusing efforts according to where the most incidents have occurred, as shown in the adjacent image and chart.

According to recently collected data, there have been 26 such incidents on the coast over the last three years. Nine of these incidents involved excavators sliding down the slope from the road prism during road construction activities. The incidents have been very serious in nature with considerable human, environmental and operational costs.

While the group is focusing on coastal road construction, it will pass on information to all interested Interior parties. The group is looking for quick wins that will have an immediate impact, as well as a longer term strategy to sustain improvement and inform other initiatives.

Ongoing action includes:

- Data Collection and Analysis
- Raising Awareness within the Industry
- Training Methods and Resources for Road Crews and Professionals
- New Ways to Identify Sensitive Zones and Build Road, and
- Options for monitoring and enforcement of road construction standards.

CISWG members include representatives from Aztec Geoscience, BC Timber Sales, BC Forest Safety Council, FPInnovations, Interfor, Ministry of Forests, Lands and Natural Resource Operations, Ponting Logging, and Western Forest Products. 🌲



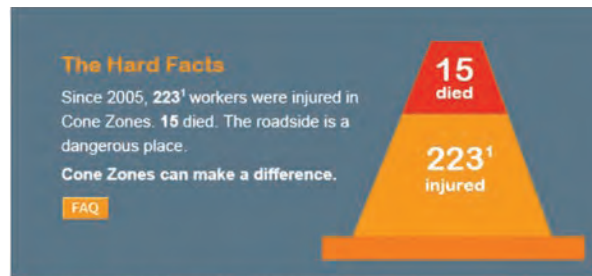
Region	#of slides
Central Coast	15
Vancouver Island	4
South Coast	6
Haida Gwaii	1
Total	26

Keeping your trucks, machinery and logging sites secure

We are hearing about increased reports of vandalism and theft from logging sites throughout the Province, including the burning of four logging trucks in Merritt; thefts of fuel, first aid kits, and anything else not robustly secured. Please be aware and report all vandalism and thefts to your closest RCMP detachment. A good tip is to keep an inventory of all your site equipment and tools by photographing each item along with make, model, place of purchase, price, all serial numbers and any other unique characteristics to help in future identification of tools/machinery, vehicles, etc. This makes it quick and easy for you to report any thefts/loss and easier to prove ownership when they are recovered. There are also active Facebook crime stopper/stolen goods sites for different areas across the province that can be very helpful in securing returns of stolen goods. 🚓

Summer means more road construction

We all spend a lot of time on the road, getting to and from work or driving for work. Remember to watch for cone zones! Drivers must slow their speed to 70km/h when in an 80km/h or over zone, and 40km/h when in an under 80km/h zone. If travelling on a multi-lane road, the driver must move into another lane to pass where safe to do so. Failing to follow these new rules can result in a \$173 ticket and three penalty points. Please drive safely, respecting the roadside workers and your own safety. 🚧



(1) Number of claims where workers missed time from work.

This image is shared from <http://www.conezonebc.com>. Check out the website for more information and materials.

Distracted driving feedback

For the past couple of months, up till July 16, the provincial government in BC has been gathering feedback on what people think about distracted driving and the current penalties in the province. Distracted driving is the second-leading contributing factor to vehicle fatalities in BC with 88 deaths a year. Last year, police issued 55,000 tickets to drivers in BC using electronic devices.



The current penalties for using a hand-held electronic device while driving include three penalty points, and a \$167 fine. This is the second-lowest maximum fine in Canada for distracted driving. By comparison, Nova Scotia's fine is \$579 and Ontario's is \$500. It is expected that feedback already received could lead to possible changes to BC's distracted driving sanctions and frame future discussions by BC's road safety partners. The goal is make BC's roads the safest in North America by 2020.

Leave the phone alone! 📵



Naps may help support safer outcomes

Nothing beats eating well and sleeping well for good performance. We should all aim for quality sleep and enough of it each and every day, but when that is impossible due to work schedules and other life demands, a new University of Michigan (U-M) study has found that taking a nap may be an effective strategy to help support safer workplaces and increase productivity.

In a press release issued June 29, 2015, U-M said that "napping at work can be a cost-efficient and easy strategy to increase workplace safety." Employers may find their employees more productive when the workplace offers opportunities for naps. The study found that taking a nap may be an effective strategy to counteract impulsive behaviour and boost tolerance for frustration. Insufficient quality sleep is increasingly common for people, especially adults, which can negatively impair a person's attention and memory, as well as contribute to fatigue.

U-M researchers examined how a brief nap affected adults' emotional control. The study's 40 participants, ages 18-50, maintained a consistent sleep schedule for three nights prior to the test.

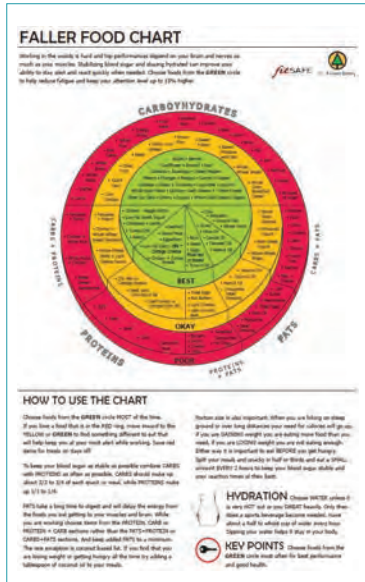
In a laboratory, participants completed tasks on computers and answered questions about sleepiness, mood and impulsivity. They were randomly assigned to a 60-minute nap opportunity or no-nap period that involved watching a nature video. Research assistants monitored the participants, who later completed the questionnaires and tasks again.

Those who napped spent more time trying to solve a task than the non-nappers who were less willing to endure frustration in order to complete it. In addition, nappers reported feeling less impulsive.

continued on page 18

Faller food chart

Designed to help you make good food choices, the Faller's food chart can be used to find alternatives to some of the less healthy foods you eat. Foods found in the red portion of the circle should be eaten only rarely and in small amounts. Instead, choose foods from the amber or green circles to fuel your body with the best possible ingredients. Especially if your life depends on you staying alert at work!



Please see the **Falling** section on page 9 for the large diagram and how to order your free copy of the poster.

Naps.. continued from page 17

Combined with previous research demonstrating the negative effects of sleep deprivation, results from this latest study indicate that staying awake for an extended period of time hinders people from controlling negative emotional responses.

“Our results suggest that napping may be a beneficial intervention for individuals who may be required to remain awake for long periods of time by enhancing the ability to persevere through difficult or frustrating tasks,” said Jennifer Goldschmied, the study’s lead author, a doctoral student in the U-M Department of Psychology. The study’s other authors included Philip Cheng, Kathryn Kemp, Lauren Caccamo, Julia Roberts and Patricia Deldin.

<https://www.umich.edu/research/>

If you do take a nap on the side of the road or in the woods, always make sure it’s in a safe place to do so! And, never nap in running machinery, unventilated cabs/vehicles or other confined spaces! 🚫



Health and Wellness



Gluten or not?

Sorting the marketing hype from the facts

By Dr. Delia Roberts

With all the hype about low carb diets and the dangers of gluten consumption it’s difficult to separate out fact from fiction. What we do know is that minimizing inflammation and matching energy intake to energy output are critical for good health. We also know that stabilizing blood sugar can reduce feelings of fatigue, improve attention, reaction time and decision-making. But what isn’t clear is whether or not carbs and/or gluten contribute to diseases ranging from rashes to mental disorders.

To start it’s important to understand what gluten and carbohydrates are, and what roles they play in the body. Carbs are molecules that are found in foods we eat that are made up of sugar molecules. Sugars (any food that tastes sweet) are small units, ready for the body to use for energy immediately. Complex carbs are structures made of sugar units linked together, so they need to be broken down further before the energy can be released. In addition, complex carbs are often found in foods together with important nutrients like fiber, vitamins and minerals. Gluten, on the other hand, is a molecule made of proteins found in certain grains like wheat, barley and rye. Once digested, proteins can be used to generate energy but most often are used structurally. Proteins also provide important vitamins and minerals.

Less than 1% of people have Celiac Disease

The problem with gluten arises due to allergic type responses in some people, but less than one percent of the population has true Celiac Disease. These individuals have an allergic reaction to gluten that results in the immune system attacking the lining of the intestine, making them very sick. Celiac Disease is often inherited and because of the way it affects the digestive system is easy to diagnose. However, there are two additional diseases associated with wheat or gluten that are far less clear cut. Wheat Allergy is a recognized disorder more commonly found in children and only rarely

in adults. The symptoms are more like other allergies, producing a rash and/or respiratory congestion when wheat is consumed. In adults the most common form is seen in bakers who inhale uncooked flour.

The third type of disorder attributed to gluten is much less well defined. Known as non-celiac gluten sensitivity, there are no objective tests that reveal the presence of this disease. Rather, it is only identified by symptoms such as those also seen in irritable bowel syndrome like bloating, diarrhea and abdominal cramps. Complaints of fatigue, headache, joint pain and skin irritations may also be made. Most often gluten sensitivity is self-diagnosed, but it has also been demonstrated in at least one placebo controlled study.

Since gluten is found in grains, and grains also contain high amounts of carbohydrates, it all gets even messier. Gluten free foods often contain carbs from sources like rice, that are far less nutrient dense and are higher in free sugars than other grains. This makes many gluten free foods poor choices for health and good performance on the job. Unless you are truly reactive to wheat or gluten, foods that contain whole grains like wheat, barley and rye are excellent choices for a timed-release energy source and many important nutrients that are essential for maintaining the body and preventing disease.

Less than 5% of Canadians cannot tolerate gluten

What it comes down to is that although there are a few people (less than 5% of Canadians) who cannot tolerate gluten, most of us are best served by taking the time to eat a well-balanced healthful diet, rather than looking for a culprit for all that ails us. Reach first for fresh whole foods including plenty of fresh fruits and vegetables, lean proteins and whole grains for a sure way to give your body what it needs to keep you strong and alert during the day. 🍏

Wellness programs work

At a recent conference and webinar in Prince George, hosted by The Centre of Excellence in Cancer Prevention, men's health in Northern BC was under the spotlight.

The key note speaker Dr. David Bowering said men were more likely than women to die from cancer in BC, and that deaths among men due to smoking and alcohol were all higher too. In northern BC, males account for nearly 94% of occupational deaths and the vast majority of hospitalizations resulting from workplace incidents. A third of all workplace deaths in BC occur in the north, which is home to just over 7% of the BC population.

And it's not just that most dangerous jobs in the north are still being done by men. Statistics for motor vehicle accidents (2003-2007 sample) in both the northern and interior of BC show a much higher percentage of men died than women. In 2008 men and women deaths in motor vehicles were almost equal in the north in no small part, Dr. Bowering said, due to the work done by the late Mary Anne Arcand, who helped prove that health promotion could work.

He touched on all the reasons men are not as good as women in using the medical system and why the system and health care providers have to work harder in making healthcare accessible to men where they are comfortable being. He gave some examples of outreach that can work e.g. screenings at hockey games, men's health blogs, funny videos, etc.

"Healthy workers are safe." - Dr. David Bowering.

He said men really are interested in their health because they want to perform well in the workplace. He said "the link between health and safety is profound. Healthy workers are safe."

Following his presentation, four different speakers shared the successes and challenges in current men's health promotion in Northern BC. These included:

- Men need a rationale and practical reasons to make health changes
- It is not enough to say to men "because you will be well or live longer"
- They want to know exactly what they are going to get out of it, e.g. wellness is being able to work hard and it will allow older guys to keep up with younger guys
- Men will do one change (on average) when it comes to health; women will do more
- Great success with remote work camps where first aiders are upgraded to paramedics to fly in and out with crews and provide healthy eating and activity support in camps (100 to 1,000 workers) – all becoming trusted members of the community and welcomed by workers

- Success with a wellness program "Powerplay" piloted in four Northern BC workplaces and now going across Canada, with a focus on healthy eating and physical fitness
- Building a wellness program that fits. "WellnessFits" allows for scalable implementation with employers including some in the forestry sector
- Important to not see wellness as an event; if it is going to be successful then it must become part of the workplace culture
- Start small; evaluate what is most important to your employees and what would be most beneficial to your workplace
- Be open, listen to your workers; what do they want to get out of it?
- Find champions, senior management commitment and men role models ... men who are willing to speak out ... keeping it simple, fun and engaging
- Use the right language for your crews; "wellness" is not always a good word for a lot of men
- If you do the right work, set up a good program, people will respond to it
- "Keep it simple" is very important for success; e.g. a walking group can work
- Do it for the right reasons; what motivates individuals; e.g. one worker was too heavy to ride with his kids in Disney, so he lost the weight
- Making it safe for men in the workplace to make healthy choices
- Never set expectations too high because people are disappointed and turn off/tune out
- Strong business case that it is a good return on investment
- How to appeal to small business owners e.g. contractors and sub-contractors: plug and play type programs are very important.

If you would like more information on the programs: Working on Wellness, POWERPLAY or WellnessFits, please contact or view the respective website links below:

Working on Wellness (WoW):

www.bchealthyliving.ca/what-we-do/working-on-wellness/

POWERPLAY:

www.harmonization.ok.ubc.ca

WellnessFits:

www.wellnessfits.ca 🚫

Infographics: New Worker Safety in Canada & Fatigue



From the Canadian Centre for Occupational Health and Safety. View full size, or download and share here:

Left: <http://images.ccohs.ca/products/infographics/download/newWorkers.jpg>

Right: <http://images.ccohs.ca/products/infographics/download/fatigue.jpg>

Thank you to several readers for sending the links to Forest Safety News to share. Keep the suggestions coming! 🚫

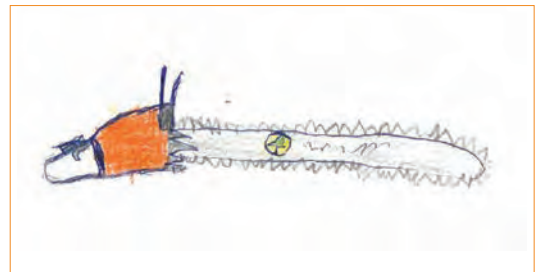
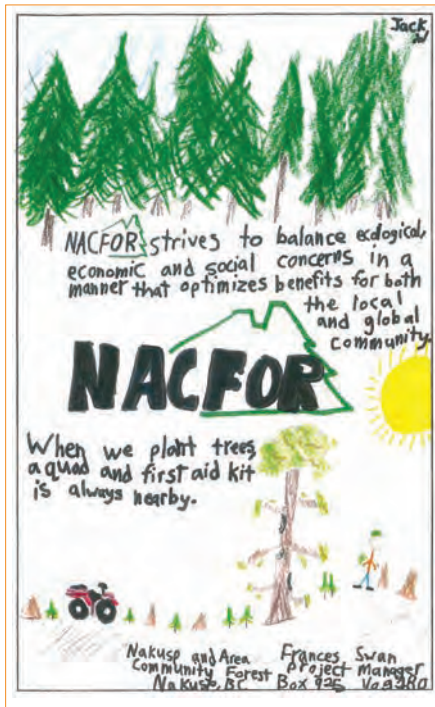


Keeping safe with PPE and first aid kit

Thanks to Carter Krueger (6) of 100 Mile House, Larkspur Phoenix (8) of Nelson, and Jack Watt (11) of Nakusp, for sending in their super safety drawings. Carter drew a logger with a hard hat and PPE vest. Larkspur shared his views on PPE along with a great faller drawing and an add-on chainsaw customized with our industry's safety tree! Jack shared the artwork that he did for a Nakusp and Area Community Forest (NACFOR) advertisement conveying a safety message: "When we plant trees a quad and first aid kit is always nearby."

Great job Carter, Larkspur and Jack! Loot bags are in the mail to you. Enjoy! 🍁

Send in your artwork
Children are welcome to send in their artwork for publication, showing safe work activities in forestry. Send them to: The editor, Forest Safety News, 420 Albert Street, Nanaimo, BC, V9R 2V7. Little loot bags are sent to all the artists who send in their artwork, and all their names are entered into an end-of-year draw for a chance to win a model logging truck just in time for Christmas.



Carter's logger with hard hat and high-vis vest (left) and Jack's artwork for a NACFOR advertisement in the local paper (middle). Right is Larkspur Phoenix's drawing with this important message: "Every part of your body is valuable. To ensure you can hear protect your ear(s)! For sights to be seen use your mesh screen! So it's you that we see, wear high-vis PPE!"

Remember who you are going to be safe for today and every day!

ABOUT Forest Safety News

Forest Safety News is published six times a year: February, April, June, August, October and December. All submissions – letters to the editor, safety tips, photos, safety stories, concerns etc. – are welcome. The opinions expressed in the newsletter are not necessarily those of the editor, staff or board of the BC Forest Safety Council. All decisions to publish materials rest with the editor. 12,000 copies of each edition are distributed via mail or email. Additional copies are distributed at industry events.

Subscriptions

If you would like to continue to receive a hard copy or would prefer to receive an electronic copy of this newsletter, please email editor@bcforestsafe.org and ask to be added to the print copy or email distribution lists. Email subscriptions are encouraged.

Have a story, letter to the editor, safety tip, ideas or photos? Please send all submissions to:

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Call 1-877-741-1060 or
email editor@bcforestsafe.org 🍁



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Safety is Good Business

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Part of a screen shot. Please see <http://www.bcforestsafes.org/node/2648> for a full summary of the differences between SAFE Certification and WorkSafeBC's Certificate of Recognition (COR) program.

Welcome to the October edition of Forest Safety News, covering news about safety topics in forestry. This is YOUR safety newsletter. We look forward to your input and feedback! Email the editor at editor@bcforestsafes.org or call 1-877-741-1060.

WorkSafeBC calls on all employers for feedback on proposed new COR policy

WorkSafeBC's Policy, Regulation and Research department issued a discussion paper on September 24, 2015, calling on all employers in industry to review and provide feedback specific to new draft policy for the Certificate of Recognition (COR) program.

COR was designed to help recognize companies that performed well in safety and to encourage injury prevention and the ongoing development and implementation of effective workplace health and safety management systems. The intent has always been to recognize and reward employers who exceed occupational health and safety requirements and to promote effective safety cultures in organizations.

To meet COR, employers' safety management systems are evaluated by industry – specific standardized audits conducted by suitably qualified and approved auditors. When these standards are met, employers receive a COR and a rebate cheque equal to 10% of the employer's base premium, calculated using an employer's accessible payroll and classification unit base rate for the incentive year. Employers must pass the annual audit

(certification, maintenance or recertification as applicable) in order to be eligible to be considered for the rebate cheque.

The full discussion paper (40 page PDF) is accessible here: http://www.worksafebc.com/regulation_and_policy/policy_consultation/assets/pdf/PartnersProgram.pdf

Two issues have been identified by WorkSafeBC's review divisions, namely around the issuing of COR rebates, which are:

1. There is no policy to help guide decision-makers and
2. Clarity around what in "good standing" actually means to ensure consistent and clear application of depending whether or not a company applying for COR is actually in "good standing" with WorkSafeBC.

Currently the guidelines provide the following criteria for companies to be "in good standing":

- is registered and is in the correct classification unit(s)
- is up to date with respect to payment of assessment payments and

- does not have outstanding compliance issues

In addition, conditions that may or would make an employer ineligible included six items specific to current penalties, suppressed claims, money owing to WorkSafeBC, administrative failures in not registering or reporting payroll for the audit year and "other misconduct considered by WorkSafeBC to be inconsistent with participation" in the program.

One of the policy recommendations is the status quo – no changes. The second draft policy option includes the following, reflecting that an employer will not be "in good standing" if the employer:

- has engaged in activity which would cause the Board to consider imposing, or has resulting in the Board imposing, an administrative penalty
- is convicted by a Court of a violation of the Act
- has prevented or attempted to prevent reporting to the board as outlined under section 177 of the Act

Continued on page 2...

Continued from page 1...

- has reduced claim costs in a manner that is contrary to the Act or Board policy
- has an outstanding balance related to its account
- has not reported payroll to the Board for the audit year or
- has engaged in other misconduct the Board considers to be inconsistent with participation in the program.

Six other jurisdictions currently provide similar policies, according to WorkSafeBC.

The Partners Program, where WorkSafeBC partnered with industry-based safety associations to apply COR, was piloted in industry-specific sectors between 2000 and 2006 and then expanded to all employers in BC. These “partners” helped develop and apply the program’s “standards and guidelines” which set out the obligations and duties of program participants – the certifying partners (like BCFSC), employers, WorkSafeBC and auditors. However, because these guidelines are not policy, they are therefore not binding on decision-makers which leads to inconsistent application.

“The need to review the guidelines has been highlighted by recent Review Division and Worker’s Compensation Appeal Tribunal (WCAT) decisions. These decisions show inconsistencies in how decision-makers determine whether an employer is “in good standing” and eligible for a COR rebate,” says the WorkSafeBC discussion paper.

All stakeholder feedback must be received by WorkSafeBC November 27, 2015.

The BCFSC will also be seeking input from industry and industry associations to forward to WorkSafeBC, and encourages all companies to submit their own feedback specific to their unique concerns via any of the following channels:

By email: policy@worksafebc.com

By completing an online submission form: <http://worksafebc.pubco.net/PPIDPP.html>

By mail: Valerie Vojnic, Senior Policy and Legal Advisor, Policy, Regulation and Research Division, WorkSafeBC, P.O. Box 5350, Stn. Terminal, Vancouver, BC, V6B 5L5

By Fax: 604-279-7599

WorkSafeBC’s Board of Directors will consider stakeholder feedback before it adopts any amendments to the current policies. 🌱



Falling

Faller Certification in the news recently

24 Hours Vancouver recently ran a story (<http://vancouver.24hrs.ca/2015/09/01/bc-tree-faller-certification-questioned>) on faller certification and the impact of certification on faller safety, based on an academic study that WorkSafeBC had commissioned by the University of British Columbia’s Population and Public Health.

Overall the research analysis, while recognizing a decrease in incidents over time, took the position that certification itself doesn’t positively impact safety outcomes or a reduction in falling incidents.

“This is not surprising, because certification is not the be all and end all. It is one small piece within the safety system for fallers. Like getting a driver’s license to drive a car, a faller too has to start at a point to demonstrate he/she meets a minimum regulatory licencing requirement. That is exactly what faller certification is – a licence to fall,” said Peter Sprout, Falling Program Manager, BC Forest Safety Council.

To get the licence/certification, a faller, at a set point in time, has completed required training and demonstrated sufficient knowledge and skills to successfully challenge and meet a set industry standard and pass.

“If we look at the eighties and nineties incident numbers compared to now, huge progress has been made, but this has been the result of a comprehensive faller standard, safety program and continuous improvement in everything overall – from culture to better research, improved knowledge of all the factors that influence safety – the mind, fatigue, hydration, nutrition, supervision and really listening to the grassroots feedback from the fallers on the block. They better than anyone in the system can tell you what they need to be safe and we have gotten better overall

as an industry in listening to them. There is always room to keep doing more, but there have been significant improvements and those are reflected in the numbers of incidents and fatalities overall,” said Peter.

“From a personal perspective I was still production falling when certification was introduced in 2006 and I know from everyone I worked with, certification picked up our game. No question about it,” said Peter.

He said today, there is an expectation from industry that all fallers meet a certain standard and faller certification is that measure.

“Like all things, the actual certification is the easy part; working to the level of skill performed during the evaluation if not monitored can and will slide backward. While the ongoing monitoring is the responsibility of the employer, industry is also recognizing that there is a need to implement an ongoing competency program to confirm that fallers are still at the level they were certified to,” he said.

Peter added that he anticipated that this would be something industry would be putting a lot of thought into going forward and his particular concern was to ensure that whatever was considered is meaningful and fully accepted by fallers.

The objective is to see all fallers go home safe at the end of the day and ensure that all employers can satisfactorily demonstrate due diligence in putting a suitably qualified faller on a block with the right skills and qualifications to safety harvest that type of timber in those conditions.

Between 1998 and 2002, WorkSafeBC accepted 26 faller-related fatal claims and accepted over 1,400 faller injury claims. These unacceptable levels

Update on 2015 Forestry High Risk Strategy

of fatalities and injuries accelerated discussions amongst the IWA (now United Steelworkers), the forest industry, and WorkSafeBC on what course of action could be taken to reduce these numbers. A review of the primary causes of these accidents pointed to a lack of standardized comprehensive training for fallers. The decision was made to develop a standardized faller training and certification program to ensure all fallers would receive the same high quality training. This training and certification program has become known as the BC Faller Training Standard (BCFTS).

Historically, from 1967 to 1977, 13 fallers on average died each year; from 1996 to 2005, five fallers died on average each year and from 2006 to 2014, two fallers on average died each year at work. It should be remembered, however, that the introduction of mechanical falling did have a positive impact on reducing fatalities and serious injuries. Similarly fatality rates are not good indicators of actual safe performance or injury rates. The trend downwards, however, is still noteworthy, but more still needs to be done, particularly with two direct harvesting faller fatalities year to date in 2015. 🚧

In a previous edition of Forest Safety News, we shared WorkSafeBC's 2015 Forestry High Risk Strategy, with the four forestry areas of focus being cable yarding, manual tree falling, log transport and mechanized harvesting. WorkSafeBC's intent is to focus its inspections on the areas where the highest risks exist to help have the greatest impact on reducing incidents, injuries and fatalities.

WorkSafeBC inspections of manual falling sites have been focusing on falling cuts, danger tree and windfall assessment and plans, and unnecessary brushing practices.

In late August 2015, WorkSafeBC shared an update on progress to date with the BC Forest Safety Council:

- In total year to date (up till August 17, 2015), WorkSafeBC had carried out 1,299 high risk inspections
- 85% of these inspections were in three classification units: 703008: Integrated Forest Management (515 inspections); 703013 Manual Tree Falling and Bucking (358 inspections) and 732044 Log Hauling (225 inspections)
- Within falling and bucking activities, across the province:
 - 16 orders were written for infractions relating to all workers being clear of the 2 tree length radius before falling a tree;
 - 14 orders were written for infractions

relating to the undercut being complete and cleaned out (Dutchman);

- 13 orders were written for infractions relating to the requirement for sufficient holding wood being maintained (cutting corner);
- 5 orders were written for infractions relating to removing all obstacles and obstructions and preparing a safe escape route before falling;
- 3 orders were written for infractions relating to brushing of standing timber; and
- 2 orders were written for infractions relating to wedging tools being immediately available.

While there can be several variables that contributed to individual infractions, the above numbers provide an insight into a few key areas everyone should review in their own falling operations.

"The fact that in 2015 we are still finding 16 instances where fallers have been written up for having others within a two tree radius is of great concern," said Peter Sprout, falling program manager. "All fallers know that falling within two-tree lengths of another worker is one of the deadly sins. This should ring a loud alarm bell for all fallers especially since there have been three incidents involving fallers felling trees that have hit their partners in 2015. For the sake of yourselves and your families I ask all fallers to be diligent about following the two-tree-length rule," he said. 🚧



Qualified Faller Trainer course

The latest Qualified Faller Trainer (QFT) course was held in the second half of last month (September 15-20) in Port McNeill. The participants and trainers were (from left): Steve Telosky (trainer), Greg Gudbranson, Mike Davidson, Neil Campbell (trainer), Mike Bell and Art Lange. 🚧



Fatalities and Injuries

Five direct forestry fatalities in 2015, year to date:

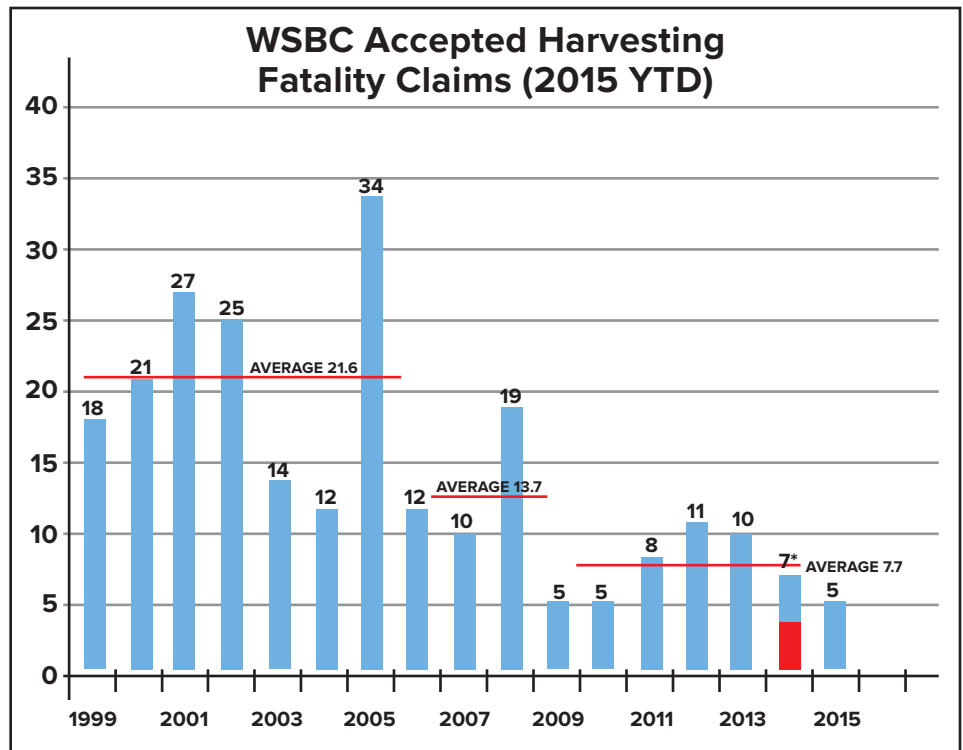
- **February 11, 2015:** Log truck driver in heavy snow rear ended another log truck on the Alaska Highway (at Mile 64).
- **April 6, 2015:** Pickup truck driver at side of resource road struck by another truck near Smithers.
- **July 11, 2015:** Faller falling a tree was struck by another tree on the Northern BC Coast.
- **July 24, 2015:** Faller struck by tree dislodged by log line loader (super snorkel) near Holberg.
- **July 27, 2015:** Skidder operator out of cab was struck by a log while working near Revelstoke.

There were two associated fatalities, year to date:

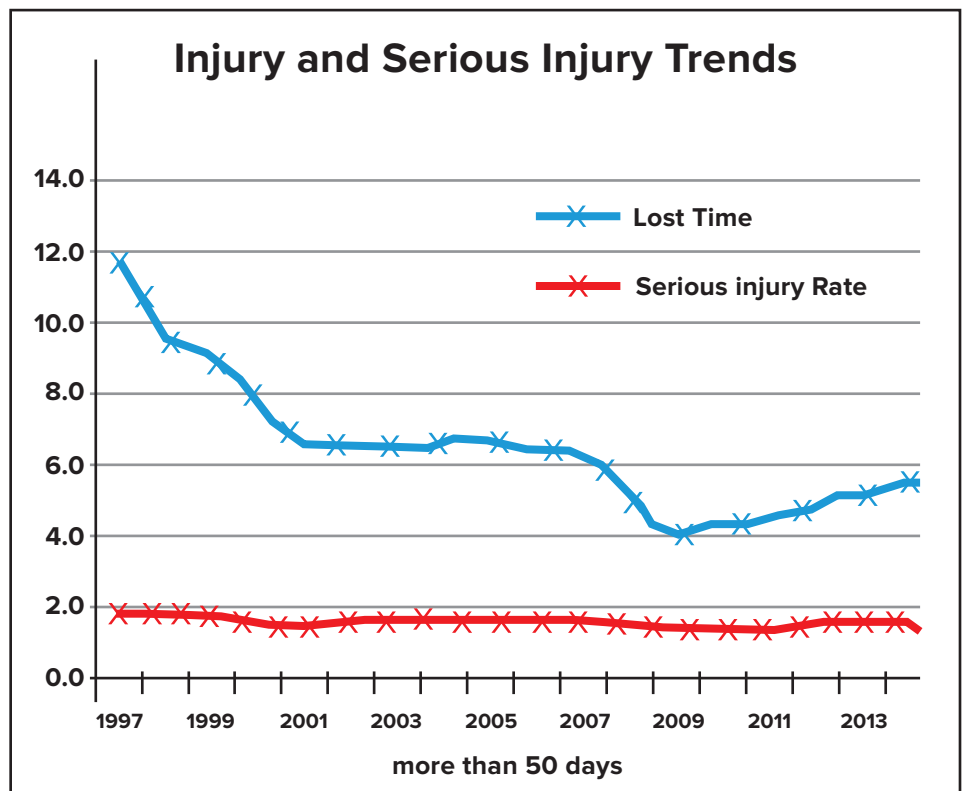
- **May 23, 2015:** Low bed truck driver delivering equipment struck by piece of tree while pulling fallen trees off road near Prince George.
- **July 5, 2015:** Wildfire tree faller struck by tree during falling operation fighting fire near Sechelt.

In manufacturing, at the time of going to press, we received news of a preliminary report indicating there had been a work related fatality at a sawmill on September 15, 2015. We will update readers in the next edition.

Forest Safety News extends sincere condolences to all the families, colleagues and friends of the deceased. 🙏



***Please note:** There are four fatalities the BC Forest Safety Council is aware of that occurred in 2014. WorkSafeBC tracks fatalities by the year in which they accept the claim. WorkSafeBC has accepted three of the four fatalities from 2014 in 2014, and is reviewing the fourth which occurred later in the year and will likely be accepted in 2015. WorkSafeBC has also accepted four fatalities from prior years during 2014. The BCFSC uses the WorkSafeBC data of accepted claims for trends although it may not specifically indicate current year fatalities, it is the only long term data base for comparative purposes.



What do the numbers mean?

By Reynold Hert, Chair and CEO, BC Forest Safety Council

The last few years have seen the harvesting sector of the forest industry plateau in injury reduction. Although there is a slight decrease in the injury rate in 2014 compared to 2015, essentially the industry is around the same level. There are two common thoughts around what this means. First, the industry has gathered the “low hanging fruit” of injury reduction in the years leading up to 2013. Second is that the industry is seeing the effects of an aging workforce combined with the beginning of new workers starting to replace the existing workforce as people retire. In reality, the answer is likely a combination of all of those factors.

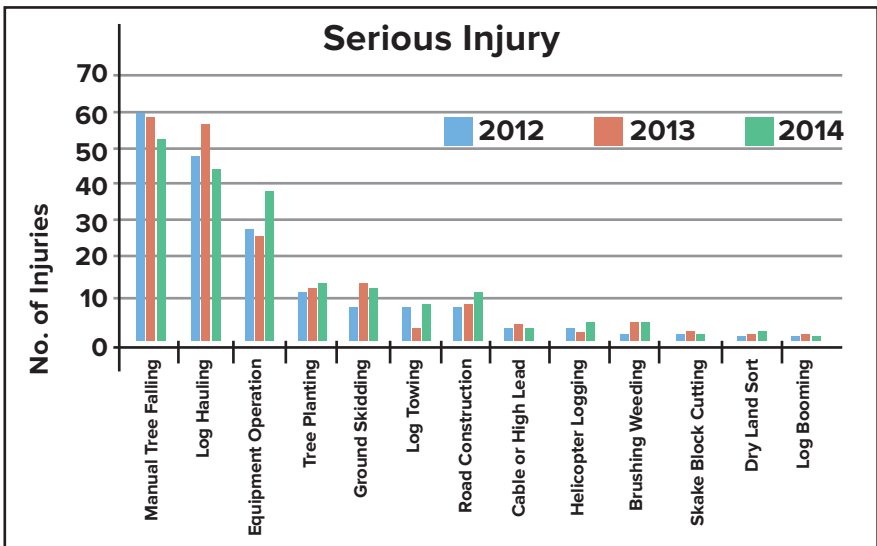
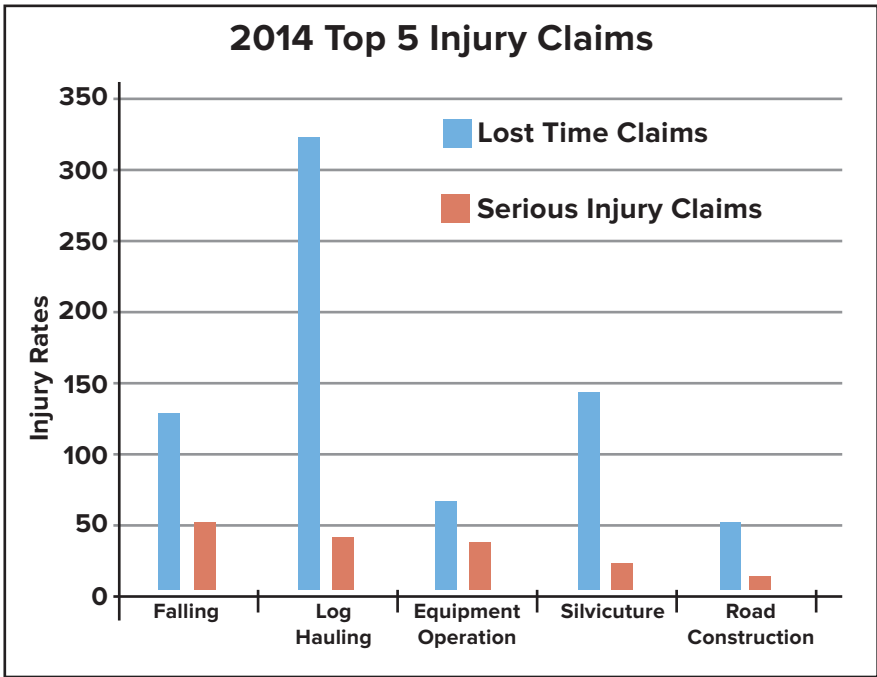
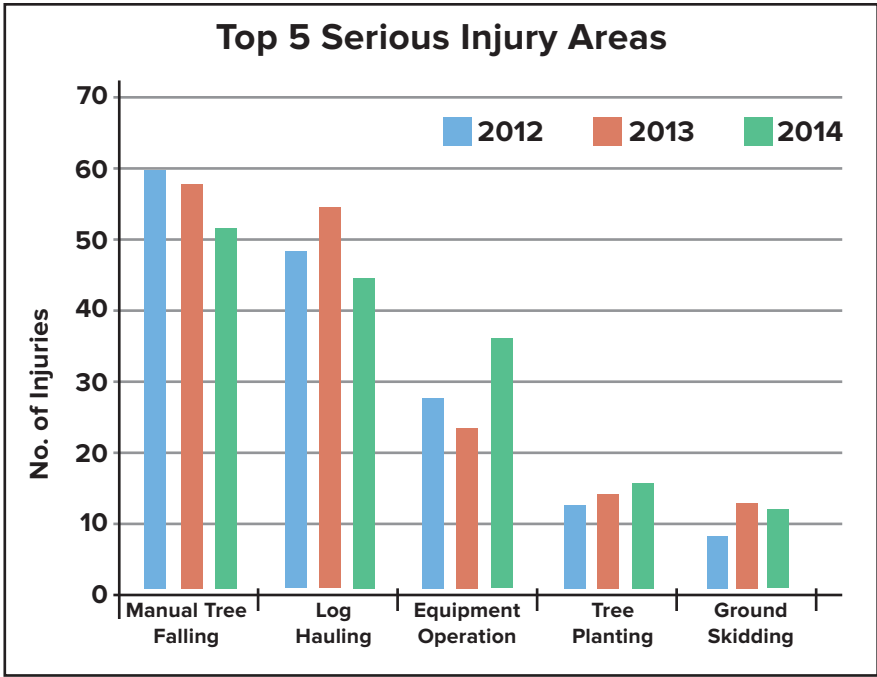
As an industry we have a challenge in front of us as many of our most experienced people retire. You can see some of this effect in the low injury rate that occurred in 2009 during the downturn in the forest industry. Companies cut back on their operations, keeping their most experienced people operating. In 2010 through 2012 as the demand for industry products improved and people were brought back to, or into the industry for the first time, the injury rates increased. The challenge for companies and contractors is two-fold: how do we keep improving our basic understanding of reducing injuries, and how do we effectively train new operators so they operate efficiently and injury free.

Some activities stand out as the areas having the highest number of injuries, but for different reasons. Manual, or hand falling, has the highest number of serious injuries, and the highest rate due to the risk level. Log hauling has a high number of serious injuries with the large number of truck drivers, and the exposure to on and off road injuries. Many of the injuries to log truck drivers are when the driver is out of the truck, for example, throwing wrappers or falls.

Equipment operators also have a high number of injuries from falls, often from the challenge of being able to have a good three point mount or dismount from the equipment. Silviculture workers tend to see a high number of repetitive strain injuries from the nature of their work.

All of this data shows us the journey is not complete yet. We still have challenges on how we work to eliminate injuries, not just for our current generation of workers, but also for those we want to attract to the industry.

If you would like further details of the cause of injuries in your particular type of work, contact us at the Council or look at some of the data on the WorkSafeBC site for our industry: see <https://online.worksafebc.com/anonymous/wcb.ISR.web/IndustryStatsPortal.aspx?c=2> and select Forestry in the drop down menu on the right or select any sector or sub sector you want to review. 📍





Incident investigations shape better safety outcomes and improve your business

By Mike Sexton, Safety Advisor

When injuries occur the incident investigation often finds poor planning, lack of knowledge or skill, the wrong tool, poor maintenance or a poor method. These same items also cost the business in quality and productivity. The SAFE Companies audit is one way to measure the effectiveness of your system.

The important point is that even in the seemingly straightforward incidents **seldom if ever is there only a single cause.** For example, an “investigation” which concludes that an incident was due to worker carelessness, and goes no further, fails to seek answers to several important questions such as:

- Was the worker distracted? If yes, why was the worker distracted?
- Was a safe work procedure being followed? If not, why not?
- Were safety devices in working order? If not, why not?
- Was the worker trained? If not, why not?

An inquiry that answers these and related questions will probably reveal conditions that are more effectively fixed than attempts to prevent “carelessness” and will improve your overall business results. One wants to get to a point where every near miss is recognized as an opportunity to identify and correct a deficiency that may have otherwise resulted in an injury, downtime, loss of production and a negative bottomline.

So, you’ve had a close call, or maybe an incident. And now you need to do an investigation. What do you do? After ensuring that any First Aid concerns are dealt with and there is no danger to anybody, the next step is to gather the information.

This includes:

- pictures
- witness statements
- diagrams
- measurements, etc.

These things are necessary to help you determine:

- what happened
- where it happened
- who it happened to
- how it happened and ultimately
- WHY it happened.

Once you have determined WHY it happened (commonly referred to as “Root Causes”) then you can come up with action plans (Corrective Actions) to hopefully prevent it from ever happening again.

There are a lot of misconceptions out there about what makes a good investigation. People are confused/disappointed when their investigation is determined to be “not good enough” during an audit or Quality Assurance review done by a Safety Advisor of your audit submission.

We understand the frustration that comes with this. Recently, all of the BC Forest Safety Council (BCFSC) Safety Advisors had a meeting to discuss industry accepted practices for an Incident Investigation for a SAFE Companies audit submission.

Here are some tips that came out of that meeting:

1. If possible, take an Incident Investigation course. There are many different courses out there. Basic Incident Investigation and Advanced Incident Investigation are the two offered by the BCFSC. The Basic is best suited to people without any previous investigation training or experience doing investigations. The Advanced training is best suited to individuals who have received previous incident training.
2. Obtain a quality Incident Investigation form. The BCFSC has a widely accepted version on our website: <http://www.bcforestsafes.org/node/2650#incident>. Many companies have their own form. Ultimately, your goal is to figure out why the incident occurred and to make sure it doesn't happen again. Like any job,

having the correct tools makes the job easier.

3. At the end of the day, the company is responsible for all actions within the company. Workers make mistakes/poor choices but a company's system needs to be such that it helps prevent workers from making poor choices. This can be accomplished by good policies and procedures and quality supervision. Missing these are usually the root causes in an incident.

4. Keep asking “WHY” until you can't ask “WHY” anymore. Chances are you will have gotten to the root causes then.

Why are we focusing on this?

1. To take the next step in reducing injuries and fatalities, all companies (and workers) need to recognize why incidents happen, and how to avoid them in the future. “History repeats itself” is a common and very true saying. Let's break the cycle!
2. Bill 9 is the recently passed legislation (August 4, 2015) that changed the requirements for incident reporting and investigation.

Timeline checklist for when a workplace incident occurs

After a Section 173 incident occurs, which includes a serious injury, fatality, diving or blasting incident, major release of hazardous substance, near-miss involving potential for serious injury, major structural failure happens, or any incident that resulted in injury to a worker requiring medical treatment:

1. Within 48 hours, employer conducts preliminary investigation and report
 - a. If unsafe conditions, acts or procedures are identified, employer determines corrective action(s) and implements without undue delay

2. Employer implements interim Corrective Actions Report and, as applicable, distributes to joint committee, worker health and safety representative or posts at the workplace
3. Employer undertakes full investigation to determine cause, unsafe conditions, acts or procedures, and any further and final corrective action required
4. Employer prepares full report and submits to WorkSafeBC within 30 days of incident occurrence (Extension may be available beyond 30 days if WorkSafeBC considers it appropriate)
5. Employer undertakes any further corrective action(s) identified in the investigation and prepares the Corrective Action Report
6. Employer distributes Corrective Action Report or posts at workplace, as applicable.

See WorkSafeBC for more information: http://www.worksafebc.com/regulation_and_policy/legislation_and_regulation/assets/pdf/EmployerIncidentInvestOverview.pdf

Close Calls provide free learning

Don't forget that investigating a close call is free learning. What is a close call you ask? A close call is an incident where no injury or property/equipment damage occurs, but could have. Every close call is a potential to be an incident, so prevention of reoccurrence is so important. No one can afford damage, injury, or worse.

If you are doing an investigation for the first time, the process may raise some questions. If you need some help putting an investigation together, give us a call at 1-877-741-1060, and ask for a Safety Advisor. Our free advocacy support services are available to all SAFE Companies.

And, if you would like to consider incident investigation training, the BCFSC is one possible source you might like to consider. See http://www.bcfscsafe.org/incident_investigation_training (for basic incident investigation) and <http://www.bcfscsafe.org/node/2393> (for advanced incident investigation). ☎



You Asked: What is a First Aid Assessment?

By Martin Ridgway, Senior Safety Advisor

A First Aid Assessment is the method used to determine what first aid attendants, first aid supplies and equipment are needed on each site.

It is based on the risk level (low, medium or high) of the site compared to all worksites in the province and whether it would reasonably take more or less than 20 minutes to get to the nearest hospital. This includes any barriers (e.g. a railway crossing where a train could block your access for some time) on the route to a hospital – not a doctor's office.

Each of these six possible combinations then tells you which table (from WorkSafeBC) of supplies and equipment to follow **as a bare minimum**, based on how many people are on the worksite at once.

The assessment must be done for every new worksite (or when there are significant changes to the site that affect the assessment) and at least every year for fixed sites.

Why is it confusing to companies?

The biggest issue is the risk rating. The rating compares every business in BC, rather than how risky it is for a particular company. When compared to an architect company (that rates LOW), all work with or around heavy machinery, trucks or saws rates as HIGH, regardless of the terrain. Surveying, planting and other non-mechanized work in the woods with hand tools is at least MEDIUM, as is most shop work (some shop work can rate HIGH).

Many manual falling companies have incorrectly listed an 'easy block' as LOW risk. When compared to the whole range of possible workers in BC, even the 'easiest block ever' is supposed to be rated as HIGH risk. WorkSafeBC has a list of several hundred typical jobs and their ratings. Log Hauling is specifically HIGH. Surveying is specifically MEDIUM. Telephone operator is specifically LOW. Not every occupation (i.e. skidding or block layout) is listed, which adds to confusion. However, sticking to the basic rules that being in or around heavy

machinery, trucks or saws means the rating is HIGH and just being the woods on your feet is at least MEDIUM usually puts a company in the right rating. Being out in the woods also nearly always means more than 20 minutes from hospital too.

The system can be especially confusing to small companies

Bigger companies do more First Aid Assessments per year and have a higher chance of having had training, experience or direct feedback from a WorkSafeBC Officer in the field, so are less likely to be confused. Some small companies do great assessments and some large ones do them poorly, but on average, the smaller companies have more problems.

What are the things First Aid Assessments are confused with?

A few companies see the word 'assessment' and incorrectly think this means a patient assessment that the attendant fills out while treating an injury. Other companies may incorrectly see First Aid Assessments as the routine inspection to make sure the first aid supplies are clean, dry and ready for use. Mostly, however, confusion is due to a lack of knowledge about how to do the assessment correctly, rather than what the assessment is about.

What are the regulatory requirements for a First Aid Assessment?

Regulation 3.16 (2) and 3.16 (3).

3.16

(2) For the purpose of complying with subsection (1), the employer must conduct an assessment of the circumstances of the workplace, including

- (a) the number of workers who may require first aid at any time,
- (b) the nature and extent of the risks and hazards in the workplace, including

Continued on page 8...

Continued from page 5...

whether or not the workplace as a whole creates a low, moderate or high risk of injury,

- (c) the types of injuries likely to occur,
 - (d) any barriers to first aid being provided to an injured worker, and
 - (e) the time that may be required to obtain transportation and to transport an injured worker to medical treatment.
- (3) The employer must review the assessment under subsection (2)
- (a) within 12 months after the previous assessment or review, and
 - (b) whenever a significant change affecting the assessment occurs in the employer's operations.

There are also at least six guidelines and reference documents attached to these regulations. <http://www2.worksafebc.com/Publications/OHSRegulation/GuidelinePart3.asp#SectionNumber:G3.14-3.20> or use the WorkSafeBC app (approved by Apple, Android and Blackberry at their respective stores) as a good reference source.

What are the SAFE Company audit requirements for a First Aid Assessment?
SEBASE and ISEBASE audits must submit one correct Assessment from the last 12 months.

BASE auditors look at a larger sample from the last 12 months to ensure all the cases (fixed sites, mobile sites, blocks, etc.) have been properly done. The BASE auditor also checks if the attendants, supplies, equipment and vehicles are actually there, in good shape and operational.

Can there be different types of First Aid Assessments?

There is no rule about what the form must look like or whether it can be a part of something else. However, it must clearly cover:

3 inputs

- Hazard rating (HIGH for work with or around machinery / saws and at least MEDIUM for all other work in the woods or shops)

- Whether more or less than 20 minutes from hospital, including any barriers
- How many people are on site (normal visitors, truck drivers and other variable people count as ¼ of a person for the assessment)

3 outputs

- What number and level of Attendant(s) are required
- What level of first aid kit, other supplies and transportation equipment is required.
- What site it applies to, when it was done and who did it

What is the purpose and intent of First Aid Assessments?

To help ensure that each company has the right attendants, supplies and equipment if/when something goes wrong, in order to reduce the risk of injuries becoming serious injuries or fatalities.

Any advice for licensees?

First, have the First Aid Assessment as part of the overall project plan or pre-work assessment to reduce the paperwork. Second, treat the Assessment as a bare minimum. Train more attendants as backups and have spare supplies and a 'Plan B' for transport. What if it is the one Level 3 attendant that is hurt?

Sometimes it is helpful to ask: if that was my child injured on that worksite what would I like in place to save their life? Why, because regulation provides a minimum standard requirement only. When things go wrong in the woods, they can very quickly go very wrong. Having sufficient attendants with enough clean, usable supplies and a reliable method to evacuate the patient is the best way of managing the problem once prevention failed. The formal assessment is a good way to check you are prepared, the same way even the most experienced pilot does a written pre-flight check every flight.

Additional support on First Aid Assessments?

Call the BCFSC and ask to speak to a safety advisor at toll-free 1-877-741-1060 and review the feedback included in your last audit review. 📞

Ministry of Forests, Lands and Natural Resource Operations registers for SAFE

Over the summer, the Ministry of Forests, Lands and Natural Resource Operations (MFLNRO) registered for SAFE Certification, becoming the largest organization to seek certification with the BC Forest Safety Council. The Ministry's branches are currently undergoing safety audits and it is expected that the certification process will be completed in the first quarter of 2016.

In addition the MFLNRO will be requiring all forestry related contractors to be SAFE Certified when bidding for Ministry contracts such as road building, road maintenance, layout and design of forestry roads and cut blocks; silviculture and forest health projects; and contracts involving hand falling. Going forward, frontline fire suppression work will be awarded with a preference to SAFE certified firms. Timing on the roll-out of this SAFE Certification requirement will be determined by individual branches, but the emphasis for all is to have the requirement in place as soon as possible.

Previously, SAFE Certification was only required by BC Timber Sales to qualify to bid for its forestry contracts. By extending the requirement to other branches of the Ministry, the move both formalizes existing safety practices and provides a consistent standard of measurement across the Ministry.

If you are already SAFE Certified and bid on Ministry contracts, no action is required. If you have let your company's SAFE lapse, have been inactive, or are a new company considering bidding on Ministry forestry projects going forward, you are encouraged to register for SAFE and put a plan in place to ensure certification prior to bidding on contracts.

To learn more on how to register and complete certification, call 1-877-741-1060 or email safeco@bcforestsafeco.org. 📧



Lock-out saves lives and prevents damage to equipment

Following a recent non-forestry incident at a truck repair shop, where a mechanic died after the low bed vehicle he was working on was driven over him, Forest Safety News checked in with our safety advisors to talk about lock-out.

We learned that lock-out is always company and machine specific. If you are reviewing your policies or you are a new, small company looking to develop effective lock-out, remember that a tag is only for identifying the machinery BEFORE it is worked on. While being worked on, a lock or other device is mandatory. The appropriate regulation is as follows:

G16.3 (and 4.3(3)) Tag out procedure for identifying unsafe mobile equipment (Issued August 1, 1999; Editorial Revision April 2005)

Section 16.3 (Operation and maintenance) of the OHS Regulation ("Regulation") sets out various requirements related to maintenance records, servicing and use of mobile equipment. Effective October 29, 2003 section 16.3(2) of the Regulation was rescinded. That subsection had required that mobile equipment determined to be unsafe for use be identified in a manner that would ensure it was not inadvertently returned to service. The operative requirement on this issue is now section 4.3(3) (Safe machinery and equipment).

Section 4.3(3) of the Regulation states: A tool, machine or piece of equipment determined to be unsafe for use must be identified in a manner which **will ensure it is not inadvertently returned to service until it is made safe for use.**

An example of a procedure that will satisfy the requirements of section 4.3(3) for mobile equipment determined to be unsafe for use is as follows:

- Each machine operator and maintenance worker will be issued or have ready access to "Do not operate" and "Caution" tags. Each type of tag will be coloured differently.

- If a worker believes a piece of equipment is unsafe for use, the worker fastens a "Do not operate" tag on the controls of the machine and reports the problem to the supervisor. If the machine has a defect but could still operate safely if the operator is aware of the defect, a "Caution tag" may be used.
- The operator or worker applying a "Do not operate" tag or a "Caution tag" will sign and date the tag, and briefly describe on the tag the concern with the machine, and record this information in the equipment maintenance records.

An example of a procedure for protection of workers doing maintenance or repair on mobile equipment is as follows:

- If a "Do not operate" tag was installed by a worker, as part of a procedure such as in the example described above for complying with section 4.3(3) it will not be removed or altered until all necessary repair work is complete.
- The equipment will be positioned and secured in the manner specified by the equipment manufacturer for the particular maintenance procedure to be performed. The manufacturer's manual may specify actions such as chocking wheel, disconnecting the battery, bleeding air reservoirs and blocking of machine components.
- Prior to starting maintenance and/or repair work, each worker involved in the maintenance will install their personal "Do not operate" tags at all locations from which the equipment can be started. Each tag placed by a maintenance worker will be signed and dated by the installer.
- Each maintenance worker will remove his or her personal tag(s) when that worker has completed his or her work.
- The "Do not operate" tag that was originally installed to identify the unsafe concern will be removed by the maintenance worker making the decision

the necessary maintenance work has been completed and it is safe for the machine to go back into service.

Lock-out prevents injuries and incidents. And, it can save lives. Review your lock-out procedures and regularly talk with all your machine operators and maintenance staff/suppliers to make sure these processes are all in place, written and that everyone understands them, how to implement them, and why it matters.

For resources, see this WorkSafeBC poster which includes several links to other materials on the WorkSafeBC website:

http://www2.worksafebc.com/i/posters/2014/ws14_09.html?_ga=1.218689885.515817213.1436209259

If you are a SAFE Certified company, Audit Question 9 for ISEBASE and SEBASE Companies covers lockout and other related safe work procedures.

Logging truck and lowbed lockout procedure for field situations:

1. Stop in a wide, flat and visible location
2. Notify other affected employees / trucks
3. Apply tractor parking (MAXI) brake
4. Apply trailer parking (MAXI) brake
5. If truck may roll or slip on ice/mud, shut off truck, put truck in lowest gear or in reverse and place wheel chocks
6. If your truck has moving equipment mounted on it of any kind, ensure that each piece is lowered (never leave a bucket/hoist arm/pulley arm/other in the air when a machine is out of operation)
7. Shut off engine
8. Exit truck wearing high vis vest and hardhat
9. Put out safety triangles if on running surface of road

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Continued from page 9...

10. Remove the key and lock-out/chock/block to prevent any other person being able to attempt to start vehicle while you/another are working on it
11. Turn off master switch (if applicable)
12. Put lock and tag on master switch
13. Bleed off any hydraulic or air pressure if applicable
14. Test to verify zero energy (electrical, hydraulic, gravity)

Truck lockout procedure for shop situations

1. Notify other affected employees
2. Apply tractor parking (MAXI) brake
3. Apply trailer parking (MAXI) brake
4. Place wheel chocks
5. Shut off engine
6. If dump truck box has to be raised – secure from inadvertent descent using brace
7. Remove the key if anyone could start the truck 🚫

Progress made on a guarding solution for the BC shake and shingle industry

The BC shake and shingle industry has been working hard with the BC Forest Safety Council (BCFSC) to identify and test effective guarding on shingle head saws and trim saws to help further reduce incidents and injuries while complementing the existing guarding and lockout procedures already in place for other parts of the machinery.

WorkSafeBC provided the initial funding for the initiative with follow-up funding and resources provided by the participating mills. Representatives from Teal Jones Group, Waldun Group, Streifel Industries and Desjardin Industries have met on a regular basis since the beginning of 2015 with the intent to have at least two guarding options available for industry by the end of this year. Companies can then either use these options or develop their own compliant guarding solutions.

The first guarding solution is a “West Coast Solution”, developed by folks at Waldun, Teal Jones and Streifel. It is presently being tested at three sites. When a block is loaded on the carriage the flap is opened by the use of an overhead air valve that opens the guarding flap to allow the spalt to pass through and be discarded. Once this takes place the valve is closed with the flap going back into guarding position while the shingles are then processed. The trim saw guard is the other part of the West Coast Solution. A molded clear guard and improved table prevent contact with the trim saw. Both the Head Saw guard and the Trim Saw guard are in the testing phase at Waldun.

The second guarding solution was developed by Industry Desjardin in Quebec in response a few years back to Quebec’s regulatory requirement for saw



Left and right: The Desjardin Head Saw Guard (yellow) is shown off to the side of the saw (left) and then enclosed around the machinery to support improved safety.

Manufacturing responds to two mill inquests

guarding. The engineer who developed that guarding system recently traveled to Vancouver to meet with Waldun and Teal Jones to scope out the BC requirements and to look at refitting their guarding to meet those needs. This required a redesign of their Quebec system to fit the larger BC saws. Desjardin is building the guarding package in Quebec and will be shipping it to BC for testing shortly.

Once both systems have been satisfactorily tested, information packages will be made available to the whole BC shake and shingle sector to assist each mill to determine which system will best meet their specific needs along with specs and order information.

Updates will be posted on the BCFSC website under Industry Initiatives here: <http://bcforestsafe.org/node/2692>. If you have questions, please contact safety consultant, Terry Baker at 250-714-9303 or via email him at tbsafety@telus.net.



Top: West Coast Solution Head Saw Guard – additional guarding will be put in place for both sides of carriage. Bottom: Trim Saw Guard.

Earlier this year the jury inquests into the Lakeland Mill and Babine Forest Products explosions concluded with the juries making a number of recommendations for various stakeholders – including the unions, fire response, mill companies, health and safety associations, the industry, mill auditors, designers, builders, workers, managers and owners – to consider and implement as appropriate.

The Manufacturing Advisory Group (MAG) and the BC Forest Safety Council (BCFSC) are committed to the principle that every worker deserves to go home injury-free at the end of each shift. Both organizations received recommendations from the juries to address elements identified during testimony and evidence review, to improve safety outcomes.

Industry recognizes that the best way any of us can honour the memories of the four men – Glenn Francis Roche, Alan Harvey Little, Carl Rodney Charlie and Robert Francis Luggi – is by ensuring stakeholders in this matter continue to implement the knowledge, processes and procedures identified during the inquests to help prevent any similar re-occurrence in the future.

MAG and the BCFSC will be sending a letter shortly to the coroners service in response to the inquests' recommendations, indicating the organizations' views, actions and intended future actions relating to the juries' recommendations. The BCFSC became the health and safety association for MAG, effective April 1, 2015, on a trial basis until December 31, 2016.

A copy of the MAG and BCFSC response letter will be posted in due course on the coroners service website as well as in the MAG section of the BCFSC website, accessible via Industry Initiatives here: <http://www.bcforestsafe.org/node/2523>.

Making communication effective every time

Always make sure your crew and/or co-workers hear and understand before they/you act. Don't assume they do because that makes an ASS of U and ME, or so the saying goes.

Unsafe and unintended consequences are often the result of well-intentioned actions but done at the wrong time or place or in the wrong way because a critical piece of information was missing or not communicated effectively to everyone who needed to know.

The key to effective communication is confirmation of understanding – two-way communication. It's not good enough to say it, radio it, or signal it with a flag or hand. You need to ensure it was received and understood 100%. We all mishear. Radios break up. Visual sight lines are not perfect. Be sure.

Spend the time in pre-work huddles every day to remind each worker to communicate effectively and never to do anything until understanding is confirmed. If you are using a system of signals or codes, make sure everyone knows what they are and that they are consistently used and not open to misinterpretation.

We prevent incidents by following lots of policies and procedures, but each one is useless if we cannot effectively communicate the information everyone needs to know and understand when and where that information is needed.

Be sure, not sorry. Be heard. Get confirmation. Then act, whether it is to move the machine, drive the low bed out the shop, or start falling, etc. You'll be very glad you did. 🙏



Industry News

Technological innovation: robotic tree planter being tested



Is this a potential solution for planting crews to take longer rest breaks to prevent some MSIs, without losing production, or not? Time will tell, but exciting none the less to see innovation at work thanks to two electrical engineers, at the University of Victoria, BC, who have created a battery-powered robotic tree planter. The pair are looking for crowdfunding to allow them to improve on its capabilities. TreeRover's speed and early abilities are noteworthy and have earned the young inventors extensive media coverage to date.

See the robot in action here: <https://www.youtube.com/watch?t=148&v=uPNf37S35oY> and the website: <http://iotaenterprises.com/> 🙏

Can you recommend the next CEO for the BC Forest Safety Council?

Reynold Hert has informed the Board of the Council that he will be leaving at the end of March, 2016. The search is beginning for his replacement. You may contact Reynold or Rob Moonen with suggestions of people that you think should be considered for his replacement. Those names will be forwarded to the CEO Search Committee of the Board.

In discussions about his departure, Reynold said he didn't want to have regrets of not having spent enough time with his children

and grandchildren in North America and in far-flung places like New Zealand and Indonesia. "No-one should have regrets. Now is the right time, personally for me and professionally for the BCFSC," he said, remarking that a strong board and leadership team was in place to help smooth a transition, with all workplan items well planned and in place for at least the next couple of years. "Really, there is no better time," said Reynold.

In the next Fall 2015 edition of the Truck

Logger Association's BC Logger magazine, Reynold has penned a column under the headline: "A culture of safety: hard to build up, easy to undermine", in which he shares insight into some of the conversations he has had with owners/heads of forestry operations immediately following a serious incident, and explains how leadership either lives the culture or doesn't. The article is a good read and should be posted online by the end of October.

Please see www.tla.ca 🙏



Helping shape good supervisors

We've all had one – a good supervisor who created an environment where we felt good about our jobs, what we were doing and how we performed, supporting even greater production and performance as a result.

Good supervisors know how to relate to people, authentically. They inspire, direct, and build effective teams, and solve problems. They know their workers' strengths and what their workers need to be successful.

Supervisors are learning to understand their personal strengths and opportunities for further development, and how their styles can influence the workers they supervise during the BC Forest Safety Council's leadership training courses, using a personality assessment called DiSC. They can identify which of the DiSC styles they most closely align with, or whether they are a mix of styles. They learn if they fit within:

D – Dominance. People who are risk takers, goal oriented, direct and driven. These people are focused on the end game, and can be abrupt with co-workers.

I – Influence. Sales people of the world. Lively in a group, focused on relationships, and keen to collaborate. These people can be viewed as overly talkative.

S – Steadiness. These people are dependable, humble, team players. They help maintain stability in the workplace, but can be viewed as deliberate and sometimes slow to change.

C – Conscientiousness. These people work toward accuracy and precision, and are willing to ask hard questions to get to the root of the problem. They have high standards, and can be hard on themselves and others.

At training workshops, supervisors discuss the benefits of teams that combine people with a variety of perspectives and styles. And they learn the drawbacks of teams that are highly comprised of similar styles.

Teams that are made up only of high D (Dominance) people are likely to experience friction when disagreements occur, have products that lack detail, and risk offending others outside the group.

Teams that are made up only of high I (Influence) people are likely to enjoy their work experiences, but can be less focused, and less productive than a mixed team.

Teams made up of high S (Steadiness) people will be fair and dependable, but unlikely to challenge the status quo, or be driven to high rates of production.

Teams of only high C (Conscientiousness) people will be excellent at maintaining quality work, but can be slower paced than a mixed group, and might alienate other styles.

DiSC is a trademarked personality assessment that has been used by over one million people worldwide. There is no best style, except to say that the best teams are made up of a variety of styles.

To learn more about DiSC search the web as there are a variety of articles online. Or come to one of the leadership for supervisors training courses. 🌐

Upcoming Training

If you would like to see how a training course can meet your organization's needs, please let us know. We are committed to working with you to find the right training solution. We may be able to tailor a program to your specific needs and deliver it in a way that is most convenient for your operations.

Please see bcforestsafes.org/fscapps/calendar/calendar.php for 2015's full training calendar. Check back often as course dates do change.

Email training@bcforestsafes.org or call toll-free 1-877-741-1060.

Small Employer OHS and Small Employer OHS refresher course:

October 22	Campbell River
October 29	Williams Lake
November 24	Cranbrook
November 26	Castlegar
December 3	Kamloops
December 3	Langley
December 10	Prince George

Basic Incident Investigation:

October 8	Vernon
November 5	Langley
November 23	Campbell River

Advanced Incident Investigation:

October 9	Vernon
November 6	Langley
November 24	Campbell River

Forest Supervisor Training:

Module 1: Due Diligence

Module 2: Communications

Module 3: Leadership

October 14	Nanaimo (Module 1)
October 15	Nanaimo (Module 2)
October 16	Nanaimo (Module 3)
October 19	Langley (Module 1)
October 19	Cranbrook (Module 1)
October 20	Cranbrook (Module 2)
October 21	Cranbrook (Module 3)
October 28	Prince George (Module 1)
October 29	Prince George (Module 2)
October 30	Prince George (Module 3)
December 1	Vernon (Module 1)
December 2	Vernon (Module 2)
December 3	Vernon (Module 3)

Falling Supervisor:

October 26	Vernon
November 16	Campbell River

Internal Auditor:

November 18	Prince George
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IOO & IOO Refresher:

October 10	Nanaimo
October 17	Kamloops
October 31	Teleconference
November 28	Castlegar
November 28	Teleconference
December 5	Langley
December 12	Prince George
December 19	Teleconference 🌐



Set of 18 training videos to help prepare new tree planters

Prospective tree planters in BC have 18 new videos to work through in pre-season preparation. The productions were made possible via a grant from the provincial government and the efforts of the Western Silvicultural Contractors' Association. The association spearheaded a program called the BC Silvicultural Workforce Initiative through which the videos were produced by tree planting veteran Jonathan (Scooter) Clark of Replant.ca with the objective to have the right candidates in place to plant the 250 to 260 million seedlings each year (current numbers in 2015/2016) in the province.

The introductory video explains that the objective of the video series is to help improve the overall professional standards of the industry and provide information and online training to potential new tree planting recruits well in advance of putting in a job application.

In this way, every recruit knows what he/she is taking on, can decide if this is the job for them, and can train and prepare to be ready. The objective is to ensure more first-time planters not only successfully complete the most gruelling first four weeks of being a planter, but thrive – a win-win for the planter physically, mentally and financially, but also beneficial to the contractor, industry, and the public whose crown lands these young folk reforest for the most part.

And of course, the more knowledge and effort that goes into pre-season preparation, the better the safety, health and wellness outcomes. Reducing risks overall and ensuring that candidates have already done

their own first round of pre-screening by having all the information (visual, written and auditory) to really make better judgement calls on whether they themselves are suited to being safe, effective, happy tree planters.

If you are a licensee, contractor or know anyone who might like to learn more about what a tree planter does and what the preparation, risks, challenges and opportunities include, explore and share this link: <http://www.replant.ca/training.html>. All the footage and advice comes from real seasoned planters, and images reflect real blocks and camps. Each video has a full transcript too for easy reference, so the content is well suited for all types of learners.

Gerard Messier, BC Forest Safety Council's training and program development manager said the videos were comprehensive and had value beyond new tree planters. "I think some of the videos would be valuable for all new forestry workers to view," he said.

The video dedicated to Working Safety and Hazards (48 minutes long) includes encouraging new workers to say something if they see anything that looks unsafe or doesn't make sense! It also covers assessing risks, identifying hazards, some common safety hazards, official industry-sponsored training courses and other safety related topics, like fatigue, 3-point contact, heat stroke prevention, WHMIS, hypothermia, wind-blown falling debris, radio use, wildfires, wildlife dangers and refusal of unsafe work, including refusal to ride in a truck if everyone is not wearing their seatbelts – given the biggest safety risk for planters is vehicles. 🚗



Tree planters in the interior prepare their bags of seedlings. Image courtesy of Replant.ca



Screenshot from one of the 18 new training videos for new tree planters.

Updated steep slope resource package available

As previously reported in earlier editions of Forest Safety News, industry has worked hard through several cycles to review, revise and fine-tune the resource package to better meet needs with the objective of further reducing incidents and injuries related to steep slope forestry operations.

Please see: http://www.bcforestsafe.org/steep_slope.html. 📄

Training feedback

What participants said they learned at a recent Small Employer Occupational Health and Safety training course held in Prince George, August 26-27, 2015:

- how to look and identify problems and try to fix them
- about safety and how to prevent injuries
- safety plans, due diligence
- to be safety conscious
- more about safety evacuations

Strengths of the course included:

- preparing for and realizing safety at work
- to be safe at work
- more aware of safety and hazards in forestry work 📄



Transportation

It is THAT time of the year:

shift into winter driving and be safe!

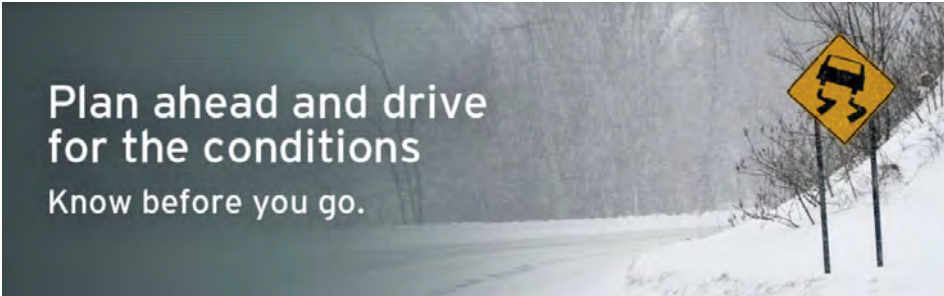



Image courtesy of Shift Into Winter, <http://shiftintowinter.ca/>.

We wear sandals in summer and winter boots in winter, so why is it so difficult for more than 60% of British Columbians to understand we need to do the same for our vehicles, (figuratively speaking) and put winter tires on when the season shifts?

While Quebec has 96% winter tire compliance (it's the law) BC has 36%. Sure, the weather is different and some folk do not see snow at all on the southern coastal regions of BC near the water, but for the vast majority of BC residents, we get all four seasons. Still out on the highway we can see drivers in -10C whiteout conditions driving with all-season tires!

The good news is winter tire use in Canada is moving in a positive direction with 6 in 10 people installing winter tires across the country. In Europe, by comparison, there are no all-season tire options. It's summer and winter tires only with a very high compliance rate because it is compulsory to use the appropriate tires in the appropriate seasons. Stats shared at a recent meeting of the Shift Into Winter Driving Alliance members included that mandatory winter tire use reduces personal injury accidents by up to 50%, which translates into bottomline savings for everyone funding the ICBC insurance system – which includes you.

How winter tires get their 3-peak mountain snowflake symbol  is through testing to ensure that a tire meets a predetermined traction match. All season tires/3-season

tires on the other hand just have a mud and snow symbol (M+S or M/S, M&S, MS) on the sidewall and are suitable for intended performance only to temperatures above -6C. The real difference in winter tires' performance for superior traction and handling in winter conditions comes down to science. Tire compound materials are not created equally. Winter tire material content stays soft and adheres to pavement in cold temps. By comparison at below -7C, all season tires lose their effectiveness, while winter tires keep working as the temperature drops, allowing a significant reduction in stopping distances. On average, winter tires can stop 30% faster than all-season/3-season tires. That can make the difference between not having an incident and having one, or reducing the severity of an incident.

Winter preparation for all vehicles includes:

- The right tires for the conditions, with the right tread remaining, to the right inflation, and chains available and ready for use
- Swap out fluids as needed from summer to winter versions, e.g. windscreen cleaner that de-ices and doesn't freeze on you
- If the vehicle is not starting first time; check the battery and replace if necessary. You do not want to be stuck on a resource road in white out conditions with a dead battery that has passed its reliable start date
- Make sure your emergency kit is winter

Log truck loses load on Vancouver Island Highway

While there has been at least an 18% reduction overall in reported roll-overs and related incidents where logging trucks lose their loads on public highways in 2015, compared with 2014, more still needs to be done to further reduce incidents. A recent one reported in the media involved a log truck losing its load on September 8, 2015 shortly before 2 pm on Highway 19, north of Courtenay. The cause of the incident was unknown at the time of going to print, but the highway was closed in both directions for several hours and two logs that landed on the opposite side of the highway narrowly missed hitting another vehicle. 🚚



LEFT ABOVE: Log truck loses its load on Highway 19, on September 8, 2015 just north of Courtenay, Vancouver Island. Photo courtesy of Oyster River Fire Department. RIGHT ABOVE: Another view of the highway after the incident. Photo courtesy of Oyster River Fire Department.

ready – add those warm blankets (if you removed them), plus the ice breakers and scrapers, the sand bags/salt/alternate, a snow shovel, extra candles to keep warm/light as back-up etc.; check long life food bars, jerky, granola etc. has not expired and that extra water bottles are still good too

- You want to be able to stay warm and safe for at least 24 hours on the side of the road in an emergency. You need to keep dry, warm, and hydrated so be sure to have extra clothes suited to conditions
- Plan for the worst, and be happy with anything better!

For more winter driving information, see: <http://shiftintowinter.ca/winter-driving-related-information/#winter-tire>; <http://shiftintowinter.ca/driving-for-work/keeping-your-workers-safe/> and <http://shiftintowinter.ca/driving-for-work/free-workplace-safety-resources/>. 🚚



Transportation

10 winter driving tips for BC log haulers

In BC we typically see an increase in commercial vehicle incidents during the winter months, particularly during the transition periods from fall to winter and winter to spring. Driving during these periods takes extra skills, preparation and time when compared to driving on the clear, dry roads of summer.

Snow, ice, and cold temperatures make roads more slippery and cause your truck and trailer to react differently. An efficient pre-trip is especially important during winter months to ensure that your equipment is ready for winter conditions. Good ways to avoid problems on winter roads is look ahead and keep plenty of distance between yourself and other vehicles (at least four seconds). Another excellent way to stay safe out there is to drive at or below the posted speed limit. The speed limit is designed for passenger vehicles during ideal road conditions, not commercial vehicles in challenging conditions. In addition, driving in BC during the winter can be anything but ideal particularly on resource roads. Consider these 10 tips:

1. DO YOUR TRUCK AND TRAILER PRE-TRIP

Did you do your pre-trip? Checking your vehicle before you drive could not only save your life, it could save the life of your passengers or other people. Before you drive away ask yourself four questions. Did you check under the hood? Did you get in and check your gauges? Did you do a walk around of the entire vehicle, being sure to check all the tires and make sure your chains are all in working order? Did you get in, slowly pull ahead to check the steering and breaks? These steps are critical to ensuring that you have a safe trip.

2. GET THE PRE-WORK INFORMATION YOU NEED

If you are going to a new area, talk to your supervisor to find out where you're headed, who else is hauling there, and what usual and unusual hazards you can expect to encounter. If your supervisor doesn't know, check with the forester, the dispatcher, or find another trucker on that haul and get the straight goods from them. Avoid the stress of guessing what you'll find. Think about your day. What will be the same? What will be different?

3. WEAR YOUR SEATBELT

Seatbelts save lives. If worn properly, your seatbelt will prevent you from being thrown around or out of your vehicle during a crash. Transport Canada reports that 93% of Canadians buckle up, the seven per cent who don't account for almost 40 per cent of the fatalities of vehicle collisions. Seatbelts save about 1,000 lives a year; more could be saved if everyone buckled up.

4. PAY ATTENTION TO THE WEATHER

Check the forecast the night before. Knowing what you are likely to encounter puts you in control. If conditions are challenging, reduce your stress by leaving a few minutes early, giving yourself time to drive at a casual pace, and according to road conditions. Today is not the day to worry about making your cycle time.

5. PAY ATTENTION TO THE TEMPERATURE

When temperatures hover a few degrees either side of zero, conditions get tricky. In areas where elevation changes dramatically, so can the conditions and your traction.

6. KEEP AN EYE ON THE GLAZE

Scan the road ahead of you and watch for shine in the tracks ahead – it's slippery out there! If you can't quite see it in your lane, briefly glance at the road in the oncoming lane, if it looks slick in their lane, it's probably slick in your lane.

7. SET YOUR EYES TO ACTIVE SCAN

As you drive, your environment changes, you have to constantly refresh your view. Scan as far down the road as you can see. What do the things you see – road signs, traffic, intersections, wildlife, leaning tree, patch of ice, unusual features – tell you? Re-direct your gaze to the zone half way between you and the next corner. What new information do you see that will cause you to adjust your speed, position or plan? Check the mirrors every 7 or 8 seconds (conditions permitting). Glance at the dashboard. Check the ditches, escape routes and for animals. Repeat often, and with a few variations.

8. HAVE A BACKUP PLAN

What's my escape route? The vehicle

coming over the hill looks a little skittish – what will I do if they get caught in the slush, and are pulled into my lane? That ditch on the right looks deep, so I better slack off and be ready for a quick stop, if necessary. Think ahead – what will I do if.....?

9. USE THE BUDDY SYSTEM

If you see something that wasn't there yesterday, let your co-workers know. If you know there's a new person on your haul, tell them about that nasty frost heave at 17 km. If they don't know about it, and it results in a crash, it would be stressful for you too. You're all in this together.

10. DITCH THE DISTRACTIONS

Keep both hands on the wheel, focus on driving and leave the gadgets alone! You can check your phone once you are parked. 🚫

Court papers filed in logging truck fatality

Over the summer, court papers were filed against both the driver and the owner of a logging company that employed the driver in connection with the death earlier this year of Kamloops radio DJ, Mike Evenson. As previously reported, the fatality occurred when a logging truck travelling in the opposite direction crossed into Mike's lane and hit his vehicle. 🚫

New cab guard guidelines

Drivers, fleet managers and truck owners can now access the updated guidelines (which include diagrams for clarification) on cab guard requirements and how best to measure and implement. These guidelines help address concerns industry had on the application of the latest regulatory requirements and how best to apply them to older and newer trucks. Please see: <http://www2.worksafefbc.com/publications/OHSRegulation/GuidelinePart26.asp#SectionNumber:G26.65> 🚫

Demand drives need for trained log truck drivers

The Log Truck Technical Advisory Committee (LTTAC), made up of drivers, industry, safety and technical expert members, have developed a log truck driver competency standard. Through collaboration and review of similar standards for commercial truck drivers and other professionals over the course of the past three years, LTTAC has created the first log truck driver competency standard of its kind in BC.

One of the licensees with a representative on LTTAC, Western Forest Products (WFP), has taken the standard and tested its application. According to WFP's Sarah Ozog they first applied the standard in May last year (2014), operating the program in partnership with logging contractor Island Pacific Logging (IPL), Huu-ay-aht Development Corporation and the Nuu-chah-nulth Employment and Training Program (an Aboriginal Skills and Employment Training Program for Aboriginal, Metis or Inuit residing within Nuu-chah-nulth region).

Using the LTTAC competency document we shaped the basis for training to best suit our specific operational needs," said Sarah, explaining that the training took approximately six weeks in total to complete, but that duration is based on mechanical comprehension and driver competency. Individuals must complete each module

satisfactorily before moving on to the next stage. The training includes time in "the classroom", learning about mechanics, the vehicle and basic maintenance; job shadowing – spending time with a log hauler; hands-on experience switching seats where the trainee hauls with the truck empty under the watch of an experienced log truck driver; and then working up to hauling the truck loaded.

Rick Bitten, WFP Master Mechanic, was impressed with both the quality of the training program and the candidate selected. He explains, "I was involved in developing the Log Truck Driver training standard and it was good to see how successful it can be if the training plan is followed. I know how important it is for the driver to understand the systems and components of their truck. This allows them to watch for weak points during their pre-trip inspections and to react to symptoms when they are driving. Our first trainee's truck went through a WFP truck audit a few months after being on their own, and the truck had no infractions and the brake adjustment was well within specifications. This is the proof that we had selected the right candidate and that they were trained very well."

Follow-up training is also included where WFP contractors train drivers on steeper terrain and before winter to address season specific conditions.



Crystal Clappas, Log Truck Driver Trainee 2014. (Photo courtesy of David Watts, Nuu-chah-nulth Employment and Training Program.)

As we all know, industry needs more suitably qualified and competent logging truck drivers to replace an aging workforce. Estimates in the Truck Loggers Association's BC Forest Sector Labour Market & Training Needs Analysis Report published in 2013 indicated that 454 additional log truck drivers would be needed by 2020 on the Coast of BC alone. Openings within the interior of BC are expected to be three times this number.

For anyone who would like to learn more or to get a copy of the competency training standard, please call 1-877-741-1060 or email transport@bcforestsafe.org.

3-point contact report online

The final 3-point contact report by Ken Donnelly, of Beyond Attitude, on using community-based social marketing to influence greater use of 3-point contact has been posted on the BC Forest Safety Council website: <http://www.bcforestsafe.org/node/2712>.

The report covers all we need to know to help understand what community-based social marketing is and how to use the practice to affect positive behavioural change for better safety outcomes. This report focuses specifically on slips, trips and falls – still one of the most frequent incidents across all aspects of forestry operations. A key take-away learning is best summed up simply as: "Don't rush. Face the vehicle. Empty your hands," before entry or exit.

The report content is based on both

Ken's expertise in community-based social marketing and on his review of questionnaires, comments and video observations of actual practices of drivers/operators entering and exiting trucks and machinery.

To date, 850 copies of the 3-point stickers and 75 copies of the identical poster have been ordered from the BC Forest Safety Council via http://www.bcforestsafe.org/files/ps_InjuryPreventionResourceOrderForm.pdf.

We will continue to share updates to see how best we continue to work together as an industry to further reduce costly, disruptive and painful injuries due to slips, trips and falls off machinery and trucks.

And remember, with winter soon upon us, keep brushes and scrapers handy to clean off ice and snow/muck build-up on steps/stairs/foot- and hand-holds on all machinery to make 3-point contact stick!

What has been your experience? What works, what doesn't to keep people motivated to use 3-point contact every time? Email editor@bcforestsafe.org or call 1-877-741-1060.



The 3-point contact sticker and poster.



Faller food chart feedback starts to come in

Positive feedback has been received from readers and industry on the faller food chart. A couple of samples of feedback include: “Very well done on producing the Faller Food Chart (http://www.bcforestsafesafe.org/files/ps_FallerFoodChart.pdf). Diet is always a sensitive topic to approach. It needs to be explained in easy and simple terms if one is going to be successful in even getting workers’ attention; let alone buy-in from a safety perspective. I believe you have achieved this.”

Another said: “Thanks! I am going to try it and my kids who are hockey players are going to do it with me. I’ll let you know how we feel after a few weeks and what our performance is like.”

The chart also generated some good questions like: Is canola really in the best category with coconut in the ok and butter in the poor? What about margarine? The oils/fats always mix me up. I believe some become carcinogenic at certain temperatures so which should I use for what? All excellent questions so we asked our trusted expert, Dr. Delia Roberts, to help us debunk the myths and internet hype around fats.

Please see Delia’s column below. 🍏

FALLER FOOD CHART

Working in the woods is hard and top performances depend on your brain and nerves as much as your muscles. Stabilizing blood sugar and staying hydrated can improve your ability to stay alert and react quickly when needed. Choose foods from the GREEN circle to help reduce fatigue and keep your attention level up to 12% higher.

HOW TO USE THE CHART

Choose foods from the GREEN circle MOST of the time. If you have a food that is in the RED ring, move toward the YELLOW or GREEN to find something different to eat that will help keep you at your most alert while working. Save red foods for treats or away off.

To keep your blood sugar as stable as possible combine CARBS with PROTEINS as often as possible. CARBS should make up about 2/3 to 3/4 of each snack or meal, with PROTEINS make up 1/3 to 1/4.

FATS take a long time to digest and will delay the energy from the foods you eat getting to your muscles and brain. While you are working choose items from the PROTEIN, CARB or PROTEIN + CARB sections rather than the FATS/PROTEIN or CARBS+FATS sections. And keep added FATS for a minimum. The one exception is coconut based fat. If you feel that you are losing weight or getting hungry all the time try adding a tablespoon of coconut oil to your meals.

Portion size is also important! When you are filling on either ground or over long distances your need for calories will go up. If you are GAINING weight you are adding more food than you need. If you are LOSING weight you are not eating enough. Other food it is important to eat BEFORE you get hungry. Split your meals into snacks in half or thirds and eat a SMALL amount EVERY 2 hours to keep your blood sugar stable and your reaction times at their best.

HYDRATION choose WATER unless it is very HOT out or you SWEAT heavily. Only then does a sports beverage become needed. Have about a half to whole cup of water every hour. Storing your water helps it stay in your body.

KEY POINTS Choose foods from the GREEN circle most often for best performance and good health.

Download the Faller Food Chart http://www.bcforestsafesafe.org/files/ps_FallerFoodChart.pdf



What you need to know about fats and oils, butter and margarine

By Dr. Delia Roberts

Be critical: is the advice backed by independent, peer-reviewed scientific research?

The first thing that one needs to keep in mind when reading information about any kind of nutrition trend is that there is no regulation at all on what gets posted to the Internet. If the website or magazine contains a prominent banner with a link to purchase a product, or claims to be able to cure a disease, it would be wise to be sceptical of the information provided. By comparison, the best, most reliable content is based on recent research reports, written by the scientists who conducted the studies at post-secondary institutions, and published in peer-reviewed scientific journals. While this doesn’t guarantee the accuracy of the information, it is as close as

we can get to objectivity. These days there is a fairly stringent vetting process for the quality and impartiality of the research.

We also know, however, that the body of knowledge about the health benefits or impairments from fat intake has progressed a great deal. The original studies about the negative effects of a high intake of saturated fats on cardiovascular health were published nearly 50 years ago. It’s not surprising that our understanding of how cardiovascular disease develops and how different components of the diet interact has evolved over this time.

There are other problems that must be considered when evaluating the research on the role of different dietary components. For one, the data is often gathered by asking people to recall what they consumed over the previous 2 or 3 days. If you have ever tried this process, you will realize just how hard it is to be accurate even when you are trying to be exact. Add in that it’s hard to admit that you ate a whole bag of chips while watching your favourite TV show, and you will see that dietary recall is not the most accurate method of evaluating what a person consumes over the long term. Another issue is that it takes a long time

for cardiovascular and other metabolic diseases to develop. Diets, and other lifestyle behaviours also change over time, so it can be very hard to know which time period, and which factor, had the greatest impact. And, keep in mind that when you reduce the amount of something in the diet, you replace it with something else. Reducing saturated fats in favour of monounsaturated or polyunsaturated fats can be beneficial, but reducing saturated fats and replacing them with sugar definitely is not!

So having said all this, what recommendations can we make about dietary fat intake?

1. Balancing energy needs is critical. When dietary fats are burned to fuel muscle, the problems are reduced. On the other hand, when fats are processed for long-term storage in the liver and circulated in the body, some of them are more likely to be deposited on the inside of blood vessels. The saturated fats in coconut oil are unique in that they are shorter than other fatty acids and are absorbed directly into the blood. Because of this, they are easier to transport to muscle for use as fuel. Keep in mind that this is only important if your muscle is in need of that energy supply.
2. Whole body inflammation (different to what we think of as muscle or joint inflammation) can increase the deposit of fats on the inside of blood vessels. High sugar intake, and stress of both physiological and mental origin increase inflammation levels. This has been associated with a higher incidence and progression of many diseases including cardiovascular disease, diabetes, cancer and others.
3. There is a very large body of evidence that indicates that higher levels of monounsaturated fatty acids such as those found in olive oil are beneficial for health. These studies are based on the Mediterranean diet, which also happens to be very high in unprocessed foods, especially vegetables and fruit, and is very low in sugars. All of these dietary choices also have large positive impacts on health.
4. Oils containing large amounts of polyunsaturated fats have also been shown to be associated with lower levels of cardiovascular disease, but once again it's not a simple story. The two most important fatty acids contained in these oils are the omega-3s and omega-6s. Omega-6s promote the production of inflammatory signals (that's bad, and contributes to a number of serious diseases), while omega-3s act as powerful anti-inflammatories (that's very good for disease prevention). Unfortunately, omega-3 fatty acids are also notoriously unstable, but most of the bad press on these healthful fats is related to the degradation of supplements, not whole food products. The omega-3s from plant sources also require an extra processing step before they can be used. So the best way to ensure that you are getting adequate, functional omega-3s is to consume cold water fish two or three times a week. Seaweed, freshly ground flax seed and walnuts are also high in omega-3s. While most vegetable oils are high in omega-6s and low in omega-3s, canola oil is the exception to this rule, with a much higher level of omega-3s.
5. Oxidation of unsaturated fatty acids can create toxic chemicals. This is how most trans fats are generated, and while the commercial production of margarine and other products previously produced higher levels of trans fats, most manufacturers of margarine and other processed foods use different processes these days in order to prevent the formation of trans fats. Oils high in polyunsaturated fatty acids should, however, be stored in cool, dark locations and be as fresh and as unprocessed as possible.
6. All fats will generate toxic substances when heated too high, and consuming the charred fat from barbecued meats has been associated with higher incidences of cancer. Canola oil has one of the higher smoke points, which makes it a good choice for frying.
7. A high level of consumption of saturated fats is strongly associated with obesity and cardiovascular disease. The consumption of animal fats is also associated with cancer. The large meta-analysis study (they pooled data from many other studies) that has been cited as indicating that there is no link between the consumption of saturated fats and cardiovascular disease was based on observational studies (which means that the behaviour of the subjects was not controlled, merely observed, and often by self-reports). Although the press has not reported this part of the conclusions, the authors also state that much more research is required because the quality of the evidence was very poor. In other words, they have very little confidence that their conclusion about the impact of saturated fat intake on cardiovascular disease is correct!

So which oils or fats should you consume for optimal health?

The faller's food chart recommends the use of olive oil because it is high in monounsaturated fatty acids, is stable and has strong associations with good health. It should be bought fresh, and at the highest grade that you can afford. But olive oil has a lower smoke point and should not be used for frying on high heat. Canola oil is a good all round choice. It is reasonably priced, contains a higher level of omega-3 fatty acids than most oils and can be used for frying. Keep in mind though, that polyunsaturated fatty acids are unstable, so try to keep the cooking time short, and store your oil in a dark, cool location. Again, purchase the highest grade that you can afford and don't let it sit around for a long time. Butter has a stronger flavour, which means that if used appropriately, it can reduce the amount of fat that must be added. It should not be used for frying due to the lower smoke point, and the total amount consumed should be kept to a minimum. Coconut oil is also saturated, but because the fat can be absorbed quickly it is a good choice if you have a high level of physical output and require an energy boost.

Thank you for your feedback and keep the questions coming! If you would like to learn more about a particular health and wellness topic, please email editor@bcforestsafesafe.org, or call 1-877-741-1060. 🌱



Kid's Corner

Good advice to be safe:

Keep fit, wear a hard hat and high-vis

Thanks to Isaiah May (7) and Bodie May (4) of Salmo for their great artwork and for sharing how their dad, a faller, stays safe. Well done Isaiah and Bodie! That is really good advice for all of us out in the forest: keep fit, wear a hard hat and high-vis. Loot bags are in the mail. Enjoy! And, keep up the good work! 🌲

Send in your artwork

Children are welcome to send in their artwork for publication, showing safe work activities in forestry. Send them to: The editor, Forest Safety News, 420 Albert Street, Nanaimo, BC, V9R 2V7. Little loot bags are sent to all the artists who send in their artwork, and all their names are entered into an end-of-year draw for a chance to win a logging truck just in time for Christmas.



Remember who you are going to be safe for today and every day!

ABOUT Forest Safety News

Forest Safety News is published six times a year: February, April, June, August, October and December. All submissions – letters to the editor, safety tips, photos, safety stories, concerns etc. – are welcome. The opinions expressed in the newsletter are not necessarily those of the editor, staff or board of the BC Forest Safety Council. All decisions to publish materials rest with the editor. 12,000 copies of each edition are distributed via mail or email. Additional copies are distributed at industry events.

Subscriptions

If you would like to continue to receive a hard copy or would prefer to receive an electronic copy of this newsletter, please email editor@bcforestsafe.org and ask to be added to the print copy or email distribution lists. Email subscriptions are encouraged.

Have a story, letter to the editor, safety tip, ideas or photos? Please send all submissions to:

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Call 1-877-741-1060 or email editor@bcforestsafe.org 🌲



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FOREST SAFETY News



December 2015
issue 6 / vol. 2

Safety is Good Business

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Reynold Hert (left), the BC Forest Safety Council's CEO, presented the 2015 annual safety awards at the Vancouver Island Safety Conference (VISC) in Nanaimo in October this year. The recipients were: Ally Gibson (Carey White Memorial Lifetime Achievement Award), Angelika Posselt (Most Valuable Player Award in harvesting) and Kirk Nagy (Most Valuable Player Award in manufacturing). Please see page 2 for a link to a 12-page wrap-up report on the 2015 VISC.

Welcome to the December edition of Forest Safety News, covering news about safety topics in forestry. This is YOUR safety newsletter. We look forward to your input and feedback! Email the editor at editor@bcforestsafe.org or call 1-877-741-1060.

Bill 35 – what does it mean?

If Bill 35 passes, companies will be required to have meaningful worker and employer participation in incident investigations (as opposed to workers just reading the report).

For the full Bill 35, 2015 – Workers Compensation Act, Amendment No. 2 – please see https://www.leg.bc.ca/Pages/BCLASS-Legacy.aspx#%2Fcontent%2Fdata%2520-%2520ldp%2FPages%2F40th4th%2F1st_read%2Fgov35-1.htm which passed first reading in the legislature on October 8, 2015. It is anticipated that the Bill will become effective in the first quarter of 2016.

The changes are proposed as follows: (to go into section 174 of the Act):

(1.1) For the purposes of subsection (1), the participation of the employer or a representative of the employer and a worker representative includes, but is not limited to, the following activities:

- viewing the scene of the incident with the persons carrying out the investigation;
- providing advice to the persons carrying out the investigation respecting the methods used to carry out the investigation, the scope of the investigation, or any other aspect of the investigation;
- other activities, as prescribed by the Board.

The Bill is the BC government's response to the

juries' recommendations from the inquests into the 2012 Babine Forest Products Mill (Burns Lake) and Lakeland Mill (Prince George) explosions which killed four men and injured many more. The objective is to improve safety in the workplace.

From the Babine inquest recommendations, item no. 18, which is a recommendation to WorkSafeBC, states:

“Develop an industry-specific checklist for Officers to follow at worksite inspection. Include in the checklist reviews of Joint Occupational Health and Safety Committee meeting minutes, crew safety meeting minutes, near miss reports, incident reports, investigation reports and receipt of recent relevant hazard alerts.” The background to this recommendation was as follows: “Evidence showed that there was no uniform format for inspection content at high risk workplaces. In turn there was no means for effectively comparing successive inspection findings or findings across different milling operations.”

And recommendation No. 30: Amend Section 176(2) of the Workers Compensation Act to ensure that a copy of the full incident investigation report is provided to the Joint Occupational Health and Safety Committee or the worker representative. Add in a new section as follows:

Happy Holidays!

Everyone at the BC Forest Safety Council would like to wish you and yours a safe and happy holiday season!

Our offices will be open:

Monday	Dec 21
Tuesday	Dec 22
Wednesday	Dec 23
Thursday	Dec 24
Tuesday	Dec 29
Wednesday	Dec 30
Thursday	Dec 31

Our offices will be closed:

Friday	Dec 25
Monday	Dec 28
<i>(in lieu of Boxing Day)</i>	
Friday	Jan 1

Lost and not forgotten

At this time of year, we also think about co-workers we have lost to workplace incidents. We reflect on the especially sad and difficult times their families face over the holidays. You are in our thoughts. May we all find peace and return after the holidays even more determined to do everything we can to ensure we all go home safe at the end of the day.

1-877-741-1060
www.bcforsafe.org
info@bcforestsafe.org

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More than 400 attend 10th Annual VISC

The 2015 Vancouver Island Safety Conference, held October 3 in Nanaimo, drew more than 400 attendees including professionals, fallers, engineers, log truck drivers, mill workers, managers, supervisors, tree planters, joint occupational health and safety representatives, first aiders, shake and shingle workers, heli-loggers and others representing the breadth and depth of our forest harvesting and manufacturing industries. With a full day of presentations and networking breaks, there was valuable information for everyone to take away to co-workers back in the woods or mills. This year's conference theme was Driving Forward – 10 Years of safety evolution “past, present, future” and included presentations on driving safety and how to build excellent, top performing teams.

For a wrap-up of the event, please see: <http://www.bcforestsafe.org/files/VISC2015WrapUp.pdf>. Special thanks to all the sponsors who make this free annual event possible: London Drugs, TimberWest, Dorman Group, Lemare Group, Strategic Natural Resource Consultants, Ministry of Forests, Lands and Natural Resource Operations, United Steelworkers, Interfor, Western Forest Products, The Truck Loggers Association, Mid Island Safety Consulting, Island Fibre, Coastland Wood Industries, Island Timberlands, Wolf Lake Logging, TG Hawthornthwaite Logging, Seaspray Log Scaling, Univar Environmental Sciences, Island Pacific Logging, Onsite Engineering, BC Timber Sales, Dorman Contracting, Laurand Enterprises, Nootka Sound Timber, Fred Morris & Sons Selective Harvesting, Safety Advisory Foundation for Education & Research, Hancock Forest Management, BRI Security, Arbutus Grove Nursery, Elco Contractors, Ryka Industries, Star Lake Contracting, Don Hopkins Consulting, Aljaq Contracting, Fall River Logging, Khowutzun Forest Services, WorkSafeBC and the BC Forest Safety Council. 🌲



Industry News

Effective Critical Incident Response can prevent Post Traumatic Stress Disorder

Prevention is king, always, but after a serious incident or fatality in the workplace, mental first aid response is as important as physical first aid response.

Counsellors talk about the 30-day after period of experiencing a traumatic/critical incident, which is generally the time period assigned to “Critical Incident Stress”, either as a co-worker on the site, as the first aid attendant, supervisor or other colleague(s), with ripple effects working outwards to colleagues/family members at the home-office/office and further afield. With support, it is usual to work through the issues including anger and grief, and find a sense of peace and acceptance. However, if symptoms (which can include distraction, irritability, mood swings, agitation, sleep interruptions, crying or weepy, mind-fog, etc.) continue for more than 30 days then it is important to be assessed by a professional as then one is at increased risk of Post Traumatic Stress Disorder. Additional influencing factors depend on the individual. Is this a first critical incident a person has experienced? The first close colleague/friend who has died on the job?

How people, who are affected by Critical Incident Stress, react is also influenced by how they see the incident handled -- by authorities, their peers, supervisors, managers, owners and industry. Best practice responses provide best possible outcomes for all parties.

View this short video (9 minutes) of Bruce Youngren, Executive Director, Vancouver Island Counselling, explaining the importance of understanding the need for support: <https://www.youtube.com/watch?v=sDOv1pIWv8k>

If you are a contractor or company that has an established Employee Assistance Program (EAP) in place, mental and emotional first aid services can be as quick as a phone call away. An EAP provides

resources and counsellors to facilitate one on one or group support on site/in camp/ on the phone/at home. All services are confidential, supportive, and provided where, when and how you and your crew (and family members) might need it most.

If you belong to an association like the TLA and subscribe to their benefits program, support may be available, and union members may also have access to support via their membership. Licensees have programs too for all their workers and access for contractors, as may be agreed upon at the time of the contract.

Any employer or worker directly involved in a workplace incident may choose to use a Critical Incident Response program provided and funded directly by WorkSafeBC (at no additional cost to the worker or the employer) which provides up to six hours of free counselling from a counsellor nearest the affected worker or group of workers. The first hour is an initial session, followed by up to five additional hours as/if required. To ensure workers get the support they need as soon as possible, any worker directly affected by a workplace incident should call a toll free pager number: 1-888-922-3700. The number is manned between 9 am and 11 pm, seven days a week. Calls made after 11 p.m. will be returned after 9 a.m. the next morning and after explaining the workplace incident they are affected by, they will be connected to a counsellor directly in their community (or as near as possible if there is no counselling available in the immediate area). Please see <http://www.worksafebc.com/claims/assets/CIRprogram.pdf> for more information. WorkSafeBC's only criteria to access this service is that it must relate to a workplace incident, be accessed within three weeks of the incident, and the affected worker(s) must not already be accessing counselling support from another party to ensure there is no duplication of service from two different service providers. 🌲

Whistleblower protection

In BC we have regulatory protection in place that ensures that no employer may penalize or otherwise punish a worker for raising safety concerns or refusing unsafe work.

For more information on the process and to see cases investigated since 2010 see: http://worksafebc.com/workers/improving_health_and_safety_at_work/discriminatory_action_complaints/default.asp

And a Q&A: http://worksafebc.com/publications/health_and_safety/by_topic/assets/pdf/FAQs_about_discriminatory_action.pdf

In all jurisdictions that protect workers, it is understood that workers play a crucial role in ensuring that their workplaces are safe, but also recognize that employees would be less likely to participate in safety or health activities, or to report hazardous conditions to their employer or to a regulator (like WorkSafeBC) if they feared their employer would fire them or otherwise retaliate against them. For that reason, regulations prohibit discrimination against employees for exercising their rights under the law. Many previously full-time employees have become independent contractors, often working under the coordination of a prime contractor. While the prime contractor is responsible for coordinating the health and safety activities on a site, the owner (in many cases the licensee) still has a responsibility for maintaining the workplace in a safe condition and providing the prime contractor with the information that they need to identify and control the hazards at that site.

Concern has been expressed by some contractors who feel “squeezed” and then wrestle with their own consciences for

“going along” with not complaining about an unnecessary risk or practice because they perceive they will not be given another contract if they speak up. While we all know that good managers and operators treat all parties equally and fairly and never compromise anyone’s safety, regrettably, it only takes one or two bad apples to make contractors untrusting or feel all the safety has been downloaded onto their shoulders.

So what to do? If you are a licensee, regularly ask all your contractors and sub-contractors for their honest opinions on what works, what doesn’t, what could be done better. Building mutually rewarding, trusted, safe partnerships start with building open honest communication channels, along paths of mutual respect. Ask the questions. Really listen to the answers. If you are a contractor, and are having challenges working with the owner or subcontractor to manage the hazards, consider chatting with other contractors, a contractor association and/or the BC Forest Safety Council (BCFSC). A safety advisor or director of SAFE Companies can provide you with an objective sounding board, discuss what your options are and share ideas on how best to proceed, as well as remind you of your rights and responsibilities to both yourself and your own employees.

Sometimes a licensee or landowner has no idea that their intended and required practices are not implemented 100% of the time. Once known they successfully work to correct the situation – a win-win for them and their contractors.

Email editor@bcforestsafe.org if you’d like to share your experience, or highlight something that we should explore more to support better safety outcomes. 🗣️

WorkSafeBC launches new ERP video and tools

This video helps workers understand the challenges of emergency response in forestry operations, and the importance of knowing your plan and practising it. The video shows a realistic forestry medical evacuation and the delays created by remote worksites, steep terrain, and poor weather.

Additional resources:

20-page discussion guide to go with the video (WARNING: large PDF at 5.59 MB, don’t open it on your phone) http://www.worksafebc.com/publications/health_and_safety/by_topic/assets/pdf/BK156.pdf?_ga=1.113136002.749810290.1444935277

4-page document containing 13 tips on ERPs (1.5 MB PDF): <http://www2.worksafebc.com/PDFs/forestry/12%20ERP%20Tips-Sep18.pdf> 🗣️



<http://www2.worksafebc.com/Publications/Multimedia/Videos.asp?ReportID=37728>

Recent incidents reported to WorkSafeBC

These summaries of selected work-related incidents recently reported to WorkSafeBC may help you to prevent similar incidents.

HARVESTING

Injury: Partial amputation of one finger

Core Activity: General trucking / Sawmill / Integrated forest management

Location: Northern B.C.

Date of Incident: 2015-Aug

A worker was injured while lowering stakes on a log transport trailer in a sawmill log yard.

Injury Type: Serious burns

Core Activity: Log hauling

Location: Interior B.C.

Date of Incident: 2015-Aug

A log transport truck experienced mechanical difficulties while driving up a steep hill on a main highway. The truck quit running, and the driver got out to investigate the cause. While he was investigating, a flash fire occurred, apparently after he removed the diesel tank fuel cap. The driver sustained serious burns.

Injury Type: Fatal

Core Activity: Cable or hi-lead logging

Location: Interior B.C.

Date of Incident: 2015-Jul

A skidder operator had exited a skidder on the uphill side of the machine. Above him, a runaway log about 5 inches in diameter and 40 feet long was dislodged during a cable yarding operation from a harvest area with a 75 percent slope. The log struck and fatally injured the worker.

MANUFACTURING

Injury: Undetermined back injury

Core Activity: Heavy equipment, machinery, or parts manufacture or installation (greater than 500 pounds) / Sawmill

Location: Lower Mainland

Date of Incident: 2015-Aug

While preparing a sawmill for replacement of a log singulator, a worker fell about 10 feet from an I-beam into a conveyor chute.

Injury Type: Close call

Core Activity: Sawmill

Location: Lower Mainland

Date of Incident: 2015-Aug

During sawmill operations, a fire occurred in the sawdust/shavings bunker. No injuries occurred as a result of the fire.

To see more incidents, please see WorkSafeBC's website:

<http://www2.worksafebc.com/Publications/Incidents-Item.asp?reportid-36759&appSession=590390047205792>



Fatalities and Injuries

Until claims are finalized by WorkSafeBC, there is the potential for changes on classifications between direct or associated fatalities, and/or potentially previously unknown incidents. Preliminary information, however, as at November 12, 2015, is as follows.

There were six direct forest harvesting fatalities in 2015, year to date:

- February 11, 2015: Log truck driver in heavy snow rear ended another log truck on the Alaska Highway (at Mile 64).
- April 6, 2015: Pickup truck driver at side of resource road struck by another truck near Smithers.
- July 11, 2015: Faller falling a tree was struck by another tree on the Northern BC Coast.
- July 24, 2015: Faller struck by tree dislodged by log line loader (super snorkel) near Holberg.
- July 27, 2015: Skidder operator out of cab was struck by a log while working near Revelstoke.
- October 14, 2015: A worker was fatally injured when the heavy duty truck he was working under rolled over him in the Ladysmith area, Vancouver Island.

There were three associated forest harvesting fatalities in 2015, year to date:

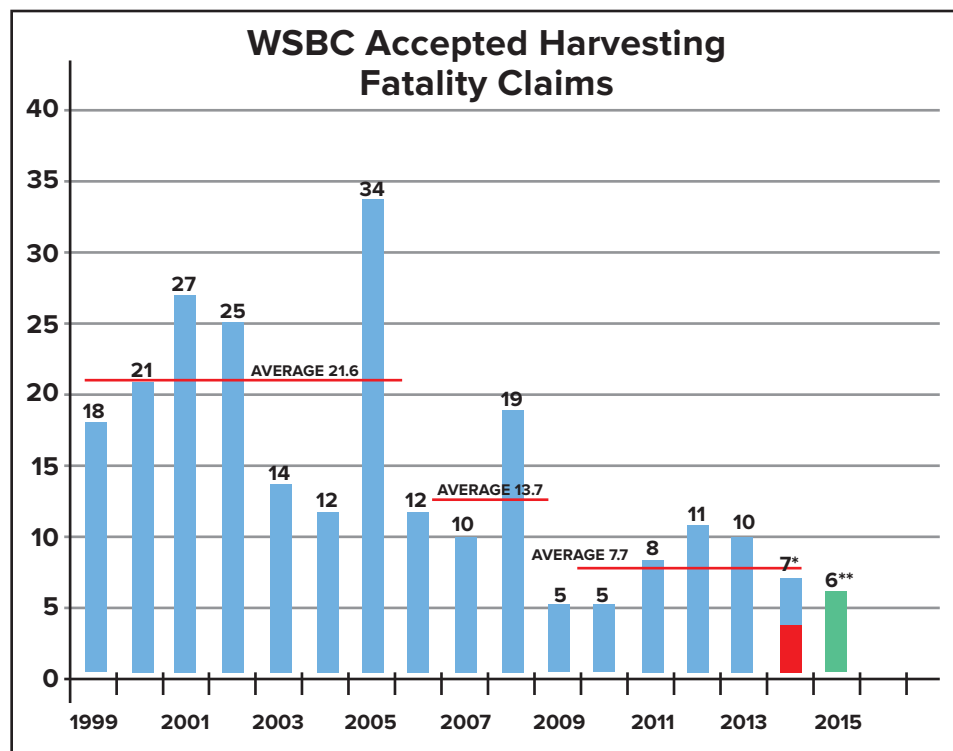
- January 6, 2015: A certified faller died while falling a tree that barberchained on a residential property in Chilliwack.
- May 23, 2015: Low bed truck driver delivering equipment was struck by a piece of tree while pulling fallen trees off a road near Prince George.
- July 5, 2015: Faller fighting wildfire was struck by tree in falling incident near Sechelt.

There was one sawmill manufacturing fatality in 2015, year to date:

- September 15, 2015: A 28-year-old worker died after he was pinned between a large stacker and the sort deck on which he was working, at Creston.

There was one natural causes fatality in October, 2015:

- October 14, 2015: a worker building a logging road near Cherryville was found collapsed near his bulldozer. Preliminary information is that the worker suffered a suspected heart attack. 🚑



Please note: *There are four fatalities the BC Forest Safety Council is aware of that occurred in 2014. WorkSafeBC tracks fatalities by the year in which they accept the claim. WorkSafeBC has accepted three of the four fatalities from 2014 in 2014, and is reviewing the fourth which occurred later in the year and will likely be accepted in 2015. WorkSafeBC has also accepted four fatalities from prior years during 2014. The BCFSC uses the WorkSafeBC data of accepted claims for trends although it may not specifically indicate current year fatalities, it is the only long term data base for comparative purposes. **As at November 12, 2015, it is anticipated that 6 fatalities will be Accepted Harvest Fatality Claims that occurred in 2015. This is preliminary information.



V4 audits compulsory for all BASE companies in 2016

All BASE SAFE companies will be completing the BASE V4 audit version going forward, effective January 1, 2016.

Positive feedback from BASE Companies that used BASE V4 in 2015 pilot

BASE-sized SAFE Companies that opted to test drive the new BASE V4 audit in 2015 ahead of the 2016 industry-wide implementation have recently completed an online survey to give their feedback and experiences in using V4.

The good news is, overall the survey results show a much higher level of satisfaction with V4 than V3 -- from company representatives, external and internal auditors, alike. Fully 80% of respondents felt the BASE 4 audit would help industry further reduce incidents and prevent fatalities; while 88% agreed that the BASE V4 audit will lead to better safety performance by the companies being audited. Further all respondents either preferred Version 4 over Version 3 (67%) or had no preference between the two (33%). None preferred Version 3 over Version 4.

The survey was conducted in October, 2015.

Detailed survey results and feedback

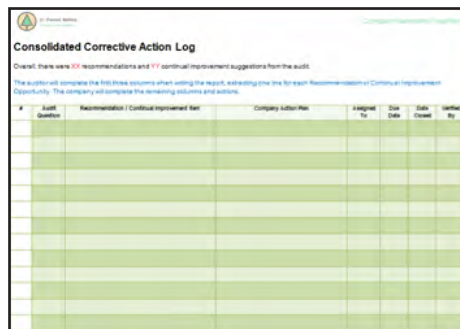
A total of 12 completed online surveys were received from company representatives, internal and external auditors.

88% of respondents agreed that the BASE 4 audit recommendations lead to better safety performance for the company, rather than doing something just for the audit, while 12% said they would rather see a requirement for scoring 100% as anything less, lessens the impact and effectiveness of a recommendation.

Things that respondents liked about the BASE 4 audit included: putting recommendations into a Corrective Action Log (CAL) because it is very useful; the auto scoring; more of a focus on the work rather than the paperwork; more scoring opportunity based on results and worker knowledge than just paperwork; the layout for the elements; it was easy to do and very straightforward; the scoring was easy to figure out and for the most part on point; and in-person interviews and observations versus paperwork.

Things that respondents disliked about the BASE 4 audit: the numbering/ordering of the questions; wish recommendations could be

automatically inputted; 50% pass requirement on each question; unfriendly template with errors.



Concerns ahead of doing new version of the audit

44% of respondents said they had concerns going into their first BASE 4 audit; these concerns included: going into the unknown; hard to follow question order and derive some interview questions; worried about how much more time or other factors that might impact companies such as lower scores or audit failure, resulting in higher costs.

After completing their first BASE 4 audit, 67% of respondents still had concerns while 33% said they did not. These concerns included being the same ones as before the audit; and concerns that audits will fail resulting in Limited Scope Audits (LSAs); some auditors felt they had more work to do with a lot of reading to ensure all information had been

gathered and answered; very stringent scoring requirements; audit template is not very user friendly and auto calculation is too cumbersome and did not work; as each question is required to have a 50% pass there are a couple of key questions that if you receive less than 90% you cannot pass the audit, which seems to lend an unnatural importance to those few questions.

(Editor's note: the functionality issue that was identified above has been resolved – auditors must not remove pages or sections from the audit as that will disable the auto calculation function.)

Evenly split on score weighting

50% of respondents said they agreed that every question was essential for good safety performance and therefore should require achieving 50% in every question, while 50% said no. Those that agreed said requiring 50% eliminates the issue of a company choosing not to complete an essential safety activity and still passing the audit; holds companies accountable for all areas of safety, requiring a higher standard of compliance; how can one say a company is acting in a safe manner if they are not at least behaving at 50%; it's a good baseline – if processes are only working at 50% there is too much room for error which results in personal injury.

50% of respondents don't support requiring 50% because some questions regarding worker answers may be that the workers have forgotten information (but it is supported by documentation); could potentially limit a company's ability to bid for work if the nature of the work is seasonal, i.e. if a company goes into a 90 day LSA then has no work till next season, they could potentially lose SAFE Certification and Certificate of Recognition (COR); too severe a penalty for one question; and it can be almost impossible to achieve due to the scoring structure; and not high enough of a score – safe companies should need to score higher than 50%.

50% of respondents felt the BASE 4 audit scores were appropriate while 50% did not because some questions deserved far more marks than what they are allotted; a lot of research is required to answer some questions worth only 2 points; should be less all or nothing scores; and one respondent said that overall he did support the scoring but that there were some questions such as D1.1 that could sideline the whole audit even if, overall, things were being done well.

BASE V4 better than BASE V3

Respondents said that the BASE V4 audit was a better audit than BASE 3 or predecessor audits, but that some questions were almost repetitive; brings to light deficiencies that are actually important to our company; gives direction for improvement; helps provide performance goals for future audits; shifting more emphasis on worker knowledge

Continued on page 6...



SAFE Companies

Continued from page 5..

and observations from documentation, meaning safety policies are given “feet” in the workplace not just “voice”; keeps company focused throughout the year; draws attention to areas where we are not performing at the level we could be; being observation/interview based, the auditor can observe human behavior within the various company processes and make meaningful recommendations. In total 67% of respondents preferred BASE V4 to BASE V3, 33% had no preference and none said they preferred Version 3 over Version 4.

More reasons to like BASE V4

More reasons to like the BASE V4 included: fewer questions, shortness to complete, interviews and observation based; encourages a better safety attitude in workers; BASE V4 requires managers to communicate the expectations to workers more than BASE 3 did. That being said, it looks like it isn't intended to be safety at all costs either, so managers should like the more balanced approach.

Too hard, too soft, just right?

63% of respondents said the degree of difficulty in BASE 4 was just right; 25% thought it was too hard and 12% were unsure. No-one thought it was too easy.

In their comments, respondents said in some ways it was easier than V3, in other ways, harder. The observation was also made that the automatic choice is always to go with the version you know, especially if you're passing it – because people just don't like change even if it is for the better.

While some found it faster to do than V3, one found it “very time consuming as questions times are longer not shorter,” and another felt it was “about the same degree of difficulty” and another said it was “not an exact fit” for their company.

On what they felt about the degree of difficulty for the auditor doing V4, 50% of respondents said “just right”, 37% said too difficult and 13% were unsure. They made the observations that for some auditors it could be much more difficult especially the write up and coming up with a decent set of questions to ask workers who give one word answers. Another observed that it made the auditor work harder but that might be just because it is a new tool and another added that the auditor needed to ensure all questions within the questions were answered too.

Would you recommend other companies use the BASE V4 audit and why?

75% of respondents said yes; 13% said no and 12% didn't provide an answer. Respondents

said that why they would recommend BASE 4 audits was because it showcases deficiencies in a more productive manner; as with all audits, it gives guidance for continual improvement; it is more efficient – a focus on performance rather than paperwork; it is easy to use and fairly accurate.

As part of continuous improvement what, if anything, would you want to see in a future BASE V5 audit?

Respondents provided the following suggestions to consider for a future audit version:

- reorder questions, but wait till more companies have had experience with V4
- make documentation requirements more clear to remove room for misinterpretation by company and auditor
- make sure all pertinent info within the audit question required is highlighted
- remove 50% in each question criteria
- continue to increase weighting scores towards positive results. Maybe eventually get to the 50% score on any question = fail
- review the pointing of questions with the 50% element

Advice for anyone doing BASE 4 for the first time

Those that have already successfully completed a BASE V4 audit had the following advice for anyone doing the BASE 4 audit for the first time:

- get some advice on the difficult or new questions.
- read through everything thoroughly before beginning the audit.
- read each question thoroughly to ensure all information has been received.
- make sure you have your emergency drills done and documented prior to your audit.
- before interviewing, be very prepared by familiarizing yourself with company processes.
- use the workbooks provided but make sure that you read the audit question and the guidelines too so that there is no misinterpretation of the real intent of the question being asked in the audit.

Thank you

SAFE Companies thanks all survey respondents and other BASE V4 pilot companies and auditors for their time and expertise in sharing their experiences. Together, through continuous improvement, we shape better safety outcomes and help reduce fatalities and serious incidents.

Background on how BASE4 came about

The seeds for V4 were sown in early 2013, when at the request of industry, a major renewal of the prequalification system was

started by industry-led Steering and Working Committees. The general objectives were to ensure the standard:

- is owned by industry
- is relevant and practical
- meets the needs of licensees and contractors and
- clearly sets the cascading responsibility for safety in the workplace by all parties.

Key principles considered in guiding the redesign

- The system has uniformity and consistency across industry
- The system has an audit that is not entirely paper-based or paper-driven. It needs to be proactive – not primarily weighted on paper work
- The system needs to be owned by and evolve with industry. Council's role is to support and administer the system as required by industry
- There needs to be consequences for failures
- There should be a mechanism for continual improvement
- The redesign should not be primarily driven by prime contractor requirements and the system should focus on having an effective safety management system in place and evaluating the contractor's ability to assign/assume the role of prime.

Following a discussion paper in November 2013, input was accepted from all industry participants regarding the proposed changes. This was followed by pilot audits being conducted with companies throughout 2014 and based on feedback from the companies and auditors, adjustments were made, with the final BASE 4 standard introduced in April 2015. Between May and December 2015, more than 50 companies have used BASE 4 in 2015. Training sessions with external and internal auditors were offered throughout the province, free-of-charge, through 2015 to help prepare auditors for the change over from V3 to V4.

Questions about BASE 4

BASE V4 audit forms and tools may be found here: http://www.bcforestsafesafe.org/safe_companies/large_companies/resources.html

Base 4

- [BASE 4 - Document Workbook](#)
- [BASE 4 - Interview Workbook](#)
- [BASE 4 - Interview Workbook - Managers](#)
- [BASE 4 - Interview Workbook - Supervisors](#)
- [BASE 4 - Interview Workbook - Workers](#)
- [BASE 4 - Observation Workbook](#)

Screenshot of a section of the audit web page: http://www.bcforestsafesafe.org/safe_companies/large_companies/resources.html, where all the new BASE V4 materials are available to view and download.

If you have any questions or comments, please call SAFE Companies, toll free 1-877-741-1060, or email safeco@bcforestsafesafe.org.

Ken Higginbotham joins BC Forest Safety Council Board as Chair

The Board of the BC Forest Safety Council is pleased to announce that Kenneth (Ken) Higginbotham has accepted the role as Chair of the organization, effective October 1, 2015.

Ken is no stranger to safety or the forest industry having served numerous forestry and wood manufacturing entities throughout his noteworthy career. Ken most recently has been the facilitator for two key industry safety groups – the Manufacturing Advisory Group (MAG) and the Coast Harvesting Advisory Group (CHAG).

One of Ken's first orders of business in his new role, after orientation, will be to lead the search committee to hire a new CEO to replace Reynold Hert, who is leaving the Council at the end of March, 2016.

Reynold has been with the organization for more than six years, in roles as CEO, Board Chair, and most recently Chair and CEO. Both he and the rest of the Board felt it was timely to separate the roles going forward.

"I am pleased to be handing over the Chair reins to Ken. Ken has a solid reputation with manufacturing and harvesting and is a pleasure to work with," said Reynold.

Looking forward to new role

Ken said he was looking forward to taking on this role and the new challenges that will come with it. "Industry has made significant progress on safety to date. I look forward to

working with the Board to support initiatives as identified by industry for continuous safety improvements from planting to harvesting and milling," said Ken. "As an industry, we are not competitors when it comes to safety. We all share one focus: to ensure every forestry worker goes home safe at the end of each shift."

Ken holds a MS in Forestry and a Ph.D. in Botany (Ecology) and has been both an academic (assistant and associate professorships) in Botany and Forestry at two universities, one in the US and one in Canada, before becoming the Director of Research, Alberta Forest Service; Assistant Deputy Minister of Forests, Alberta Government; and then Vice President Forestry at Canfor Corporation from 1995-2012, focused largely on government relations. Since then, Ken has consulted, including providing management services for a sawmill safety organization, MAG, made up of 10 companies and facilitation of CHAG, a coastal logging safety organization, consisting of five of the largest coastal companies.

A dual Canadian-US citizen, Ken was born in Denver, Colorado and is currently a resident of Surrey, BC. When he is not consulting and championing safety, he can be found enjoying the great outdoors with his wife, five children and 13 grandchildren. 🌲

MAG and BCFSC respond to inquest jury recommendations

The Manufacturing Advisory Group (MAG) and the BC Forest Safety Council have submitted a letter in response to the jury recommendations in the inquests into the deaths of four men at two mill explosions in 2012.

To view the full letter, please see: http://www.bcforestsafe.org/files/rep_ResponseToInquestFindings.pdf

To view the inquest findings: <http://www.pssg.gov.bc.ca/coroners/schedule/index.htm> and to view the feedback received by the BC Coroners Service, please see: <http://www.pssg.gov.bc.ca/coroners/schedule/archive/2015/docs/little-roche-response.pdf> 🌲

Don't forget: get your audit in on time!

The countdown begins to the busiest audit processing time at the BC Forest Safety Council (BCFSC). It's December which means staff will receive between 500 and 800 audits by email, website upload, mail, courier or in-person delivery.

Here are some tips if you have to meet a December deadline for filing an audit to retain SAFE Certification:

- Don't leave it to the last minute!
- Work through all the questions twice to make sure they are all complete.
- Check all the required paperwork is included too.
- If you are not sure about something, call us first before you send it in (toll free: 1-877-741-1060 or email safeco@bcforestsafe.org). It's much faster to get it complete and correct before you send it in than having to do subsequent follow-up deliveries/submissions after the initial one.
- Keep calm. It will be done quicker than you think. 🌲

Continued from page 1...

- (c) "either,
(i) provide the report to the joint committee or worker health and safety representative, as applicable, or
(ii) if there is no joint committee or worker health and safety representative, strategically post the report at the workplace." The background to the recommendation is: "Evidence revealed workers were not informed about results of investigation reports. The knowledge of such reports can serve as training information and safety awareness."

And, at the Lakeland inquest, recommendation no. 9 states: "Clarify the meaning of the term "participation" in section 174 of the Workers' Compensation act to ensure full and meaningful participation in the investigative process by both the employer and the worker

representative." The presiding coroner's comment was: "The inquest heard that access to the Lakeland mill site by the employer's representative and a worker representative was denied or limited, hampering the employer's ability to comply with section 175 of the Workers Compensation Act."

All employers and Joint Occupational Health and Safety Committees need to ensure that they update their investigation processes accordingly to ensure compliance in early 2016.

If you have a question or concern about this change or how best to implement, please contact the BC Forest Safety Council and speak with a safety advisor at 1-877-741-1060 or email safeco@bcforestsafe.org. 🌲

FTAC and CHAG have two separate information gathering projects underway

Fallers' opinions are in high demand to help inform the future of the industry. There are two research questionnaires in development that will be wrapped up early in 2016.

FTAC questionnaire

The widest ranging information gathering questionnaire is being compiled by the Falling Technical Advisory Committee (FTAC), supported administratively by the BC Forest Safety Council (BCFSC). Every aspect of falling and safety including site preparation, planning, supervision, training, inspections, regulations, the faller standard, qualified assistance, ERP, WorkSafeBC, BCFSC, unsafe work, etc. is up for consideration and comment.

The input fallers provide will help shape numerous future FTAC projects. It is the first faller survey of its kind that covers all aspects of fallers' day to day experiences. The questionnaire provides fallers with the opportunity to tell it like it is. Collectively all the data gathered will help shape better safety outcomes.

The more fallers that complete the FTAC survey the more accurate the information will be on what is really happening. The data will have an impact on shaping the future of falling in BC.

The questionnaire will be mailed to certified fallers (about 2,500 fallers in total). A pre-paid, return envelope will be included to make the questionnaire completion and return process as quick and easy as possible. FTAC has opted to go the paper-route to help encourage more participants who most often are at remote locations and don't have reliable access to the internet. An online version will be made available too for any faller who would prefer to complete the survey online.

The BCFSC's falling program manager, Peter Sprout, welcomed the outreach to fallers for their valuable opinions. "Fallers have to keep their heads in the game and fall tree after tree safely. They know better than anyone else what makes them safe, unsafe, what distracts them, what works and what doesn't. I really encourage every faller to participate and share their views."

CHAG working committee on faller safety related to road debris and right of way

A second questionnaire survey is being developed by a Coast Harvesting Advisory Group working committee. This survey will focus on faller safety related to road debris



Falling

End to end review of falling standards

Industry has identified a need to update the Faller standard, Qualified Supervisor/Trainer (QS/T) standard and Certified Faller Supervisor (CFS) standard. Working groups of seasoned, experienced career fallers have been gathering at the BC Forest Safety Council offices over the past several weeks to develop updated Faller, Certified Falling Supervisor and Qualified Supervisor/Trainer standards and review how qualifications, competencies and certifications all work together. WorkSafeBC, Forestry, Wildfire, Silviculture, Single Stem/Windfirming, Oil & Gas, Parks and other chainsaw users have been included in the process.

The Falling Technical Advisory Committee (FTAC) and the Coast Harvesting Advisory Group (CHAG) identified the need to develop standards for industry occupations and to review existing standards – such as the faller standard – to ensure fallers are qualified and meet industry's needs.

A standard writer, experienced in developing competency-based occupational standards in other industries, is working with industry to develop the new standards. The Faller,

and right of way. Fallers as well as engineers, road construction crews, blasters, planners and others will be surveyed to determine what best practice is, to ensure fallers are not put in harms' way through the actions of phases before they arrive on the block.

Results of each of the surveys will be shared upon completion as well as analysis of the



(Left to right) Mark Turnbull, CUA, Jim Bassett, Coastal Forestry Faller, Richard Banner, Enform help develop modularized faller standards that allow worker mobility.



(Left to right) Interior Forestry Faller Creole Dufour, Enform QS/T John Courchesne, Coastal Forestry Faller Greg Clayton and Wildfire Faller Chris Spronken, part of the expert team involved in modularizing faller standards.

Qualified Supervisor/Trainer (QS/T) and Certified Faller Supervisor (CFS) standards are all under revision with a single focus and objective: to ensure improved safety outcomes based on consistent, competency requirements.

For the falling standards, well respected, qualified fallers, CFSs, QS/Ts and

findings. Forest Safety News will provide links to the final reports as they are made available.

If you do not receive an FTAC questionnaire by the middle of January, please email faller@bcforestsafef.org or call toll-free 1-877-741-1060. All completed surveys should be back at the BCFSC by the end of January for data input and analysis. 📧

Latest New Faller Training

WorkSafeBC have been involved in the process. WorkSafeBC has also provided partial funding for the creation of the revised faller certification standard.

The first step in the process has been occupational analysis – describing the occupation. The second step is developing and drafting the standard and assessment tools. The third step is testing these tools out in the woods and then revising them as required. The fourth step is an ongoing check in with all industry parties and other industry stakeholders to review and explore the proposed new standards and ensure that everyone is in agreement that the revised standard meets the objective of keeping fallers safe while working in industry. A final draft will be reviewed by the industry steering committee, FTAC, CHAG, the Oil/Gas and Wildfires Services groups, the program committee and board of the BC Forest Safety Council as well as the Faller Standard Advisory Committee (FSAC), which in turn will recommend to WorkSafeBC that it adopt the updated faller and QS/T standards as acceptable to the Board to align with regulation. WorkSafeBC will be informed of the progress for the CFS standard as it is industry best practice and doesn't require WorkSafeBC approval.

The new standards will also allow for modularization of content that will better suit the needs of different users of the standard for different industries, which will allow for better, safer, worker mobility between industries e.g. oil and gas to wildfire and industry production falling.

The development and implementation of the new standards are the key workplan items for the falling and training departments at the BC Forest Safety Council, with completion dates of September and December 2016 respectively for the Faller Certification standard and the QS/T standard; and, the Certified Faller Supervisor standard.

Training courses will also be revised accordingly in 2016 to meet the new standard requirements, as well as revised quality assurance processes. 📍



One of the latest New Faller Training sessions was held in Sointula from Sept 14 to Oct 17, 2015. All training is done one-to-one, that is one instructor dedicated to one faller for the duration of the training. (From left to right) Paul McCaffrey, trainer; new faller trainees, Shane Burma and Patrick Bush; and trainer, John Jacobsen.

New booklet in development on key faller safety tips

The falling department will be researching and publishing a new safety information tool on key faller safety tips. The finished booklet will follow a similar size and format of the Fit to Log booklets, and contain the most valuable tips that incident-free fallers over 30, 35, 40 and 45 year careers believe to be what has kept them safe and out of the bite.

Copies will be distributed with card renewals in 2016. An electronic format will also be available on the BC Forest Safety Council website. 📍

Cross industry input on faller standards

The Faller Standard Advisory Committee (FSAC), comprised of administrators approved by WorkSafeBC, has the goal to ensure that the Faller Standard meets the needs of each industry sector and allows for worker mobility between the sectors. The FSAC was recently restructured. Previously FSAC was chaired and driven by WorkSafeBC with industry participants. WorkSafeBC has approved that the FSAC will be industry-driven going forward to better ensure industry's needs are met. Newly appointed, independent chair, Geoff Stevens, will lead the transition. FSAC members include the BC Forest Safety Council representing fallers in the BC forestry industry, Enform representing fallers in the oil and gas industry in Canada, and BC Wildfire Services representing fallers within the BC Ministry of Forests, Lands and Natural Resource Operations. WorkSafeBC will continue to have representation on the committee. 📍

Feedback on recent courses

Advanced Incident Investigation Training: September 25, 2015

Participants indicated that course expectations were met and they would recommend the course to others. Their overall trainer rating ranged from very good to excellent.

Strengths of the course were identified as content, presentation and level of detail shared as well as the experience of the trainer.

Feedback from Basic Incident Investigation Training: September 24, 2015

Course feedback ranged from very good to excellent, with two participants indicating that the course had exceeded their expectations with all participants saying they would recommend the course to others.

Strengths of the course included content and delivery; interactive participation; all content based on real life examples.

Other strengths included giving insight on identifying causes and linking to corrective actions; and learning about WorkSafeBC investigation requirements; and learning to always wait for the right answer – give a witness time.

BASE 4 Upgrade Training: October 2, 2015

Feedback ranged from very good to excellent, with all participants indicating that course expectations were met and that they would recommend the course to others. 🍌

Calling high school students to submit safety video entries about impairment

Impairment in the workplace is the theme of the 2016 WorkSafeBC Student Safety Video Contest for students in BC in grades 8 to 12. Entrants need to create a two-minute original video that explores the topic of impairment in the workplace, and what employers and workers can do to address it.

As we all know, impairment at work affects everyone. Fatigue, alcohol, and drugs are all forms of impairment that can affect workplace safety.

Video submissions are due by April 1, 2016. A total of \$10,000 in prize money is available for students and schools. One entry will also advance to a national youth video contest to compete for additional prizes and bragging rights.

To help inspire a future of safe and healthy young workers, share this information with students and teachers you might know in your communities. For details, rules, and entry forms, please see www.worksafebc.com/studentvideocontest or email questions to yworker@worksafebc.com. 🍌



Training

Program Standards for Yarding Occupations

At the request and direction of industry, led by the Coast Harvesting Advisory Group (CHAG), the BC Forest Safety Council has supported completing all competency standards and assessment tools for six yarding occupations: chokerperson, rigging slinger, landing/utility person, hook tender, tower operator and grapple yarder operator.

The guiding principle for the project was to meet industry's need for a "tool box" to support the training and assessment of yarding workers.

The project team compiled occupational analysis charts for the six yarding jobs. From these charts, 31 units of competency were developed reflecting the scope of activities across the six occupations. Field tests of the draft standards are underway – taking place at several operations on the coast and in the interior. Subject to user feedback, the process and documentation will be finalized and posted on the BCFSC website by the end of March 2016. Coaching for supervisors on how to use the standards on-the-job will be scheduled in the first half of 2016. These sessions will be included in the annual training calendar so please check here starting in January 2016:

<http://www.bcforestsafecouncil.org/fscapps/calendar/calendar.php>

The three main individuals and companies that made this work possible are: Stu Smith (contractor), Ron Boe (Western), and Sam Stanko (Island Timberlands).

Industry is required to be able to demonstrate that every operator is qualified to operate a piece of equipment in a manner that is defensible as/if required by regulators or investigating authorities should something go wrong. "In a worst case it is about defense; but in a best case it is about ensuring that every worker knows best practice in doing his/her work; has the knowledge, training and skill to safety and productively operate a piece of equipment at all times," said Russel Robertson, Director, Programs and Training, BCFSC. 🍌

Resources you can use

BC Forest Safety Council resource links:

Access to all safety resource sections:

http://www.bcforestsafecouncil.org/safety_info.html

Resource Packages:

http://www.bcforestsafecouncil.org/safety_info/resource_packages.html

YouTube channel videos: <https://www.youtube.com/user/BCForestSafety>

Posters and stickers order form: <http://www.bcforestsafecouncil.org/node/2485>

SAFER links:

The Safety Advisory Foundation for Education and Research (SAFER) <http://www.safer.ca/> was created more than 27 years ago through broad negotiations between the IWA Canada (now United Steelworkers) and FIR on the coast and the IFLRA in the southern interior for the 1988-1991 master collective agreements in both regions. The organization continues to be jointly managed by USW, FIR, and the IFLRA where the industry and the union enjoy equal representation. SAFER's mission is to assist workers and employers in the BC forest industry to improve incident prevention and create a healthy environment, both on and off the job.

Some of the tools SAFER provides includes helpful video and other tailgate tools. Please see: <https://www.youtube.com/user/SAFERCouncil/videos> and <http://www.safer.ca/links.htm#talks>. 🍌



Transportation

Upcoming Training

If you would like to see how a training course can meet your organization's needs, please let us know. We are committed to working with you to find the right training solution. We may be able to tailor a program to your specific needs and deliver it in a way that is most convenient for your operations.

Small Employer OHS and Small Employer OHS refresher course:

December 3 Kamloops
December 3 Langley
December 10 Prince George

Forest Supervisor Training:

Module 1: Due Diligence

Module 2: Communications

Module 3: Leadership

December 1 Vernon (Module 1)
December 2 Vernon (Module 2)
December 3 Vernon (Module 3)

IOO & IOO Refresher:

December 5 Langley
December 12 Prince George
December 19 Teleconference

Basic Incident Investigation

December 10 Vernon

Advanced Incident Investigation

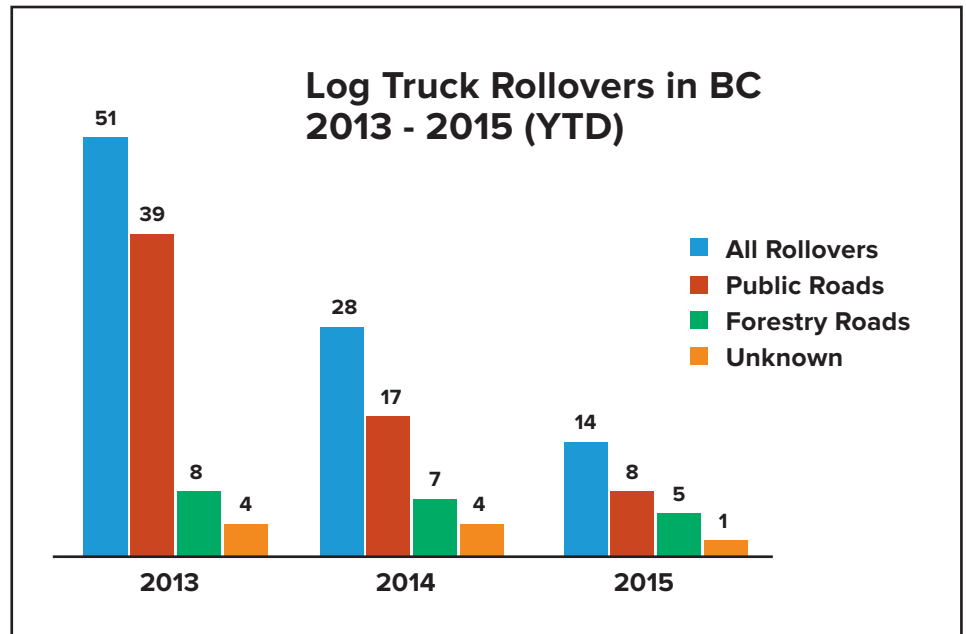
December 11 Vernon

As the 2016 training calendar was in the process of being finalized at the time of going to print, please check our website regularly for updates. See bcforestsafesafe.org/fscapps/calendar/calendar.php. Check back often as course dates do change too. Email training@bcforestsafesafe.org or call toll-free 1-877-741-1060 for more information. 📞

A big shout out to all log truck drivers! YOU are making a difference in safety

- More than 50% reduction in log truck rollovers on public roads
- Consistently downward tracking of log truck incidents on all roads

Thanks to everyone's efforts across industry – most importantly log truck drivers – log truck rollovers are down significantly. You are making our roads safer, reducing injuries and lost time, as well as preventing damage to trucks and roads. Keep up the good work!



Please note: The above data is compiled by transportation safety, BC Forest Safety Council as an indicator of industry data. It is highly probable that there are additional rollovers that are not included in this summary. Current data sources include: media reports, reports to WorkSafeBC, Commercial Vehicle Safety Enforcement (CVSE), and reports to the BC Forest Safety Council. Public Roads include highways, community and municipal road ways. Forestry Roads include all resource roads, on-block roads and mill sites.

“Over two years, we have seen a more than 50% reduction in rollovers on public roads,” said Dustin Meierhofer, Director Transportation and Northern Safety, BC Forest Safety Council. “This improvement has been achieved through an industry-wide response – from safety groups to licensees, contractors, subcontractors and individual owner operators – the log truck drivers.”

He said that a big contributing factor was the attendance of more than 2,400 drivers, loader men and supervisors to Anatomy of a Rollover, Standard of Care and other safety seminars in 2014 and 2015. “It was a big push by industry to get as many people through those sessions to speak frankly about rollover elements and the factors that have the most influence on both positive and negative safety outcomes involving driving and logging trucks in particular.”

“Log haulers and Industry should feel really proud of what they have achieved to date. We need to stay focused on doing the basics well and getting every load and driver safely to their destination,” he said.

The Trucking Advisory Group (TAG), the Log Truck Technical Advisory Committee (LTTAC) and other industry groups will continue to work on different and emerging aspects of log truck safety – including training standards for new log truck drivers – to ensure that every new log truck driver benefits from learning the details of how to safely operate a log truck under variable road, weather and operational conditions. 📞

Overall smooth roll-out of new resource road radio channels

Government, industry and radio providers should be pleased that the complaints about the new resource road radio channel implementations across the province have been very few and far between. In fact, it seems overwhelmingly, everyone has a good story to tell, once they got their gear properly set by certified radio technicians.

The latest roll-out that started on November 16, 2015 was for the Chilliwack Natural Resource District, the most densely populated forest district in the province and covering approximately 1.4 million hectares.

All forest service and other road permit road users must have the new channels programmed into their mobile radios by certified radio technicians. New signs posted on local resource roads will advise which radio channels to use and provide the communication protocols, including the road name and required calling intervals. Vehicle operators using mobile radios to communicate their location and direction of travel must use the posted radio channels and call protocols.

All resource road users should exercise additional caution during the transition. Drivers are reminded that forest service roads are radio-assisted, not radio-controlled, and to always drive safely according to the road and weather conditions.

Channel 13 came with a twist

There was one twist in the rollout. Resource Road Radio Channel 13 became “squelching noise” for heavy duty trucks equipped with a particular navigation system, namely the Kenworth Nautilus navigation system. The navigation system created interference with Channel 13 resulting in the “noise”. The contractor affected solved the issue by installing an on/off switch in his trucks, allowing the navigation system to be shut off while the trucks are operating on resource roads. Safety advisors, however, are still hearing of issues out in the field.

Kenworth, Industry Canada and the Ministry of Forests, Lands and Natural Resource Operations (MFLNRO) are aware of the issue and investigations are continuing.

If you have had an experience of interference on any of the new channels, please let MFLNRO and/or the BC Forest Safety Council know so that any fixes, if needed, may be shared with others. Call 1-877-741-1060 or email transport@bcforestsafe.org.



Transportation

Water transportation can put forestry workers at risk

Whether you are on the coast or in the interior, a number of forestry operators are dependent on water transportation to take workers and product to and from worksites. An incident earlier this year reminds all of us that we need to keep water transportation safety top of mind.

In an earlier edition of Forest Safety News, we shared information about the sinking of a barge carrying tree planters to a worksite off Vancouver Island, and that the Transportation Safety Board (TSB) was investigating. According to information on the TSB website, the investigation is nearing completion, as it is in the third and final phase of the investigation – namely the report phase – into the sinking of the self-propelled barge, Lasqueti Daughters, on March 14, 2015. The vessel took on water and sank in Georgia Strait with 17 people on board. The master, owner and reforestation workers abandoned the vessel prior to its sinking. The vessel was later salvaged and towed to Campbell River.

A confidential draft report was approved by the TSB and sent to persons and organizations directly concerned by the report. These parties have had the opportunity to review and comment on the content of the report. The TSB is now considering any feedback received before approving the final report, which will be released to the public.

The first two phases in the investigation were the field phase, where a team of investigators examined the occurrence site and wreckage, interviewed witnesses and collected pertinent information; and the examination and analysis phase, where pertinent records were reviewed, components of the wreckage tested, sequence of events determined and safety deficiencies identified.

The final report is expected to be released in the coming weeks. See <http://www.tsb.gc.ca/eng/enquetes-investigations/marine/2015/m15p0035/m15p0035.asp> for more information. 🚚



(Left) The barge, Lasqueti Daughters, sinks earlier this year in Georgia Strait; and (right) a Transportation Safety Board investigator photographs and examines the barge after it was towed into Campbell River. (Photos courtesy of the Transportation Safety Board.)

Local resource road safety committees have worked with the MFLNRO and Industry Canada to implement these changes. To learn more about resource road radio

communications protocols and to view maps, please see: www.for.gov.bc.ca/hth/engineering/Road_Radio_Project.htm or contact Industry Canada at 1-800-667-3780. 🚚

Wear your seatbelt!



Adrian Sunduk, a life-time log hauler has an important message to share: a seat belt saved his life in a logging truck rollover. Seat belts save lives.

The Trucking Advisory Group and the BC Forest Safety Council has released a new video encouraging all forestry workers – and log truck drivers in particular – to wear their seat belts at all times.

The almost eight minute video features log truck driver, Adrian Sunduk, as he shares his story of why how a seat belt saved his life. Before attending an Anatomy of a Rollover session, he had never worn a seat belt off highway because he had always planned to jump out of the truck if ever he got into a situation ... See what convinced him that he was wrong and how wearing a seat belt saved his life. Watch the video: www.bcforestsafe.org/seatbelt. Share it with your crews. Seat belts really do save lives.

Your chances of surviving a motor vehicle accident increase dramatically if you are wearing your seat belt properly because seat belts hold you in place upon impact. Occupants in the vehicle who are not properly restrained can cause significant injury to themselves. Where there is more than one occupant in the vehicle, fatalities or serious injuries can result to or by any unrestrained occupant(s) including hitting and killing the driver during a collision. In BC, ICBC data (2003) shows that vehicle occupants who do not wear seat belts are 2.4 times more likely to die during an incident as a result of ejection as compared to those not being ejected; and, are 13 times

PERCENTAGE OF DRIVER AND PASSENGER FATALITIES AND SERIOUS INJURIES WHERE VICTIMS WERE NOT USING SEAT BELTS 2009-2013

	2009	2010	2011	2012	2013
DRIVERS					
FATALITIES	33.6	34.0	31.4	31.8	32.0
SERIOUS INJURIES	14.5	12.9	12.9	12.6	11.7
PASSENGERS					
FATALITIES	36.3	40.4	34.1	36.6	30.7
SERIOUS INJURIES	23.3	20.5	20.9	20.0	18.5

Note: "Serious Injuries" include victims admitted to hospital for treatment or observation.

PERCENTAGE OF FATALITIES AND SERIOUS INJURIES BY ROAD USER CLASS 2013

ROAD USER CLASS	FATALITIES	SERIOUS INJURIES
DRIVERS	50.1	46.2
PASSENGERS	18.1	20.7
PEDESTRIANS	15.6	14.5
BICYCLISTS	3.2	4.6
MOTORCYCLISTS *	10.3	11.6
NOT STATED/OTHER	2.7	2.4
TOTAL	100.0	100.0

* Includes moped riders.

more likely to be ejected from a vehicle during a crash.

The charts above from the Government of Canada show the percentage of driver and passenger fatalities and serious injuries where victims were not using seat belts (2009-2013); and the percentage of fatalities and serious injuries by type

of road user – driver, passenger, etc. The statistics include all reported incidents (on and off highway). Serious injuries are defined by need to be admitted to hospital for treatment or observation. More stats can be found here: <https://www.tc.gc.ca/eng/motorvehiclesafety/resources-researchstats-menu-847.htm>



The new miracle cure, guaranteed to increase your lifespan by years

By Dr. Delia Roberts

Please note: If you haven't been exercising regularly it's important to check with your physician before beginning a program of physical activity to make sure that you are not at risk for cardiovascular disease or have any other health concerns. Neither the author nor the sponsoring organizations are responsible for any illness or injury that may result from this program, if you chose to follow it you do so entirely at your own risk. If you feel faint or experience pain while doing these exercises seek medical attention immediately.

If there were a way to bottle it, we'd be able to reverse the rapidly rising healthcare costs and improve everything about life quality from sleep to brain function to sex. Sound unbelievable? For once these claims are true, the catch is that the cure requires you to work up a sweat. Yep, we are talking about that ugly, nagging thing that lives at the bottom of your list – exercise. And yet, as much as we think physical activity is painful, we all know someone who seems to actually enjoy exercise. So what are the benefits of physical activity and how can you turn it from a chore into something to look forward to?

Most powerful wellness benefits come from exercise

A program of regular physical activity will lower your all mortality risk by as much as 50%. It doesn't matter what disease you are worried about, or what bad habits you might have. Exercise will help to improve your current health status and prevent you from developing a disease in the future. Diabetes, kidney failure, heart disease, hypertension and stroke, cancer, obesity, osteoporosis, Alzheimer's, low back pain, depression, osteoarthritis, and lung disease, the list goes on and on. Exercise can even delay many of the changes that we attribute to aging. There is no other known treatment that even comes close to being as powerful as plain old physical activity.

As little as one hour a week of walking = benefits

It gets better. As little as one hour of walking per week can reduce the risk of all-cause mortality. The type of exercise that you choose doesn't matter that much. You don't need any fancy equipment or a high level of skill. And the more you exercise, the greater the benefit. Physical activity that would burn 1000 kcal per week (approximately 5 hours of easy walking, 3 hours of chopping wood or raking leaves, 2 hours of hockey, weight lifting or swimming, 1 hour of running or uphill mountain biking) will reduce your risk of dying from any cause by 20-30%. Double

that amount of exercise and extend your life span by 1-2 years. Just 30 minutes per day of moderately vigorous activity will protect you against diabetes, breast and colon cancer. All that's essential is that you work up a sweat. Breathe deeply, get your heart rate up and MOVE!

Breaking down the barriers

So with all these powerful benefits why is it that only 49% of Canadians get any regular physical activity? The reasons that I hear cited most often are:

1. I don't have time. When you head to the block at 2:00 am and don't get home till 5:00 the following evening it's pretty hard to muster up the energy to put on your sweatpants let alone go to the gym. And then there is the one kid that has soccer practice, the other that has a music lesson, and the chores that you didn't get done last night because you were too tired.

Solution: The truth of the matter is that you don't have time not to exercise. The metabolic clock is ticking. Every day that you don't get out of your machine, up from your desk or off the couch takes you closer to that one-way trip to missing out on seeing your kids/grandkids grow up. Exercise doesn't have to take time away from your family, get them to walk with you, kick a ball around the back yard (and run after it), or give everyone a shovel and clear your walk by hand instead of using the snow-blower. Once you get out the door and get started you'll find that not only do you feel better, your family will have fun sharing these activities. Light to moderate exercise doesn't deplete your energy level, it invigorates you, makes you feel more alert and when you do go to bed, improves the quality of your sleep so that you wake up more rested – it makes your energy level into a renewable resource!

It also turns out that three 10-minute sessions of exercise are as beneficial as one 30-minute session. So instead of standing around waiting for the morning meeting, do a few

calisthenics (e.g. lunges, jumping jacks, sit ups, crunches, push ups, etc.) to warm up. When you tighten your wrappers walk around the truck five times and check the tires at the same time. Add in a few jumping jacks, squats and standing push-ups to protect your shoulders and you've a great little "exercise" session in your work boots. If you're an equipment operator it makes sense to do a walk around, so every couple of hours get out of your machine and walk a bit while swinging your arms to get the blood circulating. Side bends and a few lunge walks will loosen up your back and activate your core. If you work in an office walk the long way round when you visit the washroom, and take the stairs rather than the elevator. Get an office challenge going around lunchtime physical activity, a walking group, bike ride or yoga session.

2. It hurts too much. When you aren't used to exercising a great deal of the "pain" is just getting used to the sensations of breathing deeply and using your muscles. While pain is a very important warning sign there is a big difference between injury/destructive pain and the discomfort of under used muscles.

Solution: Learn to tell the difference; are you truly lacking in oxygen or are your breathing muscles as out of shape as the rest of you? About 15% of the energy cost of exercise is due to the work of muscles that inflate your lungs. Slow your breathing down and count 2 seconds to inhale, 2 to exhale, to make sure you empty and fill your lungs fully. Once you get used to it, you won't feel as out of breath; muscle pain during easy exercise is most often just the tissue waking up. Shake out your arms, and think about relaxing into the movement. If you need to – stop and gently stretch the angry muscle, rub or shake it out to get some blood into the area and tell the nerves to relax; muscle pain the next day that peaks at 48 hours is caused by muscle rebuilding. It hurts like heck but it's a sign you are getting stronger and after a couple of weight lifting sessions it shouldn't happen

any longer. A good cool down, hot bath and gentle stretching will help to ease the stiffness and soreness.

3. It's embarrassing. The culture of your workplace might not support the idea of lacing up your running shoes, the other guys are sure to laugh if they see you skipping rope at the landing. It's been so long since you've ridden a bike or kicked a ball you've forgotten how. What if your kid or grandkid is better at it than you are?

Solution: You can hide in the crowd or you can be a leader of positive change. Besides, you'll be the one laughing when you've dropped 20 lbs and feel great. And if your kid or grandkid gets to show you how to score a goal they will be as happy as you'll ever see them! Remember the joy of a child riding a bike for the first time? The freedom, the possibilities! Find an activity that makes you feel like a kid, or something that you can share with friends. Walk or jog with a buddy and the miles will be gone before you know it. If you can't give up your favorite TV shows then ride a stationary bike, walk the treadmill, or elliptical while watching. Take up tennis or basketball again. It won't take long before you start to feel better and your old skills come back. In the end, the embarrassment of not being good at exercise is far less than the embarrassment of lying in a hospital bed with your butt showing through the gap in the gown. Which scenario do you want for your family? Your life?

If your work doesn't get you up and moving, there is no question that it is hard to fit physical activity into your day. But every step you take has payback, in health, happiness and energy. As tired as you feel heading out that door, you'll feel better, think better and sleep better after getting in your exercise. So give it a try, the only thing you have to lose is the extra weight around your belly and the likelihood of developing a nasty disease.

Have any health and wellness questions for Dr. Roberts for a future column? Email editor@bcforestsafesafe.org or call toll-free at 1-877-741-1060. ☎

New Year's resolutions: just one thing

Soon we are going to be bombarded with questions about New Year's resolutions, which if made, never last beyond the middle of January for many of us. Various research sources indicate about 40% of people make New Year's resolutions each year and overall 8% fully commit to them and achieve them over 6 months or longer. The older you get though, the shorter the staying power, on average.

So what do people make resolutions about most of the time? Turns out self-improvement, education, health, weight-loss, lifestyle and relationships, are highly ranked according to: <http://www.statisticbrain.com/new-years-resolution-statistics/>.

The top 10 resolutions in 2015 were:

1. Lose weight
2. Get organized
3. Spend less, save more
4. Enjoy life to the fullest
5. Stay fit and healthy
6. Learn something exciting
7. Quit smoking
8. Help others
9. Fall in love
10. Spend more time with family

Whether you are considering making a health and wellness resolution or not, it's always good to be reminded that we really can do a lot of good by just trying one thing – one small thing, because doing one small thing is a lot bigger than doing nothing!

It doesn't matter where you are on the health and fitness spectrum, doing one thing can make a difference in improving quality of life, health and wellness. Here's a quick summary of five different "one thing" ideas you might like to consider. Remember, you can come up with your own "one thing" best suited to your personal health/wellness wish too.

One thing: Take your dinner plate and replace it with a smaller one to help you eat smaller portions if you want to reduce calorie intake without much effort. Take one cookie not two, etc.

One thing: In your mind, divide your dinner plate into four sections. "MyPlate" is the current

nutrition guide published by the United States

Department of Agriculture to help people see how best to combine food groups and in what proportion: Learn more here: <http://www.choosemyplate.gov/MyPlate>

One thing: Walk every day and increase the distance over time, at your own pace. One walk of 10 minutes every day is a lot better than no walk. Two walks of 10 minutes or more a day is twice as good! Here's the latest "benefits of walking" study, out of Australia. They followed 3,000 people for 15 years to prove longer, healthier lives are achieved: <http://www.theguardian.com/society/2015/nov/05/walking-benefits-increasing-daily-steps-linked-longer-life-study-shows>

One thing: If you smoke 30, 20 or 10 cigarettes a day, only put 29, 19 or 9 in your box for the day. You won't miss one. Then the following week, put 28, 18 or 8, etc. and so on. Reduce at your pace. It all adds up to benefits. Some people can go cold turkey. Most can't. Find what works for you. Often one less, then one less, and then one less, gives you the control and will power if you don't like nicotine gums and other replacement support. See <http://www.niquitin.co.uk/Articles/ready-to-take-control/quit-one-cigarette-at-a-time/> and <http://www2.gov.bc.ca/gov/content/health/health-drug-coverage/pharmacare-for-bc-residents/what-we-cover/drug-coverage/bc-smoking-cessation-program>

One thing: reduce the sugar in your foods and drinks (coffees, teas, etc.) by one measure for one week, then another one and so on; keep using the same amount for a few days till it tastes just as sweet as it did before and then go for a little less. See <http://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/added-sugar/art-20045328?pg=2> for more information on added sugars.

One thing: We have one life to live. If you would like to share one thing you have done to improve your health and wellness or achieve a personal goal, email editor@bcforestsafesafe.org or call toll-free: 1-877-741-1060. ☎

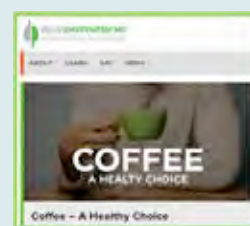


If you like coffee, you are going to love this news

Dr. David Perlmutter is an expert on brain health, known for his analysis and opinions on what we eat and how that and good gut bacteria impact our brain health. One of his latest blog posts is sure to make lots of us feel good or at least a little better about our coffee consumption. Of course, we need to point out that the research he is referencing focused on the benefits of coffee. When we consistently

have too many double-doubles (creams and sugars), we're stepping up health risks attributed to fats and added sugars. But, given the very real concerns for all of us about brain health, especially for everyone over 50: Go have another coffee! Cut the cream (replace with milk) and reduce the sugar each time. See <http://bit.ly/1PbaDLP> for Dr. Perlmutter's blogpost on coffee and the related research

at the Harvard T.H. Chan School of Public Health research: <http://www.hsph.harvard.edu/news/multimedia-article/benefits/> ☎





Kid's Corner

The winner of the model log truck is Braeden Coburn!

Forest Safety News is pleased to announce that Braeden Coburn (6), of Powell River, is the winner of the 2nd annual model log truck draw. Braeden sent in his artwork which appeared in the February 2015 edition. His drawing showed his dad safely falling a tree. The model log truck was generously made and donated again this year by Alan Sommerville, of Duncan. Thank you Alan! And, congratulations Braeden! Your truck will be delivered to you later this month.

All the kids who sent in artwork to Forest Safety News in 2015 had their names entered into a draw for the log truck, including Cameron Rice (7), of Mission, and siblings Hailey Helm (8) and Graiden Helm (7), of Nanaimo, who sent in the super artwork shown below.

Cameron's dad is a faller, and "Safety is Number 1," says Cameron. Well done Cameron! That is a very important message for all of us, especially those of us who work in the woods and in the mills.

Hailey and Graiden's dad is a heli-faller and Level 3 first aider working in the Ucluelet area. He is shown in both their fabulous drawings with all his PPE on, to help keep him safe. Well done!

Thanks Cameron, Hailey and Graiden! Loot bags are in the mail. 📬

Remember who you are going to be safe for today and every day!

Send in your artwork

Children are welcome to send in their artwork for publication, showing safe work activities in forestry – harvesting, logging, falling, log trucking, manufacturing, etc. Send them to: the editor, Forest Safety News, 420 Albert Street, Nanaimo BC V9R 2V7. Little loot bags are sent to all the artists who send in their artwork, and their names are entered into an annual end-of-year draw for a chance to win a model logging truck.

Graiden Helm



Cameron Rice



Hailey Helm



ABOUT Forest Safety News

Forest Safety News is published six times a year: February, April, June, August, October and December. All submissions – letters to the editor, safety tips, photos, safety stories, concerns etc. – are welcome. The opinions expressed in the newsletter are not necessarily those of the editor, staff or board of the BC Forest Safety Council. All decisions to publish materials rest with the editor. 12,000 copies of each edition are distributed via mail or email. Additional copies are distributed at industry events.

Subscriptions

If you would like to continue to receive a hard copy or would prefer to receive an electronic copy of this newsletter, please email editor@bcforestsafesafe.org and ask to be added to the print copy or email distribution lists. Email subscriptions are encouraged.

Have a story, letter to the editor, safety tip, ideas or photos? Please send all submissions to:

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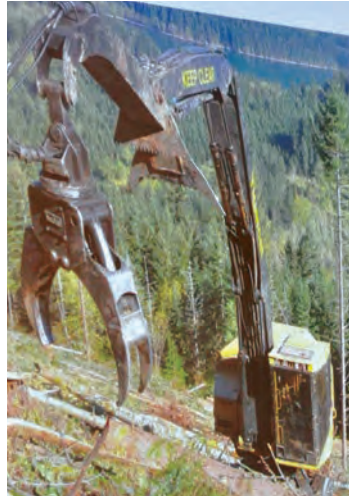


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Safety is Good Business

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One of three presentation panels that presented to a full-house of TLA delegates on steep slope harvesting (left to right): Tyson Lambert (moderator) of T-Mar Industries, Kolin Kirshenmann of Caterpillar (Finning) and Dan Fuhrer, of Ponsse Plc. Steep slope logging picture from presenter Kusiah McCullough, of Starks Timber Processing in Washington State, who shared his experiences in winning Ministry and regulatory support to achieve better performance, safety and environmental outcomes.

Welcome to the February edition of Forest Safety News, covering news about safety topics in forestry. This is YOUR safety newsletter. We look forward to your input and feedback! Email the editor at editor@bcforestsafe.org or call 1-877-741-1060.

73rd TLA convention

Province-wide challenges & opportunities in safe steep slope harvesting

We are sharing the TLA's focus on safe steep slope harvesting as it affects everyone in industry, throughout the Province.

The Truck Logger Association's 73rd annual convention and trade show, January 13-15, 2016 held in Vancouver attracted more than 1,000 delegates over three days of presentations and events, around the theme: "Adapting to steep change". Content focused on safety, steep slope harvesting, building First Nations relationships, global competitiveness and contractor sustainability, along with networking, and speeches from both Premier Christy Clark and Minister of Forests, Lands and Natural Resource Operations, Steve Thomson.

STEEP SLOPE HARVESTING

The first day of the conference focused on global innovation in steep slope logging technology, the challenges of steep slope harvesting and the latest steep slope experiences of BC forestry operators. Safety was a consistent theme through the presentations, reflecting that improved

production practices and efficiencies also support better safety outcomes.

Kolin Kirschenmann of Caterpillar (Finning); Gary MacDonald, Tigercat; and Dan Fuhrer, Ponsse, shared the current and future innovations that are shaping steep slope logging technology around the world.

Later on in the day Reid Hedlund, of Mid-Boundary Contracting and President of the Interior Logging Association, shared his personal experiences in steep slope logging from over 20 years ago and the advancements that had been made right here in Canada until the 2008-2009 market challenges wiped out innovation and investment in new forestry technologies. Reid said he was sure that if our innovation then had kept pace, we wouldn't be where we are today, looking for foreign solutions to safely log our steep slopes.

The argument for technology solutions are simple – in getting boots off the ground and workers into the cabs of machines versus hand-felling steep slopes, we can achieve

the following:

- Increased safety
- Improved productivity
- Improved profitability
- Attraction of talent to the industry
- Better secure the future of the industry

While Caterpillar and other manufacturers are looking to provide factory-purposed harvesting solutions that are flexible, productive and safe, increasing focus is on grade sensing, stability, grade adjusting machine performance and remote control.

Consistently, a key message through all the presentations was for better uniformity in identifying the needs of industry in regard to steep slope, agreeing on common standards, regulations, configurations, features and price/value. The ultimate future solution is seen as enabling remote controlled operation of machines on steep slopes.

Less soil disturbance and less environmental degradation can be achieved too. Kusiah McCullough, of Starks Timber Processing

Continued on page 2...

Continued from page 1...

in Washington State shared photos of his operations and the positive impact on the environmental footprint on steep slopes up to 70%. He was quick to point out the reality too though that working on 70% plus slopes makes for a long, tedious and challenging work day.

His message echoed by others during the day was the cautionary tale that tethered machines really are not to be relied on. The machine must have the stability at all times, the cable is simple an “assist”, never to be relied on for safety or performance. And if anyone starts relying on the cable, it’s time to stop and walk away.

In BC currently there are about eight or more imported steep slope machines (e.g. ClimbMax out of New Zealand) or home-grown combo experiments out on steep slopes, with 11 on order, according to FPIInnovations. From cab guarding on the imported machines, to developing the local expertise on machine handling, block lay-out and performance expectations, it’s all still a developing area of expertise. Costs too – initial investments as well as total return on investment – are a work in progress. “The first machine is expensive. But when you buy the second one, it’s because the first one has paid for itself,” said Kusiah.

Mark Leitao, Island Timberlands, said that it was important to the whole industry to see steep slope innovation mature, recognizing that with more collaboration within the industry we could better face our competitors who “are not the rest of us in the room”, but other markets and other industries in other jurisdictions. Three ways he said Island Timberlands was ready and able to help support contractors, was setting aside some blocks to pay per hour; helping with the purchase of the machines; and, assisting in the training of operators. He said ongoing collaboration was critical to maximizing a greater pie for all industry participants in BC. He also emphasized the need for operators to be trained and certified to an acceptable standard of operation – something echoed by many of the day’s steep slope session participants. As Kusiah pointed out: he has seen more poor operators roll over harvesting machines on flat ground than excellent operators roll over equipment on steep slopes. His success in getting Washington State authorities on side was doing a lot of free steep slope mechanical harvesting to demonstrate the process, the speed, accuracy and safe performance as well as the much improved environmental state of the slope post harvesting.

REGULATIONS CHASE INNOVATION IN EVERY INDUSTRY

During question periods, BC Forest Safety Council (BCFSC) CEO, Reynold



Industry News

Hert, emphasized the supporting role that WorkSafeBC had played with the arrival of imported steep slope harvesting machines. While the perception for many – the manufacturers and participants – were that regulation was a barrier to innovation – or that the appropriate regulation lagged the technological innovations, both Reynold and WorkSafeBC’s Senior Regional Officer, Bjarne Nielsen said that there were no regulations preventing anyone in BC operating on steep slopes. The critical elements are: due diligence and risk assessment and maintaining control. That is what the officers want and need to see in every situation and every application. Frustration for manufacturers is real though in that while they are trying to innovate – requiring risk – they too often hear that unless an engineer has signed off on a machine adaptation and guaranteed the safety, it’s a no-go. Again, more collaboration is needed to help all participants understand that while fallers are being killed at rates in far in excess of machine operators, it makes everyone nervous that it will just take one steep slope incident to set back innovation and BC’s ability to compete globally in steep slope harvesting.

Gerard Messier, BCFSC Training and Development Manager, shared some of the history going back to a 2009 death review panel where one of the key recommendations was to “get people off the ground” in the forestry industry to support better safety outcomes and fewer fatalities.

He emphasized the ongoing need to “do everything that is reasonable to prevent an incident” and referenced tools to assist, including a steep slope logging guide, site



Strategic Natural Resource Consultant’s managing partner, Jonathan Lok, shared the realities of harvest planning and the challenges of operating on steep slopes.

specific procedures and WorkSafeBC’s 2-page simplified checklist.

Jonathan Lok, managing partner with Strategic Natural Resource Consultants and the Association of BC Professional Foresters’ President, said that “we are all in this together” responding to the challenge to not only achieving but maintaining world-class responses to steep slope harvesting.

SOMETIMES YOU WIN AND SOMETIMES YOU LEARN

Reminding everyone that “sometimes you win and sometimes you learn,” he said that it was also important that going forward professionals really had the experience and boots-on-the-ground operational knowledge to properly plan and realize cost-benefit outcomes. He said that increasingly LIDAR, drones, tablets and other technologies were providing greater, deeper detailed data collection and analysis to make better, smarter planning decisions.

“The steeper the slope, the tougher it is for everyone,” he said. Sharing a decision-making pyramid, Jonathan said that the more we use both data and on the ground observations – including terrain specialists on issue areas – the better our chances of making appropriate planning and operational decisions. He said work would need to continue on bridging the gap between planning and practical logging for better outcomes.

Landslides were also talked about relative to working steep slopes and the cautionary tales of deactivated and other legacy road issues and how they impact production decisions.

FPIInnovations’ Jim Hunt said his organization had numerous resources to assist industry in regards to steep slope harvesting and that this was an area of continued focus, including developing a process to measure the environmental impact of steep slope harvesting practices.

At the end of the sessions it was clear that all the early pioneers and innovators are to be congratulated and celebrated, because there was no doubt among delegates that until we succeed as an industry in safe, efficient and environmentally-friendly steep slope harvesting, we are not going to be sustainable – because of the terrain of the annual allowable cuts.

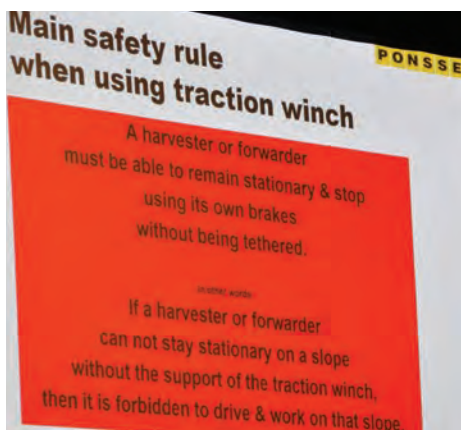
STEEP SLOPE MECHANICAL HARVESTING WILL REDUCE EMPLOYMENT NUMBERS

It is anticipated that each machine replaces three workers (fallers) on average, but that given more than 50 percent of fallers were retiring in the next 10 years and only 125 new fallers had come into the industry during the

	Total AAC (m ³)	AAC > 35% (m ³)	AAC > 35% (%)	AAC 35 - 50% (m ³)	AAC > 50% (m ³)
BC	76,990,342	18,275,747	24%	8,971,833	9,304,114
Coast	18,079,440	10,098,171	56%	3,870,311	6,227,860
Interior	58,910,902	8,177,576	14%	5,101,322	3,076,254
MPB TSA's	36,903,514	3,104,080	8%	2,137,785	966,295

Source: MFLNRO Forest Analysis and Inventory Branch

Tigercat shared these statistics on how much of BC's annual allowable cut is on steep slope. It was also emphasized that the economics of going in after the non-steep slope timber has been harvested is not a sustainable economic option. Planning will require "one-pass" integration of production to work both less than 35% slope with steep slope components to maximize efficiencies and profits.



No matter the slope, the machine must be able to hold its footing without relying on the tether or cable. If it cannot – stop!

past few years, this was not a negative but a positive to cover off natural attrition rates.

The average age of fallers currently in BC is 59 years, according to BCFSC's Reynold Hert. He said with industry saying that it costs them \$80,000 to train up a new faller, there are many other costs that are off-set by moving to machines. Island Timberland's Mark Leitao agreed that the best time for industry is now so that the change is through natural attrition rather than having to lay people off.

Hert said that there were about 500 person years of manual tree falling per year with approximately \$12-16 million in annual injury costs (20-25% of the total WorkSafeBC assessments) and all of industry was paying for that.

Kelway Cox, of Mountain Forestry Ltd., concluded that steep slope harvesting was in its infancy from a safety stand point. He said WorkSafeBC and industry needed to work together to develop safe working procedures while maintaining an open mind.

Reid Hedlund, of Mid-Boundary Contracting, cautioned that regulation was not keeping up with the equipment on the ground and that regulation was not able to recognize "experience".

Wiremu Edmonds moved room with his inspirational safety talk

A luncheon session, sponsored by the BC Forest Safety Council and WorkSafeBC, provided delegates with the opportunity to hear first-hand how a workplace incident changed everything for a family in the New Zealand forestry industry – and the family's crusade to make forestry practices better and safer.

There really isn't a good way to summarize Wiremu Edmonds' presentation. You really have to spend an hour with him, and walk in his boots. Wiremu's powerful story emphasized that too many don't speak up enough and stop work to make things safe.

His challenge – that was unanimously answered by every man and woman in the room – is to always speak up no matter what. There were many tears in the room as Wiremu's story triggered memories of forestry fatalities, incidents and close calls for everyone present. "We need to have the courage to have the crucial conversations, because if we don't we are condoning bad safety behaviours," said Wiremu.

If you stand in a room and ask, who are the true leaders, the only answer from every single person present is "we are", 24/7. "I am asking each and every one of you to never clock out. We can make a difference, each and every one of us," he said.



Reynold Hert (left) introduces safety speaker, Wiremu Edmonds (right).



Wiremu Edmonds, Tuakiri Ltd., inspirational safety speaker who lost his faller son to an incident when a mechanical harvesting phase came within two tree lengths of the falling phase in New Zealand led First Nations panel members in a Maori Haka, a traditional war dance, made more famous by the All Blacks, New Zealand's national rugby team. (Left to right) Chief Gill Williams of the BC First Nations Forestry Council; Wiremu Edmonds; obscured Keith Atkinson, BC First Nations Forestry Council; Matt Wealick, TLA Aboriginal Affairs Committee Chair; and Doug White, former Snuneymuxw Chief, lawyer and Vancouver Island University's Director, Centre for Pre-Confederation Treaties and Reconciliation.

A few words and concepts worth repeating

Over three days a lot of words started becoming very familiar, popping up regularly in the TLA sessions. They included:

Collaboration communication safety sustainability
 partnerships profit-sharing pie-sharing innovation
 First Nations game changer **mutual respect** (both between
 contractors and licensees and between the forestry industry and all
 First Nations) **land base stability** breaking culture of risk
 assistance rate models shared objectives.

Premier and Minister support forestry & safety at the 2016 TLA convention

Premier Christy Clark and Minister of Forests, Lands and Natural Resource Operations, Steve Thomson, both emphasized how the BC Government will always defend the forest industry in BC, and not shy away from the difficult conversations, emphasizing an open-door policy and a commitment to help the industry be successful. The industry's success means BC success in revenue generation, sustaining communities through jobs, and the ability to fund social services while providing a renewable, sustainable resource for future generations. Both politicians touched on safety, reminding everyone on their commitment and need to ensure safe workplaces.

Premier Clark also announced that the government was freeing up \$250,000 for training opportunities through the TLA and a partial ongoing fund matching program going forward.

On innovation, Premier Clark talked about several FPInnovations research projects underway in the forestry industry, representing about \$300 million in BC Government investment to help support industry to move logs "faster, safer, cheaper, cleaner."

"There is a need for a re-emphasis on safety and partnership in this industry. We are here to be your partners and work with you," Minister Thomson told a record number of TLA delegates.

For the first time the Minister's breakfast followed an audience polling format which allowed interaction with real time reporting. In a subsequent contractor session, the audience polling system was used too and included the following results to the safety question: Have your investments in safety helped change the culture of safety in your business for the better? 95.3% said yes and 4.7% said no. 📊



Premier Christy Clark and Minister Steve Thomson.



Review and comment on proposed new chain shot regulation

One of 11 pieces of proposed new regulation by WorkSafeBC relates to forestry operations and similar activities – specifically proposed amendments to Occupational Health and Safety Regulation, Section 26.13.4, to address the hazard of chain shot associated with equipment used in mechanical falling or log processing.

The proposed new chain shot regulation, with explanatory notes and diagrams, has been posted on the WorkSafeBC website. Please see this pdf for details: http://www.worksafebc.com/regulation_and_policy/policy_consultation/assets/pdf/OHSRMarch2016/Part26.pdf

If you would like to provide written feedback on the proposed amendments, submissions may be made until Thursday March 31, 2016 via an electronic feedback form (follow the link in the pdf above) or via email, fax or mail as follows:

Email: OHS Reg Feedback@worksafebc.com
Fax: 604-279-7599 or toll-free in B.C. 1-877-279-7599
Mail: Policy, Regulation and Research Division, WorkSafeBC, P.O. Box 5350 Station Terminal, Vancouver BC V6B 5L5

All feedback received will be carefully reviewed, analyzed and provided to the Board of Directors of WorkSafeBC as part of its decision-making process to determine if the proposed new chain shot regulation should proceed to public hearings. Public hearings are required under the Act before proposed amendments can become effective. 📢



OLM: turnaround story to achieve great safety & performance

Outdoor Living Manufacturing (OLM), one of the forestry industry's value-added forest product manufacturers – producing do-it-yourself kits of Western Red Cedar gazebos, sheds, greenhouses, playhouses, pergolas, raised vege beds and more – is SAFE certified and proud to have achieved 1,000 days of incident-free production. Getting there wasn't easy but in just over three years, an operation on the brink of closing was turned around to achieve not only great safety, but growing profits.

For several years, the OLM plant hadn't made any money and its owners were seriously contemplating walking away when they had a serious safety trigger. "About four years ago we had an 18-year-old who had a partial thumb amputation due to a table saw incident," explains Grant Daum, Plant Manager. "We had had the usual spate of injuries related to the workplace from cuts, punctures, slips, trips and falls, but the thumb incident was the trigger for us. We needed to implement a safety management system and in doing that we created the discipline and structure to also improve our production and business."

Val Broeckx, who does triple duty as OLM's safety coordinator as well as office manager and purchasing coordinator, recently qualified as a safety system internal auditor. She said she had witnessed the organization go from very informal, ad-hoc safety practices to a much more formal integrated system, culminating in OLM submitting its first SAFE certification in 2012 and receiving 99% followed by a verification audit by BC Forest Safety Council staff which saw a 100% score.

"It wasn't easy. There is a lot to building a good system, but we've managed to maintain those types of scores and celebrating 1000 incident free days is well worth all the effort, because we have created a culture and a workplace where workers want to be – they want to come to work in the morning. They know safety matters and that we care," said Val.

In a Classification Unit that has a high risk for bad injuries such as finger amputations and lacerations from chop saws, table saws and resaw blades, and punctures from nail guns – keeping workers safe and happy in a high



The OLM crew received Helly Hansen jackets to celebrate their safety achievements. The jackets, with company logo, say: "1000 Safe Days – 2015".

production environment with set performance standards – means everyone has to believe 100% of the time that everyone is responsible for safety and they all take it seriously. "You can't say you take safety seriously, unless your workers see you take safety seriously," said Grant.

The organization's commitment to safety requires production to stop if anyone even just feels there may be a safety issue. Grant explains: "We talk about spider senses – anything that puts a worker off that he or she thinks something just doesn't feel right/look right; we expect production to stop so that we can check it out." He said it means that staff know that as soon as they see an issue, they stop and fix it and if they can't fix it, they escalate it immediately to someone that can help them fix it.

That kind of empowerment comes out of a work culture and environment that is driven from the top down, and through every level of the organization. "People know that safety really does come first."

Grant says whether it is him or any one of the crew – no-one is questioned by the owners when he stops production to address

any potential safety issue. He says the time taken out of production to put in safe work procedures and fix an emerging safety issue, is time very well spent, but if he and his crew didn't know that the owners believed in safety, it would be hard to justify stopping production. "When we know we are expected to put safety first, it is easy to do."

Paying tribute to the whole team, Grant said, it took everyone being responsible for safety and good standards of production to make for a safe, effective and profitable operation. And, some tough decisions on the one or two workers that you just know are not cutting it, safety-wise and therefore putting the whole operation at risk.

"It is not easy firing your top producer but after you have had the safety discussions and there is still an issue of safety being compromised, you don't wait for the incident you know is going to come, you have to act and remove that person from your organization because they have become a safety liability. You have to show your team every day, that it doesn't matter who it is, there is no compromising safety."

Responsiveness is important. "We don't keep

Continued on page 6...

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any item on our Corrective Action Log (CAL) for long. We address things quickly and the crew appreciates our responsiveness,” said Grant, echoed by Val. “We also have little note-sized cards for anyone to report potential hazards that aren’t immediate issues that have to be solved right now,” said Val.

Supervision is key too and two-way mutual respect and open communication. “We have four really decent charge hands who are comfortable when people come back and talk – raise issues or concerns so that they can be discussed and solved quickly. We encourage everyone to think that if something feels wrong, it probably is wrong and so it makes sense to address it.”

Keeping everyone motivated to stay safe is part of culture and everyday performance. Every day, every shift, every worker knows what a good, productive day looks like. There can be variables – like the wood delivered that day can impact production standards and typical performance – but everyone knows how many widgets to what quality and standard they should produce each day. “The harder part is having employees keep their focus, starting off arriving at work well rested and fit for work (not impaired by fatigue or anything else).”

For younger workers there is recognition that they need more training than anyone and an increased awareness that their technology-focused lives mean they have huge challenges focusing on any one thing for any length of time. Nothing can hold their focus and you need to be aware of that and find ways to work with that.

“It’s mind-boggling the distractions kids have today. I can remember being young and maybe having something happening at home but you left home and went to work focused on work and then when you got home you addressed the issue at home. Today, new young workers are in constant contact, everything follows them and they have no experience with noise, with dust with machinery except perhaps an X-box. It is a big adjustment for young people to have their “head in a game” like work where they have to focus on one thing and keep their focus on that one thing.

“We have to accept they cannot do that and work around that. We do double and triple assessments on our young workers constantly. We need to give them that kind of support to keep them safe. They need your time – lots of it and lots more training. When you get a good kid you want to make that investment,” said Grant.

See <http://www.outdoorlivingtoday.com/> for more info about the company. Has your operation achieved a notable safety record that you’d like to share? Email editor@bcforestsafesafe.org or call 1-877-741-1060. 📞



Industry News

BC loggers explore tree-falling technology from New Zealand

After years of exporting logging equipment and technology to New Zealand, BC logging companies are now importing the latest forest harvesting technology and know-how from the Kiwis. Next month (March 2016) harvesting firms will get to see hands-on how the Kiwis have leap-frogged North American innovation in steep slope harvesting.

In response to safety challenges faced by loggers in New Zealand in tree falling and yarding, especially on steep slopes, a contractor responded to the challenge by building a specialized harvester to meet local needs.

Once the first steep slope tethered harvesters including a remote operated winch on a bulldozer and the ClimbMax were proven on the hill, more engineering innovators developed competing designs. This spark in competition drove further innovation. The results are now set to provide those same safety benefits to loggers working on steep slopes in both Canada and the USA.

One of the early innovators to build an engineered solution was Chris Hancock of Electrical & Machinery Services (EMS) in Rotorua, on New Zealand’s North Island. Hancock and his design team

worked closely with their logger clients and professional engineers to ask, “How can we tick all of the boxes for safety and engineering requirements first?”

Working closely with the engineers, they then set out to see how steep they could take a Caterpillar feller-buncher on forest slopes while keeping the operator safe but productive.

In a press release, Chris said that “safety and productivity can be designed into a modern harvester that tackles steep slopes.” “We worked with a professional engineer to ensure no safety or engineering principles were compromised.”

The result is a double winch system that is controlled by a separate base machine remotely controlled by the harvester operator – called the “Tractionline” system. See <http://emsnewzealand.co.nz/products/tractionline/>

Chris, an experienced logger, working on New Zealand’s toughest logging sites on the east coast of the North Island is one of the speakers at Vancouver’s first “Steep Slope Logging” conference on March 2, 2016. See <http://steepslope logging.events> 📍

Responding to industry questions about safety, training & standards



The BC Forest Safety Council’s Marla Guldbransen, new faller training coordinator; Scott Rushton, faller safety advisor; and Allison Thompson, training and standards manager in front of the BCFSC booth at the 2016 TLA annual convention and trade show held recently in Vancouver. 📍

Remember your responsibility for safety

Given the recent criminal conviction and jail sentence issued for a supervisor for criminal negligence in the death of four men he was supervising in the construction industry, it is good to remind all directors and boards of their occupational health and safety responsibilities.

Directors' and Boards' OH&S Responsibilities

Whether you are a director or officer of a private company or serve as a director of a community owned organization you must take all reasonable care and exercise due diligence to ensure that the company you represent protects the health and safety of its workers and complies with BC's Workers Compensation Act and Occupational Health and Safety (OH&S) Regulations. Where a director(s) did not take all reasonable steps to ensure that the company complied with the Workers Compensation Act and OH&S regulations they can be held liable. In addition, directors and boards can be held responsible under the criminal code as a result of Federal Bill C-45 for violations that result in injuries or death of a worker(s) or a member(s) of the public.

BC Workers Compensation Act Part 3 — Occupational Health and Safety *Duties of directors and officers of a corporation*

Section 121 - Every director and every officer of a corporation must ensure that the corporation complies with Part 3 of the Occupational Health and Safety

regulations and any applicable orders. Being "responsible" includes authorizing, permitting or acquiescing in a failure.

Bill C-45 (or Westray Mine Bill) Criminal Code Section 217.1 was amended, effective March 31, 2004 as follows: "Everyone who undertakes, or has the authority, to direct how another person does work or performs a task is under a legal duty to take reasonable steps to prevent bodily harm to that person, or any other person, arising from that work or task."

The bill establishes legal duties for workplace health and safety, and imposes serious penalties for violations that result in injuries or death. It also establishes rules for attributing criminal liability to organizations, including corporations, for the acts of their representatives and also creates a legal duty for all persons directing work to take "reasonable steps" to ensure the safety of workers and the public.

Key questions every director and officer of an organization must ask

1. Does the organization have an OH&S program in place and does it include regular review of safety policies?
2. Do we regularly review safety incidents within our organization?
3. Does the organization have effective communications with staff and contractors regarding safety?

4. Does the organization have a continual improvement process in place?
 - a. Incident tracking and reporting
 - b. Corrective action process
 - c. Regular safety management system review including review of safe work procedures and practices
 - d. Auditing process
5. Does the organization have the appropriate safety resources?
6. Has the appropriate time and resources been allocated to effectively execute the board's responsibilities with regards to safety?

Directors and officers can ensure that their company safety program adheres to industry standards and has been effectively implemented in the field by occasionally conducting an internal audit of their safety program. A qualified individual from outside the organization can provide an unbiased opinion by conducting a review and field check of the organization's safety program which is reported back directly to the Directors and Board. This process will provide assurance and verification of a compliant and fully implemented safety program. For more information on the bill, please see: http://www.lop.parl.gc.ca/About/Parliament/LegislativeSummaries/bills_ls.asp?ls=c45&Parl=37&Ses=2 🇨🇦

New guidelines from WorkSafeBC re Workers Compensation Act changes – Bills 9 and 35

WorkSafeBC has recently posted some changes to their Guideline section, all related to Bill 9 and 35. Please see: <http://www2.worksafebc.com/publications/OHSRegulation/GuidelinesWorkersCompensationAct.asp> and scroll down for the relevant section changes as indicated below:

Joint occupational health and safety committee requirements, see section G-D4-126-1
Notification of serious injuries, see section G-D10-172-1
Preliminary incident investigation and interim correction actions, see section G-D10-175-1
Full incident investigation, report and follow-up actions, see G-D10-176-1
Compliance agreements, see G-D12-186.1-1
Approvals, acceptances, authorizations or permissions under the OHS regulation, see G-D12-188(4)-2. 🇨🇦

Class action lawsuit against WorkSafeBC & the Provincial Government

A class action lawsuit by workers and families affected by the Lakeland and Babine sawmill explosions has been launched against WorkSafeBC and the Provincial Government (on January 12, 2016). The allegations have yet to be proven in court. WorkSafeBC and the Province have three weeks from the date of filing to respond to the suit. 🇨🇦



Fatalities and Injuries

2015 direct forest harvesting fatalities up over 2014

Explanation of the 2015 fatalities

Until claims are finalized by WorkSafeBC, there is the potential for changes on classifications between direct or associated fatalities, and/or potentially previously unknown incidents. Preliminary information, however, as at January 12, 2016 for 2015, is as follows.

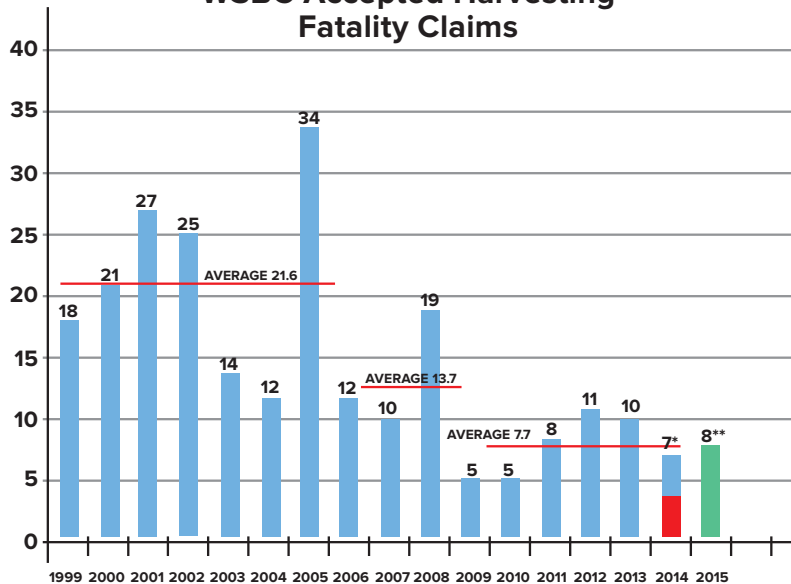
There were eight direct* forest harvesting fatalities in 2015

- February 11, 2015: Log truck driver in heavy snow rear ended another log truck on the Alaska Highway (at Mile 64).
- April 6, 2015: Pickup truck driver at side of resource road struck by another truck near Smithers.
- July 11, 2015: Faller falling a tree was struck by another tree on the Northern BC Coast.
- July 24, 2015: Faller struck by tree dislodged by log line loader (super snorkel) near Holberg.
- July 27, 2015: Skidder operator out of cab was struck by a runaway log while working near Revelstoke.
- October 14, 2015: A worker was fatally injured when the heavy duty truck he was working under rolled over him in the Ladysmith area, Vancouver Island.
- November 17, 2015: A 62-year-old log truck driver was fatally injured when his log truck was caught in a landslide and carried down a steep slope in an area north of Hope.
- December 21, 2015: A 71-year-old Hope log truck driver, was pronounced dead at the scene after his loaded logging truck rolled on its side in a single vehicle incident on the Loughheed Highway near the Deroche Bridge.

There were five associated** forest harvesting fatalities in 2015

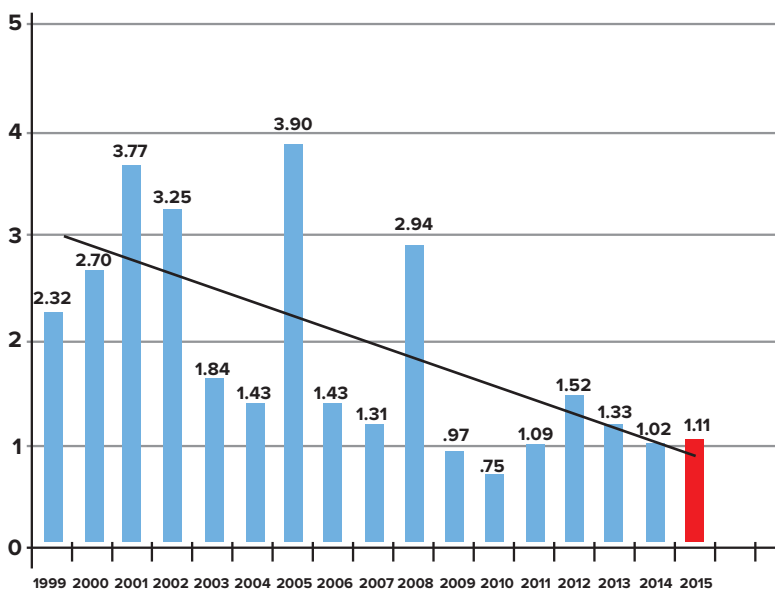
- January 6, 2015: A certified faller died while falling a tree that barberchained on a residential property in Chilliwack.
- May 23, 2015: Low bed truck driver delivering equipment was struck by a piece of tree while pulling fallen trees off a road near Prince George.

WSBC Accepted Harvesting Fatality Claims



Please note: *There are four fatalities the BC Forest Safety Council is aware of that occurred in 2014. WorkSafeBC tracks fatalities by the year in which they accept the claim. The BCFSC uses the WorkSafeBC data of accepted claims for trends although it may not specifically indicate current year fatalities, it is the only long term data base for comparative purposes. **As at January 6, 2016, it is anticipated that 8 fatalities will be Accepted Harvest Fatality Claims that occurred in 2015. This is preliminary information.

Fatality Rate per 10 million cubic metres harvested



Please note: The 2015 1.11 fatality rate is based on an estimated 2015 harvest of 72 million cubic metres.

- July 5, 2015: Faller fighting wildfire was struck by tree in falling incident near Sechelt.
- December 7, 2015: A 28-year-old Nanaimo woman died at the scene when the car she was driving collided with a logging truck near Fort St. James, in icy conditions.
- December 23, 2015: A 65-year-old Vanderhoof man driving a minivan died at the scene after his vehicle struck an unloaded logging truck, west of the community.

There were two natural causes fatalities in 2015

- October 14, 2015: a worker building a logging road near Cherryville was found collapsed near his bulldozer.
- December 12, 2015: A worker was found unresponsive at a barge camp of a remote heli-logging operation. The worker was transported via helicopter to Port Hardy airport, where he was pronounced deceased by medical emergency services.

There was one sawmill manufacturing fatality in 2015

- September 15, 2015: A 28-year-old worker died after he was pinned between a large stacker and the sort deck on which he was working, at Creston.

Forest Safety News sends its sincere condolences to the families, friends and colleagues of the deceased.

*Footnote: *Direct fatalities involve workers directly in the timber harvesting, silviculture, and log hauling, industry at the time of the incident that resulted in their death. **Associated fatalities involve others who do not work directly in the industry such as members of the public involved in a traffic accident with a forestry vehicle, or forestry workers temporarily engaged using their forestry skills in related work such as an arborist or wildfire fighting.* 🙏

Recent WorkSafeBC Incidents

These summaries of selected work-related incidents recently reported to WorkSafeBC may help you to prevent similar incidents.

HARVESTING

Injury Type: Broken arm, injuries to head
Core Activity: Log hauling
Location: Northern B.C.
Date of Incident: 2015-Nov
 During a wrapper check, a log truck driver noted a hot tire/rim on the first trailer. While he was investigating the problem, the tire failed and struck him.

Injury Type: Injuries to upper body
Core Activity: Manual tree falling and bucking
Location: Vancouver Island/Coastal B.C.
Date of Incident: 2015-Nov
 A certified manual faller was struck by the top of a sapling while falling a tree.

Injury Type: Fatal
Core Activity: Integrated forest management / Auto service or repair
Location: Vancouver Island/Coastal B.C.
Date of Incident: 2015-Oct
 A worker was removing a driveline from a shop truck when the vehicle rolled forward, crushing the worker.

Injury Type: Stiff and sore neck
Core Activity: Log hauling
Location: Interior B.C.
Date of Incident: 2015-Sep
 A log truck driver was removing a front load binder when he was struck in the head by the end of a log.

Injury Type: Serious injuries (2 workers); minor injuries (5 workers)
Core Activity: Helicopter aerial work
Location: Interior B.C.
Date of Incident: 2015-Jul
 A silviculture glading crew (tree thinning

for heli-ski operations) was being transported by helicopter to a remote mountain location when the helicopter suffered a power loss and made a hard landing crash on marshy ground. All six members of the crew (including one young worker) and the pilot sustained injuries.

MANUFACTURING

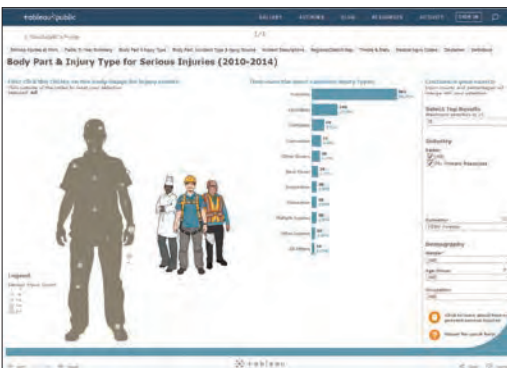
Injury Type: Undetermined injury to chest
Core Activity: Sawmill
Location: Lower Mainland
Date of Incident: 2015-Nov
 A worker was sorting cedar planks on a sorting line when a cedar plank projected off the nearby conveyor belt or sorting line.

Injury Type: Crush injury to leg
Core Activity: Sawmill
Location: Vancouver Island/Coastal B.C.
Date of Incident: 2015-Nov
 A worker and a customer were selecting wood from a wood slab storage area when one slab of wood slid off another slab. One of the worker's legs was crushed between two slabs.

Injury Type: Fatal
Core Activity: Sawmill
Location: Interior B.C.
Date of Incident: 2015-Sep
 A worker performing maintenance repairs was fatally injured when he was caught between two pieces of lumber stacking equipment.

Injury Type: Multiple fractures; internal injuries; lacerations
Core Activity: Sawmill
Location: Northern B.C.
Date of Incident: 2015-Sep
 A worker was run over by a heavy lift loader (forklift). 🙏

WorkSafeBC launched new serious injury dashboard at the end of 2015



WorkSafeBC launched a new serious injury dashboard at the end of last year, which allows users to quickly access and compare serious injury statistics within forestry – for example, the type, frequency and costs – and compare them with other industrial sectors in BC.

Here's a link: <https://public.tableau.com/profile/worksafebc#!/vizhome/SeriousInjuryDashboard/SeriousInjuriesatWork>. Be sure to explore the forestry specific data on the right hand side by selecting the classification unit: 7030: Forestry.

The interactive dashboard allows one to scroll over images and get pop up information about forestry's serious injuries. One can use filters on the right-hand side of the screen to choose further details such as age group and occupation within forestry to determine what and where the most frequent injuries occur. This type of information can help create greater awareness of where injuries happen and then work from there in the applicable occupations to determine what needs to be done differently – process, tools, training, system adjustments, etc. – to prevent similar occurrences in the future. 🙏



It's been 10 years of SAFE!

How time flies! The end of 2015 marked the 10th anniversary for the first companies in BC that registered and achieved SAFE Certification. In alphabetical order:



Balcaen Consolidated Contracting Ltd
 Canfor – Fort Nelson Woodlands
 Canfor – Prince George Woodlands
 District of Mission (Forestry Operations)
 HFN Forestry Limited Partnership
 Ivy Green Log Scaling Ltd.
 JoR Contracting Ltd.
 Lo-Bar Log Transport Co. Ltd.
 Munson Equipment (1992) Ltd.
 Sibola Mountain Falling Ltd.
 Sitka Silviculture Ltd.
 Weyerhaeuser Company Ltd. – Kamloops
 Administration

Weyerhaeuser Company Ltd. – Kamloops
 Administration BC Forestlands
 W.R. Addison Loading & Hauling Co. Ltd.

Congratulations to all these companies, their management teams and employees/contractors for helping achieve and maintain SAFE Certification for more than 10 years! These 14 organizations/operations are now part of the more than 2,600 SAFE Certified companies in BC. 🎉

Small employer in-field verification visits to increase in 2016 by 40%

The BC Forest Safety Council (BCFSC) will increase the number of in-field verification visits it does with small SAFE Companies by 40% in 2016, to 350 companies, up from 250 companies in 2015.

This increase is one of the recommendations made by the SAFE Companies working and steering teams during the industry-led review. The BCFSC has completed more than 1,200 verification audits to date on the approximately 2,600 SAFE Certified companies and the feedback from these companies has been generally positive. The in-field visits place more emphasis on interviews and observations as compared with documentation to confirm that the company's written safety management system has been effectively implemented in the operational environment. In person verification visits also allow immediate idea-sharing and suggestions on how to effectively meet worksite challenges and requirements. The benefit of having an auditor provide first-hand, practical solutions and advice on site is valued by companies.

The BCFSC contacts all companies identified for verification audits several weeks in advance to plan and coordinate the audit visit to have minimal impact on operations. 🎉

WIVA audits will now be done by external auditors

Following a change in the Certificate of Recognition (COR) program requirements by WorkSafeBC, WorkSafeBC Initiated Verification Audits (WIVAs) will no longer be done by BC Forest Safety Council (BCFSC) staff, but by certified external auditors selected, and paid for, by WSBC but administered by the BCFSC.

All employers with COR are subject to WorkSafeBC's Employer Audit Quality Assurance process. Employers with at least one indicator are subjected to a more detailed analysis by WorkSafeBC. Examples of indicators include the following:

- Repeat or frequent Prevention orders from a WorkSafeBC officer
- Serious or fatal injuries
- WorkSafeBC penalties
- Complaints from WorkSafeBC officers, the public, other employers, or auditors about specific COR-certified employers or their COR programs

Any of these indicators may imply a potential weakness in the employer's occupational health and management system (OHSMS). If a company has

one or more indicators, it does not automatically mean there will be a WIVA. WorkSafeBC reviews each file and makes a determination whether or not a WIVA is required. WorkSafeBC does not inform the BCFSC or the auditor of the trigger indicators.

If a WIVA is required the intent is that this audit will confirm if the employer possesses the minimum OHSMS standards required for COR certification.

For more information and a Q&A on WIVAs, please see: http://www.worksafebc.com/insurance/partners_program/Employer_Audit_QA_Process/assets/Standard3_12FAQs.pdf?_ga=1.165490428.2106063452.1449512632

BASE and SEBASE companies that have been selected by WorkSafeBC for a WIVA in 2016 should have already received a letter from WorkSafeBC and a follow-up letter from the BCFSC. Companies that have not yet responded and contacted the BCFSC after receiving these letters should do so as soon as possible.

Please email Safeco@bcforestsafesafe.org or call 1-877-741-1060. 🎉

Industry reduces the days it takes to file Form 7 to support improved IM/RTW

Two years ago the Truck Loggers Association, WorkSafeBC and the BC Forest Safety Council joined together in a pilot program on the coast to improve injury management/return to work (IM/RTW) programs.

Starting with the easier fixes first, the pilot project sought to reduce the lag time that had developed in employers completing and filing Form 7 with WorkSafeBC. The completed forms provide the information necessary for WorkSafeBC to begin effectively investigating and managing the claim.

The implications of delays in paperwork being filed – the Form 7 from employers, the Form 6 from workers and the doctors' form – meant delays in getting the right and best treatment programs in place for the injured worker.

The theory is: the faster the paperwork, the faster the assessment, the faster the most appropriate treatments for the injured worker and the faster an injured worker is able to return to work in either modified duties or full service.

Forestry companies were lagging behind the BC industry average at the start of the project, taking 21 days on average to file the forms, with the rest of industry in BC taking 10 days, on average. The legal requirement is to file a form 7 within 3 days after a worker is injured at work. The latest figures provided by WorkSafeBC indicate that forestry companies in the project reduced the filing time from 21 days to 12 days – a significant improvement, but still more needs to be done.

Most importantly, the downward trend needs to continue and that will only happen

UPDATED

Did you know?

COMPANIES HAVE 3 DAYS TO REPORT AN INJURY

Industry has worked hard to reduce its prior average of 21 days to 12 days in the past year, but more needs to be done. When there is an injury at work, an employer **must** file that information with WorkSafeBC within 3 days. Prompt claim filing means the best outcomes for the injured worker and the company, saving industry tens of millions of dollars in costs. **Safety is good business.**

Learn more at www.bcforestsafes.org

BC Forest Safety

TLA THE TRUCK LOGGERS ASSOCIATION

WORK SAFE BC WORKING TO MAKE A DIFFERENCE

Advertisements will continue to run in the Truck Loggers Association magazine reminding everyone to get Form 7s filed as soon as possible and as close to the 3-day legal requirement as possible.

with the continued diligence by all forestry employers.

Based on the early success, the pilot project is being extended to explore additional opportunities in supporting improved IM/RTW practices and outcomes in the forestry industry. Given the high-risk nature of much of the work, getting injured workers back to work is not nearly as easy as office-based workers, but it can be done, saving companies and industry millions of dollars in costs. If you need convincing on the bottomline impact to your company, small or large, check out the Workplace Incident

Cost Calculator on WorkSafeBC's website: http://www.worksafebcmedia.com/media/calculators_html5/WICC/index.html#&ui-state=dialog

Starting in 2016, the Truck Loggers Association, BC Forest Safety Council and WorkSafeBC will be investigating opportunities to promote intervention strategies with companies through earlier worker assessments to determine functional abilities and an appropriate recovery and return to work plan for sprain or strain injuries. 🚧

New research project on managing hazards in sawmills

The Manufacturing Advisory Group (MAG) has engaged Dr. Kevin Lyons of the University of British Columbia Faculty of Forestry to undertake a research project on "Managing hazards: education and ongoing supervision of workers in sawmills".

The objectives of the research project are to develop:

1. A protocol for producing a hazard inventory and severity rating system for a given sawmill machine or task. The hazard inventory will take into account

both the obvious physical hazards and the hazards created by the user, and

2. A system that aids supervisors in ongoing evaluations of workers to ensure the worker's interpretation of risk is within acceptable bounds and to ensure the worker understands the safety systems that are in place.

The project should be completed in August 2016 and result in practical tools to further support worker safety in sawmills. An update will run in a future edition of Forest Safety News. 🚧



BASE internal auditors must take the BASE 4 upgrade training

This is reminder to all BASE internal auditors that BASE 3 has been retired. As announced last May, the BASE 4 audit is the only available audit for all BASE companies in 2016. All internal BASE auditors also need to have taken the BASE 4 upgrade training to be able to perform BASE 4 maintenance audits.

If you have not already taken the upgrade training, the following dates are available in 2016:

April 7	Nanaimo
June 9	Vernon
October 6	Prince George 📍

Submit your audit at the ILA's annual conference on May 5 & 6, 2016

Over 2,600 companies send in annual audit reports to the BC Forest Safety Council (BCFSC) for their SAFE Companies certification and WorkSafeBC's Certificate of Recognition (COR) program.

Each year, a team of BCFSC safety advisors go to venues where many companies may submit their audits in person, near their operations. This is particularly effective if many contractors all use the same safety system from their licensee or prime contractor.

In previous years up to 40 companies have submitted their audits in person at the Interior Logging Association (ILA) annual conference and had the opportunity to get face-to-face feedback and input on their audit and safety program.

Safety advisors are quick to point out that companies that submit their audits in person, tend to score higher on the audit, often because if something is missing the company representative can find the documentation in the truck. Clarification on any question/answer is also easily done immediately.

On May 5 & 6, 2016, the BCFSC will be available at the ILA's 58th Annual Conference and Trade Show to receive audits, give advice and share best practices in Vernon. Please call the BCFSC's audit administrator Clare Craig at 1-877-741-1060 to book an appointment. 📍

COR Incentive Payments

WorkSafeBC's Certificate of Recognition (COR) incentive cheques are scheduled to be issued on May 12, June 16 and October 27, 2016.

Remember, to qualify for COR you have to:

1. Be SAFE Certified and meet WorkSafeBC's COR program requirements
2. Have the required Occupational Health and Safety (OHS) training for your internal auditor current and up to date, or use a certified external auditor
3. Be in good standing with WorkSafeBC, which includes being fully paid up, not having any current or unresolved investigations or administrative queries open, etc.

For more information in a Q&A format on COR, please see: http://www.worksafebc.com/insurance/partners_program/faq/default.asp 📍

Assisting registered companies to become SAFE

During the course of 2015 a total of 224 companies applied for SAFE Company registration with the intent of becoming SAFE Certified. Of those companies, a total of 107 (48%) have become SAFE Certified between January 1, 2015 and January 8, 2016.

The BC Forest Safety Council (BCFSC) is actively following up with the remaining 52% of companies by phone or email to assist them in completing the SAFE Certification process.

Any company that registered between 2005 and 2015, but did not complete the SAFE Certification process, is still able to continue to seek SAFE Certification. The steps after registration are:

1. Completing the relevant occupational health and safety training (as provided by the BCFSC)
2. Completing, sending in and passing the relevant IOO, ISEBASE/SEBASE or BASE audit
3. Maintaining/updating the BCFSC on any material changes to the company during the audit year that might affect the classification unit, employee numbers, change in name, owners, shareholders, etc.

If you registered and would like to explore the benefits of completing the SAFE Certification process, please call SAFE Companies toll free at 1-877-741-1060 or email Safeco@bcforestsafesafe.org. 📍



Incidents involving log trucks leave three dead in December

There were three separate incidents involving logging trucks in December that made media headlines across the Province. Two of these incidents resulted in the deaths of members of the public and in the other a log truck driver died from possible natural causes in a single vehicle incident. All the incidents are still under investigation. Preliminary information is as follows:

December 7, 2015: According to the Prince George Citizen, a 28-year-old Nanaimo woman died at the scene when the car she was driving collided with a logging truck near Fort St. James, at a corner along Tachie Road, about 13 km west of Highway 27, shortly before 8 a.m.

A 41-year-old Fort St. James woman who was a passenger in the car was taken to Stuart Lake Hospital for treatment and was expected to recover. The logging truck driver was uninjured.

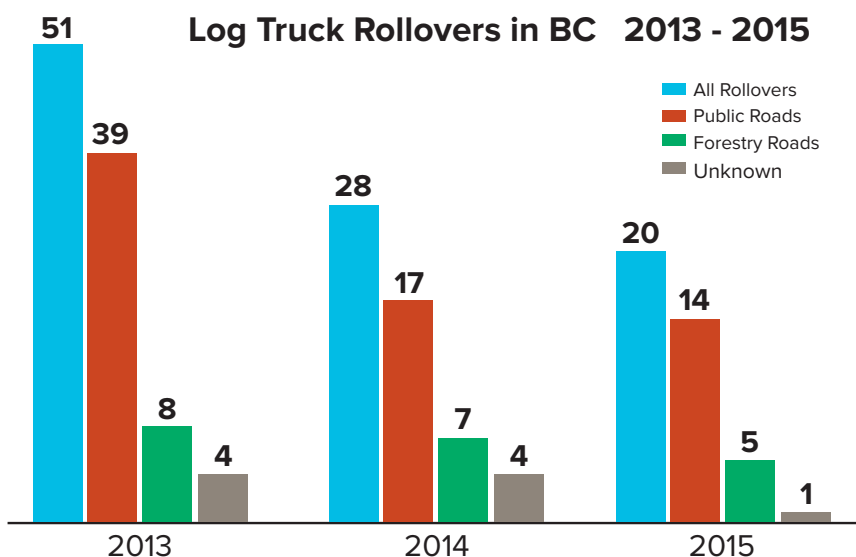
The road was extremely icy at the scene and appeared to be a contributing factor, according to the RCMP. The road was closed in both directions for several hours. See: <http://www.princegeorgecitizen.com/news/local-news/woman-killed-in-collision-with-logging-truck-1.2128130#sthash.7fJKs3Ad.dpuf>

December 21, 2015: Media reported that

the Lougheed Highway near the Deroche Bridge was closed for several hours after a 71-year-old log truck driver, who lived in Hope, was pronounced dead at the scene in a single vehicle incident. The loaded logging truck left the westbound lanes, rolled on its side and came to rest in the eastbound lanes. See a safety alert here: <http://www.bcforestsafe.org/node/2750>

December 23, 2015: Media reports quote sources saying that at approximately 10 am, a 65-year-old Vanderhoof man driving a minivan died at the scene after the vehicle he was travelling in crossed into the oncoming lane and hit an unloaded logging truck, just west of the community.

Highways, community roads and resource roads are shared transportation corridors for industry and the public. Log truck drivers, contractors and industry continue to work on improving log truck driving safety and supporting initiatives to eliminate injuries and fatalities. It important to also remember that log trucks do not handle the same as passenger vehicles, so we all need to give them extra room on the road. If you have ideas on initiatives that support forest industry transportation safety, email transportation@forestsafe.org or call toll-free 1-877-741-1060.



Please note: The above data is compiled by the BC Forest Safety Council as an indicator of industry data. It is possible that there are additional rollovers that are not included in this summary. Current data sources include: media reports, WorkSafeBC, and reports to the BC Forest Safety Council. Public Roads include highways, community and municipal road ways. Forestry Roads include all resource roads, on-block roads and mill sites.

TAG seatbelt safety video well viewed

As at January 15, 2016, there had been 1,048 views of log truck driver Adrian Sunduk's personal safety video testimonial (7.5 minutes long): https://www.youtube.com/watch?v=z_kH7mluUjk. Wearing a seatbelt could save your life too.

Kohorst joins transportation team



Trish Kohorst

Trish Kohorst has joined the BC Forest Safety Council team in Prince George as Transportation Safety Program Manager. Trish is a Registered Forest Technologist and has worked in forestry for more than 25 years in various capacities including as an occupational health and safety coordinator, vegetation management coordinator, project manager, consulting contractor, supervisor and forest technician.

Trish also trained as a SAFE Companies safety management system auditor (internal and external) and has completed several audits for forestry companies. She is also qualified as a commercial vehicle incident investigator and has completed advanced incident investigation training.

To reach Trish, please call 1-877-741-1060 or email tkohorst@bcforestsafe.org.



Falling

QS/T meeting learns of changes that will support better safety

At the end of last year (2015), 20 Qualified Supervisor Trainers (QS/Ts) attended a meeting, facilitated by Larry Hodgson, to talk about various industry matters that impact QS/Ts across the Province.

Peter Sprout, falling program manager at the BC Forest Safety Council (BCFSC), provided an update on New Faller Training (NFT). He said that a pre-screening process was currently being tested with 40 certified fallers. The idea is to have candidates complete this pre-screening before being accepted into new faller training to better identify the most suitable new faller trainee candidates. He said that a total of 13 participants had completed the 30-day new faller training course in 2015, with four courses scheduled for 2016.

Development of a QS/T standard ongoing

The meeting heard that based on recommendations from Deloitte (see story page 14) work on developing a QS/T standard has been ongoing for several months, along with updates to faller and Certified Falling Supervisor Standards, with work scheduled to be completed by September 2016. Finalized materials will be posted on the BCFSC website and shared in a future edition of Forest Safety News.

Other topics discussed included QS/Ts legal and ethical obligations with respect to assessments. Making sure no personal or professional relationship exists with those they are certifying. It was agreed this can be tough but necessary. The QS/Ts did a workshop on the 23-page revised field evaluation document, identifying what they did and didn't like.

It has been suggested that the QS/T meetings should change to one or two QS/T conferences each year and include all QS/Ts from other industries as well. 📍



QS/Ts from around the province attended a meeting in Nanaimo at the end of last year to share information on the latest falling developments around safety, training and practices. Middle photo: Dusko Spasenik (WFP), Chris Spronken (BCWS) & John Jacobsen (Wakalla Holdings Ltd.) Bottom: Larry Hodgson, meeting facilitator.

No stand of timber is worth your life



WorkSafeBC has issued a new two-page bulletin: "Safety information for fallers: No stand of timber is worth your life." It includes discussing "undue hazards" as well as a list of responsibilities for both supervisors and employers.

View it here: http://www2.worksafebc.com/i/posters/pdfs/2015/ws_2015_17.pdf 📍

Faller Supervisor training in Haida Gwaii



The BC Forest Safety Council delivered falling supervisor training in Haida Gwaii, hosted by Taan Forest Ltd. late last year, combining the training trip with safety advocacy visits to area fallers and falling supervisors. Above, falling supervisor course participants and fallers receive a helicopter orientation with Helijet operations based out of Sandspit, Haida Gwaii. (Photo courtesy of John Jacobsen, faller supervisor trainer.)

Taan Forest Ltd. recently hosted a BC Forest Safety Council faller supervisor course. The intent of the course was to have falling supervisors and those that oversee falling activities learn the roles and responsibilities of a falling supervisor and become familiar with the key documents, safety checks and inspection methods used by falling supervisors.

The course consisted of four classroom days and one field day.

All five trainees successfully completed the course and will help fill the need for supervision of falling crews on Haida Gwaii. If you would like to explore a custom faller supervisor training module for your area, please contact training@bcforestsafesafe.org or call toll-free 1-877-741-1060. 📍

Did you know?

The average age of fallers in BC is 59 years.

While industry continues to explore new faller training options to replace an ageing workforce, industry is also looking at other harvesting options such as steep slope mechanical harvesting to achieve two things: improved safety – not needing to put people at as high a risk on slopes hand falling; and, to most importantly fill the gap created by retiring fallers. It is anticipated that more than 50% of current BC fallers will retire within the next 10 years. What do you think? Email the editor@bcforestsafesafe.org or call 1-877-741-1060. 📍

FTAC shapes future direction by providing input on initiatives

The December 2015 Falling Technical Advisory Committee (FTAC) meeting was full of updates including: New Faller Training; Qualified Supervisor Trainer and Qualified Faller Trainer; SNAP audits; Selkirk Systems ERP (phase one); the faller questionnaire (see story below); 5 top tips for staying safe (coming soon); Falling Supervisor InfoFlip; BCFSC update from CEO, Reynold Hert; CHAG update on roadside debris research project by Aaron Steen; funding update for 2016 by Wayne Lintott, of the Interior Logging Association; Mechanical Harvesting InfoFlip update by consultant Pam Jorgenson; and WorkSafeBC updates by Carole Savage and Bjarne Nielsen.

The Faller Technical Advisory Committee (FTAC) consists of approximately 30 fallers and others, representing coastal fallers, interior fallers, small and large falling contractors, union fallers, licensee representatives, BC Timber Sales, Ministry of Forests, Lands and Natural Resource Operations, Silviculture, BC Wildfire Service, utility arborists, Enform, WorkSafeBC and the BCFSC. The key objective of FTAC is to help industry identify the key initiatives to improve fallers' safety. 🗣️



A lot of discussion took place among the diverse members of the Falling Technical Advisory Committee, all adding their voices to shaping change in the falling industry to support better safety outcomes.

Update on first survey of all BC fallers

The Falling Technical Advisory Committee (FTAC) distributed a survey during the second half of December 2015 to the approximately 2,500 certified fallers in BC, seeking to establish fallers' opinions on what works, what doesn't and how to ensure faller training, certification and industry practices support the best safety outcomes.

At the time of going to print (January 22, 2016) a total of 320 completed surveys had been received. If you haven't sent in your completed survey yet, please do so immediately. All data and comments received by mid-February 2016 will be reviewed and considered by FTAC at their March 2016 meeting. A summary report of

the data and comments collected will also be shared publicly via the BCFSC website and in a future edition of Forest Safety News.

The survey's 56 questions cover topics such as phase congestion, refusing unsafe work, supervision, safety culture, barriers to safe performance, communication, production pressures, the standard itself, training, rates, inspections, views on WorkSafeBC and the BCFSC, as well as regulation. At the end of the survey fallers are also encouraged to include comments on any topic/s not covered in the questions. All completed surveys are anonymous and confidential. 🗣️

Review of faller certification completed by Deloitte Consulting

The independent review by Deloitte Consulting of faller certification in BC has been completed, with the publication of the final report on December 6, 2015.

After almost a decade of program delivery it was determined that the faller training and certification programs, along with the associated administrative processes at WorkSafeBC, should be reviewed to assess their effectiveness. The intent was to identify opportunities for improvement based on stakeholder input and a review of leading practices in other jurisdictions and industry sectors.

Deloitte was engaged in November 2014 to perform this independent review.

Implementation of the report's recommendations has begun by the BCFSC, the Oil and Gas industry as well as the BC Wildfire Service. An industry steering committee will be provided updates on the work. These will be shared in future editions of Forest Safety News.

To view the full Deloitte Report, please see: <http://www.bcforestsafe.org/node/2751>. 🗣️



Jim Bassett shares his incident-free 37-year falling career story



WorkSafeBC video on Jim Bassett: <http://www2.worksafebc.com/Publications/Multimedia/Videos.asp?ReportID=37764> (less than seven minutes). Download and share it with all the fallers you know. Jim went 37 years as a career faller, incident-free. 🗣️



Train the trainers

Forestry safety program and related trainers recently came together for an annual two-day professional development session to share experiences in the past 12 months, and discuss best practices. Trainers are critical to the success of having an effective and well-trained forestry workforce that can perform well and safely.

Training and Standards Manager, Allison Thompson, said the BC Forest Safety Council (BCFSC) contracts several seasoned and experienced forestry professionals who have a depth of in-forest, operational and supervisory experiences and are able to share their enthusiasm for safe, productive work practices.

“As part of the trainers’ professional development and our quality assurance process, the BCFSC hosted the two-day event,” said Allison. “We asked the trainers to share their experiences and their personal best practices – what works, what doesn’t. These types of sessions give trainers an opportunity to learn instructional techniques from each other and also inform us of future curriculum improvements that are needed.”

The trainers learned from an educational consultant who shared his expertise to help raise the bar with new teaching skills, specifically tailored to ongoing adult educational needs – with a focus on how to facilitate groups and manage classes with diverse backgrounds and experience levels to maximize the learning opportunities for all participants.

Guest speakers included two presenters from WorkSafeBC who shared the updated changes to regulation that came into force due to Bill 9 and Bill 35. The trainers also appreciated one trainer sharing his personal experiences teaching due diligence – making an otherwise dry and dense topic, both entertaining and memorable “so that it sticks” said Allison.



Trainers Kevin Bonnett, Martin Ridgway, John Gooding and Terry Baker take a break during the two-day train the trainer session at the end of 2015.



Trainers Gerard Messier, Steve Mueller, Barry Manfield and Neil Campbell.

Trainers also got to share issues they experienced during the year and received an update on progress being made for the BCFSC’s training department to comply with ISO 17024 standards for certification bodies going forward. BCFSC is going to confirm our processes are able to meet these standards for certification and

training. “This will bring a new rigour around training and assessments, which will help ensure that industry can provide the due diligence required to prove that training received consistently meets an independent, reliable standard,” said Allison. 🙌

WorkSafeBC regulation update to trainers

Bjarne Nielsen, WorkSafeBC Senior Regional Officer, shared the roll-out on recent regulatory changes with the trainers as follows:

Changes effective May 14, 2015

- Expanded stop work order powers
- Changes to employer incident investigations
- Expanded injunction powers
- Changes to penalty due diligence

Changes effective September 15, 2015

- Compliance agreements
- New 45-day timeline to request a review of Prevention decisions
- Two new members on WorkSafeBC's Board of Directors
- Employer OHS Citations (in force now, to be implemented in February 2016)

Stop work orders

Two major legislative changes:

- Lower threshold for issuing stop work orders WorkSafeBC can now consider a stop work order when:
 - There are reasonable grounds to believe there is a high risk of serious injury, serious illness, or death or
 - An employer fails to comply with a provision of the Act or the Regulation and
 - has failed to comply with an order under that provision in the previous year and
 - there are reasonable grounds to believe there is a risk of serious injury, serious illness, or death
- Wider scope of stop work orders

WorkSafeBC can now stop work or prevent work from starting at any of an employer's other workplaces if there are reasonable grounds to believe that the same or similar unsafe conditions exist or would exist at the other workplace.

Employer Incident Investigations

1. Two phases of incident investigation, instead of one
2. Specific timelines for investigation completion, where there were none:
 - 48 hours for preliminary investigation
 - 30 days for full investigation
3. Investigation reports must be prepared in accordance with policies of WorkSafeBC's Board of Directors, as well as the Occupational Health and Safety Regulation



Carole Savage, WorkSafeBC Industry Specialist, and Bjarne Nielsen, WorkSafeBC Senior Regional Officer, provide an update to trainers on new support materials for forestry operations such as the ERP video shared in the last edition of Forest Safety News, new falling safety materials for field use (see the falling section) and regulation changes that became effective during 2015 and others scheduled for coming into effect in 2016.

Compliance agreements

- A new enforcement tool that will allow WorkSafeBC to engage with responsive employers to improve workplace health and safety
- An alternative to a compliance order
- Voluntary

Entering into a compliance agreement – Factors to consider

- Not a high-risk violation
- No immediate risk to worker health and safety
- Employer has not contravened same provision in the past year
- No cancelled compliance agreements within three years
- WorkSafeBC believes the employer will comply

Drafting a compliance agreement

- Must be in writing
- Signed by appropriate and authorized employer representative
- Describe the contravention(s) to

be addressed

- Describe the agreed upon corrective actions
- Include interim measures required to ensure worker safety
- Set out the action deadline, report deadline, and end date
- Include posting and distribution requirements

Amending a compliance agreement

- A compliance agreement may be amended when both WorkSafeBC and the employer agree
- Must be in writing
- Cannot be amended if the action or report deadline have been missed, or if the agreement has ended or been cancelled

Cancelling a compliance agreement

- It no longer adequately protects worker health and safety
- Employer does not meet deadlines

Continued on page 18...

Continued from page 17...

- Employer provides false or misleading information
- WorkSafeBC receives new information indicating there is an immediate risk to worker health and safety

Posting a compliance agreement

- The compliance agreement, as well as any amendments, reports, or notices of cancellation, must be posted in the workplace
- And must be provided to the joint health and safety committee or worker health and safety representative at the workplace (where applicable)

Employer OHS Citations (expected to be implemented in February 2016)

- Proposed New Lower Maximum Administrative Penalties Regulation (LMAPR) and associated policy
- OHS Citations will be imposed only for non-compliance with orders, or requirements for compliance reports
- Employers will always receive a written warning before being issued an OHS Citation
- A first OHS Citation will be \$500 (half the maximum)
- Any further OHS Citations issued within three years will be \$1,000 (the maximum)

Bill 35 (effective January 2016)

- Immediate reporting of all workplace fires or explosions with the potential to cause serious injury to a worker
- Increased role for workplace health and safety committees and worker OHS representatives including:
 - Employer provision of preliminary and full incident investigation reports
 - Meaningful participation in employer incident investigations
 - Advising employers about the significant proposed equipment and machinery changes that may affect worker health and safety
- WorkSafeBC to proactively assist workplace health and safety committees in resolving OHS-related disagreements 🗺️



Trainers including Stacey Sproule (obscured), Kevin Bonnett, John Gooding, Terry Baker and Doug Harrison listen to WorkSafeBC's regulation update.

Register now for the 2016 Interior Safety Conference in Vernon

Plans are well underway for the 2016 Interior Safety Conference. Building on the success of the Northern BC Forest Safety Conference, the forest industry is working to build a similar event in the BC's Interior.

This event is being held on Saturday, May 7th at the Vernon Atrium Hotel & Conference Centre. The event is being run in partnership with the Interior Logging Association Conference which is being held on May 5, 6 and 7.

The conference will bring the latest health and safety information to those working in the forest industry. The conference's goal is to bring together participants from every phase of the forest industry from harvesting to wood products manufacturing.

This year's conference will include sessions on building safety behaviours, effective supervision, road safety culture, and best practices on sharing safety information with employees and contractors. The conference will provide practical information and tools for workers, supervisors, managers, or owner-operators, to help better understand and resolve safety challenges in the industry.

The conference steering committee is made up of representatives from Industry, the BC Forest Safety Council and WorkSafeBC. Sponsorships from industry allow for free admission for delegates.

Registration for the conference opens in February 2016. Check www.bcforestsafesafe.org for updates, agendas and registration information.

For more information, please contact Gerard Messier at 1-877-741-1060 or by email at messier@bcforestsafesafe.org. 🗺️

Upcoming Training

If you would like to see how a training course can meet your organization's needs, please let us know. We are committed to working with you to find the right training solution. We may be able to tailor a program to your specific needs and deliver it in a way that is most convenient for your operations.

Small Employer OHS and Small Employer OHS refresher course:

February 4	Prince George
February 11	Vernon
March 3	Langley
March 10	Castlegar
March 31	Nanaimo
April 14	Kamloops

Forest Supervisor Training:

Module 1: Due Diligence

Module 2: Communications

Module 3: Leadership

February 10	Nanaimo (Module 1)
February 11	Nanaimo (Module 2)
February 12	Nanaimo (Module 3)
February 17	Prince George (Module 1)
February 18	Prince George (Module 2)
February 19	Prince George (Module 3)
March 2	Vernon (Module 1)
March 3	Vernon (Module 2)
March 4	Vernon (Module 3)

IOO & IOO Refresher:

February 27	Teleconference
March 19	Teleconference

Basic Incident Investigation:

February 18	Campbell River
March 17	Vernon
March 31	Prince George

Advanced Incident Investigation:

February 19	Campbell River
March 18	Vernon
April 1	Prince George

Falling Supervisor:

April 4	Nanaimo
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Internal Auditor:

April 4	Nanaimo
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Please see the full 2016 training calendar at bcforestsafesafe.org/fscapps/calendar/calendar.php.

Check back often as course dates do change.

Email training@bcforestsafesafe.org or call toll-free 1-877-741-1060 for more information. 🗺️



Winter Warnings

By Dr. Delia Roberts

In spite of forecasts for a warm wet winter in the Pacific Northwest it seems that this year is developing into a full-on winter. Colder temperatures might be necessary for the forests to remain healthy – but how does working under winter conditions affect your health and performance out there on the block?

It's very important to be aware that temperatures do not have to be below freezing to present some pretty big challenges to your body. Staying warm is especially difficult if you are wet, either because of sweating while working, or due to rain, snow or even just moisture on the trees and in the air. The more waterproof your clothing, the more you protect yourself from water getting in from the outside – but it also means that it's much harder for water to get away from your skin when you sweat.

YOU CAN'T STAY WARM IF YOU'RE WET

There are a number of things you can do to keep yourself warm and dry, even if you work on the West coast. Chose a thin inner layer that fits close to the skin and is made of a material designed to pull moisture away from your body. There are a number of different kinds of synthetics that are reasonably priced and do the job, but they also absorb the oils from sweat and can get pretty stinky. Merino wool feels great so it won't chafe, washes well, stays warm when wet, and doesn't smell, so if you can afford Merino it'll make the drive home a little more comfortable. Silk is also a great choice, especially for liner gloves or a beanie under your hard hat.

The middle layer provides your insulation; depending on how cold it is you can choose from a heavier layer like a thick wool, pile or down sweater. This layer should be a bit baggy, allowing for a layer of warm air to help provide insulation. If your job is an active one, you'll also want this layer to be quick drying as it will absorb the moisture transferred out from your base layer. The final layer is the outermost, and this is where your choice depends on how waterproof it needs to be. If you are working in a downpour or walking through wet bush, you'll need maximum protection – but beware because the truly waterproof materials will leave you sweaty and clammy in a hurry. Materials designed to 'breathe' can be very pricy, but they are

designed to allow water vapour to escape without letting the rain in. They do a pretty good job when new and clean, but as soon as they get dirty they lose the ability to keep you dry, so not really practical for work wear.

WIND CHILL CAN BE WICKED

Wind protection follows the same pattern as rain gear; the tighter the weave of the material the more it keeps the elements out – and the moisture in. Features like pit zips and vented pant seams can help some, but you can also be smart about the way you manage your clothing. If you're working hard, strip down to a wicking t-shirt under your waterproof. Bring a spare base layer shirt or two, along with spare socks and glove liners. Switching out your sweaty inner layer for a dry one every couple of hours can make a big difference in how much energy you spend to stay warm, and keeping you comfortable can go a long way to maintaining your ability to stay vigilant and thus safe while keeping up production.

It's not very common for those of us in the southern or costal parts of the province to have to worry about getting so cold that you get to the stage where you can't maintain your body temperature (hypothermia), but it is a bit surprising how quickly just that can occur when the wind is blowing and/or you get pretty wet. The chart below shows that even at plus 4 deg C, if the wind is blowing 16 km/hr, the effective temperature drops below freezing. So while it's unlikely that you will actually get frostbite, other cold injuries like Chilblains and Trench Foot are a risk.

WATCH FOR TRENCH FOOT AND CHILBLAINS

Trench Foot was named for WWI troops who developed problems with their feet and legs after several days of standing in cold, wet trenches. It only happens with extended exposure to cold temperatures, especially if wet. Might sound unlikely, but if your boots aren't drying out at night and you spend every

day of a 14-day shift with wet feet you might be at risk. Watch for red skin becoming pale and swollen, numbness or burning pain, leg cramps, and blisters or ulcers after 2-7 days.

Chilblains are also a reaction to cold but non-freezing temperatures in damp weather. Symptoms develop 2-14 hours after exposure, usually in hands, ears, lower legs or feet. Watch for red spots and swelling, numbing, itching and burning sensations. If the damage is mild the area will only peel and then heal up, but if the cold exposure continues, the tissue can start to die, and sores will form.

People who have problems with circulation like Raynaud's or low levels of thyroid hormone have a higher risk of developing a cold injury, but things like drinking alcohol and caffeinated beverages, smoking cigarettes, being tired or dehydrated, and stress all increase the risk. Vibrations from power tools and gripping your tools tightly can also increase the risk for your hands.

Paying a little attention to staying warm and dry, hydrated and eating nutritious snacks every three hours or so will keep you warm, productive and safe all winter long. Invest in yourself and your future by making sure you have the right clothing, a large thermos of a warm caffeine free beverage and lots of good snacks and you'll be able to stay alert, react quickly and stay safe all winter long.

For general tips for employers and workers on preparing for working effectively in the cold, please also see: <https://ohsonline.com/Articles/2016/01/05/NIOSH-Offers-Tips-for-Working-in-the-Cold.aspx?admgarea=news&Page=2>

Wind Chill Chart

		Ambient Temperature (C)					
		4	-1	-7	-12	-18	-23
Wind Km/h	Equivalent Chill Temperature (C)						
Calm							
0	4	-1	-7	-12	-18	-23	
8	3	-3	-9	-14	-21	-26	
16	-2	-9	-15	-23	-30	-35	
24	-6	-13	-20	-28	-36	-43	
32	-8	-16	-23	-32	-39	-47	
40	-9	-18	-26	-34	-42	-51	
48	-10	-19	-28	-36	-44	-53	
56	-11	-20	-29	-37	-46	-55	
56	-12	-21	-29	-38	-47	-56	

Adapted from: Threshold Limit Values (TLV) and Biological Exposure Indices (BEI) booklet, published by ACGIH, Cincinnati, Ohio

Little danger in one hour exposure of dry skin

Danger - Exposed flesh freezes within one minute

Maximum danger of false sense of security



Kid's Corner

Faller's daughter knows her dad works safely

Thank you to six-year-old Charlotte Koopman-Gough for sending in her super drawing of her dad. She wrote: "My Daddy taking down a heavily leaning tree safely." 🌲



Send in your artwork

Children are welcome to send in their artwork for publication, showing safe work activities in forestry. Send them to: The editor, Forest Safety News, 420 Albert Street, Nanaimo, BC, V9R 2V7. Little loot bags are sent to all the artists who send in their artwork, and all their names are entered into an end-of-year draw for a chance to win a logging truck just in time for Christmas.

Log truck safely delivered to winner



Alan Sommerville, of Duncan (above) made, donated and delivered a model log truck to the BC Forest Safety Council (BCFSC) offices in Nanaimo in December for the 2015 winner of the draw. All the artists who sent in their art for publication in 2015 had their names entered into a draw for the truck. During one of his verification audit trips through Powell River, BCFSC Safety advisor Terry Chow delivered the truck to winner Braeden Coburn. 🌲

Remember who you are going to be safe for today and every day!

ABOUT Forest Safety News

Forest Safety News is published six times a year: February, April, June, August, October and December. All submissions – letters to the editor, safety tips, photos, safety stories, concerns etc. – are welcome. The opinions expressed in the newsletter are not necessarily those of the editor, staff or board of the BC Forest Safety Council. All decisions to publish materials rest with the editor. 12,000 copies of each edition are distributed via mail or email. Additional copies are distributed at industry events.

Subscriptions

If you would like to continue to receive a hard copy or would prefer to receive an electronic copy of this newsletter, please email editor@bcforestsafesafe.org and ask to be added to the print copy or email distribution lists. Email subscriptions are encouraged.

Have a story, letter to the editor, safety tip, ideas or photos? Please send all submissions to:

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email editor@bcforestsafesafe.org 🌲



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FOREST SAFETY News



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Safety is Good Business

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The 2016 Western Silvicultural Contractors' Association AGM and conference, held in Kelowna.

Western Silvicultural Contractors' Association 2016 conference Working on the issues that matter

Whether it was the Silvicultural Advisory Committee (SAC), conference content or general networking conversations – emergency preparedness plans (ERP), musculoskeletal injuries (MSIs), training, insect-borne disease (e.g. Lyme Disease), harassment, alcohol and drug policies and procedures were steady safety, health and wellness related threads.

During his welcome comments, executive director of the WSCA and BC Forest Safety Council board member, John Betts, said that industry was learning to collaborate more on safety matters, with really important shared learnings coming out of a Participatory Action Research (PAR) safety project to the benefit of all participants. He mentioned the significant and welcome step of the Ministry of Forests, Lands and Natural Resource Operations branches working toward SAFE certification as well.

In 2016, which will see the 258 millionth tree planted in BC, MSI costs to industry continue to climb. The conference explored what was driving rate increases and what could be done about them.

Kicking off the conference, WorkSafeBC's Jeff Dolan, Director Investigations Services, discussed the role, responsibilities and processes involved in any investigation initiated by WorkSafeBC (WSBC). He said that in every case, findings were used to prevent the reoccurrence of similar incidents starting with awareness, followed by education,

consultation and enforcement. He said the police hand over the workplace incidents when they find no evidence of a crime, but he said sometimes it happens that police become involved again if WSBC discovers evidence of a crime.

As WSBC is the administrative authority for the Workers Compensation Act in BC, identified violation(s) of the Act and or regulation may lead to compliance orders to the employer or worker and an administrative penalty to the employer. Under prosecutorial rules, WSBC may also refer to the Crown for prosecution of individual(s) or organization(s) under the Act and refer to the police for a criminal investigation. When an investigation changes from causal/regulatory to prosecutorial/quasi-criminal and the relationship becomes adversarial, evidence must be collected in accordance with prosecutorial rules, including: Canadian Charter of Rights and Freedoms; Workers Compensation Act; Case law (R. v. Jarvis, Supreme Court of Canada 2002); and the Criminal Code of Canada. Jeff said that any individual or organization under investigation is fully informed of the change in purpose; privacy is protected; and the prevention mandate is not compromised.

Investigations are assigned geographically. When WSBC arrives on site, they have the authority to seize and control the site and secure evidence. If there has been a death at work, police, BC Coroners Office and WSBC investigation officers will all attend. Memorandums of Understanding (MOUs) are

Welcome to the April edition of Forest Safety News, covering news about safety topics in forestry. This is YOUR safety newsletter. We look forward to your input and feedback! Email the editor at editor@bcforestsafesafe.org or call 1-877-741-1060.



Jeff Dolan

also in place between WSBC, Coroner, the BC Safety Authority and police. As agencies they pass on or off jurisdictional authority as appropriate, with WSBC always participating to establish information that will help in preventing a similar incident in the future.

When WSBC attends a worksite for an investigation, "it's ok to be cautious and to ask questions," said Jeff. "We recognize that it is already a very stressful situation made more so when authorities show up," he said.

While every employer and employee is compelled to share information with WSBC without warrants, WSBC cannot just hand over that same information to other parties. The regulatory/compliance WSBC team is separated from the prosecutorial team by physical, procedural, electronic and ethical controls, based on the structure and practices of the Ontario Securities Commission, which also has similar education/compliance/prosecutorial enforcement mandates. 🌲



Work still needed to ensure effective Emergency Response Plans (ERP) on remote worksites

BC Forest Safety Ombudsman, Roger Harris, provided the WSCA conference with an update on his review into emergency response at remote worksites. His final report on the topic is due to be published shortly and a link will be shared in a future edition of Forest Safety News.

Roger provided historical context on fatalities in industry since the early 1970s and said that while there were influencers like the fallers' strike where it showed it was unsafe to pay for piece work, some of the progress in reduced fatalities was not that fewer people were being injured, but that fewer died because industry was more successful in moving injured workers out of the bush. "Disabilities went up, but lives were saved," said Roger. He said the complexities of rescue versus transportation with an urban/rural split provided some important insights too. Someone with a broken leg that ends up in the back of transport for hours on bumpy roads, several transfer points, etc. can end up with a bigger issue than just a broken leg ... compared with how many people walk off hell-vac rescues because of speed and

He said the heart of the matter is the difference between a service delivery model versus a patient focus approach. Roger noted that some significant work was being done by various stakeholders but that it was important to break down the silos and look at how to achieve consistent and effective responses not just in pockets of the Province but everywhere where workers are in remote locations. He mentioned specific work that the Coast Harvesting Advisory Group (CHAG) has done in helping to build a collaborative model through partnerships on Vancouver Island; a hoisting pilot project in the BC interior; WSCA work being done on the land base; as well as MFLNRO wildfire response centre work, which he said had a marvelous system for tracking air resources across the entire province. He said his role as Ombudsman was not just to look at where gaps exist in the system but to support the work already being done.

Ultimately, the expectation is that when an air rescue or other transportation for an injured forestry worker is required, it will be there, recognizing the correlation between

**"All of these challenges mean that things don't always align to get people where they need to go, when they do."
– Roger Harris, Forest Safety Ombudsman.**

comfort of rescue that is not making an injury worse or delaying effective treatment.

A key challenge is dealing with complexities of mandates of different institutions, such as health authorities, search and rescue organizations, Ministry of Forests, Lands and Natural Resource Operations, Transport Canada and BC Ambulance Service, as well as the inconsistent approach and resources across the Province, and competing proprietary interests.

Other complexities include processes that don't always work as intended, including dispatch protocols which may be insufficient and, where it is not a given that the most appropriate transportation technology gets to the right place – e.g. the right type of helicopter with the right hoisting/repelling capabilities and baskets, etc.

the time taken to get to help and the quality and speed of recovery. "The faster you can get people to the help they need, the lower the health care cost at the back end and the better the outcome injured worker," said Roger. "The cost of transportation should not be the deciding factor in the choice of transportation."

He left everyone with a thought: "Today, north shore rescue – with its outstanding reputation for excellent rescue capabilities – will respond to a member of the public injured on the mountain, but if a worker is injured on the same mountain, it falls under a different agency." He said we need to break down those types of silos and those types of practices so that workers across the entire Province know that when they need to make a call for assistance there is someone there to answer. 🙏



Roger Harris

Challenge to silviculture operations: cut your claim costs by 20%

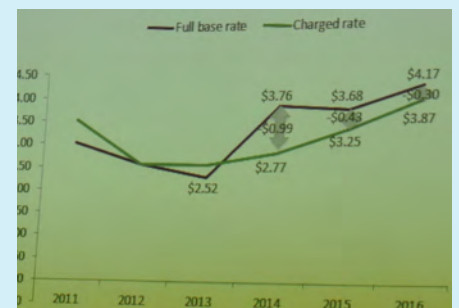
WorkSafeBC's forestry industry specialist, labour services, Lisa Houle, challenged Western Silvicultural Contractors' Association conference attendees to cut their claims costs by 20%.

She said the first thing to keep in mind was "know your stats; understand what your injuries are costing". She shared data which indicated that the average claim cost for a tree planting injury is around \$8,500. Most injuries by far are under \$2,000. Some are over \$100,000. She asked delegates to consider a challenge: "Can you bring your claims costs down by 20% in 2016?"

Tree planting is currently in rate group HE, with its long term claim costs being 12% higher than the rate group and its most recent five years of claim costs being 30% higher. The opportunity to reduce is significant, improving the health and safety of workers, reducing bottomline costs and increasing productivity. 🙏



WorkSafeBC's Lisa Houle (right) responds to questions from the floor.



Tree planting's base rate over time.

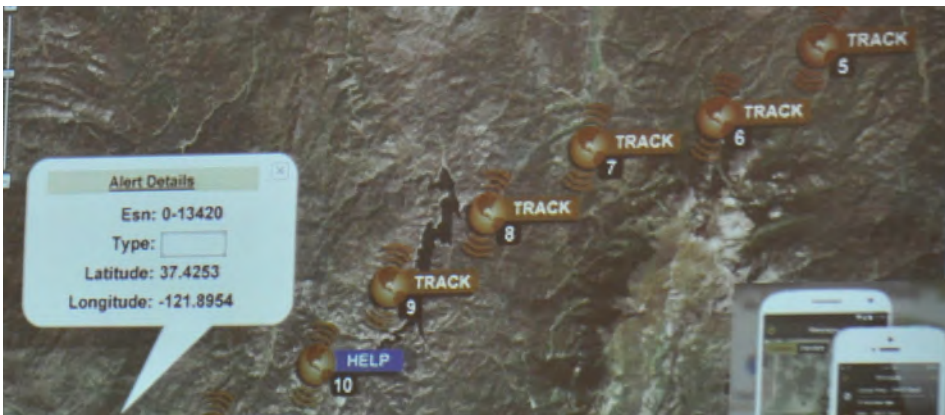
Martin Torn, Selkirk Systems, provided an update on the work he has been doing for the Falling Technical Advisory Committee (FTAC) on a forest industry injured worker emergency notification system.

The goal is to leverage technology to achieve a reduction in the extraction time for critically injured workers requiring evacuation from remote locations and transportation to critical care. The focus is on the first three steps:

- 1. Emergency alert from field
- 2. Responders receive notification
- 3. Response is initiated

- 4. Helicopter responds
- 5. Transport to care

Martin said that lone/remote worker solutions had potentially already solved part of the challenge with emergency alerting and emergency contact notifications. Map-based locations, text and email alerts to contact lists as well as SOS monitoring and notification to contact lists would allow for better coordination of resources too.



An emergency response coordinator role has been identified – could be a third party but a point where all critical emergency response information – ERP plans for area, all location maps; response resources and resource availability as well as situational awareness is all centrally located and automatically updated based on source updates and electronic tracking in real time.

“We are trying to match responders, equipment and capabilities to field needs in any ERP situation,” said Martin, “and this can best be achieved through a standard in information sharing of shared resources. Testing in field is the next step. 📍”



Martin Torn

Drug and alcohol testing is here to stay

Tom Yearwood of Denning Health Group’s memorable presentation included “Drug Testing 101” questions and answers:

Q: Is drug and alcohol testing legal?

A: Yes. Must be done properly every step of the way.

Q: What are the costs of rolling out a program?

A: Depends on the scope of the project.

Q: What are the costs of not rolling out a program?

A: Increased liability and inability to bid for companies which require it.

Tom said that testing was becoming an industry standard and the new reality was that in some businesses companies couldn’t bid on projects without complying, driven by the legal liability associated with safety.

Using real world examples of court cases, Tom explained the Bill C-45 penalties which for individuals included the maximum penalty for criminal negligence causing death = life imprisonment; the maximum penalty for criminal negligence causing bodily harm = 10 years’ imprisonment; and no limit on the amount of the fine for a corporation or organization.

Tom said that the elements for a successful drug and alcohol program included properly written policy which must reflect the law and make sense for your particular operating environment and culture. He noted that most companies that get into trouble do so, starting at this phase – e.g. inappropriate policy for the work/jobs/culture/operating environment. Other critical elements include supervisor training; employee information and awareness, as well as Employee & Family Assistance Programs.

“Drug and alcohol testing is here to stay and programs must be developed which meet your needs and the needs of your clients,” said Tom. 📍



Tom Yearwood, a lawyer with Denning Health Group, took 2016 WSCA conference delegates through the facts and nuances of drug and alcohol testing in the workplace.

WorkSafeBC is seeking input and comments on:

Mechanical falling (feedback required by middle of April, 2016)

WorkSafeBC has posted a guideline on multiple cuts in mechanical falling. The guideline is currently posted as “preliminary issue”, which means that everyone still has an opportunity to provide feedback and express any concerns, or ask questions. Feedback will be accepted till the middle of April 2016.

Please see: <http://www2.worksafebc.com/Publications/OHSRegulation/GuidelinePart26.asp#SectionNumber:G26.2-3>

Feedback on the guideline should be sent to the Regulatory Practices Department at REGPRA@worksafebc.com. 📍



First Interior Safety Conference in Vernon in May 2016

Plans are well underway for the 2016 Interior Safety Conference (May 7, 2016) which is being held in partnership with the Interior Logging Association Conference (May 5-7, 2016) at the Vernon Atrium Hotel and Conference Center.

The conference will deliver the latest health and safety information to those working in the forest industry, with a goal to bring together participants in every phase of the forest industry from harvesting to wood products manufacturing.

Sessions will include: risk tolerance, building safety behaviours, effective supervision, road safety culture, and best practices on sharing safety information with employees and contractors. The conference will also provide practical information and tools for workers, supervisors, managers, and owner-operators, to help better understand and resolve safety challenges in the industry.

While the core funding to secure the meeting space and catering has already been provided by the BC Forest Safety Council and the Interior Logging Association, we do need the generous support of sponsors like you to be able to offer this industry-led conference, free of charge to participants.

Any contribution (in cash or kind) makes an impact. Without the generous support of companies and individuals in industry, the conference would not be possible. Please contact any one of the steering committee members to learn more. They include: Wayne Lintott, Interior Logging Association; Lisa Houle, WorkSafeBC; Mike Nash, Outdoor Safety Author; Tyson von den Steinen, Canfor; Genevieve Fox, Geoterra IRS Ltd.; Steven Mueller, Pinnacle Renewable Energy; Darren Beattie, Conifex; and Russel Robertson, Gerard Messier and Trish Kohorst, BC Forest Safety Council.

Minister Thomson pays tribute to Hert

Minister of Forests, Lands and Natural Resource Operations, Steve Thomson, paid tribute to retiring BC Forest Safety Council CEO, Reynold Hert, during his dinner presentation at the WSCA 2016 conference. Reynold received a standing ovation for his significant contributions to industry and safety at the conference. Minister Thomson said Reynold had taught him “to never give a speech without including a safety message”. 🇺🇸



To register for the conference, please visit: <http://www.bcforestsafe.org/ISC2016>

Remember, if you are a SAFE certified company and have an audit due, you may also participate in the mass audit submission opportunities in Vernon (see details in the SAFE Companies section, page 9). 🇺🇸

New CEO at the BC Forest Safety Council

Rob Moonen is the new CEO of the BC forest sector's health and safety association, effective March 16, 2016. Rob, who was previously the Director, SAFE Companies at the BC Forest Safety Council (BCFSC), is a health and safety champion, and highly regarded for his robust knowledge and familiarity with industry's challenges in eliminating fatalities and serious injuries, both in harvesting and manufacturing.

“Rob’s knowledge, depth and breadth of industry and health and safety experience



Outgoing CEO, Reynold Hert.

are well-matched to industry's need to eliminate serious injuries and fatalities,” said Ken Higginbotham, Chair of the BCFSC. Rob has taken over from Reynold Hert who retired last month.

“We extend our thanks to Reynold for his excellent stewardship as CEO over the past several years and wish him well in his retirement and future endeavours. The board looks forward to welcoming Rob to his new role as CEO and working with him over the coming years to secure improved safety performance in our industry, because we all know, every worker deserves to go home safe

at the end of each day,” said Ken.

Rob has more than 28 years of experience in the occupational health and safety (OH&S) field with a focus on forestry and wood products manufacturing in Canada. He joined the BCFSC six years ago as business manager and in 2011 took on the dual role as business manager and Director of SAFE Companies. He successfully managed the SAFE Companies program overhaul on behalf of industry in 2013-2014 and under his stewardship both sawmills and pellets joined the forest harvesting industry in choosing the BCFSC as their health and safety association in 2015.

As Director of SAFE Companies, Rob led the operation and ongoing development of the province wide program. SAFE Companies certifies forestry operations passing independent audits to demonstrate that they meet industry safety standards. He was also responsible for developing and leading council support services and systems. Prior to joining the BCFSC, Rob's previous roles included Senior Advisor of Human Resources for Catalyst Paper; Supervisor of Health and Safety for Saanich School District; Program Coordinator for the Work Injury Reduction Program, Workers' Compensation Board of Alberta; and Health and Safety Specialist for Canada Packers. Rob holds a BCIT Diploma in Occupational Health and Safety, is a Chartered Insurance Professional and certified by the

Ken Blanshard Companies as an instructor in Leading Change. He has completed numerous continuing education programs on subjects such as accommodating workplace disabilities, situational leadership, labour law and building high-performing teams.

“I look forward to the opportunity to continue to build excellent working relationships with all forestry stakeholders and further strengthen the BCFSC's services to support industry achieving excellent safety performance that is good for workers and for business,” said Rob.

The BCFSC board struck a search committee to manage the appointment process. More than 60 applications from suitably qualified candidates were received and the board was very pleased with the calibre of candidates.

“We greatly appreciate the number and quality of applications received and thank every applicant for their time and consideration, and for being part of a process that has allowed us to secure who we believe is the best candidate for the job,” said Ken. 🇺🇸



Rob Moonen, incoming CEO at the BCFSC.



Fatalities and Injuries

Three fatalities in harvesting in 2016 year to date

On February 26, 2016, an equipment operator died in the Bonanza Lake area, near Port McNeill on Vancouver Island. A super snorkel was being moved on a lowbed when it came into contact with a power line. The worker was electrocuted when he approached and touched the lowbed, which provided the electricity a path to ground. (See safety alert: <http://www.bcforestsafesafe.org/node/2767>)

On January 31, 2016, a 23-year-old man died after the empty logging truck he and a co-worker were trying to repair ran over him on the Holy Cross Logging Road about 150 kilometres south of Fraser Lake. (See safety alert: <http://www.bcforestsafesafe.org/node/2761>)

On January 26, 2016, a 22-year-old log truck driver was fatally injured in an incident on Highway 5A between Princeton and Merritt. The unloaded logging truck went off the road, down a steep embankment and the cab was crushed. Road conditions were reported as being icy at the time of the incident. (See alert: <http://www.bcforestsafesafe.org/node/2755>)

We extend sincere condolences and sympathy to all the families and co-workers of the deceased workers. WorkSafeBC and the Coroners Service are investigating these incidents.

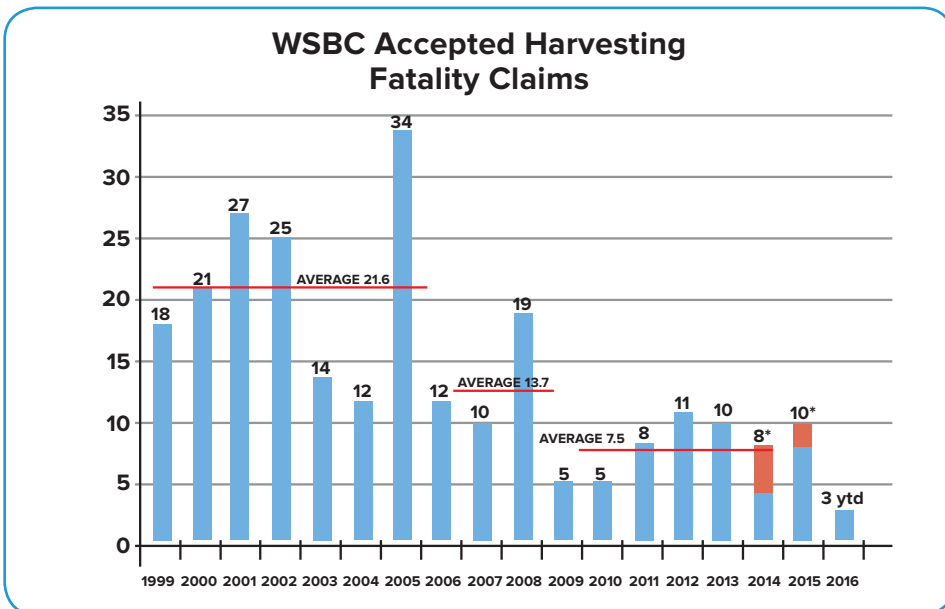
One fatality in manufacturing in 2016 year to date

On January 27th, a 62-year-old equipment operator was fatally injured when the bulldozer he was operating fell off the high end of a hog fuel pile at the Catalyst pulp and paper mill in Crofton. The bulldozer rolled over during the incident and the worker was found deceased at the scene. (See safety alert: <http://www.bcforestsafesafe.org/node/2760>)

We extend our sincere condolences to the family and co-workers of the deceased worker. WorkSafeBC and the Coroners Service are investigating this incident.

Explosion at MDF mill in Quesnel: no injuries

On March 9, 2016, all workers on shift escaped injury after an explosion/fire at an MDF mill in Quesnel. The cause of the incident is under investigation by both WorkSafeBC and the company. 🚫



Please Note: *There are 4 fatalities the BC Forest Safety Council is aware of that occurred in 2014 and 8 fatalities that occurred in 2015. WorkSafeBC tracks fatalities by the year in which they accept the claim. The BCFSC uses the WorkSafeBC data of accepted claims for trends although it may not specifically indicate current year fatalities; it is the only long term data base for comparative purposes. This is preliminary information.

Recent WorkSafeBC Incidents

HARVESTING

Injury Type: Fractured ribs, mild concussion, bruising
Core Activity: Logging road construction or maintenance / Integrated forest management
Location: Vancouver Island/Coastal B.C.
Date of Incident: 2016-Feb

An articulating rock truck was backing up a resource road to dump a load of rock. The truck got too close to the edge of the low side of the road. It rolled over and down the bank, coming to rest against a tree. The worker, who sustained serious injuries, received first aid on site and was flown to hospital via helicopter.

Injury Type: Crush injury
Core Activity: Integrated forest management
Location: Northern B.C.
Date of Incident: 2016-Feb

The operator of a logging truck was attempting repairs underneath it when the truck rolled backwards and pinned him between the fuel tank and the ground. He was rescued about 1.5 hours later by a passerby who drove the truck forward to free the operator. The operator was then transported to medical care by ambulance.

Injury Type: Injuries to leg
Core Activity: Logging road construction or maintenance
Location: Interior B.C.
Date of Incident: 2016-Feb

As the operator of a skid-steer loader was entering the cab of the machine, his foot inadvertently engaged the foot pedal, which raised the boom. The worker's other leg was lifted by the boom and caught between the cab and the bucket of the machine.

Injury Type: Broken leg
Core Activity: Integrated forest management
Location: Vancouver Island/Coastal B.C.
Date of Incident: 2016-Feb

A certified hand faller was bucking a felled tree. He was struck, pinned, and seriously injured when the cut was

Continued on page 6...

Continued from page 5...

completed and the logs separated. The feller was bucked out of the area by his falling partner, received emergency first aid on-site, and was then transported to hospital by helicopter.

Injury Type: Close call
Core Activity: Mechanized tree falling
Location: Vancouver Island/Coastal B.C.
Date of Incident: 2016-Jan

A feller-buncher (a machine on tracks equipped with a head to fall trees) was operating in a section of a cutblock with slopes 40 to 60 percent. As the operator was trying to overcome a falling difficulty, the feller-buncher slipped and rolled over, coming to rest with the cab on the ground. Another worker helped the feller-buncher operator, who was not injured, to exit the cab.

Injury Type: Multiple fractures in upper body
Core Activity: Manual tree falling and bucking
Location: Vancouver Island/Coastal B.C.
Date of Incident: 2016-Jan

A certified faller was struck by a cedar log (25 inches in diameter, 84 feet long) that pivoted upslope when it was hit by a falling cedar tree (43 inches in diameter, 60 feet tall). The worker was initially transported to camp via ETV, then to hospital by helicopter.

MANUFACTURING

Injury Type: Crush injury to hand
Core Activity: Sawmill
Location: Interior B.C.
Date of Incident: 2016-Feb

A worker performing cleanup reached around an inadequately guarded chipper and placed his hand on a drive chain. The hand was pulled through an idler sprocket, resulting in crush injuries.

Injury Type: Close call
Core Activity: Wood pellet mill
Location: Interior B.C.
Date of Incident: 2016-Feb

About 7.5 hours after maintenance work had been done on material handling equipment at a pellet mill, a worker found smoke coming from an inactive piece of equipment. The local fire department responded and extinguished a smoldering ember in some ductwork. No structural or equipment damage occurred and no injuries were reported. 🚒

Day of Mourning:

Thursday April 28, 2016

Each year, we remember those that go to work and never return home. First responders will tell you that they have a theory: that if everyone got to experience a recovery operation from a workplace incident or be the police officer who has to ring a front door bell and tell family members that a loved one has died at work, we'd see far fewer workplace incidents.

In the weeks coming up to Canada's national day of mourning on April 28, 2016, may each of us take that moment to not only remember our fallen colleagues but to also imagine being those first responders and those family members delivering or receiving the worst news possible. May each of us do whatever we must do, each and every day to be safe, and create safe places at work for ourselves, our colleagues and our industry.

For more information about local Day of Mourning events being planned in your area – or to list an event you plan on holding – please see: <http://www.dayofmourning.bc.ca/>.

To order WorkSafeBC's posters and decals, please see: http://www.worksafebc.com/news_room/campaigns/day_of_mourning/decals.asp. 📄



Day of Mourning
Last year, 122 B.C. workers died. Now, 122 families mourn.
Let's make our workplaces safe and healthy.
Thursday, April 28

BC log truck drivers may be required to log hours electronically

While the timing for implementation is still to be confirmed, Canada has made the first move to implement new safety regulations that are aligned with United States efforts to tackle fatigue among truck and bus drivers, with the introduction of electronic log books. There is still ambiguity around whether this Canadian step will impact BC log truck drivers or if it will only impact drivers on cross-border (Provincial and Canada / US routes.) Mandatory paper logs were first introduced in the 1930s in Canada. The conversation around the use of electronic logbooks started about 10 years ago in Canada and some industries are frustrated it has taken this long to get to this point.

Whatever the final deadlines, things to plan for if you may be affected by the changes:

1. Budget now for the big ticket item
Electronic logging devices might be decreasing in price, but they are still a big ticket item especially if you are an independent log truck driver. The cost on average is a couple of thousand dollars, depending on the type of unit. Fleet implementation might come cheaper per unit (and we hear most if not all the major licensees have already done or plan to do bulk purchases to leverage potential savings for their hauling contractors). Depending on the system, there can be monthly fees, maintenance and service costs associated with the units.

2. Technical specifications are not created equal
Look for easy to use, easy to update, longevity and performance especially on resource roads!

Remember that if you do cross border trips, the technical specifications and standards for electronic logging devices may differ between the U.S. and Canada and so don't make that purchase until the requirements are clear.

3. Power of electronic tracking
If implemented, log truck drivers' hours of service would automatically be recorded. Information gathered would include: engine hours, vehicle movement, kilometres driven and location information. Some haulers may want to add additional functionality.



Transportation

The U.S. Federal Motor Carrier Safety Administration says in the US, its planned implementation will save about 26 lives and prevent 562 injuries each year, as well as save US\$1 billion in administrative costs. Similar Canadian figures weren't available at the time of going to print.

4. Providing defensible proof and evidence

The units will also make it easier for drivers and compliance agencies to have defensible proof and evidence. The units alleviate the concern that handwritten forms might be altered.

Across Canada, about one-half of all Canadian commercial trucks have or are in the process of installing electronic devices.

For more details, please see The Canadian Press story that appeared in the Vancouver Sun newspaper here: http://www.vancouversun.com/cars/canada+require+truck+drivers+hours+electronically+years/11720211/story.html?_lsa=75e9-5b36

Barge foundering and abandonment report and alert

The final report on the Lasqueti Daughters barge by the Transportation Safety Board of Canada was released in February 2016. The report covers the March 2015 incident where 17 people abandoned ship due to the vessel foundering (taking on water) in rough weather off Campbell River.

To view the full report, please see: <http://www.tsb.gc.ca/eng/rapports-reports/marine/2015/M15P0035/M15P0035.asp>

Media release: <http://www.tsb.gc.ca/eng/medias-media/communiqués/marine/2016/m15p0035-20160201.asp>; and the BC Forest Safety Council safety alert, issued in March 2016, after the release of the report is here: <http://www.bcforestsafe.org/node/2768> which highlights:

- Boats used commercially to transport passengers are required to be registered with Transport Canada as well as inspected annually. It is up to the authorized representative of the company owning the vessel to contact Transport Canada to set up these inspections. The inspections involve the structural, firefighting, lifesaving, navigation, and communication components and procedures on the vessel. Crew qualifications are verified at the time of inspection and emergency drills are conducted.
- A supervisor hiring a contractor that requires a boat for water access should get documentation from the contractor that vessels being used have their certifications in place and the crew is current in their qualifications, and are prepared to handle emergencies.

Chock it to lock it

Over the past year, there have been incidents where workers were inspecting or completing maintenance work on different types of forestry vehicles – one a logging truck – that resulted in the deaths of three people.

Lock out on the first incident and chocks on the other two would have saved three lives. Talk about this regularly at work meetings. If you supervise anyone driving a truck or machine for work; or to and from work, have the conversation, to remind everyone: Lock out and live. Chock it to lock it!

To help support industry reinforce this important message, the BC Forest Safety Council has developed a sticker, safety alert and poster for use in forestry maintenance shops, repair areas, equipment and trucks to remind all drivers not to commence any work or inspection of any vehicle without it being properly locked out and blocked/chocked. This is critical to ensure the vehicle is immobilized for the protection of workers.

In 2009, the BC Forest Safety Council issued a safety alert which indicated the following: There have been too many fatalities and serious injuries in the forest industry as a result of a failure to effectively immobilize equipment. Between 2006 and 2008 there were a total of 44 fatalities in harvesting. 20% of these fatalities occurred when the operator left the protection of the cab to make an adjustment or diagnose a mechanical problem. Six workers died as a result of vehicles or equipment rolling over them, and three were crushed as equipment moved while being worked on.

Fast forward to 2016. While we have come a long way in reducing fatalities over seven years, it is concerning to still see serious incidents in circumstances that should be low risk when safe work procedures are followed. By taking a few moments to immobilize equipment correctly, we can prevent these types of serious injuries and fatalities.

On rolling stock, when you get out of the cab, set the maxi or emergency brake. This is critically important when



your task requires you to be under the vehicle. When you are working or repairing the machine, use chocking blocks specifically designed to prevent movement; if blocks are not available, use alternates that will provide equivalent security to prevent the vehicle from moving.

On equipment, lower the attachments such as buckets, blades and processing heads to the ground. If that's not possible, then you must use something that will prevent it from falling such as a log deck, a stump or a mound of dirt. Follow the lock out procedures for individual pieces of equipment and machine components every time.

Free stickers and posters are available to order in the resource section: <http://www.bcforestsafe.org/node/2485> (order form is at the top of the page). In addition a tailgate/safety meeting handout is in development.

For related safety alerts, please see: young worker fatally injured under log truck: <http://www.bcforestsafe.org/node/2761>; worker fatally injured under service truck: <http://www.bcforestsafe.org/node/2727>; mechanic fatally injured while repairing a lowbed truck in the shop (second part of this alert): <http://www.bcforestsafe.org/node/2683>



WorkSafeBC's 2016 high risk strategy

This year's WorkSafeBC High Risk Strategy for Forestry builds on the prior two years' activities, given that the strategy is part of a five-year plan, and focuses on four areas:

- Manual tree falling
- Mechanized harvesting
- Cable yarding operations and
- Log transportation.

WorkSafeBC's Tom Pawlowski, Manager Industry and Labour Services, and Bjarne Nielsen, Senior Regional Officer Prevention Field Services, made their presentation to the BC Forest Safety Council's safety advisors recently. Three weeks earlier they had made a similar roll-out presentation to 90 WorkSafeBC field officers so that officers would have the tools they needed to go out and deliver consistent inspections. Bjarne and Forestry Industry Specialist, Carole Savage, have also worked on a field book for officers to help provide them with the tools and information they need.

Three WorkSafeBC departments provide input on the four high risk strategies, namely Prevention Field Services; Industry and Labour Services; and, Business Information and Analysis.

The objective of the 2016 strategy is to reduce the high serious injury and fatal injury rates in the top risk exposure categories in forest harvesting. In addition to the four key work activities above, inspections will also focus on ERPs as well as a continued seasonal focus on silviculture operations.

Injury Rate Trend

BC forestry Classification Units (CUs) continue to have more than double the rate of injuries of all BC industries as follows:

When one breaks out the key CUs that are specifically targeted in the high risk strategy (HRS) for forestry, the numbers look like this:

Calling WorkSafeBC's 250 field prevention officers the thin orange line spread across the Province, Tom said it was important for all employers to recognize where their operations are most at risk and take appropriate actions. He said from WSBC's point of view, penalty and warning letters are a last option. The objective is to see industry reach a higher level of compliance, not to try and catch a company not being compliant.

2016 Forestry High Risk Strategy

2016 Plan targeted CU's

Primary Focus:

- Cable or Hi-Lead Logging (703003)
- Ground Skidding, Horse Logging, or Log Loading (703006)
- Integrated Forest Management (703008)
- Log Processing (703011)
- Manual Tree Falling and Bucking (703013)
- Mechanized Tree Falling (703014)
- Helicopter Logging (703019)
- Log Hauling (732044)

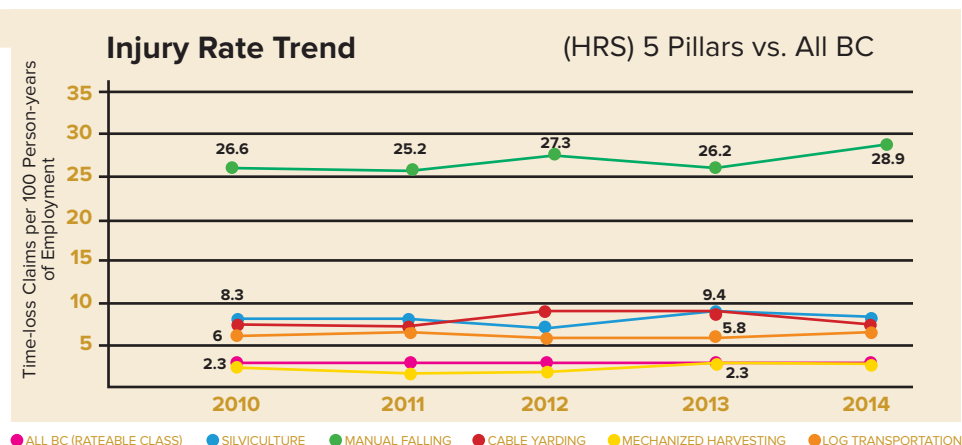
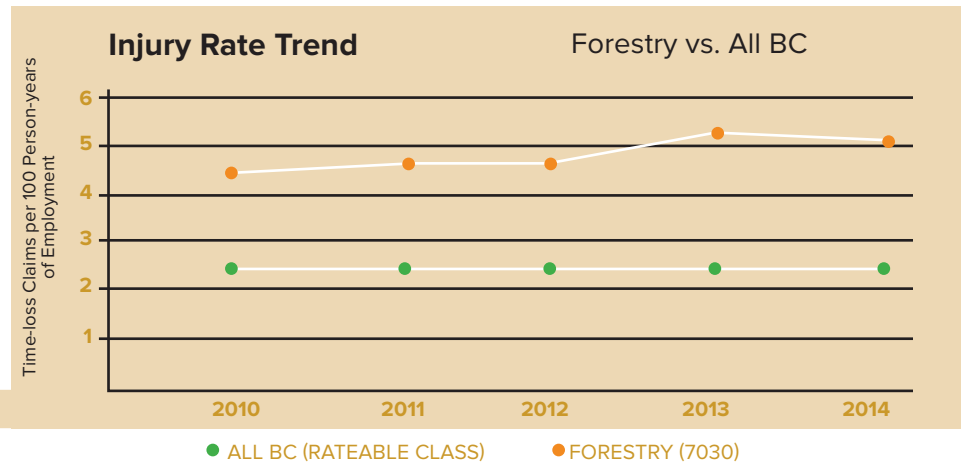
Secondary Focus:

(seasonal/geographic considerations):

- Brushing and Weeding or Tree Thinning or Spacing (703002)
- Forest Fire Fighting (703005)
- Tree Planting or Cone Picking (703016)



* These 11 CU's have the highest rates of Injury and serious injury within the Forest CU's



HARVESTING PHASE	INJURY/AREA OF RISK	INSPECTIONAL FOCUS
Manual tree falling	<ul style="list-style-type: none"> - Control of tree (falling cuts) - Risk assessment (e.g. windfall, danger tree, etc.) 	<ol style="list-style-type: none"> 1. Falling cuts 2. Danger tree and windfall assessment & plans 3. Unnecessary brushing practices 4. New faller training locations
Mechanized harvesting	<ul style="list-style-type: none"> - Maintenance work - Getting off and on machinery - Equipment – loss of stability - Congestion 	<ol style="list-style-type: none"> 1. Maintenance work plan & lockout 2. 3-point contact procedures 3. Steep slope assessment plans 4. Site planning & layout
Cable yarding operations	<ul style="list-style-type: none"> - Struck by logs - Slips and falls - Congestion 	<ol style="list-style-type: none"> 1. Clearing the turn 2. Yarding angles 3. Landing the log 4. Site planning and layout
Log transporting	<ul style="list-style-type: none"> - MVAs - Loading & unloading activities - Maintenance work - MSI shoulder injuries - Proper use & installation of binders 	<ol style="list-style-type: none"> 1. Driving & road assessment 2. Loading, off-loading & securing of load 3. Best practices for maintenance work (lock-out, access & egress) 4. Cab guards 5. Binder use & installation
Silviculture	<ul style="list-style-type: none"> - MVAs - Lack of ERP/practice - Lack of adequate MSI risk assessment / management program 	<ol style="list-style-type: none"> 1. ERP elements 2. Planning & conducting operations 3. Driver training/policies 4. MSI risk assessment/management/education
ALL PHASES	AREAS OF UNMITIGATED HIGH RISK	INSPECTIONAL FOCUS
Emergency Response Plan (ERP)	<ul style="list-style-type: none"> - Lack of ERP or inadequate ERP/potential for delayed medical treatment with potential catastrophic consequences for the worker 	<ol style="list-style-type: none"> 1. First aid assessment 2. Lack of ERP practices and testing 3. Helicopter-only access requires daily plan
Integrated responsibilities	<ul style="list-style-type: none"> - Areas of high risk violations - Site congestion - Planning/inadequate - Communication/inadequate - Management of change/failure to consider 	<ol style="list-style-type: none"> 1. All levels of management are accountable and responsibilities reviewed

Over 2,700 forestry inspections by WorkSafeBC in 2015

A total of 2,732 forestry inspections were carried out in 2015. Of these, 1,228 were in integrated forest management; 673 in manual tree falling and bucking; 508 in log hauling; 82 in ground skidding, horse logging, log load; 55 in mechanized tree falling; 48 in cable or hi-lead logging; 44 in log processing, 42 in tree planting or cone picking; 28 in helicopter logging; 21 in brushing, weeding, tree thinning, spacing; and 3 in forest fire fighting.

Over 1,300 prevention orders written, 31 warning letters sent and 14 penalties imposed on forestry companies by WorkSafeBC in 2015

A total of 1,375 prevention orders were written up by WorkSafeBC for forestry operations as follows in 2015: 665 for integrated forest management; 265 in log hauling; 241 in manual tree falling and bucking; 51 in ground skidding, horse logging, log load; 47 in cable or hi-lead logging; 41 in mechanized tree falling; 28 in log processing; 23 in tree planting or cone picking; 13 in

brushing, weeding, tree thinning, spacing; 1 in helicopter logging; and none in forest fire fighting.

A total of 31 warning letters were sent as follows: 17 in manual tree falling and bucking; 8 in integrated forest management; 4 in log hauling, 1 in brushing, weeding, tree thinning, spacing; 1 in cable or hi-lead logging; and none in the rest of the forestry CUs.

A total of 14 penalties were imposed as follows: 8 in integrated forest management; 3 in manual tree falling and bucking; 2 in log processing; 1 in log hauling; and none in the rest of the CUs.

Tom also said that WorkSafeBC was looking at including reviews of hearing protection given the recognition that many in forestry are at risk of early onset loss of hearing if proper protection is not implemented and enforced. There will also be additional scrutiny on prime contractors' qualifications as well as licensees/land owners to ensure that regulations are not just enforced at the front line but all the way up the chain of command/safety responsibility. 🧠

Audit submission opportunities in Prince George, Quesnel and Williams Lake

SAFE Companies may submit their audits in person in:

- Prince George on April 18, BC Forest Safety Council office
- Quesnel on April 19 & 20, Tower Inn Best Western and
- Williams Lake on April 21 & 22, Pioneer Centre.

A total of 126 SAFE Certified companies will be notified of the audit submission opportunities in Prince George, Quesnel and Williams Lake.

Reminder to all Vernon-area operations: As announced in the last edition of Forest Safety News, SAFE Companies may submit their audits at the ILA conference on May 5-7, at the Vernon Atrium Hotel and Conference Center.

Please contact audit administrator, Clare Craig at 1-877-741-1060 or email craig@bcforestsafe.org to set up an appointment at any of the mass submission venues. There is no charge for this service. 🧠



Talkin' SAFE with Mike Sexton, senior safety advisor: “What happens if I don't submit a successful audit?”

“What happens if I don't submit a successful audit?” is a question we get once in a while, but it's one that should be asked more often because it is important for all companies to understand the process. Three things can happen with an audit submission: 80% or more = Success, 70% - 79% = Limited Scope Audit (LSA), and under 70% = Unsuccessful and returned.

Firstly, let's review what happens to your audit when you submit it. You send your audit to the BC Forest Safety Council (BCFSC) by mail, electronically, or in person. Upon receipt it then goes into the “first in, first out” lineup. Then it receives a Quality Assurance check. Once your audit gets into a reviewer's hands, the information you have submitted (your audit) gets checked. If you make the 80% minimum standard (19 out of 24 for SEBASE/ISEBASE or 11/14 for IOO) your audit will be closed and you will receive your success letter with Corrective Action Log (CAL) sometime later in the mail.

If you didn't make 80%, your audit goes into a Limited Scope Audit (LSA). This means the reviewer (a BCFSC Safety Advisor) would try and contact you by phone (call or message), email or fax depending on the contact details you have provided the BCFSC. The advisor would tell you what you are missing from your audit and you can submit all of the missing items, or what you need to get to the 80% mark. You have 40 days from the day we attempt to contact you to get to at least 80%. You will maintain the spot in the queue. This situation typically affects about 150 companies a year.

In the recent past, we have accepted all non-successful audits into the LSA process, when technically the required procedure is to send back audits to companies that fail to make a 70% threshold. Starting in February 2016, any audit that doesn't make the 70% threshold will be returned as unsuccessful.

If it is not making 70% because you forgot to answer the survey questions or forgot to check the boxes that indicate Not Applicable questions, then we will attempt to contact you and get these dealt with over the phone and by email or fax if we have those contact details on file. We will wait for a response

until the close of business the following day at 17:00. If you respond within the deadline and supply the missing information, your audit will proceed.

However, if it is because not enough information was submitted, or you did not respond in time, then unfortunately, the audit will be returned as failed and you will lose your place in the review queue. Based on historical data this will affect about 50 companies each year.

What does this mean if it is a maintenance or recertification audit?

If it is a maintenance audit or recertification audit and you submitted early, you still have time to get your audit resubmitted and hopefully it is successful. If it is a maintenance audit or recertification audit and you waited until the last days to submit it, then unfortunately you will be removed from the SAFE Companies list.

What does this mean if it is a certification audit?

If it is a SAFE Certification audit, you don't become SAFE Certified until you do submit a successful audit. If you don't get 80%, but get at least 70% (17/24 SEBASE/ISEBASE or 10/14 for IOO) or more, your audit will go into an LSA, as normal. There are no limits on how many attempts a company can make in a year to submit a certification audit.

Prevention is better

There are a few things we recommend to keep this from happening:

1. Keep your paperwork organized so it is easier to put it together come audit submission time. The bigger benefit to this is it should help your business be more organized as well.
2. Try to get your audit submitted a little earlier than the due date. This will keep you from possibly rushing and forgetting things you need to include.
3. Use us as much as you need for help and advice. If you have forgotten a lot of the information from your training, we can help you to remember, or at least tell you again. And, there is no additional charge for any of the support we offer to all SAFE Companies.

The bottom line is we don't want anyone to fail their audit, but if you aren't doing the required actions to pass the audit, you are likely not meeting WorkSafeBC regulations which could create a lot more serious problems than failing the audit.

Please ask us for help if you think you need it. Remember, the only poor questions are the ones that don't get asked. 🙏

New safety advisor joins team

Graham Venechuk, with 17 years of related experience, is the newest member of the SAFE Companies team, having joined in late February 2016. Graham comes from a long family history connected to the forestry industry. He grew up around the logging business and spent six years as a heavy equipment operator and logging truck driver in a stump to dump logging operation. He holds an Occupational Health and Safety Certificate from the University of New Brunswick and is also a seasoned safety professional having held safety roles for more than eight years, supporting operations with large fleets of heavy equipment in the forestry, construction, oil and gas, and mining sectors in BC and Alberta.



Graham Venechuk

A big supporter of young worker mentorship programs, Graham looks forward to supporting all forestry companies in his new role and bringing a fresh perspective to the challenges of implementing safety systems and programs that are most meaningful to new young workers entering the industry. 🙏



Falling

BCFSC is back certifying fallers

After temporarily suspending faller certifications due to concerns around inconsistencies with the faller field evaluation document and process, the BC Forest Safety Council (BCFSC) is back certifying fallers using an improved document. The changes provide clarity and direction around the subjective statements that were in the previous BC Faller Training Standard Field Examination and Evaluation document, ensuring an improved consistency in results.

The BCFSC successfully ran a pilot using the new evaluation document to certify fallers. Positive feedback was received from both the fallers and QSTs. Since closing the pilot last month, WorkSafeBC has given permission to the BCFSC to continue using the new document in certifications. Next steps will be for the Falling Standards Advisory Committee (FSAC) to consider and approve the revised document prior to WorkSafeBC reviewing and approving permanent use of it.

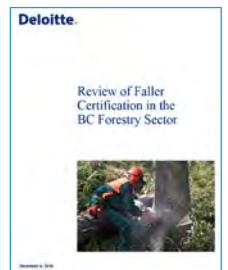
Fallers who believe that they meet the criteria to be tested for certification, may contact the Training and Program Development Administrator, Bridgette McKamey, for more information at toll-free 1-877-741-1060 or email mckamey@bcforestsafesafe.org.

Faller Standards and Deloitte work continues

Work continues on the implementation of recommendations contained in the Deloitte Report: www.bcforestsafesafe.org/files/rpt_ReviewOfFallerCertificationInTheBCForestrySector.pdf

Recommendations included significant changes to the faller certification program in BC. Highlights of progress made since the last edition of Forest Safety News includes:

- Forestry, Oil & Gas and BC Wildfire Services, along with WorkSafeBC, have been working toward a unified approach to creating competency-based faller standards.
- Subject Matter Experts have completed the development of unit standards and work is underway on the development of assessment tools for falling standards and Qualified Supervisor Trainers (QSTs).
- Training materials will be updated to reflect a modularized program.
- Work is underway to develop stronger quality assurance processes.
- Field testing of the new standards and assessment tools will begin summer 2016.
- Stakeholder outreach is underway.



Anyone who would like to be involved, please contact Training & Standards Manager, Allison Thompson, toll-free 1-877-741-1060 or email thompson@bcforestsafesafe.org.



First message from a BCFSC falling safety advisor:

We stand with you on safety

Hello all,

It's quickly approaching two years that I've been working as a falling safety advisor. It's been a great opportunity to meet and interact with some of you, and of course contribute to industry safety. As you may or may not know we provide a bunch of services that will bring us to your operations. These include:

- Confidential company review
- Falling supervisor certification preparation
- In field training to support certified fallers and falling supervisors
- Faller and supervisor visits
- Faller/blaster coaching and mentoring
- Incident investigation assistance
- Management coaching and mentoring
- Remedial/skills upgrade training

So please give us a call and let us know what we can do for you. As falling safety advisors, we are available to help support you. It's important to me to let all of you know that if you're standing up for safety, falling safety advisors will stand beside you.

It's hard to hear a story of a tragedy that could have been prevented; if fallers trusted or thought to call us our voices and presence can be powerful tools to see that concerns are addressed. Working together we can help you navigate regulation and support you in doing it right. It's great to see people rallying together to promote each other's wellbeing because silence fixes nothing. Conversations educate and inform, and actions save lives. We are only a confidential phone call away.

Our roles are new to industry and as we see the need for change, we are evolving with ideas and programs to help – your input and voices are the key to getting and making it right. I hope to meet with more of you in the coming year, to talk and hear your concerns and hopefully help any way I can. Keep your hearts and minds in the game and your heads up! – Glenn Hestnes, one of three Falling Safety Advisors at the BC Forest Safety Council.

To reach Glenn, call or text 250-713-5209, or email ghestnes@bcforestsafesafe.org. To reach David Adshead, Falling Safety Advisor, call or text: 778-349-5084 or email dadshead@bcforestsafesafe.org; to reach Scott Rushton, Falling Safety Advisor, call or text 250-735-2850 or email srushton@bcforestsafesafe.org

(*The safety advisors will take turns writing about falling in future editions of Forest Safety News.)

- Glenn Hestnes, Falling Safety Advisor

FTAC Faller Survey Summary Results Report mailed to fallers

A copy of the Falling Technical Advisory Committee (FTAC) faller survey summary report was mailed to approximately 2,400 certified fallers in good standing with the BC Forest Safety Council last month (March 2016). These were the same fallers who had received the questionnaire to complete in December 2015. A total of 429 fallers (by February 25, 2016), had completed the 57-question survey. This was an 18% return, which is considered good for a paper based mailed survey, given that 10% is an average return rate.

FTAC had an initial review of the survey results at its March 4, 2016 meeting. Following discussion at that meeting, FTAC took a vote to distribute the 22-page summary report to fallers to ensure that the whole falling community had the opportunity to review the findings. These documents were mailed out to fallers by March 11, 2016.



The FTAC Faller Questionnaire summary results report was sent to all fallers last month. Some of the 2,400 reports prepped and ready for Canada Post pick up.

The complete survey results and comments are contained in a 176-page report. A copy has been posted on the BC Forest Safety Council (BCFSC) website: www.bcfsc.org/2016ftacsurvey. A summary report is also available on the website, along with a copy of the questionnaire, for reference. (The BCFSC provided administrative support for the survey at the request of FTAC.)

FTAC thanks all the fallers (and falling supervisors) for taking the time to complete the survey, and for sharing detailed comments and opinions. The information gathered from the completed questionnaires is being used to help FTAC identify the priority items for next year's work plan, starting at a meeting on April 8, 2016.

Updates on FTAC's workplan and other initiatives related to the survey findings will be shared broadly going forward including in future editions of Forest Safety News. If you have any questions or comments about the survey, please email FTAC@bcforestsafe.org.



Falling

Roadside debris survey feedback to help shape recommendations for improved safety

A Coast Harvesting Advisory Group (CHAG) working group – the Roadside Debris Working Group – was formed in September, 2015 to research the issue and identify guidance for managing hazardous roadside debris. It has long been recognized that hazardous roadside debris such as unstable root wads, pushed over or damaged trees, excessive side-cast material, unstable rock, excessive processor debris, overblasting and even right-of-way wood stacked against trees to be felled can be hazardous to hand fallers and others.

An online survey was completed at the end of February by 120 industry folk – either directly involved in processes that create the roadside debris or having to deal with the roadside debris. Survey respondents included: planners/engineers, fallers, road builders, processor operators, loader operators, supervisors, managers, contractors, drivers, chasers, grader operators, driller/blasters and safety advisors.

The respondents worked primarily in second growth/ground based (69%); second growth/cable (62%); old growth/cable (39%) and old growth/ground based (36%); with more than 87% of respondents having 15 years or more of forestry experience.

There was 100% agreement from all respondents that under certain circumstances roadside debris (rock, sidecast material, processed material, decked wood, damaged timber) can create a significant risk for fallers and other workers who need to work on the low side of the road. 77% felt that it could be managed effectively to lessen the risks for fallers and other workers working on the low side of the road; and 21% said that sometimes it could be managed.

Survey comments included: “It’s an issue.” “Can be deadly.” “Hand fallers most at risk.”

Roadside debris hazards that respondents have worked around were identified as follows:

- Pushed over/damaged trees 48%
- Excessive sidecast 47%
- Excessive processor debris 41%
- Shot rock in the setting 46%
- Poorly placed processed wood 36%
- Undermined trees (on the high side) 42%
- All of the above 62%.

Significant factors which lead to hazardous roadside debris were identified as: right-of-way width too narrow or too wide; full length timber; blasting practices; lack of worker awareness; inadequate supervision; and right-of-way log placement.

Ways to improve debris management that were identified by respondents included:

- Improved planning and time to schedule and manage phases
- Improved communication across phases. More discussion between bullbucker, road building supervisor, contract supervisor before work begins. Better communication of hazards across phases
- Awareness, training and understanding of the issue and how to avoid/reduce/manage
- Adding debris management to checklists and SWP
- Additional funds to cover end haul where necessary
- Buck all right of way wood and remove before fallers work the setting
- Recognize that moving the road centerline can create significant hazards.

Good approaches for managing anticipated roadside debris were identified by respondents as:

- Haul debris away to spoil site (52%)
- Place debris into a cleared area on the low side (47%)
- Place debris on low side of the road if it can be placed away from standing timber (40%)
- Leave high stumps or non-merch standing on low side to hold debris (29%)
- Fall wide right-of-way widths (25%)
- Fall narrow right-of-way widths (17%)
- All of the above (36%)

with one or more of the above approaches being appropriate, depending on each unique situation.

The working group is in the process of reviewing and interpreting the feedback received with the intent to draft recommendations for industry.

The Roadside Debris Working Group members are: Chad Campbell, Ryder Contracting; Don Cleaver, Island Timberlands; Steve Kerrone, Island Pacific Logging; Mike Lee, Interfor; Kevin McKamey, Pildolla Creek Contracting; and Aaron Steen, TimberWest. They worked with facilitator/consultant, Pam Jorgenson, with administration support provided by the BC Forest Safety Council. 📍

New Faller Training on Quadra Island



The 53rd New Falling Training (NFT) course was held on Quadra Island from February 4 to March 9, 2016. (From left, doing stretches before heading into the block:) Dan Dykens, Assistant Trainer; Devlin Hookham, Participant; Brian Texmo, Participant; Steve Telosky, Mentor/Instructor (obscured) and Harry Cole, Lead Trainer. 📍

Pre-screening for New Faller Training

The BC Forest Safety Council (BCFSC) engaged Stefan, Fraser & Associates Inc., industrial psychologists and management consultants to create – with input from industry – a pre-screening process for candidates wishing to enter the New Faller Training Program. The pre-screening tool is intended to identify those candidates who are most likely to work productively and safely as a faller and to help identify those candidates who are not well-suited to the occupation. It is recognized that the pre-screening process is only one step in identifying a good candidate.

The creation of the pre-screening tool involved three-steps:

1. Industry fallers and falling supervisors participated in a one-day workshop to identify what attributes make for a professional faller.
2. About 50 fallers and falling supervisors participated, with fallers taking the testing battery, designed to measure a range of critical skills, aptitude, and traits. This information was then “validated” against the performance ratings of those fallers provided by their supervisors. This validation of the testing was a critical step as it confirmed that the testing accurately predicts performance, helping set standards that are customized to the industry.
3. From the results of steps 1 and 2 above, Stefan, Fraser & Associates Inc. was able to identify seven competencies critical for a professional faller to possess. As a final step in the process, the seven competencies were distributed to industry to rank the importance of these competencies. These competencies created the foundation of the pre-screening tool.

The pre-screening tool will be ready to launch this month (April). All potential candidates wanting to enter the New Faller Training Program will complete the pre-screening process online. 📍



Training

Resource Road Light Truck Driver Training

The BC Forest Safety Council, in partnership with the Western Silvicultural Contractors' Association, is pleased to offer training that covers the safe operation of light trucks on public roads and more specifically on resource roads in British Columbia.

The prime purpose of this course is to help the driver be fully responsible as a driver on resource roads:

- Possessing the proper operational skills
- Understanding the driving duties
- Appreciating the situation and paying attention while driving resource roads.

This training addresses both physical skills and the human factors that affect performance. Content includes:

- The characteristics of resource roads
- Vehicle dynamics: an understanding of design elements and how they affect stability
- Driver skill development.

The course runs for two days, with participants spending the majority of the course at a field site and behind the wheel. Group size is limited to six participants per trainer. Additional trainers can be added for groups of a larger number.

The following is an overview of the course content:

- Introduction to training
- Principal design characteristics of light trucks
- Vehicle load and carrying capacity
- Pre-trip inspection
- Tires and traction
- Push-pull steering and braking, driving position
- Resource road design, use, rules and practices
- Behavioural aspects: estimating risk
- Cognition
- Operational skills

Participants or companies need to provide their own vehicles, ideally those that will be used in the workplace. If trailer towing is a regular part of the driver's duties, contact the trainer and it may be possible to include trailer training in the regular course. The participant will have to provide a trailer if one is needed and must have their own vehicle insurance.

A certificate of participation will be issued upon successful completion of the training.

If your organization is interested in hosting a session, please contact the trainer directly: Alan Sidorov (Sidorov Advanced Driver Training) at phone: 604-905-0146 or email: info@spdt.ca.



Upcoming Training:

If you would like to see how a training course can meet your organization's needs, please let us know. We are committed to working with you to find the right training solution. We may be able to tailor a program to your specific needs and deliver it in a way that is most convenient for your operations.

Small Employer OHS and Small Employer OHS refresher course:

- April 14 Kamloops
- April 14 Nanaimo
- April 14 Prince George
- April 21 Cranbrook
- April 28 Williams Lake

Forest Supervisor Training:

Module 1: Due Diligence Module 2: Communications Module 3: Leadership

- May 18 Campbell River (Module 1)
- May 19 Campbell River (Module 2)
- May 20 Campbell River (Module 3)
- May 25 Castlegar (Module 1)
- May 26 Castlegar (Module 2)
- May 27 Castlegar (Module 3)
- June 8 Kamloops (Module 1)
- June 9 Kamloops (Module 2)
- June 10 Kamloops (Module 3)

Individual Owner Operator (IOO) & IOO Refresher:

- April 10 Teleconference
- April 30 Teleconference
- May 28 Teleconference

Resource Road Light Truck Driver (RRD):

To schedule a RRD training session, contact Alan Sidorov at 604-905-0146

Basic Incident Investigation:

- April 14 Langley
- April 29 Nanoose Bay
- May 26 Nanaimo
- June 2 Vernon

Advanced Incident Investigation:

- April 15 Langley
- May 27 Nanaimo
- June 3 Vernon

Falling Supervisor:

- May 30 Vernon
- June 6 Campbell River

Internal Auditor Theory BASE 4:

- June 6 Vernon
- Oct 10 Prince George

Internal Auditor Upgrade BASE 4:

- April 7 Nanaimo
- June 9 Vernon

Please see the full 2016 training calendar at bcforestsafesafe.org/fscapps/calendar/calendar.php. Check back often as course dates do change. Email training@bcforestsafesafe.org or call toll-free 1-877-741-1060 for more information.



Top tips for men's health

By Dr. Delia Roberts

According to studies in Canada and the United States, men are much more likely to put off doctor's visits than women are. Whatever the reason that you or the men in your life put off your check-ups, the result tends to be that you don't get the information that you need to stay healthy. So, let's talk about why everyone should see a doctor regularly, and we'll share our top tips for men's health.

NO NEWS IS NOT GOOD NEWS

"I feel fine! Why should I bother seeing a doctor?" Sound familiar? The American Heart Association (AHA) recommends annual physical exams, even for people with no symptoms. This is because high blood pressure (also known as hypertension), high cholesterol and diabetes start out with no symptoms. You may feel just fine, but that doesn't mean nothing is going on underneath.

Why does that matter? Well, the leading cause of death worldwide is heart disease. It accounts for about half the deaths each year in men in the United States. We can't always predict these deaths, but it is easy to check for the primary risk factors for heart disease, including high blood pressure, high cholesterol and diabetes. Without regular visits to your doctor to check for the signs of these conditions, you may be at risk for heart disease and not even know it. That risk

increases with age, heredity (the number of your relatives that have heart disease), your body weight, your stress level, and your intake of alcohol/cigarettes – the more of those factors you have, the more you need to be examined by your doctor.

HELP YOUR HEART

Fortunately, seeing a doctor is not the only way to prevent heart disease. You've heard the recommendations made by *Fit to Log* about maintaining a healthy diet and being physically active – well, those two things will help to prevent high blood pressure, high cholesterol and diabetes. They will also help to prevent other risk factors, such as obesity, from developing. Consider limiting your alcohol intake and finding a way to quit smoking – the more risk factors that you take off of the table, the more you help your heart (and your mind, as reducing your risk of heart disease will also greatly reduce your risk of a stroke)!

CATCH CANCER

The second most common cause of death for men is cancer, and the most common cancers are skin, prostate, lung and colorectal cancer. Have your doctor check any suspicious moles or spots on your skin, and if you're over 50 years of age, consider asking about screening for prostate or colorectal cancer. In the meantime, the US Centres for Disease Control and Prevention

(CDC) suggests that always wearing a good sunscreen when you're going to be out in the sun for more than a few minutes is the best protection against skin cancer.

KICK THE HABIT

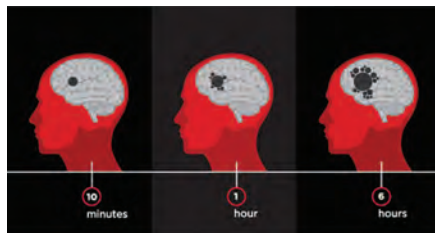
The best protection against lung cancer is to stop smoking. We've already mentioned that smoking is a risk factor for heart disease – it turns out that it's also the primary risk factor for leading cause of death #4, chronic obstructive pulmonary disease. Consider talking to your doctor about quitting smoking, or checking out the resources at www.quitnow.ca. It may be the best health decision you'll ever make.

Taking a step towards health is important for yourself, your family, and your co-workers. If you feel good you'll perform better at everything in your life, whether keeping your cool while dealing with your teenager, or making good decisions while at work. So check out the Fit to Log program, start making even a couple of good food choices each day, and look after your body. It's the best piece of equipment you'll ever have.

For more information on Fit to Log, please see (half way down the page for links to Fit to Log materials): <http://www.bcforestsafesafe.org/node/2485>

Be Aware: Stroke is a medical emergency

According to the Canadian Heart and Stroke Foundation (www.heartandstroke.com), with stroke, every minute counts. Hesitate and stroke can take away the use of your hand, your ability to talk, your vision and even your memories. A full 66% of people who have a stroke don't make it to the hospital to receive time-sensitive treatments. Recognizing the signs of stroke is the critical first step.



1.9 MILLION BRAIN CELLS DIE EVERY MINUTE AFTER STROKE

FACE is it drooping?
ARM can you raise both?
SPEECH is it slurred or jumbled?
TIME to call 9-1-1 right away.

© Heart And Stroke Foundation of Canada, 2014

Images from the Canadian Heart and Stroke Foundation website (www.heartandstroke.com).



Kid's Corner

Send in your artwork

Children are welcome to send in their artwork for publication, showing safe work activities in forestry. Send them to: The editor, Forest Safety News, 420 Albert Street, Nanaimo, BC, V9R 2V7. Little loot bags are sent to all the artists who send in their artwork, and all their names are entered into an end-of-year draw for a chance to win a logging truck just in time for Christmas.

Levi's Grandpa safely driving his log truck

Thank you to six-year-old Levi Turnell and Grandma Joanne Riddell for sending in Levi's artwork of his Grandpa, Ron Riddell, safely driving his log truck on Vancouver Island. What a great drawing Levi! Thanks for sharing. A loot bag is on its way to you. 🍷



Remember who you are going to be safe for today and every day!

ABOUT Forest Safety News

Forest Safety News is published six times a year: February, April, June, August, October and December. All submissions – letters to the editor, safety tips, photos, safety stories, concerns etc. – are welcome. The opinions expressed in the newsletter are not necessarily those of the editor, staff or board of the BC Forest Safety Council. All decisions to publish materials rest with the editor. 12,000 copies of each edition are distributed via mail or email. Additional copies are distributed at industry events.

Subscriptions

If you would like to continue to receive a hard copy or would prefer to receive an electronic copy of this newsletter, please email editor@bcforestsafe.org and ask to be added to the print copy or email distribution lists. Email subscriptions are encouraged.

Have a story, letter to the editor, safety tip, ideas or photos? Please send all submissions to:

The editor
Forest Safety News
420 Albert Street
Nanaimo BC V9R 2V7

Call 1-877-741-1060
or email editor@bcforestsafe.org



BC Forest Safety



www.bcforestsafe.org

The Last Word by Reynold Hert

I was asked to write down my thoughts on what I have seen and learned about improving safety in the forest industry since the industry took on the task in 2004 of making a real change in reducing fatalities and injuries. It comes down to just two things:

- If we want to make a change we can, and very quickly.
- I am surprised at how many people still don't understand what safety is really all about.

Many people in the industry still believe that safety is about wearing the hardhat and vest, and a program that you do in addition to your business. They incorrectly believe that safety is a cost to meet regulations. The reality is very different. Eliminating injuries is about having your business well thought out and in control, which in turn leads to very few injuries. No-one would tell you that the most profitable way to run a business is to deliberately roll log trucks, have pickup trucks go into the ditch, have an operator unavailable because of a broken leg, or have a grapple yarder not operating due to tipping over. Yet we do these things hundreds of times a year. But, if we want to make the change, we can.

For example, in 2013 there were 108 reported log truck rollovers on forest resource roads and public highways. Many of the interior companies came together in an effort to reduce the rollovers, and within 24 months, in 2015, the rollovers decreased to 29. Looking at this from a practical point of view at \$100,000 per rollover, the cost came down by \$7.9 million just in 2015, the trucks delivered the loads, and the drivers were in good shape at the end of the day. It makes sense, it makes money, but it took leaders saying we need to improve driving skills, eliminate things that cause rollovers such as over-weights, and be willing to stop the haul in high risk lousy driving conditions.

There is an old saying: "How come we never have the time to do it right in the first place, but always have time to do it over again." This is the simple key. If industry leaders believe that doing it right in the first place makes them money then people will: be fully trained to have all the required skills; assess risks that could upset the operation; use the right tools all the time to deliver the products; and end the day in great shape ready for the next day.

More and more industry leaders, whether they run a multi-national organization, a contract logging crew, are a supervisor in the crew, or the guy on the crew that everyone respects, understand this. Putting on a high-vis vest and hardhat may send a visible signal that you support safety, but the real result comes from being a well thought out professional who makes sure everyone is ready to do business in a reliable and predictable fashion.

You have to want to be the best, demand to be the best, recognize that injuries mean you are not the best since something went wrong, and work to be ready to reliably deliver without interruption. Your people will appreciate your high standards because you care about them as an important part of having a successful business. That's all there really is to it.

Forest Safety News wishes Reynold a happy, safe and healthy retirement. Thank you for your service to industry – a true safety champion. 🍷

FOREST SAFETY News



June 2016
issue 3 / vol. 3

Safety is Good Business

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Minister Steve Thomson (left). Some of the assorted machines (right and below) valued at more than \$35 million at the outdoor display at the 58th Interior Logging Association's annual conference and trade show in Vernon last month.

Welcome to the June edition of Forest Safety News, covering news about safety topics in forestry. This is YOUR safety newsletter. We look forward to your input and feedback! Email the editor at editor@bcforestsafe.org or call 1-877-741-1060.

Minister Thomson talks safety at 2016 ILA annual conference and trade show

Minister Steve Thomson, Ministry of Forests, Lands and Natural Resource Operations, reminded a sell-out luncheon at the 2016 Interior Logging Association annual meeting and convention that safety continues to be important in the industry.

"We have had some tragic circumstances. One circumstance is one too many," he said. He added that it was important to keep safety at the forefront and to make sure that we never take our foot off the gas pedal when it comes to safety.

Silviculture contractors added to Compensation Fund

Minister Thomson also announced the addition of \$1 million to the Forestry Service Providers Compensation Fund, including a \$500,000 allocation to provide relief to silviculture service providers who may go unpaid by licensees. The provincial fund was established in 2013, and is currently valued at \$7 million (including the addition of the \$1 million).

Previously the public funds had only insured logging and road-building contractors. The Western Silvicultural Contractors' Association had lobbied the Province, arguing that the silviculture sector held the same exposure to potential losses as the rest of the contractor base in the sector. Minister Thomson was thanked for his support and ongoing commitment to all forestry contractors. 🌲



COFI conference included health and safety panel



Rob Moonen (right), CEO of the BC Forest Safety Council and WorkSafeBC's prevention manager for the Interior North, Barry Nakahara (left) were part of a health and safety panel at COFI 2016, moderated by Rick Jeffrey of the Coast Forest Products Association (middle). Photo courtesy of Sandy McKellar/COFI.

Rob said that while significant progress had been made in the last decade in reducing workforce injuries (down by 1/3) and fatalities (down by 75%) it was important not to become complacent.

Barry talked about changes at WorkSafeBC following the sawmill explosion inquests. A key theme of the panel session was the importance of challenging the status quo and creating sustainable culture change in support of safety.

Rob also provided an update on the Manufacturing Advisory Group (MAG) related initiatives. MAG joined the BC Forest Safety Council (BCFSC) in April, 2015 on a trial basis. 2016 efforts and focus include:

- Sustaining efforts and driving further improvements with combustible dust management programs
- Evaluating alternatives (different technology and training methods) for improved safeguarding and lock-out associated with planers
- Evaluating different technology to reduce pedestrian/mobile equipment interface injuries

Wood pellet producers (Wood Pellet Association of Canada) joined the BCFSC in May, 2015. 2016 efforts and focus include:

- Sustaining efforts and driving further improvements with combustible dust management programs with focus in raw product storage areas
- Establishing resources and guidelines to support confined space entry programs with a special focus on monitoring/testing and risk management related to syngas in drum dryers
- Conducting guarding audits to support development of guarding best practices guideline. 📍



Industry News

Western Conference on Safety reminds us all that safety fundamentals are still the same

The 21st Western Conference on Safety held in April 2016 in Vancouver attracted 890 delegates from across Canada to 22 safety sessions with 35 speakers. The keynote address was by Dr. Joe MacInnes, Order of Canada recipient, medical doctor and researcher into what makes for great leadership in high risk environments.

Over the years of his studying what makes for top performing teams in safety-critical situations – deep sea exploration, space exploration and war zones – Dr. MacInnes says there are three things that he believes make for the best performing and safest teams: deep empathy, deep eloquence and deep endurance.

Referencing his experience working as digital journalist, safety advisor and team physician for 80 days with James Cameron on the National Geographic 7-mile dive into the Mariana Trench, Dr. MacInnes explained each of the qualities and how they made a difference.

Dr. MacInnes said there is success when there is deep empathy for the task, the team and the terrain, that is the first piece. The second piece is a leader who can tell a good story – eloquently explain the how and why and do it in such a way that they are not just words but “an opportunity to transfer humanity”. These are the leaders who lead from the front, with optimism and energy, and who can use just the right words to inspire. “Masters of eloquence,” says Dr. MacInnes who “make facts dance.” The third element was endurance – extreme mental and physical fitness – all coming together to create “team genius”.



Dr. Joe MacInnes, left is thanked by Norm Ralph, CSSE, Lower Mainland Chapter for his talk on what makes for great leadership and the highest performing teams in high risk environments, like war zones, space and deep sea exploration.

“Team genius requires empathy, eloquence and endurance.”

– Dr. Joe MacInnes

Two people died during the Mariana Trench expedition (helicopter crash where fatigue was a factor) and Dr. MacInnes said the impact on everyone working at sea was significant. Whether to continue or abort the mission came down to endurance. “We will find a way” to cope and to persevere.

He challenged all conference participants to enhance their empathy – to be able to anticipate needs and consequences of those around us in the work place; to sprinkle gratitude dust; to speak well; and to pursue fabulous fitness and physical endurance to make all workplaces better and safer.

Learn more about Dr. MacInnes and his adventures in space, sea, safety and leadership here: http://www.drjmacinnis.com/Site_32/Home.html 📍

The carrot is better than the stick, in safety too!



Phil Eastwood, senior partner, Fiore Group Training Inc., is a retired British “Bobby” (policeman), specializing in leadership and conflict resolution.

His presentation to the 2016 Western Conference on Safety was called Handcuffs to Handshakes, drawing the parallels between how both policing and leadership are about relationship-building. He shared dramatic stories from his childhood and career – e.g. the Brixton Riots and Princess Diana's wedding – demonstrating the power of communication that can transform negative, unsafe situations into positive outcomes. “How we influence and impact people is how we make people feel,” said Phil.

Learn more here: <https://www.fioregroup.org/about/> 📍

Medical Marijuana in the workplace is not going away

Dr. Barry D. Kurtzer, Chief Medical Review Officer, DriverCheck Medical Testing & Assessments, has been involved in workplace medical programs since 1977, including giving expert testimony; doing drug and alcohol testing; setting up policies and programs; and, supporting governmental authorities roll out new regulations.

Starting off his presentation on Medicinal Marijuana (MM) at the 2016 Western Conference on Safety, Dr. Kurtzer, said it was important to be reminded that the information he was providing was current as to that moment in time. "This is the best knowledge right now, as it could change in five minutes – you have to keep checking on how the rules change." *(See footnote below) Health Canada has estimated that 450,000 adults (over the age of 25) will be on legally prescribed MM eight years from now in 2024. Most of these folk will be workers so this is an issue that all employers have to grapple with and prepare themselves for, starting with getting a "pothead" image out of their and all their employees' heads. A quick show of hands around the conference room, already showed that some attendees had colleagues working with them who are using MM.

These folk are patients – people with severe conditions where MM has been prescribed by a physician/nurse practitioner (those are the only two Canadian professionals licensed by the government to be able to prescribe MM, under a set of rules and conditions) to alleviate some of the symptoms associated with serious medical conditions.

However, nothing is plain sailing when introducing any new regulation and any new prescription drug. There is an evolving process, and a great deal of fine-tuning is anticipated, which is why employers need to keep up to date with new developments. Dr. Kurtzer told delegates while there were no recorded deaths from marijuana overdoses, the side effects of marijuana can be deadly, e.g. someone is so high they don't realize they never put a parachute on before jumping out a plane.

In forestry, as we all know, most jobs are high risk so the focus needs to be on putting policies and programs in place that address that – and on supervisors being trained and skilled enough to judge impairment. If anyone is "off" for whatever reason – which

There are new regulations around Medicinal Marijuana

How is your workplace responding?

Find out how the rules will impact your workplace & how we can help.



Screenshot from DRIVERCHECK's website: <http://www.drivercheck.ca/>

might include MM – and he/she cannot safely do their job, the supervisor has to stop them from working and investigate the cause. Some contractors now use a "Reasonable Cause for Testing" form that they complete to see if there are signs that indicate that a worker should be tested.

So what might a game plan look like for employers? Key points include:

1. Have a policy and program in place and have a labour/health/safety/human rights lawyer review. Given almost all forestry jobs are safety-sensitive, many will understandably have strict requirements.
2. Educate all employees about impairment in all its forms including all prescription drugs, not just MM, and how their or their colleagues' use of prescription drugs can lead to them or others getting hurt in the workplace.
3. Supervisor training – most critical element is for supervisors to embrace the concept that these are legitimate patients, not potheads, and in safety sensitive workplaces like most forestry jobs, be able to evaluate "fit for work" no matter what the impairment might be.

If a worker tells you/or you become aware that a worker is on MM or any other prescription drug that could impair them:

1. Immediately investigate and determine if the worker is impaired at work.
2. Take appropriate action based on your company's alcohol and drug program.

3. Remember to develop a policy and program before you are faced with these challenges so your supervisors and employees know what to do.

For the BC Forest Safety Council (BCFSC) drug and alcohol policy and program resources for forestry operations, please see: http://www.bcforestsafe.org/Workplace_Alcohol_And_Drug.html and a BCFSC video on how to build a program: <https://www.youtube.com/watch?v=sFHd7OZE8SU>

For information on medical and scientific references on MM, please see www.ccic.net. For Health Canada's information on MM, see: <http://www.hc-sc.gc.ca/dhp-mps/marihuana/index-eng.php>. For the Canadian College of Family Physician's guidance on MM, see: <http://www.cfpcc.ca/ProjectAssets/Templates/Resource.aspx?id=7056&terms=medical+marijuana>.

You may request a copy of Dr. Kurtzer's powerpoint presentation to the Western Conference on Safety on April 11, 2016 by contacting www.drivercheck.ca.

(Footnote: *A couple of weeks after the conference, the Canadian Federal Health Minister announced that the government was looking at the legalization of marijuana in 2017. Please also see the Interior Safety Conference wrap-up newsletter, pages 8-9, for a summary of a presentation on Interfor's drug and alcohol program: <http://www.bcforestsafe.org/node/2788>) 🌱



Risk Tolerance: why workers take risks

Presenting at the Western Conference on Safety, Glyn Jones, Partner, EHS Partnerships Ltd., shared a diverse cross-section of his personal experiences on safety matters to demonstrate where employees take risks and why.

One of the many memorable examples he shared was a 2004 incident in Calgary, where metal pipes punched right through the cab and front windscreen of a truck, but the worker walked away because he had already decided that he'd take the risk driving improper equipment for the task and improperly secured pipes because he would just duck and throw himself across the seats to avoid being decapitated!

Glyn said we should all ask the simple risk questions:

- Why am I doing it at all?
- What could go wrong?
- How could it affect me or others?
- How likely is it to happen?
- What can I do about it?

And he noted, that as long as the rest of the organization is not taking part in this conversation, all we are doing is blaming the worker, which is wrong.

He also said we needed to be aware that safety systems have gotten increasingly more complicated with a lot more paperwork and this is not going to change until the organizational hierarchy accepts safety intrinsically. He said too often one talks about the business culture and safety culture of an organization, when really it is one and the same – and it relates to how an organization handles risk – the risk posture of the organization. Every organization is somewhere on a risk continuum between risk adverse on one end to risk accepting at the other end.

In supporting better safety and performance outcomes, all employees need to be able to:

- Perceive risks when they arise
- Understand the consequences of the risk(s)
- Make a decision to not tolerate any risk that is inconsistent with the organization's risk posture.

Glyn said that factors that increase risk tolerance include:

- Over-estimating capability/experience
- Familiarity with the task
- Voluntary actions and being in control
- Confidence in the equipment

- Confidence in protection and rescue
- Potential gain/profit from actions
- Role models accepting risk(s).

The factors that reduce risk tolerance include:

- Understanding the seriousness of the outcome
- Personal experience with the potential outcome
- The cost of non-compliance.

Systems need to be supported by a lot of communication and education; systems need to be simple and consistent. Glyn gave an example of a worker using two pieces of equipment but each had the same control buttons for doing opposite things – inconsistent systems. The operator, confused by fatigue, pushed a button on one machine expecting the action of the other machine, resulting in an unsafe outcome. He stressed that everyone had to stop seeing safety as an isolated piece – rather talk and think about “human performance management” as part of operational excellence.

Learn more here:

<http://www.ehspartnerships.com/>. 🚫

The war against complacency

Don Wilson, of SAFESTART®, told Western Conference on Safety delegates that breaking through complacency was critical to supporting safe workplaces. Success is providing tools for an employee's whole life – home and on the way to and from work – rather than just at work, given that more injuries and deaths happen outside of work than at work. He reminded everyone that people need the same skills to prevent injuries and incidents where-ever they are – at home, out in the community, or at work, so we should strive to teach universal 24/7 safety skills.

When people are in these four states:

- Rushing
- Frustration
- Fatigue
- Complacent – “I can do this with my eyes closed”

They then cause or contribute to these critical mistakes:

- Eyes are not on the task
- Mind is not on the task
- In the line-of-fire
- Balance/traction/grip

Which increase the risk of injury.

Everybody believes they are either 10 feet tall and invincible (especially younger workers) or have done it so many times before (especially older workers) that they become complacent.

So what can safety officers and organizations do? A few quick answers:

- sweat every incident and near miss, analyze it, really get to the bottom of it, so that you eliminate those incidents that can lead to bigger incidents

- make safety personal; it's not just about stats – keep it about people so that there is an emotional connection
- make safety simple and doable – there is a reason why a half-day of fire extinguisher training leaves you with one word to remember: “PASS” so when the fire happens you will: pull, aim, squeeze and sweep.

One of the easiest skills to teach and reinforce is keeping eyes on the task. If you look before you step, you will substantially reduce your chances of slipping/tripping or falling. Don showed a number of memorable videos to illustrate the point.

See www.safestart.com to learn more. 🚫



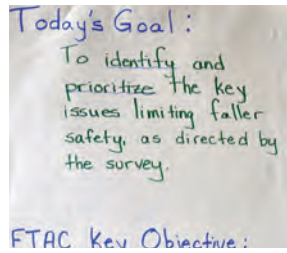
FTAC working on 2017-2018 workplan

The Falling Technical Advisory Committee (FTAC) met in April to review the findings of the first FTAC survey of fallers. FTAC members worked through the results and prioritized feedback to help shape FTAC's work plan activities going forward.

Facilitated by forestry consultant, Pam Jorgenson, the goal of the meeting was "to identify and prioritize the key issues limiting faller safety as directed by the survey" in the context that FTAC's key objective is "to support initiatives in the forestry industry that will improve faller safety".

At the May 27 meeting (held after we went to print on this edition), FTAC was to review, discuss and approve a draft work plan for 2017-2018. Forest Safety News will share FTAC's decisions and initiatives in upcoming editions.

FTAC updates will also be posted via the BC Forest Safety Council website, in the Industry Initiatives section: <http://www.bcforestsafef.org/node/2523>.



FTAC's April 8, 2016 meeting goal to shape the committee's work plan for 2016-2018.



Wayne Lintott and Don Cleaver.



Tom Jackson and facilitator Pam Jorgenson.



Jake van Dort.



Peter Sprout.



Don Cleaver and Chris Spronken.



Our second column from another of your falling safety advisors:

David Adshead, Falling Safety Advisor

We are just a phone call away for any safety issue

*"Play Safe!"
"You too Buddy,"*

...was how we ended most conversations until my good friend died on a hillside with a power saw in his hands.

Tragically, many of us Fallers have the same story to tell. This was one of the motivating factors for me to step up and try to make a difference for Fallers putting their lives on the line to get the job done. Becoming a Falling Safety Advisor (FSA) with the BC Forest Safety Council has enhanced my knowledge and skills as a Faller and opened the door for further improvement. I was a decent Faller, safe, productive and skilled, but never experienced the benefit of good training or instruction, thus limiting my abilities to what I learned the hard way, through experience. Fortunately the process is different for new Fallers now and the Falling Safety Advisors are reaching out to Faller Trainees in the 180 day training process. We want to hear from you, how is the training going, where are you in the process, can we help with your training? Our contact info is on the next page.

Our role as FSAs is to provide support to Fallers, Falling Supervisors and the companies that employ them. When providing an Advocacy service you can expect an FSA to deliver information and training using positive constructive feedback with respect and professionalism. We work hard to create a comfortable working atmosphere and provide material that enhances knowledge and skills to enable informed decision making. We also want feedback, tell us your ideas or concerns, falling is your profession and ours, sharing information and ideas will only make it better, safer.

I can tell you that your voices have been heard and are being listened to. There are several changes coming from FTAC in response to their Faller Questionnaire and feedback from Fallers in the field that the FSA's relay to the committee. Some of these

Continued on page 6...

Feedback re steep slope harvesting

Forest Safety News (FSN) has received some feedback around steep-slope harvesting and fallers, in response to recent articles in FSN and other industry publications. Comments have included:

- * a lot of practical details will need to be worked out around economics and safety processes
- * every block will need to be thoroughly assessed to determine what mix of harvesting, when and how, and whether from a safety perspective it should or shouldn't proceed at all
- * industry evolution; a possible workable response, but not in all situations.

Some fallers are particularly concerned about the safety aspect, as one Certified Faller wrote:

"There is this current giddy adoption of steep slope falling and harvesting techniques happening, that is touted as being safer

for the hand faller. Steep slope harvesters cannot get all the timber, the ground will be too steep, rocky, broken or the timber too big or in physically not accessible areas or too small to be cost effective to move machines in. These areas still need hand fallers. By reducing the amount of area a hand faller normally falls and then concentrating them on the most difficult dangerous ground does not seem a good way to 'improve safety' for those fallers. Getting a 59 year old man with all the attending aches and pains to work the steepest, toughest ground – and then telling him you are making it safer for him, probably won't really convince him of your best intentions. But still concentrating hand fallers on the tough ground will reduce the average age so there is a plus."

What do you think? What worries you about safety? Email editor@bcforestsafef.org or call toll-free 1-877-741-1060.



Fatalities and Injuries

Continued from page 5...

items are Faller supervision, Industry Training, roadside debris and upset conditions to name a few. If you are a Certified Falling Supervisor, FSAs will be contacting you for a Quality Assurance visit for continuous improvement and to ensure best practices are being followed.

I'd like to thank all the Fallers I have had the opportunity to meet and work with for being receptive, professional and patient as I learned my new role as a Falling Safety Advisor. I strive to continue to improve with the goal of providing Fallers with the tools to make decisions that get them home safe everyday of their careers.

To all of you, and I know my friend would agree...Play Safe!

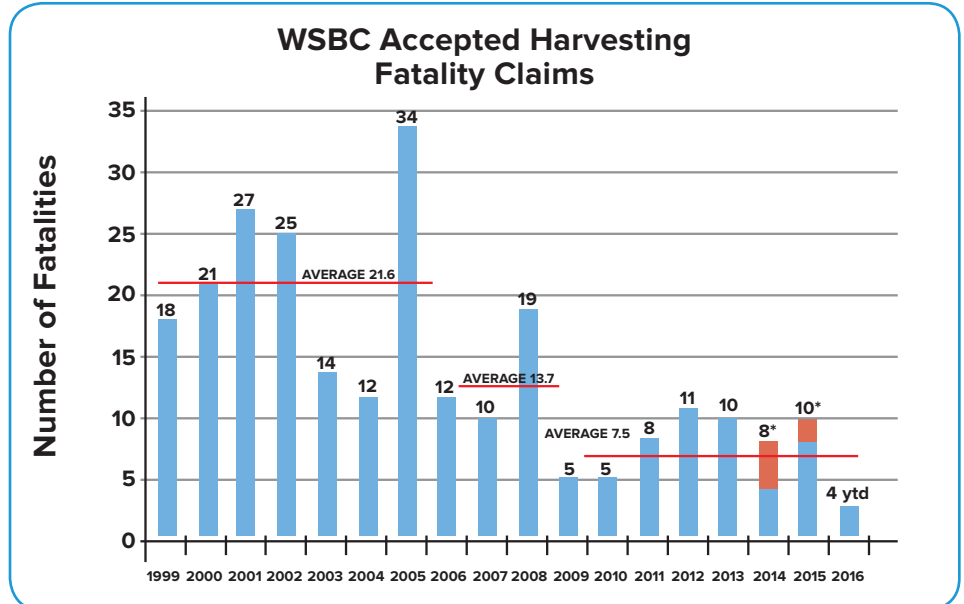
- David Adshead, Falling Safety Advisor

Contact details for the Falling Safety Advisors:

To reach David Adshead call or text: 778-349-5084 or email dadshead@bcforestsafesafe.org; to reach Scott Rushton, call or text 250-735-2850 or email srushton@bcforestsafesafe.org; and to reach Glenn Hestnes, call or text 250-713-5209 or email ghestnes@bcforestsafesafe.org.

(*The safety advisors will take turns writing about falling in future editions of Forest Safety News.) 🍄

Four men have died so far this year in forest harvesting



Please Note: *There are 4 fatalities the BC Forest Safety Council is aware of that occurred in 2014 and 8 fatalities that occurred in 2015. WorkSafeBC tracks fatalities by the year in which they accept the claim. The BCFSC uses the WorkSafeBC data of accepted claims for trends although it may not specifically indicate current year fatalities; it is the only long term data base for comparative purposes. This is preliminary information.

Fallers complete Faller Supervisor Training



At a recent Faller Supervisor Training session, April 4-8, 2016 in Nanaimo (from left): David Adshead, QST, falling safety advisor and trainer; fallers Grant Lange, Dion Hascarl, Gryphon Moore, Paul Andersen, Alvin Laughlin; and Doug Harrison, QST and lead trainer. 🍄

April 13, 2016 – A yarder operator died in his machine, near Yale, north of Hope. The steel spar on the yarder collapsed and crushed the operator's cab. See the safety alert: <http://www.bcforestsafesafe.org/node/2781>. The incident is still under investigation by the authorities. Forest Safety News extends deepest sympathy and condolences to the family, friends and colleagues of the deceased.

Fatalities, previously reported:

February 26, 2016 – An equipment operator was electrocuted near Port McNeill. (See safety alert: <http://www.bcforestsafesafe.org/node/2767>)

January 31, 2016 – A 23-year-old man died after the empty logging truck he was trying to repair ran over him near Fraser Lake. (See safety alert: <http://www.bcforestsafesafe.org/node/2761>)

January 26, 2016 – A 22-year-old log truck driver died in a logging truck incident between Princeton and Merritt. (See safety alert: <http://www.bcforestsafesafe.org/node/2755>)

Two fatalities in manufacturing:

March 25, 2016 – A 37-year-old equipment operator died at a Nanaimo pulp mill after the wood chip pile he was standing on collapsed.

January 27, 2016 – A 62-year-old equipment operator died at a Crofton mill. (See safety alert: <http://www.bcforestsafesafe.org/node/2760>)

Recent work-related incidents reported to WorkSafeBC

Recent work-related incidents reported to WorkSafeBC include the following:

HARVESTING

Injury Type: Concussion, laceration, upper body injuries

Core Activity: Cable or hi-lead logging
Location: Vancouver Island/Coastal B.C.

Date of Incident: 2016-Apr

A supersnorkel (log loader) came too close to the edge of the road on a steep switchback. The machine rolled down a low side bank.

Injury Type: Serious injuries

Core Activity: Manual tree falling and bucking

Location: Vancouver Island/Coastal B.C.

Date of Incident: 2016-Apr

A certified manual faller was struck by a limb that fell from a standing tree after he had just felled another tree.

Injury Type: Fractures of the upper body

Core Activity: Manual tree falling and bucking

Location: Vancouver Island/Coastal B.C.

Date of Incident: 2016-Mar

A certified manual faller was bucking a felled tree on a hillside when the bucked logs pivoted uphill and struck the faller.

A helicopter was used to transport the worker to hospital.

Injury Type: Lacerated leg

Core Activity: Manual tree falling and bucking

Location: Vancouver Island/Coastal B.C.

Date of Incident: 2016-Mar

A certified faller was back-barring a stump when the tip of the saw bar contacted a fir tree beside the stump. The saw then kicked back, cutting the faller's leg. The worker was transported by ETV to the local hospital.

Injury Type: Injuries to hand

Core Activity: Manual tree falling and bucking

Location: Vancouver Island/Coastal B.C.

Date of Incident: 2016-Mar

A certified faller was limbing a felled tree near the edge of standing timber in a remote forestry operation. A limb (4 inches in diameter) fell out of the standing timber and struck the faller.

MANUFACTURING

Injury Type: Close call

Core Activity: Sawmill

Location: Interior B.C.

Date of Incident: 2016-Mar

A forklift reversing in a lumber yard struck a wooden utility pole. The pole was partially fractured near the base, resulting in the overhead power lines being lowered but not broken. The area was secured and a high-voltage contractor made repairs.

Injury Type: Inhalation of fire extinguisher material (7 workers)

Core Activity: Sawmill

Location: Interior B.C.

Date of Incident: 2016-Feb

Two workers were welding at the drop sorter area when the spark watch discovered a fire in the basement beneath the work area. Workers extinguished the fire with extinguishers. Seven workers reported to first aid for treatment related to inhalation of material from the fire extinguishers. 🚒

Video explains WorkSafeBC's new incident investigation process and reporting requirements

WorkSafeBC has recently produced a new less-than-five-minute video to help companies understand the new incident investigation and reporting requirements. Please share with your teams so that everyone understands the new requirements, process and timelines:

<http://www2.worksafebc.com/Publications/Multimedia/Videos.asp?ReportID=37803>



Links to the online investigation reporting forms:

http://www.worksafebc.com/employers_and_small_business/improving_health_and_safety_at_work/employer_incident_investigation_reports/default.asp?_ga=1.121643848.2106063452.1449512632

Guide on how to complete the process: http://www.worksafebc.com/forms/assets/PDF/52E40Guide.pdf?_ga=1.92152409.2106063452.1449512632

If you have any questions or concerns about incident investigations and what you need to do, please contact a BC Forest Safety Council safety advisor for confidential advice at toll-free-1-877-741-1060 or email safeco@bcforestsafesafe.org. 📞

WorkSafeBC adds another dashboard

WorkSafeBC has added another dashboard to its website for anyone who is interested in tracking workplace fatalities by industry and sector. This dashboard follows on the success of WorkSafeBC's first dashboard which tracks serious injuries in the workplace.

It takes some time to navigate, but if you do want to see how the forest harvesting and manufacturing classification units stack up against other industries, please test drive the tools via this link:

<https://public.tableau.com/profile/worksafebc#!/> 📊





Martin Ridgway, senior safety advisor.

Tips to consider before completing the audit submission

During an update session for all BC Forest Safety Council trainers who teach the Occupational Health and Safety (OHS) courses for independent owner operators, small employers (ISEBASE and SEBASE) and large employers (BASE), senior safety advisor, Martin Ridgway, shared some of the recent findings in SAFE Companies audit submissions, and tips for the trainers to include/emphasize further in training courses to help ensure compliance by companies.

We are sharing the tips here as they may be beneficial for all SAFE Certified companies to consider before submitting their audits this year or next year.

No Work Audits

Tip 1: Follow the specific instructions in each question with no specific minimum work volume required.

Tip 2: No-work certifications/recertifications are not COR-eligible. 10% of \$0 payroll is \$0 incentive in maintenance years.

Rush Audits

Tip 1: Must specify in writing when and why to get a rush processed.

ERP

Tip 1: A completed plan that covers the four parameters listed in the audit – natural disasters appropriate to the geography being worked, injuries, fire and fatalities.

Tip 2: Send in an actual ERP (with locations, phone numbers, etc.) Do not send in the BCFSC “instructions to make an ERP” document from the web site.

Tip 3: Do not submit a blank ERP template form.

Tip 4: Plan needs to be the company’s you are contracting to if that’s what you use in real life. Be sure they cover the four issues in Tip 1.

Incident Investigations

Tip 1: If nothing happened, investigate the drill scenario and response (yes, you have to do a drill at least once a year by Regulation).

Tip 2: This is the worst-performing question in the audit, so really focus on improving this area of your safety system.

Tip 3: If the Corrective actions will not prevent reoccurrence then they are not corrective actions, merely “nice” ideas/fluff. Reviewing safe work procedures (SWPs) with workers or reminding workers to be more careful are not corrective actions, because it didn’t work the first time.

Close call/ near miss

Tip 1: The audit requires an incident where no-one got hurt and there was no significant property damage.

Tip 2: Flopping a skidder is not a near miss just because the operator walked away. The pickup rolling off the steep road because the parking brake did not hold is not a near miss just because no-one was in it when it was totaled.

Tip 3: Don’t confuse maintenance with a close call / near miss. Finding a burnt out tail light or replacing worn out PPE is not a hazard report – it’s just maintenance.

Supervisor documentation

Tip 1: Best document for this is the supervisor journal (paper or electronic).

Tip 2: Generally, looking for some documentation that would show that the supervisor is actually supervising (controlling, directing, instructing, evaluating, coaching) workers.

Tip 3: “If something bad happened to one of your workers and you were being officially investigated, what paperwork would you show the investigator to prove you tried your best to supervise the worker, but the bad thing still happened?” 🚫



Talkin’ SAFE with Mike Sexton: Advocacy

“I need help with my Safety program. What do I do?”

This is a question we do not get enough. The answer is easy: CALL US!

We are your Health and Safety Association and we are here to help. We have safety advisors available by phone Monday to Friday 8:00-5:00. There are one or two safety advisors that take calls in the evening and on weekends too. Worst case scenario, you leave a voicemail and we get back to you as soon as possible.

Another service we offer is on-site advocacy. This is where we come to your office or site and go over anything that needs some help. This assistance can be diverse, from helping you get ready for your upcoming audit or discussing how best to help you make the move from

a small company to a larger one. There is a bigger audit for BASE companies because there is more to deal with as a larger company, but the audit follows the increased responsibilities that come along with increasing size. These responsibilities are there as a growing company, whether you do the audit or not.

“How does this work?”

The first step is to contact us. The easiest way is to call the office and ask to speak to a safety advisor. Maybe you have a personal connection with one of us already. If not, any one of us will be glad to help you. Or, at least point you in the right direction. We will discuss what you are looking for then come up with a plan. If you see your company moving up to BASE, be happy, not

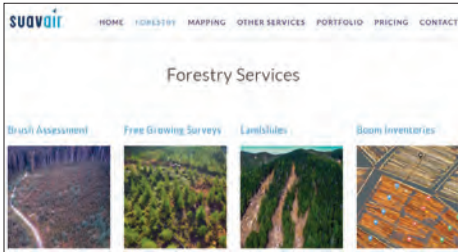
nervous! We have done quite a few visits with companies in this situation lately. The visits take approximately two to four hours and include going over the BASE audit and identifying any gaps in your system.

Another possible option is setting up a Gap Analysis audit. This is a “practice” run which gives you a real measurement of where your company is against the BASE standard. These may be done by a student BASE auditor, if any are available, with limited cost to you.

There are many possibilities. Bottomline is, when it comes to anything safety, we are here to support you succeed. Please call us at toll-free 1-877-741-1060 or email safeco@bcforestsafesafe.org. 📞

UAVs make many forestry tasks safer and more efficient

Over the past three years there has been an ever-increasing presence of Unmanned Aerial Vehicles (UAVs) in forestry settings. Forest Safety News asked one supplier of UAV forestry services, Colin Filliter, RPF, Operations Manager, Suavair (<http://www.suavair.com/forestry/>), for a status update on UAVs in forestry applications and how they support safer outcomes.



Screenshot from Suavair's website.

Where did UAVs start?

While UAVs can be tracked back to World War 1, mainstream industrial uses were limited until technological advancements and reduced costs made broad application feasible in the past few years. The most popular application in the BC forest industry has been small scale mapping, providing about 7 times better resolution than satellite imagery.

UAV uses in BC's forests include:

- **Mapping** is the most common use for updating possible timber areas, recent cutblocks to do post harvest assessment, or for silviculture purposes. Also used to map mill manufacturing sites for operational planning and safety. The technology has made it possible to map 40 hectares in an hour of flying time and then produce a map within a few hours of being back at the office.
- **Silviculture surveying e.g. free to grow surveys.** Instead of sending people into brush so thick they can't see their feet, tripping over decaying flash on often steep ground, UAVs fly over the hazards allowing for increased production while minimizing field exposure. Superior aerial imagery also supports better management decisions. Suavair believes it may well be the Canadian pioneer in using UAVs in this way.
- **Landslide assessment.** Determining the size and scale of landslides and if it is safe for people to be working around them.
- **Raptor nest identification.** Locating nests and if they are active/inactive, reducing helicopter time.
- **Log boom bundle inventory.** A big safety help, removing the risk in having someone walk the booms or take boats in and around the booms.

- **Identifying overhead hazards.** Looking for hazards up in trees such as shot rock, dead tops, hanging branches, etc.
- **Securing blasting radius.** Helpful in checking that everyone is outside of the 600 metres blasting radius when road building. This is especially good in areas where the public may try and enter active logging areas.
- **Accident investigations.** Not a common use, but Suavair was called in to collect imagery after a fatality this past summer. Along with overhead pictures, a 3D model was made that allowed investigators to take measurements and determine how the incident occurred, and how best to prevent in the future.
- **Forest wildfire fighting.** Providing safe, fast, accurate mapping of changing fire conditions to assist in more effective and efficient responses.

The major benefits of all the above uses are related not only to safety, but also productivity and efficiency. The speed, accuracy and documentation that results from UAV applications is unparalleled. "Reducing exposure to hazards is the biggest benefit. Flying over hazards to collect data that minimizes the amount of time on the ground is key. There is a direct correlation, less exposure time = fewer injuries," said Colin.

He said that better awareness and documentation of hazards through aerial imagery is a real benefit to logging operations. For example, if a dangerous top is seen in advance, that tree can be documented as a hazard and dealt with accordingly.

Forest Safety News has learned that some fallers/supervisors have experimented using UAVs to look for hazards when they are falling, but we are unaware of any operation using them consistently as part of their ongoing program. Something to consider when using UAVs is educating everyone on the cutblock about safe UAV operations and how UAV footage will be used. Apart from the safety aspects, trust can quickly be lost if any forestry worker feels UAVs are being used to spy on them, or their work. Make sure the whole crew understands what the purpose is, how the footage will be used, and how their privacy is protected, before using UAVs.

Limitations of UAVs

While camera resolution and battery life is constantly improving, the one limiting factor is that an operator is required to maintain visual line of sight on a UAV at all times as mandated by Transport Canada. Regulation

changes are being considered in the short-term (next year or so) that could allow certified companies the ability to fly beyond line of sight, which in turn will allow for even more applications.

Just like any piece of equipment, operators need to be trained. Getting certified by Transport Canada with a Special Flights Operating Certificate (SFOC) is a requirement for operating UAVs commercially. There may be some exemptions for remote forestry operations, but the SFOC process is highly recommended. "It is a bit tedious, but a good process because it forces operators to develop best practices and emergency response plans in the event the UAV crashes, suffers a malfunction, flies away, or there is an injury. Liability insurance is also required. Doing a three-day pilot training course is a good way to become familiar with the SFOC process and gain an understanding of the UAV regulations and best practice requirements," said Colin.

Just like car drivers, there are good UAV operators and bad ones. It takes time to learn how to fly safely and to know how to react to situations. "We have found that people with video game experience seem to be better at flying because they have good hand-eye coordination," said Colin. People should not under-estimate the damage a UAV can do, and safe distances from people and active operations should be maintained at all times to prevent injury. Transport Canada fines can run up to \$25,000 too for flying without an SFOC.

What's the biggest downside to UAVs?

The weather! Most UAVs don't fly in the rain which limits use, especially in the winter on the coast.

How does one measure Return on Investment (ROI) to purchase a UAV?

It takes time and there won't be an immediate ROI, depending on frequency of use. If a forestry operation is going to purchase its own UAV, they need to consider the cost, maintenance, insurance, pilot training courses and the time it takes to get licensed with Transport Canada. If using it daily, it will probably be a good investment. Keeping track of hours is important for safe machine maintenance and upkeep.

Safety tips from Transport Canada for UAV operators:

<http://www.tc.gc.ca/eng/civilaviation/standards/standards-4179.html>
http://www.tc.gc.ca/media/documents/ca-standards/Info_graphic_-_Flying_an_unmanned_aircraft_-_Find_out_if_you_need_permission_from_TC.pdf

Continued on page 10...



Transportation

Continued from page 9...

If you are considering hiring a firm to do UAV work for you, what should you do?

There are some operators out there that are not licensed and do not follow best practices. Always ask to see the license paperwork as well as the insurance documents and ask for references; that way you will know you have done your due diligence and will be covered if anything goes wrong!

UAVs must stay away from wildfires!

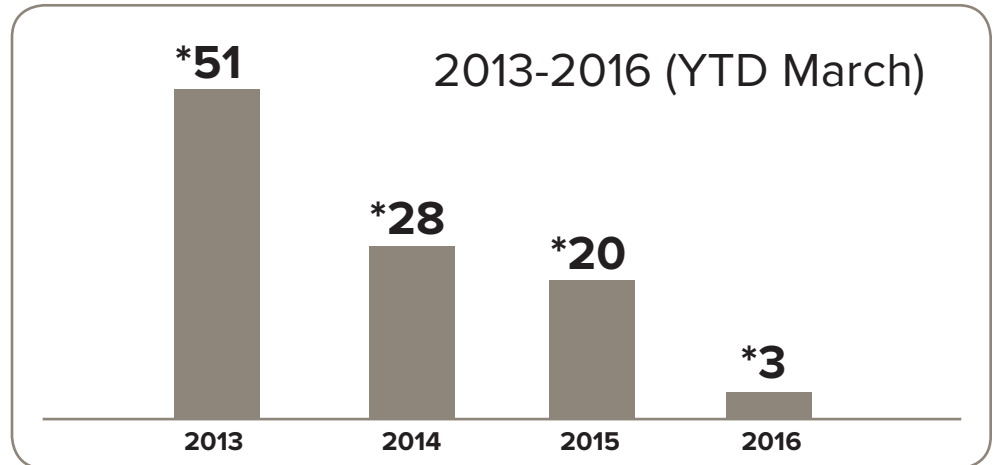
Last wildfire season and this wildfire season there have been several incidents of UAVs putting people and firefighting operations at risk and hampering firefighting efforts!



Recent tweet from BC Wildfire Service reminding everyone that it is illegal and endangers firefighters to fly UAVs near or over a BC wildfire. Fines up to \$25,000 will result. 🚫

Industry continues outreach and safety education for log haulers

High profile log truck rollovers reported in the media in BC



*Please note these are high profile rollovers reported through the media and tracked by the Transportation Department.

Industry continues with its focus on reducing fatal and serious incidents in the log hauling sector. Awareness and training sessions were scheduled throughout the Province from April to June. More than one thousand log haulers are expected to participate in these sessions hosted by licensees and trucking groups.

Presentations include key information, tips and tools on the prevention of rollovers and collisions, as well as the Standard of Care required by professional drivers. Although Provincial data indicates the number of serious incidents and fatalities has dropped significantly since 2011, there is still much work

to be done as even one of these incidents is too many.

The BC Forest Safety Council's Transportation Department is distributing a log hauler survey at these sessions. The survey is anonymous and is intended to provide log truck operators with an opportunity for input on the safety issues affecting their profession. Log haulers who are not attending one of these sessions and are interested in participating in the survey may contact the Transportation Department at transport@bcforestsafesafe.org for a copy of the survey. 📄

New log truck driver training has overwhelming support from drivers

Overwhelmingly log haulers throughout the Province agree that Driver Training specific to Log Hauling should be a mandatory requirement. This finding is according to responses contained in more than 200 responses the Transportation Safety Department has received to log hauler surveys from trucking seminars held in late April and early May, 2016. These results echo the needs as identified by the Log Truck Technical Advisory Committee (LTTAC) and the Trucking Advisory Group (TAG).

The Professional Log Truck Driver program initiative identified by the LTTAC includes the incorporation of Log Truck Driver Competencies into existing and new

Professional Log Truck Driver training programs. These competencies were identified by industry professionals. Training requirements are focused on those entering the profession either through other industries or as new Class 1 drivers.

Professional Log Truck Driver Competency Assessments are completed by third party independent assessors who have been selected for their log hauling experience, knowledge and attributes, and who have been trained and meet the assessor qualifications.

In addition to providing tools to training facilities and institutions specific to log truck

drivers, the resources can also be utilized by employers who prefer to coach new drivers as part of an internal training program. Upon completion of training (either on the job or through a training facility), the assessment provides evidence for the driver, employer and licensee that the competency of the driver has been assessed.

The program will continue to be rolled out through industry and training programs in 2016. If you would like to learn more about the program or the institutions that are offering the program, please contact Trish Kohorst, toll-free 1-877-741-1060 or email transport@bcforestsafesafe.org. 📄

Coastal off highway log hauling – the past and present

By Dave Sutherland, of Vancouver Island Fleet Safety Consulting

What education is available to off highway drivers? In the past MacMillan Bloedel and similar contractors in most of the areas would require at least one month of driving orientation with an instructor. The driver was not allowed to operate a log truck with an operational retarder (transmission or engine) and they would use only the foundation brakes.

Off highway log trucks were inspected once a month by Provincial mechanical inspectors who would inspect the contractor's trucks and trailers at the worksite.

Most of the hauling was in the lower parts of the valleys. Trucks later began to haul larger loads on steeper grades. Provincial inspections went from the industrial roads to the highway.

With no inspectors there was a perception of no enforcement. Contractors were to do their own self-policing or rely on an over-tasked WorkSafeBC. There was no perceived reason to comply with regulations. Contractors stopped using Trip Inspection books although it was required.

Trucks and drivers aged. The terrain became steeper. Mechanics went to the highway side and the drivers became the mechanics. The mechanics that remained became overwhelmed, and became good at priority repairs to keep everything running.

Many of the drivers would not hesitate to tell stories about this flop over or that runaway load. This behavior was used like a badge of courage. It was the quality of the driver's skills not the mechanical condition of their trucks that allowed them to negotiate the terrain and to the dump.

Just because someone repeats the information doesn't mean it's right

Some drivers in the Coastal areas had ideas about their trucks, air brakes or the dynamics of the vehicle that were apparently learned or passed down by a senior driver. The information which was wrong or taken out of context "infected" the other drivers and they all believed that "this was the way we do it". Outsiders coming in conformed or silently ignored the miss-information. Contractors rely on the expertise of the senior drivers and mechanics who may have the wrong perception of acceptable risks or information which then creates unacceptable risks.

When the information was confronted the answer was: "You have no idea of the road conditions that we work in. This works and that's it". Bringing the best practices from other successful contractors working in the same conditions was sometimes not well received yet some of the most isolated areas have the best contractors and are able to retain their employees and are eager for new ideas or best practices.

My work is to conduct inspections to determine the mechanical condition of log trucks hauling off highway or off and on highway for Coastal logging companies (HDX-Fat Trucks, Tridem-Tridem's, Jeep or Conventional). Based on the inspection, a report is created and observations and suggestions are sent to the employer.

Once issues have been identified, education must follow and courses were created based on the observations. Drivers, loaders, mechanics, contractors and general foremen are asked to attend the inspections and the courses. The goal is to bring the best practices from successful contractors, mechanics and drivers. Sharing information within the log transportation industry is difficult.

Originally there was a large learning curve due to the varied types of log trucks and hauling conditions. There is a need for the off highway log trucks as they are never inspected by Commercial Vehicle Safety and Enforcement (CVSE) and only a few of the trucks were on a Commercial Vehicle Inspection Program (CVIP) plan.

The CVIP manual and the various Provincial Acts that deal with off highway logging are used to support our inspections to ensure mechanically that our information is sound.

The best contractors know prevention saves money

Six years after our first inspections some of those contractors and drivers are not working in the industry. Education did not remove "the infection" and it slowly ate up the contractor. Others without "the infection", that were working in the same areas have been successful and continue working and buying equipment. The best contractors know that prevention saves money.



There are constant changes in the logging industry. The ability to adapt within an organization is difficult, but it has to be overcome. Drivers sometimes blame the loader man, the mechanics or the road design. All can be part of the issues. Looking back my most challenging training sessions have been instructing the best practices to loader operators. Drivers have the right to refuse loads but they also need the support of the general foreman and the contractor.

Education and knowledge is key

Knowledge is the key to success. A question to be asked by a contractor is: what have you done to educate yourself or your drivers? It will be one of the first questions asked by the courts if a serious incident occurs.

Dave Sutherland is a safety consultant and past Commercial Vehicle Safety Alliance Inspector and has been a Commercial Vehicle Incident Reconstruction Investigator for 22 years. Dave is currently contracted to observe log truck driving issues for Coastal logging companies. 🚛



Trainers' update and feedback helps shape better industry training content

In April the BC Forest Safety Council (BCFSC) hosted a two-hour conference call with all its trainers to provide an update on activities in the first quarter of 2016 and discuss other topics of mutual interest. The objective of the call was to keep all trainers informed of industry developments, changes to regulation, and any other matters that may affect safety training content to ensure that all programs are delivered consistently with the latest information. The call also allowed the trainers to share feedback directly with other trainers. All the trainers will next meet in October for two days for professional development and detailed review/comments on 2016/2017 training matters.

Russel Robertson, BCFSC Director, Training and Programs, gave a 2016 outlook based on industry direction provided to the BC Forest Safety Council's Program Committee and Board of Directors. He said with industry facing a 60% workforce turnover in the next 10 years – the question was how best to recruit and train sufficient new workers to be qualified and competent.

Jobs, Tourism and Skills Training has shown interest in looking at how to accelerate training of road building equipment operators and crew; log handling, harvesting, log transportation and all equipment support operators in the field. BCFSC would continue to support industry by developing the acceptable standards and support training or other institutions in being able to offer courses to meet the standards.

Russel said that the training department was also busy implementing a Totara learning management system which would allow industry to have access to computer based training (CBT) courses 24 hours a day, 365 days a year ensuring workers could train where and when it suited them. Training would be tracked for each worker and as they move from one occupation to another in the same company or to another company, they then carry the competencies with them and only take additional training to meet the next job requirement. He said this would be a much more efficient way of doing training going forward. CBT would be used to compliment face-to-face training and to

provide additional options to industry.

He added that the BCFSC was doing more outreach with government departments and WorkSafeBC (WSBC) to ensure that regulation kept abreast with emerging technology.

On Faller Certification, he said that a detailed project plan was in place to implement all of the Deloitte Recommendations to overhaul the manual tree faller certification program. He said the BCFSC was working closely with Oil and Gas (Enform), wildfire and production falling to ensure a consistent set of standards for all mandatory components; then identifying what additional components were applicable to each sector, so that when someone moves from one sector to another they just have to focus on successfully completing training and passing certification of the gap requirements – “elective endorsements”. In general, Russel said that competency guidelines would allow for consistency across industry, and that work was moving forward really well, with an expectation to have completed the overhaul by the end of September 2016.

Another large project being worked on is the “24-site project”. Using data provided by WSBC, the BCFSC has identified 24 forestry work sites that are outliers in both the serious injury and longer than average return to work duration rates. In addition, a large licensee, Canfor, seeking to further support injury/duration reductions is also working with the BCFSC. A further small reduction in rate for large licensees translates into substantial odds of avoiding a fatality, 100s of workers not getting minor injuries and 100s of thousands of dollars saved every year. By helping the 24 worksites and Canfor reduce their rates by reducing incidents and shortening lags in return to work, a very large number of workers will have a reduced risk of injury and better long-term health outcomes, the specific companies benefit, and the whole industry reaps the potential financial benefit of having the overall CU base rates reduced as well. The moral benefits include improving the forest industry's ability to attract the 1000's of workers needed over the next decade.

On log truck driver training, the BCFSC is working with industry and training facilities to help establish a robust driving training program consistent to a competency matrix and approved guidelines that will lead to new driver competency endorsement as well as endorsement programs for current log truck drivers.

Other presenters discussed some of the issues/weaknesses that have been identified in recent SAFE Company audit submissions (see the SAFE Co section of this newsletter for details) and Program Development Manager, Gerard Messier; and Training and Standards Manager, Allison Thompson, provided an update on industry safety statistics; the upcoming Interior Safety Conference (see separate story right); Interfor's requirements for contactors to have their own alcohol and drug policies in place; and implementation of a new quality assurance processes for courses and trainers, with most courses and trainers receiving a visit in 2016. Allison said the training department was expecting another high volume year of training and reminded everyone that training by request was a very cost effective way for industry to train groups of workers at their worksite with custom content.

Continuous content improvement

Feedback from trainers included suggestions to provide a broader representative sample of case studies that can be best tailored to the training audience in the most timely manner, e.g. from tree planting through log hauling to machine operators, and manufacturing, etc. There was also discussion around swapping out older forms in some of the training courses as well as looking at the best possible places in all the training courses to insert new videos such as those on ERP, drug and alcohol/fit to work policies, and seat belt safety; as well as updates to forms such as the danger tree assessment sample.

New training course projects include looking at combining the current Basic Incident Investigation and Advanced Incident Investigation courses into one course. Online training for road builders re construction initiated slides resource package was also discussed, and is accessible here (at the bottom of the page): <http://www.bcforestsafef.org/node/2713>

Trainers asked that the training department also take another look at the incident investigation form and consider how best to use WSBC's new form and then provide a separate document to support investigators to determine root causes to eliminate possible confusion and/or unnecessary duplication. 🌱

Successful 2016 Interior Safety Conference in Vernon!



Delegates at the 2016 Interior Safety Conference held in Vernon last month (May).

Building on a successful 2015 conference in Prince George, the second Interior Safety Conference took place in Vernon on May 7, 2016 and focused on the theme: “Choose to save lives – actively participate in a safety culture”.

Thanks to the generous support by sponsors, Tolko, Interfor, Canfor, Weyerhaeuser, Pinnacle Renewable Energy, Gorman Bros. Lumber, Interior Logging Association, WorkSafeBC and the BC Forest Safety Council, 133 attendees registered and 114 attended for free to hear 10 speakers talk about: what we need to do to be twice as safe by 2020; effective supervision; alcohol and drug programs; increasing employee reporting; risk tolerance; log truck rollover and seatbelt safety; building a road safety culture; and off the job safety. For a wrap up on all the speakers and presentations, please see this newsletter produced by the BCFSC on behalf of industry:

<http://www.bcforestsafesafe.org/node/2785>

Upcoming Training:

If you would like to see how a training course can meet your organization’s needs, please let us know. We are committed to working with you to find the right training solution. We may be able to tailor a program to your specific needs and deliver it in a way that is most convenient for your operations.

SMALL EMPLOYER OHS AND SMALL EMPLOYER OHS REFRESHER COURSE:

July 7	Prince George
July 14	Campbell River
July 21	Vernon
July 28	Langley
September 15	Prince George
September 15	Fort St. John
September 22	Nanaimo
September 29	Kamloops

FOREST SUPERVISOR TRAINING:

Module 1: Due Diligence

Module 2: Communications

Module 3: Leadership

June 8	Kamloops (Module 1)
June 9	Kamloops (Module 2)
June 10	Kamloops (Module 3)
June 15	Prince George (Module 1)
June 16	Prince George (Module 2)
June 17	Prince George (Module 3)
September 14	Nanaimo (Module 1)
September 15	Nanaimo (Module 2)
September 16	Nanaimo (Module 3)
September 21	Kamloops (Module 1)
September 22	Kamloops (Module 2)
September 23	Kamloops (Module 3)

INDIVIDUAL OWNER OPERATOR (IOO) & IOO REFRESHER:

June 11	Teleconference
June 25	Teleconference
July 23	Teleconference
August 27	Teleconference
September 17	Fort St. John

September 24 Teleconference
RESOURCE ROAD LIGHT TRUCK DRIVER (RRD):

To schedule a RRD training session, contact Alan Sidorov at 604-905-0146 or Joanne Younker at 604-966-4269.

BASIC INCIDENT INVESTIGATION:

June 23	Prince George
September 22	Prince George
September 29	Campbell River

ADVANCED INCIDENT INVESTIGATION:

June 24	Prince George
September 23	Prince George
September 30	Campbell River

FALLING SUPERVISOR:

July 11	Prince George
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INTERNAL/EXTERNAL AUDITOR UPGRADE BASE 4:

June 9	Vernon
October 6	Prince George

INTERNAL AUDITOR THEORY BASE 4:

June 6	Vernon
October 3	Prince George

Please see the full 2016 training calendar at bcforestsafesafe.org/fscapps/calendar/calendar.php. Check back often as course dates do change.

Email training@bcforestsafesafe.org or call toll-free 1-877-741-1060 for more information.

Excellent “In the Clear” series of videos from SAFER



See <http://www.safer.ca/#story1> for background information on the series of videos.

See <https://www.youtube.com/watch?v=htMwSJITUm8> for “In the clear – on the hillside”

See <https://www.youtube.com/watch?v=htMwSJITUm8> for “In the clear – in the landing”

See <https://www.youtube.com/watch?v=FcUULxWGZWM> for “In the clear – driving logging trucks”

See <https://www.youtube.com/watch?v=5kvu15so7-w> for “In the clear – in the dry land sort”

SAFER website: <http://www.safer.ca/>



You may also link to the SAFER website from the BC Forest Safety Council website’s homepage at www.bcforestsafesafe.org – right-hand column.



Foot Foundations

By Dr. Delia Roberts

Just like a building, your body needs a strong foundation to avoid cracks developing in the structure! While the spine, pelvis and core make up the girders that transfer force, the whole structure starts with the foot. Here are the ABCs of taking care of your feet (and a few notes on boots), so that they won't let you down when you need them.

Da foot bone's connected to da...

In fact, your feet are made up of at least 26 bones! Each small bone is attached to the others by small ligaments, and moved by small muscles. This allows the foot to be flexible, but it can also create problems. Every small ligament and muscle needs to be strong in order for your feet to be a strong foundation for your body – but have you ever thought about taking care of those muscles like you would your arms or back? Most of us neglect our feet, which can result in pain and injuries, both to our feet and to the rest of our bodies.

The first step in foot care is to properly trim your toenails. This is best done after bathing or showering when the nail is softened. Trim the nails so that they are flat across the top, just even to the top of your toe. Nails that are too short, or cut down on the sides can lead to painful ingrown toenails. Those that are too long can cause blisters and calluses between your toes. If you have developed calluses you can use a soft pumice stone to smooth the area out, followed by applying a moisturizing crème. Yes, even guys need this step in foot care, as hard ridges can lead to painful blisters or cracking.

A is for Arch

The strength of your foundation starts with the arch of your foot. The arch is the structure that allows for weight-bearing, and without a strong arch, your posture and balance will start to crumble as your feet and knees roll inwards under the weight of your body. How do you keep a strong arch? By strengthening the muscles that hold it up! Twice a week, when relaxing in the evening take a few minutes to scrunch up a towel laid on the floor with your toes, do some heel raises, balance work or just push the ball of your foot down into the floor. If your feet cramp up, put your foot underneath

something stable and lift up (contract the muscles on top of your foot), and then pull your toes gently towards you to stretch out the cramp.

B is for Boots

One of the main reasons that our feet tend to suffer is our footwear, and this is never truer than when wearing stiff, heavy boots. If you don't already have a favourite brand or type of boot and sole, consider asking experienced co-workers for recommendations – they'll know what works best for your site and the type of work that you do. Then spend the time to seek out a really good boot fit – not only will the right fit and size dramatically increase your comfort, but it will help to keep you from developing painful pressure injuries (such as blisters and bone spurs) over time. If the boots fit right you'll be able to keep them properly fastened and still be comfortable, but the most supportive boot on the market won't hold your foot stable if it isn't done up. The stiffer the shank, the better you'll be supported on rough ground, but the harder the boots will be on your feet, so it's worth making sure you have the right boot for the kind of terrain you work in.

Bear in mind that the better the quality of your boot, the less likely it will be to stretch out of shape over time or in the wet. Stretched out boots lead to blisters, and won't provide much support in slash or uneven ground. While the price of cheap boots is attractive, they won't last as long and you'll weaken your foundation, radically increasing the risk of twisting your ankle or knee, or taking a slip, trip or fall.

C is for Circulation

Even with proper support, our feet often suffer from poor circulation. The feet's nerves and blood vessels are not as well cushioned as those in other parts of our bodies, so it's easy to cut off the feeling or blood supply. Pins-and-needles are not the only problem you'll have as a result! Fortunately, one of the best (and easiest) things you can do to prevent problems is to keep your feet warm and dry. Wear the proper boots for the conditions (waterproof if necessary, keeping in mind the more waterproof the material the less it will

breathe and release sweat), and the proper socks for those boots. Super-wicking socks such as Bamas, or a two layer sock system (wicking for the inner layer, absorbent for the outer layer) will keep your feet dry even in rubber boots, but make sure that you have enough room in your boots to wear thick socks without making the boot too small!

Keeping your feet warm and dry will help to prevent blisters and other skin problems, as well as improving your circulation – the colder your feet, the less blood they get. A few gentle ankle circles or a little toe-wiggling will also help to keep the blood flowing, which keeps all the tissues of your feet as healthy as they can be!

Whether you are on your feet all day or in and out of your machine, climbing through slash or standing on concrete – finding the right boots and socks for your feet and the job is essential. But don't forget that the health of your feet begins with a little care, like regularly trimming nails and calluses, wiggling your toes often, spending a moment or two exercising your foot muscles when you do get out of those boots. 🧘

Will \$500 bonuses help beat worker fatigue?

A company in the US announced earlier this year (April) that it is going to pay its workers \$500 bonuses each year to encourage them to get more than 7 hours of sleep a night (measured on fitbits.)

See Men's Health Journal:
<http://www.mensjournal.com/health-fitness/articles/would-you-sleep-more-for-500-w201914> 🧘

Would you ask a celebrity to service your chain saw?

When celebrity culture and science clash

Professor Timothy (Tim) Caulfield, Professor of Health Law & Science Policy, University of Alberta, provided a both entertaining and sobering presentation called “Is Gwyneth Paltrow wrong about everything? When Celebrity culture and science clash” to the 2016 Western Conference on Safety. He explored the environment in which we are all bombarded by a clash of celebrities giving bunk advice on everything from supplement-popping regimes to detox cleanses, diet, health and everything in-between.

“We have never had so much good science, but we’ve also never had so much ridiculous bunk information from celebrities,” said Tim.

From bird poop facials promoted by the Beckhams; Susan Summers’ thigh master; Tom Brady (has never had a coffee); the Food Babe; the US President’s wife; singer Katie Perry; and Donald Trump; to Gwyneth Paltrow’s Goop website – celebrities are making money all promoting opinions / recommendations / actions without any qualifications, scientific evidence or proof to back up their opinions.

“We are evolutionarily predisposed to follow popular culture,” said Tim, in part because we are wired that way subconsciously and because we compare ourselves to others all the time; and, we are pre-occupied with aesthetics – some more than others.

An example from the early 1900s: sun-tanning was frowned upon and tans were not something to aspire to as people with tans were seen as working class. Then in 1920, pop icon, Coco Chanel, got sunburned and people said how great she looked, and that is how the tan industry kicked into high gear. Everyone wanted a tan like Coco!

A recent example Tim provided was the multi-billion dollar “detox and cleanse” industry that has been created. There are more than a 1,000 books on Amazon alone on the topic, covering everything from the 30 day detox to the 1 day detox, yet, we have organs that do that already very effectively. Simply put, the best 30 second detox is a walk to the washroom for a pee.

So why do are people so gullible that they blindly follow bunk? A few reasons include: because they want to believe; they aspire to be celebrities themselves; they want to emulate their pop culture icons; and in the case of detox for those who do it, it’s like a crash diet, so they feel they have accomplished a difficult thing and feel self-righteous and triumphant



Professor Timothy (Tim) Caulfield, Professor of Health Law & Science Policy, University of Alberta, speaking at the 2016 Western Conference on Safety in Vancouver.

at the end of it.

“The Jolie-effect” as it is known refers to two editorial opinion pieces Angelina Jolie wrote about her decision to gene test and have preventative cancer surgery – removing her breasts and ovaries. What resulted was a significant increase in other women doing the exact same thing in the US and UK, according to studies.

Smoking on the TV series MadMen kicked sales of cigarettes into the billions for the cigarette brand smoked!

As we’ve shared previously on these pages, there is absolutely no scientific evidence that a gluten-free diet is good for you – none. Yet 30% of Americans are now on gluten-free diets. While it really does matter for the 1% of people who suffer from celiac disease, the other 29% have no medical or health need to be gluten-free but rather have bought into celebrities like Michael Douglas saying the reason why he looks and feels great is because he is gluten-free!

How did we get here that there is so much room for so much bunk?

According to the themes in the hate mail Tim receives: can’t trust science; big pharma buys the science; studies say all previous studies were wrong; one day we are told to drink red wine, then we are told not to; then we are told to eat chocolate, then not to; random unscientific claims not to eat certain fruits; quackademics – where academics do not question enough or seek suitable independent, verifiable proof; too much political correctness that we don’t call bunk the bunk that it is; etc. So along with far too many conflicting

Don’t let ticks (carrying Lyme Disease) ruin summer

1. use appropriate bug spray whenever you are in the woods and follow the directions specifically about re-application;
2. wear clothing that prevents or minimizes exposure to bites (cover arms with loose sleeves and legs with pants closed into or around boots so that ticks can’t crawl up your legs between pants and caulks/ other footwear;
3. regularly check for bites; and
4. seek expert medical advice quickly in any suspected bite scenario.

Prevention is best! 🍷

messages, we also have pervasive social media content where a pop icon like Katie Perry has 86.3 million twitter followers and she posts photos of herself taking bags full of daily supplements, yet, there is no scientific evidence to support any increased wellbeing if you take supplements!

So what is the bottomline?

Like many other common-sense doctors and scientists and great-grandmothers can tell any of us if we choose to listen: it’s really pretty simple. In Tim’s words there are just six things – “ridiculously simple things” that we should do to be healthier and happier:

1. Don’t smoke (it kills 50% of people who do it)
2. Exercise, be active!
3. Eat real food (fruits, vegetables, whole grains, simple proteins)
4. Manage your weight
5. Prevention of diseases (achieved in most part by doing 1, 2, 3, 4)
6. Sleep (the UK for example is working on supporting its citizens getting an extra hour of sleep every day)

With all the celebrities trying to convince others to try their magic cures, it might explain the sobering stats which are: only 15% of Canadians get the right amount of exercise; and in the US (which is more celebrity crazy than most) less than 3% of Americans live a healthy lifestyle! Given those numbers, maybe it’s time celebrities just stuck to their day jobs? Till they do, just like you wouldn’t take your truck, power saw, log truck, or mill machine to a celebrity for an expert opinion, don’t put your health and well-being in their hands either! 🍷



Kid's Corner



Port Alberni school kids (Grades 4, 5 and 9) learn about personal survival, safety and wildfire management with the local BC Wildfire Service initial attack crew (just back from the North and on stand-by).

Send in your artwork

Children are welcome to send in their artwork for publication, showing safe work activities in forestry. Send them to: The editor, Forest Safety News, 420 Albert Street, Nanaimo, BC, V9R 2V7. Little loot bags are sent to all the artists who send in their artwork, and their names are entered into an end-of-year draw for a chance to win a logging truck just in time for Christmas.

Remember who you are going to be safe for today and every day!

Promoting a safety culture – kids learn about wildfires and how to protect our forests

Shawn Flynn, RPF, is a safety champion who has been involved in different aspects of education his whole career. He is also a past director of the BC Forest Safety Council and is a founding and guiding force in what is now the 10-year-old formal Grade 9 & 10 education program that sees kids spend up to three days a week in an outdoor working woods setting. Shawn works closely with School District 70 (Port Alberni) and two teachers Ryan Dvorak (Grade 10) and Erin Watkins (Grade 9) to jointly deliver this innovative educational experience. The kids learn school curriculum work and valuable life skills – like ethics, work ethic and effective communication skills – surrounded by a Christmas tree farm. What's not to love?

Last month (May) Shawn organized a Forest Fire Education and Awareness Day, which saw Grades 4, 5 and 9 students share an

educational day with Port Alberni's BC Wildfire Service initial attack crew. "Wildfires are an issue and they are not going away," says Shawn. "They require a shift in thinking and a change in culture, starting with our kids and grandkids. We need to educate them on what wildfires are, what the risks are, and the impacts, and why prevention is best," he said. "We can fight wildfires, but we also need to do everything we can to help educate kids and youth, so that we change the human behaviour that puts our forests, forestry workers and firefighters at risk."

Shawn invites the wildfire firefighters to the outdoor school room about twice a year to talk about their wildfire experiences and survival training, including how to build a survival shelter. He says that the experience is two-way learning. Several of the wildfire

firefighters are also teachers and everyone takes away new knowledge and a greater awareness of the issues around forest safety.

Approximately 300 students have gone through the Grade 9 program so far, which is valuable to all students, but especially beneficial in supporting kids who are better hands-on learners than book-learners. They all also receive practical education and experience in a potential future work environment.

With the majority of wildfires this BC wildfire season already being man-made (versus lightning), education is critical to help prevent wildfires. Be fire smart! Be safe! And if you do see a wildfire, report it immediately. Don't think someone else is going to report it! Call 1-800-663-5555 or *5555 on cellular networks. 📞

ABOUT Forest Safety News

Forest Safety News is published six times a year: February, April, June, August, October and December. All submissions – letters to the editor, safety tips, photos, safety stories, concerns etc. – are welcome. The opinions expressed in the newsletter are not necessarily those of the editor, staff or board of the BC Forest Safety Council. All decisions to publish materials rest with the editor. 12,000 copies of each edition are distributed via mail or email. Additional copies are distributed at industry events.

Subscriptions

If you would like to continue to receive a hard copy or would prefer to receive an electronic copy of this newsletter, please email editor@bcforestsafesafe.org and ask to be added to the print copy or email distribution lists. Email subscriptions are encouraged.

Have a story, letter to the editor, safety tip, ideas or photos? Please send all submissions to:

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email editor@bcforestsafesafe.org 📞



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FOREST SAFETY News



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Safety is Good Business

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Over the past two years, many sawmill operators in BC have made significant, multi-million dollar investments in updating technology and processes to secure increased safe, efficient production in mills that also better manage combustible dust.

Welcome to the August edition of Forest Safety News, covering news about safety topics in forestry. This is YOUR safety newsletter. We look forward to your input and feedback! Email the editor at editor@bcforestsafesafe.org or call 1-877-741-1060.

BC sawmills have made significant progress on dust mitigation and management

Following the Babine and Lakeland explosions in 2012, the forestry manufacturing industry has made significant investments in new technology, processes and training to better manage combustible dust. And, the final WorkSafeBC report: Sawmill Locations, covering Q2-3 2015's combustible wood dust inspection initiative, released earlier this year, found that in general results provided positive indicators that industry's combustible wood dust management programs are effective and sustainable. "There are no widespread combustible dust hazards at sawmills that present the risk of a catastrophic event," said the report.

By the numbers, for the period reported:

- No stop work orders were issued by WorkSafeBC
- 95% compliance rate was achieved in 114 sawmill locations inspected by WorkSafeBC
- Six of the seven orders that were issued by WorkSafeBC were to address either gaps or deficiencies in the program or

where execution didn't meet the plan. The seventh order was related to deficiencies with respect to a ventilation system.

- Results also demonstrated that effective control of combustible wood dust required constant management attention, oversight and vigilance and that through a high level of active and continuous attention the program becomes sustainable and entrenched in daily operations.

Since 2012 till the end of 2015 WorkSafeBC has conducted more than 2,500 inspections related to combustible dust and "considerable progress has been made by employers, workers, unions, industry associations and other stakeholders to address the hazard of combustible wood dust," states the report.

WorkSafeBC's 2016 objectives and focus related to dust

WorkSafeBC recognizes that industry has made significant capital investments to improve dust conveyance, collection, and ventilations systems and to adopt engineering controls. The investment in

dollar terms alone has been considerable. West Fraser and Canfor, the two largest sawmill operators in B.C., estimate they have each invested around \$50 million on managing combustible dust within their respective operations. WorkSafeBC said that in 2016, given that industry is at the stage of applying continuous improvement to combustible dust programs, inspections will be reduced. "WorkSafeBC will ensure that all sawmill operations in the province are inspected at least once by the locally assigned prevention office (about 200-plus sawmill inspections planned), with an increased inspectional presence on the six sawmill locations where deficiencies were identified during the Q2-3 inspections and resulted in the seven orders," said WorkSafeBC's spokesperson Scott McCloy in a written response to questions from Forest Safety News.

WorkSafeBC will also be putting greater focus on other sectors such as pulp mills, finger-joint mills, and shake and shingle mills to ensure that these employers have also developed, implemented and maintained effective combustible dust

Continued on page 2...

Continued from page 1...

management programs.

In summary, WorkSafeBC said its objectives are: to ensure compliance; to verify that effective and sustainable programs are being maintained; and, to validate that combustible dust management has become entrenched in day-to-day operations.

Going forward, WorkSafeBC emphasizes that ongoing employer attention is required to ensure that there are no gaps in implementation, that the proper controls exist, and that the combustible wood dust program is fully operational. "Recognizing this, WorkSafeBC remains involved in all issues pertaining to combustible dust," said Scott.

For the remainder of 2016, WorkSafeBC's approach will be:

- Inspections focusing on employers' maintenance of long-term combustible dust management programs supported through employer's own daily self-inspections and follow-up actions.
- Inspections that are consistent with the approach adopted under 2014 and 2015 inspection initiatives and reflect the performance-based nature of wood dust mitigation and control policies.
- Officers ensuring that employers maintain a process of regular self-inspection and documentation that effectively assesses and manages risk.
- Officers reviewing results of wood dust mitigation and control audits conducted by employers, the recommendations stemming from audits, and the actions taken in response to recommendations. This approach requires and ensures that WorkSafeBC maintains contact with workers, supervisors and joint health and safety committee representatives.

"MAG (Manufacturing Advisory Group) and Industry has worked hard to address the very real dangers of combustible dust," said Rob Moonen, BC Forest Safety Council (BCFSC) CEO. "Those actions and efforts of the companies, workers, union reps and joint occupational health and safety teams are reflected in the results of 97% and 95% compliance respectively for the two WorkSafeBC inspection periods. Now, the focus must be on consistent implementation and continuous improvement," said Rob.

He said that it was critical that industry never become complacent. "We cannot predict the future; we can only be more assured of the right outcomes if we continue to have an unwavering commitment to working the plan, every shift, every day, with zero complacency. We can have – and do have – the best machines, the best technology, the



Industry News

Countdown to the 11th annual Vancouver Island Safety Conference

The theme of the 11th annual Vancouver Island Safety Conference (VICC) is "Building World Class Safety". The 2016 conference will be held on Saturday, October 1 so please mark the date now and register via the link below.

Each year more than 400 participants come together in Nanaimo for a full day of information, networking, good food and sharing safety stories – all for free – thanks to the generous sponsorship of companies, contractors and individuals in the forestry industry. Thank you to everyone!

This year's volunteer organizing committee is: Aaron Frost, Strategic Natural Resource Consultants; Bjarne Nielsen, Bear Safety Services (recently retired from WorkSafeBC); Chris Cinkant, United Steelworkers 1-1937; Gerard Messier, BC Forest Safety Council (BCFSC); Glen Waatainen, TimberWest; Ken Moore, Coastland Wood Inc. (CWI); Mike Milholm, WSBC; Patty Bergeron, BCFSC; Randy Aitken, Ministry of Forests, Lands and Natural Resource Operations; Ron Corbeil, SAFER; Sam Stanko, Island Timberlands; Theresa Klein, Western Forest Products; and



Part of the group of more than 400 attendees at the 10th annual VICC last year. Hold the date this year for October 1, 2016 in Nanaimo.

Tristan Anderson, CWI.

This year, attendees will get to hear from speakers from Dupont as well as Steven Falk, of Switchback; Corrie Pitzer, of SAFEMap; and Tom Yearwood on drugs and alcohol programs, as well as updates on safety from both WSBC and the BCFSC.

If you would like to be a sponsor of the conference, or have a booth at the conference, please email bergeron@bcforestsafesafe.org. To register (free of charge) please complete the online registration form accessible from here: <http://www.bcforestsafesafe.org/VISC>. 📍

best people and the best practices, but we have to ensure the right culture every minute of every shift so that no-one cuts a corner and no-one disregards a warning sign. Everyone must remain vigilant at all times – every single one of us," said Rob.

"As an industry we will continue to take the dust issue very seriously. And, we understand WorkSafeBC's continued focus on follow-up. We are certainly all on the same page when it comes to ensuring every worker goes home safe at the end of the day," he said.

Penalties tracking on WorkSafeBC's website

For anyone who would like to access penalties' information, please see WorkSafeBC's website, and select the sector you want to review, as well as the timeframe. It is important to note that the dates of the

inspections are not always included and it should not be assumed that the date the penalty is imposed is anywhere near the date of the actual infraction. In some cases, the date of penalties being imposed has been more the 12-18 months after the infraction:

<https://www.worksafebc.com/en/health-safety/create-manage/incident-investigations/penalties/search>

Pellet mills

Pellet mills have also achieved excellent results in improved dust mitigation and management over the last two years. Learn more about their success in the next edition of Forest Safety News. 📍

Construction Initiated Slides Working Group finalizes awareness materials aimed at road construction crews, supervisors and workers

The Construction Initiated Slides Working Group (CISWG) is rolling out an awareness package for road construction crews, supervisors and workers. The objective is to enhance the understanding of: field indicators relating to potential slope instability, road construction plans/ maps/designs, responsibility regarding worker safety and road building practices. The goal is to eliminate construction initiated slides and prevent worker injuries and fatalities. Current materials are accessible via the following link: <http://www.bcforestsafe.org/node/2713>

CISWG was formed in 2014 as a sub working group of the Coast Harvesting Advisory Group (CHAG) to examine slides that were caused by road construction activities and explore how best to support preventing similar incidents. The financial, environmental and most importantly human cost can be significant not only to those physically injured, but also for anyone who has been on site during a slide. Construction initiated slides have been associated with unidentified site conditions, improper execution of plan, inadequate water management, pioneering ahead, and over blasting. Many of these incidents involved an excavator sliding down slope from the road prism during road construction activities.

In support of the principle that "Safety is good business", the working group established the following range of potential hard dollar costs based on reviewing and analyzing 36 construction initiated slides on the coast between 2012 and 2015:

ACTIVITY	COST
Immediate shutdown	\$35,000
Injury (short to long term disability)	\$20,000 - \$60,000
Equipment recovery, including tote road or trail construction	\$40,000 - \$60,000
Maintenance or repair of damaged equipment	\$10,000
Equipment written off, replacement costs	\$200,000 - \$400,000
Administrative costs (investigations, fines and penalties, etc.)	\$20,000 - \$100,000
Environmental remediation costs (fuel spill cleanup, etc.)	\$3,000 - \$10,000
Crew transport in and out of camp	\$4,000
Suspension of logging operations (8000m3 loss)	\$320,000
Total (average of range)	\$825,000

It is hoped that future potential incidents can be eliminated through:

- the continued engagement of workers and resource professionals through awareness and education,
- sharing ways to identify sensitive zones and safely build road, and
- providing options for monitoring and enforcement of road construction standards.

If you have questions or would like to learn more, please contact Dustin Meierhofer at meierhofer@bcforestsafe.org or call toll-free 1-877-741-1060. 📍



Members of the Construction Initiated Slides Working Group (CISWG) met recently to shape, review and finalize a package of information that everyone in forestry should be aware of to prevent slides. Seen here are (front to back): Bill Schulte, Interfor; Tom Jackson, Ministry of Forests, Lands and Natural Resource Operations; and, Dustin Meierhofer, Director Transportation Safety, BCFSC.



More members of the CISWG at work reviewing the materials: (left to right): Mike McCulley, BC Timber Sales; Mark Ponting, Ponting Logging and Grade; Del Ferguson, Aztec Geoscience Inc.; and Clayton Gillies, FPIInnovations.

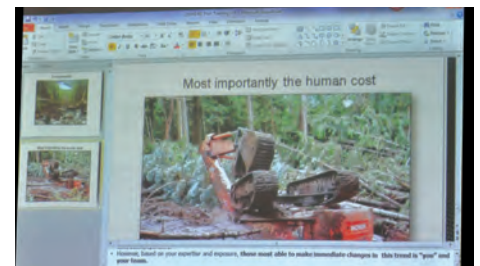
It's time to tell us who your favourite safety champion is!

It is that time of the year again for you to tell us who you think the Forestry/Manufacturing Safety Leaders are. Send us your nominations for the annual Leadership in Safety Awards. Deadline for nominations is September 2, 2016. Please see <http://www.bcforestsafe.org/AnnualSafetyAwards.html> to learn more and http://www.bcforestsafe.org/files/frm_LeadershipInSafetyAwardsNomination.pdf to download a copy of the fillable form.

We are looking for safety winners in two categories – Lifetime Safety Achievement and Most Valuable Player (MVP) in both forest harvesting (e.g. falling, silviculture, planning, engineering, road construction, machine operation and maintenance, logging, log truck driving/hauling, etc.) and manufacturing (e.g. shake and shingle, sawmills, pellet mills, etc.)

The Lifetime Safety Achievement Award may recognize an individual worker, supervisor, or safety officer who has displayed a strong commitment to safety throughout their careers. The Safety MVP can recognize an individual or a team, a contracting firm, a large licensee – any individual or organization that operates in our forestry industry and is a safety champion. Winners will be recognized at the 11th annual Vancouver Island Safety Conference in Nanaimo on October 1, 2016. Previous winners have included: Ally Gibson, Angelika Posselt, Kirk Nagy, Stu Smith, Steve Venus, Chris Akehurst, Don Banasky, Bill Boardman, Gerry Lambert, Sig Kemmler, Westline Harvesting Ltd., Mikael Jonsson, Geoterra IRS Ltd., Jack Miller, Roger Whittaker, Steve Telosky and John Gooding.

So, who is the safety leader who inspires you? The person you know makes a difference at your workplace or in our industry? Don't keep it a secret. Let's share and celebrate safety success! 📍



A slide from the awareness package that the Construction Initiated Slides Working Group has put together to send out to industry to help shape and inform better safety outcomes and prevent construction initiated slides.

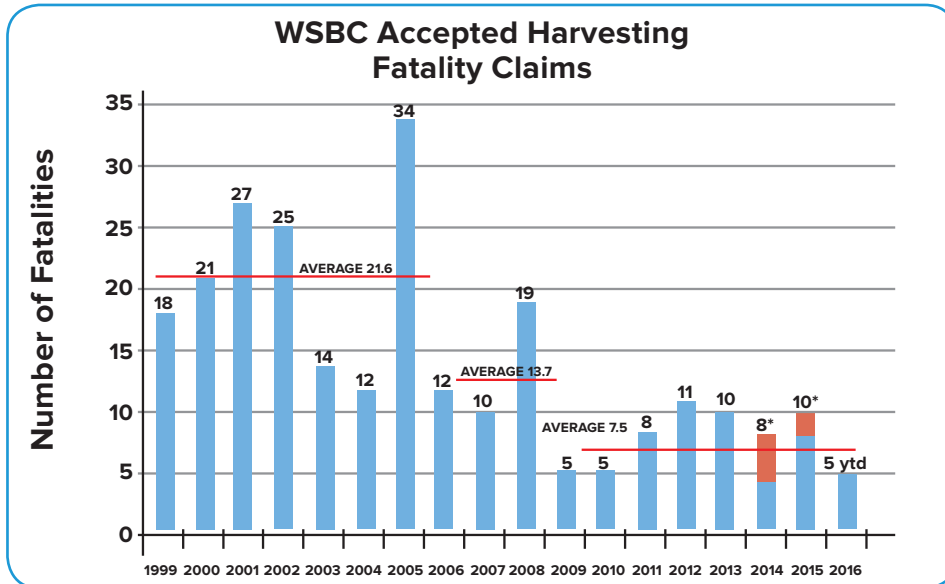


Fatalities and Injuries

Five fatalities in forest harvesting year-to-date

A faller was fatally injured in a July 4, 2016 falling incident involving a danger tree on Yoe Island near Bella Bella

The BC Forest Safety Council extends its sincere condolences to the family, friends and colleagues of the deceased faller. While investigations are currently underway by both the Coroners Service and WorkSafeBC, a safety alert has been prepared on the incident, based on preliminary information: <https://www.bcforestsafe.org/node/2817>.



Please Note: *There are 4 fatalities the BC Forest Safety Council is aware of that occurred in 2014 and 8 fatalities that occurred in 2015. WorkSafeBC tracks fatalities by the year in which they accept the claim. The BCFSC uses the WorkSafeBC data of accepted claims for trends although it may not specifically indicate current year fatalities; it is the only long term data base for comparative purposes. This is preliminary information.

Fatalities in harvesting, previously reported:

April 13, 2016 – A yarder operator died in his machine, near Yale, north of Hope. The steel spar on the yarder collapsed and crushed the operator’s cab. See the safety alert: <http://www.bcforestsafe.org/node/2781>. The incident is still under investigation by the authorities.

February 26, 2016 – An equipment operator was electrocuted near Port McNeill. (See safety alert: <http://www.bcforestsafe.org/node/2767>)

January 31, 2016 – A 23-year-old man died after the empty logging truck he was trying to repair ran over him near Fraser Lake. (See safety alert: <http://www.bcforestsafe.org/node/2761>)

January 26, 2016 – A 22-year-old log truck driver died in a logging truck incident between Princeton and Merritt. (See safety alert: <http://www.bcforestsafe.org/node/2755>)

Two fatalities in manufacturing, previously reported:

March 25, 2016 – A 37-year-old equipment operator died at a Nanaimo pulp mill after the wood chip pile he was standing on collapsed.

January 27, 2016 – A 62-year-old equipment operator died at a Crofton mill. (See safety alert:

<http://www.bcforestsafe.org/node/2760>)
Recent incidents

The following incidents were recently reported to WorkSafeBC. Share them with your crews – awareness is the first step in preventing similar incidents on your worksite.

HARVESTING

Injury Type: Undetermined injuries to upper body
Core Activity: Integrated forest management
Location: Vancouver Island/Coastal B.C.
Date of Incident: 2016-Jun
A certified hand faller was struck by a fir limb that broke off when the large fir tree being felled brushed a standing hemlock. The faller was airlifted to hospital.

Injury Type: Close call
Core Activity: Barge, tug, or other water transport of goods
Location: Vancouver Island/Coastal B.C.
Date of Incident: 2016-May
A marine fuel shipping service with a fuel truck on a self-propelled barge was delivering fuel to a remote logging camp. As the fuel truck was driving back onto the barge, the barge pulled away from shore, resulting in the truck entering the water. The truck driver escaped uninjured before the fuel truck sank.

Injury Type: Close call
Core Activity: Mechanized tree falling
Location: Vancouver Island/Coastal B.C.
Date of Incident: 2016-May
A log processor equipped with a dangle head lost stability and flopped onto its side while the operator was trying to walk it off a 10 percent slope cutblock, down and across the ditch line of a forestry haul road. The operator, who was not injured, had to exit through the roof escape hatch.

Injury Type: Serious injury to lower body
Core Activity: Log hauling
Location: Interior B.C.
Date of Incident: 2016-May
An abrasive wheel on an angle grinder broke apart. A large piece of the wheel struck the worker.

Injury Type: Fractures and internal injuries
Core Activity: Manual tree falling and bucking
Location: Vancouver Island/Coastal B.C.
Date of Incident: 2016-May
A certified faller was falling a green tree (14-inch hemlock) on a steep hillside. The top of another green tree (14-inch cedar) that uprooted 70 feet uphill hit the faller. The faller was transported to hospital by helicopter.

Injury Type: Soft-tissue injuries to upper body, leg (1 worker); bruising to upper body, bump on head (1 worker)
Core Activity: Ground skidding, horse logging, or log loading
Location: Interior B.C.
Date of Incident: 2016-May

A worker slipped from a yarder platform while trying to remove a large bull gear (5 feet in diameter) from the return drum. The worker fell about 4 feet to the shop floor. The first aid attendant started to administer first aid. The large bull gear slid off the shaft and landed on end beside the two workers. The first aid attendant tried to deflect the gear as it began falling onto its side. Both workers were pinned under the gear until other workers were able to free them.

Injury Type: Broken leg
Core Activity: Cable or hi-lead logging
Location: Interior B.C.
Date of Incident: 2016-May

The rigging crew for a cable yarder were connecting chokers to logs. One of the logs being choked (a fir with top diameter 11 inches, length 84 feet) shifted and slid, injuring one of the workers.

Injury Type: Serious upper-body injury
Core Activity: Log hauling
Location: Vancouver Island/Coastal B.C.
Date of Incident: 2016-May

A loaded highway logging truck went out of control on a steep section of road and travelled into a ditch on the high side of the road.

Injury Type: Injuries to upper body
Core Activity: Integrated forest management
Location: Vancouver Island/Coastal B.C.
Date of Incident: 2016-Apr
A grapple yarder was yarding up on a steep slope when one of two gylines broke. The yarder toppled over and landed on the road. The injured operator was transported to hospital by helicopter.

Injury Type: Fractured vertebra
Core Activity: Integrated forest management
Location: Vancouver Island/Coastal B.C.
Date of Incident: 2016-Apr
Two workers of a grapple yarding crew were changing the closing line on a grapple placed on top of a log pile. When the grapple unexpectedly began

to close, one of the workers jumped off the log pile and landed on his back on the ground.

Injury Type: Broken bones, soft-tissue injuries to arm and upper body

Core Activity: Cable or hi-lead logging

Location: Vancouver Island/Coastal B.C.

Date of Incident: 2016-Apr

A forestry worker was trying to walk on a steep log pile (to get up to a road) when he slipped and fell between logs in the pile.

Injury Type: Bruising

Core Activity: Manual tree falling and bucking

Location: Vancouver Island/Coastal B.C.

Date of Incident: 2016-Apr

A worker was falling a limb-tied hemlock danger tree. As the danger tree started to fall, a school marm (a "Y" in the tree) broke off and fell backwards, striking the worker.

MANUFACTURING

Injury Type: Crush injury to hand

Core Activity: Log hauling/Sawmill

Location: Interior B.C.

Date of Incident: 2016-Jun

A driver of a log transporter was injured by a 2-foot-long snipe bar (pipe) during the trailer reload hoist phase, when the bar was pushed down onto the driver's hand by the trailer's movement.

Injury Type: Amputation injuries to hand

Core Activity: Sawmill

Location: Interior B.C.

Date of Incident: 2016-May

A worker was ripping a board on a multi-rip cutting machine when a piece of wood broke off the board and got lodged near the cutting blades. The worker turned off the machine and was trying to dislodge the piece of wood when the wood was grabbed by the cutting blades (which were still in motion). One of the worker's hands was drawn into the cutting blades.

Injury Type: Close call

Core Activity: Pressed board manufacture

Location: Northern B.C.

Date of Incident: 2016-May

An explosion occurred in the pneumatic conveyance system of a medium-density fibreboard (MDF) plant. The explosion set off four explosion relief panels and started a fire in the material shakers and storage bins. The local fire department responded. No injuries occurred.

Injury Type: Sore leg, back, arm; scrapes

Core Activity: Sawmill

Location: Lower Mainland

Date of Incident: 2016-May

A millwright was accessing the cutoff saw area for maintenance when a toe hold broke. The worker fell onto a locked-out, steep conveyor and slid down it. The distance of the fall was about 30 feet.

Injury Type: Close call

Core Activity: Pressed board manufacture

Location: Northern B.C.

Date of Incident: 2016-May

An explosion occurred in the baghouse and cyclone system of a wood pellet manufacturing facility.

Injury Type: Close call

Core Activity: Pressed board manufacture

Location: Northern B.C.

Date of Incident: 2016-May

A fire occurred within a cyclone and induced draft fan at a wood pellet manufacturing plant. Two days later, an explosion occurred in the dry product storage silo.



Training

Update on yarding competency guidelines & tools development

A year ago, in the August 2015 edition of Forest Safety News (FSN) we shared that industry was working hard – via several industry subject matter experts – to develop tools to support an operational standard for cable yarding occupations. The objective is to have these guidelines outline the knowledge and skills that workers need to be considered qualified at what they do in these occupations. Traditionally this information has been passed down the line from the old-timers to the new-timers, but no industry documentation existed to support consistent knowledge and application for best safety and operational performance (other than the manufacturers' handbooks). The first in-field testing of the tools is to take place this fall following several revisions and continued simplification and refinement of the documents' content. The yarding occupations that will be covered include: Hooktender, Grapple Yarder Operator, Landingman/Utilityman, Tower Operator, Rigging Slinger and Chokerman.

FSN will keep industry updated once the tools are ready for broad industry distribution. In the meantime, you have any questions about the project, please contact Gerard Messier at messier@bcforestsafesafe.org or call toll-free 1-877-741-1060. 📞

Injury Type: Close call

Core Activity: Sawmill

Location: Northern B.C.

Date of Incident: 2016-May

A large fire occurred on the chipper pile of a sawmill. The sawmill fire crew attended to the fire until the local fire department arrived.

Injury Type: Close call

Core Activity: Sawmill

Location: Northern B.C.

Date of Incident: 2016-Apr

A millwright initiated the motor sequence stop process before locking out the canter line for maintenance. At the same time, the millwright turned off the control power. This disengaged the electrical braking mechanism, allowing the canter heads to freewheel. As the millwright entered the area to perform the maintenance task, one of the heads was still rotating. The rotating head caught the worker's coverall pant leg and ripped it. The worker did not sustain any injuries.

Injury Type: Close call

Core Activity: Pressed board manufacture

Location: Interior B.C.

Date of Incident: 2016-Mar

A fire occurred within a pellet mill dryer. The fire was contained at the north end of the dryer within the recirculation fan section. Local fire departments responded to the fire and no injuries occurred. 📞

Upcoming training

If you would like to see how a training course can meet your organization's needs, please let us know. We are committed to working with you to find the right training solution. We may be able to tailor a program to your specific needs and deliver it in a way that is most convenient for your operations.

Basic Incident Investigation training:

September 22	Prince George
September 29	Campbell River
October 4	Cranbrook
October 6	Castlegar
October 20	Williams Lake
October 27	Vernon

Advanced Incident Investigation training:

September 23	Prince George
September 30	Campbell River
October 5	Cranbrook
October 7	Castlegar
October 21	Williams Lake
October 28	Vernon

Falling Supervisor training:

October 3	Prince George
October 17	Vernon
October 31	Campbell River

Forest Supervisor training:

Module 1: Due Diligence

Module 2: Communications

Module 3: Leadership

September 14	Nanaimo (1)
September 15	Nanaimo (2)
September 16	Nanaimo (3)
September 21	Kamloops (1)
September 22	Kamloops (2)
September 23	Kamloops (3)

Internal Auditor Theory BASE 4 training:

October 3	Prince George
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Internal & External Auditor Upgrade BASE 4 training:

October 6	Prince George
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Individual Owner Operator OHS & Refresher training:

August 27	Teleconference
September 16	Fort St. John
September 17	Fort St. John
September 24	Teleconference
October 29	Teleconference

Small Employer OHS training & Refresher training:

September 15	Fort St. John
September 15	Prince George
September 22	Nanaimo
September 29	Kamloops
October 13	Williams Lake

Please see the full 2016 training calendar at bcforestsafesafe.org/fscapps/calendar/calendar.php. Check back often as course dates do change. Email training@bcforestsafesafe.org or call toll-free 1-877-741-1060 for more information. 📞



District of Mission: One of the first SAFE Certified forestry operations in BC celebrates 10 years of SAFE



The Mission Municipal Forest is located in the northern area of the district. Photo courtesy of District of Mission.

The District of Mission is home to one of Canada's first community forests which has been managed by the district for almost 60 years since 1958 – and is one of a handful of BC's first forestry organizations to have achieved SAFE Certification 10 years ago.

Covering 10,500 hectares with an annual allowable cut of 45,000m³, the District of Mission's Tree Farm Licence 26, contains 95% coastal second growth on a landbase that is 88% crown land and 12% municipally owned. Forestry activities include: harvesting; tree planting; plantation brushing; tree spacing and pruning; road construction; forest fire prevention; and, forest interpretation and recreation. The community benefits both economically and socially by Mission's sustainable forestry operation and local control over its forest resources.

As their mission statement states: "The Mission Municipal Forest exists for the people of Mission by creating a sustainable balance of various economic, social, scientific and environmental forest values as well as providing memorable forest experiences to Mission residents and its visitors".

The forestry department team includes a Registered Professional Forester, Manager of Forestry Business, two Registered Forest Technologists, Administrative Clerk, and a two-person logging crew who complete road construction, harvesting and labourer duties.

Their commitment to high standards and safety is paramount. "We have to demonstrate excellent stewardship at all times in everything we do," said Dave Heyes, Manager of Mission's Forestry Business.

While the district achieved SAFE certification 10 years ago, safety and standards were already well established through the district's Environmental and Safety Management system and previous ISO14001 Certification which pre-dated the SAFE Certification process, and defined their Safe Operating Procedures and Job Safety Breakdowns.

"Taking part in the SAFE program was a positive step towards making safety a higher priority within the woods. Another positive is

having the site verification audit in combination with the hard copy paper version. This on-site audit allows us to show our documented safety practices and culture, supporting our operational safety commitment of our employees and contractors," said Dave.

Mission has a high level of safety culture and continued success with preventing injuries. "We communicate well within our organization. Safety issues, including hazard alerts, are raised, reviewed and followed up on at various timeframes; at the time they arise, morning tailgate meetings, and at monthly safety meetings," he said.

Some of the risks/hazards the district experiences in the public interface usually involve unexpected public use within active logging areas and around moving equipment. Areas are well signed and advertised as restricted access, yet the general public still travel or try to access through active logging operations. "Our operators are well aware and expect people at any time. We ensure we have plenty of signage, ribbons in place and social media announcements to educate the public with the safety risk and discourage access during active logging times, but it is an ongoing challenge," he said.

Other risks identified by the team include forestry employees working in areas where

recreationalists target shoot, despite a ban. Similar to any forestry operation, other risks/hazards include operating during strong wind and heavy rain storms, on steep slopes or congested areas where several work activities are occurring simultaneously such as road building, logging, and silviculture work. "Workers and contractors are well-informed during congestion and phases as safety practices (including locations and timing of contractors) are frequently discussed," said Dave.

On how to further support more workers getting home safely in industry, Dave said: "Safety culture including personal accountability has to be a way of life, supported both at work and at home. Our employees understand that their safety is paramount to their jobs and to not put themselves at risk. An effective level of communication is vital in keeping our staff safe and keeping our operation accountable for following the safe work practices that are in place."

He said that in order for a solid safety culture to be accepted and followed by staff and contractors, the commitment has to come from the top down; it's the talk the talk, walk the talk that's critical. "A safe crew is in fact a productive crew," said Dave.

Congratulations to the District of Mission on 10 years of SAFE! 🎉



The District of Mission forestry team out in the field last month, includes Margo Huppee, Kelly Cameron, Brad Laughlin, Brent Saniger, George Kocsis, and Dave Heyes. (Photo submitted.)

Introducing the BCFSC's new SAFE Companies Director

Cherie Whelan joined the BC Forest Safety Council (BCFSC) as Director, SAFE Companies on June 27, 2016, bringing more than 20 years of diverse health and safety experience to her new role.

Cherie was most recently the EHS Investigation Lead for Suncor Energy, TransAlta Energy's EHS Team Lead, TransAlta's lead EHS auditor and TransAlta's total safety governance supervisor. Earlier in her career, Cherie worked as both a claims auditor and account manager for the Alberta Worker's Compensation Board, and was the lead OHS investigator for the Government of Alberta.

Cherie is the recipient of numerous health and safety awards including the Greg Outhouse Memorial Award of Safety Excellence CSSE (Canadian Society of Safety Engineers); Friend of Wood Buffalo ACSA (Alberta Construction Safety Association); and Safe Communities Outstanding Member at Large. She holds a Bachelor of Business Administration, is a Canadian Registered Safety Professional, and a certified OHSMS / OHSAS 18001 Lead Auditor and ISO 14001-Environmental Lead Auditor.

Cherie brings a solid understanding of



Cherie Whelan.

effective health and safety system design and implementation to her new role. She is also a well-respected seasoned facilitator and leader who has worked with companies and contractors throughout her career. Her personal motivation is ensuring proper due diligence and accountability for the safety of workers that supports both improved operational performance and increased social license.

"I am pleased to welcome Cherie to the leadership team at the BCFSC and know that industry will benefit significantly from her knowledge and experience. Leading the team of safety advisors and the SAFE Companies prequalification program and audit system, Cherie will be able to fine-tune greater efficiencies and streamline processes in

support of industry," said Rob Moonen, the BCFSC's CEO.

"I am excited about my new role and look forward to being of service to the forest harvesting and forest manufacturing industries. I am particularly pleased to join a health and safety association focused on being responsive to industry and worker needs. We are all in this safety journey together and by staying focused on the needs of frontline workers we will secure continuous operational and safety improvements. Getting to zero is achievable," said Cherie.

If you would like to contact Cherie, please call toll-free: 1-877-741-1060 or email cherie.whelan@bcforestsafesafe.org 📧



Mike Sexton

Talkin' SAFE with Mike Sexton: Injury Management/Return to Work (IM/RTW)

What is IM/RTW?

Injury Management/Return to Work is a program many companies use when their workers are away from work due to workplace injury or illness, or injured enough that the worker cannot do their regular job. Sometimes it can take care of workers who are injured off the job.

What is the benefit to my company?

Keeping workers at work has many benefits. Workers heal faster. If they can keep working, even if not at their regular duties or hours, it helps them avoid the feeling of not being part of the team. Workers tend to feel better about themselves and the company if they can remain at work. This translates to a more positive attitude which normally creates better productivity. "Happy worker, happy company."

I can't afford to keep somebody working and not doing their regular job.

Actually, you can't afford NOT to keep a worker at work. If a worker goes on WorkSafeBC benefits, your company could end up paying approximately three times their benefits back to WorkSafeBC over the next three years, in the form of levies and increased premiums. "You can pay me now, or you can pay me (much more) later."

How do I go about setting up an IM/RTW program?

You can always contact us for help. The first step is to have a list of potential light or modified duties for workers who cannot do

their regular job, but are medically cleared to do something not as strenuous. Parts delivery, Safety Tours, site inspections, or painting are a few examples. Having a letter to send with a worker to the Doctor is important so that the Doctor can determine what is available and what the worker is capable of doing. Staying in contact with the worker is very important too, especially if they are too injured or ill to even do light duties.

Another good way to be prepared for this is to take the two half-day training courses supplied free by the Employer's Advisors Office. These are Claims Management 1&2. There are modules 3&4 but the first 2 give the basic information to get you started. Use this link to learn more and find a course near you: <https://eao-employersseminars.labour.gov.bc.ca/SeminarsForEmployers.aspx>

Please feel free to contact us if you have any questions about how an IM/RTW program could work for your company. Call toll-free 1-877-741-1060, or email safeco@bcforestsafesafe.org 📧

Ministry of Forests, Lands and Natural Resource Operations achieves SAFE Certification

Becoming the largest enterprise in BC to become SAFE Certified, the Ministry of Forests, Lands and Natural Resource Operations (MFLNRO) has successfully completed the SAFE Certification process. Congratulations to all involved! Certificates were delivered in July!

BC Timber Sales was the first Ministry branch to become SAFE Certified in 2008. This year, following successful completion of an audit of the whole Ministry's safety system, SAFE Certification has been achieved for all branches in the Ministry.

Director of Resource Worker Safety for MFLNRO, Tom Jackson, said of the achievement: "This marks an important milestone and a new beginning of our support and engagement to eliminate serious injury for ourselves and our clients."

Reminder, effective April 1, 2017: MFLNRO will expand its requirement for contractors to be SAFE Certified. This will include all road, silviculture, wildfire, hand falling and the planning and oversight work related to these activities.*

This will provide consistent application of the standard, effective April 1, 2017. SAFE Certification will be required by contractors to be eligible to bid for all in-scope contracts with MFLNRO. Previously only the BC Timber Sales branch had a requirement for its contractors to be SAFE Certified.

The new policy supports the forest sector's drive to reduce incidents through the application of SAFE Certification as a prequalification standard to be eligible for contracts.

Any contractors wishing to bid on future MFLNRO contracts need to ensure that they have successfully completed their SAFE Certification prior to April 1, 2017. Given that processing times may vary, it is important for contractors to be prepared. See <http://www.bcforestsafesafe.org/node/2790> for more information.

*(*Please note: there are a few limited exceptions that bidders need to discuss directly with their respective MFLNRO branch contacts, e.g. non-field contracts where SAFE will not be required; and, emergency response contracts where SAFE certified firms will be used as a preference, not mandatory.)* 📍



SAFE Companies

Phase congestion continues to be a focus for safe harvesting operations

Given that phase congestion is still one of the most often identified challenges to contractors, sub-contractors, fallers and other forestry workers, timing is good for the latest WorkSafeBC bulletin. The two-page document highlights employer responsibilities for proper planning, operational management and prevention of phase congestion. Please see WorkSafeBC's website:

<https://www.worksafebc.com/en/resources/health-safety/bulletins/licenseesowners-are-you-planning-and-conducting-your-forestry-operation-to-prevent-phase-congestion?>

The Coast Harvesting Advisory Group (CHAG) struck a working committee and hired a consultant on phase congestion a couple of years ago which resulted in letters from licensee CEOs to staff and contractors, the development of a video, check list and poster: "Say no to phase congestion." And, most recently the Falling Technical Advisory Committee (FTAC) has worked with another consultant to draft, develop and test a new infoplip: "Mechanical Falling and Hand Falling – working together for better results". 📍

Audit submission opportunities in Prince George and Fort St James in Sept. 2016

SAFE Companies may submit their audits in person in Fort St James on September 12 and 13; and in Prince George on September 14 and 15.

A total of 158 SAFE Certified companies are in the Fort St James and Prince George areas with audits due in the next couple of months.

"The biggest benefit is having the opportunity to sit down face to face with a Safety Advisor and have your audit reviewed in person. You get to ask questions and receive sound advice and support to take back to work immediately," said Safety Advisor, Lisa Banner.

If you have any questions about your audit or requirements, please call toll-free 1-877-741-1060 or email audit@bcforestsafesafe.org. To book an audit appointment, please call Clare Craig or Lisa Banner at 1-877-741-1060. 📍



Survey lets log haulers tell it like it is to help shape better safety outcomes

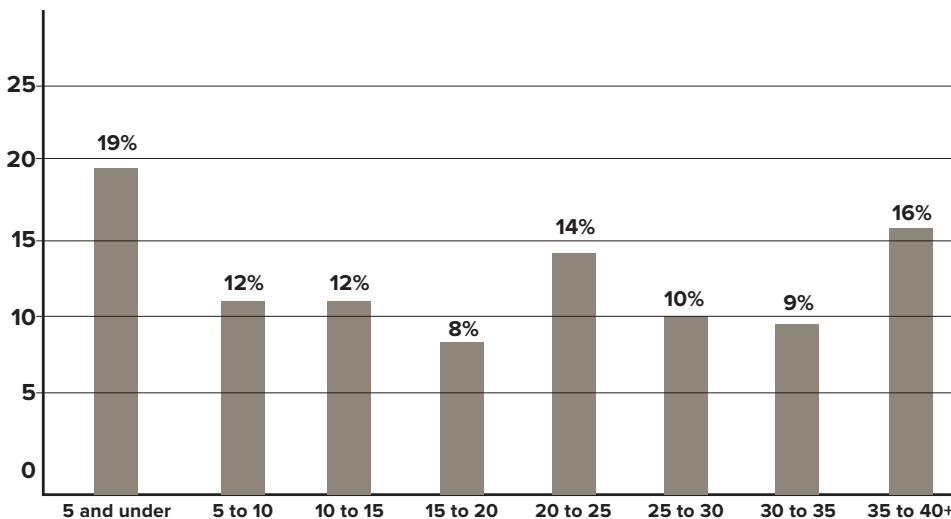
At each of the Standard of Care, Your Greatest Risk, and Anatomy of a Rollover seminars in 2016, attendees were invited to participate in a survey. The objective was to gather input directly from log haulers on the key safety issues that they face each day.

A total of 498 surveys were completed and analyzed, providing a solid 18% sample of the estimated 2,800 log haulers active in BC. Thank you to all who participated for sharing your knowledge and experience.

Experience levels of drivers

A broad range of experience levels were identified throughout the province, including a peak in the number of new drivers (19% of participants) had less than five years' experience, followed by 16% having 35-40 years of experience. While 19% of the drivers surveyed have less than five years' experience, less than 3% of these respondents are young workers (under 26 years of age). WorkSafeBC identifies a 'new worker' as anyone of any age and includes those who are new to the workplace or location, or facing new hazards, which means additional training, supervision and support are required to ensure safe performance.

How many years of log hauling experience do you have?



Fully 99% of participants indicated that new drivers should have log truck specific driver training, reflecting the importance of Professional Log Truck Driver programs to industry. The program, initiated by the Log Truck Technical Advisory Committee (LTTAC) and supported by the Truck Advisory Group (TAG), identifies training and /or mentoring as methods of acquiring the skills and knowledge to become a competent log truck driver.

Industry can tap existing driver expertise to coach and mentor new drivers

60% of respondents indicated a willingness to mentor or train new drivers. These results provide industry with an opportunity to tap into the resource of experienced driver knowledge. Companies engaging experienced drivers in training new drivers will want to ensure that the key attributes of a driving coach/mentor have been identified when initiating an internal training program.

WorkSafeBC is calling for comment on three sets of proposed changes

As at July 2016, WorkSafeBC was calling for comment on three sets of proposed changes to regulations:

1. Proposed changes to assessable payroll policies in the Assessment Manual
2. Consultation on clothing allowances and
3. Consultation on the Permanent Disability Evaluation Schedule (PDES) 2016 Review

Please see <https://www.worksafebc.com/en/law-policy/public-hearings-consultations-and-consultations> to review the pdf documents containing the proposed changes and to comment online or via other means about the proposed changes.

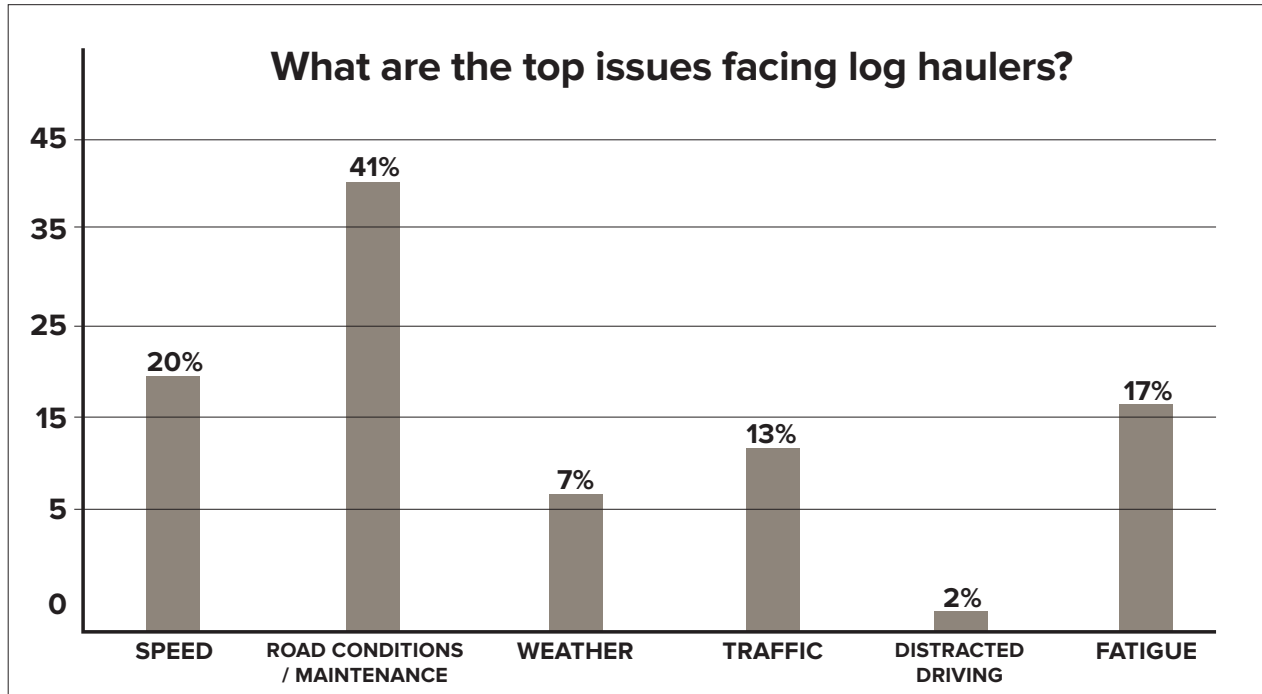
The deadline for feedback on the assessable payroll policies is: 4:30 p.m., September 30, 2016; clothing allowances is 4:30 p.m., October 28, 2016; PDES is 4:30 p.m., November 30, 2016. 🇨🇦

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Transportation

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The biggest safety issue identified by log truck drivers: road conditions/maintenance

41% of respondents indicated road conditions/maintenance as an issue affecting the safety of log haulers. Speed, fatigue, traffic, weather and distracted driving were also noted as safety concerns.

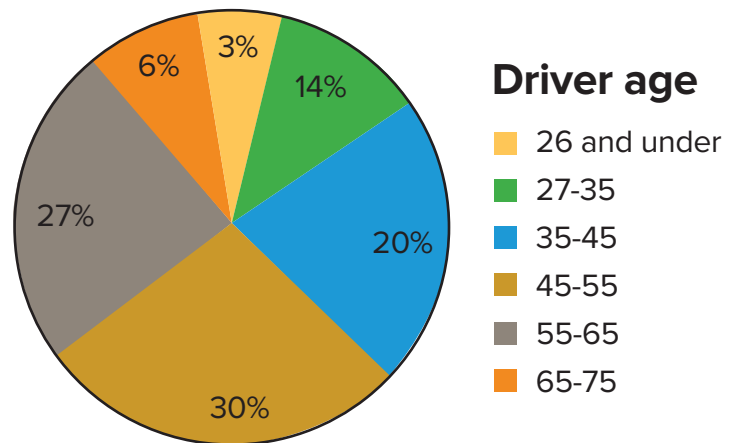
Almost half the drivers said they had been involved in a log hauling incident

49% of survey respondents reported that they have been involved in a log hauling incident that resulted in property damage or injury. The survey did not collect information on the severity of the injury or the extent of damage, however, the data does support the continued need for industry to remain focused on preventing log hauling incidents.

Health and wellness interest is high for log haulers

64% of survey respondents indicated that they are interested in a health and wellness program for log haulers. The health and wellness of log truck drivers has a large influence on safe driving, health and the quality and longevity of life. Adequate sleep, work life balance, proper nutrition and regular exercise are all areas that attribute to health and wellness both mentally and physically. Given the wide range of drivers' ages, successful health and wellness programs for log haulers should ensure that they are relevant, appropriate and meaningful to each of the age groups.

Results from the 19-question survey have been compiled by the BC Forest Safety Council (BCFSC) and will be reviewed by the LTTAC and TAG to help shape and inform future and ongoing safety initiatives in the log hauling sector. The final report of data and survey findings will also be shared on the BCFSC website later this year for all of industry to review and consider as appropriate to their own operations. 🚚





Falling

Sibola Mountain Falling was one of the first companies to achieve SAFE Certification

- **SAFE Certified for more than 10 years**
- **Jordan Nicolussi, president and founder, has seen significant changes in industry since he broke in as a faller in 1995**
- **Will always be a place for fallers in BC**

Jordan Nicolussi, president and founder of Sibola Mountain Falling, grew up in a logging family. His dad was a faller and had sworn that his son wouldn't get into it and so he encouraged Jordan to go off to study sciences at university. Then Jordan took a gap year before proceeding into medicine, went logging with a friend in 1995, and never left! He started out bucking and spent a lot of time watching fallers.

"I loved the idea of falling, almost the romance of it really and I told the contractor I was working for at the time that if there was ever an opportunity, I'd be interested in learning how to fall," explains Jordan. Not too long after that conversation, Jordan's supervisor came up to him and said: "There's your patch!" No training, no nothing, just a "good luck!" Jordan was fortunate that his dad had taught him the rudimentary basics about falling otherwise he's pretty sure he'd not have survived. But he was hooked!

We've come a long way as an industry

Jordan turned his personal falling passion into a large and growing falling contracting firm. He is quick to point out that his own experience breaking in as a faller is part of the past. "The change in industry has been massive. It has gotten safer," said Jordan. He feels that there are many reasons for this including more buy-in from licensees in part as they have a great appreciation for their social license; the advent of social media; and, public opinion after the 2005 pivot point that industry was killing too many men. "It was clear, things had to change," he said.

Reflecting on what still needs to happen to further improve safety, Jordan explained that today there are still operators that "aren't where they need to be on safety," and that creates an imbalance in the whole system. One of the things he has liked about the SAFE Companies program – the theory behind it – was that it should have created a level playing field for all operators, eliminating the wide swing of rates. The practice, however, is that there are still operators that will compromise safety to underbid. "The more we can change that, the better the outcomes for everyone," said Jordan.

An example of safety improvements in industry Jordan shared was about ERPs. In the past ERPs wouldn't have been tested, "but now it's what is done regularly all the time". If one is working on the mid coast you have to know if the helicopter can get there – and knowing that is also good for peace of mind for your fallers. It's not a worry at the back of their minds. They just focus on falling. They know they will be taken care of and be able to get off the mountain."



(top) Screenshot of Sibola Mountain Falling Ltd. website: <http://sibolamountainfalling.com> and (bottom) Jordan Nicolussi, president of Sibola Mountain Falling, participates at a recent Falling Technical Advisory Committee (FTAC) meeting.

Continued on page 12...

Continued from page 11...

Inspiring safety among fallers

So how does one choose a good faller to join the Sibola Mountain Falling team? “The reality is the falling community is a tight group and the chances are very rare that you haven’t already ‘heard’ a name,” explains Jordan. So when they are looking for a faller they already have a good idea who they might want to work for them, and then they check references and ask about the guy. “Bringing the right fallers into the falling crew is critical. A good culture and team is created when people like working for a company and they want their friends or buddies to work there too. “Our best ambassadors are our current fallers – and they know who they want to work with and who they don’t,” said Jordan. “You have to set the bar and everyone knows what it is, and who would be a good fit or not. They all want to work with good fallers and do a good job, and all go home safe at the end of the day.”

“It’s easy to see if someone has what it takes to be a faller. It is black or white. He either has it or he doesn’t, there is no gray.” Jordan says knowing that means he, as an owner, doesn’t have to worry that he may have the wrong person with a chainsaw in his hands. “Our supervisors are meticulous in checking out our new guys.”

Jordan said inspiring and keeping a safety culture comes from maintaining very close contact with all the bullbuckers and crews. His operations manager, Lorne Andersen, goes into camps regularly to support their bullbuckers and falling crews and to ensure that there are no concerns – whether about production, any aspect of the operation, or safety. There is one common goal: to keep everyone safe; not putting fallers in an upset condition.

Jordan says it cannot be said enough: “If your head is not in the game; or your feet are not in your boots – stay in camp! A day’s pay is not worth your life.” Walk away, and get to fall another day. He says that is constantly reinforced with his crews. Never accept unsafe work. “This is one of the important messages that comes consistently from all the old-timers,” said Jordan.

Falling is a great profession

If staying safe and having one’s head in the game is a key message, another one is: “There will be work for fallers!” Jordan says it is a message he’d like to hear more often. His concerns is that fallers are impacted when they hear industry saying that they are going to replace fallers with steep slope equipment, especially when the reality is machines will not be able to go into a lot of



A group of Sibola Mountain Falling fallers test their ERP plan.

the terrain that will still need to be felled. “I worry that fallers and prospective new fallers don’t hear a balanced message enough, that while there is a place for machines, there will also always be a place for fallers,” said Jordan.

As far as training of new fallers is concerned, he also said he likes the industry training model because the company can pick the candidate and it allows for a closer breaking in process, similar to the older days when seasoned fallers would spend considerable time teaching, coaching and mentoring new fallers and doing a good job of that because they wanted to keep the faller around to stay on their crew.

On innovation, he would like to see more done on heat exhaustion and prevention. He says he is really pleased with what one of the licensees he does work for is doing in regard to cut resistant shirts and clothing that is cooler in summer. “It’s really encouraging that they’re working to be proactive and innovative,” said Jordan. He said another challenge that remains for fallers re safety is human factors – providing the tools to help keep fallers’ heads in the game. He recalls a personal experience where what he did once many years ago, he’d never dream of doing today, but at the time he was going through some personal things that now he can see took his head out of the game. But, at the time, he never gave it a second thought. “For



Loading up the barge. Photo by Richard Shultz.



A Sibola Mountain Falling faller at work on the coast. Photo by Richard Shultz.

the sake of six inches, I might not have been here. So I really appreciate that it is a tough nut to crack.” Jordan speaks highly of the experience of having put all his managers and supervisors through Switchback training to create greater awareness of human factors. “It’s a really good awareness experience. What we need going forward though are more tools to help fallers know how to keep their heads in the game when

daily life has the potential to distract them,” he said.

Supervision is key too, said Jordan. A good supervisor knows his crew and you have to look at all your fallers and you know who you may need to pay more attention to, coach and mentor more, but he also cautions that sometimes it can be your top performers that you need to watch even more. “Because they

care, and love their job and the company, one has to recognize that they might be willing to take a risk because they think that it is good for the company.” Supervisors have to be able to manage for that too.

Learn more about Sibola Mountain Falling here: <http://sibolamountainfalling.com>



Falling



Our third column from another of your falling safety advisors:

Scott Rushton, Falling Safety Advisor.

I Chose to Look the Other Way

by Don Merrell

donmerrell@hotmail.com

*I could have saved a life that day,
 But I chose to look the other way.
 It wasn't that I didn't care,
 I had the time, and I was there.
 But I didn't want to seem a fool,
 Or argue over a safety rule.
 I knew he'd done the job before,
 If I spoke up, he might get sore.
 The chances didn't seem that bad,
 I'd done the same, he knew I had.
 So I shook my head and walked on by,
 He knew the risk as well as I.
 He took the chance, I closed an eye,
 And with that act, I let him die.
 I could have saved a lift that day,
 But I chose to look the other way.
 Now every time I see his wife,
 I'll know, I should have saved his life.
 That guilt is something I must bear,
 But it isn't something you need share.
 If you see a risk that others take,
 That puts their health or life at stake.
 The question asked, or thing you say,
 Could help them live another day.
 If you see a risk and walk away,
 Then hope you never have to say,
 I could have saved a life that day,
 But I chose to look the other way.*

This poem has always meant a lot to me. It reminds me of the old MacMillan Bloedel slogan of having the "Courage to Care". I think if we were to all take a moment and reflect on our pasts, most of us can recall a memory when we chose to look the other way. Most of the time it probably ended well but other times it ended in tragedy and changed many lives forever. Although fallers work alone most of the time, it really needs to be a 'team sport' for the crew to be successful. I believe the key to crew success is creating an atmosphere that is based on communication. If you don't have communication, you don't have anything; you are an incident waiting to happen. A Falling Supervisor recently shared with me his theory about the level of focus it takes to be "on task" while falling. He feels that when you are "in the groove" and totally "on point" while falling, your level of focus is comparable to that of a fighter pilot. He's probably not wrong.

In this era of working with distractions and upset conditions, it can be difficult for fallers to maintain that level of focus they need to stay safe throughout the day.

I look forward to the day when the acceptable industry culture is every faller on every crew is comfortable saying "no" to working in an upset or unsafe condition. It needs to be okay for every worker on every crew to stop and ask for help. When you involve humans in the workplace, you involve emotions. If channeled correctly, they can be a very powerful, positive tool. If not, they can be a recipe for disaster. Having proper management and supervision plays a big role in this. Supervisors need to understand and respect the responsibilities they have been given, be role models and lead by example. If that's not the case, the crew is being set up to fail. Learning to manage people and their emotions is often a far more challenging task than managing falling.

I'm excited to see the work that industry has put into a proposed new falling standard that will be further pilot tested in the fall. I believe we will see some positive and much needed changes that are being driven by fallers.

Whether you are a believer or not in industry's direction and purpose of the BC Forest Safety Council falling program, we want to hear from

you. We want to communicate. The Falling Safety Advisors will always make time for a chat. We are here to support the fallers and the falling industry in any way we can. It needs to be a team effort from the top to the bottom with open lines of communication for it to be successful. Please don't be the person who chooses to look the other way. Help each other out. Have the courage to care. Be part of the solution. It's in all of us.

- Scott Rushton,
 Falling Safety Advisor

Contact details for the Falling Safety Advisors:

To reach Scott Rushton, call or text 250-735-2850 or email srushton@bcforestsafesafe.org;

to reach David Adshead, call or text: 778-349-5084 or email dadshead@bcforestsafesafe.org;

and to reach Glenn Hestnes, call or text 250-713-5209 or email ghestnes@bcforestsafesafe.org. 📞

Latest successful new faller trainees

The latest New Faller Training course (#54) took place in Northwest Bay from May 9 – June 10, 2016. Front row (left to right) are the successful participants, Darcy Middlemiss and Justin Mountain; and in the back row (left to right) are the trainers: John Jacobsen, Lead Trainer, and Harry Cole, Assistant Trainer. 📞



FTAC prioritizes faller feedback for 2017 workplan items

At the last Falling Technical Advisory Committee (FTAC) meeting held at the end of May in Nanaimo, FTAC members received a summary update presentation on the Faller Standard Development overhaul, and then focused the majority of their meeting on identifying and prioritizing solutions to the key issues identified by fallers in the FTAC Faller survey results.

Update on BC Faller Standard Development

Russel Robertson, Director of Training and Program Development at the BC Forest Safety Council and Greg Shorland, a consultant working with industry subject matter experts to create and refine revised faller standard content, updated FTAC on progress to date. Before anything is finalized, industry will be testing the changes and providing further input and feedback.

Back-barring must be addressed

Another item shared at the meeting was a letter to the BCFSC from an FTAC member regarding his concerns about back-barring (an issue that was also identified by fallers in the FTAC survey). FTAC agreed to review the matter and decide on next steps.

Identifying and prioritizing solutions to issues identified by fallers in the FTAC faller survey

The majority of the FTAC meeting was spent on identifying and prioritizing solutions to issues identified by fallers in the FTAC faller survey (<http://www.bcforestsafes.org/2016ftacsurvey>). The top potential workplan items identified were (in order of priority):

1. identify how much a bullbucker should do
2. address the issue/opportunity of doubling up
3. contribute to standards and principles that support safe phase INTEGRATION
4. create an anonymous online shared database to look at close call reporting and industry trends
5. raise awareness of the value of an ERP
6. include a bullbucker in the planning phase of development to preempt unsafe work/issues
7. treat the responsibility of refusing unsafe work as an incident that requires a report
8. develop industry representations highlighting the cost/risk/benefits of blasting
9. create a working group to tackle the issue of back-barring
10. slideshow on good versus poor layout/planning and influence on safety
11. follow-up on phase congestion project from 2014-2015
12. awareness training for other logging supervisors (non-fallers)
13. create an educational handout that can be included in safety meetings re impairment in all its forms and how to deal with it and set limits.

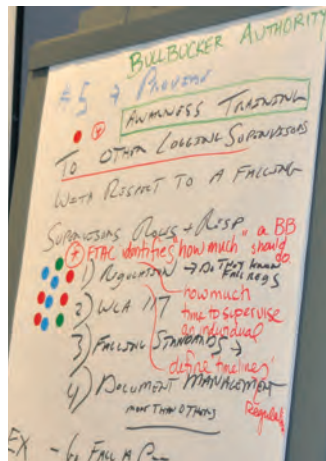
The next FTAC meeting will be held in September 16. 📍



Some of the Falling Technical Advisory Committee (FTAC) members who worked through prioritizing the items identified by fallers in the faller surveys and assigning action items to address issues that had been identified.



FTAC meeting facilitator, Pam Jorgenson, works through some of the action items to help shape the 2017 falling workplan for the BC Forest Safety Council.



One of the boards indicated a high level of support (number of dots) for work to be done on addressing roles and responsibilities of bullbuckers – e.g. how much should a bullbucker do; what is a realistic amount of time for supervision, etc.



Dave “Dazy” Weymer (standing) shares some ideas with FTAC while (left to right): Chris Spronken, Jack Miller and Bjarne Nielsen, listen.



Men's health at work matters

To celebrate Men's Health Week (June 13-19, 2016), the Institute for Healthy Living and Chronic Disease Prevention along with the Canadian Cancer Society hosted a one-hour webinar to share the latest updates on their award-winning "Powerplay" initiative. This is a program aimed at men in the workplace to help them improve their overall health and performance through increased physical activity and healthy eating.

Dr. Jean Botorff, Professor and Director, Institute for Healthy Living and Chronic Disease Prevention, University of British Columbia (Okanagan), kicked off the session, explaining that grant funding from the Canadian Cancer Society had made the program possible. A team of 15 people spread across two provinces focused on how best to support men to be healthier in Northern BC via a workplace health and wellness program.

Statistics drove the focus on men and northern BC

Dr. Botorff said that while the numbers adjust from year to year, men always have higher cancer rates than women. "By the year 2027, we are expecting to see a 53% increase in cancers, while current research shows that we can reduce cancers by approximately one third through prevention."

Men are more active than women across their lifespan, but the majority of men (83%) do not meet Canada's Physical Activity Guidelines for healthy activity levels. And, men in general, starting at a young age, eat too much "man food" such as red meat. These habits have become a way for men (generally-speaking) to affirm masculinity, "so it's not unexpected that men gravitate to these foods and not to fruit and vegetables," said Dr. Botorff.

The daily consumption of fruit and vegetables is much lower among men than women. Across Canada and elsewhere in the world the trend is for increasing obesity. Since 1995 and 2011 in Canada, obesity among men has increased from 6% to just over 18%. And the numbers are higher for areas in the north of BC. Self-reported Body Mass Index (BMI) in the north west, north east and northern interior are all higher than both the BC average and Canadian average obesity rates. "So it's not too surprising to see higher rates in cancers and other diseases particularly in the north around lifestyle choices," she said.

It has been scientifically established that one third of cancers can be prevented by diet, weight and physical activity management. If one maintains a healthy weight throughout life; is physically active every day in any way for 30 minutes or more; chooses mostly plant foods, limits red meat and avoids processed meat, one can reduce cancer risk by 33.3%.

In the past, the Canadian Cancer Society has been very successful in workplace wellness programs, but what they had observed was that it was mostly women that participated. The project team started looking at new ways to engage men around physical activity and healthy eating, looking at local and international experiences.

It was established that men responded best to, and wanted: simple, clear direct messages on healthy eating; camaraderie; and the support of their peers to make changes. And, since 75% of Canadian men are in paid work, a good point of contact to be able to reach them to talk about health and wellness is at work.

What men want to know more about

In their research, the program established that men were very interested in learning more about these topics: being physically active (over 85%); healthy eating (over 90%), managing stress (almost 90%); quitting/reducing smoking (65%); reducing alcohol consumption (over 30%) and screening and

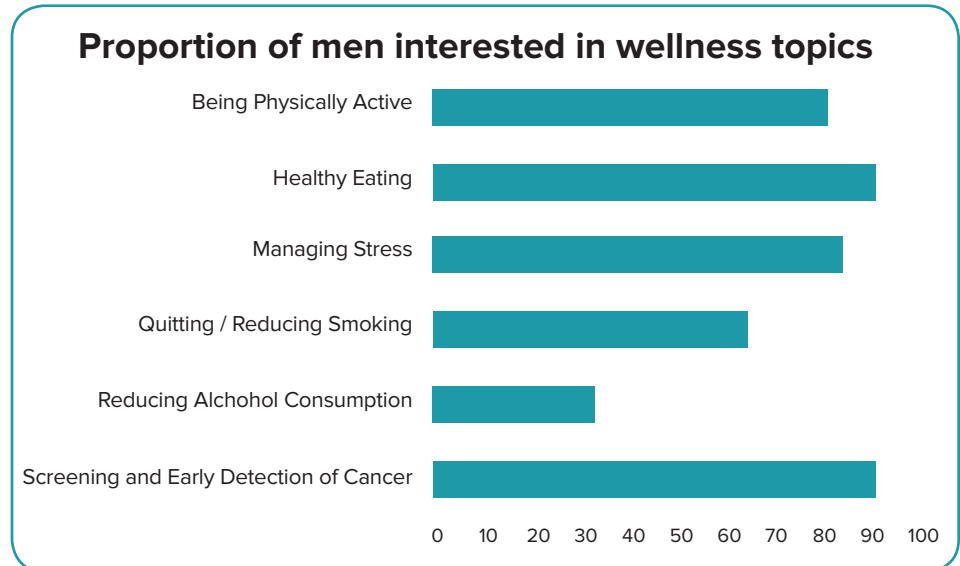


Screenshot of the webinar held in June on men's health at work.

early detection of cancer (over 90%).

Megan Klitch, Health Promotion Coordinator, Canadian Cancer Society in the BC Yukon division, based in Prince George, said men told them influences on their food choices included: lack of availability of healthy food choices; healthy food preparation takes longer; not sure what really is a healthy food choice; receiving mixed messages about what is healthy/not healthy; it is cheaper to buy a box of donuts than a vegetable platter; getting dark early, colder weather; and lack of self-motivation, etc.

Men wanted their peers to run workplace health and wellness programs, to be supported by management, and for programs to include elements of competition; make their progress easily trackable; provide reliable information; and provide incentives to participate.



One of the slides showing health related topics of most interest to men.

Being role models, safe and feeling better matters too

Feedback also included that men wanted to be seen as role models for the next generation and wanted to keep up with their kids as well as the younger guys at work. They also wanted to perform better at work and work safer too; relieve their stress and feel better.

Based on this input, information materials were developed which the team felt would engage and resonate with men about how to keep active and healthy – for power and performance.

From Facebook to pre-work meetings, every workplace was able to choose how to best share the information with their workforce. Four different companies participated in a pilot – including two trucking companies, and the City of Terrace. One element that was considered to be important for success was the presence of on-site confidential health consultations for each worker performed by nurses and funded by Northern Health.

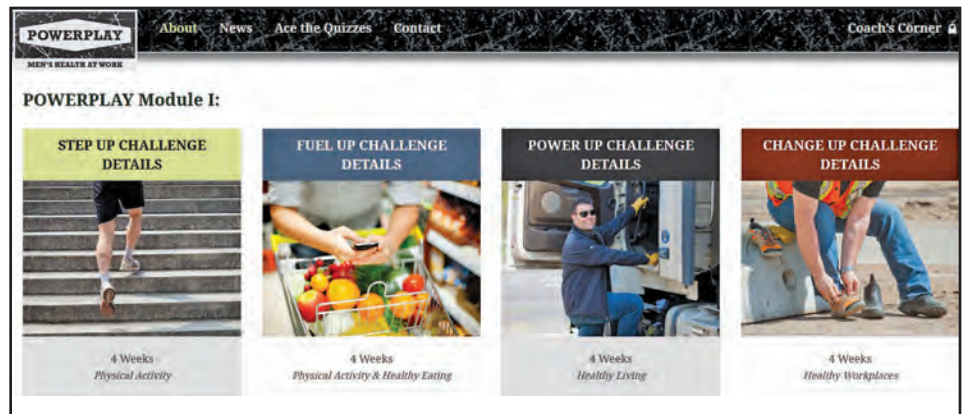
Dr. Cherisse Seaton, Research Coordinator, Institute for Healthy Living and Chronic Disease Prevention, UBC Okanagan, also based in Prince George, shared the summary results from research of the men's experiences after participating in the program in their workplaces. Reported outcomes included whether the program had been successful or not, and where improvements could be made.

The key findings were that strenuous and moderate activity went up, but overall fruit and vegetable intakes did not see a marked increase at the six month follow-up.

Overall, of the men who participated in the program, 74% were satisfied and would recommend the program to other men. Things they liked the most are listed below as well as suggestions on how to improve the program:

What part of the Powerplay program did you like the most?

- It helped bring people together in the workplace
- It got everyone talking and acting on it at work
- Got me thinking.
- The pedometer, STEP Up challenge, and tracking my activity
- It built up a little competition



Screenshot from www.powerplay.com website: tons of practical tools to take and use, and make your own in your workplace, regardless of how many employees you have.

What suggestions do you have for improving the Powerplay program?

- Have it online/electronic
- Make the challenges easier to understand
- Keep it simple / make it as easy as possible (i.e. tracking)
- Do it more often
- More competition perhaps. We men are very competitive with one another.

The latest version of the program has incorporated all feedback received to date. There are four challenges now: “step up”; “fuel up”; “power up”; and “change up”. The new and revised tools are currently being pilot tested with 80 men in a workplace in Prince George. Results are expected in a few months. Additional modules that are in development include: stress management and mental fitness in the workplace (“heads up” module) and a smoking cessation module.

One of the challenges for any workplace health and wellness program is the cost to the company – having the resources needed to run them, provide incentives, etc. (even if the tools are free). The team said that this was an issue that they were looking at critically – how to make the program sustainable and practical for more workplaces – a do it yourself model that is as cheap as possible for companies.

For now, if you are a company in northern BC and would like to test the program, you are invited to contact www.powerplayatwork.com for them to assist you in doing just that. “We’d be happy to talk with workplaces to implement and support the program,” said Dr. Bottorff. Be sure to also download all the free tools from the website.

Ultimately, there are also significant benefits to companies that implement successful health and wellness programs. According to a Sun Life wellness survey

<http://www.sunlife.ca/static/canada/Sponsor/About%20Group%20Benefits/Group%20benefits%20products%20and%20services/Health%20and%20wellness/2013-Sun-Life-Buffett-National-Wellness-Survey-EN.pdf> the bottom line benefits to organizations include:

- 51% have experienced improved employee morale
- 40% have seen reduced absenteeism
- 36% have received positive feedback from employees
- 30% have witnessed improved productivity
- 23% have experienced improved employee retention.

If you are interested in running a program like the ones described above, online training for fully employed human resources or occupational health and safety personnel is available through Selkirk College. The College is offering a certificate of Integrated Health and Safety via a nine-month online distance learning course.

Taught by Dr. Delia Roberts, the program is designed to help companies choose a health and wellness program, tailor it to the specific needs of their organization and run a sustainable, effective program that will improve safety and employee morale. See <http://selkirk.ca/program/integrated-worksites-health-safety> for more information.

If you would like to discuss how to best implement a program tailored to a forestry company, especially small companies of 19 or fewer workers, please don't hesitate to contact the BC Forest Safety Council. Four members of staff have completed the Selkirk program and are available to support forestry companies establish programs and to answer any questions you might have. Please call toll-free 1-877-741-1060 and speak with Training and Program Development Manager, Gerard Messier. 📞



Tick Talk By Arielle Roberts, BSc

Time and good information are critical when dealing with ticks. Unfortunately, there is a huge amount of misinformation about ticks and disease on the Internet, making tick management complicated – or even dangerous. On behalf of the BCFSC, this article will provide you with good information and quick access to the tools you need to keep yourself safe.

Top Tick Facts

- Ticks live in long grass and wooded or overgrown areas.
- Tick season runs April to October, and peaks from June to August.
- **Some ticks in Southern BC are known to be infected with the bacterium that causes Lyme disease. Risk areas include Vancouver Island and the Gulf Islands, the Lower Mainland and the Southern Interior.**

The Best Offense is a Good Defence

Every conversation about tick bites should start with a note on prevention. If the tick never bites you, you're not at risk!

To help prevent tick bites:

- Wear long-sleeved shirts and long pants in light colours whenever possible. Light colours help you to see ticks that may be on your clothes, while long pants and sleeves give less exposed skin for ticks to bite. Tucking your pants into your socks also keeps ticks from crawling underneath them.
- Use an insect repellent containing DEET or Icaridin on all exposed skin. Worried about the safety of insect repellents? Most studies have not shown any health or environmental concerns with DEET use. The few that did were disproven because the findings were a result of the way that they prepared their samples. If you experience skin irritation using a product containing DEET, choose one containing Icaridin/Picaridin, a new active ingredient that is easier on skin.
- Do a tick check after every day spent in tick habitat. Undress fully and examine every inch of your body for ticks, bearing in mind that they are very small and hard to see. Pay special attention to creases (insides of elbows, knees, groin etc.) and hairy areas, and use another person or a mirror to check areas you can't easily see.
- Watch out for hangers-on! Ticks can catch a ride into your house on your clothes, your gear, your pets or your children and then bite you later, so make sure you check everyone and everything thoroughly after

spending time in tick habitat. Don't trust your washing machine – just washing your clothes, even in hot water, may not kill ticks. They will need at least 20 minutes on the hot dryer cycle as well to be safe.

Tick Tock

If you are bitten, quick removal is very important. Removing the tick within 24-36 hours of the bite usually prevents any infection. It is safe to remove ticks at home with the right technique, but don't be afraid to see a doctor to have the tick removed if it's in a place you can't easily reach or see, or if you can't see the mouth parts, you can't get a good grip without squeezing the tick or if it does not detach easily.

To safely remove a tick:

- You will need: fine-tipped tweezers (available at any drug store), rubbing alcohol or swabs and a crush-proof plastic container such as an old pill bottle.
- Expose the site of the tick bite, being careful not to touch the tick with bare fingers.
- Wipe the tips of your tweezers with rubbing alcohol to sterilize them.
- Gently get a hold of the tick with the tweezers as close to the mouth as possible (below the swollen body). Don't squeeze any harder than you need to in order to get a good grip.
- Steadily lift the tick straight off your skin. Do not jerk or twist the tick as this may cause the head to be left behind in the bite. **Be careful not to squeeze the swollen body of the tick, as this will cause the contents of the tick's stomach to regurgitate into the bite and increase your chance of infection.**
- Once the tick has detached, immediately drop it into your crush-proof container and close the lid. Check the bite to make sure there were no mouth parts left behind – if you see any, gently pull them out with the tweezers. Clean the bite, your tweezers and your hands with rubbing alcohol or soap and hot water. You can use a small amount of antibiotic cream (e.g. Polysporin) on the bite if you wish.
- Note the date, time, where the tick bit you and where you were that day. If you were in a known Lyme disease risk area, you may want to drop a piece of damp paper towel or a damp cotton ball into the container to help keep the tick alive and take it to your doctor as soon as possible to be submitted for testing. Otherwise, keep the tick in the fridge for a few weeks in case you experience symptoms.

UNDER NO CIRCUMSTANCES should you attempt to freeze the tick, scrape it off of your skin, put any kind of substance on it or hold a match to it. These techniques do not work reliably and may increase your risk of being infected.

A note on tick removal tools: while many commercial tick removal gadgets are available in the USA, a few have started to make their way across the border. If you consider using or purchasing one, bear in mind that there is no clear evidence to suggest that they are safer or more effective than the above method, which is recommended by both Canadian and American health authorities.

The low-down on Lyme disease

While many diseases can be transmitted by tick bites, all but Lyme disease are rare in British Columbia. Not all ticks carry the bacterium that causes Lyme disease, and transmission when bitten is not guaranteed. However, Lyme disease is a very serious illness, so it is worth practicing extreme caution when you are out in the bush in an area where infected ticks have been found. There is no vaccine or preventative measure available other than not being bitten.

Symptoms to watch out for after a bite include but are not limited to:

- Fever
- Headache
- Fatigue
- Muscle or joint pain
- Skin rash anywhere on your body, especially in a 'bull's-eye' pattern

If you experience any of these symptoms in the days or weeks after your tick bite, see your doctor as soon as possible and take the tick with you for analysis. Your symptoms and the kind of tick that bit you is important information for doctors. Blood tests for Lyme disease are available in Canada, but they are complicated and take some time to complete. The amount of time since you were bitten, exposure to other bacterium similar to the one that causes Lyme disease and other health problems can all confuse the test results. New tests are always being developed, but as this article is being written none have been found by either Canadian or American health authorities to be more reliable than those already being used. Seeing the doctor early on and providing as much information as you can is critical, as early diagnosis and treatment helps to prevent serious complications of Lyme disease. Ideally you'd never be exposed, but now you have the tools and the knowledge to keep yourself safe when you need to.

Information courtesy of Health Canada, HealthLink BC, WorkSafeBC and the US Centre for Disease Control and Prevention. 🇨🇦



Tips for getting the better of bites and burns this summer

By Dr. Delia Roberts

Along with ticks described on page 16, bites from other insects as well as sunburns are all part of summer in the bush. But sometimes these minor irritations can turn into much more serious health problems. Both deserve some attention, so here are some myth-busters about insect repellent and some top tips for a bite- and burn-free summer.

UV what?

Sunlight contains ultraviolet (UV) radiation, which can damage your skin. There are two types of UV rays, called UVA and UVB, and they have different effects. UVA causes sun-related aging effects such as wrinkles, and UVB causes sunburns. Protecting yourself from UV radiation is critical, because repeated sunburns are one of the biggest risk factors for the development of skin cancers. One in sixty Canadian men will develop a deadly skin cancer – don't be the one!

Sun safety tools

So now that you know why it's so important to protect yourself from UV exposure, what tools can you use while you're working out in the sun?

1. The UV Index: The UV Index is part of every weather forecast, whether you use the radio, TV, Internet or even an app on your phone. It is a measurement of how much UV radiation will be around – and you'd be surprised how much there is, even on a cloudy day! If the UV Index is 3 or more, Health Canada recommends using sun safety precautions.

2. Short Shadow? Seek Shade! When your shadow is shorter than you are, the sun's rays are at their most intense, and so is the UV radiation. If you can, seek some shade – and bear in mind that reflections off of snow, water or sand can still reach you even when you're protected overhead.

3. Cover Up: If your job permits, choose light-coloured long-sleeved shirts and pants made of breathable fabric to minimize the amount of skin exposed to the sun. A wide-brimmed hat with a flap to protect the back of your neck will provide some shade to take with you, while sunglasses should have lenses that protect against both UVA and UVB rays.

4. Sunscreen: Choose a sunscreen with an SPF (sun protection factor) of at least 30 – more if you are fair-skinned. This means

you're protected from sunburn for at least 30 times longer than you would be with no sunscreen. It's also important to make sure your sunscreen is broad-spectrum, so that it also protects you from UVA radiation. Apply early (at least 20 minutes before exposure) and often, especially if you get wet or are sweating heavily.

Wait a minute! Isn't some sun exposure healthy?

It's true that sun exposure is necessary for the production of Vitamin D. However, anyone living north of New Mexico needs to take Vitamin D supplements anyway, as there is not enough UVB in sunlight during the winter to make any Vitamin D – no matter how much skin you expose. So, given the very real risk of a deadly skin cancer, it's much safer to choose sunscreen and get your Vitamin D from fortified milk or a supplement.

Little Buggers

For most of us, insects are no more than a minor annoyance. However, even in Canada bug bites can be no joke. Some Canadian mosquitos carry the West Nile Virus, which makes about 1 in 150 infected people seriously ill. Ticks are also common in Canada, and some carry Lyme disease, which is also a significant health problem. The safe option is to always use insect repellent when you're at risk of being bitten (near standing water and/or at dusk or dawn for mosquitos, and in long grass or overhanging branches in spring or fall for ticks).

But isn't DEET dangerous?

No, not really. Many safety studies have been done over the years since DEET was approved for public use in 1957. As recently as 2014, these studies have found no health or environmental concerns associated with the use of DEET. There have been studies published that claimed regular, high-dose exposure to DEET caused brain-cell death in laboratory animals, but those studies have since been rejected because of the way that the samples were prepared. Experts in the field of neurotoxicology showed that there was no behavioural evidence of brain damage at all.

As for the reaction between DEET and plastic or rayon, it happens because of the specific chemical structures of these substances. So while DEET may dissolve your phone, pack, or

sunglasses; your body, skin and organs will be just fine (unless you have a prosthetic limb).

Some people do experience skin irritation when using insect repellents containing DEET. Minimize your risk by using the following strategies:

- Use a product that is no more than 30% DEET. DEET is effective all day at 30% concentration; there is no need for a more powerful product.
- Apply just enough repellent to exposed skin to achieve a light coating and do not apply to areas that will be covered by clothes.
- Do not use repellent on areas where the skin is broken (i.e. cuts or scrapes).
- Apply spray-on repellent to the face by spraying it onto your hands and rubbing it on rather than spraying it into your face.
- Covering up (as outlined above for sun protection) will help to minimize the amount of repellent you need to apply.

If you are still worried about DEET or have a skin reaction to it, you can choose a repellent containing Icaridin/Picaridin, a new active ingredient recently approved for sale in Canada. It's only available in a few products, but is very effective – at a concentration of 20%, it provides protection for at least eight hours. The only 'natural' insect repellent (products based on essential oils) that has been shown by scientific studies to be effective is product containing oil of lemon eucalyptus. Although it can be as effective as DEET (and certainly smells better), it is only effective for about two hours, instead of the four to six hours of DEET, and it can also cause skin irritation. You'll either have to be very careful to re-apply it regularly or choose a stronger repellent, especially in areas where mosquitos and ticks are known to carry disease.

Final Thoughts

Although the fuss of being sun- and bug-safe may seem like too much trouble for a few minor irritations, there is plenty of evidence to show that bug bites and sunburns can lead to much bigger problems. Invest in a healthy future with sunscreen, then insect repellent – and have a great summer!

If you would like to see an article on a particular health and wellness topic, please email editor@bcforestsafesafe.org or call toll-free 1-877-741-1060. 🌿



Kid's Corner

School's out! Have a safe summer!

For 14-24-olds in their first jobs

In BC kids can start work, with parents' permission at age 14, and according to WorkSafeBC, 15 to 24 year-olds suffer about twice the rate of workplace injuries as do older workers in our province. Younger workers are likely inexperienced and often start work unprepared for the hazards. And as parents and grandparents, as we see our youngsters sign up for their first jobs, let's never forget to share our safety stories with them and reinforce what we've all learned: No matter what, never accept unsafe work!

For kids of all ages

Remember sun, fire and water safety all summer! Great resources include:

Canada sun guide:

<https://canadasafetycouncil.org/child-safety/canada-sun-guide>

Kids home alone:

<https://canadasafetycouncil.org/child-safety/preparation-and-communication-key-children-home-alone>

Water safety:

<https://canadasafetycouncil.org/child-safety/drowning-it-can-happen-seconds>

Happy campfires:

<https://canadasafetycouncil.org/community-safety/safety-key-happy-campfire-memories>

Hot car warning:

<https://canadasafetycouncil.org/child-safety/hot-car-warning>

Bicycle safety:

<https://canadasafetycouncil.org/child-safety/what-teach-your-children-about-bicycle-safety> 🚲



Remember who
you are going to be
safe for today and
every day!

Send in your artwork

Children are welcome to send in their artwork for publication, showing safe work activities in forestry. Send them to: The editor, Forest Safety News, 420 Albert Street, Nanaimo, BC, V9R 2V7. Little loot bags are sent to all the artists who send in their artwork, and their names are entered into an end-of-year draw for a chance to win a logging truck just in time for Christmas.

ABOUT Forest Safety News

Forest Safety News is published six times a year: February, April, June, August, October and December. All submissions – letters to the editor, safety tips, photos, safety stories, concerns etc. – are welcome. The opinions expressed in the newsletter are not necessarily those of the editor, staff or board of the BC Forest Safety Council. All decisions to publish materials rest with the editor. 12,000 copies of each edition are distributed via mail or email. Additional copies are distributed at industry events.

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Have a story, letter to the editor, safety tip, ideas or photos? Please send all submissions to:

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Safety is Good Business

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Road side debris working group completes tools to support better safety outcomes

The Roadside Debris Working Group, which was made up of road builders, fallers, engineers, and contract managers received Coast Harvesting Advisory Group (CHAG) approval for their document "Guidance for Eliminating Hazardous Roadside Debris" on June 14, 2016. Last month (September 2016) CHAG approved the distribution of the final resource materials to industry.

Following consultation with subject matter experts and conducting a survey, the working group devised seven key recommendations for eliminating hazardous roadside debris. While the recommendations were developed by coastal loggers, they are all as applicable to the interior, and everywhere in between.

From the guidance document, the working group built a series of resources, all of which are intended to help raise awareness of the issue, and support industry in implementing the seven key recommendations to prevent hazardous roadside debris and unsafe outcomes as a result of it.

Resources for industry use include:

- Slideshow/video for safety meetings <https://youtu.be/2rANydlx-aA>
- Brochure https://www.bcforestsafesafe.org/files/brochure_RoadSideDebris.pdf
- Poster: https://www.bcforestsafesafe.org/files/poster_RoadSideDebris.pdf
- Safety Alert of the Month (by end of 2016)
- stock form modification

The roadside debris working group members were: Chad Campbell, Ryder Contracting; Don Cleaver, Island Timberlands, Don Holmes, TimberWest; Steve Kerrone, Island Pacific Logging; Mike Lee, Interfor; Kevin McKamey, Pildolla Creek Contracting; and Aaron Steen, TimberWest. They worked with consultant, Pam Jorgenson, with administrative support from the BC Forest Safety Council.

Forest Safety News will collect information in late 2017 from industry – after the materials have been in field for a full year – to see how successful industry has been in addressing this issue, and what further action might be required. 🚧

Welcome to the October edition of Forest Safety News, covering news about safety topics in forestry. This is YOUR safety newsletter. We look forward to your input and feedback! Email the editor at editor@bcforestsafesafe.org or call 1-877-741-1060.

This poster was created as one of the tools to increase awareness and provide seven key recommendations for all phases to eliminate hazardous roadside debris. Copies may be ordered free of charge. Please see the full resource package here: <https://www.bcforestsafesafe.org/node/2858>.



Update on pellet performance:

Industry continues to build on large capital investments to support safety & performance

The pellet industry has over the past several years leveraged new technologies and practices to increase efficient, safe performance.

Forest Safety News asked WorkSafeBC to provide some background on the pellets safety file and their views on the BC pellet industry's recent safety performance.

In a written response, WorkSafeBC spokesperson Scott McCloy said that a formal combustible wood dust (CD) strategy has been in place since 2012 for pellet mills, with seven phases of inspectional activity and with more than 2,500 inspections having been conducted to the end of 2015.

He said that both successes and opportunities identified in each inspectional phase had been incorporated into subsequent phases, with compliance rates indicating that CD programs were both effective and sustainable. There are "no widespread combustible dust hazards at pellet mills that present the risk of a catastrophic event," he said, adding that industry had made significant capital investments to improve dust conveyance, collection, and ventilation systems and to adopt engineering controls. Going forward he said that industry was at the stage of applying continuous improvement to established combustible dust programs.

Unlike sawmills, pellet mills were not provided the option of undertaking a program of independent inspections. Each pellet mill received at least three WorkSafeBC inspections between October 2014 and January 2015. Thirty-five out of the 39 inspections did not result in any combustible dust orders. Four inspections (at three locations) resulted in five combustible dust orders, including one stop work order. The result was a 90% compliance rate with respect to pellet mill inspections, significantly up from 40% in an early phase (Phase IV). In a WorkSafeBC report by Gord Macatee, it is noted: "Overall, the pellet mill industry has risen to the challenge of implementing sustainable dust management programs. Many pellet mills have also incorporated the use of a recommended audit tool to help identify program deficiencies."

In a following phase, WorkSafeBC inspected

each wood pellet manufacturing location at least once between April 1, and December 31, 2015. This inspection initiative continued to focus on combustible dust management but also evaluated occupational health and safety (OHS) program compliance and effectiveness. Inspections focused on seven key health and safety requirements: combustible dust management, confined space entry, lockout, safeguarding, training and supervision of workers, contractor management, and standard operating procedures.

WorkSafeBC conducted 22 inspections at 17 pellet mills. Twenty-three orders were issued at six pellet mill locations with respect to the seven key OHS program requirements above. This included one stop work order and two stop use orders. No sanctions were issued. Narrowing the focus to combustible dust related orders five combustible dust related orders were issued at three pellet mill locations. This included the one stop work order. The result was an 86% compliance rate, with respect to combustible dust. (Updated stats for 2016 year-to-date were not available at the time of going to press.)

Looking to the future

As with sawmills, Scott said that control of combustible dust at pellet mills requires constant management attention and vigilance to keep programs sustainable. "Ongoing employer attention is required to ensure that there are no gaps in implementation, that the proper controls exist, and that the combustible wood dust program is fully operational," he said. "Recognizing this, WorkSafeBC remains involved in all issues pertaining to combustible dust."

2016 objectives and approach

WorkSafeBC's objectives for pellet mills in 2016 was/continues to be to ensure compliance; verify that effective and sustainable programs are being maintained; and, to validate that combustible dust management has become entrenched in day-to-day operations.

This is achieved by having inspections focus on employers' maintenance of long-term CD management programs supported

through employers' own daily self-inspections and follow-up actions; inspections that are consistent with the approach adopted under 2014 and 2015 inspection initiatives and reflect the performance-based nature of Wood Dust Mitigation and Control policies.

WorkSafeBC officers also ensure that pellet mill employers maintain a process of regular self-inspection and documentation that effectively assesses and manages risk; and review results of Wood Dust Mitigation and Control Audits conducted by employers, the recommendations stemming from audits, and the actions taken in response to recommendations.

This approach ensures that WorkSafeBC maintains contact with workers, supervisors and joint health and safety committee representatives.

In addition to combustible dust management the 2016 work plan for pellet mills also focussed on confined space entry; safeguarding of machinery and equipment and Standard Operating Procedures.

Areas of inspection focus for 2017

Next year will see a continued inspection presence by WorkSafeBC on pellet mills to ensure ongoing compliance. WorkSafeBC will also continue to work with the BC Forest Safety Council as the pellet mill health and safety association, and with the Wood Pellet Association of Canada (WPAC).

Scott said that WPAC had adopted WorkSafeBC's recommendations that focus on seven key health and safety requirements for all of its pellet mill members.

For more information, please see: WorkSafeBC's combustible dust resources: <https://www.worksafebc.com/en/health-safety/hazards-exposures/combustible-dust/resource-toolbox>

In addition, WorkSafeBC lists all penalties applied against specific companies on its website. The information can be accessed by any interested party on a 24/7 basis: <https://www.worksafebc.com/en/health-safety/create-manage/incident-investigations/penalties/h?origin=s&returnurl=https%3A%2F%2Fwww.worksafebc.com%2Fen%2Fsearch%23q%3Dpenalties%26sort%3Drelevancy%26f%3Alanguage-facet%3D%5BEnglish%5D&highlight=penalties>

2016-2017 Board at the BCFSC

The following industry members serve on the Board of the BC Forest Safety Council (BCFSC), ratifying strategic direction and guiding responses to emerging industry safety issues. Board members are elected from the membership of the BCFSC at the annual general meeting each year. The current board members are:

Ken Higginbotham, Board Chair

Andrew Horahan, Vice President, BC Operations, Interfor Corporation

Bob Matters, President, United Steelworkers Wood Council

Darshan Sihota, President, Island Timberlands

David Elstone, Executive Director, Truck Loggers Association

James Gorman, Vice-President, Corporate and Government Relations, West Fraser

Jason Fisher, Associate Deputy Minister, Ministry of Forest

Lands and Natural Resources Operations

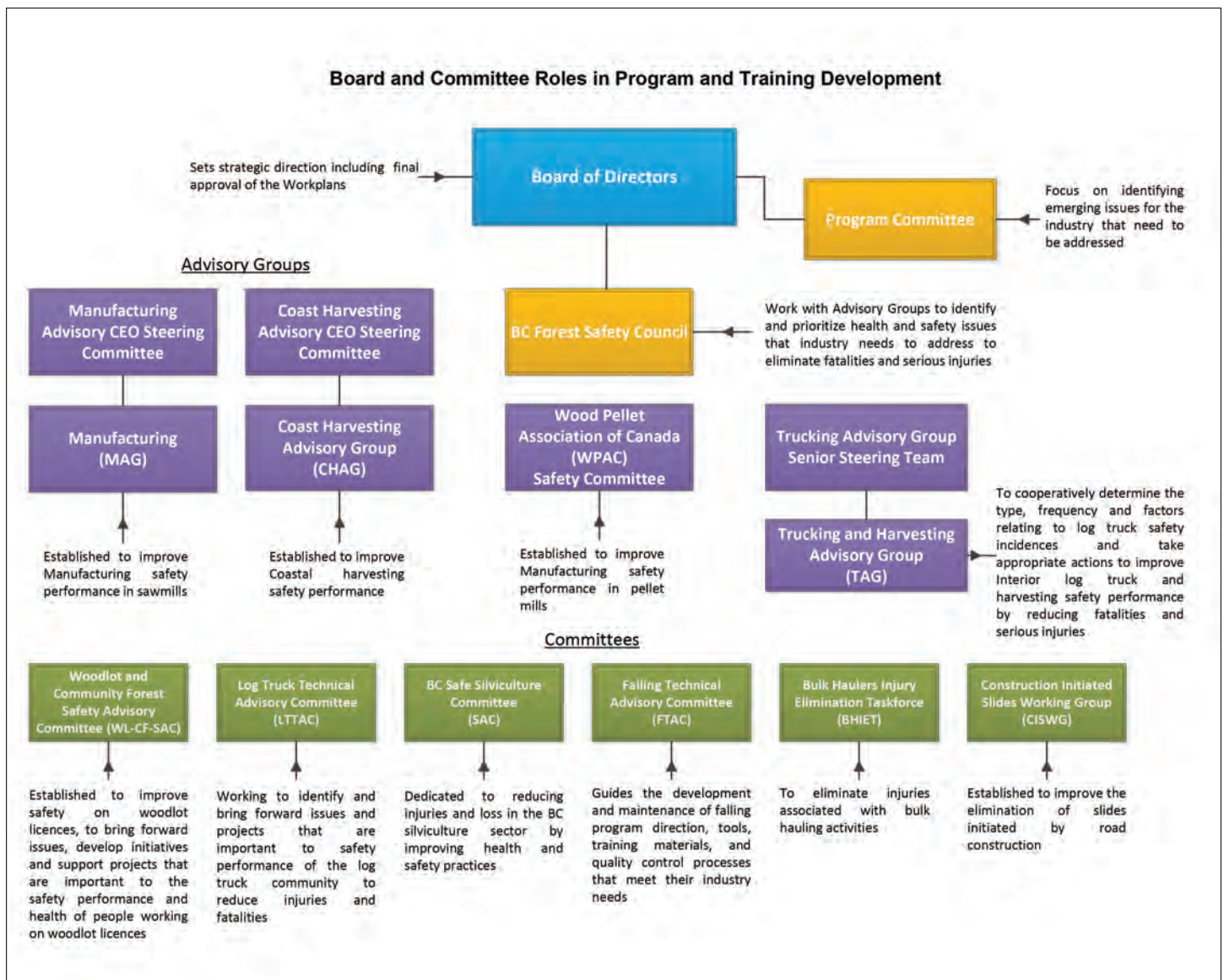
John Betts, Executive Director, Western Silvicultural Contractors' Association

Reid Hedlund, Chairman, Interior Logging Association

Stephen Mackie, Senior Vice President, Canadian Operations, Canfor.

A program committee, consisting of industry members also reviews all matters that go to the board, making recommendations. In addition 13 different safety working groups or committees work on representing the specific safety interests or issues of unique groups – whether fallers, log haulers, bulk carriers, marine transportation, harvesting, coastal, interior, aviation, woodlots, forestry road construction, etc.

The graphic below shows how these groups work together to help shape improved safety outcomes for everyone in industry. 🌟





Guest Column:

Making the plan meet the needs of all phases

by Martin Hahn, TFT

Making the plan meet the needs of all phases is easier said than done which is why when operators find their perfect planner who has real bush experience and worked alongside seasoned fallers, harvesters and haulers for years, they are worth their weight in gold (or so the saying goes!). I would like to share what I see working well.

We all work in the same environment, face similar challenges and more often than not meet each other on the haul roads. I would like to help alleviate layout concerns for those who follow with the harvesting and hauling equipment and also find common ways of recognizing the dangers that face each of us every day. On a few occasions our crew hears about our errors regarding our layout work over the radio and most times we have a chuckle but are often frustrated because it would be nice to review these areas with the harvest guys so we can move forward and alleviate some of the issues.

As industry continues to push the boundaries of cut-blocks into steeper and rockier terrain, there will be growing pains and it's important that there is regular communication frequently and recognition of the needs of all phases in planning decisions. When we all know what we need to achieve from the block, we can all plan ahead, eliminate as many surprises as possible, and build real teams that all share a common goal – to get every phase in and out safely, on time, and on budget.

When we first get our maps from the client, we have to look at not only what kind of wood we are looking for, but more importantly, how do we get it to the mill. With new harvesting systems like the ground based tether system coming on line and the access to LIDAR mapping we have gained some very valuable tools to keep the fibre flowing to the mill. But some of our cut-blocks are like the grizzly that has been pushed into the last remaining habitat in the high country. It's pretty up there, but building roads in these environments is not an easy task. Most of the nice ground with big wood has been eaten up for some years and the challenge now is finding viable sources of timber that don't break the bank when hauling it out.

The safety concerns we deal with when initially doing our recce's is more related to off road travel on quads and snowmobiles, and sometimes being many kilometers from any existing roads. This type of isolation creates its own safety hazards and concerns and although

most of us doing layout love this part of our job, we are also keenly aware that we have no roads to bring help if need be.

The hours spent in these environs are used to gather timber inventory data, look at viable cut-block boundaries and also attempt to put in road locations that can get the equipment into the area. We have our specs that we follow and although we all prefer to haul favorable (meaning downhill when loaded) it's not always feasible. Road grades keep getting pushed a bit steeper, the ground gets a bit rockier and we all have to work harder to ensure that the guys driving the loaded trucks can do so safely.

Giving corners and switch-backs a wider radius and eliminating switch-backs all together when feasible is one great example of how to make roads safer. With the use of LIDAR we can get a good handle on what kind of terrain we are dealing with before we head out into the field and at times can even use that to put road locations in at the office. This all sounds nice and easy, but the fact is nothing beats boots on the ground and some common sense. Knowing the local area is really the key to successful road layout. Sometimes an extra 200m of road near the bottom of the mountain can eliminate 5 or 6 switchbacks later on. But you have to walk the ground and get a good feel for the terrain.

Once we have the timber we want and a feasible road location we then also have to look at environmental factors. How many drainages are we dealing with, are they fish bearing, do we have any species at risk in the area? Terrain stability and steep slopes are another major concern for harvesting operations. There are limits set out by WorkSafeBC for this type of work. Then we have a responsibility to the public to not only ensure what we do is following good stewardship principles and is sustainable, but how does it impact other users of the area and or create Visual Quality concerns.

At the end of the day we have lots of check sheets and peers to help us get the job done and the more we are able to communicate with each other about what works and what doesn't work, the better and safer all of our jobs will be. We just have to remember that we are all on the same team and doing the best we can.

Martin does layout and road design with Sidley Mountain Forestry Consulting. What do you think? Would you like to write a column on a safety topic important to you? Email editor@bcforestsafe.org or call toll-free 1-877-741-1060.

BCFSC's work plan priorities for 2017 as directed by industry

Industry, with the support of the BCFSC, – through the safety working groups, a program committee and ultimately the board of directors of the BCFSC set and approve the direction and work plan items for the organization each year.

The 54-page document (accessible on our website) provides all the details of initiatives and how success and return on investment will be measured to ensure that industry's money and effort goes directly to the areas that industry has identified as needing specific attention and support to eliminate serious injuries and fatalities in our industry – both in harvesting and manufacturing.

The BCFSC's mission is to assist industry to eliminate all fatalities and serious injuries in the forest sector of British Columbia. For more details, please see the work plan on the website: www.bcforestsafe.org

Proposed saw chain shot regulatory changes aimed at keeping operators safe

Mobile forestry equipment that cut trees and logs with a hydraulic chain saw frequently experience saw chain breakage. When the saw chain breaks it can separate into fragments and generate projectiles moving at speeds similar to a 9mm bullet, towards the operator's cab – why it's called "saw chain shot". It is estimated that 1 in 50 breaks might generate saw chain shot.

The proposed changes to 26.1 would only affect equipment that was manufactured on or after April 1, 2019. Such mobile equipment is used in mechanical falling activities or log processing, equipped with a saw that cuts using a saw chain.

This mobile equipment must meet one of the following requirements:

- have protective guards or other devices that prevent the mobile equipment's cab windows from being directly struck by saw chain shot from the mobile equipment's saw chain
- each cab window that could be directly struck by saw chain shot from the mobile equipment's saw chain must be made of one or more sheets of polycarbonate that have a total thickness of at least 32mm (1.25 in), or meet or exceed the requirements of the level 1 ballistics tests of ANSI/UL 752, Standard for Bullet-Resisting Equipment, 11th edition (with revisions made on or before December 11, 2015).

Please note that for the purposes of this regulation, saw chain shot that ricochets off an object and then strikes a cab window is not considered to have directly struck the cab window.

Public input was being considered by WorkSafeBC till October 7, 2016 on these proposed changes.



Training

Fall is a great time to meet your training needs

More than 1,000 forestry workers, consultants, supervisors, managers and owners have attended SAFE Companies, Supervisor, and Incident Investigation courses so far this year, with a full schedule of training options available for the last three months of the calendar year.

"Fall is a great time to train your workers and complete any training requirements before year end. We also have the flexibility to help tailor courses to best suit any size of forestry company's training needs," said Allison Thompson, Training and Standards Manager at the BC Forest Safety Council (BCFSC).

Forest Supervisor training

Supervisors and managers in the forest industry play an important role in keeping their workers safe and productive. Based on the input of forestry supervisors across the province, the BCFSC offers three training modules that will provide supervisors and managers with skills and knowledge to help them oversee their workers more effectively. Each module can be taken on its own, or an individual can sign up for all three.

These three training modules (due diligence, communications and leadership) are for managers, supervisors, foremen or others responsible for supervision of forest workers. There are no prerequisites to attend any of the programs.

Recent participants in the Forest Supervisor course have had the following to say about their learning experience:

What were the strengths of the course?

Open discussion; concrete answers; related incidents; videos; examples; hazards; documentation; very specific and simple; document everything you do at work; safety; made me look at my past supervisor actions & what I should have done.

How did this course change you or how you work?

Provided more tangible resources and provided first hand stories; paper work stuff will improve how to work with crew safely; made me realize a few mistakes I made while working; to be a better leader; I will be more aware of what I say.

SAFE Companies training

Occupational Health and Safety training for auditors in all sizes of companies is available. The Small Employer OHS training (SEOHS) is for auditors working in a company size of 2-19 workers.

Some recent course participants had this to say about their training:

What were the strengths of the course?

Getting proper info on how to fill out audit; good networking; great information and resource materials; good audit info; the trainer made the course fun and enjoyable, good content, great help with audit submission; detailed explanation; wasn't boring, interactive; appropriate amount of time; clear examples; instructor was very knowledgeable; lots of great information; learned new information; very good communicator; new info; class/group interaction

How did this course change you or how you work?

Helped me to be a better supervisor and owner operator of a SAFE company; really helped our organization to learn how to implement protocol; better ways to improve my safety manual; gave me better ideas on how to do my audit; add structure to program, document inspections/journals; motivation through examples; more organized; better documentation.

Incident Investigation training

Basic Incident Investigation training provides a basic understanding of the methods, tools, and processes needed to lead an incident investigation: to identify root causes and to drive effective corrective or preventative actions.

Advanced Incident Investigation training uses a series of videos that guide participants through a mock incident and show how a variety of organizations are involved in investigating serious incidents. WorkSafeBC, the RCMP, the BC Coroner's Service and others provide advice on managing these types of incident scenes.

Here is what participants at a recent Advanced Incident Investigation course said about the course:

What are the strengths of the course?

Teacher is very good; clear & concise; course teaches you to handle situations in a professional way; well-paced, in-depth information; good discussion in groups; good explanations; having people from different backgrounds is great for role playing activities; all different views get discussed.

What did you learn?

A lot about doing my investigations at work; the roles of different agencies involved in major incidents; not to speculate what happened and always collect all information; ask questions (lots); how agencies participate and liaise with each other; that I have a view that leans towards supervision; always follow through with recommendations made from incident investigation. 🧐

Upcoming training

If you would like to see how a training course can meet your organization's needs, please let us know. We are committed to working with you to find the right training solution. We may be able to tailor a program to your specific needs and deliver it in a way that is most convenient for your operations.

Basic Incident Investigation training:

October 20	Williams Lake
October 27	Vernon
December 1	Nanaimo
December 8	Prince George

Advanced Incident Investigation training:

October 21	Williams Lake
October 28	Vernon
December 2	Nanaimo
December 9	Prince George

Falling Supervisor training:

October 3	Prince George
October 17	Vernon
October 31	Campbell River
December 5	Nanaimo

Forest Supervisor training:

Module 1: Due Diligence (1)	
Module 2: Communications (2)	
Module 3: Leadership & Professionalism (3)	
November 2	Prince George (1)
November 3	Prince George (2)
November 4	Prince George (3)
November 16	Vernon (1)
November 17	Vernon (2)
November 18	Vernon (3)
December 5	Campbell River (1)
December 6	Campbell River (2)
December 7	Campbell River (3)

Internal Auditor Theory BASE 4 training:

October 3	Prince George
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Individual Owner Operator OHS & Refresher training:

October 29	Teleconference
November 26	Teleconference
December 17	Teleconference

Small Employer OHS training & Refresher training:

October 13	Williams Lake
November 1	Cranbrook
November 2	Houston
November 3	Castlegar
November 17	Langley
November 24	Prince George
December 1	Vernon
December 8	Campbell River

Please see the full 2016 training calendar at bcforestsafes.org/fscapps/calendar/calendar.php. Check back often as course dates do change. Email training@bcforestsafes.org or call toll-free 1-877-741-1060 for more general information, or email Gary Banys at banys@bcforestsafes.org to answer any questions you might have about course content and tailoring courses to meet your company's needs. 🧐

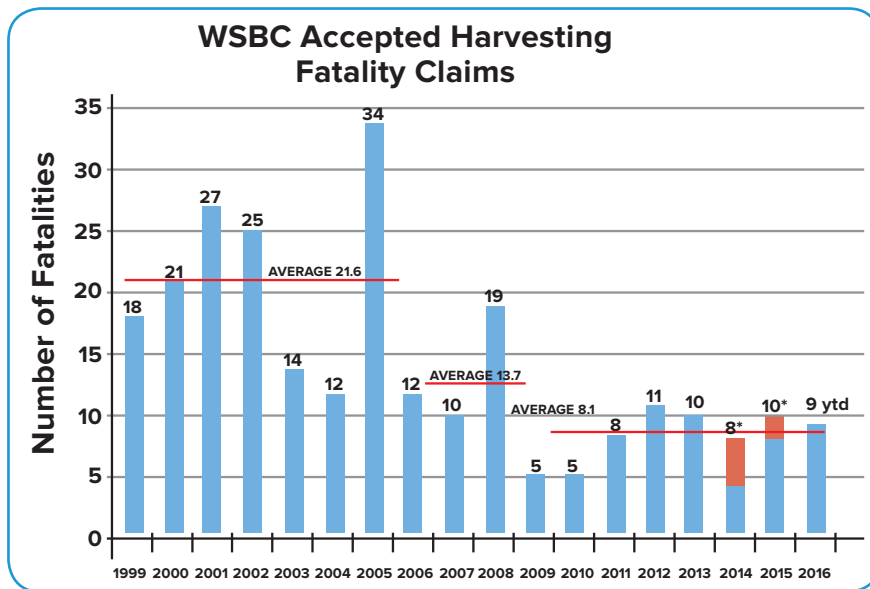


Fatalities and Injuries

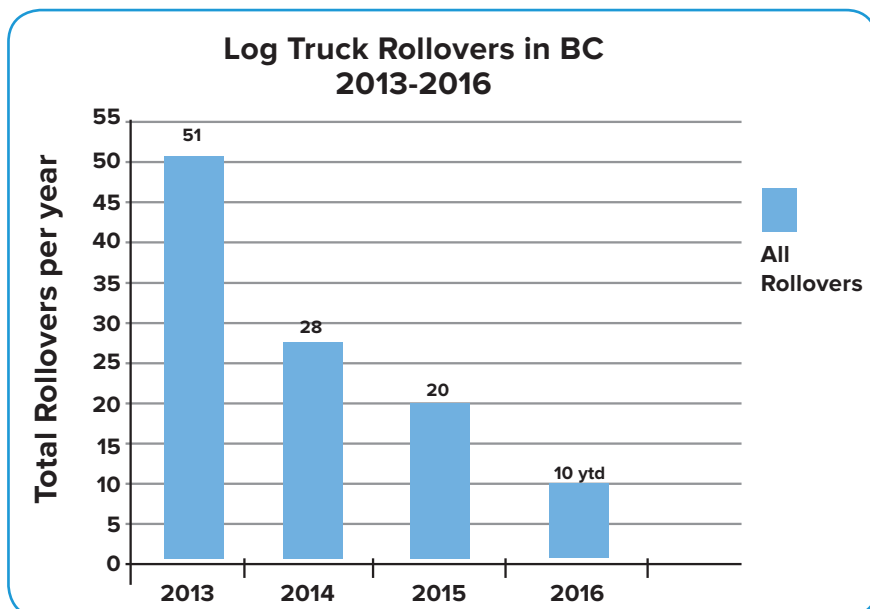
Nine fatalities in forest harvesting year-to-date

So far this year, as at September 12, 2016, there have been:

- nine fatalities in forest harvesting
- two fatalities in manufacturing, and
- two associated fatalities in forest harvesting.



The year to date data in 2016 is as at September 12, 2016 and is based on WorkSafeBC accepted claims and incidents that the BCFSC is aware of that happened in 2016. Please note that the above data is preliminary. *There are 4 fatalities the BC Forest Safety Council is aware of that occurred in 2014 and 8 fatalities that occurred in 2015. WorkSafeBC tracks fatalities by the year in which they accept the claim. The BCFSC uses the WorkSafeBC data of accepted claims for trends although it may not specifically indicate current year fatalities, it is the only long-term data base for comparative purposes.



The above data is up till September 8, 2016. Please note that these statistics are for high profile rollovers tracked by the BC Forest Safety Council's Transportation Safety Department.

Fatalities in forest harvesting

September 11, 2016: A 23-year-old faller died near Zeballos on Vancouver Island. Preliminary information indicates that a tree he was falling impacted another tree.. The RCMP, WorkSafeBC and the Coroners Service are investigating. See the safety alert: <http://www.bcforestsafesafe.org/node/2853>

September 2, 2016: The Elk Valley RCMP confirmed a log truck driver died in a single vehicle incident on the Elk River Forest Service Road shortly after 6 am. A loaded logging truck rolled over down a steep embankment. An investigation is still underway. See the safety alert: <http://www.bcforestsafesafe.org/node/2847>

August 9, 2016: The owner of a log transportation firm died at the scene while attempting to jump start a tractor in the truck shop's yard in the Fraser-Fort George area. The tractor moved forward pinning the man under the rear dual tractor tires. See the safety alert: <https://www.bcforestsafesafe.org/node/2827>

August 8, 2016: The driver of a loaded log truck was seriously injured when his trailer went off the road, taking the tractor with it while he was travelling down a muddy hill. The driver was transported to hospital but passed away on August 18th. See the safety alert: <http://bcforestsafesafe.org/node/2833>

July 4, 2016: A faller was fatally injured while working in an area near Bella Bella. He was falling a danger tree when it broke up, fell in an unintended direction and struck him. He was airlifted to Vancouver, where he later died. WorkSafeBC and the Coroners Service are investigating this incident. See the safety alert: <http://www.bcforestsafesafe.org/node/2817>

April 13, 2016: A yarder operator died in his machine, near Yale, north of Hope. The steel spar on the yarder collapsed and crushed the operator's cab. See the safety alert: <http://www.bcforestsafesafe.org/node/2781>. The incident is still under investigation by the authorities.

February 26, 2016: An equipment operator was electrocuted near Port McNeill. (See safety alert: <http://www.bcforestsafesafe.org/node/2767>)

January 31, 2016: A 23-year-old man died after the empty logging truck he was trying to repair ran over him near Fraser Lake. (See safety alert: <http://www.bcforestsafesafe.org/node/2781>)

January 26, 2016: A 22-year-old log truck driver died in a logging truck incident between Princeton and Merritt. (See safety alert: <http://www.bcforestsafesafe.org/node/2755>)

TWO FATALITIES IN MANUFACTURING:

March 25, 2016: A 37-year-old equipment operator died at a Nanaimo pulp mill after the wood chip pile he was standing on collapsed.

January 27, 2016: A 62-year-old equipment operator died at a Crofton mill. (See safety alert: <http://www.bcforestsafesafe.org/node/2760>)

TWO ASSOCIATED FATALITIES IN FOREST HARVESTING YEAR-TO-DATE:

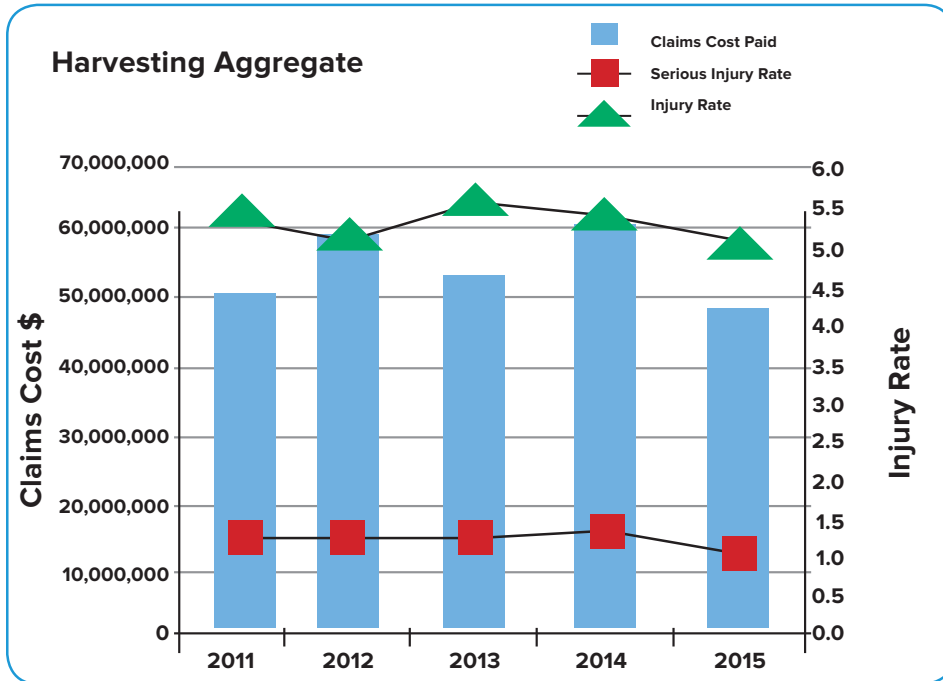
August 15, 2016: A logging truck was driving along the Lougheed Highway near Harrison Mills when it tipped, sending logs rolling into the street. One of the logs struck a pickup truck and the female driver died at the scene. The driver of the logging truck was uninjured in the crash.

August 3, 2016: A senior Clinton man was trapped in his crew cab vehicle on Big Bar Road off Highway 97 after he came around a hair pin corner and hit an east bound logging truck. The log truck driver was uninjured. The other driver was seriously injured and transported by air ambulance to Kamloops, where he died.

Forest Safety News extends sincere condolences to all the families, co-workers and friends of the deceased. While in many of the above instances investigations by authorities are still underway to determine root cause, every workplace fatality and injury is preventable.

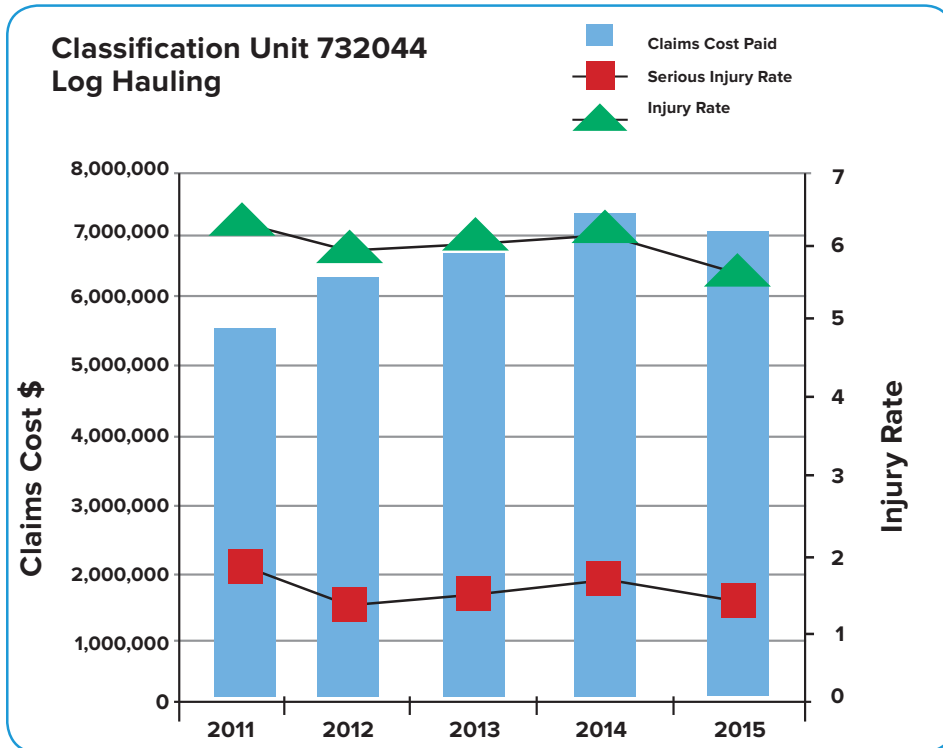
Injury and serious injury rates

In terms of injury and serious injury rates, as well as claims cost paid, there are some encouraging numbers, as shown below for the period 2011 to 2015 in the harvesting sector (all classification units in the sector):



In 2016, data till June, shows that performance to that point -- if maintained in the second half of the year -- is on track to show a further reduction year over year.

For log hauling specifically, for the same period (2011 to 2015), while claims costs have shown a reduction year over year (2015 versus 2014), they are still higher when compared to prior years: 2011, 2012 and 2013. However, there has been a marked reduction in both the injury and serious injury rates, as shown below:



For 2016, up till June, data in the log hauling classification unit is on track to maintain a reduction year over year for injury and serious injury rates.

For additional classification unit profile graphs, like those above, please see this link: http://www.bcforestsafes.org/files/rpt_HarvestingInjuryRateAndClaimsCosts-2011-2015.pdf

Recent incidents reported to WorkSafeBC

The following incidents were recently reported to WorkSafeBC. Share them with your crews – awareness is the first step in preventing similar incidents on your worksite.

HARVESTING

Injury Type: Crush injuries
Core Activity: Log hauling
Location: Vancouver Island/Coastal B.C.
Date of Incident: 2016-Jul
 A log truck driver walked into the active loading area before loading of the truck was finished. A large cedar slab fell off the log truck and struck the worker.

Injury Type: Close call
Core Activity: Dry land sort
Location: Vancouver Island/Coastal B.C.
Date of Incident: 2016-Jul
 A log stacker was observed with smoke below the equipment and then was soon engulfed in flames. The heat of the fire caused the right outside tire to explode. The driver was able to exit the equipment without injury.

Injury Type: Temporary loss of consciousness; possible concussion
Core Activity: Logging road construction or maintenance
Location: Vancouver Island/Coastal B.C.
Date of Incident: 2016-Jul
 A log loader was pulling on a chain sling wrapped around a bundle of metal culverts. The chain snapped and hit a worker on the back of the head.

Injury Type: Close call
Core Activity: Shake block cutting
Location: Interior B.C.
Date of Incident: 2016-Jul
 A fire burned a log loader and a maintenance shop, then spread to cedar log decks, chip piles, hog piles, and the surrounding forest.

MANUFACTURING

Injury Type: Close call
Core Activity: Sawmill
Location: Northern B.C.
Date of Incident: 2016-Jul
 A welder was arc-gouging (using air) the side of a conveyor in a sawmill. No watch person was assisting to check for sparks. Sparks caused a grease/hydraulic hose to melt and catch fire. The fire spread from the conveyor area through the edger and along the ceiling. The local fire department contained and extinguished the fire.



Talkin' safety with Mike Sexton: Good safety meetings make a difference

Mike Sexton, senior safety advisor.

Safety meetings are a very important part of every company's safety program. The safety meeting is a great chance to have discussions on important issues in the company or even in the industry as a whole.

There has been a lot of discussion over the years as to what makes a good safety meeting. There are many styles that companies use. Ultimately, it's up to the each company to have a style that works for them. Bigger companies will often employ the "Safety Tour" style. This is where a worker member of the Joint Occupational Health and Safety Committee (JOHSC) will go to every site and discuss the current Safety topics. Inspections of machines and sites can happen at this time too. Workers can sometimes feel more comfortable in the one on one situation to bring up more issues. The information from

these tours is compiled and then discussed at the monthly JOHSC meetings. The other way is having a company-wide meeting in the same place. This can require a large space of course, but can offer benefits such as taking less time to complete the meeting and having the whole company together for discussion. This is a great way to discuss company-wide issues such as Injury Management/Return to Work, or other new initiatives.

Smaller companies usually get the whole crew together to discuss things. Safety Alerts from other companies (or their own), inspections, new workers are some of the topics that may be discussed. Remember a great resource for industry alerts (sortable by geography, type of incident and type of forestry work) is accessible here:

<http://www.bcforestsafe.org/node/2690>

Why do we need to have safety meetings?

Well, there are a few good reasons. Firstly, communication is a huge part of any company's success. All workers need to know what is going on, especially if it's a pre-work safety meeting. Many new ideas come up in safety meetings to make companies safer and in turn more efficient.

Also, it is WorkSafeBC regulation to hold a minimum of one safety meeting per month. And if you are an employer of over 20 workers and required to have a JOHSC, then that committee must meet at least monthly too.

Safety meeting forms

There are many different forms out there. Which one is the best? Well, that would be the one your company likes! There are no real "musts" when it comes to forms, except the date, time and attendees must be recorded. But something that works for you is also important. Noting where the meeting was held is important. Sectioning it off into topics is a good thing. It can remind you what you want to talk about. Items from the last meeting could be good if follow up is required.

The Corrective Action Log, company goals and the progress towards them, incidents and close calls are all good things to discuss monthly. Every company needs to do what is best for them.

And don't forget to talk about the good things too.

Keeping track in a journal is okay. Just remember that the minutes from Safety meetings must be available to all workers.

If you would like to personally discuss what might work best for your operation, or if you have any specific safety meeting questions, please contact us and we can discuss your potential options. We are always here to help you with your safety program, any way we can. Call toll-free 1-877-741-1060 and ask to speak to a safety advisor. ☎

Industry Safety Alert Database

View SA	Alert Type	Company	Location	Date
Go	Vehicles	WorkSafeBC	British Columbia	2016-09-15
Go	Heavy Equipment	Interfor (Adams Lake Di	British Columbia	2016-08-19
Go	Workers		British Columbia	2016-08-18
Go	Worksites	Interfor / J. Walker Scall	Grand Forks, BC	2016-07-20
Go	Weather	Interfor (Interior Operati	Grand Forks area	2016-06-01
Go	Log Hauling	Fearless Log Salvage Ltd	Campbell River Forest D	2016-05-25
Go	Other	Western Silvicultural Cor	Resource roads throughf	2016-05-24
Go	Log Hauling	Kurt Leroy Trucking Ltd	TFL 39 (Vancouver Islar	2016-05-12
Go	Log Hauling	Mount Sicker Lumber Co	Mesachie Lake (south V&	2016-04-20
Go	Silviculture	Evergreen Forest Servic	Rivers Inlet (coastal BC)	2016-04-10
Go	Weather	EW Services Inc.	Northeastern BC	2016-03-21
Go	Manufacturing	West Fraser Mills Ltd.	WestPine Medium Densi	2016-03-09
Go	Road Building/Deactivati	Strathcona Contracting	Nootka Island	2016-02-24
Go	Vehicles	Downie Timber Ltd. - W	Beaton Arm (near Nakus	2016-02-10
Go	Workers	Interfor (Adams Lake Di	Work sites throughout f	2016-01-16
Go	Mechanical Tree Falling	Lime Creek Logging Ltd.	Grand Forks (Knappen C	2016-01-15
Go	Road Building/Deactivati	Galena Contractors Ltd.	BC Southern Interior (ne	2016-01-13
Go	Resource Roads	Downie Timber Ltd. - W	2km Soards FSR - Near	2015-12-11
Go	Workers	Kennedy Forest & Safet	Williams Lake area	2015-12-10
Go	Yarding and Loading	A.H. Green Log Hauling	West-Central Vancouver	2015-11-24
Go	Wildlife encounter	Cabin Forestrv Services	Camel's Hump, Clier Lak	2015-11-20

Status: 1198 records loaded.

Screenshot of the industry safety alert database where you can search almost 1,200 alerts covering every aspect of forestry work to help you prevent similar near misses or incidents. It is a good resource for possible safety meeting content and discussion. See <http://www.bcforestsafe.org/node/2690>

Tips for preparing your audit for the December rush

December is traditionally one of the busiest times for audit submissions. The BC Forest Safety Council estimates that between November 1 and December 31, we will receive over 800 maintenance audits for review with the bulk arriving after December 15, 2016.

Here are some things to keep in mind to meet your deadline:

1. The deadline to have the annual maintenance audit sent via email, upload, mail or courier stamp is on or before December 31, 2016. The official date is the date you send it, rather than the date we receive it. If this is a recertification year, your audit is due on or before the expiry date on your SAFE certificate.
2. Don't wait until the last minute. While it can only take a few hours to put together a good SEBASE audit, you may not realize that one critical piece of paper is 12 hours away until you start to put it together.
3. Call us if you get stuck, toll-free at 1-877-741-1060 from 0800-1700 Monday to Friday and ask to speak to a safety advisor about your audit question or email safeco@bcforestsafesafe.org. We can also send forms and documents to your email address faster than by mail.
4. Send it electronically if you are able to. This is faster and cheaper for you as well as being tracked in case there are questions about when you sent it. There are email (file size under 10MB) and upload (file size >10MB) instructions on the second page of the audit package:
 - e-mail to audit@bcforestsafesafe.org for files under 10MB
 - online submission for large files: <http://app.bcforestsafesafe.org/upload/>
 - give each file a logical name, including your company name such as 'Brown Logging SEBASE 2016' and 'Brown Logging question 3'.
5. If you are sending it physically, we recommend using a tracked method, such as a courier, or via one of Canada Post's tracking methods in order to provide proof of when it was sent.
6. Your last audit's success letter has your Corrective Action Log pre-started for this year. If you do not have this in your company files, we can re-send it to you if you call us toll-free at 1-877-741-1060.
7. First in, first out. A company that sends in their audit at the end of November, before the rush, gets their results back much faster than a company that submits on December 30. The same is true for advice. Calling in November gives you more time on the phone AND more time to follow through with the advice that is given. Phoning at 4:50pm on December 30 and asking how to fill out the entire audit is not going to lead to on-time completion.
8. Offices (and advice lines) are closed for Christmas and Boxing Day on Monday and Tuesday December 26 and 27, 2016. The physical offices close at 5pm on Friday December 30, but electronic submissions and emails will be accepted until midnight on Saturday December 31, 2016.
9. Some post offices and couriers close early (or will not be open) on December 31. Check service hours with your local outlet. 📍

COMING SOON!

New online training video on how to prepare your SAFE Companies audit

Ready for 2017 – a quick 20 minute training video tool will be available to access online to help support companies in preparing their maintenance audits each year. The video aims to walk people through the audit, question by question, explaining what is needed, how to prepare it, what to include and what not to include. Links to these new training support materials will be provided in the December edition of Forest Safety News. 📺

Reminder: Countdown to April 1, 2017:

All contractors must be SAFE Certified to bid on MFLNRO in-field forestry contracts by April 1, 2017.

Learn more: <http://www.bcforestsafesafe.org/node/2824> 📍



Falling



Hestnes to lead falling program at the BCFSC

Glenn Hestnes, incoming falling program manager at the BC Forest Safety Council.

The BC Forest Safety Council (BCFSC) announced last month (September) that Glenn Hestnes will be the new Falling Program Manager effective October 21, 2016. Glenn takes over from Peter Sprout, who retires on October 20, 2016 to pursue new challenges.

Glenn brings more than 30 years of diverse falling and industry experience to his new role. He was most recently a Falling Safety Advisor for the past two-and-a-half years at the BCFSC. He is a Certified Faller, QST, certified danger tree blaster, critical incident investigator and a licensed BC scaler.

Glenn has demonstrated a strong passion for falling safety. He truly cares about fallers and has a proven track record of going above and beyond in his support for the falling community. He sets high standards for himself and those around him, driven by a personal commitment to make a difference. He also brings a solid and hands-on understanding of best practices in production falling and bucking to his new role.

Glenn started out as a faller in 1981 in Port McNeill, where he worked for nine years before establishing himself as an independent falling contractor for 10 years. He then did helicopter contract falling with Vancouver Island Helicopters and pole harvesting contracting for Western Forest Products before joining the company full-time as firstly quality coordinator and then dryland sort manager. It is this mix of hands-on falling, supervisory, independent contractor and licensee experience that gives Glenn an invaluable background in the breadth of industry interests he will support in his new role.

“I believe falling is one of the best professions in the world. Every day I am motivated by what needs to get done to help industry ensure that every faller gets home safe – the knowledge, technology, discipline, focus, resource tools, supervision and mentoring,” said Glenn. “I look forward to continuing to support fallers and industry in my new role.”

The BCFSC’s CEO, Rob Moonen, said: “I would like to thank all applicants for participating in the search. I am pleased to have Glenn join the leadership team at the BCFSC and look forward to his passion and commitment in leading the falling program and ensuring that the voice of fallers continues to be well-heard.”

The BCFSC’s falling program department focuses on faller safety by administering faller certification, promoting safe falling practices and advocacy, training and facilitating falling supervisor certification, providing confidential falling company reviews, dangerous tree faller blasting support, and contract supervisor awareness training as well as supporting industry faller training. 🇺🇸

Peter Sprout reflects on his time at the BCFSC

Peter, with 33 years of falling experience, first became involved with the BCFSC when he joined the board of directors in 2008 representing the Contract Fallers Association. He wanted fallers to have a voice in the direction of fallers’ safety. A few years later he was asked to lead the falling program at the BCFSC.

Here, as the organization’s outgoing Falling Program Manager, Peter Sprout shares his thoughts:



Peter Sprout retires from the BC Forest Safety Council (BCFSC) later this month (October 2016) to pursue new challenges.

Every faller deserves to go home safe at the end of the day

When I stepped into this role back in January of 2012 I had no idea what to expect. What I did know was that I wanted fallers and industry to have a voice in the direction of fallers’ safety within the BC Forest Safety Council (BCFSC). Five years later I believe that goal has been achieved.

The Falling Technical Advisory Committee (FTAC) has evolved into a working group made up of fallers and industry representatives who work on behalf of all fallers and industry. Instead of the BCFSC coming up with the work plan items and asking FTAC to support them, it is now FTAC who comes up with the work plan items and the BCFSC that supports FTAC. An example would be the recent Faller survey. FTAC decided on a survey, shaped the questions and distributed it to approximately 2,500 fallers in BC for their responses and feedback. FTAC has taken that feedback and used it to put together the BCFSC Falling Department’s 2017 work plan. The 2017 work plan only contains a portion of suggestions made in the survey and the FTAC will be reviewing the survey again for any additional items which could be used to improve fallers’ safety.

I encourage any faller who would like to become a member of FTAC to contact the BCFSC. This committee is a voice and advocate for all things related to falling and it is important that the voice remain strong.

I want to thank all the fallers for their efforts in reducing serious injuries and fatalities. Without your commitment we would not have made the progress we have. From 1994 to 2004 an average of nine fallers lost their lives each year. From 2005 to 2011 an average of 5 fallers lost their lives each year and since 2012 to present, we are averaging two faller fatalities per year – every loss a tragedy and every one preventable but a positive trend none the less. I will be looking forward to the day when your efforts will result in a fatality-free year.

This has been the most rewarding work experience of my life and I want to thank the BCFSC, industry and all the fallers for the opportunity to have worked on your behalf. There have been a lot of changes in the last five years and there will be many more. With your efforts I know fallers’ safety will continue to improve until we reach our ultimate goal.

Unfortunately as I write this it is on the heels of another young man who lost his life falling. My condolences go out to his family and friends at this difficult time.

So please “keep your heads up and stay in the clear”.

Thank you,

Peter Sprout

Forest Safety News wishes Peter every success in his new endeavours and thanks him for his dedication to supporting improved safety outcomes for fallers. 🇺🇸

Seven fallers share their thoughts on what kept them safe for 280 years!

What does it take to be a safe faller, day in, day out, for 30 years, 40 years, and even 50 years?

The BCFCSC Falling Department asked 10 veteran industry production fallers what had kept them safe. Three of the 10 fallers didn't want to "jinx" their records while they were still falling, but seven agreed to give generously of their time and expertise to get to the crux of the key things they did each and every day for their entire careers to keep them safe.

The end result is a 20-page pocketbook and an 18x24 inch poster. Copies of the booklet will be mailed to all fallers registered with the BCFCSC. Copies of the large poster will be distributed by falling safety advisors in the field; at safety conferences; in person at our offices (Nanaimo and Prince George) or, may be ordered online, via our resources order form: http://www.bcforestsafesafe.org/files/ps_InjuryPreventionResourceOrderForm.pdf. (We'll ship them in tubes so that they arrive safely.)

The BCFCSC owes a debt of gratitude to the seven fallers (in no particular order): Garry Clark, Bill Gallaway, Ray Stormo, Greg Clayton, Jim Bassett, Don Zapp and Charles Cowpar and their families for their generous time, expertise and support in making this project possible. Thank you!



A 20 page pocketbook and poster (image above) has been produced to promote faller safety. By sharing the seven key practices that seven top production fallers used every day to achieve their remarkable injury-free falling careers may provide the inspiration needed to help remind all fallers that an injury-free career is more than possible.

BCFCSC opts out of new faller training

Earlier this year, based on direction from industry, the Board of Directors of the BCFCSC made the decision to stop offering new faller training effective December 31, 2016, but to continue to support the industry training model for new fallers.

The New Faller Training Program that was offered by the BCFCSC provided participants with 30 days of basic training taking place in both the classroom and field. It was the responsibility of the successful new faller trainee to secure employment for the 'up to 180 days' of supervised training in order to meet the requirement to challenge for certification. This was difficult for some trainees, with the trainee potentially going months before finding and securing employment. The industry training model, allows industry to select and train its own trainees on site in the initial 30-day's of training. The industry training model allows for a seamless transition from 30 days of training into the 'up to 180 days' of supervised training, either with their original trainer or a qualified supervisor or faller. This allows the company and the trainee to build a long and meaningful work relationship that meets the standards and the requirements of the company, while still meeting the requirements of the BC Faller Training Standard.

Going forward, the BCFCSC will ensure that all trainers of new fallers meet consistent training standards, that the content being trained meets all regulatory and best practices. This will be achieved through mandatory training and certification of trainers and assessors and regular quality assurance processes for both.

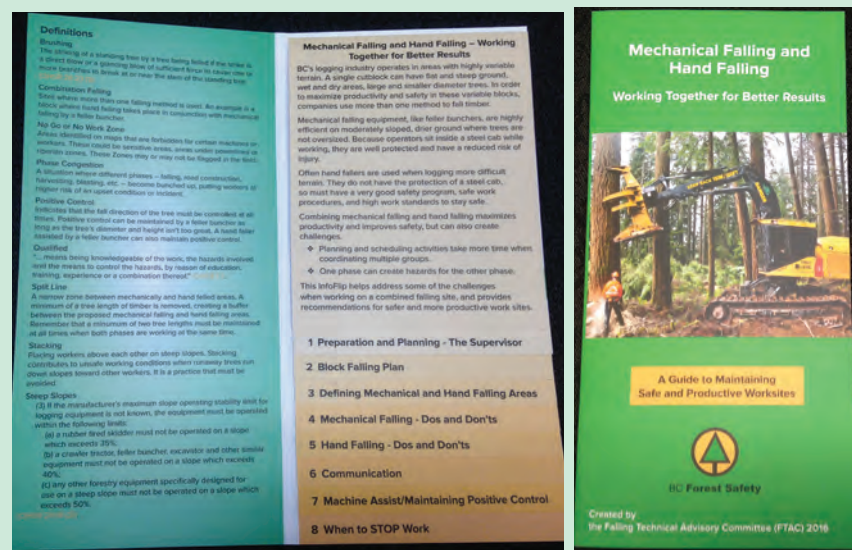
If you have questions about the industry training model, please contact the falling department toll-free: 1-877-741-1060 or email falling@bcforestsafesafe.org.

Mechanical Falling and Hand Falling InfoFlip is available to industry

The Mechanical Falling and Hand Falling InfoFlip has been researched, developed and produced by the Falling Technical Advisory Committee for industry in response to a growing issue identified by the Coast Harvesting Advisory Group.

"Working together for better results" is the key message. While combining mechanical falling and hand falling can maximize productivity and improve safety, it can also do the opposite. For example, planning and scheduling activities takes more time when coordinating multiple groups and one phase can create hazards for the other phase. The InfoFlip helps to address some of these challenges and provides recommendations.

If you would like to order copies please contact the falling department toll-free at 1-877-741-1060 or email falling@bcforestsafesafe.org.



The Falling Technical Advisory Committee has created a Mechanical Falling and Hand Falling InfoFlip to support safer and more productive worksites where both phases work together.

Latest successful new faller trainees



The last BCFSC New Faller Training course took place in Sointula from June 29 – August 1, 2016. The successful participants in the back row (left to right) are Jacob Nylund, Antoine Auger and Carl Wilton. The trainers in the front row (left to right) are Shannon Cupper (assistant trainer), Ken McGregor (assistant trainer) and John Jacobsen (lead trainer). 🇺🇸

Full FTAC update coming in next edition: Fallers need five years in addition to 500 days before seeking falling supervisor certification

The Falling Technical Advisory Committee (FTAC) most recently met on September 16, 2016. A full report back on decisions and recommendations will be covered in the next edition of Forest Safety News. One item that outgoing FTAC Chair, Peter Sprout, wanted to share immediately was the unanimous FTAC decision to require all candidates wanting to become certified falling supervisors to have a minimum of five years of falling experience and at least 500 days of falling experience after faller certification to qualify. Previously fallers had only needed the 500 days of falling experience as certified fallers to qualify as candidates for falling supervisor certification. This change will be effective October 1, 2016. 🇺🇸



Transportation

Shift into winter: SLOW DOWN!

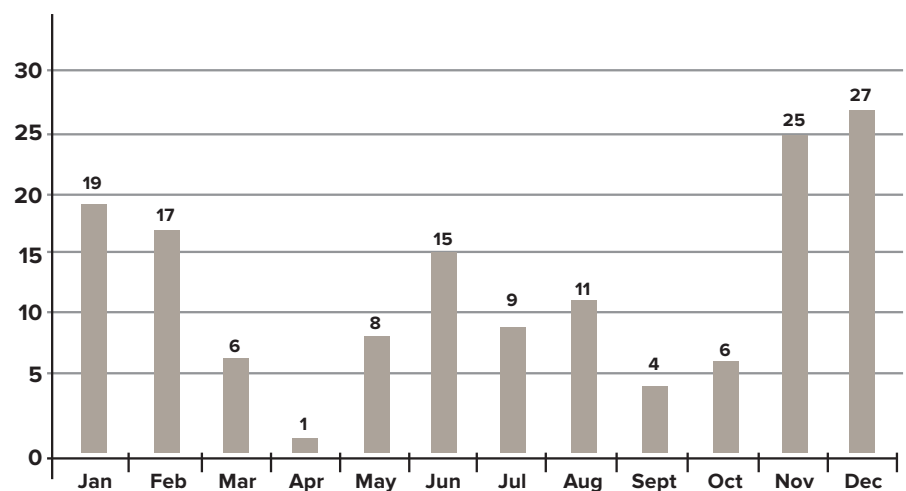
Road conditions change in winter, so should your speed!



The Shift into Winter alliance (screenshot of www.shiftintowinter.ca above) reminds all drivers to prepare for winter and drive for the road conditions.

Every year, winter road safety data shows an increase in motor vehicle incidents, and log trucks are no exception. According to annual incident data collected by the Trucking and Harvesting Advisory Group (TAG) for 2015, December had the highest number of incidents at 27, followed by November (25 incidents), January (19 incidents) and February (17 incidents).

2015 log truck incidents



2015 industry data reported through the Trucking Advisory Group (now known as the Trucking and Harvesting Advisory Group).

Although not all incidents are related to winter driving conditions, an increased focus on winter driving awareness should be an integral safety focus for log truck and resource road driving in the upcoming months.

All drivers whether they are hauling logs, transporting workers, driving to and from work or driving for personal use must increase their awareness and adjust their driving to adapt to changing road conditions.

Employers and supervisors have a responsibility to ensure the safety of their employees who drive in winter. The Shift Into Winter Alliance suggests that some key opportunities for meeting this responsibility include:

- Adopt winter driving safety activities into your occupational health and safety (OHS) program
- Provide winter driving education, information, training and supervision to employees
- Prepare your fleet (pick-ups, log trucks, lowbeds, maintenance and other commercial vehicles) in advance of the winter driving season
- Train and encourage drivers to adopt safe driving behaviors, particularly during winter driving conditions.

Many drivers think they are good drivers and that incidents are a result of the other driver, have limited attention spans and or limited interest in changing their behaviours. However, the majority of incidents are single vehicle crashes. According to the Shift Into Winter Alliance, changing behaviour does not usually happen as the result of a single incident or a close call. Weather events affect the likelihood of crashes and employers and workers can be better prepared for adverse conditions by monitoring weather and road conditions.

Safe drivers are informed, prepared and driving safely for winter conditions.

Winter driving safety resources are available <http://www.bcforestsafe.org/node/2456> and <http://shiftintowinter.ca/>

Hunting season public safety reminder

The BC Forest Safety Council distributed public information via the media at the end of August to help better prepare members of the public about resource road safety.

Any forestry workers or organizations should feel free to download the information here and share with their local area recreational/hunting/fishing clubs/family members/others.

The more we can help make the public aware that resource roads are used primarily for industrial activities and the realities of resource traffic, the safer everyone will be – both industry workers and visiting members of the public! (There are two sizes of posters: letter size and 11x17). See <http://www.bcforestsafe.org/node/2837>

**DRIVING ON RESOURCE ROADS
WHAT TO KNOW BEFORE YOU GO**

Rules of the road 'Down' or 'Loaded' traffic has the right of way. It is good practice to yield to all industrial vehicles. Pull into a designated pullout when possible or as far over to the right. (STOP!) and give them enough space to pass.

What to expect Resource roads are the primary method of transporting raw logs to mills and are heavily used by large industrial vehicles. A loaded log truck can weigh 10 times more than a regular pick-up truck, has limited maneuverability and can take up to 300 feet to stop.

Communication 2-way radios are recommended for safe travel on Resource Roads. If you do not own a radio, one can be rented at radio communication shops in many small and large centers. Designated radio channels are posted at the beginning of all resource roads. Note that in 2016 resource road radio channels throughout BC changed to RR channels. If you have a radio, it may need to be reprogrammed.

Speed Most Resource Roads have the posted speed limit at the beginning of the road (generally 60-80km/hr). Reduce speed depending on the road conditions, traffic levels and road maintenance crews.

Visibility Wait until you can see clearly. Do not drive in the dust of the vehicle ahead of you, and if pulled over, wait for the dust to settle if a vehicle has passed you in the opposite direction. Travel with your headlights on at all times. If you need to stop or pull over do so at a designated pull-out or on a straight stretch of road with good visibility.

Passing Never pass a vehicle unless it pulls over and indicates that it is safe to do so — even when indicated it is safe, pass cautiously.

General safety Generally as kilometre markings go up (increase), you are travelling further from town. Pack extra emergency supplies, e.g. first aid equipment, water, food and blankets. Let someone know where you are going and when you are expected back.

BC Forest Safety
www.bcforestsafe.org
1-877-744-1088

WorkSafeBC begins renewed focus on log truck inspections across the province

- Increased focus due to five fatal logging incidents year to date in 2016.
- A full review of the Forestry High Risk Strategy logging truck inspection checklist with special consideration for:
 - Seat belt use (in at least two of these incidents it was apparent that the failure to wear a seatbelt was a factor).
 - Proper loading and load stability (log trucks rolling over on corners is often compounded when loads are over height and the weight is not properly distributed).
 - Load securement (in one of the incidents the log truck lost its load and a member of the public was also fatality injured).
- In addition, WorkSafeBC has asked Forestry Officers to communicate with the local RCMP/Police Forces and Licensees in their areas about monitoring log trucks for speed and travelling too fast for road conditions, as this appears to be a common factor in a number of recent tragic incidents according to WorkSafeBC.



What can a wellness program do for your small business?

By Dr. Delia Roberts

The bottom line is always important, and the financial resources available to small companies are often very limited. How can you justify the expense of implementing a health and wellness program when everything costs so much these days? Well, it turns out that there are hundreds of published reports showing that when you choose the right program, provide adequate resources to support the program, and implement the program effectively, the return on investment is immediate and significant. The Harvard Business review quotes numbers that range 2 to 6:1 return for every dollar spent on health and wellness. Is there anywhere else where the return to your bottom line is that good?

Healthier employees are more productive.

People who come to work feeling good about themselves work harder; they make fewer mistakes, are more engaged and pay more attention to what they are doing. They have fewer missed days, spend less time complaining and thinking about what they can't do, and more time doing things that are on task.

Healthier employees have lower injury rates. Obesity, smoking, poor dietary habits, and illnesses are all linked to more frequent and more severe injuries – and that costs you real money. It's not just the WorkSafeBC premiums either; there are also a multitude of indirect costs, including damaged equipment, interruptions in production, and the administrative time to manage the claim, and find and train a replacement worker to name but a few. That's money off your bottom line that can never be recovered. An actual cost analysis for a mill in BC has shown that it can take 28 days of production to make up for just one shoulder injury.

Healthier employees stay with an organization longer. Research shows that turnover in companies with effective health and wellness programs is significantly lower; just 9% compared to an average of 15% according to Towers and Watson – a leading global HR consulting company. It's

also easier to attract good people.

What does it cost to implement a successful health and wellness program?

It doesn't have to break the bank to get started with a good health and wellness program. There are lots of free resources around including those that are available through the BC Forest Safety Council (BCFSC). Fit to Drive and Fit to Log were developed, tested and implemented with forestry workers in BC. Much of these programs are available to you through the BCFSC. In addition, a great new program was just released by the BC Coalition for Healthy Living called Working on Wellness. It looks specifically at men's health. And while there are many women working in forestry, the program was designed and tested with companies in the industrial and resource based sectors (including forestry). You can hire a consultant and spend a lot of money, but it's not necessary to do so to make your workplace healthier.

Why isn't your health and wellness program successful?

If you go back to the opening paragraph of this article you'll see three things listed as being essential for success.

Choose the right program. There are lots of health and wellness programs out there. Look for one that addresses the types of problems that your workers face, in an environment similar to the one in your workplace. If the culture of the program is city centered, it's unlikely that workers who are camp based, or who live in small rural communities will find it very useful. If your employees use smart phones get them started with one of the many apps that are available. If they use computers try an online supported program. But whatever you choose, make sure that the program is realistic; if the changes are too far removed from daily life they won't be sustainable. And consider what your goals, and your employees' goals, are. If people don't believe that the program will meet their needs they won't use it, no matter how flashy it is.

Provide adequate resources to support the program. Even the best program will fail if it isn't supported. That means someone has to have the time and energy to deliver the program and to make sure that it stays fresh and available. Most often, responsibility ends up falling on an already overworked administrator with the HR and/or safety portfolio. It's critical that whoever takes on this role has the time and energy to share the information with employees. You may need to bring someone in from the outside, or at the very least provide a current employee with some training and paid hours to administer the program. Look to resources like the BCFSC, WorkSafeBC or BC Healthy Living Alliance, all of whom can help support health and wellness programs. Remember that every dollar you spend here will reduce your overhead by 2-6 dollars.

In addition to having someone dedicated to health and wellness, the support has to be clear at all levels of management – right from the top all the way to the entry level. If the owner or manager doesn't display healthful behaviours it tells the employees that health and wellness is just another rubber stamp rule. If supervisors aren't given time to deliver the program it becomes just another piece of paper that they have to file. And if the only food available is coffee, donuts and soft drinks, it's pretty clear that the program is just window dressing.

Implement the program effectively. Once you've chosen your program and have buy-in from all levels of management and supervisors, getting it off the ground can seem overwhelming. All the experts agree that there are some common things that will greatly increase the effective use of the program by your employees over the long term.

- **The program addresses a problem in your organization.** You don't need to test anything to know that overweight smokers who don't get any exercise are at increased risk for diseases like diabetes and high blood pressure. Active

One person firms can be healthier too!

We received the following question from

a reader: I'm a middle-aged one-person independent log-hauler in the interior and want to be healthier. I am trying to eat better but want to be more active, but have no budget. Suggestions?

Answer: Thanks for posting a great question and congratulations! Making a decision to increase physical activity is an important first step towards achieving your goal of improving your health.

There are many different ways to become more active, but if you want to stick with it, choose an activity that you enjoy and fits in with your lifestyle. You've already indicated that you don't have a budget for expensive gear or memberships, so we will look to activities that are readily accessible. Here are some things to consider.

Choose your activity:

Do you prefer to be indoors or outdoors? Seasonal changes in the weather provide opportunities and barriers. In the summer you might choose to swim in a nearby lake, ride a bicycle, or hike. In colder weather you will need a good rain jacket or snow boots in order to walk, but you might be able to snowshoe or cross country ski. Some gear is needed but watch for the local gear swaps. You can pick up lightly used gear at a fraction of the cost of new. If you would rather stay indoors and have access to a mall or multi-story stairwell you can continue to walk and stair climb all season long. If you enjoy resistance training it's easy to set up a great 30-minute workout with a skipping rope, two chairs and a sandbag.

Find a support network:

Do you prefer to play a team sport, use your activity time to connect with a relative or friend, or listen to music and use the time for inner reflection? There are many advantages to having an activity buddy; when your motivation is low they can help you stay on track, and sharing the activity makes the time go faster. Team sports are fun and provide a great social experience along with improving your physical fitness. But even if you work out on your own, it's great to have a support network. Get a friend or family member to help you keep track of your progress. It's harder to skip workouts when someone is checking in on you.

Make a schedule:

Be realistic about how much time you have to devote to physical activity. Experts recommend a total of 150 minutes of vigorous activity per week to gain health benefits. This might seem like a lot, but even three – 10 minute bouts of activity per day will make a difference. If your regular work hours prevent you from being able to work out in the morning or evening, think about using some of the wait time at the landing or yard (if it's safe to get out of your truck). Worst case you can jump rope or walk on the spot or around the truck. If you feel sleepy while driving, find a safe place to pull over and go for a short brisk walk. It will wake you up and energize you. Schedule your activity into your work-day and weekend, just as you would other important tasks. If you leave it until last you are much more likely to let it slip.

Check out the Fit to Drive manual (<http://selkirk.ca/fittodrive>) for much more information on building a physical activity plan that will work for you.

forestry workers who have long drives every day, will be at higher risk for fatigue related injuries. If your workers move boards, run equipment controls (joysticks), or walk through slash, the frequency of muscle strain and sprain injuries (MSIs) will be higher, but whether your program should address shoulders, hands, elbows or knees will be different. Analyzing your incidents can tell you which strength or stretching exercises will be important for your people.

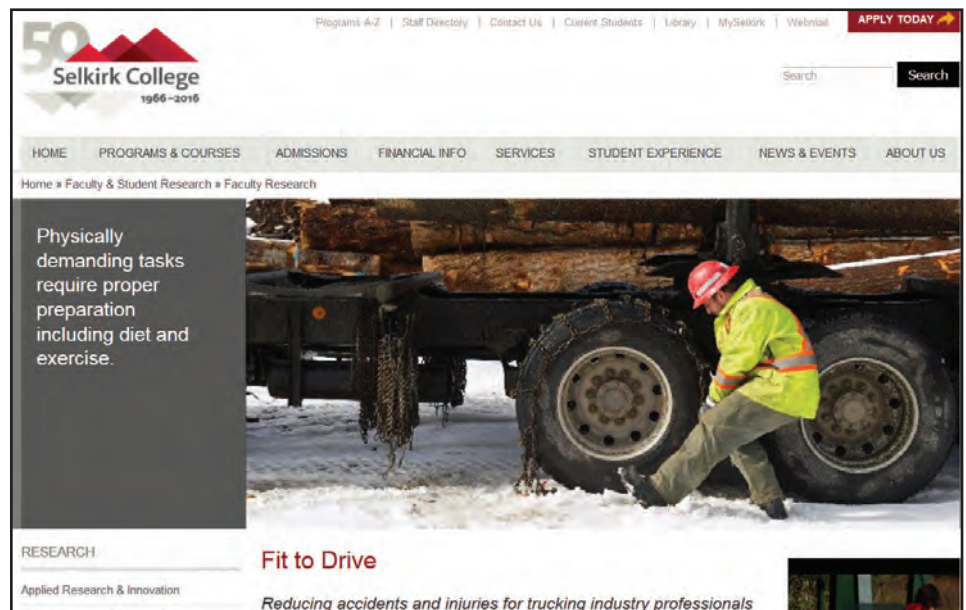
• Be respectful of your employees.

Ask them what hurts, what goals they have, what time and financial barriers there are to them being healthful, and address what you can. Even if you don't have the resources to deal with all their problems, you can get started with even part of one of them. If you want to start a stretching program for middle aged truck drivers, a poster of a Lycra clad yoga instructor folded in half is unlikely to inspire them to stretch their backs out during the day.

• **Provide ongoing support.** It isn't enough to just put up a poster. Have a weekly shout out, every month promote a different healthy behaviour. Run contests and challenges, and congratulate the winners. Keep the hype.

• **Monitor and report changes.** If you aren't keeping track of outcomes, you won't know what's working and what should be dropped. And showing both the fiscal and employee health balance sheets are important. Many people can ignore their own health, but knowing that their friends and family are doing better can be strongly motivating.

It takes courage to make change but the health and wellness message is loud and clear. Be a leader in your industry and consider the health of your organization in terms of its people as well as its financials – because all the evidence points to one following the other. It's an investment in your future. 🍀



Screenshot of where to find the Fit to Drive materials on Selkirk College's website at: <http://selkirk.ca/fittodrive>.

Caution: Before beginning any new fitness regime and or diet, it is important to check with your doctor, especially if you have a pre-existing medical condition or have not been exercising regularly.

And best of luck – you've got this! Happy health, one step at a time. 🍀



When a serious injury, illness or a fatality at work changes everything help is at hand

A serious injury, illness or a fatality at work changes everything — for the family and the business. The Association for Workplace Tragedy Family Support, Threads of Life, is there to help. Established in 2003, the national charity helps people struggling with the results of a workplace incident (fatality, life-altering injury or occupational disease) through a unique peer-to-peer volunteer family guide program, networking events and information services. Threads of Life members also have opportunities to work towards prevention of future workplace injuries and illnesses, through the organization’s speakers’ bureau, and by sharing their stories.

Threads of Life currently provides a network of hope and healing to more than 2,400 family members through one-on-one peer support, links to other community support services and the opportunity to take action to help prevent similar tragedies to other families.

The association was created to fill a gap in Canada’s health and safety and social systems. There was no well-known hotline to call or place to go to find the kind of emotional support and caring often required to make it through the aftermath of a workplace fatality or severe injury/illness in Canada. Threads of Life established a unique Volunteer Family Guide program, training family members who have been through a workplace tragedy to act as a listener and a shoulder to lean on for new family members. People who are coping with the results of workplace fatalities, injuries and illness are also invited to attend annual forums where they can learn healthy coping skills and share their experience with others who understand.



Screenshot of the www.threadsoflife.ca website.

In addition to the work with family members, the organization works closely with government and corporate partners to achieve a shared vision of a culture in which work-related injuries, illnesses and deaths are morally, socially and economically unacceptable. Many family members volunteer for the Threads of Life speakers’ bureau, telling their personal stories at conferences and safety events to help prevent future tragedies.

Annual awareness and fundraising walks called Steps for Life take place in communities across Canada, honouring those affected by work-related fatalities, injuries and disease. To learn more about the organization, please see www.threadsoflife.ca and for walk information see www.stepsforlife.ca.

ABOUT Forest Safety News

Forest Safety News is published six times a year: February, April, June, August, October and December. All submissions – letters to the editor, safety tips, photos, safety stories, concerns etc. – are welcome. The opinions expressed in the newsletter are not necessarily those of the editor, staff or board of the BC Forest Safety Council. All decisions to publish materials rest with the editor. 12,000 copies of each edition are distributed via mail or email. Additional copies are distributed at industry events.

Subscriptions

If you would like to continue to receive a hard copy or would prefer to receive an electronic copy of this newsletter, please email editor@bcforestsafe.org and ask to be added to the print copy or email distribution lists. Email subscriptions are encouraged.

Have a story, letter to the editor, safety tip, ideas or photos? Please send all submissions to:

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Send in your artwork

Children are welcome to send in their artwork for publication, showing safe work activities in forestry. Send them to: The editor, Forest Safety News, 420 Albert Street, Nanaimo, BC, V9R 2V7. Little loot bags are sent to all the artists who send in their artwork, and their names are entered into an end-of-year draw for a chance to win a logging truck just in time for Christmas.

FOREST SAFETY News



December 2016
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Safety is Good Business

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Left photo: Steve Lackey, lifetime achievement 2016 safety award winner (right) with Rob Moonen, CEO, BC Forest Safety Council.

Right photo: From left: Clarence Meints, of Andy Meints Contracting Ltd., Steve Lackey (retired) and Ron Myhre on behalf of Pinnacle's eight member operations management team: Andrew Meyer, Jamie Collis, Ron Myhre, Tim Potter, Greg Lobsinger, Mark Cunningham, Ray Dawson and Steve Robin.

Industry-nominated safety champions honoured

This year a record number of safety champions were honoured as recipients of the harvesting and manufacturing annual safety awards which were presented at the 11th annual Vancouver Island Safety Conference in Nanaimo on October 1, 2016.

The winners were Steve Lackey, RPF (Cary White lifetime achievement award); Clarence Meints, of Andy Meints Contracting Ltd. (MVP safety award winner in forest harvesting), and Pinnacle's eight member operations management team: Andrew Meyer, Jamie Collis, Ron Myhre, Tim Potter, Greg Lobsinger, Mark Cunningham, Ray Dawson and Steve Robin (MVP safety award winners in manufacturing).

Forest Safety News spoke with some of the recipients.

Lifetime achievement safety award winner: Steve Lackey, RPF

"Firstly, I would like to thank those who nominated me for this award," said Steve,

who spent almost 45 years in the forestry industry, 33 of which were with the same employer (with many different names, as they were acquired, merged etc. to end up as TimberWest) before he became an independent forestry consultant and trainer.

"I am honored to say that I knew Cary White. He was a special man who, while he did what he had to do as a WorkSafeBC Officer in his job, deeply cared about people. His passion was to enable people to develop the tools and skills to do a job well and do it safely. He was a mentor and a dedicated resource to help develop those skills and the promotion of a safety culture among workers in the forest industry," recalls Steve.

Like Cary, Steve cares a great deal about people. Steve said that he has come to realize that a career is less about the places he has worked, the interesting jobs and experiences he has had, the successes and failures he has experienced, and all the "bear stories" he can tell. "My career, in

Welcome to the December edition of Forest Safety News, covering news about safety topics in forestry. This is YOUR safety newsletter. We look forward to your input and feedback! Email the editor at editor@bcforestsafesafe.org or call 1-877-741-1060.

Happy Holidays!

Whether you are planning, road-building, falling, logging, hauling, milling, planting, brushing, bucking or just chilling, the BC Forest Safety Council wishes you and your family a safe and happy holiday season!

Our offices will be open:

Friday December 23
Wednesday December 28
Thursday December 29
Friday December 30

Our offices will be closed:

Monday December 26
Tuesday December 27
Monday January 2

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fact, has been mostly about people. Those you have worked with, the relationships and friendships you have forged, the dependence and trust that was developed and earned. These people literally became part of my extended family and the fabric of my life."

He said that he had also come to realize that one of the great "gifts" – and one of the best examples of leadership a supervisor and company can give to an employee – is "the development, implementation, maintenance

Continued on page 2...

Continued from page 1...

and rigid enforcement of an effective and efficient safety program". He believes that it is truly a key element of what it means to "care about people".

"If anyone has ever been in the position as I have been, standing at the front door of a family home with an RCMP officer, and having to tell a wife and mother that her husband and father of her children would not be coming home this night, or any night ever again, it is a pointed reminder that nothing, on a day to day basis, is more important or job satisfying than knowing that all of your employees came home safe at the end of the day," said Steve. "Being there was one of the toughest days of my life and I wouldn't wish a similar day on anyone."

Condition of Steve's employment was to work safely and make sure everyone working for him worked safely

Steve grew up in Southern California and his dad (94 now and a retired electrical engineer) asked him what he wanted to do when he was in Grade 9. Steve recalls that as a family they had always done a lot of hiking, camping and outdoor activities. He had really enjoyed those activities and so his dad had suggested considering a career in forestry or wildlife management. "I knew nothing about forestry at that time, but decided to pursue forestry as a career. It is the best decision I ever made." Steve found he was passionate about the woods, working in them, and about the forest industry as a whole and after graduating from university started looking for a job and found an opening in BC. He says what he remembers well is his first day of work. His manager told him that one of the conditions of employment was that he had to work safely and ensure everyone who worked for him must work safely too. He says it was a strong message that he remembers to this day. And, it was a lot more than talking the talk. He said the company always made safety the first topic at all production meetings, held regular crew and accident prevention committee meetings and, if anyone thought that working safely was not important, the repercussions were significant.

"Doing things safely should just come naturally." – Steve Lackey

As we all know everyone can talk the talk, but not everyone walks the talk. "When you come to understand and believe that it will actually cost companies less when safety is part of culture, then you spend less time on enforcing, because working safely becomes a habit, like brushing your teeth each morning – doing things safely should just come naturally," explains Steve.



Industry News

He says we have all come a long way over the last 10 years in our industry but still there are those that don't have a true safety culture. There are still those who might continue to say that safety is being "forced down our throats," or that they struggle with seeing how it also improves performance. Reflecting on the 70-80 companies that Steve has helped over 10 years as a consultant he said "a few still truly struggle with the safety culture concept, while the majority are able to embrace it."

He said he also believed that while SAFE Certification is a great start, it doesn't necessarily make a company safe. "A safety culture comes right from the gut – most individuals get it but there are still a few that don't." A safety culture is really more than filling out forms or passing an audit. He gives an example (from the early 1990's) of a piece of mobile equipment that had brakes that were not working and instead of the worker or the supervisor just saying stop let's fix the brakes, the machine continued to be used – and a fatality was a direct result of that continued use. "That's what I mean by culture. In a culture that embraces safety, the company would have stopped work and got the brakes fixed ... that would be what they would do without even thinking about it if they had had a 'safety culture,'" said Steve.

Some of Steve's recommendations for getting any safety skeptics to embrace safety as a culture is to get them involved; make them part of the process and part of the solution. "Ask them to help write or improve Safe Work Procedures; join the safety committee; and/or join you on a safety tour of the operations. Start by asking the question: how should we do this or how could we do this better? How would it be more palatable?" He said he has had success involving several workers in being part of the safety solution. "Sometimes it comes down to a really frank heart to heart conversation where you make it clear that making safety work can save your life and other people's lives," said Steve. The role of the supervisor should not be underestimated either. "If I look back over the years, too much of what went wrong was due to inadequate supervision and certainly worker and supervisor complacency. Every incident and/or near miss has to be properly investigated and you have to get to the root cause so that you can fix it and prevent a similar occurrence.

"It is in these two areas (supervision and incident investigation) that I believe the BC

Forest Safety Council has had a significant, positive influence on supervision quality with their excellent training programs for employers and employees," he said.

In closing Steve said: "Always remember it is not about paper; it's not about politics; it's about balance, real world experiences, doing the job right and doing it safely, and getting every worker home safe at the end of the day."

MVP safety award in forest harvesting: Clarence Meints, of Andy Meints Contracting Ltd.



The Andy Meints Contracting Ltd. team includes, from left: Shane Horsfield, Andy Meints, Jack Meints, Brian Pederson, Clarence Meints and Ted Bakker.

Clarence Meints is very humble about being a safety award winner and is quick to focus on his team.

Based in Houston, BC Clarence manages two logging contracting companies and is a full time supervisor with Andy Meints Contracting Ltd. As a supervisor, Clarence feels responsible for each and every one of the employees under his supervision and is seen as always being willing to go the extra mile for every member of his team. He really wants to see them go home at the end of the day to their families without any incidents. All the employees hold Clarence in high esteem and appreciate his dedication for the work that he does.

"One of the biggest things for me when it comes to safety is that each and everyone of our employees goes home to their family each and every night. This is a message that I remind our employees and truck drivers on a regular basis," said Clarence.

"I stress to everyone that safety is much more important than productivity. I also like to remind everyone that they should not think just only about yourself but think about the people you would leave behind, your family, your friends or think about your employer – if there was to be a serious incident or even a fatality. Sometimes I'm

not sure some employees think about that,” he said.

On the topic of improving safety in industry, Clarence believes educating employees is a big thing. “The Anatomy of a Rollover, or Distracted Driving, or courses like this, help the employees think about safety more, especially when it comes to driving since this is the most dangerous part of our day, going to and from work.”

“The constant reminders at safety meetings is also very important. The hours that we do put in each day does cause fatigue and I do think this does contribute to some of the incidents that we do have. Always be alert and keep your mind on the task that you are doing whether it be processing, bunching, driving truck or driving to and from work in the pickups. This is something we remind our employees of a lot and it doesn’t matter whether we are the boss, the supervisor or an employee we can all make mistakes and not pay attention from time to time,” he said.

Manufacturing Safety MVP: Pinnacle Renewable Energy Operations Management Team: Andrew Meyer, Jamie Collis, Ron Myhre, Tim Potter, Greg Lobsinger, Mark Cunningham, Ray Dawson and Steve Robin

Pinnacle shares its safety progress

In the last edition of Forest Safety News, we read how the pellet industry had made significant progress on the safety file including WorkSafeBC’s views on the journey. Here Forest Safety News shares a perspective from Canada’s largest producer of wood pellets, Pinnacle Renewable Energy.

With seven plants across BC in Houston, Burns Lake, Meadowbank, Quesnel, Williams Lake, Armstrong and Lavington, Pinnacle produces more than 1.5 million tonnes of pellets a year shipped to domestic and foreign customers. The company employs approximately 275 people (about 200 are hourly), with the majority of these workers increasingly being Millennials (under 25 years of age) with a peppering of more mature workers in the trades such as millwrights and electricians. Like all employers, a challenge is attracting, developing and retaining new young workers while ensuring excellent, safe production performance, but a new program to be rolled out soon is going to support the development of future leaders on the job.

Who is Pinnacle Renewable Energy?

- Canada’s largest producer of wood pellets, 3rd largest in the world
- 7 Plants across BC
- Prince Rupert marine terminal
- 275+ employees
- Operate 24/7/365



Pinnacle’s newest pellet plant at Lavington, BC

**SAFELY PRODUCE QUALITY PELLETS,
ON TIME & ON BUDGET**

From problem child to poster child

To get a better picture of how far Pinnacle has come, consider that a couple of years ago anyone at Pinnacle would have told you that there was an unacceptable level of injury rates; higher than desirable level of employee turnover; production was below budget target; and there was a confrontational and difficult relationship with the safety regulator, WorkSafeBC. Then came a significant event in late 2014 that very easily could have resulted in a fatality. “There was recognition at all levels of the organization that change was needed,” explains Pinnacle’s Director of Health and Safety, Steve Mueller. As with all success stories, change started at the top, with a strategic vision and commitment, named **Owning Safety**, which was translated into a workable plan by an operations team, all aiming for the same focused objective: “zero fires, zero incidents, 100% employee engagement”.

Pinnacle set about focusing on the 20% of their business that created 80% of the risk and among other activities developed and implemented a “road map” which contained six areas of focus. “It was this same content that informed WorkSafeBC’s high risk strategy for mills. WorkSafeBC later added safeguarding, but the rest was exactly as we had identified internally. It was good to see we were all in agreement as to where the greatest risk was,” said Steve. “We now enjoy a solid working relationship with WorkSafeBC based on collaboration, transparency and partnership,” he added. “Having occupational safety officers dedicated to pellet mills has been more than

helpful, increasing expertise in the pelleting sector while allowing for a very consistent approach and a relationship of trust,” Steve said.

A key understanding for Pinnacle is that the ability to expand and grow significantly is based on safety performance – managing risk. Safety truly is good business when a plant, like the new Lavington plant, has not had a single loss time incident during construction and through its first year of operation. “That’s huge for morale, production and the bottomline,” said Steve. So large in fact that there has been a 7% increase in production from 2014 to 2016 year to date overall at Pinnacle’s operations.

Another key understanding is the way they think and talk about themselves – not just as being caring employers, co-workers and workers, but also in calling the business the high risk operation that it is. “We increasingly think about our facilities similarly to a gas plant, a volatile operating environment that deals in high risk flammables and explosives – because of the inherent risks of combustible dust. When you think that way then you look at everything differently and plan design, processes, procedures, shifts, etc. accordingly,” said Steve.

Safety leadership at every plant

Pinnacle’s plant managers were recently recognized in industry’s annual safety awards as the Most Valuable Players (MVPs) in the Manufacturing sector in BC at the annual Vancouver Island Safety Conference held in Nanaimo in October 2016.

Continued on page 4...



Industry News

In 2017, going forward Pinnacle plans to focus on their own internal “safety champions” – individual workers identified by their peers who will then be fast-tracked for training – leadership training, including communication, human factors and additional safety training – to become the future supervisors and plant managers. “We want to invest in the safety champions to position them for future leadership roles,” said Steve. “In that way we not only select individuals that have the respect of their peers for walking our culture and values – safety and caring – but also know that we are investing in individuals who understand that safety is required to achieve efficient, productive, performance.” 🧡



2016 Safety MVP for Manufacturing Award recipients (from left to right): Jeff Johnston, Performance Improvement Manager standing in for Jamie Colliss, Armstrong Plant Manager; Ray Dawson, Houston Plant Manager; Dustin Meierhofer, BCFSO Director, Transportation and Northern Safety; Scott Bax, Senior VP Operations; Greg Lobsinger, Meadowbank Plant Manager; Andrew Meyer, Lavington Plant Manager; Ron Myhre, Williams Lake Plant Manager; Mark Cunningham, Burns Lake Plant Manager; and Tim Potter, Quesnel Plant Manager.

VISC 2016 Conference wrap-up document



For a 16-page summary wrap-up of the 2016 Vancouver Island Safety Conference (VISC), please see: <http://www.bcforestsafefiles/VISC2016WrapUp.pdf>

Save the date for the 12th VISC: Saturday, September 30, 2017. 🧡

WorkSafeBC promotes availability of updated safety toolbox guides on WHMIS

The WHMIS 2015 toolbox meeting guides, developed by WorkSafeBC for employers to use in their safety meetings, are now available for download on the WorkSafeBC website. These include:

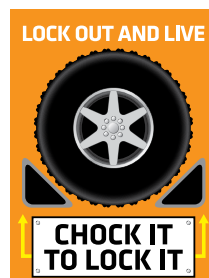
Secure all vehicles properly and save lives

According to WorkSafeBC, since 2006, more than 220 workers have been seriously injured by improperly secured vehicles in British Columbia. Sixteen of these incidents were fatal. These incidents have occurred in a wide range of industries including log hauling and other forestry operations. Please see the following WorkSafeBC Bulletin for more information: <https://www.worksafebc.com/en/resources/health-safety/hazard-alerts/improperly-secured-vehicles?lang=en>



Mobile logging equipment requirements in BC

The 12-page WorkSafeBC document, published in October 2016, Understanding the Requirements for Mobile Logging Equipment in British Columbia, covers the key health and safety requirements that should be considered when importing equipment into B.C. Please see <https://www.worksafebc.com/en/resources/health-safety/information-sheets/requirements-for-mobile-logging-equipment-in-bc?lang=en>. 🧡



The chock it poster (11x17 inches) and stickers (3x4 inches) are on pages three and four of the order form. 🧡

WHMIS 2015 and key changes from WHMIS 1988 (see <https://www.worksafefbc.com/en/resources/health-safety/toolbox-meeting-guides/whmis-2015-overview?lang=en>)

The new classification system (see <https://www.worksafefbc.com/en/resources/health-safety/toolbox-meeting-guides/whmis-2015-classification-overview?lang=en>)

The physical hazard classes (see <https://www.worksafefbc.com/en/resources/health-safety/toolbox-meeting-guides/whmis-2015-physical-hazard-classes?lang=en>)

The health hazard classes (see <https://www.worksafefbc.com/en/resources/health-safety/toolbox-meeting-guides/whmis-2015-health-hazard-classes?lang=en>)



What's in store for 2017?

By Rob Moonen, CEO, BC Forest Safety Council











With the end of the year on the horizon, I thought it would be helpful to reflect on the events of 2016 and review what's in store for 2017.

Starting in 2015 and carrying into 2016, we are seeing a "step change" trend in a reduction of serious injuries in the harvesting sector. In addition, industry has never been more active and more collaborative in its efforts to reduce serious injuries and fatalities, whether in harvesting or in manufacturing, and at all levels of operations. Industry has also reached a point where generally it is accepted that there is no competitive advantage to safety — when we are all safe, we all win. This culture has created an unprecedented level of sharing of expertise either formally through industry safety working groups or more informally through meetings of licensees working similar geography and terrain. From the top down and from the front lines, there is a real step change in mutual understanding that together, sharing practices and consistent processes, paperwork and policies, we enhance the whole industry experience and build more efficient and safer experiences for contractors and workers.

The number of fatalities continues to be an area of concern. In 2016, there have been nine fatalities in harvesting and two in manufacturing as of November 10. These numbers are sobering, not only because we all know one death is too many, but because we know that every incident is preventable.

The hazard categories (see <https://www.worksafefbc.com/en/resources/health-safety/toolbox-meeting-guides/whmis-2015-hazard-categories?lang=en>)

The pictograms (see <https://www.worksafefbc.com/en/resources/health-safety/toolbox-meeting-guides/whmis-2015-pictograms-overview?lang=en>)

 Exploding bomb (for explosion or reactivity hazards)	 Flame (for fire hazards)	 Flame over circle (for oxidizing hazards)
 Gas cylinder (for gases under pressure)	 Corrosion (for corrosive damage to metals, as well as skin, eyes)	 Skull and crossbones (can cause death or toxicity with short exposure to small amounts)
 Health hazard (may cause or suspected of causing serious health effects)	 Exclamation mark (may cause less serious health effects or damage the ozone layer)	 Environment* (may cause damage to the aquatic environment)
 Biohazardous infectious materials** (for organisms or toxins that can cause diseases in people or animals)		

How pictograms compare to WHMIS 1988 hazard symbols (see <https://www.worksafefbc.com/en/resources/health-safety/toolbox-meeting-guides/whmis-2015-pictograms-vs-symbols?lang=en>)

The supplier label (see <https://www.worksafefbc.com/en/resources/health-safety/toolbox-meeting-guides/whmis-2015-supplier-label?lang=en>)

The workplace label (see <https://www.worksafefbc.com/en/resources/health-safety/toolbox-meeting-guides/whmis-2015-workplace-label?lang=en>) and the

Safety data sheets (see <https://www.worksafefbc.com/en/resources/health-safety/toolbox-meeting-guides/whmis-2015-safety-data-sheets?lang=en>)

These guides are companion pieces to WHMIS 2015: At Work (<https://www.worksafefbc.com/en/resources/health-safety/whmis/whmis-work-2015?lang=en>) and the WHMIS book designed for workers, WHMIS 2015: The Basics (see <https://www.worksafefbc.com/en/resources/health-safety/whmis/whmis-basics-2015?lang=en>). 📖

Page 11 of this edition of Forest Safety News provides an overview of the fatalities. While the description of the fatalities provides some insight into these tragic events from which we can learn from and take steps to prevent, they don't speak to the individuals or tragic loss experienced by the families, friends and colleagues of the deceased or impact on our communities. Rather than speak to a fatality as being a number, I wanted to take the opportunity to share with you the personal story of Ian Lawson, industry's most recent fatality, who on September 11 of this year, lost his life while falling a tree. A tribute to Ian's life can be found at <http://www.macleans.ca/society/ian-robert-lawson-1992-2016/>.

I would like to personally extend our heartfelt condolences to all the families, friends and colleagues of the deceased.

In 2017, the BC Forest Safety Council will continue to support the work of the industry advisory groups to develop initiatives to improve safety outcomes. As of this time, there are 11 industry advisory groups/committees that are actively working on industry initiatives aimed at reducing serious injuries and fatalities. These groups are doing excellent work on identifying the issues and developing the resources to affect change which is a good place to be with industry leading the efforts. One of the main focus areas in 2017 will be to assist industry in communicating these initiatives to ensure that they are effectively implemented

and delivering the intended outcomes (i.e. licensees, contractors and people doing the work are informed, demonstrate knowledge, and are implementing the recommendations). These initiatives will only be successful if there is full engagement by industry. We look forward to your participation in these initiatives, and providing us with your feedback.

Another main focus area for 2017 will be training. We will be working with various forestry stakeholders and COFI on the Forest Sector Workforce Initiative project, aimed at enhancing worker safety. The goal of this work is to establish the competencies and develop assessment tools that employers can use to evaluate worker qualifications for 35 occupations in silviculture, integrated harvesting and resource road building. This work will ensure that industry is well-positioned to have effective systems in place assuring skilled, competent and professional workers with uniform training standards and measures to support ongoing competence.

In 2017, we look forward to continuing to work with you to support industry eliminate fatalities and serious injuries in the harvesting, sawmilling and wood pellet sectors.

Please see the BCFSC's strategic plan summary for 2017: https://www.bcfsc.org/files/06arpt_2017StrategicPlan.pdf. 📄



All incidents are preventable; near misses are gifts



Cherie Whelan.

Presenting at the Wood Pellet Association of Canada (WPAC) 2016 AGM and Conference in Harrison Hot Springs earlier this year, Cherie Whelan, Director SAFE Companies, explained why near miss reporting is so important and why everyone should view them as gifts.

In summary, Cherie highlighted and encouraged near miss and close call reporting throughout industry – as this information is invaluable in being able to identify, anticipate and appropriately respond to prevent actual incidents and fatalities.

Kicking off with some background information, it was clear that through her more than 27 years of experience including in the public sector working for two different Worker Compensation Boards and Occupational Health and Safety, Cherie understands what incidents in the workplace cost. “From a financial perspective with increased WorkSafeBC premiums, investigation costs, repair and lost production costs ... that list really does go on. But more importantly, the emotional and human costs that workplace incidents can have on families, co-workers, workplaces and whole communities,” she said.

Cherie shared that some of the most impactful experiences she had had was when she spent 10 years in the Fort McMurray, Alberta area working with Occupational Health & Safety as a Lead Investigator. “In my five years as an investigator, I led or assisted 18 investigations into workplace fatalities and numerous other serious injury investigations.”

Today, I’m going to talk about two incidents that really had a significant impact on me, and what I think the biggest learnings from them are.

“I was in Edmonton at the University of Alberta Hospital doing interviews with three burn victims from an explosion that had happened in Fort McMurray two days before. I don’t know if any of you have ever been to a burn unit at the hospital but, for me, it was gut-wrenching. A co-worker found out that I was in the hospital and asked me to do another interview for one of her files. All I knew was that it was an eye injury for a 26 year old male and that his injuries were ‘non-life threatening’. Doesn’t sound that bad, right? Well, when I went into the room at first, I didn’t think so either. I walked in, and there’s this young man sitting up on his bed with a nurse. He was laughing and carrying on with her...flirting with her really. Soon I learned he had just found out he was going to lose his eye. The nurse was going through the pre-op instructions with him. He was making jokes about all the money he

was going to save on glasses, because there was only one lens. I explained who I was, and that I wanted to do an interview. He said no problem. When the nurse was

finished with him, she left the room and closed the door. I sat down, started my usual spiel of who I was, what I did, and asked him to tell me his story. This is where he broke down. All of that bravado was gone. He started crying about how his girlfriend had broken up with him the week before; how nobody would ever want him now because of his eye; how he would never have a wife and family and how he’d always dreamed of that.

“This hit me so hard. Here I was thinking from a safety and WCB perspective...the injury was not life threatening...he’d be able to return to work and do light duties...and here was this poor kid worrying about never getting a girlfriend...never getting married or having kids...of having a life.

“After some time, I was eventually able to get him to a place where he could talk about the incident. He told me that he was a pipefitter with a pipeline company. He had

been tasked with doing some maintenance work on a slurry line. He told me about how his supervisor picked up the work permit from the permit office. They went through the LOTO (lockout – tag out) and permit with the Permit issuer. The line was isolated, they were told. They went to the site. He told me about how, when he got to the site, he and his supervisor reviewed the JSA (job safety analysis) and completed his FLRA (Field Level Risk Assessment)...and this was where his tone and demeanor started to change. He started to get mad...

“He told me that he did everything he was supposed to do. He followed the procedure. He made sure that everything on the LOTO looked right. He had his PPE on. The hydraulic line shouldn’t have been pressurized...

“When he broke into the line, hydraulic fluid shot up, hitting his safety glasses, and causing them to fly off. He said he could still taste the hydraulic fluid in the back of his throat because hydraulic fluid was in his orbital socket dripping down the back of his throat.... He was mad. ...and he had every right to be.

“What happened? When my co-worker completed her investigation, she found that the permit issuer had been a long-term worker at this facility and knew the process and equipment “like the back of his hand”. He didn’t check the P&IDs (Process & Instrumentation Diagrams) when he wrote the LOTO even though that was in his company’s procedure for writing a LOTO. If he had done this, he might have caught the new hydraulic line that had recently been installed on that valve to help with opening and closing during the winter months. That line wasn’t anywhere on the LOTO, nor had any of the procedures for operating and maintaining the valve been updated to reflect the change. That worker was right, he did everything he was supposed to do.”

The biggest learnings

“That Permit Issuer assumed that he knew the equipment, and wrote the LOTO based on his knowledge of the plant and equipment. He assumed that the permit he was writing was based on current conditions. A quote I love is Oliver Blanchard’s: the problem with assumptions is that they always come with blind spots!

“Interviewing injured workers and talking to family members of fatally injured workers was hard. But what I found the hardest was interviewing someone who knew that it was something they did or didn’t do that caused

“Every single incident I investigated could have been prevented.”

– Cherie Whelan.

serious injury or took the life of someone elsethey were brutal.

"In some other industries, we see a lot of rigor that is placed on processes to ensure that mistakes aren't made. Airline pilots and surgeons have to work from numerous checks and validations and there is a ton of scrutiny around their "pre- and post- work" practices. Extensive checklists for pilots, and rigorous processes to "count the sponges" before closing up for surgeons. These kinds of checks are in place to ensure that necessary steps are taken and accounted for. Surgeons and pilots are considered consummate professionals yet their industry never lets them make assumptions.

Cherie said that when we work in complex processes that can have far reaching impacts that affect many different people, we need to ensure that:

1. All affected parties are consulted
2. The right amount of review and collaboration takes place about the change
3. Effective controls are implemented and documented before start up or resuming the process.

"This means updating your critical documents and processes and training affected parties," said Cherie. "Managing change is hard and it takes a lot of work and diligence. But not doing it right can sometimes have catastrophic consequences."

"The second incident I will share with you happened the last weekend that I was on call as an Investigator in the Fort McMurray region. I got the call in the middle of the night from our call centre. An RCMP Constable was on the line. He told me that there had been a workplace incident south of town on a remote site. He gave me a brief overview of what he knew and told me that he was "holding the scene" until I arrived. Holding the scene meant that the body was still there. I called my Assist and gathered my stuff and headed down. It was about an hour drive south, and quite a distance off the main highway. We drove through pitch black lease roads and arrived at the site. It was surreal. Total blackness all around...all the lights on the crushing plant lit up like a Christmas Tree, and the lights on the RCMP truck flashing.... and not a sound. It was so quiet.

"We did our debrief with the RCMP, and took control of the site to do our initial site survey and some pictures and a brief examination of the body. The fatally injured worker was lying next to the bottom of the conveyor with what appeared to be crushing injuries to his right arm, shoulder and head. We released the body and then it was transported to the morgue. Then we started to interview the other three guys on site. One of them was an

18 year old kid, the only eye witness. He told me about how he had seen his Lead Hand dragged into the conveyor belt around the tail pulley and crushed to death.

"He told me about how he panicked and tried to pull him out; about how he had to run to get the backhoe operator on the other side of the site to help him free up the belt to get his Lead Hand out of the conveyor.

"When I got him around to telling me the circumstances around the incident, he told me that the shift had been going ok, but every now and then the belt would get stuck and they had to stop crushing to get the sand out around the drum to free up the belt. He said this is what had happened, and the Lead was helping remove the sand, first with a shovel, and then he crawled on the belt and used his hand to brush away some sand. That's when the belt jerked...

"He told me that when the conveyor got stuck, they would always call the Lead Hand and the Lead Hand would always shut off power. They would always put a lock on the lockbox, and then go remove the guarding that was always around the tail pulley, and then dig around the belt.

"So, your minds are probably going where mine went which was 'right, that wasn't locked out...there was no guard on that... they were working on that LIVE'. Well you, and I would be wrong! We could see that the guard had just recently been removed. We saw the lock on the lock box. We were able to get diagnostics reports that showed us that not only had he shut down prior to the incident, the equipment had automatically shut off when the tail pulley got stuck.

So what happened?

"An engineer helped us figure it out. He told me that when the tail pulley got stuck, the head pulley continued to rotate for 3-4 rotations until it caused the motor to shut off. The head pulley had locking system in it that prevented it from rolling back, so the upper section of that conveyor belt stretched out and on the bottom there was a ton of slack. So when that worker was digging out that sand, the tension on the upper portion released, dragging him into the conveyor and ultimately crushing him.

"One of the things that I had to do in my job as Lead Investigator was to contact Next of Kin, introduce myself, and explain the investigation process and Occupational Health & Safety's role. This was supposed to be done within a week, and we tried to wait until at least five days after. I talked to his mother five days after the incident. I introduced myself, and before I could say anything else she told me that he had been buried that day. She was sobbing. And telling me what a good boy her son was; how he

sent money home and was always checking on her; how she was all alone now; how her husband had died three years ago; how it had almost killed her son the year before when his sister had died of cancer...brutal, right?

So, what could possibly be the takeaway from this?

"When I talked to people about this incident, I heard of several instances in my small circle where they knew of people had either been "almost" seriously injured or a close call or near miss under almost the same circumstances. When I told my husband about it, I found out that my own father-in-law had crushed his hand under very similar circumstances over 30 years ago, and that's why he still uses a grip strengthener because of it.

"When I was looking for guidance on conveyor safety, I reviewed the recently published paper on "Best Practices on Conveyor Safety". The potential for this type of stored energy in a conveyor belt hadn't been highlighted as a hazard.

"This published paper was a joint effort with the government and a numerous safety leaders in that industry. Yet, all those other incidents, or near misses, did not float to the surface to make the content in that paper."

Cherie said sharing lessons learned is critical. "We must learn from the mistakes of others." As Sam Levenson said: "You can't possibly live long enough to make them all yourself."

She said all the safety working groups – and industry – were going to hear a lot more about near miss and close call reporting over the coming months.

"I think near miss and close call reports are gifts. Why a gift? When we are given a glimpse into a deficiency in our systems that doesn't cause any injury or harm to our people or equipment, it's an opportunity for improvement and has the potential to prevent a more serious incident from occurring...IT'S A GIFT!

Near Miss Reports are...



GIFTS!

Continued on page 8...



SAFE Companies

“The “tip of the iceberg” are the serious incidents like that conveyor fatality. When we only react to these incidents we are missing out on all the learnings that we could get from all the identified hazards, near misses and minor injuries that exist.

So, how do we tap into this wealth of knowledge?

“Well, a Safety Culture where everyone feels comfortable in reporting near misses and hazards openly and honestly is where we start. Having a workplace where everyone has each other’s backs and are looking out for themselves and each other. Sounds like a utopia doesn’t it? I am a glass half full person most of the time, and I think the perfect safety glasses would be rose tinted with a rear view mirror with 20/20 hindsight. Until my “pie in the sky” glasses are invented, we need to set up our workplaces to have “reporting safety cultures” so that the right information is shared and learned from.

How do we get a Reporting culture?

“Leadership that walks the talk: leaders walking the talk. This means not playing the BLAME game when a near miss happens. We’ll have a hard time getting to a reporting culture if a worker is worried about their job or repercussions when a near miss is reported.

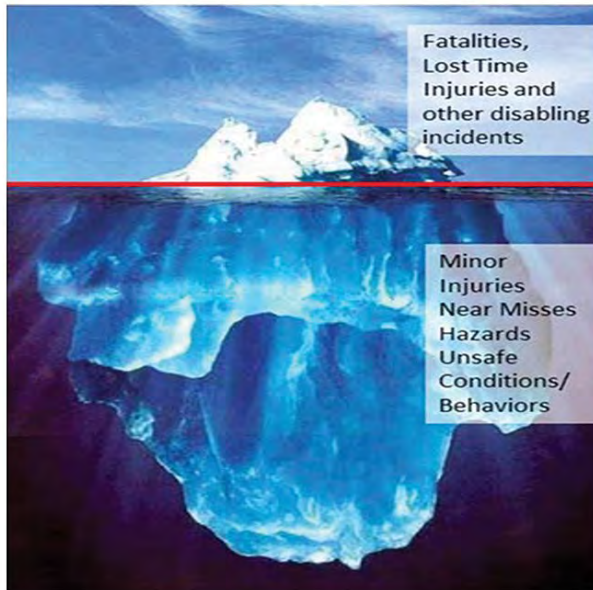
“Easy Reporting: give them a way to report easily. This doesn’t have to be fancy or complex. I’ve seen everything from pocket cards to phone apps. The key is to making it really easy and not onerous and a lot of work. Having a 4 page report that someone has to fill out for a near miss will defeat the purpose. Sometimes, a lot of our workforce doing hands on work are doing hands on work because they hate paperwork.

“Find out why? This is key. Just getting a report and filing it will do nothing. If the hazard or near miss had potential to cause serious injury, investigating the causes, identifying and implementing corrective actions will help to prevent similar, or more serious, incidents from happening in the future. A lot of companies are managing near misses with potential for significant loss the same as those with actual loss. This might seem like overkill and like a lot of work, but focusing on the near misses that have huge potential for much more severe consequences will really help to target these efforts.

“Share the lessons! Sharing the lessons learned does two things:

- It lets the person who made the report see that something is being done about it, reinforcing a “reporting culture” and
- It helps incident learnings be more far-reaching and go beyond the isolated site where they happen. The real power comes when we start sharing these outside of our own companies with other members of industry groups. 🌐

Tip of the Iceberg



Talkin’ Safety with Mike Sexton: Site verification visits made simple



Mike Sexton,
Senior Safety Advisor.

What is a site verification?

A site verification is where a BC Forest Safety Council (BCFSC) Safety Advisor, or External Auditor comes to your worksite (which may include an office/shop and field) to review your health and safety system and see how it works. We like to call them site visits. It includes some:

- Documentation review (similar to what you would submit in a paper audit submission)
- Observations of workers and equipment and
- Interviews with some of your workers.

The whole process takes from as quick as an hour to a whole day, depending on the size of your company and travel to and from a site. We do our best to limit our impact on production, and only talk to one worker at a time.

What is the benefit to my company?

This visit gives you the opportunity for face to face contact with the BCFSC through a Safety Advisor or qualified representative. It is a chance to ask any questions you may have and if there is an opportunity for improvement suggestions, they can be talked about. The advisor may also be able to assist you in achieving greater efficiencies in your health and safety system and reducing the amount of paperwork being completed.

The other great advantage is, it replaces your regular paper (or electronic) submission!

When a site verification is completed, every company that I have visited has been very appreciative of the visit. Usually, I am asked “Can you come back next year?” Unfortunately, we can’t come back the following year. There are almost 2,700 SAFE

Certified companies and we are hoping to be able to complete 350 site visits this year.

Here are a few comments from companies after receiving a site visit this year:

“The BC Forest Safety Council Site Verification Audit was thorough and informative. Having a Safety Advisor come to the site was a refreshing experience that shows the BCFSC does care about each individual company no matter their size.” – **Garth Tolmie, Kave Ventures Ltd.**

“I would like to thank you for coming to the Black Tusk Hanger to conduct the SEBASE BCFSC Verification Audit on our operation. I found that the verification process was fair to us and did not disrupt our daily operation at the site. I am pleased to know that your site visit will be considered our Maintenance Audit requirement for the current year.” – **Alex Vignola, Black Mount Logging Inc.**

“Thanks for all your help you’re doing a great service!” – **Doug Hobenshield, Hankin Peak Contracting Ltd.**

“This year, Hustle Contracting Ltd., an integrated forestry company was chosen for a site verification audit with the BC Forest Safety Council. Hustle is a SEBASE organization that has been registered with the council as “SAFE Certified” since 2007. Even though we have been through many audits, and have grown and realized the value of the COR program, I as the safety person for Hustle was a little intimidated about an external audit and someone from the BCFSC coming to ‘check’ on us.

I want to say to all those having those same thoughts that it was an amazing experience. The auditor was professional, courteous and really well informed. He put our crew at ease when he was interviewing them and was able to provide really valuable insights into forestry practices safety as well as answer any questions that I had regarding forestry safety, our organization and the future direction of the BCFSC.

I encourage anyone who is SEBASE to participate in the verification audit process, as not only was it a great experience, it saved me days of work prepping our own audit for this year. I definitely will be looking forward to this opportunity again in the future!” – **Kelly Wilson, Hustle Contracting Ltd.**

“The site verification that was completed for the District Of Mission was great. It was

completed efficiently and professionally. There was minimal disturbance to productivity and staff which was greatly appreciated.” – **Brad Laughlin, District Of Mission.** “I felt the questions and requests for specific documentation was concise and professional.” – **Margo Huppee, District Of Mission**

“The information the safety advisor was able to relay to us on the different aspects of our logging program was very helpful. She talked to some of our operators and checked over our safety program as well as our ETV. Our team felt really good about having her there. If we had a choice to have a site visit or to send in the cumbersome binder audit we would definitely want the site visit.” – **Debra Maclean, Rod Dillman Contracting**

If you have any questions or are interested in getting a site visit done, please call toll-free **1-877-741-1060** and ask for a Safety Advisor. We will try and get a visit arranged as soon as we can. 📞

Update on WorkSafeBC COR program

In 2015 WorkSafeBC began a policy review of the Certificate of Recognition (COR) program to address two key issues:

- The absence of policy for the Partners Program to help guide decision-makers and
- Direction on exactly what defined whether an employer was in “good standing”, and therefore entitled to receive a COR rebate.

On October 21, 2016 the WorkSafeBC Board of Directors approved an extension to the interim policies which were originally set to apply to all WorkSafeBC decisions, including appellate decisions, made on or after February 15, 2016 and effective until October 31, 2016. These interim policies are now set to expire on December 31, 2017.

What does this mean for your company?

For now, business as usual as far the COR program and incentive payments go. Any changes or future updates will be communicated to you as soon as we have any additional information. 📞

It’s that time of the year: Countdown to December 31, 2016 = audit deadline!

Don’t miss your COR rebate because you forgot to get your SAFE Companies audit in by December 31, 2016!

5 tips for your yearly audit submission:

- Keep your SAFE certification active! Check your SAFE certificate and previous year’s audit letter to ensure you know your audit due date
- Read each question carefully and answer each question. If the question does not apply to your operation mark “Not Applicable”. Don’t overthink it. Remember to review your Corrective Action Log (CAL) from the previous year’s audit and ensure it is included in this year’s package. Check that you have implemented the recommendations and included the date they were completed. If you do not understand a question, call and ask to speak to a Safety Advisor at toll-free: **1-877-741-1060**
- Sending your audit electronically is the fastest way to ensure we receive it. You can email it to **audit@bcforestsafef.org** or it can be uploaded on the website at **http://app.bcforestsafef.org/upload/**. If you need to send a paper copy please do not use staples, laminate, glue or attach pages together with clips or bindings. We scan everything on arrival, so the best way is loose in an envelope. We suggest using a tracked shipping method. You may also fax your audit if this is convenient for you to **1-250-741-1068**
- If you look forward to your COR incentive payment every year, please ensure your training is current. Check your audit results letter from last year for your auditor’s training expiry date and ensure they take refresher training before expiring
- Start now! While it may take only a few hours to put together a good SEBASE or IOO audit, you may not realize that a critical piece of paper is not readily available until you start working on the audit. 📞



Training

Province provides \$530,000 to forestry industry for training projects



Minister Shirley Bond with BCFSC CEO Rob Moonen at a recent COFI event where the Minister announced \$530,000 in funding for forestry workforce training projects. (Photo courtesy of COFI.)

To ensure that the forest industry has the skilled workforce it needs in the future, the Province has partnered with the BC Forest Safety Council (BCFSC) and the Council of Forest Industries (COFI) on two new Forest Workforce projects that will support the recruitment, identification and skills assessment of qualified workers. The BC government has invested more than \$530,000, through the Sector Labour Market Partnership Program (LMP), to BCFSC to lead the Forest Sector Workforce Initiative Competency Standards Project and to COFI to lead the Forest Workforce Initiative Recruitment Project.

BC's Minister of Jobs, Tourism and Skills Training, Shirley Bond, highlighted these two new projects at the Prince George Community Dinner hosted by COFI at the end of September 2016. The new LMP projects complement other forest sector workforce projects that the BCFSC and COFI have been working on with forest stakeholders, including local employers.

Since July, the BCFSC has been working with various forestry stakeholders including local employers and COFI on the Forest Sector Workforce Initiative project, aimed at enhancing worker safety. The goal of the project is to establish the competencies and develop assessment tools that employers can use to evaluate worker qualifications for careers in silviculture, integrated harvesting and resource road building. The project is expected to finish by spring 2018, and the

BCFSC will pilot the resources to ensure they will be easy to use for employers and employees later. In addition, forestry stakeholders are also working with COFI to implement the Forest Workforce Initiative Recruitment Competency Standards Project.

Funding will be used to research existing career information and to identify gaps as well as materials to help the recruitment of new workers. This project is expected to finish in January 2017. The two projects are part of the government's support for the forest sector through the Sector LMP program and align with key actions under BC's forest sector competitiveness agenda.

Earlier in September, the Province and the BC First Nations Forestry Council (BCFNFC) announced the First Nations Regional Forestry Opportunity Studies Engagement project. This \$80,000 project is currently underway and will be completed next January. The Sector Labour Market Partnerships Program is funded through the Canada-British Columbia Labour Market Development Agreement. The program helps employers understand and respond to changing labour market demands, and ensures that training and education programs in BC are aligned with industry's labour-market needs and priorities.

Minister Bond said: "We are expecting up to one million job openings in BC by 2025, and BC's forest industry is a key contributor to our workforce, employing more than 60,000 people each year. Our projects with the BCFSC and COFI will help ensure the industry has the skilled workers it needs in the future, which will not only benefit local communities but our overall provincial economy too."

"The BCFSC welcomes the Province's investment into forestry and related training. Assuring skilled, competent and professional workers throughout the industry with uniform training standards, certification of certain occupations and measures to support ongoing competence, was a key mandate of the Forest Safety Accord. This funding allows us to further fulfil this objective," said Rob Moonen, CEO, BCFSC.

"Knowledge has value when it's consistently applied and measured. The products developed by industry during this initiative will enable them to determine when workers are qualified and competent to do the job safely," added Rob.

Susan Yurkovich, COFI president and CEO said that the BC forest industry is facing a demographic shift with up to 50 per cent of its skilled workforce retiring over the next 10 years. "The industry is hiring approximately 2,700 new employees each year over the next decade, and this investment will support workers to find jobs in the forest sector in communities throughout the province." 🌲

Annual trainer development workshop held in October

To ensure that BC Forest Safety Council (BCFSC) trainers across the Province have the most current information and an opportunity to develop their skills, trainers participated in a two-day workshop in October. The session, held in Nanaimo, allowed trainers to focus on the results of quality assurance visits and share best practices to help ensure that the approximately 1,800 (average for past two years) forest industry participants that take BCFSC training courses each year receive consistent, quality training. Generally all courses are ranked as very good or excellent by participants – and all feedback received is reviewed and considered in shaping future delivery and content. 🌲

Upcoming training

If you would like to see how a training course can meet your organization's needs, please let us know. We are committed to working with you to find the right training solution. We may be able to tailor a program to your specific needs and deliver it in a way that is most convenient for your operations.

Basic Incident Investigation training:
December 8 Prince George

Advanced Incident Investigation training:
December 9 Prince George

Falling Supervisor training:
December 5 Nanaimo

Forest Supervisor training:

Module 1: Due Diligence (1) Module 2: Communications (2) Module 3: Leadership & Professionalism (3)
December 5 Campbell River (1)
December 6 Campbell River (2)
December 7 Campbell River (3)

Individual Owner Operator OHS & Refresher training:
December 17 Teleconference

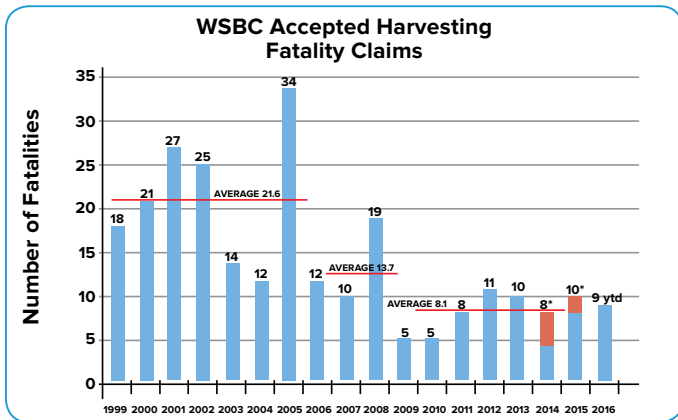
Small Employer OHS training & Refresher training:
December 1 Vernon
December 8 Campbell River

Please see the full training calendar at bcforestsafesafe.org/fscapps/calendar/calendar.php. Check back often as course dates do change. The full 2017 calendar will be posted shortly. Email training@bcforestsafesafe.org or call toll-free 1-877-741-1060 for general information, or email Gary Banys at banys@bcforestsafesafe.org to answer any questions you might have about course content and tailoring courses to meet your company's needs. 🌲



Fatalities and Injuries

Nine fatalities in forest harvesting year-to-date



The year to date data in 2016 is as at November 14, 2016 and is based on WorkSafeBC accepted claims and incidents that the BCFSC is aware of that happened in 2016. Please note that the above data is preliminary. *There are 4 fatalities the BC Forest Safety Council is aware of that occurred in 2014 and 8 fatalities that occurred in 2015. WorkSafeBC tracks fatalities by the year in which they accept the claim. The BCFSC uses the WorkSafeBC data of accepted claims for trends although it may not specifically indicate current year fatalities, it is the only long-term data base for comparative purposes.

Fatalities in harvesting, previously reported:

September 11, 2016: A 23-year-old faller died near Zeballos on Vancouver Island. Preliminary information indicates that a tree he was falling impacted another tree, which struck him. The RCMP, WorkSafeBC and the Coroners Service are investigating. See the safety alert: <http://www.bcforestsafesafe.org/node/2853>

September 2, 2016: The Elk Valley RCMP confirmed a log truck driver died in a single vehicle incident on the Elk River Forest Service Road shortly after 6 am. A loaded logging truck rolled over down a steep embankment. An investigation is still underway. See the safety alert: <http://www.bcforestsafesafe.org/node/2847>

August 9, 2016: The owner of a log transportation firm died at the scene while attempting to jump start a tractor in the truck shop's yard in the Fraser-Fort George area. The tractor moved forward pinning the man under the rear dual tractor tires. See the safety alert: <https://www.bcforestsafesafe.org/node/2827>

August 8, 2016: The driver of a loaded log truck was seriously injured when his trailer went off the road, taking the tractor with it while he was travelling down a muddy hill. The driver was transported to hospital but passed away on August 18th. See the safety alert: <http://bcforestsafesafe.org/node/2833>

July 4, 2016: A faller was fatally injured while working in an area near Bella Bella. He was falling a danger tree when it broke up, fell in an unintended direction and struck him. He was airlifted to Vancouver, where he later died. WorkSafeBC and the Coroners Service are investigating this incident. See the safety alert: <http://www.bcforestsafesafe.org/node/2817>

April 13, 2016: A yarder operator died in his machine, near Yale, north of Hope. The steel spar on the yarder collapsed and crushed the operator's cab. See the safety alert: <http://www.bcforestsafesafe.org/node/2781>. The incident is still under investigation by the authorities.

February 26, 2016: An equipment operator was electrocuted near Port McNeill. (See safety alert: <http://www.bcforestsafesafe.org/node/2767>)

So far this year, as at November 14, 2016 there have been:

- nine fatalities in forest harvesting
- two fatalities in manufacturing, and
- two associated fatalities in forest harvesting.

January 31, 2016: A 23-year-old man died after the empty logging truck he was trying to repair ran over him near Fraser Lake. (See safety alert: <http://www.bcforestsafesafe.org/node/2761>)

January 26, 2016: A 22-year-old log truck driver died in a logging truck incident between Princeton and Merritt. (See safety alert: <http://www.bcforestsafesafe.org/node/2755>)

Two fatalities in manufacturing, as previously reported:

March 25, 2016: A 37-year-old equipment operator died at a Nanaimo pulp mill after the wood chip pile he was standing on collapsed.

January 27, 2016: A 62-year-old equipment operator died at a Crofton mill. (See safety alert: <http://www.bcforestsafesafe.org/node/2760>)

Two associated fatalities in forest harvesting year-to-date, as previously reported:

August 15, 2016: A logging truck was driving along the Lougheed Highway near Harrison Mills when it tipped, sending logs rolling into the street. One of the logs struck a pickup truck and the female driver died at the scene. The driver of the logging truck was uninjured in the crash.

August 3, 2016: A senior Clinton man was trapped in his crew cab vehicle on Big Bar Road off Highway 97 after he came around a hair pin corner and hit an east bound logging truck. The log truck driver was uninjured. The other driver was seriously injured and transported by air ambulance to Kamloops, where he died.

Forest Safety News extends sincere condolences to all the families, co-workers and friends of the deceased.

Recent incidents reported to WorkSafeBC

HARVESTING

Injury Type: Broken leg
Core Activity: Manual tree falling and bucking
Location: Lower Mainland
Date of Incident: 2016-Oct

A faller was bucking a freshly felled Douglas fir tree (about 12 inches in diameter). When the bucking cut was completed, the butt portion of the log sprang up and struck the faller's leg. The faller was evacuated from the falling block by stretcher and driven to the hospital in the prime contractor's emergency transport vehicle.

Injury Type: Concussion, fractured vertebrae

Core Activity: Dry land sort/Log hauling

Location: Vancouver Island/Coastal B.C.

Date of Incident: 2016-Oct

A log transporter entered a log sort with a load of logs, secured by binders, to be unloaded by a crane grapple. As the grapple restrained the log load so the binders could be removed, it inadvertently disturbed the log load. When the driver of the log transporter released a binder, a log from the load dropped down and struck the driver on the hard hat.

Injury Type: Fractured vertebra, lower body strain

Core Activity: Manual tree falling and bucking

Location: Vancouver Island/Coastal B.C.

Date of Incident: 2016-Oct

A certified faller was falling timber on steep ground. A dead balsam tree (6 inches in diameter at the base and 37 feet long) was hung up in a standing green hemlock (14 inches in diameter). As the hemlock was felled, it pulled the limb-tied balsam down. The balsam broke off its rotten base, swung down, and struck the faller. The faller was transported to hospital by helicopter.

Injury Type: Close call

Core Activity: Cable or hi-lead logging

Location: Interior B.C.

Date of Incident: 2016-Sep

An excavator was reclaiming a trail at a logging operation. The excavator left the trail and travelled across a steep slope (about 50 percent). The ground under the machine gave way, and the excavator tipped over onto the operator's side and slid about 30 feet down the slope. The operator escaped from the cab through the boom-side window as the excavator caught fire.

MANUFACTURING

Injury Type: Undetermined injury to lower body

Core Activity: Sawmill

Location: Lower Mainland

Date of Incident: 2016-Oct

A young worker was working on the green chain at the bottom of and inside the incline area. The worker was struck by a large piece of lumber (4x6 inches, 20 to 24 feet long) that had travelled about 6 feet down an incline on the green chain.

Injury Type: Multiple injuries to hand

Core Activity: Wooden component manufacture

Location: Interior B.C.

Date of Incident: 2016-Sep

A young worker was trying to clear a jammed piece of wood from an up-cut (jump) saw when one of the worker's hands contacted the saw blade.

Injury Type: Temporary loss of consciousness

Core Activity: Sawmill

Location: Interior B.C.

Date of Incident: 2016-Aug

A young worker piling lumber on the green chain was struck by a piece of wood ejected from beneath the tire of a logging truck passing the worker's station.

Injury Type: Temporary loss of consciousness, laceration to head

Core Activity: Sawmill

Location: Interior B.C.

Date of Incident: 2016-Aug

A worker was using a come-along to shorten a drive chain on a conveyor when the hook of the come-along struck the worker. ⚠️



Getting to grips with winter driving

Remember as an employer you have responsibilities to ensure your workers are prepared for winter conditions and drive safe. As drivers we have a responsibility too, to ensure our own safety and the safety of other road users by obeying the rules of the road, driving defensively and being focused, aware and courteous.



For employers, be sure to check out what you need to do to fulfill your obligations to your workers who drive for work: <http://shiftintowinter.ca/driving-for-work/keeping-your-workers-safe/> and <http://shiftintowinter.ca/driving-for-work/your-legal-obligations/>

For forestry drivers and log haulers, remember that you need to be trained and competent to drive safely in the terrain and environment you are working in. This is particularly important in winter conditions. Remember:

1. To plan your trip: <http://shiftintowinter.ca/driving-for-work/commercial-trucking-resources/trip-planning/>
2. That winter is the most hazardous time of the year to drive: <http://shiftintowinter.ca/driving-for-work/commercial-trucking-resources/hazard-recognition/>
3. How your vehicle will perform in all winter conditions (before you go): <http://shiftintowinter.ca/driving-for-work/commercial-trucking-resources/reading-the-road/>
4. To prevent loss of traction in winter in four ways: <http://shiftintowinter.ca/driving-for-work/commercial-trucking-resources/traction/>
5. Always to see and be seen: <http://shiftintowinter.ca/driving-for-work/commercial-trucking-resources/visibility/>

Update below provided by the Construction Initiated Slides Working Group:

Professional Practice and Construction Initiated Slides

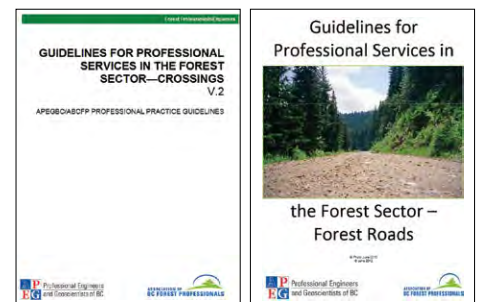
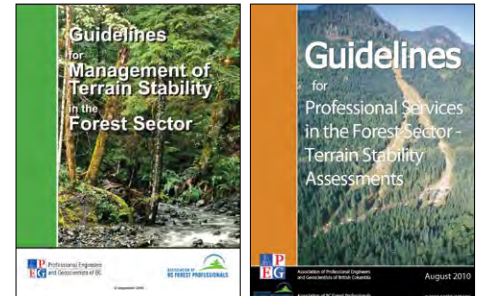
Road construction in the forest industry is often necessary to access old growth, and also second growth forests where older roads are upgraded. The Construction Initiated Slides Working Group (CISWG) would like to raise awareness to workers, contractors, and licensees that construction initiated slides are not constrained to specific geographic areas or site conditions. In fact, construction initiated slides occur year round under all weather conditions and on steep to gentle slopes down to 30% or less in many areas of BC.



Between 2012 and 2015, there were 36 construction initiated slides recorded on the coast of BC. The financial, environmental and most importantly, human cost can be significant not only to those physically injured, but also for anyone who has been on site during a slide.

Employers and tenure holders on the land base engage forest professionals, professional engineers and geoscientists as qualified professionals to provide advice on hazards, consequences and risks associated with road construction activities. These professionals will identify hazards and indicate works which may be undertaken by construction crews to reduce the risk to workers, the public and to protect the environment.

Qualified professionals have a duty to follow the established standard of care identified in all professional practice guidelines for the forest sector. The guidelines may be found at either <https://www.apeg.bc.ca/For-Members/Professional-Practice/Professional-Practice-Guidelines> or http://member.abcfp.ca/WEB/ABCFP/Practising_in_BC/Practising_in_BC.aspx#guidelines



In December 2015, WorkSafeBC indicated the professional practice guidelines established by the Association of Professional Engineers and Geoscientists (APEGBC) and the Association of BC Forest Professionals (ABCFP) as being the accepted standard for landslide risk assessments (WorkSafeBC Guideline G26.18).

Those working in planning, designing and building road will want to familiarize themselves with WorkSafeBC OHS Regulations for Excavations (20.78-20.101), Planning and Conducting a Forestry Operation (26.2) and Creating Additional Hazards (26.80) at a minimum. These will guide the various assessments, prescriptions and direction needed for road construction activities to help eliminate the occurrence of landslides associated with road construction.

CISWG has developed a road construction initiated slide awareness presentation for workers involved in road planning, design and construction. The presentation and webinar may be found at the following link: <http://www.bcforestsafes.org/node/2713>.

About the Author: The Construction Initiated Slides Working Group (CISWG) was formed in late 2014 via the Coast Harvesting Advisory Group to address a trend in logging road construction initiated landslides on the coast.

For further information please contact: Dustin Meierhofer, RPF, Director, BCFSC Transportation and Northern Safety at toll-free 1-877-741-1060 or via email: dmeierhofer@bcforestsafesafe.org.

ABS issues impact log haulers

By Seamus Parker RPF, P.Eng, Principal Researcher, FPInnovations Transport and Energy

In 2013, FPInnovations initiated a study to investigate Anti-lock Braking System (ABS) performance in the log hauling environment. As part of this study FPInnovations consulted with users and regulators across Canada and found that ABS functionality issues did exist in off-highway environments. As well, the findings also indicated discrepancies in ABS functionality and compliance between British Columbia and the rest of Canada. In 2015, FPInnovations, the BC Forest Safety Council (BCFSC), and the Commercial Vehicle Safety and Enforcement Branch of the BC Ministry of Transportation and Infrastructure decided to cooperate on a wider study to better understand ABS functionality in log hauling applications.

In this study, six log hauling fleets located in the Central Interior region of British Columbia were engaged. Three of the fleets had an ABS exemption, that is they were not required to maintain their ABS, since more than 55% of their haul was off-highway. The other three fleets did not have an ABS exemption and maintained their ABS. Prior to the start of the study the non-exempt fleets inspected and refurbished their ABS to ensure the systems were fully functional at the start of the monitoring period, which was from May

2015 to February 2016. For each fleet, whether exempt or non-exempt, ABS fault codes were downloaded and recorded.

Study showed main ABS issue related to wheel speed sensors

The study showed that the main ABS issues were due to wheel speed sensors on both tractors and trailers, however, trailers were more likely to experience ABS issues when compared to tractors. A secondary but less frequent issue occurred for pressure modulation valves on trailers.

There were a wide variety of wheel speed sensor faults but the most frequent were either open or short circuits, which indicate a break in the sensor wire or a malfunctioning sensor.

Most wheel speed sensor faults were addressed by replacing the sensor, but in many cases the issue was addressed by resetting the sensor (pushing in against tone wheel) or re-splicing wire breaks.

Further improvements in sensor design and installation needed

The study demonstrated general improvements in ABS performance in the log hauling environment for new and well maintained systems under favourable operating conditions. However, further improvements in sensor design and installation, particularly for trailers, are needed to further improve ABS for the log-hauling application.

Recommendations and next steps

This study was initiated to gain a better understanding of ABS issues with the goal of improving the functionality of ABS in log hauling applications. Based on the findings, it is recommended that industry, manufacturers and regulators focus on the following next steps:

- Investigate alternative sensors, locking mechanisms, wiring and routing strategies for log hauling trailers



- Continue to engage with log-hauling fleets to obtain more feedback on ABS operational issues and
- Engage to develop options regarding the regulation of ABS in log-hauling applications.

To access the full report please see: <https://fpinnovations.ca/Extranet/Pages/AssetDetails.aspx?item=/Extranet/Assets/ResearchReportsFO/TR2016N36.pdf#.WBt-ziOrJhE>. For further information, please contact: FPInnovations at 604-224-3221 or email Seamus.Parker@fpinnovations.ca; or call the BCFSC transportation department at toll-free 1-877-741-1060 or email: meierhofer@bcforestsafesafe.org.



Falling

Latest QF/T course successfully completed to support industry training

A total of six participants recently completed the latest Qualified Faller/Trainer (QF/T) course held in Campbell River from October 31 to November 7, 2016. The course, funded by the BC Forest Safety Council (BCFSC), was held to support industry, given that the BCFSC will no longer be providing direct delivery of New Faller Training, effective December 31, 2016.

The QF/T course educates BCFSC Certified Fallers in the principles of adult education and how to effectively train to the BC Faller Training Standard. QF/Ts are qualified to train one new faller trainee at a time on an approved Industry Training Partner's work site. All QF/Ts have to meet criteria set by the BCFSC and demonstrate continued competence as trainers through a regular trainer assessment program. In this way industry may ensure that all new faller trainees consistently meet the standard through appropriate and consistent training standards regardless of who does the training. 🌲



Day one of training in the classroom for the QF/T course participants (from left): Mark Allen, Wayne Miller, Randy Hanson, Dean Elmore, Dean Blosky and Juraj Seemann.



Day two – in-field training of QF/T training course (from left): Randy Hanson, Mark Allen, Steve Telosky (Trainer), Dean Blosky and Wayne Miller.


Nine approved Industry Training Partners

The Industry Training Program has been in place for more than two years (since July 2014), allowing industry participants actively involved in falling to select and train their own trainees, on their work site(s) in the initial 30-day new faller training program.

One of the many benefits of the industry training model is that it allows for a seamless transition from 30 days of training into the 'up to 180 days' of supervised training. This transition was difficult in the past for participants that completed the new faller training program. The company and the trainee can build a long and meaningful work relationship that meets the standards and the requirements of the company, while still meeting the requirements of the BC Faller Training Standard.

The BCFSC will continue to ensure that training provided by the trainers is consistent to the BC Faller Training Standard. This will be achieved through mandatory quality assurance visits and training and qualification of trainers.

There are currently nine Industry Training Partners and it is anticipated that two to three more companies will engage in the Program in 2017.

If you are interested in exploring what it means to become an Industry Training Partner, please contact the falling department toll-free: **1-877-741-1060** or email falling@bcforestsafe.org 

Work on the new faller training curriculum continues


Currently there are six technical writers working on the new curriculum content for faller training. This curriculum, once approved by industry and the regulator (WorkSafeBC), will only apply to new fallers as they enter the profession in 2018, going forward.

The curriculum development process is rigorous, involving subject matter expert input, expert technical reviews, cross-checking against past and current curriculums and oversight to ensure the new curriculum content delivers on its objectives.

Once the drafts are completed and pass through several review cycles, they are only then ready for piloting by industry, which will occur in 2017.

Based on the in-field experiences and feedback, revisions will be undertaken and further tested until a "final" curriculum is presented for approval by industry and the regulator for implementation in 2018.

Once final curriculum is approved by both industry and WorkSafeBC, upgrade training will be provided to all current qualified trainers and qualified assessors.

Forest Safety News will bring you regular updates on progress. 


Thank you for the falling safety advisor referrals and applications!

The BCFSC's 2017 workplan was determined by the FTAC, based on fallers' input

The BC Forest Safety Council's 2017 workplan items for the falling department were determined by the Falling Technical Advisory Committee (FTAC) over the course of several meetings. All of the priority workplan items were identified by fallers themselves in their responses and feedback received in FTAC's 2015/2016 faller survey (435 fallers in total completed the survey sent to all BCFSC certified fallers).

The key 2017 BCFSC Falling department workplan items are:

- Emergency Response Plan issues
- Developing fair and manageable Falling Supervisor duties
- Addressing the issue of two fallers at the base of the tree (doubling up)
- Fallers working in a distracted environment while interacting with other phases
- Integration and anchoring of the falling and bucking competency based standards
- Developing an anonymous online database for all close call reporting.

FTAC's next meeting will be held on December 9, 2016. Further updates from FTAC will be posted in the new year. 

The BC Forest Safety Council will be making an announcement in early 2017 on the appointment of a falling safety advisor following the closing for applications on November 4, 2016. "We'd like to thank the many fallers who sent in an application for consideration. We are looking forward to working through our interview and assessment process during December," said falling program manager, Glenn Hestnes. 



A holiday FOR your heart



By Dr. Delia Roberts

The holiday season is a time for getting together with family and friends, sharing and relaxing, and for many of us that means over-indulging. All those tempting foods, alcohol and late nights...sounds like fun doesn't it? But if you look a little deeper, you might want to think about some alternatives. For example, did you know that typically, the highest number of motor vehicle accidents occur during the holiday season? The weather is often stormy, the roads more slippery than usual and the number of fatalities associated with impaired driving goes way up. So here are some suggestions to help you and your loved ones develop some new, healthier and safer traditions. What better gift can you give?

1. Eating

Food is central to the holiday season. Those rich snacks when visiting with friends, a full table to celebrate the joy of being able to provide for your family, and fancy sweets to say thank you. They all entice us to increase our calorie intake way over and above calories burned. But does this really matter? It's only a seasonal event – right? Wrong!

It's fine to relax and not worry about overeating once, or maybe even twice a week, but when that stretches out from a get-together in early December through to New Years, it looks more like a long-term habit than a feast to mark a special day. And what about the behaviors that we are teaching our kids and grandkids? Do we want them to associate celebration and love with practices that are actually harmful to our health?

So here are some suggestions for new and sustainable ways to celebrate.

Change what is offered. Instead of white rolls, stuffing, mashed and roasted potatoes, maple syrup roasted squash and cranberry sauce, try choosing just one



The amount of sugar contained in many popular drinks is surprising!

starchy side. Look for other flavors like spiced-up sprouts, broccoli or cauliflower tossed in olive oil, Italian spices and a sprinkle of parmesan, or roasted peppers, squash and sprouts, again tossed in olive oil and slow roasted with a sprinkle of cumin and coriander. Skip the pasta salad for a lightly dressed tossed salad full of all kinds of greens, a selection of peppers, tomatoes and grated beets, and even diced fruit for color. Add a few chopped walnuts, almonds or seeds for crunch. Bulgur, quinoa or lightly roasted chickpeas can also add interest.

Adjust your favorite recipes. Learn how to add nutrients and reduce the salt, sugar and saturated fat in your old standards. It can be as easy as adding a few chopped vegetables to your stuffing to lighten it, or using half whole-wheat bread to increase the fiber content. Try baking it in a casserole dish rather than inside the turkey and you'll also lower the fat content. You can use a fat separator to keep the flavorful drippings to pour overtop without adding back the excess fat. An easy fix for baked goods is that most recipes call for more sugar than is needed. Try reducing the amount by at least 1/3. Cakes, tea breads and muffins can get moisture and nutrients

by substituting pureed fruit for half of the oil. Try a drizzled glaze rather than a thick coating of icing to cut your sugar intake in half. Make your pies deep dish; you'll get twice the fruit with half the pastry and ice cream.

Moderate portion sizes. A bountiful table encourages us to eat more. Smaller plates, regular tablespoons and forks rather than large sized serving utensils, and passing the healthier items around first will help your guests to look after themselves. Desserts are meant to top things off, not fill your second stomach! Another way to keep portions small is by using a garnish to take up the empty space on the plate. It can be as simple as a single strawberry, orange slice or a drizzle of melted chocolate or raspberry jam. Draw a knife through the drizzle to make a pleasing pattern on the plate.

2. Drinking

Getting together with friends and family during the holidays usually includes two items that can present a serious challenge to a healthy and productive life: alcohol and sugar. So here are a few suggestions to help you stay safe and still have a good time.

Consider that being a good host is not the same as supplying unlimited alcohol. Make sure to provide attractive, tasty alternatives to alcoholic beverages and mixers. Keep pitchers of ice water with lemon or lime slices on hand so that people can stay hydrated. Four servings of alcohol will dehydrate you by a liter so it's important to alternate each drink with a glass of water. Sparkling water makes a good alternative, and if served in a highball glass with a twist, can help make you feel like you are still part of the party. Offer unsweetened orange juice and spicy tomato juice, and consider a fresh fruit frozen drink as alternatives to high sugar soft drinks. Mulled wine or a fruit punch can be diluted with water to lower the alcohol content and still taste great.

As the evening progresses offer more non-alcoholic alternatives to help your guests get home safely and plan for designated drivers or a taxi service. Even when not visibly drunk, alcohol can increase risk-taking and slow the speed of our reactions.

Pace yourself. The effects of alcohol on your liver, gut, brain and cardiovascular system are not the same as the more obvious changes that indicate intoxication. Even if you think you can still keep your balance and carry on a conversation, the effects of the alcohol on your body's ability to maintain its internal environment and to respond to events is impaired. It also takes longer for the effects of the alcohol to leave your body than you think. Just one ounce of spirits (a standard drink is about 1.5 ounces of alcohol) takes one to two hours to metabolize, but the effects on your hormones and tissue function can last up to days – especially when the alcohol is consumed quickly or with increased frequency. While each person is different, a rule of thumb is not to consume more than an ounce of alcohol per hour and to limit the total amount to 4 ounces for a man, or 3 ounces for a smaller person or woman.

3. Playing

Holiday gatherings are meant to be fun and relaxing, though they can also include a large dose of stress. There are great ways to bond with family and friends, decrease stress, celebrate life and generally have a lot of fun that don't involve food and alcohol. Start a new tradition based on your family values, hobbies and what is accessible to you. For example, in British Columbia we live in some of the most

beautiful country in the world! Take your family outside for a walk on the beach, snowshoe, cross-country ski, ice fish, bonfire, sled or scavenger hunt. Have a wood chopping or archery contest, build ice sculptures, take photos, or play road hockey. Make a snowman, go caroling or find a geocache. If you'd rather stay inside, play charades, a board or card game, or get the family fitness nut to lead a yoga session, or have a sing-a-long. Watch a good movie, documentary, music video or comedy hour together. Make a point of learning something new – what could be a

better gift to yourself than new knowledge and great memories to carry you into the New Year?

We are truly blessed with a bountiful life. As challenging as it can sometimes be, we have a level of security that not many other societies provide. Take the time this holiday season to consider how your small daily decisions about what to eat or drink, and whether to walk or ride impact your life, and the lives of those around you. Every moment counts. Happy holidays! 🍷

Experts shared the importance of mental health at Forest Industry Health & Wellness Conference in Burnaby

By Gerard Messier, CRSP, RPF

Approximately 160 forest industry representatives from across the province gathered in Burnaby for the Forest Industry Health and Wellness Conference on October 4, 2016. The conference, which has doubled in size from last year's event, featured a biometric clinic where conference participants could have medical information collected to help them identify opportunities for improving personal health.

The conference was opened by Gerry Smith, who is on Pacific Blue Cross's Board of Directors, and Mike Bryce, the Executive Director of the Council on Northern Interior Forest Employment Relations (CONIFER). Gerry gave a motivational welcome, explaining there is a lot to be gained from healthier lifestyles at work. He related a story of a European company that purchased Apple watches for all their employees to use. The employees "paid" for their watches by maintaining a step count of 10,000 or more per month and eventually the watches were theirs to keep. He closed his presentation by telling participants that they all had the power to start a wellness program where they worked.

Mike defined the term wellness for the group as "the quality of being healthy in

body and mind through a deliberate effort." His message was that we need educational and incentive programs at work to fuel that deliberate effort. He shared an emotional story about visiting both his parents in intensive care when he was nine years old. His father had heart problems and Type 2 diabetes and his mother developed lung cancer. This situation was his motivation to be a champion for healthy lifestyles and wellness programs. He reminded participants that if they wanted a healthy and active retirement, they need to prepare for this while still at work.

Following the opening remarks, Dr. Ray Baker gave an excellent presentation on how the workplace is often the best environment to identify and help those with the disease of addiction. As a physician and person in long term recovery from addiction (30 plus years), his perspective on addiction was both scientific and personal.

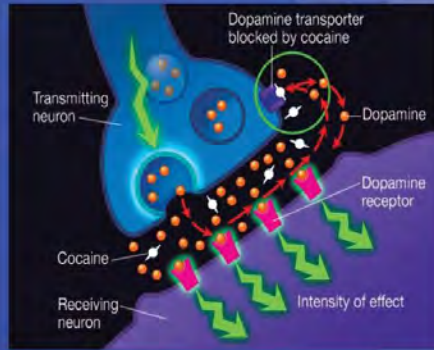
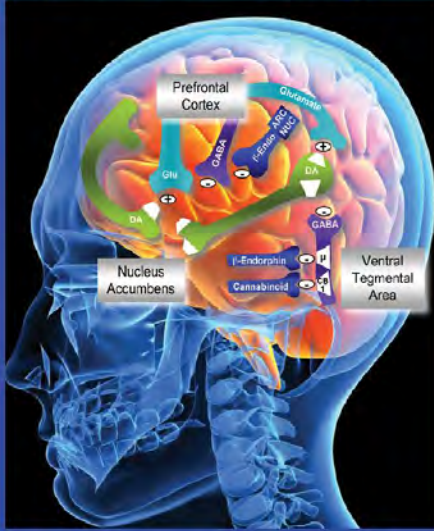
He said that the second most common mental illness is addiction and is a leading cause of death. Ten percent of workers will experience an addiction disorder, with addiction resulting in permanent change to the brain.

Continued on page 18...



Health and Wellness

Addiction Changes the Brain



While addiction can be hard to identify, some signs of addiction at work include:

- attendance problems and medical excuses
- inconsistent performance
- personality/behaviour change
- interpersonal conflict
- social isolation
- night shift preference.

Sixty percent of people with addictions find help on their own through Employee and Family Assistance Programs (EFAPs), doctors, counsellors, churches, etc. However, there are interventions that can be done at work that cannot be done by these types of services. Often co-workers or supervisors are the best ones to identify and help someone who may have an addiction problem. By the time an addiction becomes noticeable at work, the worker

is already in the late stages of a severe addiction.

Workplaces are particularly helpful for those with addictions because there is an opportunity for support in a structured environment, but also accountability. For example, a worker can be told that “we’ll get you back to work but you have to work at it as well.” This accountability provides motivation that is particularly important early on when someone needs the discipline to stay clean; it links the benefits of a job and getting paid with adhering to a treatment plan.

How to intervene:

--Observe, identify and document. Be objective.

--Communicate and ask questions like:

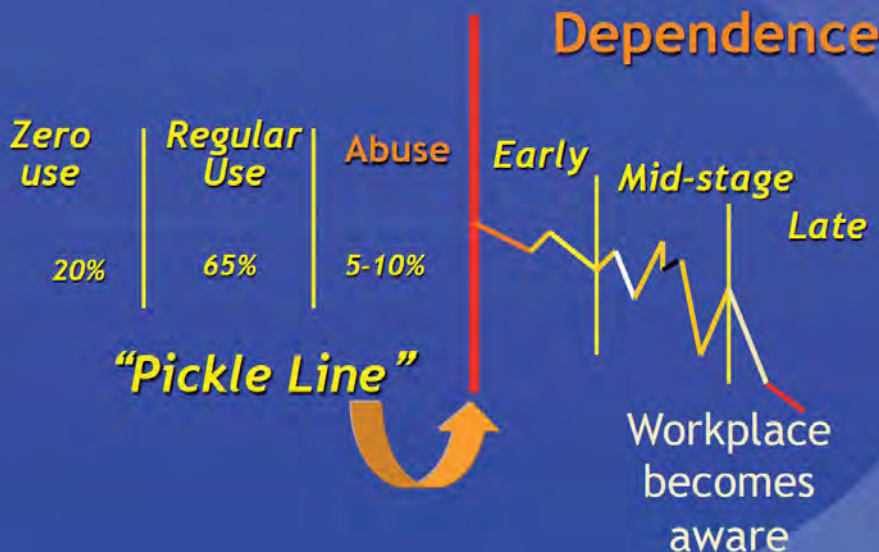
- I am concerned about(specific examples). Are you OK?
- I don’t want to know the details of your personal life or medical issues but I need to know you are able to safely do your job. If you need help there are resources such as the EFAP, or discuss it with your doctor. I will be following up.

Since workplace interventions are usually with employees at a serious stage of addiction and the stakes are so high, it is important they receive a thorough diagnostic evaluation and treatment recommendations from a health professional with expertise in occupational addiction medicine. A treatment and recovery plan is generated from this assessment so the employee may then assume responsibility for following through, with or without medical monitoring of their ongoing adherence to their relapse prevention plan.

Dr. Baker also answered questions from the audience on medical marijuana. He said that medical marijuana is the wrong term as it is not a medicine since there is no standard dose and all the negative effects are not known. He said marijuana has a measurable negative effect 24 hours after use which employers need to be aware of.

In a later session, Dr. Joti Samra built on the idea of mentally healthy workplaces in her presentation: “The Psychologically Healthy and Safe Workplace: The CSA/BNQ National Standard”. She said that work is good for us mentally and asked attendees why that might be the case. Answers included: purpose, meaning, pride, structure, routine and security. Work, however, can also be a source of stress.

Alcohol & Drug Use



Work demands a lot of our time and energy, can put us under pressure, and this type of stress can lead to poor mental health.

Mental illness is a growing concern and is more common than most people realize. In fact, 1 out of 5 Canadians will experience a mental health issue or illness per year. That equals 6.7 million Canadians as compared with 2.2 million Canadians who have Type 2 diabetes. The World Health Organization estimates that depression will be the second leading cause of disability by the year 2020.

One big takeaway from the presentation is that many of us will experience a mental illness and it's not an "us versus them" issue. We need to break down the stereotypes that surround mental illness, especially in male dominated industries.

So what can workplaces do?

--Understand mental illness, including being aware of the signs and symptoms.

--Pay attention to widespread organizational issues that may affect people's mental health.

--Psychologically healthy workplaces have flexible work schedules, provide for a good work/life balance, and ways to relieve stress at work.

The Canadian Standards Association (CSA) has developed a standard for workplaces that promote employee psychological well-being and improved employee mental health. You may download this standard for free: <http://shop.csa.ca/en/canada/occupational-health-and-safety-management/cancca-z1003-13bnq-9700-8032013/invt/z10032013>

Dr. Samra emphasized that mentally healthy workers are more motivated at work and have lower injury rates. Mentally healthy workplaces are better able to attract and keep good people and their workers have lower health care costs. It's important to work on this continually as longer term solutions are necessary.

Despite the large scope of this issue, workplaces just need to start small with a training session or survey, and build from there using the standard for more guidance.

Learn more at www.drjotisamra.com.


Gerard Messier is the BC Forest Safety Council's Program Development Manager. 🇩🇪

Your hearing matters; don't put it at risk!

Protecting your hearing now means a healthier retirement. Untreated hearing loss has serious emotional and social consequences for older persons, according to a major new study by the US's National Council on the Aging (NCOA). Hearing protection is always best!

WorkSafeBC has recently released a bulletin focussed on the forestry industry and hearing: how loud is it? The one-pager is easy to read with good information. To download, please see: <https://www.worksafebc.com/en/resources/health-safety/hazard-alerts/how-loud-is-it-forestry?lang=en> Always know the decibels. Regular exposure to sounds louder than 85 decibels can cause permanent hearing loss. Be informed and wear ear protection! Here is an additional link to another hearing resource from WorkSafeBC: Hear for good: preventing noise exposure at work: <https://www.worksafebc.com/en/resources/health-safety/books-guides/hear-for-good-preventing-noise-exposure-at-work>. 🇩🇪

[worksafebc.com/en/resources/health-safety/hazard-alerts/how-loud-is-it-forestry?lang=en](https://www.worksafebc.com/en/resources/health-safety/hazard-alerts/how-loud-is-it-forestry?lang=en) Always know the decibels. Regular exposure to sounds louder than 85 decibels can cause permanent hearing loss. Be informed and wear ear protection! Here is an additional link to another hearing resource from WorkSafeBC: Hear for good: preventing noise exposure at work: <https://www.worksafebc.com/en/resources/health-safety/books-guides/hear-for-good-preventing-noise-exposure-at-work>. 🇩🇪



WorkSafe Bulletin

How loud is it? — Forestry

As a worker in the forest industry, you may be exposed to hazardous levels of noise on the job. Regular exposure to sounds louder than 85 decibels (dBA) can cause permanent hearing loss. You may not work regular eight-hour shifts or be exposed to noise continuously, but you may still be at risk of hearing loss. Noise levels and exposure time work together to create the risk. Working in higher noise levels for a short time or in lower noise levels for a long time can cause the same harm.

The table below shows how long you can be exposed to certain noise levels without harm. It also lists examples of typical noise exposures for several forestry occupations.


For example, if you work as a manual faller for 8 hours a day and are exposed to noise at 103 dBA, you can work in this environment for up to 7.5 minutes before the noise becomes hazardous. It's important to know how loud your equipment or work environment is to understand the risk you face.

If testing shows that your noise exposure is greater than 85 dBA (averaged over an eight-hour day), your employer must take steps to protect your hearing. These steps include reducing workplace noise and providing you with hearing protection. Your hearing protection must be comfortable and provide adequate protection from noise.

The Canadian Standards Association (CSA) rates hearing protection as Class A, B, or C, depending on how much noise reduction the protection provides. The recommended protection for eight hours of exposure is as follows:

Exposure: Lex, 8 (dBA)	Recommended class
< 90	C
> 90 up to and including 95	B
> 95 up to and including 105	A
> 105	Dual*

* Dual hearing protection shall be used. A minimum of a Class B earmuff and a Class A earplug is required.



Maximum exposure time by noise level (regardless of occupation)	Examples of forestry occupations*
16 hours	82 dBA Chokerman
12 hours	83 dBA
8 hours	85 dBA Log truck driver
4 hours	88 dBA Boom boat or loader operator; log sorter
2 hours	91 dBA Yarder operator
1 hour	94 dBA Feller buncher operator
30 min	97 dBA Dozer or skidder operator
15 min	100 dBA
7.5 min	103 dBA Manual faller
3 min, 45 sec	106 dBA
1 min, 50 sec	109 dBA Landingman
1 min	112 dBA
30 sec	115 dBA

* Based on historical WorkSafeBC data; may not reflect all operating conditions and new equipment

For more information
Hear for Good: [Preventing Noise Exposure at Work](#)

WS 2016-11
WorkSafeBC Prevention Information Line: 604.276.3100 or toll-free 1.888.621.SAFE (7233)
page 1 of 1



Kid's Corner

Enjoy this holiday word search, courtesy of Canadian Women in Timber... and be sure to find "safety"!

In our third and final year of running the kids' art competition, Forest Safety News is pleased to announce that Levi Turnell (6) is the grand prize winner. Congratulations Levi! Your prize will be sent to you shortly!

A huge thank you to all the children (and parents/grandparents/guardians) who have sent in their artwork over the past three years, helping to remind all of us why being safe at work is so important. 🌱

Remember who you are going to be safe for today and every day!

Coming next edition:

We will introduce and launch a new section on this page inviting companies, safety representatives and workers to submit programs/topics/experiences that have helped shape improved safety outcomes. More about that next edition! All submissions and tips to Forest Safety News are always welcome. 🌱



Try my new Forestry Word Search - it's fun and educational!

M	L	L	Y	H	P	O	R	O	L	H	C	D	S	C
E	D	Y	T	I	S	R	E	V	I	D	O	I	B	T
T	J	E	I	C	A	A	G	N	C	O	S	P	D	N
S	L	V	L	A	F	D	N	O	W	E	I	O	E	E
Y	A	K	I	R	E	E	I	I	H	W	L	Y	N	M
S	C	C	B	B	T	C	T	T	F	S	V	G	D	E
O	I	O	A	O	Y	I	N	A	O	G	I	R	R	G
C	P	L	N	N	U	Y	A	V	R	N	C	E	O	A
E	O	M	I	I	S	K	L	R	E	I	U	N	L	N
C	R	E	A	O	F	Q	P	E	S	L	L	E	O	A
A	T	H	T	G	S	E	R	S	T	D	T	O	G	M
N	E	O	S	E	W	I	R	N	E	E	U	I	Y	W
O	H	L	U	E	N	R	H	O	R	E	R	B	W	X
P	P	S	S	G	O	R	F	C	U	S	E	E	D	S
Y	L	D	E	C	I	D	U	O	U	S	E	N	O	C

- | | | | |
|----------------|----------------|--------------|------------|
| BIODIVERSITY | BIOENERGY | CANOPY | CARBON |
| CEDAR | CHLOROPHYLL | CONES | CONIFEROUS |
| CONSERVATION | DECIDUOUS | DENDROLOGY | ECOSYSTEM |
| ENGINEERING | FORESTER | FROGS | HEMLOCK |
| MANAGEMENT | PHOTOSYNTHESIS | PLANTING | SAFETY |
| SEEDLING | SEEDS | SILVICULTURE | SOIL |
| SUSTAINABILITY | TROPICAL | WOOD | |



ABOUT Forest Safety News

Forest Safety News is published six times a year: February, April, June, August, October and December. All submissions – letters to the editor, safety tips, photos, safety stories, concerns etc. – are welcome. The opinions expressed in the newsletter are not necessarily those of the editor, staff or board of the BC Forest Safety Council. All decisions to publish materials rest with the editor. 12,000 copies of each edition are distributed via mail or email. Additional copies are distributed at industry events.

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Have a story, letter to the editor, safety tip, ideas or photos? Please send all submissions to:

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FOREST SAFETY News



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Safety is Good Business

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The first panel at the 74th TLA Convention and Trade Show provided a status update on steep slope harvesting, including a strong focus on safety. President of the TLA, Jacqui Beban (right), stands with (from left to right): Jesse Drover, JBM Falling Ltd.; Richard Lawler, John Deere Forestry; Tyson Lambert, T-MAR Industries (moderator); and Dzhamal Amishev, FPInnovations.

Update on steep slope developments at TLA convention

Rapid developments over the past 12 months have seen more winch-assist machines make their way onto BC coastal and interior steep slopes. Dzhamal Amishev, of FP Innovations, who has spent the last eight-and-a-half years researching steep slope harvesting, estimates that there are currently 22 winch-assist machines operating in BC with a further 27 planned or on order, spread across 10 manufacturers. The first machine started operating in BC in December 2014.



See FPInnovation's website for more steep slope information: <http://steepslopeinitiative.fpinnovations.ca/>.

Safety is a big factor

Dzhamal said that in his research, most users of winch-assist systems claim safety is their leading

priority when implementing this technology. In New Zealand, approximately 10 mill m³ have been harvested with winch-assist equal to potentially two lives being saved based on manual falling safety statistics.

First serious injury recorded in New Zealand in 2016

In June 2016, the first and only serious incident (as at January 18, 2017) involving a winch-assist system happened in New Zealand when a single-cable bulldozer anchor machine was pulled down the hill as it lost its footing. The bulldozer started tumbling down the hill. The feller-buncher operator apparently left his cab to get in the clear of the machine heading his way, but was pinned under the dozer, and is now a paraplegic. Dzhamal said the suspected cause was mechanical winch failure, but the formal investigation report has still to be released.

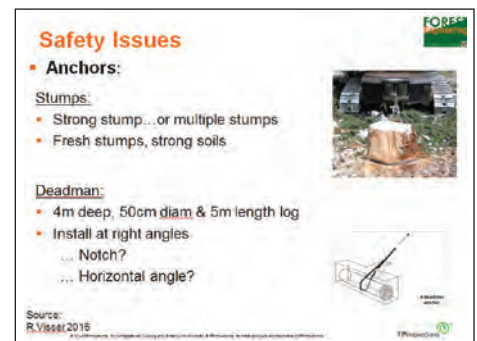
"Incidents have happened, do happen, and will definitely happen. So we all need to be aware of that. We are not aware of any incidents involving winch-assist equipment, yet, in British Columbia," he said.

Dzhamal encouraged reporting of any incidents to help shape better safety outcomes. He referenced a previous article in Forest Safety News (December 2016), where Director, SAFE

Welcome to the February edition of Forest Safety News, covering news about safety topics in forestry. This is YOUR safety newsletter. We look forward to your input and feedback! Email the editor at editor@bcforestsafe.org or call 1-877-741-1060.

Companies, Cherie Whelan, spoke about near misses as "gifts". Incidents and near misses shared with the rest of industry means that we all learn from each others' experiences to avoid future potential fatalities. In this way we best protect all forestry workers and avoid costly lost production time.

A summary of New Zealand incidents, highlighting the need for more research and development, include: 10 to 12 cable failures on both single- and double-cable systems; anchor (excavator) tip-overs; winch drum detachment from anchor; cable released from obstacle/rub tree; attachment point failures; and broken shackles. Dzhamal said that no workers were injured in these incidents and that they had led to a collaborative approach by contractors, manufacturers and companies to lead improvements in design, process and procedures.



Anchors are a potential safety issue. Need for training and best practices development on selecting and managing safe, stable anchors.

Dzhamal shared several winch-assist safety alerts from other jurisdictions and said all the safety

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issues identified provided an opportunity and need for industry to develop best practices for winch-assist activities.

“Best practices is what we have to come up with to keep everyone safe,” he said. “People can get over-confident and that leads to complacency.” He said that FPInnovations was working on such a document for industry, and encouraged people to join the organization’s steep slope logging group on Linked In to share experiences.

Richard Lawler, director of engineering for John Deere Forestry, shared a manufacturer’s perspective on steep slope logging, focusing also on safety and on how to turn the new technology into a value proposition for everyone involved. He also gave a shout-out to Jim Hunt, FPInnovations, and his team for the work Canada has done on furthering the learnings about steep slope harvesting. He shared recent steep slope logging accomplishments in Brazil; and learnings that good operations planning, better site layout, good proactive, pre-emptive maintenance and optimal cable replacement (still a learning opportunity given so many variables) but roughly

300 hours for a forwarder and 500 hours for a harvester (based on 14 mm cable) is key. He said future machine enhancements may include better stability assistance (auto levelling options); tools that show operators what slope and kind of ground that they are on.

Jesse Drover, JBM Falling Ltd., has been operating a ClimbMax system since April 2016 on Vancouver Island. Given 60% of their fibre comes from the high-side of the road; to reduce incidents, injuries and fatalities; and to increase productivity, the system was purchased. It also helped address concerns that the average age of fallers in BC this year is 58 and the machines are not subject to the same weather blow-outs as well as helping to reach a goal to reduce very costly road building activities on the coast. Given the size of investment in the equipment and the learning costs “failure is not an option”.

“Good planning and communication is critical,” said Jesse about using the system. And, it takes time to learn especially overcoming the “very unnatural feeling” sitting in the cab. He said rigging experience was key and knowing what will keep a stump in the ground. He said the systems

were “a game-changer” and here to stay but that there would always be a need for good hand fallers on the coast.

During the Q&A session Jesse said that it took 500 hours to become confident and comfortable with the technique and being tethered, and that a 10-hour day being strapped into the four point harness, was enough, working 10 days on.

Improved training (and closing the gap on who owns that going forward); improved tools; and better understanding from planners, contractors and licensees, for the whole process were high on the panelists’ wish lists for the next 12 months of future winch-assist development in BC.

It was unanimous that steep slope winch-assist logging is a unique system, neither traditional ground nor cable with all of its own learnings, needs and best practices, much of it still in development including the final bottomline benefits to contractors and licensees, and which machines would perform best over the long haul.

A second TLA session flowed naturally onto the topic of “Can we afford steep slopes?” There was solid recognition from the panelists and the floor that all industry participants need to work together and share the risk and the reward of steep slope technological investments. Why? Because the future of our industry depends on us maximizing our ability to harvest steep slopes (coastal and interior) as well as harvest low value species. 🌲

Training provided for forestry heavy-equipment operators, log truck drivers

Premier Christy Clark announced at the 2017 annual Truck Loggers Association convention that 28 underemployed or underskilled individuals are developing their skills by taking forest heavy-equipment operator or log truck driver training, made possible through the Canada-British Columbia Job Fund Agreement.



Premier Christy Clark speaking to a capacity crowd at the annual TLA Convention in Vancouver in January 2017.

In a press release, Premier Clark said that BC’s resource industries aren’t just the backbone of Canada’s leading economy

– thousands of families depend on them for meaningful and gainful employment. “By investing in training for unemployed and underemployed individuals, we are helping them get on a path toward good careers in BC’s growing forest sector,” she said.

First Nations, displaced workers, recent immigrants and unemployed youth who don’t qualify for federal Employment Insurance benefits are being given first priority for the training, with a total of \$556,705 for three contracts.

The forest heavy-equipment operator training is a collaboration between the Interior Logging Association and the Thompson Rivers University campus in Williams Lake to prepare 16 individuals for job opportunities in the forest harvesting sector. The \$311,905 investment will help address a critical skill shortage of heavy-equipment operators recently identified by a cross-industry coalition of forest sector companies and organizations. Forest sector contractors are assisting in the recruitment and trainee selection process to ensure a smooth transition from training to job placement.

Through a \$75,830 investment, the Interior Logging Association will be collaborating with the Thompson Rivers University campus in Kamloops to provide specialized training to four individuals as log truck drivers in the southern Interior and Cariboo a skill that is transferable to transport truck driver, a Top-100 occupation in the B.C. 2025 Labour Market Outlook.

Reid Hedlund, chair, Interior Logging Association said “this type of collaborative effort opens up employment opportunities in rural and First Nation communities.”

The BC Forest Safety Council will be using \$168,970 to partner with Taylor Professional Driving in Prince George and with Selkirk College and Mountain Transport Institute Ltd. in the West Kootenay-Boundary region (Castlegar) to deliver log truck driver training to eight individuals.

Rob Moonen, CEO, BC Forest Safety Council, said that ensuring that all forestry workers are properly trained, competent and qualified to work is critical to ensure a competitive industry and sustainable, safe workplaces.

“This government-funded training will provide an excellent opportunity for candidates to gain highly sought after log truck driver skills, including safe performance. Integrated safety training ensures not only top operational performance, but gives families greater confidence that their loved ones will return home safely at the end of the day,” he said.

Steve Thomson, Minister of Forests, Lands and Natural Resource Operations said that “we want to keep forest-dependent communities and First Nations strong and stable and one way to do that is by focusing our training efforts to fill industry labour shortages. 🌲

Getting workers back to work earlier improves recovery times and reduces employer costs

Keys to success

- Keeping your injured employee connected to their workplace
- Offering modified work
- Participatory approach with injured employees
- Involving Supervisors

We've all heard the stories about injury management/return to work being challenging due to the nature of the work in the forestry sectors. Sometimes the challenge is even greater when healthcare providers may not fully appreciate the physical demands of various types of forestry work; and, when there is insufficient knowledge among employers on how best to support workers returning to a work environment as quickly as possible.

The bottom line is that the earlier an injured worker can return to a workplace in any form of modified duties, the better the recovery outcome for the worker and the larger the financial savings for the company.

Industry overall has worked hard over the past couple of years to reduce Form 7 filing delays in addition to improving claims process times. Beyond filing times, several other opportunities exist to help reduce total lost days and enhance the worker's recovery.

New resources and future training workshops that will be available soon will further assist employers get started or help them improve their programs.

For employers the financial incentive is huge (beyond it being the right thing to do). Consider that employers face a rate from a 100% WorkSafeBC rate surcharge at one end (for poor safety and high numbers of lost days) to a 50% discount (for good safety and lower numbers of lost days). That's a huge spread which represents a lot of money. While it's important to note that there are many factors that influence rates, the one that employers have the most control over is the costs of their claims which impact their experience rating.

To start with the employer should encourage every worker with a work related injury to contact WorkSafeBC Teleclaim on the day of their injury.

Having modified duties identified in advance and offering modified work to injured employees at the earliest opportunity will promote the worker's recovery and limit the number of lost days.

Dedicated WorkSafeBC team supporting employers with their Injury Management programs

Michael Paine, with more than 17 years' experience at WorkSafeBC is currently a key account performance consultant in Industry



Michael Paine

and Labour Services. The employer consulting group began four years ago and works predominately with large employers or groups of smaller employers to foster sustainable change to health and safety culture, occupational Health and Safety systems and

Injury Management programs. The team of 10 consultants works with targeted employers across a number of sectors including forestry for between 12 and 18 months, assisting employers with a safety and/or injury management action plan to achieve improvements in performance.

He recently gave the BC Forest Safety Council's safety advisors a sneak preview of new tools available to smaller employers early in 2017 to support more effective Injury Management programs.

These tools include the "Recover at work starter toolkit for employers" and the "Recover at work package for employees". The change of name from "return to work" to "recover at work" is key to help people being open to the fact that for many injuries workers can recover at work while doing modified duties.

New Recover at Work Starter toolkit content includes:

- Injury Management policy sample
- Check list and road map to follow as an employer when a worker is injured at work
- Typical physical limitations for common workplace injuries
- Employee letter and package for a manager/supervisor to hand to an injured worker
- Functional abilities assessment form
- Modified work offer document
- Health care provider letter sample and
- A sample poster for workers to remind them on what to do if they experience symptoms or have an injury at work.

The objective is to support employers with the documentation they need to effectively assist injured workers in the workplace doing suitable and safe modified work while they recover from an injury.

Getting to physio fast is key in MSIs

Musculoskeletal Injuries (MSIs) in forestry are high, especially in certain occupations. A key piece of information to know is that injured workers can receive a physical and functional assessment from a physiotherapist as early as the day of injury. This can occur even before WorkSafeBC has made a decision on the claim. The costs for this assessment are covered by WorkSafeBC regardless of the claim decision. This functional portion of this assessment can provide the worker, employer and their physician valuable information about what the worker can safely do at work. This makes offering the appropriate modified

work easier and faster for the employer. "The idea is to speed up the access to appropriate functional information and treatment specifically for Musculoskeletal Injuries (MSIs)," Michael said.

Best practices in injury management

An example of future success might be seeing injured workers being brought back into the workplace as mentors to help new younger workers. This is one example that can be in your job jar of modified duties that must be ready and available before your workers have injuries.

Michael said all effective injury management programs included key roles for supervisors. Best practices include:

- a culture of supervisor/management and co-worker support
- a participatory approach that is worker centred. Ask the worker: "What they can do?"
- focusing on function – what can the worker do?
- accommodation and offers of modified work at the earliest opportunity

"There is an opportunity going forward to bring in related employers and brainstorm modified duties for a particular setting," said Michael.

He said it was rewarding to be able to work with employers to help them realize significant cost savings in getting injured workers back to work faster in modified duties.

Overall the safety advisors who were shown the tools responded positively. "We hear a lot from the field that better tools are needed," said senior safety advisor, Mike Sexton, "especially for smaller employers." Safety advisor, Lisa Banner welcomed the new tools and said "many companies would benefit" from having the new sample documents available and being able to tailor them with very little effort to meet their unique company needs as small or large employers.

(Forest Safety News will provide links to the tools in a future edition and provide copies of the sample documents on the www.bcforestsafe.org website.)



WorkSafeBC's summary chart and process flow for "Recover at Work" programs.



Fatalities and Injuries



By Rob Moonen, CEO,
BC Forest Safety
Council

What are you going to do differently in 2017?

A total of 10 forestry workers – fallers, log truck drivers, equipment operators and an owner – died in 2016 at work. Every incident was preventable. Please pause and consider those lost lives, the families with broken hearts that will never be whole again and imagine you or your loved one going to work and never coming home.

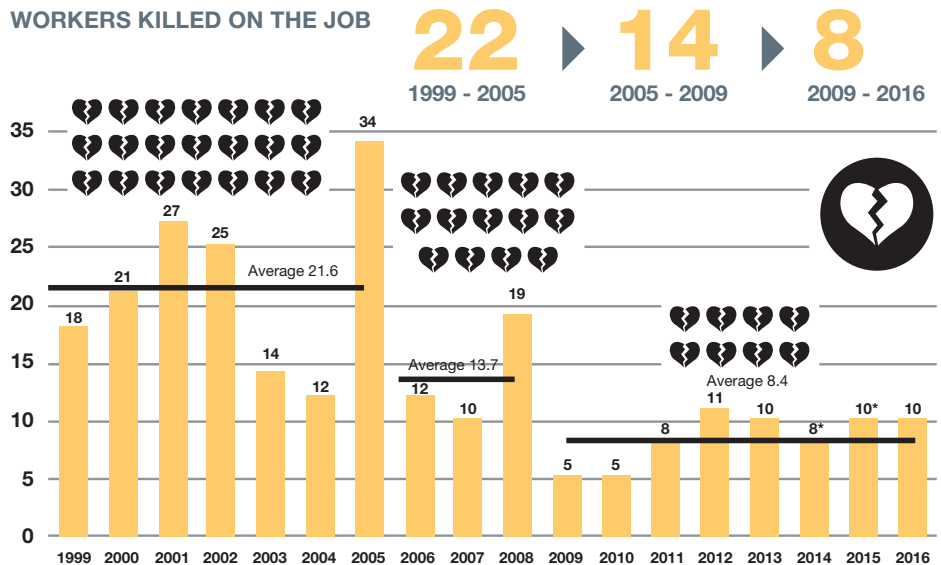
As we enter 2017, let's take the opportunity to reflect and ask ourselves how will each of us make sure we and every forestry worker can go home safe at the end of the day. This question is inspired by recent emails/calls received by Forest Safety News from experienced folk frustrated with the status quo that we are not getting to zero. Issues raised include how site verification audits might not capture what goes on at other times; and that industry is not teaching enough safety skills to new people. One worker suggested that perhaps like all cycles, the pendulum had swung once again to acceptance; another caller suggested we had all become such good listeners that we have forgotten how to act out of fear of upsetting people. Of course there have been other messages about what has been achieved so far; optimism for the future; pride in our performance as an industry and appreciation for many better safety practices.

And yet, with 10 fatalities, we have more work to do. Keep talking, keep sharing, keep inspiring each other to act and to achieve continuous improvement. The strong voices to champion change must never be silenced.

If you would like to share your views on the status of safety in industry, please email editor@bcforestsafesafe.org or call toll-free 1-877-741-1060. 📞

FATALITIES

WORKERS KILLED ON THE JOB



The above data for 2016 is based on WorkSafeBC accepted claims and incidents that the BCFSC is aware of that happened in 2016. Please note that the above data is preliminary. *There were 4 fatalities the BCFSC is aware of that occurred in 2014 and 8 fatalities that occurred in 2015. WorkSafeBC tracks fatalities by the year in which they accept the claim. The BCFSC uses the WorkSafeBC data of accepted claims for trends as it is the only long-term data base for comparative purposes.

Summary of 2016 fatalities

November 13, 2016 – A log truck driver was fatally injured when he was run over by another log truck in a Midway area maintenance yard. See the safety alert: <http://www.bcforestsafesafe.org/node/2885>

September 11, 2016 – A 23-year-old faller died near Zeballos on Vancouver Island. Preliminary information indicates that a tree he was falling impacted another tree, which struck him. See the safety alert: <http://www.bcforestsafesafe.org/node/2853>

September 2, 2016 – The Elk Valley RCMP confirmed a log truck driver died in a single vehicle incident on the Elk River Forest Service Road shortly after 6 am. A loaded logging truck rolled over down a steep embankment. See the safety alert: <http://www.bcforestsafesafe.org/node/2847>

August 9, 2016 – The owner of a log transportation firm died at the scene while attempting to jump start a tractor in the truck shop's yard in the Fraser-Fort George area. The tractor moved forward pinning the man under the rear dual tractor tires. See the safety alert: <http://www.bcforestsafesafe.org/node/2827>

August 8, 2016 – The driver of a loaded log truck was seriously injured when his trailer went off the road, taking the tractor with it while he was travelling down a muddy hill. The driver was transported to hospital but passed away on August 18th. See the safety alert: <http://bcforestsafesafe.org/node/2833>

July 4, 2016 – A faller was fatally injured while working in an area near Bella Bella. He was falling a danger tree when it broke up, fell in an unintended direction and struck him. He was airlifted to Vancouver, where he later died. See the safety alert: <http://www.bcforestsafesafe.org/node/2817>

April 13, 2016 – A yarder operator died in his machine, near Yale, north of Hope. The steel spar on the yarder collapsed and crushed the operator's cab. See the safety alert: <http://www.bcforestsafesafe.org/node/2781>. The incident is still under investigation by the authorities.

February 26, 2016 – An equipment operator was electrocuted near Port McNeill. (See safety alert: <http://www.bcforestsafesafe.org/node/2767>)

January 31, 2016 – A 23-year-old man died after the empty logging truck he was trying to repair ran over him near Fraser Lake. (See safety alert: <http://www.bcforestsafe.org/node/2761>)

January 26, 2016 – A 22-year-old log truck driver died in a logging truck incident between Princeton and Merritt. (See safety alert: <http://www.bcforestsafe.org/node/2755>)

Two fatalities in manufacturing in 2016

March 25, 2016 – A 37-year-old equipment operator died at a Nanaimo pulp mill after the wood chip pile he was standing on collapsed.

January 27, 2016 – A 62-year-old equipment operator died at a Crofton mill. (See safety alert: <http://www.bcforestsafe.org/node/2760>)

Two associated fatalities in forest harvesting in 2016

August 15, 2016 – A logging truck was driving along the Lougheed Highway near Harrison Mills when it tipped, sending logs rolling into the street. One of the logs struck a pickup truck and the female driver died at the scene. The driver of the logging truck was uninjured in the crash.

August 3, 2016 – A senior Clinton man was trapped in his crew cab vehicle on Big Bar Road off Highway 97 after he came around a hair pin corner and hit an east bound logging truck. The log truck driver was uninjured. The other driver was seriously injured and transported by air ambulance to Kamloops, where he died.

Forest Safety News extends sincere condolences to all the families, co-workers and friends of the deceased. 🕯️

Recent incidents reported to WorkSafeBC

HARVESTING

Injury Type: Injuries to shoulder and head
Core Activity: Integrated forest management
Location: Interior B.C.

Date of Incident: 2016-Dec

A crew truck travelling on a forest service road failed to negotiate a curve and rolled down a 150-foot embankment into a lake. The sole occupant was able to escape from the cab at the bottom of the lake, swim to shore, and climb up the embankment, where he was found by another passing crew vehicle.

Injury Type: Broken leg

Core Activity: Manual tree falling and bucking
Location: Vancouver Island/Coastal B.C.

Date of Incident: 2016-Nov

A certified hand faller was attempting to fall a balsam danger tree that was limb-tied with an adjacent larger red cedar tree. As the danger tree started to fall, the top of it failed and a 20-foot section fell towards the faller. It struck the faller as he attempted to escape from the base of the tree. The worker was treated on site by a first aid attendant and then transported to the hospital by helicopter.

Injury Type: Broken bone, cuts, abrasions

Core Activity: Manual tree falling and bucking
Location: Vancouver Island/Coastal B.C.

Date of Incident: 2016-Nov

A certified hand faller was trying to fall a small red cedar tree. It was a nurse tree, growing on a large red cedar windfall. As the nurse tree began to fall, the faller started to escape from the base of the tree. The butt of the tree unexpectedly rolled towards the faller and his escape trail, and struck the faller. The faller was treated by a first aid attendant and transported by helicopter to hospital.

Injury Type: Broken ankle

Core Activity: Manual tree falling and bucking
Location: Interior B.C.

Date of Incident: 2016-Nov

A certified hand faller was bucking a felled spruce tree (92 cm diameter, 35 metres long)

when he was struck from behind by a live hemlock (49 cm diameter, 22 metres long) that fell due to root rot.

Injury Type: Concussion, injuries to head

Core Activity: Log hauling

Location: Interior B.C.

Date of Incident: 2016-Nov

A chain hooked to a dozer was being used to pull a logging truck that had broken down. The chain broke and went through the windshield of the logging truck, striking the driver. The driver was transported to the hospital by company vehicle.

Injury Type: Multiple fractures

Core Activity: Cable or hi-lead logging

Location: Interior B.C.

Date of Incident: 2016-Oct

At a cable harvesting operation, a rigging slinger (chokerman) connected chokers to logs and signalled the yarder operator to begin yarding. The end of a choked log dug into the ground and swung around, striking the rigging slinger (a young worker). The injured worker was transported in the employer's ETV to a landing site and then by air ambulance to hospital.

Injury Type: Facial injuries

Core Activity: Brushing and weeding or tree thinning or spacing

Location: Interior B.C.

Date of Incident: 2016-Oct

The front passenger windshield of a silviculture crew truck was struck by a large rock ejected by a passing truck. The rock went through the windshield and struck a worker, causing serious injuries. The worker was driven directly to hospital from this rural setting as an ambulance was not expedient.

Injury Type: Penetrating injuries to leg

Core Activity: Integrated forest management

Location: Northern B.C.

Date of Incident: 2016-Oct

A worker operating a forestry log processor was struck by the chain of a broken butt

saw that passed through a 12-mm-thick polycarbonate window.

Injury Type: Fractured ribs

Core Activity: Log hauling

Location: Lower Mainland

Date of Incident: 2016-Sep

A loaded logging truck, travelling down a narrow section of forest service road, flipped onto the driver's side when the road collapsed under the left rear trailer axle.

MANUFACTURING

Injury Type: Crush injuries to upper body

Core Activity: Sawmill

Location: Vancouver Island/Coastal B.C.

Date of Incident: 2016-Dec

A worker entered a perimeter-guarded area to do maintenance work on the lumber end stacker. The end stacker cycled, pinching the worker between the hoist frame and the stacker assembly.

Injury Type: Lacerations and fractures to fingers

Core Activity: Integrated forest management / Sawmill

Location: Interior B.C.

Date of Incident: 2016-Dec

A worker sustained lacerations while using an unguarded table saw.

Injury Type: Close call

Core Activity: Sawmill

Location: Lower Mainland

Date of Incident: 2016-Dec

The roof of a planer mill collapsed. No injuries occurred.

Injury Type: Finger laceration and fracture

Core Activity: Wooden component manufacture

Location: Lower Mainland

Date of Incident: 2016-Oct

A worker was attempting to remove an obstruction from a semi-automatic nailing machine. One of his fingers was caught in a rotating chain. 🕯️



JOHSC changes affect all companies with more than 10 workers



By Martin Ridgway, CRSP,
senior safety advisor

On December 14, 2016, WorkSafeBC's Board of Directors approved changes to regulations about Joint Occupational Health and Safety Committees (for companies with more than 19 people) and Worker Health and Safety Representatives (for companies of 10-19 people). Companies with less than 10 people in any month do not legally need a worker representative or a JOHSC. The changes come into effect on April 3, 2017 and cover Investigations, JOHSC & Worker Representative Training and JOHSC self-assessment.

Investigations

When a company is required to perform an investigation, they need to actively involve a worker in the investigation. This is Regulation 3.28 and section 174 of the Act. If the company has a JOHSC, this should be a worker member of the JOHSC if they are available. For a company with a Worker Representative, this should be the Worker Representative if they are available. For companies with less than 10 people or where the designated member is not reasonably available, any available worker should be selected to participate. A company can meet this requirement by having 2-person investigation teams; one worker member from the JOHSC/representative and one manager/supervisor knowledgeable about the work area being investigated. To be effective, all potential investigators should be trained. (The BCFSC offers investigations training. Please see http://www.bcfestsafe.org/incident_investigation_training for 2017 sessions across the province.)

Training

Regulation 3.27 now defines the minimum training for JOHSC and Representatives. It used to be that the company was only

required to offer the annual safety training opportunities, without the worker being required to actually take them. As of April 3, 2017, the members of the JOHSC (or worker representative for companies from 10 to 19 people) will need to actually attend the 8 hours of annual training. In addition to the 8 hours of annual training for all members, new members to a JOHSC (unless they can have records proving that they were already on a JOHSC within the last 2 years and have actually attended 8 hours of training on the specified topics) will need to take 8 hours of initial training within the first six months of being on the JOHSC. This means that in the first year of being on a JOHSC, a new member will have 16 hours of training. New Safety Representatives only need to attend 4 hours of initial training along with their 8 hours of annual training. The contents of the initial training are specified in the Regulation and include safety duties and functions and how to perform investigations, inspections and work refusals. This training will help companies fulfill the new regulation about worker participation in investigations by training workers to help perform investigations. For JOHSC members it also includes how to hold effective meetings. While the training is always useful, members joining a committee on or before April 2, 2017 are not required to have the initial training; only the annual training. The initial training is expected to be available online through WorkSafeBC.

JOHSC Self-Assessment

Regulation 3.26 sets out that each JOHSC must perform an annual written self-assessment. This can be done by the co-chairs of the JOHSC, by other JOHSC members as designated by the co-chairs, by a consultant on behalf of the co-chairs or by safety person in the company on behalf of the co-chairs. The company is responsible for paying for the external assessment or for allowing time off work to perform the assessment. The self-assessment is a comprehensive review of how well the JOHSC is functioning in assisting to reduce the risk of serious

injuries and fatalities. It covers the Terms of Reference, the procedural rules of each JOHSC, how minutes are published and posted, how inspections, investigations and work refusals were handled and how the committee meets all of its legal and regulatory requirements. A draft evaluation tool of over 70 questions was presented by WorkSafeBC during the public consultation on the self-assessment regulation, but a final version is not yet available. The self-assessment only applies to the JOHSC and does not apply to companies that only have a worker representative.

The full set of the resolutions of the Board of Directors is available at: <http://www.worksafebc.com/en/resources/law-policy/board-of-directors-decisions/bod-2016-12-14-01-ohsr?lang=en>

What you need to know if you got a letter from WorkSafeBC about a WIVA

WorkSafeBC Initiated Verification Audits (WIVAs) are part of the Certificate of Recognition (COR) program's quality assurance process and are a mandatory full recertification audit completed by an external auditor selected and paid by the BC Forest Safety Council (BCFSC). WIVAs apply to companies certified with any of the 10 Certifying Partners in BC and to any size of company from IOO through BASE. There is no cost to the company – and the good news is, the audit replaces the company's regular annual audit!

A total of 37 companies have been identified by WorkSafeBC for a WIVA in 2017 compared to 32 companies in 2016. This is under 1.5% of the total SAFE certified companies. Approximately half the companies selected are BASE and the other half SEBASE, with just one ISEBASE and no IOOs.

Why was my company selected for a WIVA?

While WorkSafeBC does not disclose specifics on why a company has been selected, there is information on their criteria found in the Certificate of Recognition Standards & Guidelines Addendum to Standard 3.12 (Rev.3). Some examples of potential triggers include:

- Higher injury rate than similar companies doing the same type of work
- One or more specific significant incidents or injuries
- WorkSafeBC Officer complaints, repeat/frequent orders, high-risk violation orders, etc.

As your health and safety association we are here to help

The BCFSC has reached out to all the forestry and manufacturing companies WorkSafeBC has selected for a WIVA to offer assistance, but if you have any further questions, please contact Senior Safety Advisor, Martin Ridgway, at ridgway@bcforestsafesafe.org to discuss the timing and any other details of the audit and process. 📞

Calling all SAFE Companies in Prince George, Quesnel and Williams Lake April 3-7

If you have a SAFE Companies audit coming due, you are invited to submit your audit in person and get immediate answers to all your safety management questions in your area in early April.

SAFE Companies safety advisors and support staff will be visiting the three centres between April 3 and 7, 2017.

Calling all SAFE Companies in the Vernon area – May 4 to 6

Similarly, SAFE Certified Companies in the Vernon, Kamloops, Golden, Cranbrook, Kelowna and surrounding areas may hand in their audit submissions in person during the Interior Loggers Association annual meeting and conference in Vernon from May 4-6.

Companies may call Clare Craig, Audit Administrator, at toll-free 1-877-741-1060 for more information or to schedule a time at any of the venues in Prince George, Quesnel, Williams Lake and Vernon. 📞

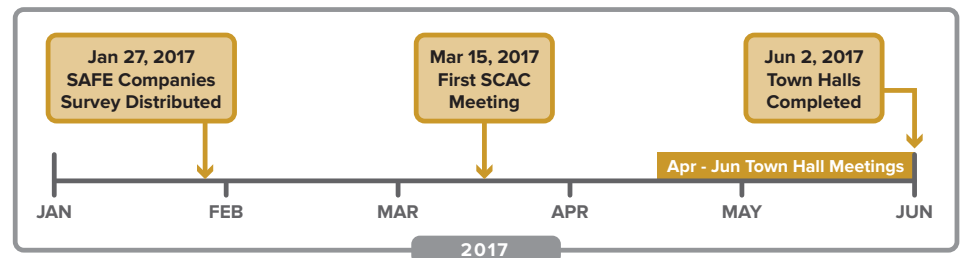
Calling on YOU to help shape the SAFE Companies Program going forward

In order to better provide permanent ongoing industry feedback to the SAFE Companies program, a SAFE Companies Advisory Committee (SCAC) is being formed. Your expertise is needed and you are invited to participate as a committee member.

Committee members will have experience in health and safety in the forestry and/or forest products industry, and/or be an expert safety resource and most importantly be supportive of the process and committed to making a difference in the safety performance of the industry. Members will have great influence to help guide the development and maintenance of BASE, SEBASE, ISEBASE and IOO audit tools, auditor training materials, and quality control processes for audit reports and for verification audits to meet industry needs. To ensure as broad a representation as possible, SCAC members need to come together from as wide a range of business and personal backgrounds as possible, from all audit sizes, all geographies and all types of business (harvesting, planting, milling, etc.)

An initial Terms of Reference <http://www.bcforgesafesafe.org/node/2901> has been developed to assist until the SCAC sets out its own ongoing Terms at its first meeting which is anticipated will occur next month (March). A survey <http://www.bcforgesafesafe.org/node/2902> has been created to give wide industry input into the SCAC for those who aren't able to directly participate in the committee.

The 8-16 person SCAC will meet four times a year (either in person or via teleconference call to make it easier for volunteers from all parts of the province to participate) and may set up separate sub-committees for projects such as audit design. As a volunteer committee, only direct expenses, if any, of attending meetings will be reimbursed accordingly to industry-established BCFSC policies.



Estimated timeline on gathering industry feedback to help shape the SAFE Companies program going forward.

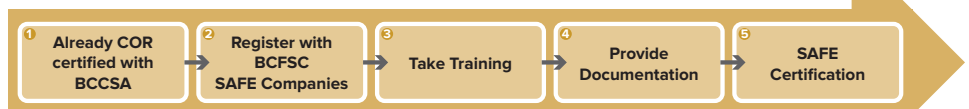
Cherie Whelan, BCFSC's Director of SAFE Companies, is the SCAC sponsor and will be the Acting Chair until the SCAC picks its own Chair at its first meeting.

If you are interested in helping to guide your SAFE Companies program and processes, please contact Cherie Whelan by email: cwhelan@bcforestsafesafe.org or call toll-free: 1-877-741-1060. 📞

Conversion of COR to SAFE

SAFE Companies and the BC Construction Safety Alliance (BCCSA) have developed a process for valid BCCSA COR holders to obtain a SAFE Companies Endorsement, starting March 1, 2017.

The process to obtain a SAFE Endorsement is:



The BC Forest Safety Council wants to ensure that all industry participants have a level playing field to bid on forestry contracts. Given the new increased requirements by the Ministry of Forests, Lands and Natural Resource Operations (MFLNRO) and BC Hydro for SAFE certification to qualify to bid on in-forestry bids, it was anticipated by all parties that there would need to be a fair process to manage

Continued on page 8...



SAFE Companies

Continued from page 7...

the potential entry of new contractors who might be COR Certified, but not SAFE.

All incoming contractors will meet the same fee requirements and process as existing SAFE companies (depending on size) and in addition will be required to successfully complete a new training course that will orientate them to BC forestry conditions and expectations (at a \$90 additional cost). The importance of this training is to ensure that all newcomers are

well aware of the specific BC forestry hazards and conditions, from weather to ERP, etc. to ensure that they are not only safe operators but that they do not create new hazards for other phases. "We want to ensure that a road builder who is new to forestry or from another province understands and is prepared and responsive to the difference in conditions 300 km from the nearest town has its own set of hazards different from a semi-rural setting in another Province. They need to know all the

regulations and performance expectations from managing road side debris, construction initiated slides, etc. to keep everyone safe in their own phase and all the phases that follow," said Martin Ridgway, senior safety advisor, BCFSC.

For detailed rules that apply, please see: <http://www.bcforestsafesafe.org/node/2903> and if you have any questions, please contact Martin at toll-free 1-877-741-1060 or email mridgway@bcforestsafesafe.org

For more information on the orientation to BC forestry course, please see the training section, on page 9. 📍

Talkin' Safety with Mike Sexton



Mike Sexton,
Senior Safety Advisor.

What is a mass submission?

A mass submission is where a BC Forest Safety Council (BCFSC) Safety Advisor and a BCFSC Administration person meet with your company, at a predetermined location, and receive and review your SAFE Companies' SEBASE, ISEBASE, or IOO audit.

The first mass submission was completed with Weyerhaeuser Princeton Woodlands in 2013 and continues to be done every year. Other mass submissions have taken place at the Interior Logging Association (ILA) Annual Conference as well as every other year in the Cariboo Region. Given the positive feedback, the BCFSC is hoping to expand on this opportunity for many more small SAFE Companies.

What is the benefit to my company?

While the audit submission forms all still need to be completed, the mass submission gives you the opportunity for face to face contact with the BCFSC and to discuss any element of the audit and get feedback. It is a chance to ask any questions you may have and exchange follow-up questions and comments that tend to be far more meaningful and helpful in person. The other great advantage is helping you save time and money. There is no need for you to photocopy and/or scan documents. You bring your original documents which are reviewed and returned to you right then and there. If you keep all your records electronically, all you need to do is bring

in your memory stick, or whatever other method you use.

Problem-solving on the spot

Sometimes a company may forget something in their regular audit submission. With this in-person mass submission process, that omission can be dealt with right away. For example, a receipt for pickup repairs may be in your truck; or maybe you forgot to check a box or 2. You can fix it right on the spot!

Audit results known immediately

And, for anyone who doesn't like to wait, audit results are also known right away. When we're done, most companies agree it's the next best thing to a site verification audit!

Want to know more?

If you have any questions about mass submissions, or are interested in being involved in this process, please call toll-free 1-877-741-1060 and ask for me (Mike Sexton) or Clare Craig. Licensees and Major Contractors are also very welcome to contact us to set this up for subcontractors too. We can get your company on our list if we are going to be in your area in 2017, or set up a new Mass Submission opportunity if there is enough interest. 📍

REMINDER

Countdown to April 1, 2017: Need SAFE to bid on MFLNRO contracts

All contractors for in-field Ministry of Forests, Lands and Natural Resource Operations forestry bids need to be SAFE Certified! Learn more here: <http://www.bcforestsafesafe.org/node/2824>

Countdown to when contractors must be SAFE Certified to bid on MFLNRO contracts

There is a countdown clock on the BC Forest Safety Council website homepage to remind all contractors that they have till April 1, 2017 to achieve SAFE Certification for MFLNRO bids. 📍

SAFE CERTIFIED COMPANIES

CERTIFIED COMPANIES PER UNIT - 2016



- Manufacturing (all 714 classification)
- Silviculture (Brushing/Weeding/ Thinning & Tree Planting/Cone Picking)
- Falling
- Log Hauling
- Integrated Forest Management
- Cable or Hi-Lead Logging
- Ground Skidding
- Log Processing
- Logging Road Construction
- Mechanized Tree Falling
- Helicopter Logging & related



Strong training numbers in 2016



Allison Thompson

While continuing to deliver existing training programs that support forestry companies and workers, such as SAFE Companies Training, Forest Supervisor Training and Incident Investigation Training, the major focus for the programs and training department in 2016 was the development of falling and yarding occupational standards and curriculum. The development work done in 2016 will lead to increased industry consultation in the first quarter of 2017 to ensure industry has sufficient opportunity to review and provide feedback. Once consultation is

concluded, training materials will be input into an online system and will be available to industry as early as July 2017.

All the new courses have been developed by industry for industry. The participation of industry subject matter experts whether on yarding or falling has been critical. Each step of the revised training development has followed an internationally-recognized process which includes rigorous review, testing, and refinement before piloting with industry and final roll-out.

“Industry really stepped up to shape and own all training content going forward which means that it will best meet industry needs. It is built on the strongest of foundations – from the boots on the ground – and then prepared by expert technical writers and adult education professionals taking the information and translating it into easy to understand, easy to use, easy to measure learning modules

available as online learning resources with corresponding downloadable paper versions,” said Allison Thompson, the BC Forest Safety Council (BCFSC)’s Training and Standards Manager.

“It’s important to know that the roll-out of the new course content will be done in such a way that it will be seamless for all companies and the end user, forest workers. In addition, costs will continue to be managed on a cost-recovery basis and given recent government funding many of the course content materials will have a zero cost which will help keep total costs to a minimum,” she said.

Looking back on 2016, a total of 176 courses were delivered by the BCFSC in 2016 to a total of 1700 industry participants which means an average of 143 people attended training managed by the BCFSC each month. 📍

New orientation to BC forestry course coming in 2017

During 2016, industry identified a need for an orientation course for new companies and workers coming into the BC forestry industry for the first time. These could be companies already operating in other provinces in Canada; companies from the US winning bids in BC forests, or new operators who are just starting out in the BC sector.

“Industry could see that while there are many excellent sources of general information about our industry in BC, there is no single go-to resource that has pulled all the relevant information together that can provide up-to-date must know information on how the industry works; what the regulations are; and how to best implement and meet safety and expected performance norms in our BC forestry industry,” said the BC Forest Safety Council’s Director, SAFE Companies, Cherie Whelan.

“With industry looking at reciprocity or equivalency measures between different

Certificate of Recognition certifying partners along with the Ministry of Forests Lands and Natural Resource Operations as well as BC Hydro increasingly requiring SAFE to bid on infield forestry projects in 2017, industry recognized that we needed to better support potential new entrants into the BC forestry industry. It is in industry’s best interests to ensure that all industry participants are equipped with the best tools to help support them be successful and most importantly ensure they are operating safely and providing all workers with safe work environments to the standards established and accepted as the industry culture and norm in BC,” she said.

Pulling from existing industry resources and work completed by the industry advisory groups a curriculum content developer is working on creating a module of learning that will provide new BC forestry entities with an online learning experience. They will learn about the size of the industry; its economic impact on BC; the structure of the industry; land ownership; First Nations

consent; how the bid processes work; how and what regulations are applicable to different types of forestry operations in BC; how to implement a safety management system that will meet the requirements of industry and regulation; and, ultimately help ensure that new entrants meet the expectations and norms of our industry. The bottom-line is to help ensure that every worker goes home safe at the end of the day, no matter what their role is in the forestry industry and whether they work for a new company or a well-established one.

The content will be tested in industry with seasoned operators as well as newcomers to ensure that the final product meets everyone’s needs in the most effective and time-efficient manner. Once completed the module will be available to everyone in industry and will be made available to all high schools and post-secondary institutions offering forestry courses in BC.

Updates will be posted in future editions of Forest Safety News. 📍



Training

Successful forest supervisor training hosted by TimberWest

TimberWest recently hosted a BC Forest Safety Council (BCFSC) training session for the Silviculture Contract supervisors who work for the licensee.

The three-day forest supervisor training session was held at TimberWest's Nanaimo office for 15 supervisors from both their North and South Island operations. The course was led by Barry Manfield, a BCFSC training consultant, and covered three modules: the legal responsibilities of a supervisor; effective verbal and written communications; and personal leadership style.

The course is designed to provide supervisors and managers with the skills and knowledge they need to help them better oversee their workers, lead their team and promote safety.

TimberWest was pleased with the tailored approach. "Barry was great – he spent the time needed to fully understand who our contractors are, and the specific protocols that we have for our silviculture operations. His custom approach helped the training have real on-the-ground meaning for our contract supervisors. We all gained from this shared experience," says Chelsey Toth, TimberWest South Operations Forester.

Positive feedback was received from all delegates, and all of them agreed it was worthwhile and intensive training.

Good supervisory knowledge and skills are critical for organizations to be able to achieve safety results, and optimal business and team performance. If any licensee would like to explore tailoring supervisor or other training to their contractor or company needs, please contact us via email at training@bcforestsafe.org or call toll-free 1-877-741-1060. 🌱

Positive feedback on recent supervisor training held in Prince George

"I was expecting a boring 3 day course like many others I have done. Instead, I found it quite entertaining and felt like I actually learned something!"
Course participant

"Good basis for being a good leader, it has given me better skills to help be a leader."
Leadership course participant

"Helping recognize strengths and bringing them forward."
Leadership course participant

"I learned about my leadership style and how it meshes with others."
Leadership course participant





Upcoming training

If you would like to see how a training course can meet your organization's needs, please let us know. We are committed to working with you to find the right training solution. We may be able to tailor a program to your specific needs and deliver it in a way that is most convenient for your operations.

Basic Incident Investigation training
 March 6 Campbell River
 March 11 Skidegate
 March 16 Castlegar
 March 27 Cranbrook
 April 3 Prince George
 April 17 Vernon
 April 24 Langley

Advanced Incident Investigation training
 March 7 Campbell River
 March 17 Castlegar
 March 28 Cranbrook
 April 4 Prince George
 April 18 Vernon
 April 25 Langley

Falling Supervisor training
 March 20 Nanaimo
 April 24 Williams Lake

Forest Supervisor training
 Module 1: Due Diligence (1)
 Module 2: Communications (2)
 Module 3: Leadership & Professionalism (3)

March 1 Nanaimo (1)
 March 2 Nanaimo (2)

March 3 Nanaimo (3)
 March 8 Skidegate (1)
 March 9 Skidegate (2)
 March 10 Skidegate (3)

March 13 Castlegar (1)
 March 14 Castlegar (2)
 March 15 Castlegar (3)

March 22 Vernon (1)
 March 23 Vernon (2)
 March 24 Vernon (3)

April 10 Prince George (1)
 April 11 Prince George (2)
 April 12 Prince George (3)

Internal Auditor Theory BASE 4 training
 March 27 Nanaimo

Internal Auditor Upgrade BASE 4 training
 March 30 Nanaimo

Individual Owner Operator OHS & Refresher training
 February 25 Teleconference
 March 25 Teleconference
 April 29 Teleconference

Small Employer OHS training & Refresher training

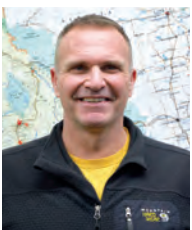
February 20 Terrace
 February 27 Cranbrook
 March 1 Castlegar
 March 2 Fort St. John
 March 6 Williams Lake
 March 6 Skidegate
 March 9 Campbell River
 March 16 Kamloops
 March 16 Langley
 March 17 Houston
 April 20 Nanaimo
 April 20 Prince George
 April 27 Vernon

Please see the full training calendar at bcforestsafesafe.org/fscapps/calendar/calendar.php. Check back often as course dates do change. Email training@bcforestsafesafe.org or call toll-free **1-877-741-1060** for general information, or email Gary Banys at banys@bcforestsafesafe.org to answer any questions you might have about course content and tailoring courses to meet your company's needs. 📞



Falling

Jeff Mackenzie rejoins team as Falling Safety Advisor



Jeff Mackenzie

Jeff Mackenzie rejoined the BC Forest Safety Council (BCFSC) team last month (January 2017) as a Falling Safety Advisor. Jeff previously worked in the same role from 2013 to 2014.

A veteran faller and certified faller supervisor, Jeff has extensive industry experience both on the Coast and in the Interior. He has been a Falling Supervisor, New Faller Training Instructor, Qualified Supervisor Trainer, Logging Supervisor and Equipment Operator. He has also been a member of the Falling Technical Advisory Committee (FTAC) for the past four years.

"I look forward to reconnecting with many fallers, contractors and licensees across the province. I am really happy to be back and able to work with fallers once again to support better safety outcomes for all fallers," said Jeff. Any faller who would like to contact Jeff may reach him by phone toll-free at 1-877-741-1060 or email jmackenzie@bcforestsafesafe.org. 📞

Continued on page 12...



Falling

Continued from page 11...

Positive feedback from fallers re recent WorkSafeBC-hosted safety session in Campbell River

WorkSafeBC, in collaboration with BC Forest Safety Council's falling programs manager, and local falling contractor representatives recently held a faller safety pilot meeting in Campbell River. The "FallSAFE" meeting was attended by 25 fallers, falling supervisors and industry representatives from two major forest licensees and the president of the Truck Loggers Association.

Topics included danger tree hazard identification, fatigue, human factors, and block layout that creates risk for fallers and barriers to fallers working safely. The event included both presentations and breakout sessions to encourage two-way dialogue based on the theme: "Where are we now

and how can we make manual falling serious injuries and fatalities a thing of the past?"

Pre-registration indicated that at least 45 people would be attending but due to an extreme snowfall event, travel was impossible for many. Feedback received via a participant's survey included appreciation that the format allowed open and candid input about faller safety issues to industry and WorkSafeBC. Participants also indicated strong agreement that the information they received was useful and that they would take it back to the workplace to support improvements in safety. 🌲

New Faller Training Curriculum Update

Six technical writers continue to work on the new curriculum content for faller training. As indicated in previous stories, the curriculum development process is rigorous, involving subject matter expert input, expert technical reviews, cross-checking against past and current curriculums and oversight to ensure the new curriculum content delivers on its objectives.

By the end of January 2017, it is expected that all new curriculum will be developed and ready for review by subject matter experts. Once reviewed, all completed draft curriculum will be forwarded to the regulator's subject matter experts for review and approval of a pilot phase.

The pilot phase of the curriculum will involve approximately 6-8 Industry Training Partners that will provide feedback and field experiences. The feedback will be reviewed and implemented until a "final" curriculum is ready for approval by industry and the regulator and implementation in 2018.

Forest Safety News will continue to bring you regular updates on the progress. 🌲



Falling numbers for 2016



New Faller Training

3 courses; 7 participants successfully completed the initial 30-day program

Industry Training

6 participants successfully completed the initial 30-day program

Faller Certifications

11 fallers were certified of which 9 were New Faller Trainees and 2 were Skills Assessment Challenges

Qualified Faller Trainer

6 participants successfully completed the 7-day course 🌲

FTAC update

Due to a storm advisory, the December FTAC meeting was cancelled and rescheduled for the end of January. A progress update will be shared in the next edition of Forest Safety News. 🌲



Establishment of the Marine Forest Safety Advisory Group following barge taking on water



The MFSAG has created a tri-fold pamphlet to help inform industry of their mandate.

Following the findings released last year of the Transportation Safety Board investigation into the foundering (taking on water) and abandonment of the barge, Lasqueti Daughters, carrying 16 silviculture workers and equipment to a remote island site (no injuries), the forest industry consulted with all interested parties to support the formation of a working safety group that could address marine transportation safety for forestry workers.

The Marine Forest Safety Advisory Group (MFSAG) is an industry-based group intended to determine the type, frequency and influencing factors of marine forest safety incidents and take appropriate actions to support improved safety performance and reduce the potential for injuries and fatalities.

The MFSAG includes representatives from the Western Silvicultural Contractors' Association, Helifor Canada, Interfor Corporation, Silver King Ventures, Ministry of Forests, Lands and Natural Resource Operations, Transportation Safety Board, Transport Canada, WorkSafeBC, and the BC Forest Safety Council.

The group meets quarterly and will share updates on its activities publicly on the BCFSC website: <http://www.bcfscsafe.org/node/2523>. If you work directly in marine forestry operations and would like to be involved with the group, please contact Trish Kohorst, at toll-free 1-877-741-1060 or email transport@bcforestsafe.org.

Reversing alarms being researched by WorkSafeBC to determine worker safety effectiveness

Beep-beep-beep versus pssst-pssst noises

According to WorkSafeBC numerous incidents involving reversing vehicles and equipment are recorded every year. A total of 11 workers were killed between 2006 and 2015 as a result of being pinned or struck by vehicles that were backing up in workplaces.

In the past vehicles were equipped with a tonal back-up alarms – sending out loud beep-beep-beep sounds that could be heard for great distances around the vehicle. More recently workplaces are replacing these alarms with a broadband alarm (BBA) with a “pssst-pssst” sound that is focused more on the immediate

vicinity of the vehicle, and is less disturbing to people further away.

As the BBAs have not been evaluated in the context of the workplace, WorkSafeBC is looking to understand the effect BBA signals may have on worker safety and to understand what workers think about the BBA signals. To this end, WorkSafeBC ran a survey that closed last month (January 2017) to determine workers' experiences with both these types of alarms. Survey results will be shared in a future edition of FSN, once published by WorkSafeBC.

In the next edition Forest Safety News will also share the work the Manufacturing Advisory Group (MAG) has completed on the pedestrian-mobile equipment interface to improve safety.

Trucking Advisory Group completes first year with expanded safety role in harvesting

The Trucking Advisory and Harvesting Group (TAG), formerly known as the Trucking Advisory Group, expanded its role to advocate for safety matters across forestry in addition to log truck safety in 2016. This was due to the success the group has had in supporting industry in continuous improvement to further reduce log truck rollovers and related incidents, injuries and fatalities.

Building on three years of success as an industry working group for log haulers

The idea behind the formation of Trucking Advisory Group was struck in the fall of 2013, following an unusual cluster of five high-profile on public highway log truck rollovers, one of which resulted in the fatality of a member of the public near Whistler. On average, about 2,800 log truck drivers move about one million loads of

logs each year across the province with an incident rate of less than 1%. It is widely recognized, however, that it only takes one spilled load of logs to cause significant risk to both the driver and the public. The efforts of the group have contributed to a seventy percent reduction in log truck roll-overs since its formation.

Focus on finding facts and responding with targeted actions

TAG's membership has expanded since its inception, and includes representatives from BC's major forest licensees, forest industry contractor associations, such as the TLA and ILA, the Log Truck Technical Advisory Committee, log hauling contractors and safety professionals.

Early on TAG recognized that each part of the log haul delivery system had to perform optimally. Key focus areas include road safety, mill weight policies, empowering drivers and loadermen with the knowledge and know-how for optimal, safe loading procedures (weights, center of gravity, crowning, wrappers, etc.), load securement and the mechanical and driving factors (e.g. speed, over-steering, cornering, etc.) that influence rollovers. Even for many experienced drivers and loadermen,

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Transportation

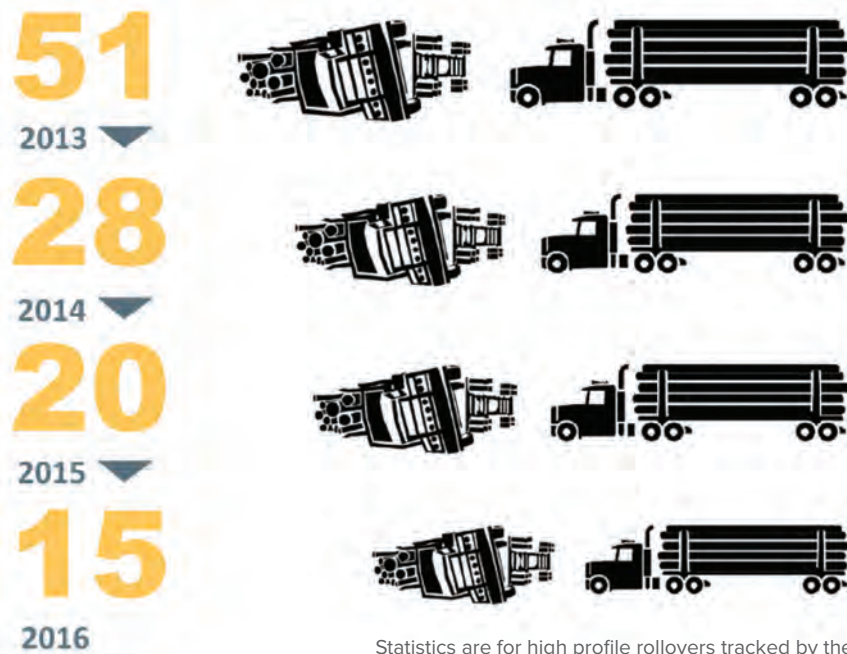
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attending seminars – particularly the Anatomy of a Rollover – has been an eye-opener.

Over a three year period, TAG helped facilitate more than 100 Standard of Care, Your Greatest Risk, Distracted Driving, and Anatomy of a Rollover sessions across the province which were attended by more than 4,000 forest workers including log truck drivers, loadermen, contractors, supervisors and licensee representatives.

SUCCESS STORY

LOG TRUCK ROLLOVERS PER YEAR 2013 - 2016



Statistics are for high profile rollovers tracked by the BCFS's Transportation Safety Department.

In addition to the reduction in the number of rollovers tracked (high profile), for the same period WorkSafeBC has also reported a drop in time loss, short- and long-term disability and serious injury claims.

WorkSafeBC incident data for harvesting from 2012-2015 indicates fall from elevation, being struck by, overexertion, and slips, trips and falls comprise the largest number of short- and long- term disability claims and in some incidents, fatalities. Since taking on the expanded role, TAG has looked at harvesting incident data, collection and analysis to determine specific safety issues, trends and priority areas for future action.

TAG's Steering team members are Kerry Douglas/West Fraser; Nick Arkle/Gorman Group; Craig Tilander/BC Timber Sales; David Elstone/Truck Loggers' Association; Larry Price/Interfor; Wayne Lintott/Interior Logging Association; Barry Gladders/Tolko; and Peter Baird/Canfor. TAG's Task team members are: Jerry Mooney/Tolko; Ken Pedersen/Canfor; Larry Price/Interfor; Shawn Clerke/Gorman Group; Scott Marleau/West Fraser; Gwen Hetherington/BCTS; Vern Woods/LTTAC; Marty Hiemstra/LoBar Log Transport; Jeffrey Rensmaag/Conifex; Ron Volansky/R&A Logging Ltd; and David Kent/Weyerhaeuser

If you would like TAG to look at any safety issue, please email TAG@bcforestsafe.org.

Introduction of 9-axle log trucks to improve safety and performance

Canfor is the first major licensee to use 9-axle log trucks on certain routes to improve safety and performance, with good results and significant bottomline benefits.

This innovative project started almost four years ago when FPIInnovations, forestry industry participants, Ministry of Transportation and Infrastructure (MOTI), Commercial Vehicle Safety and Enforcement, Ministry of Forests, Lands and Natural Resource Operations, the BC Forest Safety Council and others got together to research, test, evaluate, review and approve engineering and performance studies to help shape the best implementation of both tridem and tandem drive 9-axle log trucks in BC. These configurations have been successfully used in other jurisdictions and all parties were interested to see how best they might work in BC conditions.

Safe log hauling on resource roads is dependent on many factors. These include having professional, trained and experienced drivers; appropriate travel speed for given road and load conditions; appropriate loading practices and arrangement; good mechanical condition and maintenance of tractors and trailers; and ensuring proper assessment by a qualified person of the vehicle to ensure it is suitable for the intended use under all anticipated conditions.

The 9-axle analysis included assessment of the dynamic performance of the vehicle in terms of stability, handling and steering. Predicted high-speed handling, rollover threshold, off-tracking and other key dynamic responses were analyzed against safe and accepted performance ranges.

It was ultimately determined at the end of the research that 9-axle B-trains would be well suited for safe use on certain B.C. resource road routes.

"This is an excellent opportunity for the BC log hauling sector to match similar developments in other jurisdictions and to help ensure BC's global competitiveness is enhanced. As safety is critical to maintaining operational efficiency and competitiveness, this will continue to be a key area of focus," said Dustin Meierhofer, BCFS's Transportation Director.

The use of these configurations is limited to specific routes where operation is well aligned for safety and efficiency. Assessment includes road grade, corners, bridge capacities and general road impacts. Performance will be monitored over time. As at the end of 2016, the trailers were being used on two routes and additional designated routes in north-central BC were under review for approval by MOTI.



Men's health: What you need to know about prostate cancer



By Dr. Delia Roberts

2016 brought many advances in science and medicine, including a large number of studies published about prostate cancer. The research focused on everything from cancer development, testing and treatment to potential new risk factors. While public awareness of these new discoveries is important, the sheer amount of information is bewildering – and which information is more important? So here is the scoop on what you need to know to help keep yourself or your loved ones safe!

Fast facts

- Prostate cancer is the most common cancer in Canadian men, with an average of 20,000 new diagnoses and 4,000 deaths per year.
- The major risk factors for developing prostate cancer are being over the age of 65, of African-American descent and having a family history (a father or brother who developed prostate cancer).
- The prostate, a walnut-sized gland, sits underneath the bladder and surrounds the urethra (the tube that carries urine to the outside). Because of this positioning, the first symptom of enlargement of the prostate gland is usually problems urinating.
- Since this doesn't happen until the cancer reaches later stages, early detection of prostate cancer is by a blood test for prostate-specific antigen (PSA).
- Because there are different types and stages of prostate cancer, treatments tend to be very different person to person, and although some have side effects, new and better options are being developed every day.

Since the correct treatment for an individual is determined on a case-by-case basis, we won't discuss all the new treatment options

here. The following is a breakdown of new developments in risk factors, testing and prevention.

A caution on causality

As not all cases of prostate cancer can be explained by the known risk factors listed above, researchers have been searching for other links for more than 20 years. Last November (2016), an article was published by a group of researchers from Quebec that indicated a link between prostate cancer and long-time employment in logging or forestry. Previous studies that have looked at this potential link showed a variety of results – some showed a link, and some did not. The author's confidence in their results was based on their inclusion of the aggressiveness of the cancer, which had not previously been taken into account, and their attempts to remove factors that could confuse their results.

In popular media coverage of the research, this confidence was translated into presentation of the link between a history of working in forestry and prostate cancer as a sure thing. This is extremely misleading, as proof of 'causality' – the relationship of one event causing another to happen – requires many more steps than were executed in the study. There are many other factors that could have influenced the occurrence of prostate cancer in the men in the study who worked in forestry and logging, such as diet, smoking, naturally high levels of testosterone and other health problems. While the researchers did try to take these factors into account, that kind of very complex analysis is prone to errors, so at the very least the research should be repeated before any conclusions are made.

Points on prostate-specific antigen (PSA)

The PSA blood test used to screen for early-stage prostate cancer was previously recommended for every male over the age of 50. However, in recent years problems have been discovered with the PSA test that have resulted in it being recommended less often. Ultimately, this decision is something that you or your loved one should discuss with your doctor as it will depend on your personal risk of prostate cancer and your overall health. However, here are a few points to help you make an informed decision:

- A high level of PSA in the blood indicates that the prostate gland has become larger. This happens naturally as men age, and can also be caused by infection,

injury, benign prostatic hyperplasia (non-cancerous growth) and prostate cancer. Therefore, an increase in PSA does not necessarily mean that you have prostate cancer.

- Naturally low levels of PSA can also cause false results.
- Further testing is required after a high PSA result, and these tests can have unwanted side effects. In some cases, early discovery and treatment of aggressive cancers can save your life. In others, testing and treatment of small cancers causes more problems than it prevents.

The bottom line is that most high PSA levels will not be caused by cancers, and stress and problems associated with further testing are causing doctors not to recommend PSA screening unless there's a significant risk of finding a cancer. Be sure to discuss your options and make an informed decision.

Be bare-aware

Aside from PSA screening, what can you do to keep yourself or your loved ones safe? As previously mentioned, early-stage prostate cancer generally doesn't have symptoms since the prostate is so small and so far from the skin. If you do develop symptoms, the first will usually be problems urinating. So when you bare yourself to urinate, be aware:

- Does it hurt to urinate?
- Do you feel like you really need to go but it's hard to get started?
- Do you have trouble stopping the flow of urine?
- Do you need to get up multiple times a night to urinate?
- Is there blood in your urine (will be brownish-reddish in colour)?

You should discuss any of these symptoms with your doctor, along with difficulty sustaining an erection, which can also indicate prostate problems. While prostate cancer is difficult to prevent or predict, you can help yourself or your loved ones by being aware of your/their body and all of the options that you have to stay safe.

Maintaining your general health through exercise, healthy eating, weight loss, limiting alcohol consumption and quitting smoking may help to prevent prostate cancer – but more importantly, the healthier you are the better your chances of surviving with a long life ahead of you.

(With information from the Canadian Cancer Society, the US National Cancer Institute and PubMed database, and HealthLinkBC.)

Do you have a health or wellness topic you'd like to see discussed here? Please email editor@bcforestsafesafe.org.



Your Take on Safety

Introducing a new regular feature of industry folk talking about aspects of safety

Bridger Schmidt and Jason Kemmler work to provide professional hand falling services to clients throughout coastal British Columbia. Between them they coordinate 25 - 30 West Coast production timber fallers working projects ranging up to 120 hectares in size primarily in remote coastal areas using camps for accommodations. The majority of the work is on the mainland coast from as far south as Jervis Inlet to as far north as Spiller Inlet, and from Port Alberni northwards, on Vancouver Island. From heli-logging to conventional cable logging, the pair, both in their mid-30s, became certified fallers in 2005 and bring a contagious energy and passion for forestry and falling – as well as respect and appreciation for their crews. Wise beyond their years, as active fallers, supervisors, leaders and company owners, they continue building high-performance falling teams. They shared some thoughts on phase hand off.

Documentation on its own doesn't make for safe phase hand off

"Most of us have good documentation in industry for phase hands-off," explains Bridger. There are many good samples; while documentation is required it is not a solution in itself. "One significant difference between a contractor performing well or not is the quality of people." He explained that when you have quality, healthy people performing well, they understand what it means to care about how their work impacts the phases that follow.

There is no substitute for great people who make great crews and ultimately create a successful culture. There is also no substitute for quality clients, like Helifor. "The camps Helifor operates are clean and well maintained, with places to work out, do yoga, bike and other exercise. They provide great food and the environment in which all crew are able to focus. Healthy, well-fed, well-hydrated, well-rested, and in the right frame of mind, able to consistently perform safely and care about what they are doing, the fellow working next to them, and how their actions impact the next phase(s)."

The job is not just about falling and bucking timber

We all have to understand that our job(s) is not just about falling trees. Each crew member must understand the big picture and know that he has an impact on the next phase and it does make a difference on how he conducts his work. He has got to care about the impact he creates. Key too is trust. Trust between the fallers and their supervisors/bullbuckers to communicate openly about hazards; to assess and to respond appropriately in how to deal with the hazard and how to convey that information to the next phase.

"That's about a culture, ensuring that everyone cares enough to do good work and set up the next phase for success." When people talk about filling in paperwork, one has to remember that the paperwork is only as good as the people who are filling it out. It's important to talk about it and more important that people care enough to make sure the next phase really understands what they are coming into. "You have to set a culture of caring; and it has to be at all levels. You set expectations for safety and performance and when it doesn't happen you have to follow through and be interested in what it was that had the crew not perform to our expectations, never compromise your own standards, consistently provide the crew with what they need to perform. Sure

there are going to be breakdowns along the way; breakdowns are the opportunity for having a breakthrough. It's how you react to the breakdown that provides you with an opportunity for a breakthrough."

Increasingly fallers are also becoming far more health-conscious. Given demographics, younger fallers typically have young families; work out, value good health and wellness, which supports good safety. "If you have a guy who is sleeping well, mind is clear, eats well and is well hydrated, then he has a better foundation for being safe. And their positive attributes also help influence positive behaviours from other fallers. Fallers are becoming more health-conscious. The profile of today's faller is definitely changing."

Another key ingredient is accountability

"As owners we know that the people who really make a difference and pull it all together are our managers, supervisors and crews," said Bridger. They make it happen every day. We know that more bureaucracy doesn't solve safety. Changing certifications doesn't make things better. "Qualified is what is key and creating accountability, and managing effectively, ensuring the right people are doing the job. If someone has a bucking deficiency then you help him fix it but you keep him accountable. If it's his area, that's all on him, but there can be issues that a supervisor might create or even us as owners and it's important that we all look at what we can improve on, where we can do better or communicate more effectively. Each of us is accountable and when we own up to our mistakes and take responsibility for our actions, everyone respects that."

Technology and document links:

Technology tools, such as Avenza maps, can be helpful to quickly and accurately identify hazards on area maps to pass onto the next phase(s). A generic paper tool check list for phase hand off may be found here: http://www.bcforestsafesafe.org/files/frm_phaseHandoffChecklist.pdf. But as Bridger has emphasized, making sure the next phase clearly understands the hazards is what's important. 🌲

ABOUT Forest Safety News

Forest Safety News is published six times a year: February, April, June, August, October and December. All submissions – letters to the editor, safety tips, photos, safety stories, concerns etc. – are welcome. The opinions expressed in the newsletter are not necessarily those of the editor, staff or board of the BC Forest Safety Council. All decisions to publish materials rest with the editor. 12,000 copies of each edition are distributed via mail or email. Additional copies are distributed at industry events.

Subscriptions

If you would like to continue to receive a hard copy or would prefer to receive an electronic copy of this newsletter, please email editor@bcforestsafesafe.org and ask to be added to the print copy or email distribution lists. Email subscriptions are encouraged.

Have a story, letter to the editor, safety tip, ideas or photos? Please send all submissions to:

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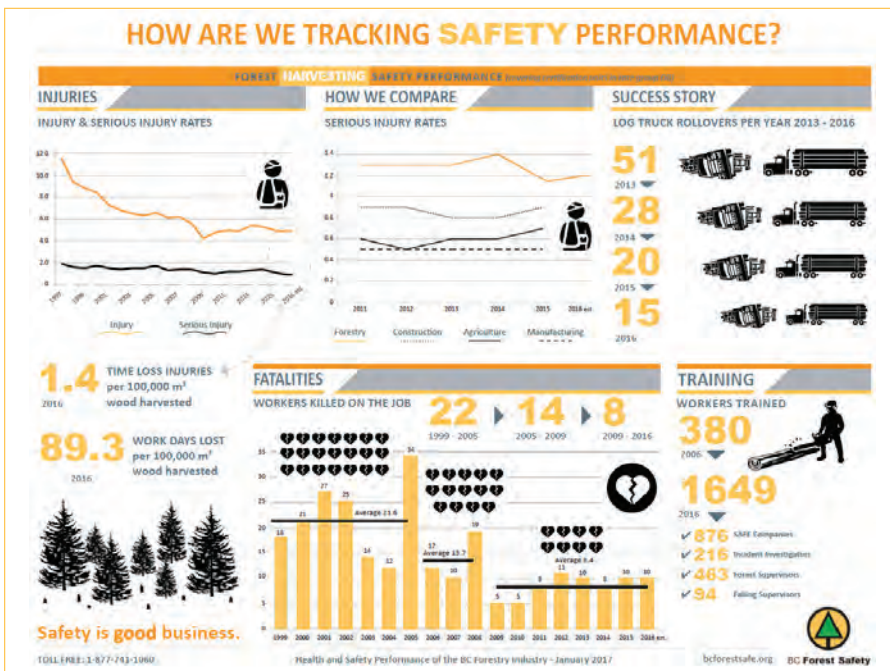
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Safety is Good Business

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New infographics to keep track of industry safety performance



Welcome to the April edition of Forest Safety News, covering news about safety topics in forestry. This is YOUR safety newsletter. We look forward to your input and feedback! Email the editor at editor@bcforestsafe.org or call 1-877-741-1060.

A new two-page "How are we tracking safety performance" set of infographics, inspired by Safetree™ in New Zealand, has been put together to showcase industry – harvesting and manufacturing – safety performance. Each infographic will be reviewed by the relevant safety working groups and anyone in industry is invited to provide their feedback too (email editor@bcforestsafe.org). The intent is to give all forestry participants and other stakeholders a quick overview on progress and to see where more work needs to be done. One infographic with embed links (when viewed online) will take readers direct to the respective information on each of the industry safety work groups and provide each group's mandate, membership, terms of reference, current objectives and projects, and contact information.

"There is a lot of work being done on the safety file across industry whether at the licensee, contractor, worker or other land title level, but we've never put it all together in a snapshot," said BC Forest Safety Council CEO, Rob Moonen. "We want to ensure as many people as possible are aware of the work industry members do on the safety file on behalf of industry and also to encourage awareness as well as increased feedback and sharing of concerns, opportunities and safety risks. The more everyone in industry knows, the better prepared industry is to be able to address current issues and anticipate future potential issues."

"With further input and refinement this will be a feature on the BC Forest Safety Council website for broad industry reference. We look forward to receiving input and feedback," said Rob. The plan is to update the information on a quarterly basis and add additional elements as these are identified by industry and others.



See <http://www.bcforestsafe.org/node/2936> for the two-page "how are we tracking" infographic summary for safety performance in forest harvesting and manufacturing.

Please see: <http://www.bcforestsafe.org/node/2936>



Action needed on HEMS to improve injury outcomes says Forest Safety Ombudsman

Forest Safety Ombudsman, Roger Harris, released his much-anticipated helicopter emergency medical services (HEMS) report earlier this year and recommended that the BC Government:

- guarantee timelines for all residents to be able to access Trauma 3 Level care (similar to other jurisdictions)
- review the Emergency Health Services Act to allow for flexibility when it comes to expanding the scope of practice and role of First Responders in the transportation of accident victims and
- expand the use of hoisting to reduce time to extract and transfer patients to medical facilities.



Roger Harris discusses his helicopter emergency medical services (HEMS) report findings at the 2017 Western Silvicultural Contractors' Association annual conference and trade show in Victoria in February.

Injured forestry workers in remote or rural parts of the province must wait – often for many hours – to access air ambulance or are forced to take ground transportation over rough roads for many hours when airlifts would get them directly to the treatments they need in a timely manner, supporting shorter recovery times and less costs to the health care system in BC.

“Rural communities today are impacted twice compared to urban centres – first in reduced access to medical care and again in reduced access to emergency medical transportation,” said Harris. “For remote communities, as the distance to the nearest medical facility increases, the access to HEMS should be enhanced, not reduced.”



The report, Will It Be There – A Report on Helicopter Emergency Medical Services in BC, by Roger Harris, Forest Safety Ombudsman is accessible here: www.bcforestsafef.org/node/2909

The report, Will It Be There – A Report on Helicopter Emergency Medical Services in BC, indicates that the serious gaps in the provision of emergency medical transport for workers in rural parts of the province threatens the medical outcomes of forestry workers – as well as residents – who have little to no guarantee to timely medical response in the event of an emergency.

The current system falls short when compared to other jurisdictions such as Washington State or Alaska, with similar geography to BC, which have legislation to ensure that 99% of their population is within a 60-minute response time to a Level 3 trauma centre.

“There are no technical or infrastructure barriers to the delivery of air ambulance within that critical first hour to any resident of BC, regardless of where they live. The decision by government not to provide that access is a choice,” said Harris.

Several organizations including the Truck Loggers Association (TLA) have come out in support of the report and recommendations. In a press release, TLA Executive Director, David Elstone, said:



David Elstone, Executive Director, Truck Loggers Association.

“The vast majority of timber in BC is harvested by independent timber harvesting contractors and many of them, through necessity, work hours from a paved road, let alone a hospital, in BC’s remote working forest.” Poor weather, rough terrain and distance are major obstacles

to transporting injured workers and they can seriously impede the outcomes of emergency response. “We have a moral obligation to ensure these men and women have timely access to emergency medical transportation services when they need it most.”

“Timber harvesting contractors are the economic backbone of BC rural communities. Their workers and their families should expect the same level of medical evacuation service that those living and working in urban centres rely on,” said Elstone.

“Harris has put a spotlight on an important safety issue both in the woods and in our rural communities. The report makes several useful observations and recommendations,” said Elstone. “I think the approach going forward must be flexible and not attempt to solve this

problem with one solution across the entire province. I want to stress that the primary focus here needs to be on what is best for the injured worker. We need to close this gap in the safety net.”

On social media there has also been overwhelming support. The only contrary opinion expressed was the question that shouldn’t industry be funding such a service? Harris addressed this question in many of his media interviews as well as with industry groups by saying “no”. He explained that in BC we have one system of publicly funded healthcare and as a Canadian value we do not discriminate and say that because you are a worker – whether in forestry, BC Hydro, wildfire, mining, long distance trucking or any other job that you should not enjoy the same healthcare as a non-worker. Further, workers in remote communities have their families with them too, so if their child is injured on the soccer field on a Saturday, that child shouldn’t hope to get timely treatment either just because their families are in remote communities?

The Western Forestry Contractors’ Association (WFCA) also came out in support of the report. In a statement on their website, John Lawrence, Present of the WFCA said: “The BC Safety Ombudsman makes recommendations that are very important and relevant to our sector. The report is thorough and well researched. Roger Harris and the BC Forest Safety Council deserve credit for recognizing the seriousness of this problem and making practical recommendations that will increase the safety of our workers across B.C.”

The WFCA estimates the forestry contracting sector employs over 8,000 workers who plant trees, survey forests, lay out roads, and tend plantations. Their work is spread across the province; often at some distance from emergency services. In the past ambulances have had difficulty reaching injured workers because of the conditions of roads and access.

“As the report lays out other jurisdictions with similar landscapes and geography to our province have HEMS,” said Lawrence. “We believe this kind of system needs to be considered by our provincial government as a benefit to workers and residents. In the meantime we will continue our efforts to reduce injuries in our sector. But having HEMS to back us up would make a significant difference to reducing the consequences of accidents and injuries.”

Harris was appointed Forest Safety Ombudsman more than 10 years ago by the BCFSC to be an impartial representative for forest safety issues. See www.bcforestsafef.org/ombudsman.html. To view his full report, please see: www.bcforestsafef.org/node/2909.

The board of the BC Forest Safety Council and the 11 industry safety working groups will be considering the report and making their own recommendations at their next meetings over the coming weeks to decide on industry’s next steps. 🌲

Amalgamation of two groups to form new WFCA, with safety a continued focus



(from left) Mike Trepanier, President of the Consulting Foresters Society of BC and John Lawrence, President of the Western Silvicultural Contractors' Association announce the merger of their two organizations to form the new Western Forestry Contractors' Association (WFCA).

At the Association of BC Forest Professionals (ABC FP) annual conference, in Prince George, the creation of the Western Forestry Contractors' Association was formally announced by Mike Trepanier, President of the Consulting Foresters Society of BC and John Lawrence, President of the Western Silvicultural Contractors' Association (WFCA). The two organizations' respective memberships had previously voted unanimously to approve the merger.

Companies within the sector represented by the new WFCA generate more than \$100 million in annual revenues and together are a significant forest industry employer in many BC communities. With the amalgamated membership, the WFCA brings a stronger, more comprehensive voice to advocate on behalf of members with both government and industry. Synergies are also realized as there are three key shared focus areas: business practices, policy advocacy and safety program development.

"Join us in making your voice heard on forestry policy, safety, and business practices that impact you and your business," Lawrence told delegates. 🗣️

WorkSafeBC's 2017 forestry high risk strategy (FHRS)

Tom Pawlowski, WorkSafeBC's manager industry labour services, and Terry Anonson, WorkSafeBC senior regional prevention officer, provided the BC Forest Safety Council (BCFSC) with an update on their 2017 forestry high risk strategy.

2017 marks the fourth in a five year overall strategy to help reduce the serious injury rate through implementing targeted inspections and providing education and risk reduction tactics directed towards high risk work activities. The first high risk strategy was developed in 2013 with input from the BCFSC.

Forestry has a serious injury rate of almost four times the provincial rate

There are 4,473 companies registered in WorkSafeBC's forestry harvesting classification units, covering an estimated 18,178 workers with an overall injury rate of 5.0, more than double the provincial average and a serious injury rate of 1.1, almost four times the provincial average rate. (The provincial average rates are based on all industry classifications across the province.)

The good news is that while one classification unit's injury rate "is up and alarming" namely manual tree falling and bucking at 29.4, the rest of the classification units are down for cable or hi-lead logging; log hauling; mechanized tree falling; integrated forest management; silviculture; brushing and weeding, tree thinning, and spacing. In silviculture, the serious injury rate was up (see separate story below on page 5) while the rest of the classifications were down.

FHRS CUs	2015 Injury Rate	2015 Serious Injury Rate
Manual Tree Falling & Bucking	29.4 (25.2 in 2011)	6.1 (9.4 in 2014)
Cable or Hi-Lead Logging	6.1 (9.4 in 2013)	2.2 (2.8 in 2013)
Log Hauling	5.4 (6.3 in 2011)	1.3 (1.9 in 2011)
Mechanized Tree Falling	1.7 (2.4 in 2012)	0.5 (0.6 in 2013)
Integrated Forest Management	3.5 (3.8 in 2012)	0.9 (1.1 in 2012)
Silviculture	8.0 (9.2 in 2011)	1.4 (0.9 in 2012)
Brushing, Weeding, Tree Thinning, Spacing	7.5 (9.4 in 2013)	1.6 (2.1 in 2014)

Please note that the Injury Rate is the number of Injury Claims per 100 people working all year whether on a part-time or full-time basis. Serious Injury Rate is the number of Serious Injury Claims per 100 people working all year whether on a part-time or full-time basis. Serious injury claims are the number of time-loss claims that represent either a serious medical diagnosis, or a potentially-serious medical diagnosis with a long recovery period of 50+ days paid (10+ weeks off work). Includes all work-related death claims.

The top five mechanisms of injury in forestry for the past four years are shown below:

Top 5 Mechanisms of Injury in Forestry (2012 - 2016)	Claim Count	Percent
Struck By	884	17.4%
Overexertion	748	14.8%
Fall from Elevation	722	14.2%
Fall on Same Level	587	11.6%
MVI	397	7.8%
(sum of other)	(1732)	(34.1%)
Total	5,070	100%

Continued on page 4...



Continued from page 3...

WorkSafeBC field officers will be focused on the following areas in 2017 as indicated:

Harvesting Phase	Mech. Injury / Area of Risk	Inspectional Focus
Manual Falling	<ul style="list-style-type: none"> • Control of tree (falling cuts) • Risk assessment (windfall, danger tree, etc.) • Brushing • Road/skid trail debris hazards 	<ol style="list-style-type: none"> 1. Falling cuts 2. Danger tree and windfall assessment and plans 3. Unnecessary brushing practices 4. New faller training locations 5. Roadside debris endangering workers
Mechanized Harvesting	<ul style="list-style-type: none"> • Maintenance work • Getting off and on machinery • Equipment - loss of stability • Congestion 	<ol style="list-style-type: none"> 1. Maintenance work plan and lockout 2. Three Point Contact procedures 3. Steep slope assessment plans 4. Site planning and layout
Cable Yarding Operations	<ul style="list-style-type: none"> • Struck by Logs • Slips and Falls • Congestion 	<ol style="list-style-type: none"> 1. Clearing the trun 2. Yarding angles 3. Landing the log 4. Site planning and layout
Log Transporting	<ul style="list-style-type: none"> • MVAs • Loading and unloading activities • Maintenance Work • MSI shoulder injuries • Proper use and installation of Binders 	<ol style="list-style-type: none"> 1. Driving and Road Assessment 2. Loading, off-loading and securing of load 3. Best practices for maintenance work (lock out, access and egress) 4. Cab Guards 5. Binder use and installation
Silviculture	<ul style="list-style-type: none"> • Motor Vehicle accidents • Lack of ERP/Practice • Lack of adequate MSI risk assessment/ Management Program 	<ol style="list-style-type: none"> 1. ERP elements 2. Planning and conducting operations 3. Driver training/policies 4. MSI Risk Assessment/Management/Education

Tom said that while ERP inspections had been part of the HRS focus for a couple of years, it was hoped that the recent release of the BC Forest Safety Ombudsman Report on helicopter emergency medical services would raise more awareness of the importance of proper ERPs. "Inspection of the ERP will be a requirement on all field visits by WorkSafeBC officers," said Tom.

Slips, trips and falls still cause largest number of incidents around machinery

Terry emphasized that more than 50% of incidents around machines are still related to slips, trips and falls where people have not used 3-point contact getting on and off the machinery. He said that while manufacturers were now beginning to inset hand-holds so they can't be damaged or knocked off, operators of older machinery needed to check that all hand-holds were functioning as intended to help prevent injuries.

He said another area of concern was that while there was a specific two-tree rule for fallers there was no similar distance for cable yarding.

Requiring people to be "in the clear" means everyone has a different definition of what that means. "People may think they are in the clear, but they are not. One of the biggest injury areas in cable yarding is being struck by logs when people are not in the clear."

Using real field data to inform improved safety outcomes

Tom said that in 2017 WorkSafeBC officers are using a revised compliance workbook to help improve outcomes based on officer feedback. "We have a better process to data mine and analyze trends so that we can better target areas in which safety responsibilities are being missed," he said.

Looking back over the prior year's inspection activities

Tom said that there had been 2,035 high risk strategy initiating inspections in 2016. Of these there were 753 serious injury risk orders (37% of all inspections); 264 orders with the potential for a high risk violation; three stop work orders; 32 orders to workers; five penalties imposed; 40 warning letters sent; and 19 sanctions in progress.

Inspection numbers by region

During 2016 the 2,035 inspections were spread across the province as follows:

Region	Number of inspections
Courtenay	542
Prince George	296
Nanaimo	241
Fort St John	213
Kamloops	140
Terrace	119
Cranbrook	106
Abbotsford	104
Kelowna	93
Coquitlam/Central	77
Nelson	53
Victoria	50
Surrey	1

Some new things WorkSafeBC officers will be looking at more closely in 2017

1. Roadside debris will be part of inspectional focus within manual tree falling (OHSR 26.80)
2. Review of all new faller training sites will include where faller training is delivered by industry partners (this is to ensure that training is delivered in a compliant and safe manner for the student and instructor)
3. Revision of the steep slope logging inspection will include the new traction assist harvesting methods increasingly used in BC. A working group of forestry officers has been struck and is developing an inspection checklist/guide for inspecting these operations.

Continuing field issues

Both Tom and Terry shared that attention was still heavy on cab guard inspections, including to help educate WorkSafeBC officers re regulation 26.65 and specifically 26.65 (6) that a log transporter must be removed from service if there are any cracks, damage or other conditions that will decrease the rated capacity of the cab guard. This includes reference to observable cracks, damage, or holes cut into the main structural supports or observable cracks or damage in the welds on the main structural supports or inadequate connections between the cab guard and the truck frame. "Remember that cab guards are a critical piece of safety equipment," said Tom. And sometimes it is as simple as asking a log truck driver if they have a wire brush so that they can see the condition of their guard. We will ask: "What is your inspection of your cab guard? Show me. It is important to do a really good cab guard inspection, and take immediate corrective action on deficiencies. A really good inspection will save your life," said Terry.

Log truck binders – specifically breaking strength and proper testing is another topic that comes up regularly during inspections. (See story on page 14.) 📍

Injury claim costs in silviculture

Cost of Claim	Incident Description - What Happened?
\$305,777	Struck rock with shovel
\$277,589	Worker lost control driving up quad ramps; fell off and struck by quad
\$265,829	Worker lost balance and fell while working
\$256,595	Repetitive use of chainsaw
\$207,912	Worker slipped on steep ground
\$135,398	While climbing on the stump, the ground became unstable and gave out. Worker fell down onto some rocks
\$113,844	Worker fell on a loose log that was piled with debris
\$99,204	Worker tripped and while falling forward, put out the shovel to brace the fall
\$92,784	Repetitively planting 1000-4000 trees a day
\$73,726	Lost control of quad due to wet conditions, worker flew off ATV

These are a few samples of actual high cost silviculture claims in BC. These are exceptions. The average claim cost for a tree planting injury is around \$8,000. Most claims are under \$2,000. But the exceptions are good examples to help remind employers of one of the reasons why it's important to have effective injury management /recovery plans in place.



Lisa Houle, industry specialist, industry labour services, WorkSafeBC.

Participants at the 2017 Western Silvicultural Contractors' Association conference and trade show received an update on silviculture claims – focusing on the costs to employers and how employers could use online WorkSafeBC tools to better manage claims, claim costs and understand the financial implications of different types of injuries.

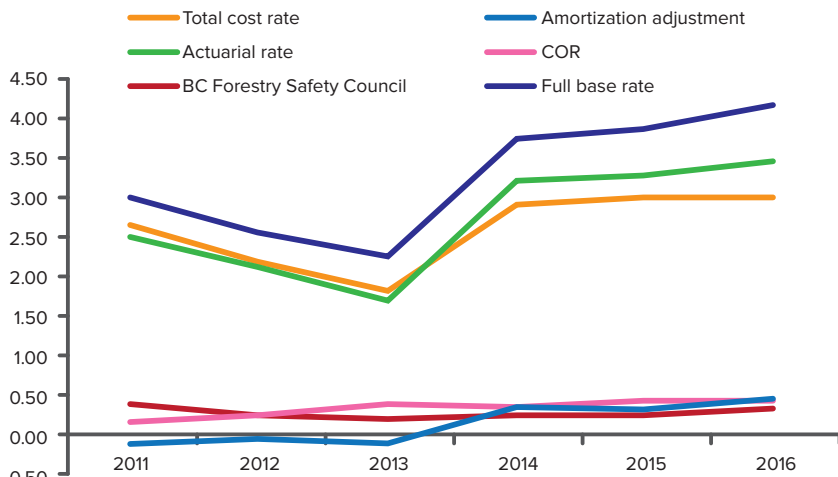
Lisa Houle, industry specialist with WorkSafeBC's industry labour services, said within the tree planting classification unit (703016) there were approximately 150 firms, with \$60 million in payroll of which the largest 11 firms made up 50% of the payroll and 56% of the claims costs (over five years) of about 500 injury claims. "Large firms appear to have slightly higher than average claim costs," said Lisa.

A base insurance rate for the 703016 classification unit of 3.94 in 2017 means that for every million dollars of payroll, every company pays \$39,400 in premiums. On top of that base rate each company gets to either add a surcharge or subtract a rebate depending on the company's safety performance.

Continued on page 6...



Continued from page 5...



Each line represents input costs that together determine the total base rate (purple line) for BC's tree planting industry.

Consider the following to understand the real bottom-line impact that good (no or fewer claims costs) versus poor safety (higher claims costs) make. Select an annual payroll amount and move across that line:

Annual Payroll	Amount charged to all employers in the CU, per \$100 of payroll	A firm's performance gets compared to average claims costs for the industry and as a result, you might pay less or more than the Base Rate. Rates can be as low as 50% discount and as high as a 100% surcharge. Here are some example scenarios:		
		Base Rate Premium	10% surcharge	25% surcharge
\$1 million	\$39,400	\$43,340	\$49,250	\$29,550
\$2 million	\$78,800	\$86,680	\$98,500	\$63,040
\$3.5 million	\$137,900	\$151,690	\$172,375	\$110,320
\$5 million	\$197,000	\$216,700	\$246,250	\$157,600

To reduce rates, Lisa suggests there are three key areas to consider: prevention; claims management and return to work/modified work/stay at work. She cautioned that given the nature of tree planter employment it was especially important for employers and supervisors to stay in contact with injured workers who leave the job site. "It is too easy to lose contact with someone after they leave and then you can be surprised to find out that an injury is still costing you money," she said.

It is really important for all companies to know what their base rate is and what their surcharge or rebate has been, and where they were tracking currently over prior years. "The more information you have and the more you understand what impacts your rates, the better you can respond and manage them," said Lisa.

She gave participants a quick interactive demo with the tools WorkSafeBC has on its website to help employers manage their WorkSafeBC accounts and keep track of claims. Lisa also encouraged ongoing communication with WorkSafeBC staff with any questions or concerns. "Don't be afraid to call. The more you know the better."

The average claim cost for tree planting is about \$8,000. Most by far are under \$2,000, so "if you are starting to have claims over \$20,000 get the flags up," said Lisa. "These are very important to manage as they can go on for a while. Remember that once you hit \$100,000 you are significantly affecting the base rate for the whole of industry."

Lisa repeated her annual challenge to industry: make a plan and bring your costs down by 20%! 🍀



April 28: Day of Mourning

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 our commitment to improve health and safety in the workplace and prevent further injuries, illnesses and deaths.

On April 28th the Canadian flag will fly at half-mast on Parliament Hill and on all federal government buildings. Across BC employers and workers will observe the annual Day of Mourning in a variety of ways. Some light candles, lay wreaths, wear commemorative pins, ribbons or black armbands, and pause for a moment of silence at 11:00 a.m. Some gather at their safety meetings and tell personal stories of their losses – a family member, friend or colleague. Others share updates on their own company's safety performance seeking to inspire continuous improvement.

Please be safe out there! For more information, see http://www.bcfestsafe.org/day_of_mourning.

See <http://www.dayofmourning.bc.ca/get-started/> to download posters or order stickers. 🍀



Last year, 144 B.C. workers died from a workplace injury or disease.

Now, families and communities are left to mourn.

Let's make our workplaces healthy and safe.

Friday, April 28



Save the dates for two May 2017 safety conferences

Lunch and Learn in Vernon – May 6

Building on the successful 2016 Interior Safety Conference in Vernon, there will be another safety training event organized with the Interior Logging Association and their 2017 Conference. While the original plan was to hold a second conference in 2018, due to the great turn-out last year and support from industry, a “Lunch and Learn” event will be held on Saturday, May 6th and feature two keynote speakers.

Cherie Whelan, Director of SAFE Companies, will share some of her experiences as an Investigator with Alberta Occupational Health & Safety. Her presentation is called “All Incidents Can Be Prevented and Near Misses Are Gifts”.

Eldeen Pozniak, of Pozniak Safety Associates, will give a humorous but informative talk called “What is Up with this B.S. – Being Safe!” Eldeen is from Saskatchewan and has a background in forestry. Her presentation will focus on how you can take the next step in improving safety in your operation.

See <http://www.bcforestsafe.org/node/2929> for more information and to register for the free event.

Interior Safety Conference in Prince George – May 26

The 2017 Interior Safety Conference is in Prince George. The conference planning committee has partnered with the Canada North Resource Expo and both events will be held at the CN Centre on Saturday, May 26th. The theme of this year’s conference is “Leading Safety – Building Strong Supervisors”.

Sessions will cover: improving supervisor skills, how to build strong teams, WorkSafeBC requirements, communicating with different generations, how to manage fatigue at work, and steep slope logging.

The conference will provide practical information and tools for all workers, not just supervisors and managers.

The industry planning committee is also working on organizing a free training day on Friday, May 25th. See <http://www.bcforestsafe.org/node/2927> for more information and to register. 📍

Leadership with a focus on safety was a common message through 2017 TLA presentations

In the last edition we highlighted two stories out of the TLA’s annual conference and trade show re steep slope harvesting developments and additional government funding for training programs. But, as our deadline to publish was during the event, we did want to provide readers with a quick summary of some of the many references highlighting the continued focus on safety throughout the conference.

BC’s Premier Christy Clark said that BC had the most sustainable “and safest” forestry industry in the world.



Minister Steve Thomson at the 2017 TLA annual convention and trade show.

Minister of Forests, Lands and Natural Resource Operations, Steve Thomson, focused on three things in his address: competitiveness agenda (49 recommendations that are all progressing); safety; and contractor sustainability review (independent facilitator to be appointed on/by

March 31, 2017.) On safety, Minister Thomson said that a safe work environment was important and that industry had done a great job to help ensure that young people who were joining the industry know that they have a safe industry to come into. He emphasized that one fatality or one incident was one too many and that industry needed to remember to not become complacent and ease up on the safety

focus. “Don’t take the foot off the gas.” He also shared that effective April 1, 2017, his Ministry would require all prospective bidders for any in-field forestry contracts to meet the standard of being SAFE Certified with the BC Forest Safety Council. With an objective to keep all families and communities safe, we all had to work safe and be safe.

Drug and alcohol policies were covered during another panel session, with emphasis being on duty to provide a safe workplace and understanding that no matter what the impairment or potential impairment (prescription or non-prescription drugs, alcohol, fatigue, emotional, head not in the game, etc.), the question always is: is someone fit to work?

Good training for supervisors is key to ensuring that all health and safety issues are dealt with seriously to help prevent incidents and to prevent any type of liability. Having written notes is key so that a supervisor can prove that he/she took the appropriate action at the right time, demonstrating due diligence.

A key message for several presenters was encourage all workers to always “do the right thing”, because we all know what that is.

While there was some debate around whether incident information should be shared or not, the experience of top performing industries in other sectors is that they must all be shared. The key is to protecting individuals and companies because it is not about blame, it is about using the information that can help prevent a similar incident – or a much more serious incident – at the same workplace, and

at other similar workplaces in our industry and even other industries. We all win when we share. And in fact, the more we share, the more likely it is we will prevent other incidents. When we learn, we win.

Room for continuous improvement

While one licensee provided a very candid view of his company’s safety performance over the last year and steps that had been taken and were continuing to be taken to support continuous improvement; a contractor shared that there are a lot of safety systems in industry and having one standard process would be good; as was ensuring that licensees have people out in the field, not sitting in the office. It was agreed that safety leadership requires effort – and it’s necessary effort – but at the end of the day individuals choose if they want to be safe, and if they want to follow the procedures. Keeping everyone accountable for choices is key. The holy grail of safety: engineering your escape was discussed by a licensee while another contractor said that too often on safety a contractor was answering to three masters: the licensee, the BC Forest Safety Council and WorkSafeBC.

Further to go

The good news is everyone recognizes progress – and that safety is the leading priority.

During a live polling session 86% of participants agreed that safety has improved in the forestry industry over the last 10 years, while 14% said safety had not improved. 📍



Fatalities and Injuries

Fatalities up in first two months of 2017

- 3 dead in harvesting incidents
- 2 dead in manufacturing incidents

There have been three direct harvesting fatalities up till the end of February 2017, and one in manufacturing. A further manufacturing fatality at a non-WorkSafeBC-registered company occurred in a Lumby wood yard, bringing the total to five deaths in all forestry and manufacturing operations in the first eight weeks of the year.

Investigations into all these incidents are underway. Forest Safety News extends sincere condolences and deepest sympathy to all the families and co-workers affected.

Safety always. Report unsafe conditions. Your life is worth it.

Fatalities in harvesting in 2017

February 16, 2017: A log truck driver died at the scene after his fully loaded log truck left the ice-covered road and rolled over, about 90 km north of Fort St. John. See <http://www.bcforestsafe.org/node/2932>

February 10, 2017: A log truck driver died at the scene of a multi vehicle incident involving three log trucks and a passenger vehicle near Fort St James. See: <http://www.bcforestsafe.org/node/2928>



Part of the line up on the highway near Fort St James immediately following the fatal incident and fire that left one log truck driver dead and two injured. (Photo submitted.)

February 4, 2017: A certified faller was struck and pinned by a 20-inch-diameter cedar tree that uprooted and fell shortly after the faller had felled an adjacent cedar tree in Woods Lagoon the BC Coast. See <http://www.bcforestsafe.org/node/2919>

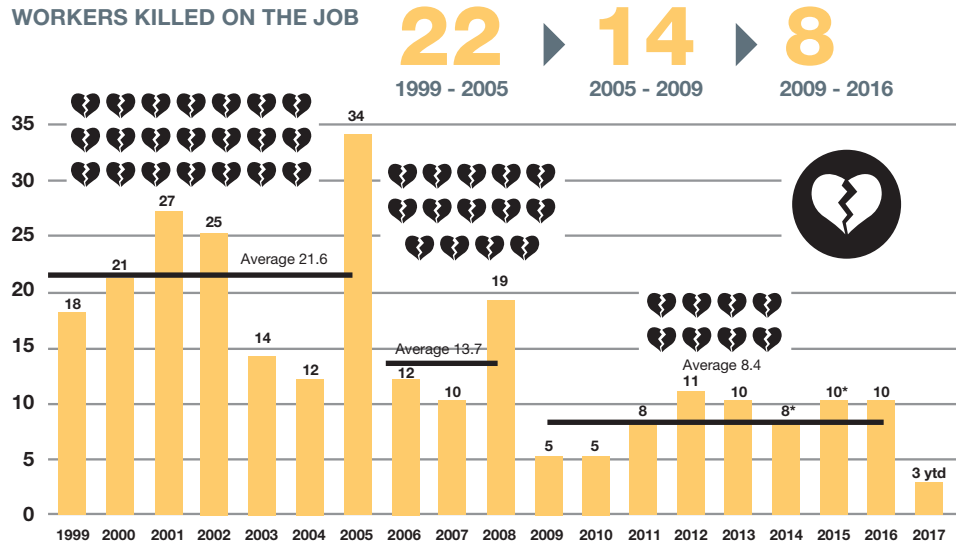
Fatalities in manufacturing in 2017

January 30, 2017: A worker was operating a boom boat at a Kelowna sawmill when it suddenly sunk. The operator was later located within the cabin of the sunken boom boat. See <http://www.bcforestsafe.org/node/2914>

January 27, 2017: A maintenance worker died at a Lumby yard. See <http://www.bcforestsafe.org/node/2916>

FATALITIES

WORKERS KILLED ON THE JOB



The above data for 2016 is based on WorkSafeBC accepted claims and incidents that the BCFSC is aware of that happened in 2016. Please note that the above is preliminary harvesting data. *There were 4 fatalities the BCFSC is aware of that occurred in 2014 and 8 fatalities that occurred in 2015. WorkSafeBC tracks fatalities by the year in which they accept the claim. The BCFSC uses the WorkSafeBC data of accepted claims for trends as it is the only long-term data base for comparative purposes.

Recent incidents reported to WorkSafeBC

HARVESTING

Injury Type: Close call

Core Activity: Integrated forest management

Location: Interior B.C.

Date of Incident: 2017-Jan

Four workers travelling on a forest service road in two vehicles were trapped behind two large snow avalanches (about 7 km apart) that occurred on the road behind them after they had accessed their logging site. Each avalanche was 3-5 metres deep, covering 50-70 metres of road. Evacuation of the workers by helicopter was hampered by freezing rain but after a qualified person assessed the avalanche conditions at the two sites, heavy equipment was able to clear the slide debris, allowing the workers to evacuate the area. Work has been suspended at the logging site pending an investigation and updates to the avalanche safety plan by the employer and an avalanche technician.

Injury Type: Fractured vertebra

Core Activity: Integrated forest management

Location: Lower Mainland

Date of Incident: 2017-Jan

A log processor operator was changing a hydraulic hose on the boom of a processor when the boom toppled forward, striking

the worker. The worker was evacuated by helicopter to hospital.

Injury Type: Facial laceration

Core Activity: Manual tree falling and bucking

Location: Interior B.C.

Date of Incident: 2017-Jan

A certified faller was struck by a broken-off vertical growth branch while he was falling roadside danger trees. The branch was about 3 inches in diameter and 6.5 feet long.

Injury Type: Facial laceration

Core Activity: Integrated forest management

Location: Interior B.C.

Date of Incident: 2017-Jan

A certified faller was falling a tree when he was struck by the broken-off top of an adjacent tree that was under snow load. The top was about 4 inches in diameter and 20 feet long. The faller was able to walk out to a landing for assistance. The faller was treated on site by first aid, then transported by vehicle to treatment.

MANUFACTURING

Injury Type: Fractured leg

Core Activity: Veneer or plywood manufacture

Location: Lower Mainland

Date of Incident: 2017-Feb

A worker had descended stairs and was stepping onto the ground when his foot got tangled in a hose on the ground. The worker fell backward, twisting his leg. 🚑



Falling

Okanagan College Receives Funding for New Faller Training & Forest Operator Training



Thanks to recent funding received through The Employment Program of British Columbia funded by the Government of Canada and the Province of BC, the Okanagan

College in Revelstoke is pleased to offer a unique training opportunity for 16 suitably qualified candidates to participate in Forest Operator – Faller Training. The tuition-free program is designed to provide eligible participants with hands-on experience and vocational training in the forest industry. The program will include employability and occupational skills training including: forest sector training, professional development, 30-day industry new faller training and on the job work experience.

To be eligible for this tuition-free training program, applicants must be:

- » Unemployed (or underemployed with low-skills)
- » Currently on Employment Insurance or have been on Employment Insurance in the last five years
- » Legally entitled to work in Canada
- » A resident of British Columbia
- » Not be a student (i.e. enrolled in high school or other post-secondary training)
- » Case Managed EI client; must have employment needs assessed and determined eligible for the Project Based Labour Market Training (PBLMT) by a WorkBC Case Manager

This 26-week program runs Monday through Friday at Okanagan College. The program dates are Chase: February 13 to August 11, 2017 and Revelstoke: April 3 to September 29, 2017.

For more information, please call the Okanagan College directly at toll-free: **1-888-831-0341, ext. 6503** or email mekline@okanagan.bc.ca. Alternatively for anyone to verify eligibility for the program, prospective candidates should contact the WorkBC offices in Salmon Arm, Chase or Revelstoke. 📍

Pause before you post faller fatalities and incidents on social media

In the past few weeks a faller died in an incident that is still under investigation. See fatality alert: <http://www.bcforestsafe.org/node/2919>. With social media, “news” can spread quickly. Last year, following a remote

falling incident, it was incorrectly posted by well-meaning folk on Facebook that a faller had died – when he had not. Sadly, he did die two weeks later when his family took him off life support.

The same weekend that a faller died in February 2017 posts started appearing on Facebook that another faller had been struck by a limb and died. Thankfully, we understand that there was in fact no serious injury involved.

Our industry is close-knit but, just like a broken telephone-line, we can unintentionally pass on bad information. On social media where family members (cousins, spouses, ex-partners, siblings, parents, grandparents, etc.) are members of groups and have Facebook friends who have more “friends”, information is passed on in good faith among a strong tight-knit group of caring fallers and their supporters.

Social media rules to remember

- » Don't say anything unless you have proof that it's true. No alternative facts!
- » If you have information about a serious injury or fatality ask yourself: do I have the authority to name the person involved? Did his mom/dad, spouse, significant other, or child ask me to do this? How will my naming someone impact his family and friends, especially if they have not been told by the company or coroner yet? What if my facts are wrong because the person who told me was told incorrectly?

Keeping contact details up to date for next of kin

- » Licensees, prime contractors, contractors and supervisors need a robust mobile

system in place to notify next of kin in all incidents as quickly as possible, especially because social media is so fast and people don't always think before they post.

- » Check contact lists regularly for next of kin for everyone on your worksite (many people change phone numbers and addresses frequently).
- » Remind people who witness an incident why it's important that they say nothing to anyone until all family members have been informed first. 📍

Update on implementation of Deloitte Report recommendations

Two years ago Deloitte reviewed the BC Faller Standard and made recommendations seeking improvement in processes, consistent application and enhancement. Since then industry, with the three certifying partners for fallers in BC – namely the BC Forest Safety Council, BC Wildfire Service and Enform – have been working to address the recommendations and implement them.

A total of 31 recommendations have been implemented so far; six recommendations are pending a pilot program; seven are pending consultation with industry; and one recommendation is pending development.

The focus is on improving safety; ensuring a fair and defensible training standard; selecting, training and supporting properly qualified fallers, coaches, trainers and assessors; and providing a modularized system that allows faller mobility and portability of skills across sectors, jurisdictions, job needs and terrain. 📍

Remember to do proper assessments when hiring and qualifying a faller



By falling manager,
Glenn Hestnes

A huge amount of responsibility lies on the shoulders of the on-site falling supervisor when it comes to qualifying a faller. This is especially important in BC because we have three falling certification administrators, namely

BC Forest Safety Council, BC Wildfire Service and Enform.

While current wallet cards and log books are a start, they in no way are deemed to be acceptable by WorkSafeBC in qualifying a faller to the timber type and slope that he/she may work on.

If your new hire has:

- » No history with your company

- » Some history but in a different setting, timber type and/or slope

» Certification from a different industry, then they will need to be assessed for the work you need them to perform. This assessment should happen concurrent to them beginning work on their first day and the document you use to qualify the faller should reflect the criteria contained in the BC Falling Standard.

Some licensees and contractors have variations of a standard form that is often used for weekly or monthly reporting. The condensed audit document, the 23 page BC Falling Standard, or the “new” 47-page BC Falling Standard are options as well. Whichever document is completed, it must be signed, dated and kept on site. This will ensure you have met the intent of WSBC regulation 26.21.

If you have any questions or concerns about ensuring your fallers are properly qualified to work on your particular site(s), please contact me, either by phone toll-free at **1-877-741-1060**; text **250 713 5209** or email ghestnes@bcforestsafe.org. 📍



Talkin' Safety with Mike Sexton – Inspections: What do I need to inspect?



Mike Sexton,
senior safety advisor.

There are different ways to approach safety inspections. For example, you can focus on the most common tasks your workers perform or you can focus on specific issues addressed by your program, such as material handling, confined space entry, or workplace violence. You may wish to break up the worksite into specific segments with focused checklists to look at specific hazards and activities in each area.

What is the benefit to my company?

Inspections help ensure that the basics of business are being done well.

Basics done well are a foundation of a well performing organization. It ensures the organization has strong systems to

make sure there is an effective business system design, people know how their role ties into results, they are well trained and have proven their knowledge and competence, have the right tools all the time and strong support to do things right. The following is a partial list of the key elements of Basics Done Well which inspections help identify:

- Comprehensive orientation for new people
- Roles and responsibilities well defined
- No one operates unless fully trained and qualified
- Regular inspections to ensure tools and equipment are ready to do the job
- Solid Management of Change process in place
- Regular observations of the workplace to identify hazards and issues
- Strong incident investigation system to incorporate learning from an incident into workplace and leadership behaviour changes to prevent reoccurrence and improve the overall system
- Clear expectations in place
- Clear policies and guidelines that are meaningful and followed.

If your inspection reveals a problem, try to get to the root of it. For example, if you see a wet floor, ask why. Possible explanations could include a water leak, a job process that's creating the problem, or a lack of training on how to clean up the hazard. Fix it right the first time and the problem is less likely to happen again.

In addition, it's a requirement. From WorkSafeBC regulation:

3.5 General requirement

Every employer must ensure that regular inspections are made of all workplaces, including buildings, structures, grounds, excavations, tools, equipment, machinery and work methods and practices, at intervals that will prevent the development of unsafe working conditions.

3.9 Remedy without delay

Unsafe or harmful conditions found in the course of an inspection must be remedied without delay.

3.10 Reporting unsafe conditions

Whenever a person observes what appears to be an unsafe or harmful condition or act the person must report it as soon as possible to a supervisor or to the employer, and the person receiving the report must investigate the reported unsafe condition or act and must ensure that any necessary corrective action is taken without delay.



Terry Chow, RPF, P.Ag
safety advisor.

Succession planning: Passing operational and safety expertise onto the next generation

Forest companies of all sizes are facing a demographic challenge with many workers getting close to retirement age. Succession planning is critical to ensuring that positions are filled and there is a smooth transition in leadership, supervision and other critical forestry positions.

A recent Contractor Survey (2016) by Canadian Forest Industries (CFI) found the bulk of the respondents were in the 36 to 65 year old age range, with 56 % being over 46 years old. Only 14% were in the 26 to 35 year old range. On the BC Coast, about 44% of contractors were over 56 years old, while another 23 % were between 46 and 55; and the average age of fallers was 59

years old (from interviews). The BC interior forest industry is probably very similar. In a 2013 industry/government survey, the Occupational Employment Projections to 2022 for Coastal BC is 8,432 (4% growth) and for Interior BC 12,321 (3% growth) (BC Coastal Forest Industry Workforce report – October 21, 2013).

Effective information transfer can be lost

A large part of a high performing safety system is communications. There is a large amount of knowledge in forestry including safety, operations, business practices and procedures that are not documented or available in literature, or on the internet. Much of this knowledge was communicated or passed down from one generation of workers to another generation of workers, and was gained through experience working in the bush under various situations, terrain, timber types, prescriptions and locations with

various types of equipment. This knowledge is invaluable, because it is usually a synthesis of practical and technical experience combined with some training in safety and forestry, some of which may not be available anymore, or the instructors and mentors are no longer available.

Have a succession plan and put it into action

If changes in company structure and personnel is anticipated, and to ensure that critical forestry, safety and business knowledge is passed on, forest companies should begin planning for succession and beginning the communication and transition process. This could include situations where the owner of the company is starting to consider retirement, selling or passing management of the company to a family member. Those companies and contractors that would like to continue and pass on their knowledge and experience should consider succession planning.

Regulatory update:

WorkSafeBC releases proposed policy amendments regarding COR



By Martin Ridgway, CRSP,
senior safety advisor.

WorkSafeBC has released a discussion paper with a draft policy on revising the Certificate of Recognition (COR) program. Over three quarters of the SAFE Certified companies who submit annual audits to the BC Forest Safety Council are COR certified through the audit process and collectively receive around \$13 million in annual incentives. Companies with COR also have statistically lower injury rates.

The draft policy seeks to provide clarity of overall program requirements and rules on receiving the COR incentive payment.

Some of the proposed changes include:

WorkSafeBC Authority and Program name change

The policy provides WorkSafeBC with authority and oversight over the COR program, including changing the name from the 'Partners Program' to 'WorkSafeBC Health and Safety Management Program'. Certifying Partners, such as the BC Forest Safety Council, still have a role in implementing various aspects of the program and monitoring employer and auditor compliance with the standards set by WorkSafeBC. Similar to existing practice, WorkSafeBC will create the standards that all audits must meet while each Certifying Partner will create audit tools to support industry needs. WorkSafeBC will also continue to set standards for auditor training, including defining qualifications, quality assurance and approving curricula for auditor training. Both internal (company employee) and external (not a company employee) auditors are intended to be part of the overall program. Audit scope (interview sample size and site visit requirements) will also continue to be defined by WorkSafeBC.

Broad Principles

Several broad principles are introduced in the draft policy. These include recognizing meaningful worker participation as integral to safety; recognizing that changes must be made to make the Program more accessible for small employers; and encouraging continual improvement from employers. The draft policy does not provide details or direction on how this can be accomplished.

Defining what can be COR Certified

COR certification continues to be linked to the employer's WorkSafeBC account structure as defined by the Assessments Division. Unchanged from current practice, employers cannot certify less than a whole Classification Unit in an Account. If a company Account has more than one Classification Unit, the employer may choose how many Classification Units to certify. Also continuing with current practice, joint audits of two or more related accounts will be allowed, although the detailed rules for doing so are not yet defined. Classification Units within each Account would also be free to be included or excluded from the overall audit as the employer chooses. The topic of an employer performing more than one audit (i.e. one for each Classification Unit as are performed by many major licensees) is not present in the policy and all references refer to one annual audit. The company must also maintain an active WorkSafeBC Account in order to maintain certification, potentially impacting some companies that currently inactivate their accounts during their off season.

Audits

In order to become certified, large employers must pass a certification audit conducted by an external auditor, while small employers may continue to use an internal auditor. Also unchanged is the annual requirement for maintenance audits and a three year cycle, however there is no definition or discussion on what a maintenance audit consists of. The draft policy does not provide definition for the boundary between large and small sizes of employers. A change from current practice is that the employer does not recertify at the end of the three year period, but instead starts a new certification.

Financial Incentives

The financial incentives continue to be calculated using 10% of the employer's base assessment premiums for each classification unit included in the employer's COR. The minimum annual financial incentive continues to be the lesser of \$500 or 50 percent of the premiums paid by the employer for the rebate year being calculated. A change is that if an employer has an outstanding balance related to its account in the year for which the incentive

Another huge benefit of doing inspections is finding a problem (or potential problem) before it turns into a bigger problem. Isn't it better to find a tire that is about to blow before it actually blows? Or find a worker doing something not quite right that may cause an incident that stops production, or worse.

How often do I need to do an inspection?

Regulation states: "at intervals that will prevent the development of unsafe working conditions." That means that would depend on each company's unique needs. New and/or young workers must be assessed more frequently than other workers. Someone you've had working for you for a long time may be trusted, but you still need to regularly assess them too. Vehicles and equipment should be inspected before each use, and some are required to be. Shops need regular inspecting. The office might only need it annually. It's up to each company. If you aren't sure, please ask. We are here to help with any questions. Your local WorkSafeBC officer is also a good resource. 📞

Assistance in succession planning is available from your accountant, lawyer, notary public and financial advisor. There are several specialized sources of assistance and resources available, with advice and experts who can help build a plan for your situation. Some example sources of information on succession planning are:

Family Enterprise Advisor Program, Sauder School of Business, UBC: (http://www.sauder.ubc.ca/~media/Files/Business%20Families/Advisor_brochure_high%20resolution%20-%20Sep%201.ashx)

Government of Canada, Canada Business Network: <http://canadabusiness.ca/business-planning/succession-planning/>

The BC Forest Safety Council can also assist in your planning by providing training and advisory services to your company. Please call a safety advisor for confidential assistance: **1-877-741-1060** or email safeco@bcforestsafecouncil.org. 📞

Continued on page 12...

Continued from page 11...

is to be paid, the financial incentive will be applied to the amount owed to the Board and any balance paid to the employer. Previous practice was that the whole incentive was held until the employer paid their balance first. The COR Policy only relates to the OHS incentive, and the 5% RTW incentive is not part of the discussion and continues to be frozen.

Decertification and loss of Incentives

In addition to losing certification for failure to submit an audit, an employer may be decertified through the existing WIVA (WorkSafeBC Initiated Verification Audit) process. This puts the current practice into policy. Loss of COR certification through failure to pass an audit or through decertification via a WIVA would also continue to cause the loss of the COR incentive.

The draft policy now has three concrete rules for conditions that will result in the loss of the financial incentive for the year for the applicable Classification Unit, even if the Classification Unit remains COR certified:

- not reporting a payroll
- the employer being convicted by a Court of a violation of the Act and/or OHSR or
- the employer receiving (after all applicable review and appeal times and processes) an administrative penalty issued under section 196 of the Act. Section 196 includes administrative penalties as low as \$1000. COR incentive payments for a single CU can be over \$100,000 for a very large employer. Note that for joint audits, the penalty applies across all the certified accounts. If a company has two accounts, for example, each with a sawmill and woodlands CU, then a single financial penalty to one sawmill would result in both sawmills being ineligible for the COR incentive for a year, while the woodlands would remain eligible.

Feedback

Forest industry feedback on this important program is needed. Every comment and perspective is valued by WorkSafeBC and used to set the final direction. Multiple independent submissions carry more weight than multiple people sharing one submission.

Interested parties should respond directly to WorkSafeBC by June 2, 2017. Please note that all comments become part of WorkSafeBC's Policy, Regulation and Research Division's database and may be published, including the identity of organizations and those participating on behalf of organizations.

<https://www.worksafebc.com/en/law-policy/public-hearings-consultations/current-public-hearings-and-consultations/the-partners-injury-disability-prevention-program>

In addition to the feedback to WorkSafeBC, BCFSC also needs your feedback to help guide our responses to the policy. To help the SAFE Companies Advisory Committee (SCAC) effectively plan, we will be hosting a series of Town Halls around the province in April and May. (See article on the right for details.) 🗣️

Come share your views and ask questions

YOU are invited to come have a coffee/tea, meet Cherie Whelan, Director SAFE Companies, and provide your feedback on everything to do with SAFE Companies and safety in forestry in BC.

With the proposed formation of a volunteer-run SAFE Companies Advisory Committee (SCAC) – and thank you all to the more than 50 folk who have put their hands up to help – we need your input on what you want to see SCAC achieve and how you want to see the SAFE Companies program further improved. You will also be able to tell the BC Forest Safety Council (BCFSC) your thoughts on WorkSafeBC's proposed new COR Policy (see article on page 11) so that we can ensure that WorkSafeBC receives the best feedback to help shape final policy and regulation.

Most importantly it's an opportunity for you to talk directly to the head of SAFE Companies and share all your thoughts on the audit tools, audit submission process, audit review and feedback, verification visits, resource packages and tools, BCFSC onsite support, and anything else that is important to you to getting yourself and your crews to work and home safely every day.

The last town halls hosted by the BCFSC were three years ago. This year we will be hosting 19 town hall meetings to hear from you. These meetings are in addition to the online survey that was sent out to each SAFE Company earlier this year.

The town halls will run from 7 pm to 9 pm unless otherwise noted below. To check for any updates about the meeting closest to you, please see <https://www.bcfestsafe.org/node/2926>.

Town halls that you may attend

Houston	18 April	The Houston Senior Centre, 3250 14th Street
Fort St James	19 April	The View Hotel, 309 Stuart Drive West
Quesnel	20 April	Best Western Tower Inn, 500 Reid Street
Prince George	24 April	Prestige Treasure Cove, 2005 Hwy 97 South
Fort St John	25 April	Sterling Ballroom, Pomeroy Hotel, 11308 Alaska Road
Dawson Creek	26 April	Stonebridge Hotel, 500 Highway 2
Chetwynd	27 April	Pomeroy Inn & Suites 5200 North Access Road
Abbotsford	1 May	Quality Hotel & Conference Center, 36035 North Parallel Road
Williams Lake	2 May	Best Western, 1850 Broadway Avenue South
Kamloops	3 May	Coast Kamloops Hotel, 1250 Rogers Way
Vernon	4 May	Holiday Inn Express, 4716 34th Street
Vancouver	8 May	Blue Horizon Hotel, 1225 Robson Street
Nanaimo	10 May	Coast Bastion Hotel, 11 Bastion Street
Princeton	15 May	Skills Center, 206 Vermilion Avenue
Cranbrook	16 May	Prestige Rocky Mountain Resort and Hotel, 209 Van Horne St South
Grand Forks	17 May	Grand Forks Curling Rink, 7230 21st Street
Kelowna	18 May	Ramada Kelowna Hotel, 2170 Harvey Avenue
Campbell River	30 May	Coast Discovery Inn, 975 Shoppers Row
Powell River	31 May	Powell River Towne Centre Hotel, 4660 Joyce Avenue

"I look forward to meeting many more SAFE Company representatives and learning first-hand what is important to you in supporting a safety system that works for your company," said SAFE Companies director, Cherie Whelan.

"I want to hear it all – the good, the bad and the not so pretty. We are here to serve industry and support you in improving your safety performance. Your voice and opinions matter. I look forward to seeing you soon," said Cherie. 🗣️

New chain shot regulation: Section 26.13.4 Forestry Operations and Similar Activities

WorkSafeBC has approved a new regulation subsection 26.13.4 to deal with the risk of saw chain shot. When a moving saw chain breaks on mechanical harvesting and processing equipment it flings chain pieces outwards with the same energy as a 9 mm bullet.

Chain shot has resulted in serious injuries in BC, and has been the subject of some BC Forest Safety Council Safety Alerts <http://bcforestsafesafe.org/node/2876> as well as investigations and alerts from WorkSafeBC <https://www.worksafefbc.com/en/resources/health-safety/incident-investigation-report-summaries/chain-shot-injures-operator-behind-cab-window>.

WorkSafeBC estimates that 1 in 50 chain breakages can result in chain shot. The current controls of chain shot guards and chain catchers are not fully effective because they do not enclose the whole chain. Similarly, operator practices for good pre-use inspection of saw parts and positioning the saw so that the bar is not aligned with the cab are subject to human error and mechanical failure.

Effective May 1, 2019 on new equipment; no upgrades required for existing machinery

In order to better protect operators, starting May 1, 2019, WorkSafeBC will require each cab window which could be directly struck in new mechanical falling and processing machinery sold in BC to:

- be made of one or more sheets of polycarbonate having a total thickness of 32mm (1¼") or
- meet or exceed the requirements of the level 1 outdoor use ballistics tests of ANSI/UL 752, Standard for Bullet-Resisting Equipment, 11th edition.

See <https://www.worksafefbc.com/en/resources/law-policy/discussion-papers/board-of-directors-approves-amendments-ohsr/section-26-13-4> for more information. 📄



SAFE Companies

More companies maintained SAFE Certification in 2016 than 2015

Each year the SAFE Companies list is adjusted to reflect the number of companies that have sent in their annual maintenance audits and successfully passed them to maintain their SAFE Certification.

Year over year there was an improvement in 2016 over 2015, with fewer companies overall being removed from the SAFE Companies certified list. At the end of 2016, 94 companies had SAFE certification removed for not submitting an audit by December 31, 2016, representing an 18% reduction compared to the 115 companies that were removed at the end of 2015.

The following chart provides a breakdown comparing the number of companies removed from the SAFE list in 2016 and 2015:

Size of SAFE Certified Company	As at December 31, 2016	As at December 31, 2015	Percentage difference between 2016 and 2015 removal rates
IOO (1 owner and 1 office support)	22	38	-42
ISEBASE (2 – 5 workers or 1 owner and contractors)	24	20	20
SEBASE (6 – 19 workers or 1 owner and contractors)	44	53	-17
BASE (20 or more workers)	4	4	0
Total across all sizes of companies	94	115	-18

A total of four companies were given extensions for their 2016 audit. Extensions are granted on a case by case basis and only apply in circumstances that include undue hardship, death of an owner, etc.

Any company that was removed from the list and would like to regain SAFE Certification needs to successfully complete a re-certification audit. Please see: http://www.bcforestsafesafe.org/safe_companies/large_companies/maintaining.html 📄



Transportation

Marine safety focus at 2017 WFCAs annual conference and trade show



Transportation Safety Board of Canada Senior Investigators, Glenn Budden (left) and Clinton Rebeiro, presented at the Western Silvicultural Contractors' Association (now known as the Western Forestry Contractors' Association) annual convention earlier this year and promoted the Marine Forest Safety Advisory Group, formed to support and educate the forestry industry in marine safety and safe marine transportation of workers, equipment and product to and from worksites as well as floating camp safety. For more information see: <http://www.bcforestsafesafe.org/node/MFSAG>. 📄



Two recent fatal log truck incidents

A log truck driver was fatally injured on February 9, 2017 at 9:00 am, near Fort St James, and two other log truck drivers injured in the same incident; and then on February 16, 2017 at about 6:30 am a log truck driver died following a single vehicle rollover about 90 kms north of Fort St. John.

Forest Safety News extends sincere condolences to the families of the deceased drivers and deepest sympathies to the families and coworkers of all involved in these incidents. We send best wishes to the other two log truck drivers who were injured in the first incident and to the member of the public who was in the fourth vehicle involved. Our thoughts are also with all the first responders who attended both the scenes as well as the witnesses, many of them other log truck drivers.

While investigations are continuing, a preliminary description of the February 9 incident indicated that a south bound car was stopped on Highway 27 waiting to turn left. A south bound logging truck stopped behind this car. A second south bound logging truck was not able to stop in time to avoid a collision with the first logging truck. The resulting collision caused vehicles to enter the north bound lane and an empty north bound logging truck collided with one of the logging trucks and went into the ditch. One of the log truck drivers was fatally injured at the scene and another was seriously injured. A fire occurred after the collision.

The weather conditions at the time of the incident have been described as extremely poor, low visibility and snowing heavily.

In the February 16th incident, in poor road and weather conditions a logging truck failed to negotiate a sharp curve on icy road and rolled. The driver, a father of five, was deceased at the scene.

Although the details of both incidents are still unknown, review the following safety information:

1. Drive to conditions, especially in the winter. Reduced visibility and slippery road conditions will affect braking distances and steering control.
2. Poor visibility can be caused by snow, rain, or fog. Adjust speed accordingly. Give yourself an extra safety buffer and additional distance to stop.
3. Mark loads with the appropriate lights and flags. Drive with headlights and taillights on to improve visibility. Check lights regularly and clear off any built up snow and ice. Use four way flashers when travelling slowly or stopped along a lane of travel.
4. Maintain mental alertness by taking breaks when necessary. Watch out for mental states that can lead to incidents including fatigue, rushing and frustration.
5. Manage existing hazards but also anticipate what hazards might appear during your work day. Weather, traffic and road conditions will all change throughout the day.
6. If conditions are not safe, delay or suspend work until conditions improve.

For details, see the alerts: <http://www.bcforestsafe.org/node/2928> and <http://www.bcforestsafe.org/node/2932>. 🚚

WorkSafeBC column:

Good binder/wrapper practices

Each year, regulators review their inspection check lists for high risk activities in industry and consider which key areas they will focus on for increased inspections. The objective always is prevention – looking at those things that can significantly influence better safety outcomes. The added incentive for haulers – apart from their own safety and the safety of other road users – is whatever improves safety also improves performance and productivity by reducing or eliminating downtime, equipment damage, possible fines and hard cost repair dollars.



Budd Phillips,
WorkSafeBC.

Forest Safety News asked Budd Phillips, Manager Prevention, Field Services and Manager of Interest for Forestry at WorkSafeBC, to share what the occupational safety officers are looking for in binder compliance to help promote safe log hauling.

“Binders function to keep the logs on the load and to a degree keep the load bundle intact as much as possible – this is especially relevant for cut to length wood being hauled on public roads,” said Phillips.

Why proper load securement is not just about binders

1. Proper load securement starts at the loader:
 - a. Proper loading techniques means that all logs are properly placed within the bunks and that log bundles are organized in such a way that they rest securely in position.
 - b. Proper load crowning means that the logs are loaded in such a way to ensure that logs do not easily roll off of the top of the log bundle. When secured the binder must have contact with the logs so that they do not slide or roll loose.

- c. Proper loading ensures:
 - the stability and securement of the load during transit
 - bunks, stakes and binders are not overstressed
 - the first tier of logs is loaded tight and straight so that the load can be built in a safe manner
 - the bottom and side tiers of the logs are placed within the bunks and extend beyond the bunk by either 12 inches for trailers with compensating reaches or 6 inches for trailers with fixed bunks
 - all workers are in a safe position during the loading process
 - at least two load binders are placed on each bunk around the logs to secure the load before transport. This is done as soon as possible after loading and in close proximity to the loading area.
2. In an effort to reduce the growing number of shoulder injuries to log truck drivers, FPIInnovations’ research recommends that the loaderman drape the binders over the load using the loader.

- a. Using this method ensures you don't have to throw the binders and prevents long-term shoulder, arm and wrist injuries and having issues after you retire.
 - b. It offers the loaderman a last look at the top of the load to ensure that there are no loose logs or chunks.
 - c. If necessary the loaderman can position the grapple to restrain any unstable logs while applying the binders.
3. Binders need to be the correct length to properly encircle the load and restrain the logs securely. Do not wrap over-length binders around the truck frame or reach. This can cause the wire rope to be kinked and damaged to the point of needing to be thrown away.
 4. Drivers must stop on a regular basis and inspect their loads to see if logs have shifted during transport and to re-tighten binders that loosen due to load vibration and settling.
 5. Drivers must inspect their truck and accessories including binders every day. Look for damage, corrosion, kinking, flattening of the wire rope and broken strands. Inspect synthetic binders or straps in accordance with the manufacturer's instructions. Inspect all component parts of the binder for damage and wear. Remove a binder from service that will not safely perform its load restraint function (the wire rope/binder manufacturers can supply rejection and repair criteria).
 6. Do not weld any accessories onto cinches and hooks as the manufacturer's load rating will be voided (and remember to record this part of your inspection in your log book).

Selecting the best binders

The load rating of binders is very clear within the existing OSHR Regulation 26.68(4): "Each binder and attachment must have a breaking strength of at least 53 kN (12,000 lbs)." This means that all component parts of the binder assembly must meet the 12,000 lbs breaking strength. As we know, a binder is only as strong as the weakest link. As such, the test that the manufacturer must apply to the binder is a straight pull test (not a basket test). The binder must have its breaking strength marked. Working Load Limits (WLLs) are usually a safety factor of three, and for a breaking strength pull test 5500 WLL=16,500 lbs breaking strength.

Ensure that when you are buying binders that they have been properly load rated (meeting the minimum 12,000 lbs) and equally important that they are properly marked showing the proper load rating.

If you are in doubt about the binders you are thinking of buying ask questions:

- How did you determine the load rating?
- What does the manufacturer say about the strength of the product that is being used by the supplier?
- Does this match the load rating that is being given?

What to do if you are cited for non-compliance?

If you are cited for non-compliance with the OSH Regulation related to binders – and you are unclear as to why or what to do – ask the Occupational Safety Officer for clarity. What OHS Regulation applies to your circumstance? What do I need to do to comply? And by when do I have to comply?

Busting myths/misconceptions about binders

MYTH: lighter binders will eliminate the potential of shoulder, arm and wrist injuries when throwing binders.

FACT: No, lighter binders will not eliminate or reduce the potential for injuries. The ergonomist specialists have determined that the cause of injury is the repetitive throwing action, not the weight. With the introduction of cut to length wood and the increasing numbers of binders needed to be thrown as a result, injuries among drivers increased, especially if the driver was on a short haul with a short turnaround time.

MYTH: this is a new requirement.

FACT: No, binder requirements have been around for more than 71 years. In the '70s, binders had to meet a 15,000 lbs breaking strength. Today they need to meet 12,000 lbs breaking strength in BC.

MYTH: Binder requirements are unique to BC.

FACT: No, Washington State has a requirement for binders to meet the 15,000 lbs breaking strength and in Oregon binders must meet 20,000 lbs breaking strength.

Please see FPIInnovations' Loader Assist Report: https://www.workplacesafetynorth.ca/sites/default/files/resources/CR-754-MSY-WorkSafeBC_LoadWrapper.pdf. 📄

Industry group looking at load securement

The Trucking and Harvesting Advisory Group (TAG) and BC Forest Safety Council continue to look at load securement safety issues, worker injuries and current practices across the industry. Injuries related to load securement are a growing concern particularly as we have a work force in the log hauling sector that averages 55 years in age. This means many of the drivers have many years of wear and tear on their bodies particularly arms and shoulders as a result of throwing wrappers. WorkSafeBC (WSBC) also recognizes the issue and has taken additional steps to address load securement regulatory compliance provincially as part of their log hauling High Risk Strategy Initiative. While the intent is to address safety it has also created some confusion in that WSBC is responsible for worker safety and the Commercial Vehicle Safety and Enforcement (CVSE) is responsible for the public's safety and there is some distance between the two regulators on load securement regulation and applications. In addition, the current WSBC load securement regulations were developed prior to industry adopting short wood in many areas of the province. In light of this, industry is asking whether WSBC regulations are appropriate for many current operating environments and if there is an opportunity to find better ways to secure logs while minimizing

the risk of injuries to workers. TAG believes there are solutions and is pursuing a suite of options such as a variance and/or amendment of the current WSBC regulations, new technologies, alternative types of binders and the expansion of loader assist to name a few.

"The objective of all provincial load securement regulations and practices is to ensure both the safety of the public and the worker. We recognize there are issues related to load securement from both the regulatory and worker safety side of things in particular. Right now there is a growing sense that adjustments are needed in both regulation and operational practices," said Dustin Meierhofer, Director Transportation, BCFSC. "Industry also knows that injuries will be reduced by not just reducing the frequency of drivers having to throw wrappers (through loader assist where practical and safe) but also by lightening the wrappers through use of alternative materials and sizes which are best suited for the intended application. Some flexibility is needed from both the regulatory and operational perspective to ensure overall load securement objectives are met and at the same time we set the log truck drivers up for success," he said.

TAG is currently in discussions with WorkSafeBC, CVSE and others on the topic. 🗣️



Training

New hand-out explains the free health and safety support services available to industry

Following requests the training department has summarized all the health and safety support services available to industry – licensees, contractors, independent owner operators, etc. – from the BC Forest Safety Council (beyond training, audit review, etc.) for quick and easy reference. Trainers and safety advisors will hand out copies of the document at training sessions and during site visits.

Support services include information and sessions on health, wellness, nutrition and hydration, fit to drive, fit to log, prime contractor responsibilities, distracted driving, what leading companies do well in safety, troubleshooting difficult safety challenges or seeking clarification on regulations and responsibilities. 📍

Support services are available to the forest harvesting and manufacturing sectors in BC



Health and safety support services for you

Did you know that as the forest industry’s Health and Safety Association, the BC Forest Safety Council (BCFSC) offers health and safety support services, at no or little cost, to help improve forest worker safety? Using these services can lead to lower injury rates, reduced downtime, better morale, improved productivity and preventing increased costs caused by incidents and serious injuries. Services range from a phone call to on-site consultation. All services are confidential.

Services available to all forestry operations

Safety program and audit assistance – Provide private, confidential support for individuals and companies to improve their safety program and/or to prepare their audit.

Business growth assistance – Provide gap analysis of safety programs with a focus on efficient and effective practices and on reducing paperwork, particularly for companies changing audit size.

Supervisor mentoring & skills development – Provide private, confidential support and coaching to supervisors and managers. See hand faller section for additional falling supervisor services.

Serious incident investigation assistance – Provide private, confidential advice to companies investigating a serious incident, facilitate access to trained, experienced investigators and give advice on how to deal with media, local authorities and others.

Incident pattern analysis – Provide private, confidential advice to companies with large numbers, or high frequency of incidents which may include suggestions to improve safety performance.

Injury prevention and claims management coaching – Provide support to companies for injury prevention, return to work programs and claims management.

Group presentations, workshops & other services – Provide services to groups who share issues, geography, licensees or other similarities. Support for new initiatives in health & safety may be offered at no cost or on a cost-recovery basis for topics such as:

- Fit to Log – Fit to Drive – Fit to Plant – Prime Contractor Responsibilities – Risk and Hazard Assessment (RADAR) – worker health and wellness – nutrition – performance and fatigue – distracted driving – winter driving – anatomy of a rollover – professional driving and performance – the business case for safety – what world leading companies do well
- other emerging issues

continued ...

Status update: Competency standards project on track to meet deadlines for industry

One of the goals of the Forest Sector Workforce Initiative – ensure training and education programs supply quality workers – is progressing well with occupational standards, learning resources and

assessment tools in either development or piloting phases for six yarding and 33 other forestry occupations. These materials are being developed in coordination with the faller standards, learning resources and assessment tools that are close to pilot stage.

Yarding

Six yarding occupations now have complete standards, learning resources and assessment tools ready for testing with industry during a pilot commencing in April

2017. Revisions to the yarding materials resulting from the pilot will be made in Q2 2017 for industry use starting in Q3 2017.

Draft occupational descriptions and standards for 33 other forestry occupations are currently in development. Completion of testing and validation by industry will happen in the next few weeks. Assessment tools will be developed and completed by the end of Q1 2018. BCFSC will apply for additional funding to develop learning resources for these occupations with industry in Q2 2018-2019.

Buyer beware!

Bogus WHMIS/other training claims do happen

Recently Forest Safety News has been made aware of several SAFE Companies getting calls from different service providers with very “official” sounding names telling them they need to immediately take new WHMIS training – at fees higher than those offered by the Federal Government’s Canadian Centre for Occupational Health and Safety (CCOHS).

The telemarketers claim to be calling from companies using terms like “Canadian”, “Compliance” or “Agency” among others. One of our training consultants recently received a similar call and was told during the call that he had to get his workers trained on WHMIS but then was told false or misleading additional information. The telemarketer was undaunted to learn that she was in fact talking to a qualified WHMIS trainer who knew what was really required! When challenged to provide proof, the telemarketer faxed him reams of information about all sorts of online courses the company offered, but no back-up for the inaccurate claims she had made!

Caution for the wary

The concern is that the names of the companies and their sales pitches, make them sound official. “It would be unfortunate if any small employer forestry companies were taken advantage of and potentially pay too much for training that is not compliant,” said the BC Forest Safety Council trainer.

“It is always good to be careful about what you’re being told and don’t commit

to buying any on-line training until you’ve checked to make sure it is appropriate training that meets regulation.”

Good advice

While CCOHS did previously offer free WHMIS training (time-limited offer that has since expired) the official training is still offered direct and at a nominal cost (\$10 per worker for the one-hour online course). Going forward, bookmark this link: <http://www.ccohs.ca/> and the WHMIS link specifically: http://www.ccohs.ca/products/courses/whmis_workers/ to be assured that you are in fact always selecting valid, reputable and reliable on-line training in WHMIS.

Online training is not all that is required

While CCOHS provides “generic” information about WHMIS, employers will still need to provide in-house education / training relating to the specific chemicals used in their particular workplace. In other words, on-line training does NOT satisfy ALL of the requirements of WorkSafeBC’s legislation.

Need advice? Call us toll-free at 1-877-741-1060 and ask to speak to a safety advisor. WorkSafeBC also has a document to help you choose an OHS training provider: <https://www.worksafebc.com/en/resources/health-safety/information-sheets/how-to-choose-an-occupational-health-and-safety-training-provider> 📄

Learning resources for assessors and trainers have been completed and the BC Forest Safety Council will be working with assessors and trainers to train them to the new requirements throughout 2017 (and beyond).

Steep slope winch assist harvesting

The BCFSC will also be working with FPIInnovations related to steep slope harvesting. The purpose of the two organizations working together in the development of steep slope harvesting

resources is to ensure a coordinated process that avoids duplication.

FPIInnovations is currently in the process of compiling Best Management Practices (BMPs) for new logging technology on steep slopes, including winch assist equipment. These BMPs will be included within the BCFSC’s learning resources, funded by the Ministry of Jobs, Tourism and Skills.

If you have any questions, please call toll-free 1-877-741-1060 or email training@bcforestsafe.org.

Upcoming training

If you would like to see how a training course can meet your organization’s needs, please let us know. We are committed to working with you to find the right training solution. We may be able to tailor a program to your specific needs and deliver it in a way that is most convenient for your operations.

Basic Incident Investigation training

April 3 Prince George
April 17 Vernon
April 24 Langley
May 8 Houston
May 15 Fort St. John
June 22 Nanaimo
June 26 Kamloops

Advanced Incident Investigation training

April 4 Prince George
April 18 Vernon
April 25 Langley
May 9 Houston
May 16 Fort St. John
June 23 Nanaimo
June 27 Kamloops

Falling Supervisor training

May 8 Vernon
June 5 Prince George

Forest Supervisor training

Module 1: Due Diligence (1)
Module 2: Communications (2)
Module 3: Leadership & Professionalism (3)

April 10 Prince George (1)
April 11 Prince George (2)
April 12 Prince George (3)
May 10 Houston (1)
May 11 Houston (2)
May 12 Houston (3)
May 17 Fort St. John (1)
May 18 Fort St. John (2)
May 19 Fort St. John (3)
June 19 Kamloops (1)
June 20 Kamloops (2)
June 21 Kamloops (3)
June 28 Campbell River (1)
June 29 Campbell River (2)
June 30 Campbell River (3)

Internal Auditor Theory BASE 4 training

June 5 Vernon

Individual Owner Operator OHS & Refresher training

April 30 Teleconference
May 27 Teleconference
June 24 Teleconference

Small Employer OHS training & Refresher training

April 17 Houston
April 20 Nanaimo
April 20 Prince George
April 27 Vernon
June 5 Terrace
June 8 Houston
June 12 Prince George
June 15 Campbell River
June 22 Kamloops

Please see the full training calendar at bcforestsafe.org/fscapps/calendar/calendar.php. Check back often as course dates do change. Email training@bcforestsafe.org or call toll-free 1-877-741-1060 for general information, or email Gary Banys at banys@bcforestsafe.org to answer any questions you might have about course content and tailoring courses to meet your company’s needs. 📄



Nutritional Supplements: Healthful or Harmful?



By Dr. Delia Roberts

There's no question that nutrients such as vitamins, minerals, essential fats and amino acids contribute to good health. However, every step from the garden all the way through to eating the foods that supply all of these important nutrients can be a challenge. As a result, a huge industry has arisen to provide convenient short cuts to good nutrition – or so the advertisements say. Nearly ¾ of Canadians take nutritional supplements, with a forecasted spending of \$1.5 billion in 2018. This article aims to provide you with some marketing-free information about what's in that bottle that you just paid the big dollar for, and whether or not the advertised item can really provide you with the promised good health.

What's really necessary for good health?

Most of our knowledge about vitamins and other essential nutrients began with deficiency diseases like the effect of traveling across the Atlantic Ocean in a sailboat without access to fresh foods. This is an important point because while getting a critical level of Vitamin C will stop your teeth from falling out due to scurvy, it doesn't necessarily prevent other diseases like the common cold or cancer. Just like when you overfill your coffee cup, most vitamins will simply spill out if you take too much (in this case producing expensive urine).

Unfortunately, because the relationship between nutrients and overall health is so complex, there isn't an easy answer to the question of what nutrients we need, when we need them and in what amounts. Even if scientists could generate a list (and they have tried to do so with the Dietary Reference Intakes http://www.hc-sc.gc.ca/fn-an/nutrition/reference/cons_info-guide_cons-eng.php), it's a bit of a moving target. Different people will have different needs at

different stages in their lives – and although most of the major essential nutrients have been clearly identified and known for some time, it seems like every month scientists announce something new in a food that has powerful health benefits.

So if we can't even generate a definitive list of exactly what nutrients we need and in what quantities, how can we expect a commercially prepared supplement to provide them all?

Can there be too much of a good thing?

When we look at cause and effect in science it's important to isolate the factor that you want to test; a next to impossible task when looking at things that increase or decrease the risk of disease in humans. It's also critical to show both sides of the question: If I take this supplement will I get the disease? If I have been taking the supplement in the past and remove it, do I now get the disease? If I have the disease and take the supplement, does the disease go away? If I only take a little bit of the supplement do I get a little bit of the disease? If the study was done with an animal or cellular model is it reproducible in large groups of humans? Obviously, we can't do all of these kinds of studies with humans. Instead, we try to look at large groups of people, find factors that the healthy people have in common, and compare them to the same in groups of unhealthy people.

With this in mind, new studies looking at thousands of people taking supplements over a long period of time are now starting to show some very disturbing results. More and more they are indicating that taking large doses of supplements (everything from calcium to folic acid to various antioxidants) may actually increase the risk of cancer or heart disease instead of decreasing it. Though not all studies come to these conclusions, there are enough that do raise some disturbing questions about taking supplements. These kinds of negative findings are especially concerning when taking large doses of the vitamins that dissolve in fat (A, E, D, K, and coenzyme Q) because these substances can be stored in the body and thus could build up to dangerous levels over time.

Buyer Beware

It takes some time and energy to base your diet on fresh whole foods, so using a supplement as nutritional insurance can be attractive. But what are you really getting when you pop those pills? Unfortunately, government regulations for the production

and sale of "Natural Health Products" are woefully inadequate. Essentially no proof is required when obtaining Health Canada approval to sell a nutritional supplement, no matter what claims the marketing department makes. So when you purchase a product – even when it's billed as "all natural", "organic" and "herbal", or "approved by Health Canada" – you really have no idea what is actually in the bottle or what its effectiveness might be. Independent reports on various products have shown serious contamination, rancid contents, pills that won't dissolve in your stomach, and more. This is true even for expensive products with lot numbers and expiry dates that might seem trustworthy. In short, purchasing your nutrition in a bottle leaves you with no real idea whether the contents are as labeled; and even when they are, it's worth making sure you read far beyond the glossy advertisements to find out if there is any proof that the product comes close to having the claimed health benefit.

If you are looking for good quality information on whether or not a supplement will help reduce your symptoms or risk of developing a disease, there are few good resources worth mentioning. Most of us don't have the knowledge or inclination to read and understand the science behind the studies that have been done, and it's very important to make sure that the studies are valid. While not foolproof, there are groups that bring together scientists and physicians from different schools to evaluate the research and make recommendations. Look for sites that include links to the references used as information sources, as well as a quality rating for the research. Knowing that the conclusions are based on over 100 studies that had solid research methodology is very different than a recommendation based on observations in a handful of people. Here are links to a few that might be helpful: https://medlineplus.gov/druginfo/herb_All.html

<https://ods.od.nih.gov/factsheets/list-all/>

<http://www.mayoclinic.org/drugs-supplements>

And if the site you are looking at includes a link for purchasing a particular product, beware! Some of these sites look like they are based on scientific research, but if you follow the links to the journal articles they either aren't real articles or are interpreted in a highly biased manner.

Getting back to grass (or other vegetable) roots!

In spite of all this bad news, there are some very clear pathways to good health. Get some exercise. Cover half of your plate with vegetables of various kinds and colors, and include a piece of fruit with each meal. These



two items alone are known to reduce the risk from all mortality! There is no other proven method to prevent disease and extend your quality of life.

If you don't like the taste or texture of vegetables and fruits, introduce them gradually, add spices, or put them in baking, soups and stews. Before long you'll get used to the flavors and textures and learn to enjoy these wonderful healthful food items. As with

any change, it takes time to adapt your taste buds if they aren't used to it.

There are still a few limited instances where it may be useful to look for some additional nutrition. Children, teens and especially young women need calcium for strong bones, and Northerners without much sun exposure need vitamin D. If you don't drink milk, it's hard to get enough of these two nutrients. Chondroitin and glucosamine

might help with osteoarthritis, and if you don't eat cold-water fish, omega-3 fatty acids can help reduce inflammation. But remember that far and above any evidence for these supplements, eating a diet rich in vegetables and fruits, with cold water fish and a wide variety of unprocessed foods is a simple and economical approach to good health. 🍏

Two recipes to inspire you

Fred's Rhubarb Bran Muffins

- 1 cup wheat bran
 - 1 1/3 cup whole wheat flour
 - 1/4 cup granulated sugar or honey but if you use honey you will have to add a couple of tablespoons of extra dry ingredients like wheat germ, ground flax, chia or flour
 - 2 1/2 tsp cinnamon
 - 1 1/3 tsp baking powder
 - 1 1/3 tsp baking soda
 - 2/3 cup raisins
 - Grated rind from 1 large orange
 - 1 1/2 cup stewed rhubarb (minimal liquid).
 - Chop fresh rhubarb and simmer over low heat until most of the liquid has been evaporated and the fruit is soft. Note: Any type of fruit or vegetable puree with very little fluid will work as a substitute for the rhubarb
 - 1 egg, lightly beaten
 - 2/3 cup buttermilk or unflavoured low-fat yogurt
 - 1/3 cup vegetable oil
 - 2/3 cup chopped walnuts
- 1) In a bowl, combine bran, flour, sugar, cinnamon, baking powder and baking soda, then stir in raisins and walnuts.
 - 2) Combine stewed rhubarb, egg, buttermilk/yogurt, orange rind (and oil); pour into flour mixture and stir until just combined.
 - 3) Spoon into non-stick muffin tins (you can wipe them with a little oil to make releasing cooked muffins easier). Bake in 375F oven for 20 minutes or until tops are firm to touch. Makes 12 muffins.

Nutritional value per muffin:

169 calories / 3 g protein
6 g total fat (1 g saturated, 18 mg cholesterol)
30 g carbohydrate (4 g dietary fibre)
137 mg sodium / 202 mg potassium



Thai Coconut Chicken

This recipe has a longer list of ingredients but it's truly delicious and well worth the effort. Serve with whole wheat pasta, brown rice or quinoa for a wonderful meal.

- 1 large Onion, chopped (250 ml)
 - 4 cloves Fresh garlic, minced
 - 2 Tbsp Fresh ginger, grated (30 ml)
 - 2 Tbsp Fish sauce (30 ml) (or soya sauce)
 - 2 Tbsp Red curry paste* (30 ml)
 - 2.2 lbs Chicken breasts, boneless, skinless (1 kg)
 - 2 cups Chicken broth (500 ml)
 - 1/2 -14 oz can reduced fat Coconut milk (210 ml)
 - 2 tbsp Fresh lime juice, plus grated rind (30 ml)
 - 1/4 cup Fresh basil leaves, chopped 65 ml or 1 Tablespoon dried
 - 3 cups chopped broccoli, or other dark green vegetable (750 ml)
 - 1 cup Fresh mushrooms, sliced (250 ml)
 - 1 cup Sliced carrots (250 ml)
 - 1 med Sweet red pepper, sliced
 - *If you can't find red curry paste substitute with the following:
 - 1 tbsp Fresh ginger, grated 15 ml
 - 1 tsp Fresh garlic, minced 5 ml
 - 2 tbsp Fresh lemon juice, plus grated rind 30 ml
 - 2 tsp Red chili paste or other red hot sauce 10 ml
- 1) Slice the chicken into fingers.
 - 2) Heat a large heavy bottomed pot so that it sizzles when you sprinkle a drop of water. Add the cream off of the top of the coconut milk, and if desired another tsp of olive oil.
 - 3) Add the chicken, onion, garlic and ginger and stir fry till chicken is browned.
 - 4) Add all the other ingredients, and bring to a boil while stirring.
 - 5) Lower heat to a gentle simmer and cook for 20 min to several hours (you can make this in a crock pot if desired).
- Serves 8

Nutritional value per serving:

233 calories / 8 g fat / 34 g protein
6 g carbs / 2 g sugar / 2 g fibre 🍏



Your Take on Safety

Steep slope road building needs everyone's best efforts

Garth Lord, P. Eng., Manager Audits and Investigations, Forest Practices Board (FPB), and Del Ferguson, P. Geo, of Aztec Geoscience Inc., shared some key findings from the February 2015 FPB-initiated special investigation into roads built on steep terrain at the 69th annual Association of BC Forest Professionals annual meeting. The speakers were introduced by Lo-Bar Log Transport's Marty Hiemstra.

While the presenters agreed there were good road builders, and that standards had improved since code was introduced in 1995 and guidelines adopted in June 2012, there were still too many poor examples of steep slope forest road construction which result in unsafe conditions. BC has more than 600,000 kilometres of forestry road and in the last three years (2012-2015) the issues found in FPB investigations have involved three main areas: roads and bridges; planning and reporting; and fire protection.



(From left) Marty Hiemstra, Lo-Bar Log Transport Co. Ltd.; Del Ferguson, Aztec Geoscience Inc.; and Garth Lord, Forest Practices Board.

As far as regulations go, there are 19 legislation-supported road-related sections within the Forest Planning and Practices Regulation (FPPR).

Issues identified in poor road building include:

- Lack of identification of potential hazards by professionals
- Poor presentation of hazards to operators
- Lack of professional input
- Lack of following the plan. Del summed up one example as follows: We have 75 years of experience between us and we were shown one plan that we didn't even know what it meant. "You give that plan to an excavator operator, he looks at it, crumples it up, and throws it away."
- Lack of adequate road construction follow-up inspections



Two examples of poor road construction on steep slopes (above). The one on the right is on the coast and "the road" was constructed out of slash.

Solutions include:

1. Always have a professional involved in road construction
2. More training to ensure the right skills and processes are used
3. Don't just do a plan; make sure the people who have to implement it understand it and know what to do when they can no longer implement the plan. They must stop and call their supervisor and escalate right up to the coordinating member as needed
4. Focus on adhering to plans and recommendations of terrain specialists
5. Ensure accurate placement, sizing and proper installation of sufficient drainage structures
6. Make sure ground conditions, assumed or documented, are accurate

7. Ensure design objectives are met and road is safe for industrial and public use & protection of the environment
8. Involve other professionals as needed



Three examples of good road construction on steep slope, demonstrating a good plan and working the plan with qualified professionals to ensure stable, safe forestry roads for industrial and public use.

In their 40 minute presentation Garth and Del showed many old and recent examples of poor road construction which has created unsafe conditions, wash-outs, slides and hazardous roadside debris. They also showed many competent, professional and safe road construction examples.

They also shared that industry's safety working group, the Construction Initiated Slides Working Group (CISWG), had completed several tools to help support industry, including a powerpoint presentation and video. They encouraged all professionals with road crews to make sure they all looked at the resources. They said that a Professionals awareness training package had been piloted in Campbell River recently and based on feedback received, changes were progressing, with a final product expected to be rolled out in early 2018.

For the tools, please see: <http://www.bcforestsafesafe.org/node/2713>

The FPB report on steep slope road construction is due to be released shortly. Like the bridge report they did a couple of years ago there will be no attribution to specific licensees or contractors.

Related resources:
Eliminating roadside debris: <http://www.bcforestsafesafe.org/node/2858>

ABOUT Forest Safety News

Forest Safety News is published six times a year: February, April, June, August, October and December. All submissions – letters to the editor, safety tips, photos, safety stories, concerns etc. – are welcome. The opinions expressed in the newsletter are not necessarily those of the editor, staff or board of the BC Forest Safety Council. All decisions to publish materials rest with the editor. 12,000 copies of each edition are distributed via mail or email. Additional copies are distributed at industry events.

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If you would like to continue to receive a hard copy or would prefer to receive an electronic copy of this newsletter, please email editor@bcforestsafesafe.org and ask to be added to the print copy or email distribution lists. Email subscriptions are encouraged.

Have a story, letter to the editor, safety tip, ideas or photos? Please send all submissions to:

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FOREST SAFETY News



June 2017
issue 3 / vol. 4

Safety is Good Business

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Wayne Lintott, general manager of the Interior Logging Association (ILA), welcomes delegates to the 59th annual conference and trade show in Vernon in May 2017. The theme of the conference was "Women Working in the Forest Harvesting Industry". Below: Some the equipment on show at the ILA outdoor exhibition.



It is all about hazards, risks and controls

Eldeen Pozniak, of Pozniak Safety Associates Inc., provided an entertaining look at safety in her presentation "What is up with this BS – being safe?" at the 59th Interior Logging Association's annual conference and trade show in Vernon last month (May 2017).

As she shared her safety journey and learnings, Eldeen, who presents around the globe on safety topics, said it didn't matter where you were in the world: "it's all about hazards, risks and the right controls."

Using humour, Eldeen reminded attendees that until we recognize that we all have a unique definition of "safety", we will never be on the same page as to what safety means. Using terms "family" and "good times" she emphasized that for each person in the room, their personal definition of the word was unique, depending on everyone's unique life experiences and life stage. Further, the meanings differ for the same person too depending on their age. Her point being that until we all work to a shared, defined definition of what safety is – and isn't – we

all have a different mental image – based on our own values, experiences, age and



Interior Logging Association safety seminar speaker Eldeen Pozniak, of Pozniak Safety Associates with Gerard Messier, Program Development Manager, BC Forest Safety Council.

employment – when we think about safety, and what safety means.

Shared safety definition: a hazard, is a hazard is a hazard

Whether it's someone's first day at work or someone's day at work after 26 years on the job, the safety definition has to be the same: a hazard is a hazard is a hazard. Safety results are based on people's definitions of what it means to be safe. Everyone has a picture in their mind about what safe versus unsafe looks like.

"We need safety definitions that are good enough to last a lifetime," said Eldeen, "because safety results are based on peoples' definitions."



Safety seminar attendees listen to the BC Forest Safety Council's Gerard Messier introduce safety speaker, Eldeen Pozniak, of Pozniak Safety Associates Inc.

Welcome to the June edition of Forest Safety News, covering news about safety topics in forestry. This is YOUR safety newsletter. We look forward to your input and feedback! Email the editor at editor@bcforestsafe.org or call 1-877-741-1060.

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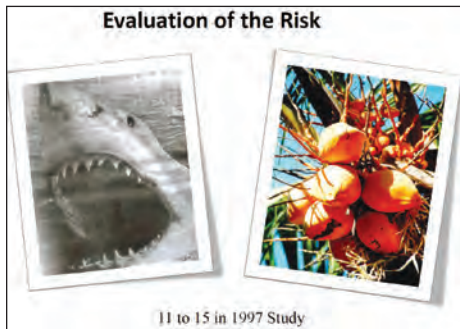
For her personally, safety is about sons and daughters coming home safe every day, giving her grandkids and dying of old age. She says everyone who knows her knows that. She said similarly in every workplace everyone needs to know and understand what their workplace's safety definition is and from the top down how the safety of the workplace is impacted either positively or negatively when people have different definitions of what safety means.

She said success is when people don't do safety, they just do – that the safety element is so embedded in the operation that no-one thinks they are doing something safe, it's just the way things get done. She gave the example of the implementation of mandatory seatbelt use in Canada, introduced first in 1976 in Ontario. The first 15% of people who started wearing their seatbelts after the

law came into effect, had been touched by someone who had died or been injured in a motor vehicle incident. By comparison, fast forward to today when most people just automatically put their seatbelts on without even thinking. "They just do." That's what we need to achieve with all safe processes – "people just do them without even thinking about them," she said.

Eldeen also reminded people that the risks that scare people are not the same risks that kill people. Some experts call this exotic risk phenomenon. It kills much less frequently, but people are far more aware of the danger. Consider shark attacks. If someone on a beach screams "shark", everyone clears the water and runs up the beach, but if people are sitting under coconut trees full of coconuts and someone screams "nuts", no-one moves. Yet statistics show that there are 11 to 15 serious injury incidents from coconuts to every shark attack! As quoted by Peter Sandman: "The basic reality is that the risks that scare people and the risks that kill people are very different."

She said safety is not common sense; rather it is much more relevant to say safety is basic: hazard, risk and appropriate controls. And to be sure, in every work situation, ask yourself and your colleagues: How can I/we get hurt here? And what are we doing? You have to be able to foresee the possibilities to make incidents preventable. This allows one to be responsive to the fact that all incidents are multifactorial. 🧠



For every one shark attack, there are 11-15 serious injuries due to falling coconuts, according to a 1997 study.

Hierarchy of Controls		
Control	Effectiveness	Description
Eliminate	100% Harzard Removed	Remove hazard or redesign process so hazard does not exist
Substitute	75% Harzard Reduced	Substitute hazard with something of a lesser risk (e.g. replace ladder with scissor lift, solvent-based paint with water-based)
Engineering	50% Harzard Reduced	Control hazard through isolation (e.g. machine guarding)
Administration	25% Rely on People	Control hazard by influencing people (e.g. safety procedures, signs, training)
Personal Protective Equipment	5% Damage Limited	Control hazard by use of PPE (e.g. respirator, hard hat, hearing protection)

Eldeen Pozniak reminded the audience of the importance of the hierarchy of controls.

Near misses are ... gifts!

Cherie Whelan, Director SAFE Companies at the BC Forest Safety Council delivered her popular "All incidents are preventable; near misses are gifts" presentation.

Forest Safety News previously shared the presentation in an earlier edition. If you would like to read that story, please see pages, 6, 7 and 8 in this link: http://www.bcforestsafecouncil.ca/files/ForestSafetyNewsletter_2016December.pdf. 🧠



It's fire season!

While most of the province has seen a wet, slow start to wildfire season, history shows that a slow start is not an accurate indicator of what the rest of the season might look like.

BC's 2016 Fire Season Statistics (as of November 16, 2016)	
Total wildfires:	1,050
Human-caused fires:	565 (54%)
Lightning-caused fires:	485 (46%)
Area burned:	100,187 hectares
Cost of fire suppression (estimated):	\$122 million

As the 2017 season gets underway, a lot of contractors are wondering about the real bottom-line costs to them. One of the sessions at the 59th Interior Logging Association annual conference and trade show was a presentation by wildfire risk manager Kathleen Werstiuk of the Ministry of Forests, Lands and Natural Resource Operations (MFLNRO)'s BC Wildfire Service (BCWS). She is responsible for provincial risk, recovery and enforcement/prevention business areas, including policy, fire origin and cause investigations, opportunities to be heard and freedom of information requests.

As a certified risk manager and chartered insurance professional, Kathleen had an important message for all forestry operators, landowners and licensees that is best summed up as "know your insurance coverage and understand how the cost recovery process works" so that you are not surprised to find out that you are on the hook for wildfire suppression and damage costs after the fact.

Flood and landslide awareness

The BC Forest Safety Council May 2017 Alert of the Month was on flooding and landslide awareness following heavy rainfalls, snowmelt and evacuation orders impacting several communities: <http://www.bcforestsafecouncil.ca/node/2964>

Similarly, in an email to members, the Western Forest Contractors Association reminded silviculture workers that with flood watches across the province (<http://bcrcfca.org/bc.ca/warnings/index.htm>), drowning is the leading cause of death in the silviculture sector, not only on the Coast in marine settings, but also on rivers and lakes in the Interior. Victims have died while being transported on vessels, trucks, personal vans, ATVs or simply been swept away. 🧠

She said that the BCWS cannot fight every fire, explaining that 100 lightning strikes can occur in just one hour. As a result, it's not practical or possible to respond to all fires, so BC Wildfire Service staff monitor them to ensure they deploy the right assets to the right places when values are at risk. "Sometimes, we want a fire to burn because of the benefit in a particular situation." If conditions change and it becomes clear that protecting certain values will justify the cost of fighting the fire, then the command centre will activate a response.

She said every situation and fire is unique. There are many variables to consider when determining what response, if any, there is. "We look at the science of fire – and what is happening across the whole province at the same time – to coordinate which fires we respond to and how. Safety is key," said Kathleen.

For cost recovery purposes, the BCWS has to determine the source and cause of each fire. Was it human-caused? If it was human-caused, was it wilful or not? Who pays? "We have to look at each case individually," said Kathleen. A fire specialist is sent out to determine whether a fire is human-caused. If determined that the fire was human-caused, then the BCWS calls in the Compliance and Enforcement Branch to determine if there was a contravention of the regulations and if any Crown resources (e.g. standing timber) was lost or damaged as a result of the fire. An administrative process occurs where the BC Wildfire Service is looking to recover wildfire costs or is determining whether to levy an administrative penalty.

There were a lot of questions from the floor and a concern was raised about how particular parts of the regulations (under different acts) may be interpreted. A fear was expressed by one community forest representative that people just won't log from June to October given the risk of

being held liable for things that are potentially outside of their control – such as bird migration and now wildfire costs.

ILA representatives will be meeting with ministry staff to confirm the requirements and implications of liability under different infield conditions. 📍

Fire season tips

Fire prevention is crucial. Have conversations with work crews, friends and family about fire risks including smokers not extinguishing cigarette butts properly and machinery that can emit sparks and start fires.

- Report fires immediately. Don't assume someone else will report them. Call **1-800-663-5555** or ***5555** on your cellphone.
- Check the condition of your worksite firefighting gear regularly. Know your worksite responsibilities related to fire response.
- Monitor communication channels. Make sure your crew knows what to do in case of fire.
- Monitor air quality: <http://www2.gov.bc.ca/gov/content/environment/air-land-water/air/air-quality/air-advisories>
- Never under-estimate how fast a wildfire can spread or the heat it can generate.



Useful resources:

BC Wildfire Service (status of wildfires and other tools): <http://www2.gov.bc.ca/gov/content/safety/wildfire-status>

17-page guide for fire suppression systems and firefighting hand tools: <http://www.bcforestsafes.org/files/files/Forms%20>

[and%20Templates/Guidelines-fire-suppression-systems-hand-tools-July-16.pdf](#)

Fire safety alert: <http://www.bcforestsafes.org/node/2591>

Wildfire evacuation planning sheet from WorkSafeBC: <https://www.worksafefbc.com/en/resources/health-safety/information-sheets/wildfire-evacuation-planning?lang=en>

List of fines for wildfire contraventions in BC: <http://www2.gov.bc.ca/gov/content/industry/forestry/managing-our-forest-resources/wildfire-management/governance/legislation-regulations/summary-of-fines>

US fire service safety resources: <https://www.fs.fed.us/fire/safety/index.html> 📍

Spreading the word about free safety and advocacy resources



BC Forest Safety Council's senior safety advisor Martin Ridgway and transportation safety program assistant, Katherine McCall, were at the Interior Logging Association's 59th annual conference and trade show to talk with forestry folk about the numerous free safety and advocacy resources available to support them. 📍

Learning great safety from risk-taking adventurers!

The 2017 Western Conference on Safety was full of good safety advice, as it should be.

In welcoming the more than 850 delegates to the 22nd annual conference in Vancouver, Chair of WorkSafeBC's Board of Directors, John Beckett, encouraged all participants to "learn, lead and share". He said that while the injury rate in BC workplaces was at a historical low and the death rate from workplace incidents was down 40% since 2001, 144 workers still died last year in BC workplaces and from industrial diseases from prior exposures.

He said that while safety has come a long way, these deaths remind all of us why we do what we do; remembering always that it is not about numbers – it's about people.

WorkSafeBC: safety is a continuous improvement process

Celebrating 100 years of operation this year, John said that WorkSafeBC continues to adapt its strategic plan and focus to best support safe outcomes. "Safety is a continuous improvement process," he said and all of us have a role to play.

One of the keynote sessions was titled "An adventurer's guide to risk management". Delivered by wilderness writer and adventure photographer, Bruce Kirkby, his risk pedigree includes adventures in

more than 80 countries such as crossing Arabia's Empty Quarter by camel; a descent of Ethiopia's Blue Nile Gorge by raft; sea kayaking Borneo's northern coast; and, a coast-to-coast Icelandic trek.

The former host of CBC's No Opportunity Wasted, and Producer of Travel Channel's Big Crazy Family Adventure, Bruce's talk tackled the eternal uncertainty of human behavior within the context of organizations that limit successful performance when they fear the wrong things, focus on the wrong vulnerabilities, or take the wrong risks.

People focus on exotic risk and miss the mundane: Bruce Kirkby

He shared real-life examples from his travels of overestimating exotic dangers while underestimating mundane hazards. He said we needed to be aware that people will spend so much time focusing on the exotic (high severity, low reality) risks and miss the mundane risks, the frequent every-day things that are much more likely to cause harm.

He similarly shared practical experiences around how people tend to miss creeping change and that we categorize near-misses as success; allow risk creep when people become desensitized to hazards, leading to riskier behaviours; and how groups of four or more tend to make less conservative decisions.

Continued on page 4...



Continued from page 3...

Done right, Bruce said that risk management does not impede progress, it creates opportunity.

Safety: a state of mind

William “Jack” Jackson, senior safety consultant with Electrolab and a Safestart consultant for 10 years also entertained delegates with his “10 feet tall and bulletproof” presentation discussing the types of at risk human behaviours and how we are conditioned as children in our safety learnings and responses. Whether intentional, habitual or deliberate at-risk behaviour, he said the majority of incidents shared two things: firstly that we knew the hazard existed and secondly what we were doing was a routine task. We hurt ourselves – e.g. who hasn’t cut themselves with a sharp knife in the kitchen or got burned by a hot pot or oven element? We become complacent due to either an “invincible” or “indifferent” state of mind fueled by complacency or apathy.

An emergency preparedness session on “Earthquake awareness: are you and your employees ready for the big one?” was delivered by London Drugs’ general manager loss prevention, Tony Hunt, and health and safety manager, Laurie Lowes. The reality is, the big one is not a question of if for our Province, but when. London Drugs’ business continuity/emergency planning committee define their role as follows: “multi-department, multi-discipline group dedicated to ensuring we have adequate preparedness, capabilities, and response plans to take care of our staff and our customers, while surviving an emergency and resuming normal operations.”

Be prepared for emergencies at work and at home

Key elements include: planning and awareness, incident command structure/incident response; awareness drills; educational programs, maintaining emergency supply containers at worksites and emergency kit awareness – so that employees are not just safe at work but have the tools they need at home to keep their families ready for emergency response too.

London Drugs believes that earthquake planning helps the company prepare for all perils and that it makes good business sense, managing risk and liability; protects the business by increasing the chances of recovery from an earthquake event; meets regulatory requirements and most importantly, is the right thing to do. “We feel a moral responsibility to prepare and participate in keeping our staff, customers and community safe,” said Tony.

While all areas in BC can experience earthquakes, the highest risk is the south coast, including Vancouver Island. The

Insurance Bureau of Canada estimates that if there is a “catastrophic” earthquake followed by a tsunami, damages and losses could amount to nearly \$75 billion.

In terms of personal and workplace emergency planning, following any major disaster you may need to be self-reliant for 72 hours or longer, without power/gas/communications/running water. Emergency services such as fire, police and ambulance resources would not be available in the aftermath of a disaster, and according to the Conference Board of Canada the chance of a 9.0 magnitude earthquake hitting BC in the next 50 years is 33%.

People, information, inventory, equipment, operations and buildings all need protection when doing business preparedness planning. Consider too all operational logistics – access to roads, ports and what alternative routes/options might be. And understand that everyone affected will be in the same post-disaster environment. Following the four phases of emergency management is key: preparedness; mitigation; response; and recovery.

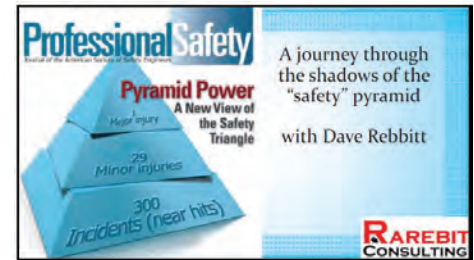
Emergency preparedness: keep it simple

Being prepared doesn’t have to be hard or complicated. Make sure you and your crew know the risks, have made a plan; have the kits they need for work and for home and for the truck (you may be caught between work/home/camp when the big one hits). In BC the top 10 risks are: earthquakes, tsunamis, floods, landslides, avalanches, severe weather, power outages, hazardous material spills, wildfires and disease outbreaks.

Always remember to make sure home is prepared too and that family members all know what to do especially if you are far from home when the big one hits. Get a plan and:

- Label utility shut-offs.
- Teach all family members (if they are old enough) how to turn off water, gas and electricity.
- Fasten water heaters and appliances; secure top-heavy furniture and shelving units to prevent tipping and keep heavy items on lower shelves; secure mirrors, paintings and other hanging objects so they won’t fall off hooks and never hang heavy pictures or other items over beds.
- Closed curtains and blinds will help stop broken glass falling onto people in the home/building.
- Use skid pads and tethers for TVs, computers and other small appliances.
- Keep flammable items and household chemicals away from heat and where they are less likely to spill.

Never run to a window to look out while there is shaking going on! Always drop cover and hold on. For more info on home and general emergency preparedness, see www.getprepared.ca and www.epicc.org and for forestry settings specifically: <http://www.bcforestsafe.org/node/2585>.



Dave Rebbitt, of Rarebit Consulting, made attendees think so hard, their heads hurt! He took the safety triangle/pyramid concept and challenged every assumption it holds. In safety the pyramid has been adapted over many years and versions to show a relationship between serious incidents and fatalities and minor injuries, near misses, at risk behaviour, attitudes and hierarchy of controls. It is like the safety beacon.

Tracing the history of this use, Dave shared the Bird Pyramid (most widely used) dating back to 1985, which was based on earlier work by Bird and Germain, which had expanded on Heinrich’s 1931 work: Industrial Accident Prevention – A Scientific Approach.

Dave starts deconstructing the pyramid, sharing the fact that even today none of Heinrich’s research is available for review – and it was limited to select insurance company data from one firm that Heinrich worked for. In addition, later research was based on very limited data; and yet this brought the safety industry to “Practical Loss Control leadership”. This was deemed a seminal work and almost every safety program or system today is based on its content, namely that there is a strong relationship between near misses, minor injuries and major injuries or fatalities; and that by reporting and investigating near misses or no loss incidents we can control the causes and prevent major incidents because they are linked.

He showed several pyramids that are still used today in major organizations around the world and then reviewed the fundamental assumptions demonstrating that ratios actually vary by industry, company and activity – and are never fixed. He argued that based on all the actual verifiable evidence available to us today one arrives at some very uncomfortable facts: near misses are not directly related to injuries; and injuries are not directly related to fatalities. All are three separate activities.



Fatalities and Injuries

Six fatalities in harvesting and two in manufacturing so far in 2017

There have been six direct harvesting fatalities and two in manufacturing this year (up till May 18, 2017).

Fatalities in harvesting in 2017

April 20, 2017: Three workers were fatally injured when rail cars carrying logs collided with a crew transport rail car and maintenance vehicle. Two other workers were injured in this incident, which occurred in Woss on Vancouver Island.

Our condolences go out to the families, friends and co-workers of the deceased and our sympathies to all those affected by this incident. We think especially of the rescue loggers, first responders and everyone else in the very tight-knit community of Woss, as well as the many members of extended forestry family and friends throughout BC.

The Transportation Safety Board, Coroners Service and WorkSafeBC are investigating this incident. See the safety alert <http://www.bcforestsafef.org/node/2957>

February 16, 2017: A log truck driver died at the scene after his fully loaded log truck left the ice-covered road and rolled over, about 90 km north of Fort St. John. See <http://www.bcforestsafef.org/node/2932>

February 10, 2017: A log truck driver died at the scene of a multi vehicle incident involving three log trucks and a passenger vehicle near Fort St James. See <http://www.bcforestsafef.org/node/2928>

February 4, 2017: A certified faller was struck and pinned by a 20-inch-diameter cedar tree that uprooted and fell shortly after the faller had felled an adjacent cedar tree in Woods Lagoon the BC Coast. See <http://www.bcforestsafef.org/node/2919>

Fatalities in manufacturing in 2017

January 30, 2017: A worker was operating a boom boat at a Kelowna sawmill when it suddenly sunk. The operator was later located within the cabin of the sunken boom boat. See <http://www.bcforestsafef.org/node/2914>

January 27, 2017: A maintenance worker died at a Lumby yard (CU714037 – Wooden Post or Pole Manufacture). See <http://www.bcforestsafef.org/node/2916>

Recent incidents reported to WorkSafeBC

HARVESTING

Injury Type: Fatal (3 workers); lacerations to head, injury to hand (1 worker); leg fractures, head and neck injuries (1 worker)

Core Activity: Integrated forest management

Location: Vancouver Island/Coastal B.C.

Date of Incident: 2017-Apr

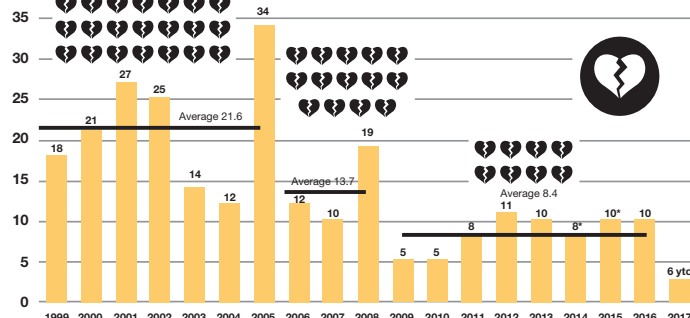
Rail cars were being loaded with logs when 10 of the loaded cars inadvertently rolled about

FATALITIES

WORKERS KILLED ON THE JOB

22 | 14 | 8

1999 - 2005 | 2005 - 2009 | 2009 - 2016



The data (left) for 2016 is based on WorkSafeBC accepted claims and incidents that the BCFSC is aware of that happened in 2016. Please note that this is preliminary harvesting data. *There were 4 fatalities the BCFSC is aware of that occurred in 2014 and 8 fatalities that occurred in 2015. WorkSafeBC tracks fatalities by the year in which they accept the claim. The BCFSC uses the WorkSafeBC data of accepted claims for trends as it is the only long-term data base for comparative purposes.

three kilometres down a grade. The loaded cars struck a section crew's vehicle (speeder) carrying five workers (including one young worker) who were performing maintenance on the tracks.

Injury Type: Close call

Core Activity: Cable or hi-lead logging

Location: Vancouver Island/Coastal B.C.

Date of Incident: 2017-Mar

A grapple yarder being moved from a barge ramp to a maintenance shop struck and pulled down an overhead 14.4-kV power line.

Injury Type: Serious injuries

Core Activity: Field work services

Location: Vancouver Island/Coastal B.C.

Date of Incident: 2017-Mar

A crew of five forest engineers (workers) were conducting a field survey and layout in a remote area. One of the workers was attacked and mauled by a grizzly bear. The crew chased the bear off. While they were packing the injured worker, the bear returned and the crew had to chase it off a second time. The worker was transported by helicopter to hospital.

Injury Type: Close call

Core Activity: Log hauling

Location: Vancouver Island/Coastal B.C.

Date of Incident: 2017-Feb

The driver of a loaded off-highway logging truck parked on a weigh scale above a dry land sort. The driver then exited the truck and went into the scale shack. The truck rolled off the scale, down a 6 percent incline, and off the side of the road, coming to a stop close to workers on the sort.

MANUFACTURING

Injury Type: Laceration to arm

Core Activity: Wooden component manufacture

Location: Interior B.C.

Date of Incident: 2017-Apr

A worker was injured when his arm contacted an 18-inch saw blade. The worker had de-energized the saw before opening the cabinet door, but the blade had not come to a complete stop.

Injury Type: Close call

Core Activity: Wooden product manufacture

Location: Interior B.C.

Date of Incident: 2017-Mar

A forklift with a device attached to the forks was grading a roadway when the mast on the forklift caught and tore down overhead telecommunication lines.

Injury Type: Undetermined injuries to foot

Core Activity: Planing mill

Location: Lower Mainland

Date of Incident: 2017-Feb

A worker was banding a package of lumber on the outfeed deck of an end stacker. The outfeed deck was inadvertently jogged forward, resulting in the worker's foot being caught between two packages of lumber.

Injury Type: Close call

Core Activity: Industrial construction/Sawmill

Location: Northern B.C.

Date of Incident: 2017-Feb

A 50-ton rough-terrain crane was lifting a 13,000-pound piece of machinery into the open side of a planer mill when all four fabric lifting slings attached to the load failed. The machinery crashed into the side of the building and fell about 14 feet to the ground.

Injury Type: Injury to hand

Core Activity: Sawmill

Location: Lower Mainland

Date of Incident: 2017-Mar

As a young worker was handling debris in the gap between the unscrambler and the sorting table, moving materials pushed the worker's hand against the edge of the sorting table.

Injury Type: Amputated finger

Core Activity: Sawmill

Location: Interior B.C.

Date of Incident: 2017-Mar

A young worker was feeding re-edge boards onto a transfer conveyor beside the outfeed of a head rig gang saw. One of the worker's fingers contacted the unguarded chain and sprocket drive for the saw outfeed conveyor.

Injury Type: Crush injuries

Core Activity: Sawmill

Location: Interior B.C.

Date of Incident: 2017-Mar

A young worker was performing routine maintenance and equipment alignment on a sawmill's sawing line. During the procedure, the equipment cycled, and the worker was injured. 🚫



Falling

Out with old and in with the new Certified Falling Supervisor shirts

The BC Forest Safety Council (BCFSC) has recently written to 140 Certified Falling Supervisors (CFSs) to advise them that they will be issued new lime-yellow Personal Protective Equipment (PPE) shirts for use in forestry settings.

The old CFS shirts – red in colour – are not the best for chromaticity and luminance (meaning doesn't stand out as well as yellow, lime-yellow or orange), nor do they meet regulatory requirements for certain forestry settings.

If you are a CFS and haven't received your letter, please email mclennan@bcforestsafe.org. Orders for shirts must be in by June 30, 2017.

What you need to know about the colour of your PPE

In the last decade forestry industry requirements for workwear have dramatically changed to help ensure workers are more visible to other workers and especially to operators of equipment. There has been a variety of choices for PPE workwear, but while these garments may meet regulations in other jurisdictions and industries, they do not all meet BC or specific BC forestry regulations.

"You can walk into a supplier and see garments in appealing colours such as black with Hi Vis trim, but while they might look good and have fashion-appeal, they do not meet WorkSafeBC's requirements for forestry PPE," said Glenn Hestnes, BCFSC's Falling Program Manager.

"To further complicate the situation there are standards for PPE garments to be worn around mobile equipment traveling at speeds slower than 30 km/hour and standards around vehicles moving faster than 30 km/hour, making the right garment choice potentially more difficult if you want one piece to work in all settings," said Glenn.

In practice – to ensure you will meet all regulations in changing forestry settings – the best option is to choose a garment colour that is able to be worn anywhere and meets all requirements of forestry PPE in any setting. "This limits your colour choices to yellow, orange and lime yellow with the proper visibility enhancing (VE) trim requirements in the correct width, brightness and placement," explained Glenn. The width and luminosity measurement is very important and this

material must be highly visible at all 360 degrees – X cross on the back, panels down the front and right around the bottom and easily visible from the sides and around the arms. Regulators specify things like the degree of "coefficient of retro-reflection" which is the fraction of incident light reflected by a retro-reflective surface per unit area – to be both fluorescent and retro-reflective.

Some licensees are working towards one PPE standard for their forestry worksites and are also replacing red timber cruiser/engineer vests.

"There is a combined realization that this needs to be a goal we work towards, that begins with informing and educating workers, and as we replace worn clothes we do it with PPE that meets all forestry regulation," said Glenn.

Double-check before you buy any PPE! For all the applicable regulations, please see <https://www.worksafebc.com/en/law-policy/occupational-health-safety/searchable-ohs-regulation/wcb-standards/wcb-standards?origin=>

Latest New Faller Trainees complete initial training



New Falling Training course #56 was coordinated by the Okanagan College and took place in Chase from March 13 to April 21, 2017. Left to right: Dominic Gagnon (lead trainer); Paul McCaffrey (assistant trainer); trainees Landon Billy, Tyrone Saul, Jason August; and Dan Dykens (assistant trainer).

Development of curriculum for New Faller Training program on track

The development of the curriculum for the New Faller Training program is on track, with subject matter experts from industry, oil and gas, and wildfire having just completed another review of the training content, grouping content elements for the best learning outcomes.

The subject matter experts spent a week identifying critical safety and procedural components of the faller curriculum content. This allowed them to map out the new faller training course and to identify content for instructor guides and lesson plans for the new system, all meeting the intent of the BC Faller Standard. This will ensure regulatory as well as performance requirements are met for all three types of fallers – industry, wildfire and oil and gas.

Roll-out continues to be on schedule for piloting later this year following WorkSafeBC approval.



The BC Forest Safety Council training and standards manager, Allison Thompson, talks with WorkSafeBC's senior certification officer, Angelique Prince.

FTAC updates terms of reference & members

The Falling Technical Advisory Committee (FTAC) updated its terms of reference at its last meeting and membership list. Please see: <http://bcforestsafe.org/node/2773> for updated information.



Standing are falling subject matter experts (left to right) Chris Spronken, BC Wildfire Service faller and trainer; Richard Banner, Enform faller and trainer; and John Jacobsen, industry faller and trainer who spent a week working through the structure of the revised new faller training program, along with other specialist to ensure the final revised program achieves all the objectives of modularized training, transferable to all sectors and focused on achieving well-trained, safe fallers.



Falling subject matter experts (left to right) Glenn Hestnes, BC Forest Safety Council's falling program manager; John Jacobsen, industry faller and trainer; Richard Banner, Enform faller and trainer; Peter Sprout, industry faller consultant; Pierre Gagnon, industry faller trainer and Chris Spronken, BC Wildfire Service faller and trainer, review and discuss the flow of revised new faller training program content and learning streams to ensure safe outcomes for new faller trainees in all settings.

Updated combustible dust training resources available online

Combustible Dust has been a standard component of employee training for the Manufacturing Advisory Group (MAG), ensuring that anyone working in or around potential areas with combustible wood dust is able to recognize potentially unsafe conditions, take appropriate actions, and develop and implement effective controls.

The Fire Inspection and Prevention Initiative (FIPI) in partnership with MAG developed training materials for use both on- and off-line, including the monitoring of wood dust levels. WorkSafeBC's Board of Directors committed to funding FIPI to the end of 2016. At that time, the responsibility for management of workplace combustible wood dust education was assumed by the BC Forest Safety Council (BCFSC) in cooperation with MAG. FIPI developed an online training program with modules for employers, workers, and contractors which was updated by the Manufacturing Safety Alliance of BC and further enhanced by the BCFSC for forestry. This free training is now available on the BCFSC website and is relevant to all participants in the wood manufacturing sector.

WorkSafeBC's Industry and Labour Services Department will continue to lead a permanent steering committee to ensure workplace education remains current, and to address any new related issues that may arise in the future. The three online training modules for Employers, Workers, and Contractors can be found here <https://www.bcfsc.org/node/2961> along with additional information on combustible dust mitigation in the wood manufacturing industry. 🌲

Conversion of ENFORM COR to SAFE

Similar to the SAFE Conversion agreement with the BC Construction Safety Alliance earlier this year, the BC Forest Safety Council (BCFSC) has entered into an agreement

with Enform to streamline the process for employers with a valid Enform COR wanting to be SAFE certified. Effective July 4, 2017 Enform COR holders will be able to register for SAFE certification with the BCFSC.

This new streamlined process is available to any ENFORM certified company that is working or intending to work in the forestry sector in BC, unless:

- The company wishes a forestry COR certification in addition to the oil & gas COR, or

- The company has one or more of its classification units (CUs) assigned or aligned with forestry.

In these two cases, the company must follow the usual SAFE certification process.

Further, this is a one-way conversion agreement. There is no reverse mechanism to grant ENFORM COR to a SAFE Certified company. ENFORM COR holders wishing to become SAFE certified will follow this process:

Continued on page 8...



SAFE Companies

Continued from page 7...



The BCFSC wants to ensure that all industry participants have a level playing field to bid on forestry contracts. Given the new increased requirements by the Ministry of Forests, Lands and Natural Resource Operations (MFLNRO) and BC Hydro for SAFE certification to qualify to bid on in-forestry bids, this provides a fair process to manage the potential entry of new contractors who might be COR Certified, but not SAFE Certified.

All incoming ENFORM contractors will meet the same fee requirements and process as existing SAFE companies and in addition will be required to successfully complete a new training course, Forestry Safety Overview, that will orientate them to BC forestry conditions and expectations (at a \$90 additional cost). The importance of this training is to ensure that all newcomers are well aware of the specific BC forestry hazards and conditions, from weather to ERP,

etc. to ensure that they are not only safe operators but that they do not create new hazards for other phases.

Please contact Laurel at laturnus@bcforestsafesafe.org or call toll-free 1-877-741-1060 for more information. 📞

Update on conversion for BCCSA COR to SAFE

In the first weeks after implementing a Memorandum of Understanding with the BC Construction Safety Alliance (BCCSA) for BCCSA COR companies to achieve SAFE certification, 10 small and three large companies have successfully completed the conversion process and received SAFE Certification. 📞

Talkin' Safety with Mike Sexton



Mike Sexton, senior safety advisor.

What can we do for you?

There are a lot of free services that we are able to offer SAFE Certified companies and the ones we get the most interest in are discussed below.

Something we heard loud and clear from industry was that they wanted to see more real world company reviews where the boots hit the ground rather than just paper reviews. We also heard that industry wanted more interaction opportunities for two-way feedback – to learn what safety working groups are working on; have new safety resources developed by industry working groups shared with them; and receive updates

324 SAFE Co audits due by June 30

As at May 18, 324 employers have a SAFE Companies audit due by the end of this month (June 30, 2017) to maintain SAFE certification. Annual safety maintenance audits help assess and improve safety processes, and track progress towards safety goals. The key objective is to achieve continuous improvement in safe performance so that every worker gets to go home safe at the end of the day.

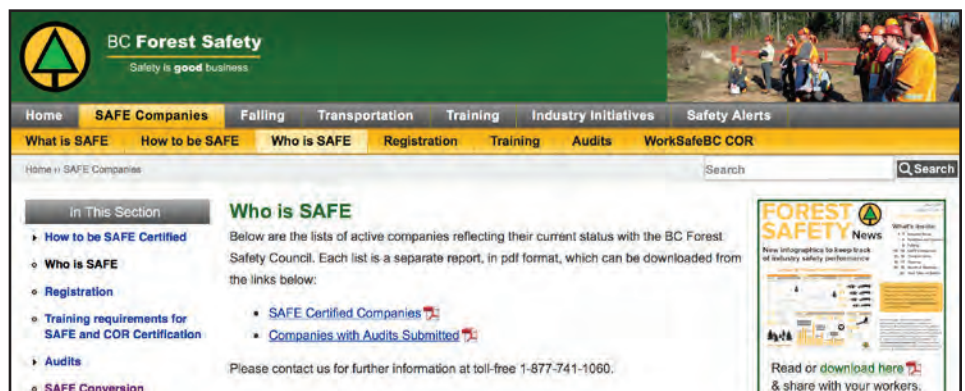
While the month listed on your SAFE certificate (or in your 2016 audit results letter) is the actual annual audit due date, companies that certified between January through June may submit annual maintenance audits up till the end of June each year. But, if not received on or by June 30, SAFE Certification lapses, your company is removed from the SAFE list, and will need to begin the recertification process.

Review this summary of steps to help you prepare for a quick and easy audit process each year:

1. Who will perform the audit? Is the person a permanent employee? Has he/she taken the appropriate auditor training? Was this training completed within the past three years so that a successful SAFE audit can be recommended for the WorkSafeBC Certificate of Recognition (COR) incentive?
2. Gather the company's written safety

plans, procedures and other safety related documents so they are easy to refer to while completing the audit.

3. Choose the right audit document to complete for the size of company here: <http://www.bcforestsafesafe.org/safeco-audits>
4. Answer every question. If you do leave a question blank, the BC Forest Safety Council (BCFSC) has to follow-up with you to ensure the audit is completed before it can be processed. If you are out of contact in camp or outside cellular service, delays may occur.
5. Set corrective action priorities. Review the company's Corrective Action Log (CAL) from last year and update if needed. Set CAL priorities based on the level of hazard of each item and focus on those with larger risk first, assigning responsibility for the tasks as well as completion and review dates. Audits should show corrective actions that need to happen immediately and other actions that the company should consider for continual improvement.
6. Completed audits can be uploaded, emailed, couriered, mailed or dropped off at our Nanaimo office. Going paperless



Screenshot above shows where you can find both the list of all currently SAFE Certified companies as well as Companies with audits submitted.

on any new or important information and safety applications that might be useful to their worksites; and to ask questions specific to their operations.

What is a Site Verification Audit?

Site Verifications allow for all of this, and then some because a SAFE Companies Safety Advisor meets with your company, at your worksite. We call them Site Visits. We can bring resource packages and information specific to your operations. We do some paperwork review, some observations of workers and your equipment (not inspections though) and have some casual interviews with a few workers. We get to answer all your questions, direct you to new sources of relevant information and support and get to give you context on many matters relating to safety and industry performance.

Some people get nervous when they get a phone call from us to set up the visit. They may think we are WorkSafeBC and are coming to do a workplace inspection. Maybe they think we are coming out to look strictly for bad things. We aren't. We are coming to complete your annual audit with you. A typical site visit can take 1 to 6 hours (depending on where your worksite is and how big your company is) and we complete a verification report. Most importantly, we

give you dedicated one-on-one time to support you and your operations. When we're done, most people ask if we can come back next year!

What is a Real Time Review?

Real Time Reviews are where a SAFE Companies representative meets with your company, at a predetermined location, and receives and reviews your SAFE Companies SEBASE, ISEBASE, or IOO audit.

We first tried this with the Weyerhaeuser Princeton Woodlands in 2013 (it was called a Mass Submission then) and was started as a response to industry's ask, specifically contractors. Many worked for the same licensee and so had to all submit Weyerhaeuser's safety binder along with their own paperwork. In creating the mass submission, Weyerhaeuser would provide one copy of their binder and each contractor only had to provide their specific additional paperwork, reducing paperwork for everyone, and making the process much faster and more efficient for all concerned. Over the last year, we've been expanding this service to respond to industry demand – completing face to face real time audit reviews where contractors either share the same safety system of a licensee, or their own system. We recently completed this service at the annual

Interior Logging Association conference.

We are also able to integrate training sessions on any forest safety topic or course at the same time, if a licensee or group of contractors would like that service too.

What is Advocacy?

Advocacy is where we offer you help for your Safety Program. This can take many forms. We answer questions over the phone daily. We can come to your office and go over your program and offer suggestions on how to improve it. Sometimes it is rolled in with the Site Visit or Real Time Reviews. If you are going from SEBASE to BASE, we can come and do a "Gap Analysis Audit" which is a "practice" audit to identify any potential things that are missing from your program and offer suggestions to improve it.

At the end of the day, we work for you. Our job is to give you information or services wherever we can to help keep your workers safe and your business successful. If you have questions about these services, please contact any SAFE Companies Safety Advisor at toll-free **1-800-741-1060**. 📞

ensures the fastest turn-around. Upload via our website: <http://app.bcforestsafe.org/upload/> or email audit@bcforestsafe.org. If you do need to send a paper copy, please do not staple, laminate, glue or attach pages with clips or bindings. Loose sheets in an envelope are best as everything is scanned electronically before review.

7. If you want to check and see if your audit has been received, see the list here (which is updated every Friday): http://www.bcforestsafe.org/other/who_is_SAFE/SAFE_Companies_audits_submitted.pdf or call toll-free **1-877-741-1060**.
8. The BCFSC will email your audit results if you submitted electronically (upload or email). A letter is mailed to you via Canada Post if you made a paper submission (via courier, mail or drop-off). Generally, the average turnaround time for audits is six weeks, but longer during peak periods. Rush audits are possible, but determined on a case by case basis (extraordinary circumstances beyond your control in conjunction with a pending contract for work requiring SAFE.) If you have any questions about your certification requirements, please call SAFE Companies at toll-free **1-877-741-1060**. 📞

More training being offered to fill industry's external BASE auditor needs

If you have ever thought you might like to become an external BASE safety auditor, you are encouraged to check out the requirements: http://bcforestsafe.org/training/safe_companies/external_auditors.html and review the audit form, support documents and auditor manual here: http://www.bcforestsafe.org/safe_companies/large_companies/resources.html

If you like what you see and you have the qualifications and experience needed, as well as the passion for safety, you are just the candidate industry wants and needs!

The next training course of accepted candidates will take place September 25-29, 2017 in Prince George. Your qualifications and experience will determine which days you will need to attend. For example, accepted individuals without any current BASE 4 training will need to attend all five days while other candidates – depending on the level of training and experience with BASE 4 and other BASE audits – may only need to attend two to four days of the five day session. You will be informed at the time of acceptance into the training which days you need to attend.

Accepted students must bring a laptop or other device running Microsoft Word 2010 or higher. A device with a keyboard is highly recommended.

In addition to successfully completing the theoretical training course, students will then be required to successfully perform a full BASE 4 audit for a host company at no cost to the company other than cost recovery for travel and accommodations.

It is up to the student to find a suitable host company. Once certified, all auditors must also perform at least two audits every three years and meet refresher training requirements in order to retain their BASE external auditor certification.

External auditors also have strict conflict of interest guidelines that they must follow and cannot audit companies that they have performed work for, or in the case where the auditor is an employee of a consulting company, where anyone in that consulting company has performed work.

If you'd like to learn more, please contact ridgway@bcforestsafe.org or call toll-free **1-877-741-1060**. 📞



Industry working together to tackle fatigue

Fatigue has become an increasingly frequent topic of discussion in all industries and log hauling is no exception. The Trucking and Harvesting Advisory Group (TAG) made up of major licensees, harvesting contractors and log truck representatives is working the issue. In a recent alert, one of the TAG licensee members, Weyerhaeuser, shared that the Princeton Contractor Safety Committee was implementing five steps to combat fatigue:

1. Make it very clear that exceeding the hours of service or manipulating log books is unacceptable.
2. Clearly articulating that on-duty time includes repairs and maintenance done by drivers. Although larger fleet owners have mechanics in place, those operators that have drivers conduct their own maintenance/repairs must appreciate the hours that are attributable to repairs and maintenance. Having a well maintained vehicle is equally important as having a driver that is fit for duty.
3. Openly engaging drivers in discussions on cycle options. Contractors to review options with haulers so that drivers are not pushing the limits on hours each and every day by proactively switching the haul destinations to allow the opportunity for drivers to achieve <10 hours of driving.
4. Encouraging open discussions on fatigue with Supervisors so that options can be reviewed when the symptoms of fatigue are evident or drivers are pushing the limits. Options may include but are not limited to:
 - » Shutting the haul down for an appropriate amount of time
 - » Limiting the trips/hours in a day
 - » Having a shortened week, longer weekend
 - » Drivers taking the time to rest during off-duty hours. When changing your plans whether it be for fatigue or any other upset condition, please advise your supervisor so that everyone has peace of mind and knows that you are safe and sound.
5. Sponsored fatigue training and awareness session workshop for drivers.

Weyerhaeuser explains that log hauling can be very demanding on drivers given:

- The destination of wood and corresponding cycle times
- Adverse road and weather conditions
- Shift schedules to match favorable hauling conditions
- Repairs and maintenance
- Balancing lifestyle
- The financial reward for time in the saddle.

However, the consequences for an incident can be expensive – costly and irreplaceable – in both human and dollar costs. 🚚

Sleep quantity and quality matters for efficient, safe performance

A total of 17 fatigue awareness training sessions have been rolled out in communities across the province in April, May and June, 2017 in a joint program offered by the Trucking and Harvesting Advisory Group (TAG) and the BC Forest Safety Council (BCFSC).

The three-hour training sessions are tailored specifically to log truck drivers with many informative video inserts of actual international log truck incidents and the back stories of the fatigue levels of each driver. The learnings, however, are equally applicable to all forestry workers as human fatigue impacts the health, safety and performance of all workers especially shift workers in a 24/7 workplace.

Presented by human fatigue specialist, Clinton Marquardt, the sessions help drivers identify the six human fatigue risk factors; how to implement effective strategies to prevent fatigue; and how to use countermeasures to reduce fatigue and stay safe at work – basically what fatigue is; how to prevent it and how to manage it.

Clinton, a former senior human factors investigator with the Transportation Safety Board of Canada, has previously been a Psychology Professor, the technical director of the Royal Ottawa Hospital's Sleep Disorders Centre and is a frequent media personality on the topic of sleep and fatigue.

On May 5, Nick Arkle of Gorman Brothers welcomed over 110 attendees to one of the training sessions in Vernon. He reminded everyone to always act to ensure the safety of workers, no matter what and to never let an opportunity pass to correct an unsafe situation.

Setting the context, Trish Kohorst, transportation safety manager at the BCFSC, shared her analysis of 3,000 TAG recorded incidents, emphasizing that motor vehicle incidents (MVs) are the leading type of incident. She said driving too fast for road conditions and failure to follow procedures were the leading causes of incidents and that failing to follow procedures can be a result of fatigue impairment.

While all drivers welcome industry's continued attention to the matter, there was skepticism about industry's ability to successfully address the underlying causes in an effective way. During a break, one driver said cycle times have been a topic for industry for years and there have been reports and reviews, yet the reality was there were still too many time pressures on drivers. Another driver gave an example from a prior work experience that the guy setting his cycle time had never driven the route with a loaded log truck – he'd done a google maps distance estimate for public highway with no consideration of typography, slope or road conditions. Another said some things had improved a lot, but not enough.

Seatbelt use continues to be a focus area for the TAG. Trish explained that while the coroner won't say that not wearing seatbelts caused the death, the coroner does say that injuries would have been less severe if seatbelts had been worn.

Trish assured the audience that industry was exploring options to effectively deal with fatigue. "TAG is looking at operational

strategies. I do not want you leaving thinking that this is on the shoulders of drivers," she said.

She shared some preliminary findings of a log hauling fatigue research and measurement project that is still underway. Several drivers said after the presentation that they would like to see the report and the fatigue impacts on the drivers at certain points during their cycles.

To explain the consequences or potential consequences of fatigue on performance, fatigue level performance is benchmarked against performance under the influence of alcohol. This comparison is to help everyone understand the significant impacts that fatigue can have on workers.

Clinton wanted attendees to leave with three key take-aways:

1. understanding what the sleep fatigue risk factors are
2. key strategies to prevent fatigue, and
3. some practical fatigue countermeasures.

Sleep related fatigue risk factors are:

1. Having less than 8 hours of sleep in every 24 hour period
2. Obtaining less than 56 hours of sleep in the last seven days
3. Being awake for more than 16 hours at a time



More than 110 log truck drivers, harvesting contractors and staff who work with Gorman Brothers filled a room in Vernon in May to hear fatigue specialist Clinton Marquardt talk about the importance of understanding fatigue and using common terminology to talk about sleep related fatigue.

4. Specific time periods where one is most at risk: the post lunch dip (1:30 pm to 3:30 pm) and during the circadian trough (1 am to 5 am)
5. Medical and psychological conditions, illnesses and drugs
6. Sleep disorders – there are 86 disorders and include sleep apnea; restless leg syndrome, etc.

sleeping in cool, dark, quiet rooms, restful bed partners (their bad sleep will impact you getting quality sleep.)

Fatigue countermeasures include:

Taking naps; caffeine, bright light, movement and noise. (Light and movement are the least effective and don't last long.)

For more information on the fatigue seminars please contact transportation@bcforestsafe.org or call toll-free 1-877-741-1060. 📞

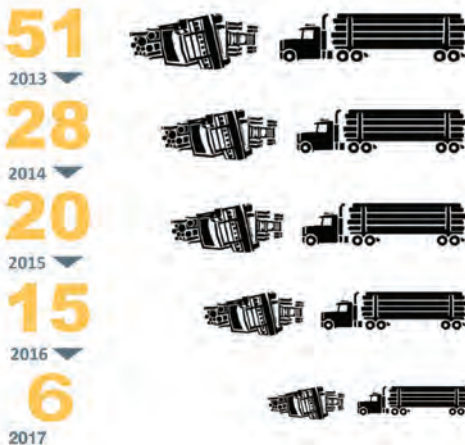
Strategies to prevent fatigue include:

Getting enough quality sleep every night;

Latest numbers of comparable high profile log truck rollovers

SUCCESS STORY

LOG TRUCK ROLLOVERS PER YEAR 2013 - 2017



The above data is up till May 10, 2017. Please note that these statistics are for high profile rollovers tracked by the BC Forest Safety Council (BCFSC)'s transportation department. Information was found via BCFSC alerts, Commercial Vehicle Safety and Enforcement (CVSE), WorkSafeBC and media reports. 📍

Cone zone season is here!

Public road repair work due to severe winter conditions and the BC government's recent announcements of road safety improvement projects means more work zones and more roadside workers at risk of being injured or killed by a motor vehicle.

Roadside workers include first responders, road builders, municipal workers, landscapers, flag people, tow truck operators and utility workers. Between 2007 and 2016, 15 roadside workers were killed and 229 were injured and missed time from work as a result of being hit by a motor vehicle.

To help keep roadside workers safe, the Work Zone Safety Alliance has launched the 2017 Cone Zone Campaign, an annual road safety awareness initiative to encourage safe driving behaviours around roadside workers. Please remember:

1. Be alert and look for work zone signage, traffic cones or changes in the traffic pattern. Listen to traffic reports and adjust your route to avoid work zones.
2. Safely slow down before reaching a Cone Zone and comply with the posted speed limit. If you are using a hands-free device, end your call immediately.
3. Respect the roadside as a workplace. Driving unsafely in a Cone Zone puts roadside workers at risk. Orange cones are often the only things separating their work space from your vehicle.
4. Always reduce your speed when driving near work vehicles with flashing amber, red and blue lights. If the posted speed limit is greater than 80 km/h, slow to 70km/h. If the posted speed is less than 80 km/h, slow to 40 km/h. In both situations, move over if it's safe to do so. Drivers failing to adjust their speed — or failing to move over — may receive a \$173 violation ticket and three penalty points.



For more information about work zone road safety, visit ConeZoneBC.com. 📍



Demand for forest supervisor training continues to grow

Demand for Forest Supervisor due diligence, communication and leadership training modules continues to be strong throughout BC, with 1,015 having taken the training since implementing the modular content (326 in 2015; 463 in 2016 and 226 year-to-date as at May 3, 2017).

Prior to 2015, the BC Forest Safety Council (BCFSC) offered a two-day Basic Forest Supervisor course. In 2014 the BCFSC met with logging supervisors in both interior and coastal locations to develop a new set of outcomes for supervisor training. The Due Diligence module is the first of three one-day modules with regulation, policies, and due diligence content – the basics for forest supervisors. The second Communications module supports participants strengthen effective communication skills as a supervisor, and the third Leadership and Professionalism module helps supervisors better understand themselves and their teams for improved performance.

Together the three training modules provide participants with knowledge to help support them oversee their workers effectively. Each module can be taken on its own, or combined with the others, depending on the individual needs of the supervisor and/or prior experience or training.

A recent supervisor training participant in Prince George, Project Forester, Greg Gibson, shared his



Greg Gibson, Project Forester with TDB Consultants.

thoughts about the course and what makes for good supervision.

Greg has worked with TDB Consultants for about a year in a supervisory role and believes a good supervisor is someone who is engaged with the employer and

with workers. “Someone who has a good understanding and can see perspective and communicate it well in both directions,” said Greg.

He said that taking the course “had really augmented things I know can or should be done and I have ideas around communication that I will put in into practice back in the workplace.”

Greg said it was important for all new supervisors to keep an open mind. “There cannot be any ‘my way or the highway’ attitude. Stay engaged. You don’t have to know everything, but you do have to know when to ask for assistance,” said Greg.

To that end Greg likes receiving information like safety alerts, notices and copies of Forest Safety News. “It’s good to know about headway or issues and as consultants it is good to have a finger on the pulse of industry as a whole,” he said. 🌲

Small employer OHS training reaches diverse industry operators

At a recent small employer occupational health and safety training course in Prince George, two participants shared their key take-aways from the course.

Ali Carnevale, of Marlim Ecological Consulting Ltd, is a junior biologist with the environmental consulting firm that does stream surveys, fish amphibian salvages, environmental permitting for projects (private and public clients) and mapping.

As the sole person in the firm’s Prince George office, she is responsible for implementing the safety program. After completing the course she said that she had learned how important it is for the company’s safety program to cover all operational aspects – not just in the field. “I also learned how important it is to not just have the safety program in a book, but to implement it,” she said.

Morgan Kunka is planning to work for Kunka Holdings, a firm that does feller buncher work in Williams Lake and Mackenzie. While starting off doing paperwork first, Morgan will do bunching, and took the course to help prepare her for increasing responsibilities with the company’s safety management system.

She said she had learned a lot of new things about safety during the training, especially the importance of documenting everything when you are in the bush and the importance of an Emergency Response Plan. 🌲



Ali Carnevale and Morgan Kunka.

Basic Chainsaw Training at Louisiana-Pacific mill

The BC Forest Safety Council recently delivered a customized basic chainsaw training course to six BC Louisiana-Pacific (LP) employees, onsite at the group’s Peace Valley Oriented Strand Board (OSB) mill in Fort St. John, earlier this year. This was the first chainsaw course the BCFSC has run for a mill.

Trainer and BCFSC Falling Safety Advisor, Jeff Mackenzie, QST, spent two days with the six trainees, Jamie Gieni, Mat Savard, Walker Grassie, Travis Belanger, Justin Lagasse and Steve Hay.



Trainees prepare their hard-hats and ear protection PPE.



Trainees spent the second day of the course practicing the correct way to handle a chainsaw and do four basic bucking cuts.

The training consisted of one instructional day followed by a second day of practical application and competency assessment.

The course emphasized that chainsaw operators must:

- implement a personal safety program
- inspect the key safety features of a chainsaw prior to using a chainsaw; select and wear PPE suitable for the work and use a correct chainsaw best suited to the work
- develop and complete a risk and hazard assessment of each situation prior to making any cuts so that the operator is able to formulate an effective bucking plan
- demonstrate safe chainsaw handling skills including limiting kick back and be able to safely and confidently perform four basic bucking cuts – top bind, bottom bind, relief cuts, and boring cuts.

At the end of the course, the trainees provided written feedback which included that they would all recommend the course as it was very informative; the instructor was very knowledgeable and it was good content for all woodroom/mill employees. Trainees shared that the course had improved their knowledge; given a better understanding of the machine; emphasized the importance of safety when using a chainsaw; and provided better bucking techniques and better ways to file a chain.

In response to how the course might be improved in future, trainees recommended that a binder be developed specific to the mill environment and the woodroom. Still, 50% said the course exceeded their expectations and 50% said it met their expectations, with 11 out of 18 feedback points rated as “excellent”; three as “very good” and four as “good”. 🍌

Upcoming training

If you would like to see how a training course can meet your organization's needs, please let us know. We are committed to working with you to find the right training solution. We may be able to tailor a program to your specific needs and deliver it in a way that is most convenient for your operations.

Basic Incident Investigation training

June 22 Nanaimo
June 26 Kamloops
September 25 Campbell River
September 28 Terrace

Advanced Incident Investigation training

June 23 Nanaimo
June 27 Kamloops
September 26 Campbell River
September 29 Terrace

Falling Supervisor training

June 5 Prince George

Forest Supervisor training

Module 1: Due Diligence (1)
Module 2: Communications (2)
Module 3: Leadership & Professionalism (3)
June 19 Kamloops (1)
June 20 Kamloops (2)
June 21 Kamloops (3)
June 28 Campbell River (1)
June 29 Campbell River (2)
June 30 Campbell River (3)
July 12 Nakusp (1)
July 13 Nakusp (2)
July 14 Nakusp (3)
September 11 Fort St. John (1)
September 12 Fort St. John (2)
September 13 Fort St. John (3)
September 25 Terrace (1)
September 26 Terrace (2)
September 27 Terrace (3)
September 27 Nanaimo (1)
September 28 Nanaimo (2)
September 29 Nanaimo (3)

Internal Auditor Theory BASE 4 training

June 5 Vernon
September 25 Prince George

External Auditor Theory BASE 4 training

September 25 (5 days) Prince George

Individual Owner Operator OHS & Refresher training

June 24 Teleconference
July 29 Teleconference
August 26 Teleconference
September 23 Teleconference

Small Employer OHS training & Refresher training

June 8 Houston
June 12 Prince George
June 15 Campbell River
June 22 Kamloops
August 17 Nanaimo

Please see the full training calendar at bcforestsafesafe.org/fscapps/calendar/calendar.php. Check back often as course dates do change. Email training@bcforestsafesafe.org or call toll-free **1-877-741-1060** for general information, or email Gary Banys at banys@bcforestsafesafe.org to answer any questions you might have about course content and tailoring courses to meet your company's needs. 🍌



Is caffeine your friend or foe?



By Dr. Delia Roberts

When the reality of life keeps you from getting as much sleep as you need, the solution is often to reach for another cup of coffee. But what does caffeine really do to your body, and is it effective at keeping you alert?

Much of the work examining how caffeine affects mental and physical performance comes from the military, and in many cases the types of challenges faced by night time duty, or having to stay vigilant for long periods are similar to those faced by forestry workers. Getting less than seven hours of sleep nightly impairs cognitive performance. We are slower to react to an unexpected situation, our concentration is not as good – particularly when the task is monotonous, as it often is while driving, and our memories are not as sharp as they could be. But caffeine can also increase vigilance without sleep deprivation. Studies with soldiers watching radar screens or with shooting accuracy show improved performance even when they were well rested.

The effects of caffeine on physical performance are not quite as clear. There is an improvement during exhaustive exercise, but the effect is stronger when the caffeine is taken in pill or gum form rather than in coffee, and it may require higher amounts of caffeine in habituated consumers than in non-coffee drinkers.

How caffeine works

Caffeine is readily absorbed into the blood and passes easily into the brain. Most of the actions of caffeine mimic adrenalin (also known as the fight or flight hormone), which prepares the body to avoid danger. Mental performance is improved with an increase in the perception of alertness, wakefulness, and memory. Reaction times are generally faster. It's also thought that because of the way it changes the levels of neurotransmitters in the brain, regular consumption of coffee may reduce the risk of developing Alzheimer's and Parkinson's, two diseases that work through altered nerve transmissions in the brain.

Caffeine mobilizes fatty acids and stimulates fat metabolism, so it also improves performance at long duration physical activities and combined with the mental stimulation, can improve weight lifting and sprint performances.

The absorption of caffeine can take anywhere from 30 to 60 minutes, which means that if you are feeling tired and have an important job to get through, you will need to consume it about 45 minutes before you start the task for best results.

The rest of the story

In addition to the positive effects mentioned above, caffeine also has a down side. It increases both the rate and strength of heartbeats, especially at higher doses. While this effect is good for moving blood through your body when working hard, it's not so good for the muscle of your heart if you are sitting in a truck or at a desk. Likewise, the higher fat availability can fuel your hike through the forest, but will also have a higher chance of depositing on the inside of blood vessels if the fats are not needed as a source of energy. Combine these effects with the constriction of blood vessels and you get an increase in blood pressure, though this might be one of the effects that is less pronounced if you are a habitual coffee drinker. Higher doses of caffeine can also cause anxiety and even shaky hands and legs.

In the kidneys, caffeine relaxes blood vessels and can cause the loss of water. However, regular coffee drinkers are less likely to experience this effect. Along with habituation though comes withdrawal; many people complain of headaches and fatigue for about a week when they stop drinking coffee.

Caffeine is cleared from your blood by the liver, but there is a very wide degree of variability from person to person in how long it takes to be metabolized. The range is from 2 to 12 hours to remove half of the caffeine from your blood, nicotine speeds this process up. The clearance rate of caffeine is very important to know as one of the negative effects of caffeine is on sleep, when consumed too close to bed-time it can make it much more difficult to fall asleep.

How to get your fix

In general the positive effects of caffeine require amounts of 100-300 mg but doses as high as 600 mg have been tested to counteract the effects of extreme sleep deprivation. Keep in mind that the higher the dose the more likely that you will experience the negative effects of caffeine and that some of these are not only going to impair performance (shakiness, jitters, cold sweats, anxiety, nausea) they can be

downright dangerous (upward spike in blood pressure, constriction of blood vessels, faster blood clotting) – especially when there are pre-existing risk factors for cardiovascular disease. It's also important to note that if you consume additional caffeine before the previous dose has been cleared from your blood, the concentration is additive and will continue to increase.

Coffee has between 80 and 110 mg of coffee per 6 oz (180 ml) serving; if your coffee mug is supersized you may be consuming twice this amount in a single cup. For example a 20 oz (590 ml) venti from Starbucks contains a whopping 475 mg caffeine, a 14 oz (415 ml) medium sized coffee from Tim Hortons contains about 200 mg. Perked coffee has more caffeine than filtered coffee, which has more caffeine than coffee prepared in a French press. Espresso comes in the lowest at only 40 mg/shot. The type of bean also makes a difference with Robusta containing nearly twice the caffeine of the more common Arabica.

Tea contains more caffeine than coffee by dry weight, but far less when brewed and drunk, coming in at around 40 mg/cup for green tea, to 60 mg/cup for black. Soft drinks may also contain caffeine but only around 40 – 60 mg/serving. Cocoa and chocolate are also in the low range when it comes to caffeine content with about 40 mg/serving.

Higher caffeine levels can be found in Energy Drinks, ranging from a low of 80 mg/ serving for Red Bull to twice that for a 16 oz can of Monster or Rockstar. The shot style products have higher levels of caffeine in much smaller sized servings coming in at around 225-250 mg caffeine/shot.

Caffeine is also found in a number of over the counter pain medications as well as in prescription drugs, as it also has some effect on reducing pain. If you are using one of these medications it's important to consider that it will increase how much caffeine you are getting each day. Check with your pharmacist to find out if your medication includes caffeine.

Plan ahead

As with most things in life, you'll get more out of your coffee fix if you plan ahead. Since there is so much variation between individuals, it's probably a good idea to do a bit of experimentation on days when your performance isn't too critical. That way when you find yourself feeling less than alert during a drive, you'll know how much caffeine you will need, how long before the drive you need to take it, and how long the effects will last. It's never great to find yourself safely at home, but then tossing and turning all night until you clear the caffeine out of your system. Used wisely, caffeine can help you stay safe by increasing your level of alertness, but there are side effects, and keeping them in mind can go a long way towards a productive, healthy and safe lifestyle. 🍏

Silviculture worker's loss of ear is an important reminder to prevent skin cancer!

A recent safety alert submitted by Jordan Tesluk, BC Safe Forestry Program, shares a tree planter's personal story involving skin cancer (melanoma) and the resulting loss of part of his ear.

Please see: <http://www.bcforestsafesafe.org/node/2951> for the full alert.

According to the Canadian Skin Cancer Foundation, about 80,000 Canadians are diagnosed with skin cancer each year and treatment costs were pegged at more than \$0.5 billion in 2012. Similarly in the United States, nearly five million people are treated for skin cancer each year at an estimated annual cost of US\$8.1 billion. Skin cancer cases continue to increase in both countries.

According to the Canadian Cancer Society's 2015 cancer statistics report, rates of melanoma have increased in both men and women over the past several decades; 2.3% per year in men between 2001 and 2010 and 2.9% per year among women for the same period. Major known risk factors for melanoma are ultraviolet (UV) radiation through exposure to sunlight, tanning beds and sun lamps. Other risk factors include number and type of moles, having a fair complexion, personal and family history of skin cancer, a weakened immune system and a history of having had severe blistering sunburn.

Tips for you:

- limit exposure to the sun (you might work in the sun all day, but by covering up you limit your exposure)

- always apply an appropriate broad spectrum (protects against both UVA and UVB) SPF 30 or higher sunscreen in advance (at least 30 minutes) before going into the sun and reapply according to the manufacturer's instructions, throughout the day. And don't forget the lips – SPF 30 lip balm.
- be especially sun smart during the peak UV times of the day (roughly 11 am to 4 pm). Use wide brim (more than 8 cm/3 inch) hats, and long cotton sleeves/long pants. Make sure the clothing is loose and comfortable and does not pose a safety hazard.
- Don't forget any exposure points. Parts of the body that are often forgotten when applying sunscreen include: ears – all over as well as behind, on top along the rim and inside the ears; hair-lines, combed partings on your head and thinning heads of hair – which is one of the main reasons why wide-brimmed hats are important add-ons in the fight against skin cancers of the head, neck and face. Add neck sun flap protection as needed.

Remember the good news is that skin cancer is largely preventable. You can protect yourself!

Additional resources: Sun Safety for Outdoor Workers from the Canadian Dermatology Association: <http://www.dermatology.ca/programs-resources/resources/sun-safety/outdoor-workers/> and <http://www.canadianskincancerfoundation.com/about-skin-cancer.html> 📄

Compression clothing being tested by tree planters

News earlier this year that TimberWest was looking to test compression arm sleeves with silviculture workers and tree planters on Vancouver Island, got a lot of people talking and thinking: does compression clothing help prevent injuries? And will this be the PPE of the future? Compression clothing is hugely popular in sports and many compression clothing wearers will tell you that they feel better for wearing them. More research, however, is needed on the impact compression clothing might have on preventing injury and improving recovery times. So Forest Safety News asked TimberWest for their experience with the garments.

"We began experimenting with the compression sleeves in the spring of 2016," said Shaun Mason, Forester South Island, TimberWest. "The reason we looked at compression sleeves is because we found that in 2015 we had high MSI injury rates among our silviculture crew and planters, and we wanted to find a solution that would help keep the workers safe from injury."

"We knew that athletes relied on compression sleeves to help minimize MSI injuries, so we thought we might take a page from their book. Interestingly, we were the first to consider implementing compression sleeves into forestry operations. Other companies were relying on stretching and physiotherapy to combat MSI injuries – but no one was looking at a preventative approach."

Compression treatment is not a new concept in medical treatments, with many people using the product to help with diabetes, cancer treatment and varicose veins. However, it is

a new concept for the forest industry, particularly in prevention.

Shaun said that initial feedback from the silviculture workers and tree planters was positive. "They liked that the compression sleeves were able to keep them warm and limber. We found that the planters had the most benefit using the compression sleeves during the beginning of the season when the weather was cold, and their limbs were not yet accustomed to the strenuous exertion of planting. When the weather gets warmer, and the planter has strengthened their muscles, we found that the sleeves weren't as useful to them," explained Shaun.

Reduction in MSI rates achieved

"The good news is we did observe a general reduction in MSI injury rates, and there has been a 90% retention rate for using the compression sleeves among the silviculture and planting team." Shaun said that the given this success, some of their silviculture contractors have decided to include the garments in their safety programs as a potential proactive approach to help reduce worker MSI injuries.



Good fit is key

When considering using compression garments, make sure that they aren't too tight or lose. Medical

practitioners have suggested a custom-fit which can help prevent new medical issues. For arms, it is really important that the compression garment not cause tingling or numbness in the hands, which is a sign of it being too tight and cutting off circulation. Compression clothing items have a finite effective lifetime and this seems to vary based on type and manufacturer. The average lifetime is three to six months depending on care, wear and tear.

There are no workplace safety regulations in BC, or any other jurisdiction, that directly addresses compression clothing. However, time could well prove that compression garments are a very cost-effective, must-have addition to safety workwear for all industrial work sites.

The companies and planters testing these garments are to be congratulated for their willingness to be innovative trailblazers. The only way to get data is to test the experience. In time this pioneering use will help shape the future direction of workwear to help reduce MSI and very expensive injuries that can have life-long consequences for workers.

A quick summary of existing scientific research and why more research is needed on compression clothing in injury prevention and/or recovery is from a University of Calgary doctor, here: <https://www.ucalgary.ca/knes/news/compression>.

Do you have experience using compression clothing in forestry that you would like to share? Please email editor@bcforestsafesafe.org or call toll-free 1-877-741-1060. 📄



Industry News

Continued from page 4...

While ratios may be very helpful in our unique workplaces to see how we are performing, a huge cautionary tale exists if we want to try and make links that can't be proven. That said, Dave is quick to emphasize that every element is important. Spend as much time addressing near misses, as you do injuries as you do serious injuries as you do fatalities. Know that reducing one is not going to impact the others – each set requires its own tailored response, based on risk. As Dave summed up: "Step away from the pyramid." His paper has been peer-reviewed and published in the well-respected American journal: Professional Safety. Learn more at www.rarebit.ca. Responding to understandably surprised delegates, he consoled them by saying: "I believed, until I did the research."

Countering the busy, busy, busy

Linda Edgecombe's presentation "Pushed to the limit," provided an entertaining look at how we create our own chaos – being too busy, busy, busy; making us sick, draining our energy, and causing incidents at work and at home. After sharing her own personal journey, Linda provided her seven recommended essentials to resilient living:

1. Movement (move your body)
2. Sleep (enough quality sleep)
3. Laughter (humour is the key to healing)
4. Clarity (what is it that you really want?)
5. Just be (create quiet spaces and time to just be)
6. Contribution (giving back through intentional acts of kindness)
7. Gratitude (a super power)

And a reminder about the rewards of taking calculated risks: "You don't get courage or confidence until after you've done it."

It's age-related – occupational health and safety issues, challenges and solutions

Jan Chappel, senior technical specialist at the Canadian Centre for Occupational Health and Safety provided a very well-received presentation on how different age groups may impact safety in the workplace and how best to address.

In terms of general statistics, young workers tend to have more traumatic injuries than older workers; most often burns, cuts, punctures/ scrapes and bruises. They are less likely to be hurt by over-exertion, but more likely to be hit by something falling. Older workers by comparison have more severe incidents, but these occur less frequently (because they are more cautious and more careful); they have longer recoveries than younger workers and most often have repetitive strain injuries e.g. back strains. Occupational diseases are much higher than for younger workers.

Typical injuries for older workers include falls due to poor balance, visual problems, slower reaction times and lack of concentration. They are also at higher risk for cardio-pulmonary incidents due to over-exertion. Older workers have less tolerance for heat and cold. Jan emphasized that it was important to know the age specific risks and responses to address all age groups in the workplace.

Solutions include doing job hazard analysis and then working job design, modification, workstation design and mechanical assists to respond to the need. She gave an example of maintenance crews reporting back injuries within the first two hours of shifts. After analysis, it was determined that there were no lifts and crews were carrying heavy tool boxes up several flights of stairs, which was causing the back injuries. The solution was having tool boxes on each floor on wheels so that crews didn't have to carry any heavy boxes.

Jan took delegates through all the things to consider in a workplace to best address the practical needs of an aging workforce from good floor surfaces, handrails and grips, mechanical assists and workstation layout, emphasizing that worker input is key in engineering solutions that work. She touched on physical limitations for strength and mobility, vision, hearing, temperature regulation, etc. Real world examples shared included a car manufacturer with an average age on the production line of 47 years. They not only decreased the absenteeism rate and dropped the defect rate on the line to zero, productivity went up 7% by introducing special shoes, wooden floors, special chairs, improved tools and larger computer screens. The cost

of the changes were US\$50,000, all more than recovered with healthier, happier, safer and more productive workers!

Legalized pot impacts still murky

Dan Demers, of CannAmm Occupational Testing Services, delivered a fact- and data-rich presentation on the status of marijuana in Canada and what it means for employers. Borrowing from US States' statistics where marijuana has already been legalized, he painted a realistic picture of what we could face as workers, employers and society if we have similar experiences. From the limits of what is known about the drug and control (re variables in strength, production, quality controls); to how the impacts of the drug may still be present 20 days after consumption, Dan cautioned that it was important for employers to be sure of their policies and how to implement; to educate workers and ensure appropriate training for all supervisors, including the very specific terms and words that can and cannot be used, and the significance of zero tolerance for all safety sensitive jobs. 🍓

MAG safety achievements noted at COFI conference

In a program full of news about global economics, BC forestry innovation, competitiveness, diversity of products, growing international markets, First Nations partnerships and the dreaded impacts of the latest softwood lumber dispute, safety also made the agenda at the BC Council of Forest Industries (COFI) 2017 annual conference.

In his presentation during the CEO panel, Ted Seraphim, President and CEO, West Fraser, said that injury rates were down 30% in the manufacturing sector and "everyone should be proud of that". He said in the last five years, if anyone was a member of COFI, they also had to be a member of the Manufacturing Advisory Group (MAG) which was focused on improving safety outcomes and performance in the sector, with specific emphasis to improve dust management and mill safety.

He said all the CEOs had come together to open up their mills to each other to work the safety file collectively and find meaningful, sustainable industry solutions. 🍓

ABOUT Forest Safety News

Forest Safety News is published six times a year: February, April, June, August, October and December. All submissions – letters to the editor, safety tips, photos, safety stories, concerns etc. – are welcome. The opinions expressed in the newsletter are not necessarily those of the editor, staff or board of the BC Forest Safety Council. All decisions to publish materials rest with the editor. 12,000 copies of each edition are distributed via mail or email. Additional copies are distributed at industry events.

Subscriptions

If you would like to continue to receive a hard copy or would prefer to receive an electronic copy of this newsletter, please email editor@bcforestsafesafe.org and ask to be added to the print copy or email distribution lists. Email subscriptions are encouraged.

Have a story, letter to the editor, safety tip, ideas or photos? Please send all submissions to:

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FOREST SAFETY News



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Safety is Good Business

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It's time to tell us who your favourite safety champion is!



Part of the group of more than 400 attendees at the 11th annual Vancouver Island Safety Conference (VISC) last year. Hold the date this year for September 30, 2017 in Nanaimo, where the annual safety champions will also be announced.

It is that time of the year again for you to tell us who you think the Forestry/ Manufacturing Safety Leaders are. Send us your nominations for the annual Leadership in Safety Awards. Deadline for nominations is 4 pm on Friday, September 1, 2017. Please see <http://www.bcforestsafesafe.org/AnnualSafetyAwards.html> to learn more and http://www.bcforestsafesafe.org/files/frm_LeadershipInSafetyAwardsNomination.pdf to download a copy of the fillable form.

We are looking for safety winners in two categories – Lifetime Safety Achievement and Most Valuable Player (MVP) in both forest harvesting (e.g. falling, logging, log hauling, silviculture, engineering, road construction, and road maintenance, etc.)

and manufacturing (e.g. sawmills, pellet mills, shake and shingle, etc.)

The Lifetime Safety Achievement Award may recognize an individual worker, supervisor, or safety officer who has displayed a strong commitment to safety throughout their careers. The Safety MVP can recognize an individual or a team, a contracting firm, a large licensee – any individual or organization that operates in our forestry industry and is a safety champion. Winners will be recognized at the 12th annual Vancouver Island Safety Conference in Nanaimo on September 30, 2017.

Previous award winners have included: Steve Lackey, Clarence Meints, Pinnacle

Renewable Energy Operations Plant Managers (Jamie Colliss, Ray Dawson, Greg Lobsinger, Andrew Meyer, Ron Myhre, Mark Cunningham, Tim Potter), Ally Gibson, Angelika Posselt, Kirk Nagy, Stu Smith, Steve Venus, Chris Akehurst, Don Banasky, Bill Boardman, Gerry Lambert, Sig Kemmler, Westline Harvesting Ltd., Mikael Jonsson, Geoterra IRS Ltd., Jack Miller, Roger Whittaker, Steve Telosky and John Gooding.

So, who is your safety champion? Who is that person or team making a safety difference at your workplace or in our industry, anywhere in the province? Make a nomination and help us ensure that we recognize, celebrate and learn from safety success! 🌲

Welcome to the August edition of Forest Safety News, covering news about safety topics in forestry. This is YOUR safety newsletter. We look forward to your input and feedback! Email the editor at editor@bcforestsafesafe.org or call 1-877-741-1060.

State of Emergency: BC wildfires!

At the time of this edition of Forest Safety News going to print, a state of emergency was in effect in BC with 160 wildfires burning; 46,000 people under evacuation orders; and the weather forecast predicting more hot, dry and windy conditions. Help was arriving in BC from across Canada and from Australia to join the more than 3,000 firefighters and support workers already battling the blazes.

SAFE Audit extensions

Many operations as well as auditors (internal and external) are directly affected by work shut-downs and evacuations due to wildfires.

Please be advised that all SAFE Companies affected by wildfire will be granted extensions to their audit due dates. Your priority is our priority: Be safe, stay safe!

Please communicate with us at your earliest convenience, but till then please be assured that extensions directly related to wildfire

will be granted by the BC Forest Safety Council. Email: safeco@bcforestsafesafe.org or call toll-free 1-877-741-1060 when you are ready to get back to business.

Thanks to all BC Wildfire Service workers!

The BCFSC would like to extend our thanks and appreciation to all the wildfire staff in the field including industry fallers and other contractors, and everyone else involved in response to the wildfires. Thank you for your service to our communities.

Report wildfires

Report wildfires or irresponsible behaviour by calling 1-800-663-5555 or *5555 from a cell phone. Information from the public is crucial to ensuring wildfires are responded to as soon as possible. 🌲



Countdown to the 12th annual Vancouver Island Safety Conference

The theme of the 12th annual Vancouver Island Safety Conference (VISC) is: "The power of the mind – your brain @ work". The 2017 conference will be held on Saturday, September 30 so please mark the date now and register online via the link below.

Each year more than 400 participants come together in Nanaimo for a full day of information, networking, good food and sharing safety stories – **all for free** – thanks to the generous sponsorship of companies, contractors and individuals in the forestry industry. Thank you to everyone!

This year, attendees will get to hear from speakers such as Steven Falk, of Switchback Training Solutions who will talk about how to recognize when the brain switches back as it can lead to incidents; Shane Jensen from New Quest Consulting, who will present on how to improve communication skills with different generations of workers; and Al Biekša, from BcFed, who will talk about building psychologically healthy workplaces with the focus on the role of Joint Occupational Health and Safety committees. There will also be updates on safety initiatives from WorkSafeBC and the BC Forest Safety Council.

This year's volunteer organizing committee members are: Randy Aitken, Ministry of Forests, Lands, Natural Resource Operations and Rural Development; Tristan Anderson and Ken Moore, Coastland Wood Industries; Chris Cinkant, United Steelworkers; Ron Corbeil, SAFER; Aaron Frost, Strategic Natural Resource Consultants; Theressa Klein, Western Forest Products Inc.; Mike Milholm, WorkSafeBC; Bjarne Nielsen, Sibola Mountain Falling; Sam Stanko, Island Timberlands; Glen Waatainen and Tammie Wheeler, TimberWest Forest Corp.; Patty Bergeron and Gerard Messier, BC Forest Safety Council.

If you would like to be a sponsor of the conference, or have a booth at the conference, please email bergeron@bcforestsafesafe.org. To register (free of charge) please complete the online registration form accessible from here: <http://www.bcforestsafesafe.org/VISC>. Don't forget to bring a non-perishable food item for a local food bank. 🍎

Dust safety work by sawmills and pellet mills recognized

Recently Wood Business / Canadian Forest Industries / Canadian Biomass focused on "dust safety week", sharing several articles on the best practices and performance of sawmills and pellet mills in managing combustible dust. Please see a summary here: <https://www.canadianbiomassmagazine.ca/pellets/dust-safety-week-2017-is-a-wrap-6374>

Content included a column by BC Forest Safety Council, CEO Rob Moonen, about industry's new wood fibre storage initiative, and gave an update on last year's combustible wood dust inspection compliance rates. Injury rates have dropped and compliance rates are at 98 per cent. Please see: <https://www.canadianbiomassmagazine.ca/pellets/dust-mitigation-improves-with-new-wood-fibre-storage-initiative-6366>

Both the Manufacturing Advisory Group and the Wood Pellet Association of Canada Safety Committee continue to champion continuous safety improvements.

For dust management resources, and/or to learn more about these two industry safety working groups, please see: <http://www.bcforestsafesafe.org/node/2866> (sawmills) and <http://www.bcforestsafesafe.org/node/2730> (pellets). 🍎

Changes to bylaws and Board election at the 2017 Annual General Meeting

The BC Forest Safety Council (BCFSC) is a not-for-profit, member-funded society, under the BC Societies Act. At the 2017 Annual General Meeting of members held in Vancouver in June this year, members voted to support a special resolution to make constitution and bylaw changes consistent with revised BC Societies Act requirements for member-funded status. These changes do not impact the workings of the BCFSC. Members and the public may view all our governance and financial reporting documents here: <http://www.bcforestsafesafe.org/members.html>. Please note in addition to the constitution and bylaws, the BCFSC also has additional governance and reporting requirements to meet as set by the terms of funding agreements in place with WorkSafeBC.

Following the elections at the 2017 AGM, the board members are:

- Brian Baarda, TimberWest Forest Corp.
- John Betts, Western Forestry Contractors' Association (WFCA)
- David Elstone, Truck Loggers Association (TLA)
- Jason Fisher, Ministry of Forests, Lands, Natural Resource Operations and Rural Development
- James Gorman, West Fraser
- Reid Hedlund, Interior Logging Association (ILA)
- Andrew Horahan, Interfor Corporation
- Stephen Mackie, Canfor
- Bob Matters, United Steelworkers Wood Council (USW)



The 2016 BCFSC annual report and 2016 Forest Safety Ombudsman's annual review may be viewed here: <https://www.bcforestsafesafe.org/newsroom/publications.html#annual> and <http://www.bcforestsafesafe.org/ombudsman.html#reports>. 🍎



Fatalities and Injuries

Six fatalities in harvesting and two in manufacturing so far in 2017

There have been six direct harvesting fatalities and two in manufacturing this year (up till July 14, 2017).

Fatalities in harvesting in 2017

April 20, 2017: Three workers were fatally injured when rail cars carrying logs collided with a crew transport rail car and maintenance vehicle in Woss, Vancouver Island. Two other workers were injured. See: <http://www.bcforestsafesafe.org/node/2957>

February 16, 2017: A log truck driver died at the scene after his fully loaded log truck left the ice-covered road and rolled over, about 90 km north of Fort St. John. See <http://www.bcforestsafesafe.org/node/2932>

February 10, 2017: A log truck driver died at the scene of a multi vehicle incident involving three log trucks and a passenger vehicle near Fort St James. See <http://www.bcforestsafesafe.org/node/2928>

February 4, 2017: A certified faller was struck and pinned by a 20-inch-diameter cedar tree that uprooted and fell shortly after the faller had felled an adjacent cedar tree in Woods Lagoon the BC Coast. See <http://www.bcforestsafesafe.org/node/2919>

Fatalities in manufacturing in 2017

January 30, 2017: A worker was operating a boom boat at a Kelowna sawmill when it suddenly sunk. The operator was later located within the cabin of the sunken boom boat. See <http://www.bcforestsafesafe.org/node/2914>

January 27, 2017: A maintenance worker died at a Lumby yard (CU714037 – Wooden Post or Pole Manufacture). See <http://www.bcforestsafesafe.org/node/2916>

Some recent safety/health alerts and news of note

Wash-out awareness for all workers

A recent media story in The Williams Lake Tribune on a June 2017 Highway 20 washout: <https://www.wltribune.com/news/harrowing-tale-of-survival-on-highway-20-recounted/> and related safety alert: <http://www.bcforestsafesafe.org/node/2977>.

Red cedar dust awareness for all workers, especially fallers, mill workers and woodworkers

Please see a recent media story in the Vancouver Sun: <http://vancouversun.com/news/local-news/b-c-s-official-tree-is-a-source-of-health-problems-for-many-in-forestry-industry> and a WorkSafeBC information pamphlet: <https://www.worksafefbc.com/en/resources/health-safety/books-guides/western-red-cedar-asthma?lang=en>.

FATALITIES

WORKERS KILLED ON THE JOB

22

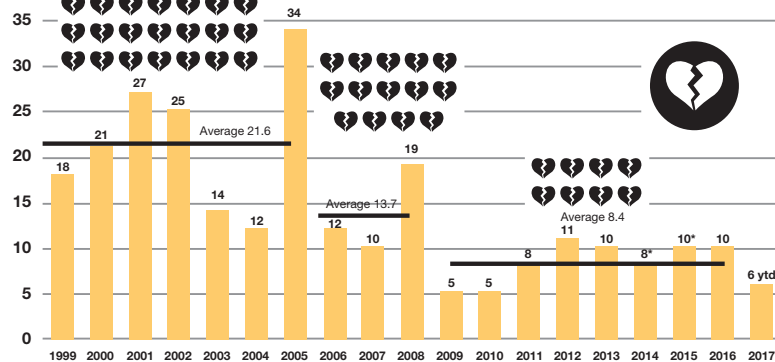
14

8

1999 - 2005

2005 - 2009

2009 - 2016



The data (above) for 2016 is based on WorkSafeBC accepted claims and incidents that the BCFSC is aware of that happened in 2016. Please note that this is preliminary harvesting data. *There were 4 fatalities the BCFSC is aware of that occurred in 2014 and 8 fatalities that occurred in 2015. WorkSafeBC tracks fatalities by the year in which they accept the claim. The BCFSC uses the WorkSafeBC data of accepted claims for trends as it is the only long-term data base for comparative purposes.

Incidents recently reported to WorkSafeBC

HARVESTING

Injury Type: Bruising to upper body, sore back
Core Activity: Integrated forest management
Location: Vancouver Island/Coastal B.C.
Date of Incident: 2017-May
A super snorkel (track-line log loader) operator was parking the machine on an old logging spur road. The outside of the road gave way, resulting in the machine rolling onto its side.

Injury Type: Injury to upper body
Core Activity: Manual tree falling and bucking
Location: Vancouver Island/Coastal B.C.
Date of Incident: 2017-May
A certified faller was falling old-growth timber within a road right-of-way. The worker came across a falling difficulty involving a dead red cedar tree (6-foot diameter, class 7). While

attempting to fall the tree, the worker was struck by a slab that peeled off the shattered tree trunk. The worker was given first aid at the scene and then transported to hospital by helicopter.

Injury Type: Crush injuries
Core Activity: Tree planting or cone picking
Location: Interior B.C.
Date of Incident: 2017-May
A new, young worker lay down for a rest near the front of a pickup truck parked at a silviculture camp. The pickup truck was driven forward and the dual rear tires on one side of the vehicle travelled over the worker.

MANUFACTURING

Injury Type: Smoke inhalation (24 workers)
Core Activity: Sawmill
Location: Interior B.C.
Date of Incident: 2017-May
In preparation for work on a canter line (main sawmill breakdown machine), a hot work permit had been filled out and fire-suppressing foam laid down. As a millwright and spark watch were cutting off a bearing on the canter line, a spark ignited in the floor and spread to a hydraulic unit. The fire department contained the fire. One worker received first aid. Twenty-four workers (including the one who received first aid) were assessed at the hospital for smoke inhalation and then released.

Injury Type: Close call
Core Activity: Sawmill
Location: Interior B.C.
Date of Incident: 2017-Apr
Workers at a sawmill were performing hot work on a head rig. A spark from the hot work entered a crevice in a wood subfloor adjacent to the head rig, starting a fire beneath the subfloor. The fire spread along the subfloor joists to the area beneath the filling room and ignited the floor joists and floor surface of the bandsaw storage room. The fire department extinguished the fire. No injuries to workers were reported. 🚒

Safety around vehicles

An incident earlier this year is a reminder to all about the dangers of vehicle-pedestrian interaction when a tree planter received serious crush injuries after he was run over by a crew truck. The tree planter was laying on the grass resting and the truck driver never saw him. See media story here: <http://www.wltribune.com/news/tree-planter-injured-after-being-struck-by-truck/> and safety alerts here: <http://www.bcforestsafesafe.org/node/2984> and <http://www.bcforestsafesafe.org/node/2978>.

Safety in vehicles

Two separate recent Motor Vehicle Incidents appear not to be work-related, but did result in the death of three men, two of whom were tree planters: See alert here: <https://www.bcforestsafesafe.org/node/2986>.



Valuable feedback received at 24 town halls across the province



By Cherie Whelan,
director SAFE Companies

The BC Forest Safety Council's SAFE Companies took to the road from April 18 to June 1, 2017 for a series of 24 Town Halls across the province. We had an opportunity to meet with 207 attendees from forestry to give an update on what is new with SAFE Companies, but most importantly to hear directly from SAFE certified companies about what they like and don't like and what's important to them. We received feedback on our audit tools and processes, verification visits, BCFSC onsite support, and everything else that is important in getting you and your crews to work and home safely every day.

It was a great opportunity for us to make sure that we are on the right track in supporting the forestry industry through the SAFE Companies programs. We also asked for feedback on WorkSafeBC's proposed COR policy changes so that we could send a submission to WorkSafeBC that accurately represents industry's opinions.

We received really positive feedback on SAFE Companies' customer service, audit turnaround times, and general support to industry. In 2016, our average turn-around time from receiving your audit submission to getting it back to you was 35.5 days. We do have a target to decrease this by 10% for 2017, but what we heard was that the time to get the audits back was reasonable. This was important for us to know, because if we needed to adjust this down further, it would mean more time in the office for our Safety Advisors doing desktop reviews. We heard overwhelmingly, that the most value that our Safety Advisors provide is through face-to-face interactions in the field at your operations, like our verification visits. We will be working on ways to increase these interactions in 2017-2018, and you'll hear more about that in the coming months.

One way that we are going to do this is through increasing the number of the "Real Time Reviews" we do. This is where we come to a venue in your immediate area and you have the opportunity to bring in your audit submission, sit with a Safety Advisor who will review the submission, and receive feedback right then and there about your audit. Instead of waiting 35.5 days to get your audit results, you will know your results within approximately 30 minutes! And, most importantly, you will leave with tailored advice and answers to your safety questions.

Other feedback included:

- Some flexibility in maintenance year requirements instead of having to do the same audit year after year
- Electronic tools improved for audit submission, with ability to still submit paper
- More offerings for the External Auditor course (*update: an additional course has been added to Prince George for September 25-29, 2018*)
- Small employer tools and support improved
- Easier to understand forms and audit tools and
- A medium sized SAFE category, as the transition from SEBASE to BASE is too big.

We also had some good discussions around what is "keeping you up at night" in terms of safety:

- Resource roads continue to be a concern in terms of maintenance and upkeep, and that roads were not built for the traffic and types of equipment currently using them
- WorkSafeBC enforcement of heavier wrappers is becoming a greater issue because of increased issues with shoulder injuries
- Increased speed driven by cycle times
- Access and transportation to emergency medical facilities

We have summarized all the feedback and are in the process of sharing it with the appropriate safety working groups and the Program Committee to ensure that everyone is aware of the current opinions and concerns related to safety. For example, the resource roads comments are going to the transportation team to raise with the Trucking and Harvesting Advisory Committee (TAG), etc.

If you are interested in seeing more details on the Town Hall discussions, please follow this link to review summary notes from each of the sessions: <http://www.bcforestsafesafe.org/node/2982>.

COR feedback from industry

There was a lot of great discussion and feedback provided through the Town Halls about what industry thinks about the proposed WorkSafeBC COR policy changes. What was really clear to us throughout was that there's a lot of pride in this industry around the improvements in safety over the last 10 years. A reason that we were given for this was because industry came together and worked on improving safety together. This is why, overwhelmingly, we heard that you want the BCFSC to work with you to make safety programs that work specifically for industry, and not a "one size fits all" safety program. Here are some highlights on what you said about COR:

- BCFSC and industry should have more input in COR program requirements
- One administrative penalty should not be enough to rescind a COR incentive because inconsistencies in how WorkSafeBC Occupational Safety Officers interpret and apply the legislation make rescinding an incentive based on a penalty unfair
- There should be more flexibility in maintenance year requirements
- Document retention requirements for BCFSC and COR Certificate holders should be created
- There should be a category for medium sized employers so that the change between SEBASE and BASE program requirements are not so large.

Near the end of our Town Halls, at the May SAFE Companies Advisory Committee (SCAC) meeting, we reviewed the feedback received from industry. We were also able to have two representatives from WorkSafeBC's Policy, Regulatory and Research Division provide an overview of the proposed changes to the COR policy, and answer questions posed by SCAC. After this presentation, the SCAC provided additional input for the BCFSC COR Policy review input. Here's a link to what we are sending WorkSafeBC based on our consultation: <http://www.bcforestsafesafe.org/node/2983>.

Thanks to everyone who came out to the Town Halls. It was really great getting to hear and understand your comments and concerns face to face. We will be working with all the feedback received to help guide us in developing our work plans and updates to our systems. As always, if you have any questions, feedback or concerns about SAFE Companies, please feel free to contact us as safecompanies@bcforestsafesafe.org. Feedback helps us be responsive to your needs and better support all of industry in our shared quest to see every worker go to work and return home safely every day. 🚧



Talkin' SAFETy with Mike Sexton

Mike Sexton,
senior safety advisor.

The role of our regional safety advisors is bring our services closer to you

The BC Forest Safety Council (BCFSC) has two regional safety advisors: one based out of Houston, to serve the Northern Interior, and one based out of West Kelowna, to serve the Okanagan and Kootenay areas. These safety advisors are extensions of our head office in Nanaimo. The advantage of these positions is that they are that much closer to you.

Northwest and Central Interior

Mike Pottinger, CRM, regional safety advisor, is based in Houston. Call cell phone: **778-269-1834** or toll-free: **1-877-741-1060**; email: mpottinger@bcforestsafesafe.org

Southern Interior / Okanagan

Jerry A. Kirouac, regional safety advisor, is based in Kelowna. Call cell phone: **250-616-0962** or toll-free: **1-877-741-1060**; or email: jkirouac@bcforestsafesafe.org

These guys are very experienced in the forest industry and are available to come and do Site Verifications, and can provide advocacy to help out with your Safety Management System. They also may be available to do an onsite audit review if you think you might need some help. All you need to do is give them a call on their cell phone and if they are not available, please leave a detailed voicemail and they will get back to you as soon as they are able to. Please do not phone them on their home phones or stop by their homes. They do not have an office and are strictly mobile service providers. You may be able to arrange meeting them at a local coffee shop though.

If you have any trouble contacting them, please don't hesitate to call the toll-free Nanaimo office number at **1-877-741-1060**.

Also, please check out the link here for more details about all the support services they can help facilitate: https://www.bcforestsafesafe.org/safety_info.html

SafetyDriven COR to SAFE marks third conversion agreement

Similar to the SAFE Conversion agreements with the BC Construction Safety Alliance (BCCSA) and ENFORM earlier this year, the BC Forest Safety Council (BCFSC) has entered into an agreement with SafetyDriven to streamline the process for employers with a valid SafetyDriven COR wanting to achieve SAFE Certification. Effective September 5, 2017 SafetyDriven COR holders will be able to register for SAFE certification with BCFSC.

Any SafetyDriven COR certified company that is working or intending to work in the forestry sector in BC, may follow the new process, unless:

- The company wishes a forestry COR certification in addition to the SafetyDriven COR, or
- The company has one or more of its classification units (CUs) assigned or aligned with forestry.

In these two cases, the company must follow the usual SAFE certification process. Further, this is a one-way conversion agreement. There is no reverse mechanism to grant SafetyDriven COR to a SAFE Certified company.



The BCFSC wants to ensure that all industry participants have a level playing field to bid on forestry contracts. Given the new increased requirements by the Ministry of Forests, Lands and Natural Resource Operations (MFLNRO) and BC Hydro for SAFE certification to qualify to bid on in-forestry bids, this provides a fair process to manage

the potential entry of new contractors who might be COR Certified with different certifying partners, but not SAFE Certified.

All incoming SafetyDriven contractors will meet the same fee requirements and process as existing SAFE companies and in addition will be required to successfully complete a new training course, **Forestry Safety Overview**, that will orientate them to BC forestry conditions and expectations (at a \$90 additional cost). The importance of this training is to ensure that all newcomers are well aware of the specific BC forestry hazards and conditions to ensure that they are safe operators and that they do not create new hazards for other phases.

Please contact Laurel at laturus@bcforestsafesafe.org or call toll-free **1-877-741-1060** for more information.

Update on conversion for BCCSA COR to SAFE and ENFORM COR to SAFE

By the middle of July 2017, following a Memorandum of Understanding (effective April 1, 2017) with the BC Construction Safety Alliance (BCCSA) for BCCSA COR companies to achieve SAFE certification, 12 small and 5 large companies had successfully completed the conversion process and received SAFE Certification.

Similarly, one small company successfully completed the conversion process from ENFORM COR to SAFE Certification in the first week after the agreement became effective on July 4, 2017.

BASE auditors cannot have conflicts of interest



By Martin Ridgway, CRSP,
senior safety advisor.

When selecting a BASE external auditor, most companies pay good attention to value for the service and to the relevant industry experience of the external auditor. However, potential conflict of interest is also

something that companies need to consider.

Any external auditor for any type of program should not be auditing a program that they built. Even if the auditor is the most honest and incorruptible person ever, a public perception that there may be a conflict of interest damages the reputation of all SAFE Companies, and that needs to be avoided. The WorkSafeBC COR Standards and Guidelines specifies that the "Code of Conduct for COR Auditors" calls for auditors to refrain from entering into any activity that may be construed as a conflict of interest and/or might impair their ability to conduct their duties objectively." The COR incentive is also only payable to companies that had an audit performed by a valid auditor. Hiring an auditor that is, or is perceived to be, in conflict, seriously jeopardizes a company's COR status and incentive payment.

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SAFE Companies

Continued from page 5...

To help keep faith in what SAFE certification means for a BASE Company, there are clear rules in the BASE Auditor Manual on Conflict of Interest. A company must not hire an external auditor if the auditor

- Made or sold the safety program to the company
- Is close family with anyone in the company they are auditing
- Received any benefits from the company for at least 3 years
 - » Except for delivery of training that the auditor did not create, such as 1st aid, SEOHS, etc.
 - » Except for performing audits, including SAFE, EMS, ISO, etc.

There may be other real or perceived conflict situations beyond the above common cases, so if there are any questions, the auditor and/or the company should contact BC Forest Safety for clarification.

Some situations that have been asked about during audit planning include:

Situation 1: The auditor performed a student BASE gap analysis 4 months before the planned certification audit.

Outcome 1: Approved for auditing. Performing audits is a specific exemption.

Situation 2: The auditor provides public first aid training to Occupational First Aid standards and several people from the company attended 15 months ago.

Outcome 2: Approved for auditing. The auditor did not create the BC Occupational First Aid course curriculum.

Situation 3: The auditor has a safety consulting business and 30 months before the intended audit, they ran the company's annual spring training day while the regular safety coordinator was away with an occupational injury.

Outcome 3: Audit plan not approved. The auditor received a benefit within the last 36 months that was not just for generic training and/or made or sold part of the company's safety program.

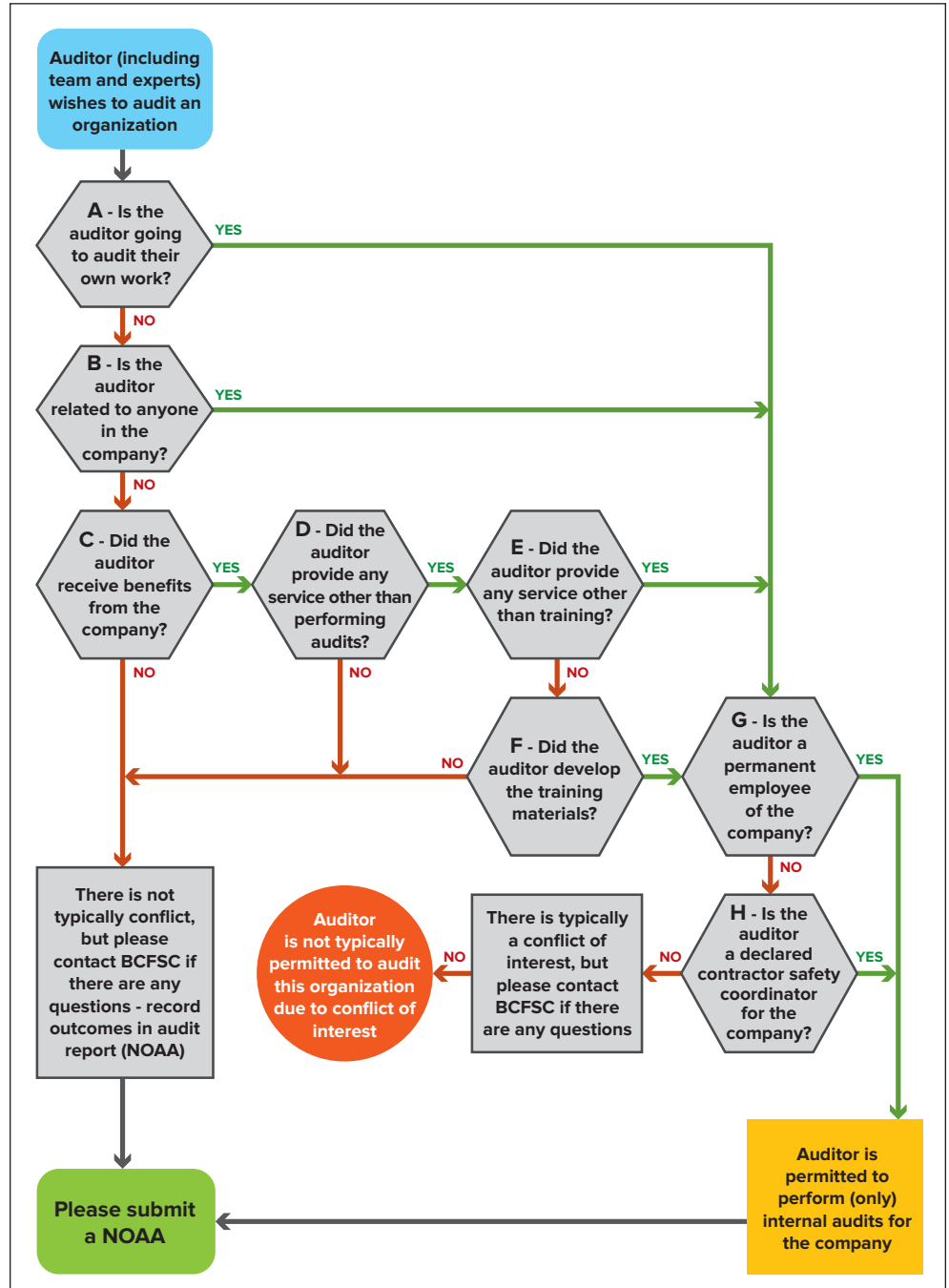
Situation 4: The auditor, as part of an industry-wide initiative, spent several days with the company (and other companies) studying ergonomics of machine operators. The company did not pay the auditor nor pay to participate in the study. The company liked how the auditor related to the workers and how they really understood the job demands, so contacted them to perform their next BASE audit.

Outcome 4: Approved for auditing. While the auditor received benefits for their ergonomics expertise, they did not receive those benefits from the company.

In addition, here are three different external auditors' insights on how they look at conflict:

- Would I be proud to phone up my mother and explain it?
- If it was on the front page of the paper in the small town where I live, am I OK with it?
- If I had to ask, it's probably either not OK, or it's really special.

There will be online training and annual sign-off on conflict issues for all external auditors in 2018. In the meantime, if you have any questions, please contact me at ridgway@bcforestsafesafe.org or call toll-free 1-877-741-1060. ☎



A flow chart to help explain the process in determining if/what conflict may exist and if the auditor may proceed to audit a BASE SAFE certified company.



Getting every log truck driver home safe

The “Log hauling – driving for safety” break-out session at the 2017 Interior Safety Conference included a panel discussion on 9-axle configuration as well as updates on load securement, training, ABS and a summary of log hauling fatalities over the past 11 years.

9-axes are the future on certain BC routes

About 50 attendees got to hear session moderator Marty Hiemstra of Lo-bar Log Transport; FP Innovations’ Seamus Parker; Blue Valley Enterprises’ George Funk; Tolko Industries’ Tom Hoffman and CVSE manager Val Hunsaker discuss the process for 9-axle introduction in BC and the current status as at the end of May 2017.

Industry has been looking at this issue for around five years – and the timing is a sense of frustration for some given that other jurisdictions – like Alberta – have been running 10 axles for four years already along with other further axle innovations in competing jurisdictions like New Zealand. A key issue for any industry is to remain both safe and competitive in a global market place.

At the time of the presentation on May 26, just one licensee – Canfor – had four 9-axle trucks working within their operations on two routes. A total of 29 log hauling routes across the province were submitted to the government for consideration and approval to allow 9-axes on them; eight routes have been approved and five other routes have been tentatively approved, leaving another 16 routes under review.

The biggest hurdle in getting routes approved is bridge capacity. From an approval perspective, authorities need to ensure that any new introductions – such as 9-axes – will do at least 5% less damage to roads than currently available options and that there is no increased cost to the public – whether in road costs, incident costs, or other related costs.

Engineering analysis is carried out on each route with a focus on modelling bridge impacts along with other considerations determines whether a route is approved or not. Canfor and others are quick to point out that 9-axes will not be appropriate on all routes and they certainly won’t be seen on old, deep woods resource roads that are too narrow or steep or otherwise challenging to 9-axle configurations. The business case is to improve safety and reduce costs; not to create more issues. On paper and in theory



Tolko Industries’ Tom Hoffman talks about the need to be globally competitive and the role 9-axes can play in the BC log hauling industry.



FP Innovations’ Seamus Parker explained the engineering and testing that took place over four years to help support the 9-axle roll-out in BC.

5% less damage is clearly achievable for 9-axes on approved routes, but measuring it through constant monitoring in the real world is more challenging.

Traffic volume and climate change are the two key influencers of highway conditions – specifically ruts. In different parts of the province road construction is changing with different asphalt mixes, or concrete, to better help respond practically to the damage that quick ice-thaw-re-ice cycles wreak on road surfaces, causing major cracking and lifting of roads (rather than the weight of heavy vehicles such as fully loaded log trucks).

Comments from the floor included the observation that if you’ve been in the industry a while, you’ve gone through several axle changes e.g. from five to six axles to eight, but the perception of risk is perhaps larger for 9-axle since 9-axle approval permits are done per truck (attached to the plate) and if that approval gets pulled, an owner operator could be sitting with a 9-axle trailer no-one else can use so your investment sits. Currently 9-axes require two special permits in BC for over-dimensional and over-weight.

George Funk’s personal experience has been that his investment has paid for itself, and he said while he won’t play the stock market



CVSE’s Val Hunsaker said all new configurations had to do at least 5% less damage to BC infrastructure and are at least 5% better in other performance at no additional risk or cost to the public.



George Funk, Blue Valley Enterprises, said his investment in 9-axes has paid off and he sees them as the future as no-one had gone back to five and six axles after eights came out.

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Transportation

Continued from page 7...

because he doesn't like risk, he saw 9-axes as the future because "we're never going back to five axles or to six axles." Marty said prudent investment was also about business relationships and trust.

One person said the bottom-line was: "We are either on the bus or under the bus." We have to be able to compete in a global market place and when other jurisdictions are years ahead of us, that's a challenge.

"We have to get this operational now," echoed Tom, emphasizing that other global markets particularly Russia were putting BC under increasing pressures to compete. "The Russians are eating our lunch right now in China because they are out-competing us." 🚚



After the 9-axe panel session, attendees went outside to the Canada North Resources to take a look at some 9-axes and have more of their questions answered by the FreFlyt Industries team of Gerry Friesen, Nathan Holmquist and Reg Mueller.

Learning from past log hauling fatalities

The BC Coroners Service investigates approximately 8,500 unnatural, sudden, unexpected and unattended deaths a year in BC. Coroners focus on determining the medical cause(s) of a death and understanding the circumstances of what happened to help prevent something similar happening again. The goal always is to improve public safety. Chico Newell is the resource coroner who attends all forestry related deaths in the province.

The Coroners Services has three different types of investigation tools:

1. Coroner's investigation report

- An investigation is conducted and a coroner's report is written. When a death is reported to the Coroner, he/she has the authority to collect information, conduct interviews, inspect and seize documents and secure the scene.
- Upon conclusion the facts as determined by the investigation are released in a report which contains the coroner's findings, a cause of death and if possible, recommendations to prevent future deaths.

2. Coroner's inquest

- An inquest is held if the coroner determines that it would be beneficial in: addressing community concern about a death; assisting in finding



Chico Newell, with the BC Coroners Services talked about each of the log hauling motor vehicle incidents that led to 15 fatalities (over 11 years from 2006 to 2016). There were a further 10 non motor vehicle incident (checking brakes, setting trailers, doing maintenance under the vehicle, etc.) fatalities of log haulers over the same 11 years.

information about the deceased or circumstances around a death; and or drawing attention to a cause of death if such awareness can prevent future deaths.

3. Death review panel

- These are undertaken to fully examine the circumstances in deaths, to develop recommendations to reduce the likelihood of similar deaths in the future. These panel reviews most often involve certain types of deaths – e.g. four fatal aviation incidents involved air taxi operations on BC's coast (March 2012); domestic violence deaths (2010), avalanche related deaths(2009), tree fallers (2009), etc.

Newell said that he worked closely with the BC Forest Safety Council (BCFSC) so that the BCFSC could send out timely safety alerts after any fatality to ensure broad awareness to help prevent similar incidents.

25 log hauling deaths in 11 years up till 2016

Newell said there had been 25 log hauling related deaths (excluding natural causes and bystander deaths) over 11 years from 2006 to 2016. Of these 25 deaths, 15 were motor vehicle accidents (MVAs) and 10 were not, that is these 10 incidents were when the log truck driver was out of the cab – checking brakes, setting trailers, or doing maintenance under the vehicle. While the non-MVAs occurred all year round; the MVAs happened mostly in winter. 🚚

Number of log truck driver deaths in log hauling MVAs over 11 years: 2006-2016 showing the seasons when the fatal incidents happened

	Spring	Summer	Fall	Winter
Number of log truck driver deaths: 2006 - 2016	2	2	4	7
4 drivers (26.7%) were wearing seatbelts	11 drivers (73.3%) were not wearing seatbelts			

Update on log hauling industry initiatives

The BC Forest Safety Council (BCFSC) Director, Transportation and Northern Safety, Dustin Meierhofer, provided an update of current log hauling safety initiatives on antilock braking systems (ABS), load securement and log truck driver training.

Dustin said that despite the December 2011 Commercial Vehicle Safety and Enforcement (CVSE) exemption for log trucks operating primarily on forest and industrial roads, ABS systems continued to fail or malfunction which was a significant safety issue. He said industry had identified and collated key issues which included:

- Amber light coming on for no apparent reason
- Speed sensors malfunctioning
- Wiring damage or failures
- Loss of brakes on steep hills
- General performance issues
- Cost of repair and maintenance.

He said that there was a detailed ABS report available on the FP Innovations website where ABS failures in different conditions were documented. Ultimately he said industry was seeking a further exemption or finding another system that works reliably in the conditions that log haul trucks experience.

He said that currently CVSE, the Interior Logging Association (ILA), the Truck Loggers Association (TLA), FP Innovations and the BCFSC were working together to secure long-term solutions.



Dustin Meierhofer provides an update on three current log hauling safety initiatives to attendees at a May log hauling safety seminar in Prince George.

On load securement, Dustin said WorkSafeBC's 1998 regulations and the 2004 National Cargo Securement Standard 10 were not wholly compatible which was a problem and this misalignment created confusion for enforcement and all log haulers. Additional issues were created through inconsistent enforcement of the regulation and different interpretation of the regulation by different regulatory bodies and officers.

He said that the personal safety of the logging truck drivers was being compromised because of load securement related injuries.

To complicate matters further, there are many options from suppliers on load securement devices and current WorkSafeBC regulations do not reflect the current operational practices for short wood, for example.

Industry believes that to prevent additional shoulder injuries to drivers when securing wrappers, regulation needs to allow for lighter wrappers. Dustin said that while loader assist to drop wrappers was recommended in many circumstances it was impossible to implement safely in all situations, so it was impractical to insist that loaders were a wholesale solution.

Two drivers in the audience were quick to agree, sharing that loader assist could in fact create unsafe conditions depending on the landing or other circumstances.

Dustin said that progress was being made, albeit slowly, and that WorkSafeBC had agreed to review the current issues and regulations, even though a variance request had previously been denied. "Regulation needs to change," said Dustin, "but we do not know if the regulation request change will be added to the 2017 list of regulatory changes yet." *(Please note that in the weeks following the presentation, load securement regulations were added to the 2017 WorkSafeBC OHS regulatory review work plan.)* At the same time he said WorkSafeBC along with the Trucking and Harvesting Advisory Group (TAG), the ILA, the Northern BC Trucking Association, the BCFSC and the East Kootenay Log Haulers Association were looking at all options including new technologies; and, that Safe Work Procedures for loader assist were also currently being developed – which would also address when it was safe to use and when it wasn't to help inform better decisions and safer outcomes.

Moving onto log truck driver training, Dustin said significant progress had been made to fill a gap. He said in the past there had been no tools for contractors or training providers to use to ensure operators are qualified; there were no defined competency requirements; no mechanism to assess existing drivers and limited opportunities for training new entrants. He said no-one could expect a new class 1 truck driver to make the transition to log hauling and be competent or qualified. Dustin said the ultimate objective was to improve safety performance.

He said the Log Truck Technical Advisory Committee (LTTAC) had identified comprehensive competency requirements. Modules on personal and professional skills; logging truck fundamentals; work planning; operating a log truck; and loading and unloading had been developed and that several training sessions had already taken place thanks to industry support. 🙌



Falling

Faller supervisor certifications on hold

Effective July 10, 2017, The BC Forest Safety Council (BCFSC) has temporarily suspended Certified Faller Supervisor (CFS) certification assessments until further notice. The BCFSC is presently in discussions with WorkSafeBC about conducting faller supervisor assessments at the base of the tree. A variance, that was in place, expired during the current discussions with WorkSafeBC. As soon as we have the necessary approval in place to restart faller supervisor certification assessments, the BC Forest Safety Council will let industry know. 🙌

FTAC's 2-day June meeting focused on work plan

The June meeting of the Falling Technical Advisory Committee (FTAC) covered two days to allow a working group of 10 FTAC members to focus on the committee's work plan on Day 1 and then report back on Day 2. The second day also included an update from an external consultant, Greg Shorland, who has been facilitating the BC Faller Standard curriculum and training content revisions for the past 18 months.

"We have not invented a new way of doing the undercut. We have just put the tasks into a format that follows international best practice," explained Greg. He said that in putting all the tasks together, the subject matter experts found some gaps, for example, qualified assistance. He said that when they had gone out into the field they had found deficiencies in that fallers could do things, but they didn't understand why they were doing what they were doing. "So we mapped a competency conversation to support better understanding," said Greg. He said that the new resources would work for all fallers, no matter where they were working – coast/interior, union/non-union

Continued on page 10...



Falling

Continued from page 9...

environment as well as how new fallers wanted to learn – either online or on paper or a combination of both.



Greg Shorland presents update to FTAC on the new faller training program.

Greg said the development phase had been completed and a pilot phase would begin as soon as WorkSafeBC provided approval to proceed with the pilot. **(Note, materials were shipped to WorkSafeBC at the**

beginning of July for review.) WorkSafeBC's review should be completed by the end of August 2017. The quick turn-around is anticipated as the owner of the BC Faller Standard, WorkSafeBC, has been involved and updated throughout the process.

He also shared the occupational analysis charts for faller/bucker showing the units of competency required for each sector – whether BC forest industry production falling, BC Wildfire Service fallers or Enform (oil and gas) fallers. Points emphasized included:

- Reliable and defensible assessment tools for a level playing field
- Certificate of completion upon completion of the training and a certificate of qualification upon new faller trainee demonstrating actual ability to perform all the requirements under the standard
- Certificates of qualification include chainsaw; buckler; faller and master faller

- Specific units of competency are tailored to the needs of each sector allowing for the transferability of fallers between industry, wildfire and oil and gas. If a faller is falling in one sector and wants to fall in another, he/she will only need to complete those additional units specific to that sector to become qualified to fall in that sector

A few days after the FTAC meeting, the three administrators of the BC Falling Standard (Enform, BC Wildfire and the BCFSC) met in Calgary with WorkSafeBC, to review the materials. The BCFSC will be the first of the administrators to pilot the materials once WorkSafeBC provides approval with the other administrators piloting in 2018. Feedback gathered during the pilot phase will be incorporated before finalization. Pilot materials will be shared with all FTAC members prior to their next meeting on September 15, 2017 so that committee members are also able to share their feedback. WorkSafeBC will then review a final draft of the materials for final approval before roll-out in 2019.

No action required from any fallers at this time!

A training audit tool that has been developed will also be used when auditing existing fallers. Putting it in iTrak to use on tablets and/or paper-based versions will be available. "Press the button and it goes directly into that person's file," said Greg. Again, fallers will be notified well in advance of any changes to process that they may need to know about when filing or submitting weekly audits. This will most likely happen in 2019.

Greg emphasized that there was no need to fear the changes as "the pilots will help identify what works and what doesn't." WorkSafeBC has identified that they want to make sure the assessment tools are reliable and defensible; Enform wants to make sure they are cost effective; the BCFSC wants to know we are going to produce competent, confident, safe fallers. Industry wants something that works well. Fallers don't want more bureaucracy, or more paperwork, etc. and new young fallers want online learning for the theory parts, etc. "All needs have been identified. Throughout the pilot we will check to make sure that it works for all," said Greg. "This is going to be better."

Greg said that the administrator (like the BCFSC) would be the keeper of the faller records (as they are now) and that online administrative privileges would be designated to supervisors and employers for them to be able to view the records of fallers who work for them. All privacy permissions will be put in place to ensure faller records are only accessed by those who are authorized.



FTAC members representing all fallers – independent contractors, small contractors, large contractors, licensees, public land, unions, wildfire and WorkSafeBC, participate in round table discussions on various safety topics important to fallers in BC.



Current faller certification status of new fallers



Marla Guldbransen, BCFSC's new faller training coordinator provided an update on the current New Faller Training Program.

The BCFSC's new faller training coordinator, Marla Guldbransen, provided an update on the New Faller Training Program and recent new faller certifications through both College offerings and industry training. At the time of the meeting, one participant had successfully completed the 30-day program and two were in the process of completing it through industry training. Another three candidates successfully completed the initial 30-day faller training program through The Okanagan College, administered by the BCFSC.

A key point made several times during the meeting was for a workable funding model for training of new fallers going forward. Given that public funding comes with strict criteria attached on who qualifies to apply and that contractors who have provided the industry training say costs can run up to \$180,000 per new faller they train – and that is impossible for them to sustain – a funding model has to be put in place that is fair and sustainable and attracts the right candidates.

"Industry needs the fallers and they have to be trained to the regulator's standard. There is no short-cut to getting a qualified, certified, safe faller trained, but right now there is an expectation that the contractors pick up the whole training bill," said one FTAC member. One licensee representative shared that they had increased faller contractor rates to help off-set the training costs for their contractors.

All agreed, however, that new faller training funding is an issue that requires the attention of senior industry leaders to formulate a fair and sustainable funding model. "It is a must if we are to ensure industry has the fallers we need to meet future demand," said a member.

Three priorities FTAC wants the BCFSC to address

FTAC was also asked by the BCFSC's CEO, Rob Moonen, to come up with a priority list of three key things that FTAC would like to see addressed to improve safety. A great deal of discussion occurred on Day 1 followed by fine-tuning of a longer list Day 2 into the three priorities as follows:

1. Solve phase congestion. Build solutions that protect all phases, and ensure each individual is not exposed (e.g. project allocated time frames indexed to permit approval); build good prime contractors: small companies don't understand their risk; big companies don't always accept their role; when done poorly all phases are at risk.
2. Create a fair and sustainable funding mechanism for companies that train fallers.
3. Support for trainees after Day 30, including increased BCFSC falling safe advisor visits and other support to help hone the skills they learned Days 1 to 30 to become life-long good, safe work habits.

These items will be discussed with the BCFSC program committee. Feedback will be shared at future FTAC meetings.

ERP communication support

ERP communication support and the testing of InReach communications devices were discussed. Three FTAC members and a falling safety advisor are testing the units in-field and will be reporting back to FTAC at the next meeting. Tests will reflect actual conditions fallers experience across the province. The objective is to have additional tools that can ensure effective, reliable, robust communications with redundancy back-up built in for worst-case scenarios to ensure that when help is needed, it can be effectively summoned each and every time.

Several FTAC licensees and contractors already use the InReach system and have had good experiences generally. WorkSafeBC has also recently provided InReach devices to all their safety officers. The BCFSC will also draft a personal ERP form for fallers to use in-field that FTAC will review and evaluate at its next meeting, along with a distribution plan for the forms. FTAC believes this could be integrated into a minimum mapping standard for licensees, but whether on a map or a bucking card, fallers would have it as back-up. The key objective is to create a good standard template for all fallers to use.

Distracted fallers are unsafe

Distraction was another topic that was discussed in terms of identifying what the key distractions are for fallers and creating resource materials to help address. It was noted that anchoring resources is key. A licensee representative gave the example of phase congestion, where resources were developed, posters and a video made – and yet the subject is still a topic of conversation. A contractor drew the analogy: "We don't water the plants." This issue is not new. To be successful all recognize that real engagement has to take place to change culture and behaviours. It's not good enough to build tools; they have to get where they need to go; be understood and applied, and without firm anchoring across the whole of industry that is not going to happen.

FTAC also said that there was a need to clarify qualified assistance for fallers as it was a conversation that was still happening too often about how the regulation can be interpreted/misinterpreted. Similarly FTAC would like to see some practical education information out to employers around Alcohol and Drug policies. See future editions of Forest Safety News for more information on these two items. 📍



Variety of safety topics at the 2017 Interior Safety Conference (ISC 2017) in Prince George

The one-day 2017 Interior Safety Conference (ISC 2017): “Leading safety – building strong supervisors” kicked off in Prince George on May 27 with more than 100 delegates in attendance.

Master of Ceremonies Darren Beattie, of Conifex, introduced Clifford Quaw, of Lheidli T’enneh First Nation, who then welcomed all delegates and speakers to the territory and wished everyone a safe journey home. BC Forest Safety Council (BCFSC) CEO Rob Moonen set the stage with a summary of industry’s safety record and the current focus on high risk forest harvesting and manufacturing activities to reduce fatalities and serious injuries.

Rob said he had been in role as CEO for just over a year and with the organization for just over seven years. He said things had changed from the

time when he met with contractors and licensees and they felt “that the BCFSC was doing something to industry rather than for industry”. Now there are 11 different industry safety advisory groups made up of members at the operational level leading injury reduction efforts supported by the BCFSC.

He said that industry had seen reductions in fatalities and serious injuries over time, but almost all of the low hanging fruit had been taken and the question for further improvement and sustainable change was how do we change the culture? Rob said supervisors play a significant role in changing culture. Rob added that research (DuPont benchmarking) had indicated that 95% of incidents were caused by behaviour and 90% of that behaviour was based on what employees think leadership believes is important to the success of the business – not what is in the company’s vision and mission



Rob Moonen, BC Forest Safety Council CEO, talks to fallers about safety at a WorkSafeBC-hosted pre-conference session.

statements but what is said and not said and acted upon and not acted upon – it’s how people interpret signals from leadership, including supervisors, that form peoples’ beliefs. “Until we can all act consistently in those beliefs, we won’t change culture,” said Rob. 🌱

ISC 2017: Supervisors are key to safety culture

Mike Tasker, WorkSafeBC, spoke on effective supervision systems in a safety culture. Mike has given this speech at several industry conferences and it is always well-received. He bases his shared learnings from 20 years of looking at supervision and what works for good safety practices and systems in organizations. Supervisors will always be one of the most significant influencers in safety culture and operational performance in any organization, no matter the size or industry. See www.supervisingforsafety.com to learn more.



WorkSafeBC’s Mike Tasker talks about the importance of good supervisory systems and good supervisors in creating a safety culture.

“Research is becoming very, very clear. If an organization wants to succeed in health and safety then it will succeed in overall operational success – the greatest predictor if bad things are going to happen in your organization is directly related to whether you have a negative or positive perception about safety culture,” said Mike.

“And if you want to create a positive safety culture then the best way to do that is to have good supervisors and a good system of supervision,” he said.

Over the past decade, supervisor roles and responsibilities have changed. Conference delegates quickly offered up examples from their own experiences: more paperwork; more accountability; more education; role in workplace has changed pretty dramatically; need to be a leader, a coach, a psychologist, a motivator; do more with less and a whole lot of soft skills required while being more strategic!

Key Responsibilities 3 Levels

- **Employers - Executive**
 - Establish & maintain safety management systems.
 - Ultimately responsible for all workers on site.
- **Supervisors – Managers/Supervisors (as per definition)**
 - Implement safety system components.
 - Knowledgeable in Act & Regulations.
 - Ensure compliance.
- **Workers**
 - Support the safety management system.
 - Take reasonable care to protect themselves and others
 - Comply with Act & Regulation

Mike shared the key safety responsibilities of a supervisory system.

Mike emphasized many qualities of a good supervisory system and reminded everyone that supervising requires action ... supervisors have to be out there measuring performance; they have to be engaged with the people they are responsible for and “if you can’t get out there and supervise then you are not meeting the minimum expectation of a supervisor”.

What Skills Does a Supervisor Require?

• Supervisor Skills

- hazard recognition
- conflict resolution
- behavior modification
- documentation
- regulatory knowledge
- process knowledge
- accident investigation
- inspections
- training/instruction
- knowledge of policies & procedures
- communication
 - one on one/group
 - written
 - new/young worker

• Due Diligence

- education of workers
- training of workers
- supervision of workers
 - direct observation
 - verification of training
 - correction of workers
 - providing direction
- actively seeking out hazards
- correcting unsafe conditions/acts
- documentation
- regulatory knowledge
- knowledge of policies & procedures

Some of the skills a supervisor needs.

After sharing the skills that a supervisor needs, Mike said that many supervisors say they are not getting the tools and skills they need to be successful in their critical role in the safety management system. Organizations need to consider the following questions:

- How do we educate, train and supervise our supervisors?
- Have we developed standards to ensure consistent knowledge and skills enhancement?
- How do we evaluate the education and training of our supervisors?
- How do we supervise our supervisors?
- How do we measure the quality of our supervision system?

Engaged employees are safe employees

On the importance of engagement workers, Mike shared some statistics from a Molson/Coors study which found that engaged employees in the organization were five times less likely than disengaged employees to have a safety incident, and engaged employees were seven times less likely to have a lost-time safety incident. The average cost of a safety incident for an engaged employee was \$63 while the average cost of a safety incident for a disengaged employee was \$392.

Similarly when it comes to quality, customer service, cost control and loyalty, highly engaged employees score significantly higher in believing they can positively impact quality, customer service experiences and impact costs to their business than those employees who are disengaged (Partnership in Mental Health finding).

ISC 2017: Sleep required for safe, productive humans

Clinton Marquardt, fatigue consultant, delivered excerpts from his fatigue seminar in one break-out session at the conference. Please see the previous edition of Forest Safety News for coverage of a similar presentation by Clinton: http://www.bcforestsafes.org/files/ForestSafetyNewsletter_2017June.pdf (pages 10 and 11).

ISC 2017: Increasing number of steep slope logging machines operating in BC

Dzhamal Amishev, of FP Innovations (FPI), discussed steep slope logging technology and provided background on FPI and the work that has been done relating to steep slope harvesting in the province.

He said FPI had more than 400 employees across Canada with many of the major forestry sector employers being members.



Dzhamal Amishev, of FP Innovations, provided an update on steep slope logging in BC along with the safety record in BC and around the world. This slide (background) shows safety related incidents with steep slope machines in New Zealand, which have included cable failures, anchor tip-overs, winch drum detachment from anchor, cable releases from rub tree, failed attachment points and broken shackles.

The organization carries out research in partnership with universities and is currently looking at the forest sector value chain.

He said that getting fibre safely and efficiently to the mills was key and there were three areas of concern: people re safety and labour shortages; fibre re harvesting the fibre supply and costs to harvest; and impacts on the eco system – how environmentally friendly are the processes?

Dzhamal said that one in three hand fallers got injured in 2015 while injury rate in mechanized falling was lower than the provincial injury rate average; if you put people into cabs the risk of injury is much less. Three years ago industry approached FPI to help enhance safety with the objective of achieving a 50% reduction in injuries by introducing more mechanization and properly trained operators.

In May 2017 there were 10 manufacturers offering the BC forestry industry different machines within two major types of steep slope harvesting systems – either integrated (with winches attached directly to machines) and tied to an anchor point; or anchor machines that sit on a road or landing, and house and power the winch and provide assistance to another machine working on the steep slope. In addition in Washington, T-MAR has a remote controlled machine that is being tested and an 11th manufacturer is looking to roll out another option later in 2017. So there are lots of options and many variables with the obvious question being what is best?

Dzhamal said that a 52-page report had been put out by FPI just covering the basics describing each machine – what it is and how it works to help communicate out to industry and then post updates on a dedicated LinkedIn forum. With about 30 machines operating in Western Canada and a further 20 planned (mostly BC but a couple in Alberta), he said FPI was now looking at building best practices guides for winch assist operations.

Grapple cameras for grapple yarders are now being used to help reduce risks for people spotting for cable yarding and foggy days. He said cameras for example cost about \$20,000 and pay for themselves. TimberWest and T-MAR Industries were recently in the news (Lake Cowichan Gazette: <http://www.lakecowichangazette.com/news/new-cameras-makes-logging-safer/>) for taking grapple camera technology out of New Zealand and perfecting it for BC operational conditions.

FPI closely follows all international developments as well as incidents to help fully inform good decision-making here in Canada. Dzhamal said best practices needed to be developed based on the learnings from across the world. The first draft of such an online document on wire ropes used in winch assist operations was published shortly after the presentation here: <https://fpinnovations.ca/Extranet/Pages/AssetDetails.aspx?item=/Extranet/Assets/ResearchReportsFO/TR2017N36.pdf#WWeSwlTyuos>



Training

ISC 2017: Effective organizations know that every generation has preferred communication methods

Sasja Chomos, of New Quest Coaching, shared her thoughts on what it takes for organizations to communicate successfully with different generations of workers.



Sasja Chomos, of New Quest Coaching explained the preferences that different generations have about how they prefer to communicate and the impacts that has in the workplace.

Opening up discussion with the floor Sasja quickly proved that there are a lot of different perceptions and assumptions about communicating and that most of us are not ready for the change that is already upon us – the attraction, engagement and retention of the next generations of workers.

The biggest challenge in many ways is the incorrect perceptions that one generation has of another generation and the potential barriers those perceptions can create in the workplace. Just one example is that Millennials (otherwise known as Gen Yers) have affected the future of the cereal business. They are so keen to get to work that they despise the sloppy requirement of having to add milk to cereal; they would much rather eat on the go so they have become “bowl-haters” but older generations just see them as those lazy Millennials!

If we are going to progress we have to challenge our own perceptions and the

assumptions that we make about all the generations in the workplace. We need to look really hard at the strengths of each group.

History and changes in society have brought us to the point for the first time where we are dealing with three to four generations working side by side ... and the next group will start entering the workforce in 2020.

There are a number of prejudicial stereotypes that are associated with each generation but really have no foundation in fact. Consider the older guys saying of the younger guys: “They are just a bunch of slackers” or the younger crew saying of the wise: “Because he’s older he thinks he knows everything”, etc.

Traditionalists (seniors) will soon be out of the workforce – they can tell you they walked uphill both ways to school in bare feet; have the best work ethic; put their heads down and work hard; don’t waste anything and always make the most of everything. Baby boomers are resourceful, competitive, hardworking and have shaped society as we know it today; that massive bubble of people we built more schools and universities for and now more hospitals and golf courses ... all for baby boomers. Boomers have been influenced by the atomic age, economic prosperity, child-friendly culture, civil rights movement, communist threat, birth control pill, lunar landing, Vietnam war; and while this cohort makes up most of today’s leaders, they are workaholics, with a solid strong work

ethic, but getting ready to retire. These folk are generally straightforward, logical, avoid change, are out to build a legacy, do more with less, and are used to hierarchical organizational structures.

How to communicate to boomers: (advice to younger generations): respect their face to face interpersonal communication skills and learn from them. Opt for face to face or voice communication when possible. Understand that internet information is not a substitute for real-world experience.

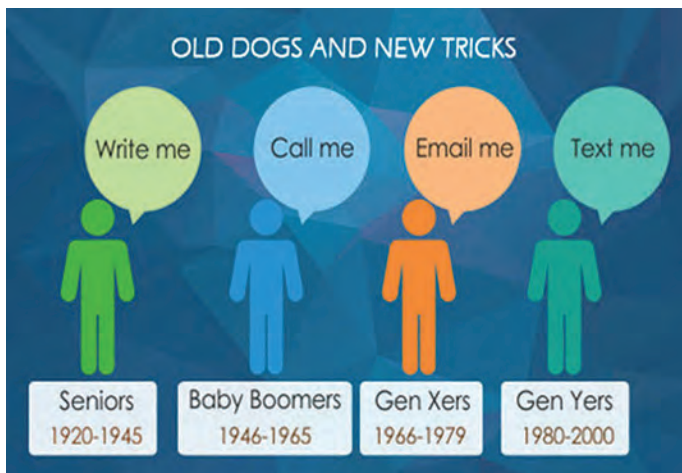
Gen Xs like the generation before them have been given a bad rap. They are perceived as having trouble making decisions; having a poor work ethic; no respect for corporate life. They, however had to undo the damage that baby boomers created in establishing a 60-hour work week. Gen Xs created work-life balance that baby boomers had destroyed. Gen X influences have been Sesame Street, MTV, Game Boy, PC, latch-key kids and a tripled divorce rate among their parents.

Characteristics: eclectic, resourceful, self-reliant, at times distrustful of institutions (like marriage and bureaucracies) and are highly adaptive to change and technology. This generation learned to be extremely independent because they also saw their parents being laid off – didn’t want to be part of that work culture where companies are not always loyal; workers would no longer devote themselves to one company, creating a massive shift to what was happening in our society.

Working and communicating with Gen Xs means you need to prove yourself to them to gain their respect. They are now at an age where they have seen a lot so get to the point. They still value in-person face to face communication but email is important to them. They expect change and handle it well. They will work hard but are not big fans of constant overtime; want work-life balance and a flexible schedule.

Generation Y (Millennials) have brought a lot of education to the work place and global perspective (because of the internet). They are perceived as the me/entitled generation – remembered for their constant streams of “selfies” and the selfie stick; that is part of the bad wrap they get, but not recognized for the strengths that they bring to our workforce.

In just this year (2017) for the first time, baby boomers who used to be our largest labour force have been surpassed by Millennials in the Canadian workforce. The tipping point is here this year and as employers, managers and supervisors we need to become more innovative and how do we bring this generation into work camps that has no wi-fi? This generation has been influenced by living through real time the biggest, most traumatic natural disasters, violence, diversity – exposed to every single crisis in the world through their 24/7 connectivity



Every generation has a preference for how they most like to communicate.

to the world. As a result, they are more globally concerned, realistic, cyber-literate, need/expect to be engaged, hard wired to the internet. When in doubt, they go to Google or Facebook, etc. They were raised by helicopter parents – from daycare report sheets that specified what they ate when to how long they napped to washroom breaks. Safety was becoming a major concern; era of America's Most Wanted; missing kids on milk cartons, etc. A social media "ping" for this generation is the same type of addiction as smoking, drinking, or gambling was for previous generations. It's their smart phones that provide the dopamine "hit" so no one should still wonder why this generation can't go without being constantly connected to their social networks. They are not going to let go of the smart phone because their brains need it.

Sasja said that throughout their entire lives the Gen Ys have been challenged by their parents and teachers to have opinions and ideas and to logically be able to argue their case. And they have been told that they can be anything they want and still get a prize even if they come in last which devalues the prize for the kid who came in first and the last is embarrassed because he/she didn't earn it ... and then we wonder why they show up and feel entitled in the work place!

Knowledge is power. Boomers were raised with it. But for Millennials, power is gained by sharing knowledge not hoarding it. They want to collaborate; it might seem like they are in your face all the time; and, they want to do it via technology. We have to respect their social networking and technology skills and use this to your advantage when communicating with them.

She said that while the message does not need to change, how you get the message across might need to change.

"Understand their need to collaborate. Focus on how they can make a difference at work or in the world. They need to be supported and appreciated regularly. (Remember they are used to parents hovering over them all the time!) If you can harness their strengths, this is a workforce that becomes unstoppable," said Sasja.

She also reminded everyone that every generation has had a bad rap. We just forget over time and the bad rap is on the latest generation.

"Never forget how you were raised and how you did things has a huge influence on what you expect in the workplace. Don't always believe the hype and don't automatically stereotype the person. Look for what is similar and avoid dismissing what is different," said Sasja.

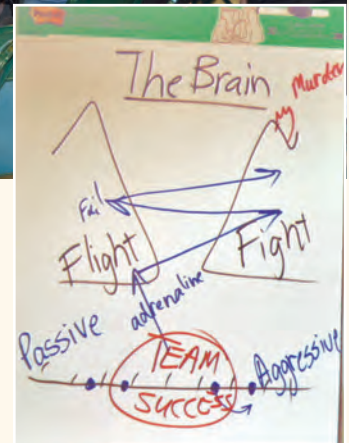
As humans we all want to be seen and heard and know what we are doing matters – everyone wants the same thing, no matter what generation they are from, we are all human first. 🌱

ISC 2017: Understanding thoughts and managing memories to better shape performance



(above) Ken Falk of Switchback Training Solutions shared what it takes to build strong teams, starting with awareness of how everyone's past experiences shape their current responses to all situations.

Ken Falk, of Switchback Training Solutions, spoke on building strong teams, in large part by understanding the concept of Switchback = metacognition; understanding your thoughts and managing your memories.



People can change. Power of success is team

It all starts with the foundational piece – the brain which is in a continuum state from passive to aggressive, where literally at the front of the brain: good things happen there at the back of the brain: not such good things. Team success is happens when 90% of your thinking is done at the front of your brain.

Leading a team, needs confidence which includes a little bit of aggression but not too much. If people run for the hills then you are too aggressive but if you are too passive and the inmates are running the asylum, that is not good either, explained Ken.

He said adrenaline tended to send you to the back part of the brain ... flight or fight response or you hop from one to the other and back again ramping up the mountains in diagram (above).

Ken explained that we have a safety culture and to build strong teams you have to keep your entire team in the red team success bubble so that you don't drive your team into flight or fight mode.

Starting when we were just kids we heard things and reacted to things and then later in life others can say similar things that take us right back to the same fight of flight responses we felt as kids ... because our brains only really have two options: back or front. We remember and use our safety knowledge, training or experience when we're thinking with the front of the brain and react and ignore this information when using the back of the brain. Under the influence of adrenaline strange things happen. Blood that the brain needs either drains to legs to flight or arms to fight.

When we fear – we also get a bump in adrenaline e.g. when an animal runs out in front of the vehicle and it can take up to three days to get back to equilibrium. Some people need that adrenaline hit so much that they will pick fights every three days! Leaders need to know how these situations impact things; need to develop situational awareness as to where your crew is at and use tools to keep them in front parts of their brains, supporting safety and safety culture.

The full Switchback program can run over several days. Learn more here: <http://www.switchbacksafe.com/> 🌱



Training

ISC 2017: Update on using competency tools to train forestry sector workers



The BC Forest Safety Council director of training and program development, Russel Robertson, provided an update to the Interior Safety Conference delegates on the considerable work done by industry in the development of competency tools to train future forestry sector workers – whether fallers, log haulers, or equipment operators, etc.



The yarding occupation competency tools will be tested in spring 2018 with Western Forest Products. Anyone else who would like to test them may contact the BC Forest Safety Council.

The BC Forest Safety Council director of training and program development, Russel Robertson, provided an update on the considerable work done by industry in the development of competency tools to train future forestry sector workers – whether fallers, log haulers, or logging equipment operators, etc.

He said industry had taken international best practices and distilled them into how to develop a qualified workforce for forestry.

Education, training, experience, confidence, integrity

Industry can use the training, assessment and other tools online, via paper or through blended learning where there is a combination of theory and practical learning.

Qualified trainers will deliver the on the job training after the trainee has the underlying knowledge needed, to a single set of standards.

Russel said that the yarding materials will be tested with a new worker training program that is being supported by Western Forest Products. He said that industry was also getting ready to conduct New Faller Training pilot this fall.

He said all three sectors – industry falling, BC Wildfire Service and oil and gas (Enform) were all working together to achieve a harmonized way of using one set of learning materials for all settings.

He said that all learning resources would be managed and accessed in an online learning management system, Totara, and will be available free of charge to everyone to ensure industry has a defensible system to prove that qualified workers are in all occupations.

Future competencies and training that will be developed include road building, log transportation, and mechanized harvesting including steep slope/winch assist operations. Russel said that log truck driver training had been successfully piloted out of the Prince George transportation office and 100% employment had been secured for all the trainees.

If you would like additional information, please email messier@bcforestsafe.org or call toll-free 1-877-741-1060. 📞

ISC 2017: Giving back to community



Guenter Stahl (left) from the Rotary Club of Prince George Yellowhead receives a donation from the BC Forest Safety Council program development manager, Gerard Messier. The donation, made in lieu of conference speakers' gifts will go towards the club's Adventures in Forestry and Environmental Studies program. Learn more about the program here: <https://portal.clubrunner.ca/760/SitePage/vocational-service/adventures-in-forestry>.

ISC 2017: Fit for duty is key driver for any A&D program to ensure health and safety

Tom Yearwood, of Denning Health Group, provided an update on workplace alcohol and drug programs.

He reminded everyone that the focus of any drug and a policy is to improve health and safety. Every worker has to be fit for duty at all times while at work and must be free from the adverse effects of alcohol or drug user including prescription or over the counter meds. He said that medical marijuana and legalized marijuana does not impact fit for duty and a supervisor/employer's responsibility to ensure all workers are fit to work, regardless of any cause of impairment. 📞

ISC 2017: Thanks to generous support

The conference was made possible by the generous support of sponsors: Canfor, Edgewater Solutions, Wilson Bros., Pinnacle Renewable Energy, FP Innovations, WorkSafeBC and the BCFSC, and the efforts of the organizing committee: Darren Beattie, Conifex; Glen Bjorklund, Edgewater Holdings Ltd.; Lisa Houle, WorkSafeBC; Mike Nash, Outdoor Safety Author; Steven Mueller, Pinnacle Renewable Energy; Tyson von den Steinen, Canfor; Gerard Messier and Trish Kohorst, BC Forest Safety Council. 🌲

ISC 2017: Videos of the presentations

Edited copies of the presentations are available to view on the BCFSC You Tube channel, accessible here: <https://www.youtube.com/user/BCForestSafety>. 🌲

New safety award launched at ISC 2017: The MaryAnne Arcand Memorial Forest Safety Award



The award is a custom-built log truck that will be awarded for the first time at the 2018 Interior Safety Conference. 🌲

The MaryAnne Arcand Memorial Forest Safety Award has launched at the 2017 Interior Safety Conference. The first time it will be awarded is at the 2018 conference and aims to honour log hauler safety and/or health and wellness in the interior, in MaryAnne's memory. 🌲

For more information on this award and the nomination form, please contact Gerard Messier at messier@bcforestsafe.org. The deadline for nominations is April 15, 2018. 🌲

Upcoming training

If you would like to see how a training course can meet your organization's needs, please let us know. We are committed to working with you to find the right training solution. We may be able to tailor a program to your specific needs and deliver it in a way that is most convenient for your operations. 🌲

Basic Incident Investigation training

September 25 Campbell River
September 28 Terrace
October 12 Prince George
October 26 Langley
November 2 Vernon

Advanced Incident Investigation training

September 26 Campbell River
September 29 Terrace
October 13 Prince George
October 27 Langley
November 3 Vernon

Falling Supervisor training

October 2 Prince George
October 16 Vernon
November 6 Campbell River

Forest Supervisor training Module 1: Due Diligence (1) Module 2: Communications (2) Module 3: Leadership & Professionalism (3)

September 11 Fort St. John (1)
September 12 Fort St. John (2)
September 13 Fort St. John (3)
September 25 Terrace (1)
September 26 Terrace (2)
September 27 Terrace (3)
September 27 Nanaimo (1)
September 28 Nanaimo (2)
September 29 Nanaimo (3)
October 4 Cranbrook (1)
October 5 Cranbrook (2)
October 6 Cranbrook (3)
November 15 Vernon (1)
November 16 Vernon (2)
November 17 Vernon (3)

Internal Auditor Theory BASE 4 training

September 25 Prince George

External Auditor Theory BASE 4 training

September 25 Prince George

Individual Owner Operator OHS & Refresher training

August 26 Teleconference
September 23 Teleconference

October 28 Teleconference
November 25 Teleconference

Small Employer OHS training & Refresher training

August 17 Nanaimo
September 11 Langley
September 11 Vernon
September 14 Fort St. John
September 14 Prince George
September 18 Cranbrook
September 20 Castlegar
October 12 Nanaimo
October 16 Terrace
October 19 Williams Lake
October 26 Houston
November 16 Campbell River

Please see the full training calendar at bcforestsafe.org/fscapps/calendar/calendar.php. Check back often as course dates do change. Email training@bcforestsafe.org or call toll-free 1-877-741-1060 for general information, or email Gary Banys at bany@bcforestsafe.org to answer any questions you might have about course content and tailoring courses to meet your company's needs. 🌲



Carbs: the good, the bad and the ugly

By Dr. Delia Roberts

What are your thoughts on carbs? It seems like these days they constantly take the bad rap for heart disease, weight gain, and cancer to name just a few. But carbs have made up the staple of diets all over the world for hundreds of years, they are inexpensive, easy to prepare and eat, and part of our culture. How then to understand all these claims and know what really makes for a healthful diet?

Carbs are not all created equal

The first piece of the carb debate that is often misunderstood is that although all carbs are made up of sugars, these two substances are not the same thing. It would be like saying that a stack of kindling and a house built of lumber burn at the same rate. Firstly, you know that wood that is wet or dry, hard or soft, split or logs, or combined with gyprock and other materials you'd find in a house will all burn at different rates. Carbs are much the same.

Let's start with sugars. Glucose, fructose (fruit sugar) and glycerol (a very small remnant of fat breakdown) are the basic sugars that feed pretty much directly into the energy furnace of the body. Other sweet tasting carbs like sucrose (table sugar) are also so close to these structures that they only need the bare minimum of digestion, so there is essentially no delay from when you eat them until they appear in your blood. This is true whether the sugar is refined like table sugar, or whether it comes from raw sugar, honey or maple syrup.

It is also true that honey and maple syrup are "natural" sweeteners, and they do contain small amounts of some minerals and antioxidants. But to decide if sugars are healthful or not we need to consider a couple of other things. Firstly, after eating sugars, blood glucose rises very quickly. A healthy body responds by releasing the hormone insulin, which acts to move the sugars from your blood into your cells for storage, (usually converting the sugar to fat). If this happens too often our cells stop responding to insulin, which means we need even more insulin, and now we have

a problem. One; high blood sugar and high insulin levels have other very unhealthy side effects, two; we keep on packing on the fat which causes other health problems, and three; eventually we can't make enough insulin. The result is diabetes, heart disease, kidney disease, inflammation, poor immunity and increased risk of cancer.

Slow release sugars found in complex carbs are best

Now let's have a look at what happens when you eat those same sugar molecules, but you get them by eating complex carbs in whole foods like a fresh apple, a bowl of large flake oatmeal or a bun made from coarse ground whole grain flour. In each of these cases we still end up with glucose and fructose, but before they can get into your blood, about an hour of digestion is required to break up the fiber, release the carbs and then cut the big complex carbohydrate molecules up into smaller sugar units. As a result, the sugars appear in your blood slowly, there isn't much change in blood glucose levels, and only a small amount of insulin is released. As for the other important nutrients that come along in the meal like vitamins, minerals and antioxidants – well, the whole foods win hands down. For example, just one apple contains 100 times as much antioxidant capacity as a serving of honey.

Most of us know that fresh fruits and vegetables are healthy carbs, but carb haters often claim that some fruits are very high in sugars and that some starches are as bad as eating straight sugar. So let's look a little closer at these claims. One measure that is often used is the glycemic load; it describes how much a serving of a food will raise blood sugar. It's more useful than the glycemic index because the index doesn't take into account how much sugar in total is in the food. For example, watermelon is a fruit with a relatively high glycemic index, but because it's mostly water, the actual amount of sugar you get when you eat a serving of this delicious nutrition packed food is very small.

Each complex carb is unique too

As for the nutritional benefits of eating bread and grains, again, not all of these complex carbs are created equal. One of the main problems is in the processing. Foods like rice crackers, most breakfast cereals, white pasta and mashed potatoes are highly processed and then reassembled without the structure, fibre and all of the nutrients that a whole food can provide. In contrast, grains like bulgur, buckwheat, cornmeal, wild rice, quinoa and all legumes are very low in glycemic load.

Read the labels, not the marketing pitch ...

As far as breads go even those labeled whole wheat are not always as advertised. You have to check the packaging to find out how much sugar has been added to the loaf, and how much fiber remains. Additives like sugar, fat and salt can improve the texture and longevity of a loaf, but they also change the way the bread is metabolized. Another trick used to improve the palatability of the bread is to grind the whole grain flour very fine - it makes the bread softer but also changes the speed of digestion and increases the amount of insulin released in response to the meal. On the plus side, sourdough and sprouting both lower the amount of insulin released after eating a serving of bread, in part because the yeast and sprouting process consume some of the carbs.

Let's keep carb story real easy: go for balance

So what is the conclusion? Go for balanced meals in healthy amounts, with a wide variety of different foods. Choose from the least processed, whole, highest fiber, lowest sugar carbohydrate you can find. And when you are looking for vitamins and antioxidants and something to take the edge off your hunger, reach first for fresh fruit and vegetables of every colour and shape.

With summer underway, you can also choose local seasonal produce and save the environment at the same time. Enjoy! 🍏

Strokes are up 11% in younger Canadians aged 20 to 59

The Heart and Stroke Foundation of Canada (<http://www.heartandstroke.ca/>) has released its 2017 stroke report: Different Strokes: recovery triumphs and challenges at any age <http://www.heartandstroke.ca/-/media/pdf-files/canada/stroke-report/strokereport2017en.ashx> and the research indicates that strokes among young Canadians 20 to 59 years have increased 11% over 10 years, which is significant.

While 80% of all strokes currently occur in the age group 60-80 years, medical practitioners are sounding the alarm that we should all be aware of the signs of stroke and never dismiss stroke symptoms in a young person. Strokes in Canada can happen to anyone at any age and the faster someone gets treatment the better. Why? With each passing minute after a stroke, 1.9 million brain cells die each minute. Treatment stops that – so act FAST!

F = Face is drooping or numb

A = Can't lift both arms

S = Speech is slurred, jumbled or lost

T = Time to call 911. Don't wait!

Other signs of someone having a stroke may include:

Vision trouble in one or both eyes; trouble walking, dizziness, loss of balance or coordination; and severe headache with no known cause.

Call 911 immediately if you observe any of these symptoms and note the time of the first symptom as this information is important and can affect treatment decisions.

For more information, see the Canadian Heart and Stroke Foundation: <http://www.heartandstroke.ca/> and the US National Stroke Association: www.stroke.org/understand-stroke/recognizing-stroke/signs-and-symptoms-stroke. 🇨🇦

Beat the heat by keeping cool and hydrating!

MAINTAINING HYDRATION



FIT TO LOG

FUELING UP

- ❑ Your engine can't run right if the fuel mix is wrong. Do the same for your body to keep your reactions sharp.
- ❑ Even mild dehydration can reduce your physical endurance and your ability to stay focused.



HOW MUCH WATER YOU NEED TO DRINK

- ❑ Drinking small amounts of plain water frequently is the best way to stay hydrated.
- ❑ SIP don't chug your water! A small hydration bag helps to make it easy to drink regularly.
- ❑ Aim for 1/2 cup of water every 15 minutes of physical work and increase if you sweat heavily.



PPE + WATER LOSS

- ❑ Summertime temperatures can cause very high sweat rates.
- ❑ Working muscle generates a lot of heat, even in the winter.
- ❑ PPE restricts heat loss, which makes you sweat even more.



SPORTS DRINKS

- ❑ Use a sport drink or add a small amount of salt (1/8 tsp) and sugar (1/4 cup) per liter:
 - + If you are a heavy sweater.
 - + When temperatures are high.
 - + When you can't carry much water with you.
 - + You see white streaks on a dark work shirt when it dries.







The hot summer months are here so be sure to sip water all day and keep yourself well hydrated (600 ml of water per hour or half a cup every 15 minutes) during any physical work activity to help prevent heat stroke and related illness.

See <https://www.worksafefbc.com/en/health-safety/hazards-exposures/heat-stress> for more information on heat hazards and: http://www.bcforestsafef.org/injury_prevention_overexertion for information in overexertion prevention. See video: https://www.youtube.com/watch?v=U6Xy8k_DU-g.

For additional resources, Fit to Log is a great resource to help ensure proper nutrition and hydration at all times, not just when it's hot. See the Fit to Log poster on hydration: http://www.bcforestsafef.org/files/ps_MaintainingHydration.pdf to download and print or order printed copies via this resource order form: http://www.bcforestsafef.org/files/ps_InjuryPreventionResourceOrderForm.pdf

Stay cool! 🇨🇦



Your Take on Safety

When three phases come together in perfect harmony

During a break at the last Falling Technical Advisory Committee meeting in Nanaimo in June 2017, FTAC licensee representative Don Cleaver shared several photos of some properly fell right of way, good road construction and good log placement for self loaders to pickup, all work done by Ryder Contracting. Forest Safety News is pleased to share three of the photos that help show what three perfectly coordinated and safe phases look like, right.

There has been continued chatter in industry about how notwithstanding significant improvements we still need to consistently prevent roadside debris; build good, safe roads; and ensure well-coordinated phases that don't create hazards for any other phases. There are still issues – whether identified by engineers, workers, fallers or the Forest Practices Board – which can create unnecessary hazards for fallers and/or other phases. There are obviously also many good examples to share, but this is the first time that Forest Safety News has learned of a good example where the same contractor is responsible for the road construction, falling and loading preparation.

Makes sense? One might argue that when one is fully invested in an outcome not just in one phase but three consecutive phases, one is going to manage each phase to best achieve the desired effect at the end of the third phase. We are just programmed that way as humans. Self-interest is a quietly strong motivator. But it's more than that. It's good business! When you are doing all the phases – the better planned and coordinated everything is, the more efficient it is with lower risk all-round to you, your crews and your bottom-line.

Congratulations to Ryder Contracting and Island Timberlands for finding a formula that makes good business and safety sense.

Got a good safety idea or experience to share?
Email editor@bcforestsafe.org or call Pam Agnew at toll-free 1-877-741-1060. 🌲



ABOUT Forest Safety News

Forest Safety News is published six times a year: February, April, June, August, October and December. All submissions – letters to the editor, safety tips, photos, safety stories, concerns etc. – are welcome. The opinions expressed in the newsletter are not necessarily those of the editor, staff or board of the BC Forest Safety Council. All decisions to publish materials rest with the editor. 12,000 copies of each edition are distributed via mail or email. Additional copies are distributed at industry events.

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Have a story, letter to the editor, safety tip, ideas or photos?
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Safety is Good Business

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Ombudsman working on “phase congestion” status report



For phase management materials, such as the guiding document, phase congestion hazard assessment forms, poster and video, please see: <http://www.bcforestsafe.org/node/2615>

The BC Forest Safety Ombudsman, Roger Harris, is working on his latest report on phase congestion which is due to be completed by the end of this year.

To date the BC Forest Safety Ombudsman role, established at the inception of the BC Forest Safety Council (BCFSC), has focused on dealing with complaints about: safety in forestry; the BCFSC's programs/services; and/or other safety related issues that members of industry have brought to his attention. Over the past 11 years, the Ombudsman has produced several reports including: “Will it be there? A report on helicopter emergency medical services in BC (2017)”; “Review of Failures Leading to Khaira Incident (2011)”; SAFE Companies Report (2009); “No longer the road less travelled (2008); and “Not Out of the Woods: Ensuring Safety in BC's Forest Sector through Recruitment, Training and Certification (2007). (All reports may be viewed, or downloaded and printed via this link: <http://www.bcforestsafe.org/ombudsman.html> (scroll down for list of reports).

At the start of his latest review, Roger told *Forest Safety News* that the term “phase congestion” may or may not prove to be the right term to use. “The forest sector has shifted operations to integrate multiple phases into a single cut block, with the

objective to improve efficiencies without compromising safety,” said Roger. “As the Ombudsman one of my goals is to assist individuals, groups and organizations to achieve the goals they set for themselves. Enough time and experience has now passed to allow for a review of this practice that will hopefully allow us to provide observations and recommendations that answers the question: is it ‘phase congestion’ or ‘phase integration,’” said Roger.

In a faller survey almost two years ago, 32% of the 429 fallers who completed the survey said that the harvesting plan and sequence of operations sometimes created additional risk for fallers; 28% said there was no additional risk and 22% said yes, there was additional risk.

When asked if phase congestion is an issue on their worksite, 52% of fallers said “no”; 18% said “yes” and the rest were either unsure or qualified their answers in their comments.

The majority of fallers (73%) agreed that good planning allowed safe working distances from other phases.

At the Falling Technical Advisory Committee (FTAC) meeting in June 2017, phase congestion was raised as the first of the three priorities FTAC wanted the BCFSC to address, as follows: “Solve phase congestion. Build

Welcome to the October edition of *Forest Safety News*, covering news about safety topics in forestry. This is YOUR safety newsletter. We look forward to your input and feedback! Email the editor at editor@bcforestsafe.org or call 1-877-741-1060.

solutions that protect all phases, and ensure each individual is not exposed (e.g. project allocated time frames indexed to permit approval); build good prime contractors: small companies don't understand their risk; big companies don't always accept their role; when done poorly all phases are at risk.”

“Three years ago the Coast Harvesting Advisory Group (CHAG) and the FTAC looked at the issue very carefully and worked on educational awareness around the topic, supporting both good planning; excellent communications between phases and ultimately a reminder on shared responsibilities and refusal to accept unsafe work,” said Rob Moonen, CEO, BCFSC. “Now is a good time to have an independent review and see what the status is and where further improvement may be achieved, depending on the findings.”

“I think in future it will be important to have similar independent reviews of other industry-led safety initiatives to help measure the positive impacts achieved and where necessary to shape further continuous improvements,” said Rob. “In this way we can also best support achieving our overall strategic objectives. Measurement keeps us all accountable and ensures we are achieving the intended outcomes,” he said.

It is expected that Roger's report will be completed by the end of December 2017. If you would like to share your views, confidentially, on your experiences with phase congestion, please email Roger at harris@bcforestsafe.org.

Forest Safety News will share the findings in a future edition. 🌲



UPDATE: Construction Initiated Slides Working Group completes safety resource materials

In 2016 the Construction Initiated Slides Working Group (CISWG) released an awareness package for road construction crews, supervisors and workers, and recently had the opportunity to showcase its latest educational materials to industry at the September Coast Harvesting Advisory Group (CHAG) meeting.

These consisted of:

1. An awareness package for forestry professionals involved in the planning, and development of resource roads
2. A construction initiated slides awareness video and
3. The first in a series of construction initiated slides awareness posters.

It is expected that these materials will be made available on the BC Forest Safety Council website later this fall. Please see <http://www.bcforestsafesafe.org/node/2713> for current CISWG materials and check back regularly for updates and new posters.

The CISWG was formed in 2014 as a sub working group of the CHAG to examine landslides that were caused by road

construction activities and to explore how best to support preventing similar incidents in the future. The key objective of the group is to enhance safety through improving awareness and knowledge with regards to field indicators relating to potential slope instability, road construction plans/maps/designs, road management practices, road construction techniques and operational initiatives that improve worker safety and aid in the elimination of construction initiated slides.

Construction initiated slides have been associated with unidentified site conditions, not following the plan and operational errors such as improper execution of plan, inadequate water management, pioneering ahead, and over blasting. Many of these incidents involved an excavator sliding down slope from the road prism during road construction activities. The incidents have been very serious in nature with considerable human, environmental and operational costs. For the period 2012 to 2016, the CISWG determined the following incidents and reasons for the resulting construction initiated slides:

Region	Operational Error	Not following Plan	Unidentified Conditions	Total
Central Coast	16	4	3	23
Vancouver Island	7	1	3	11
South Coast	2	1	4	7
Haida Gwaii	1	0	0	1
Total	26	6	10	42

If you have questions or would like to learn more, please contact the BCFSC's Director of Transportation and Northern Safety, Dustin Meierhofer at meierhofer@bcforestsafesafe.org or call toll-free **1-877-741-1060**.



Pistol butt trees, indicating slope instability.



An example of a construction initiated slide.

\$449 million spent by BC Wildfire Service so far in 2017 wildfire season



Stock photo supplied courtesy of BC Wildfire Service.

The BC Wildfire Service estimated their direct costs were over \$499 million (as at September 11, 2017), compared with \$129 million for 2016, representing the largest single expenditure by far on any wildfire season. While analysts, academics and economists tally the true cost – tax credits,

MAG project supports first aid for minor wound care

While prevention is always the focus for BC's forest industry, when incidents do happen at work, timely, quality onsite first aid is a top priority. The faster any injured worker receives the most appropriate first aid, the faster the recovery and the better the experience, ensuring the least disruption for the worker, co-workers, family and the work place.

The Manufacturing Advisory Group (MAG) recognized that there was an opportunity to further improve the first aid for minor wound care experience overall and to reduce incidents where injured workers were receiving minor injuries and then spending hours in a doctor's waiting room without being treated. MAG struck a small working group including workers, management, union representation, Safety Advisory Foundation for Education & Research (SAFER), experienced first aiders and first aid trainers to review the issue.

"As an industry we want to see every onsite first aid experience be the best it can be – both from the injured worker's perspective and from the first aider's experience," explained John Bulcock, MAG member, career first-aider, and lead safety executive at Western Forest Products. He said all first aiders are trained as to what they can treat onsite and what requires immediate advanced medical support at a doctor's office or hospital.

allowances, lost productivity, revenue, exports, gross domestic product, lost forests for future harvests, carbon, wildlife, community well-being, long-term health, tourism, industry and community impacts – no-one disputes they are going to be BIG numbers in hard and soft dollars.

As one contractor said: “We put our lives, companies and families on hold. This is about risking lives to fight fires that shouldn’t have happened in the first place.” He said that wildfires had become an acceptable bad habit. “It takes a huge toll on everything and everyone. You don’t just shake it off. Seeing kids with bleeding noses from smoke and fire retardant and the elderly wheezing from bad air quality and all of us increasing our risks of cancer is not consistent with a first world province that promotes quality of life and ‘beautiful British Columbia’. There is nothing wonderful about the devastation and long term consequences of wildfires,” he said, “especially when they are man-made and could have been prevented.”

At the time of going to print, there were:

- 168 wildfires still burning in BC
- 1,236 wildfires that burned approximately 1,169,126 hectares since April 1, 2017

- 2,950 firefighters and other personnel fighting fires, including 261 from out of province and 1,400 contractors
- 118 helicopters and planes supporting ground crews
- 13 evacuation orders and 32 evacuation alerts related to wildfires were still in effect
- More than 4,000 evacuees were displaced from their homes (at one time 47,000 residents were under evacuation orders).

BC Wildfire costs over 10 years

Year	Total Fires	Total Hectares	Total Cost (millions)	Average Hectares per Fire	Person-caused	Person-caused (%)	Lightning-caused	Lightning-caused (%)
2016**	1,050	100,366	\$129.0	95.6	564	(53.7%)	486	(46.3%)
2015	1,858	280,605	\$277.0	204.9	617	(33.2%)	1,237	(66.6%)
2014	1,481	369,168	\$297.9	249.3	664	(44.8%)	817	(55.2%)
2013	1,861	18,298	\$122.2	9.8	564	(30.3%)	1,297	(69.7%)
2012	1,649	102,122	\$133.6	61.9	708	(42.9%)	941	(57.1%)
2011	653	12,604	\$53.5	19.3	444	(68%)	209	(32%)
2010	1,672	337,149	\$212.2	201.6	680	(40.7%)	992	(59.3%)
2009	3,064	247,419	\$382.1	80.8	881	(28.8%)	2,183	(71.2%)
2008	2,023	13,240	\$82.1	6.5	848	(41.9%)	1,175	(58.1%)
2007	1,606	29,440	\$98.8	18.3	687	(42.8%)	919	(57.2%)
2006	2,570	139,265	\$159.0	54.2	1,034	(40.2%)	1,536	(59.8%)
Average*	1,844	154,944	\$182	85	713	(38.7%)	1131	(61.3%)

Data provided on BC Wildfire Service: <http://www2.gov.bc.ca/gov/content/safety/wildfire-status/wildfire-statistics/wildfire-averages>.
The Note: *average does not include the most recent year.
** figures for the most recent fire season are preliminary estimates.

Joe Widdifield, of Advanced/Coast First Aid Services Inc., a first aid training provider, identified the minor wound care content of existing first aid training and created this new program for intense practical hands-on practice scenarios for first aiders.

“The existing first aid training covers a copious amount of material in a very tight timeframe. While it is invaluable training that is regulated to meet minimum standards, time just doesn’t allow for enough repetitive hands-on practice to maximize the confidence of first-aiders in all the most common minor wound care incidences – cuts, abrasions pinches, splinters, minor eye injuries, minor burns and strains/sprains and tendonitis,” said Joe. “Like any skill, the more practice and experience you get, the more confidence you have.”

He said that as many skills deteriorate rapidly over the course of the first 90 days, changing the frequency of first aid training certification was simply a “bandaid” on the larger issue of adult retention. Rather, to increase retention of skills and knowledge more frequent regular refreshers were required. “The adult learner needs to be engaged in order to invest, learn and retain a trade skill set. As a firefighter we practise weekly, as an E.M.A licensed medic we must attend a required amount of calls and training annually but as an Occupational First Aid attendant, looking after our work place family, we get the minimum two weeks of training and carry the responsibility for three years with no other requirement,” said Joe.

“We can make this better and in turn a safer, more productive workplace environment. And, if the attendants maintain their skills,

then when it is time to recertify the process becomes that much easier for them as well”, said Joe.

MAG agreed that continuous improvements could be realized in minor wound care first aid – both in providing more practical hands-on training and support for first aiders after initial training (and between refreshers); and, for better information for injured workers on what can be treated onsite, specifically around minor wound care. “The objective is to ensure that at the point that any minor wound first aid is required, both the injured worker and first aider were consistently confident and comfortable in receiving and providing the appropriate first aid,” said John.

To achieve this, MAG devised the following action plan and tools:

- A letter inviting first aid training providers to offer tailored practical minor wound training



The three posters developed by MAG, promoting onsite first aid for minor wound care: “You are in GOOD HANDS.” By visiting <http://www.bcforestsafefirstaid.org/node/3004> you may select either regular paper-size copies of the posters or 11x17 poster-size to download or print. You may also order pre-printed copies to be mailed to your mills/plants via our resource order form: https://www.bcforestsafefirstaid.org/files/ps_InjuryPreventionResourceOrderForm.pdf.

sessions was sent out in August. As a result several courses are being scheduled by 34 providers (http://www.bcforestsafefirstaid.org/files/mag_MWCRrefresherProviders.pdf)

- MAG members will then rotate first aiders through this additional training, providing intense practice in all minor wound care treatments and follow-up. While this training is already contained within the WorkSafeBC approved first aid training in the province, course time constraints do not allow for intense, repetitive practice to support increased confidence for first aiders

Continued on page 4...



Continued from page 3...

- Encouraging all operations to provide reminders to workers on the role of first aiders and what they can and cannot treat onsite and the importance of taking home after care sheets and returning the following day – and future follow-up days as needed – for follow-up to ensure there is no infection
- Toolbox talk tool including key information to be shared at mills in safety meetings
- Providing visual support tools (posters) to remind everyone of the first aid care for minor wounds that can be provide onsite, expertly and in a very timely manner.

“We know how seriously first aiders take their roles to be confident and how important it is to injured workers to feel that they are in good hands,” said John. He added that while the priority for industry is getting the worker the most appropriate treatment no matter what, the benefits of effectively dealing with all minor wound care onsite goes far beyond the worker in the work place receiving treatment within five minutes. When industry provides appropriate first aid on site, it means less wait times and it means that minor wounds don’t end up potentially clogging the public health system with long waits and delays. “There is no question, the research is clear, the faster

an injured worker is treated, the better the recovery,” he said.

“We look forward to evaluating results in due course and to receiving feedback from first aiders and workers. The most valuable input comes from the workers and first aiders themselves. We are simply looking to help support them the best way we can when prevention has failed and first aid is required,” said John.

Please see <http://www.bcforestsafesafe.org/node/3004> for the webpage on minor wound care with links to additional resources. 📄

Update: Ombudsman report on HEMS

Following the release earlier this year of the BC Forest Safety Ombudsman’s report: “Will it be there? A report on helicopter emergency medical services in BC (2017)”, a motion from Terrace has been included in the 2017 Union of BC Municipalities (UBCM) Annual Report and Resolutions scheduled to be voted on at the end of September 2017: [http://www.ubcm.ca/assets/About~Us/Annual~Reports/2010-2019/2017_UBCM_Annual_Report_Resolutions_Book.pdf](http://www.ubcm.ca/assets/About%20Us/Annual%20Reports/2010-2019/2017_UBCM_Annual_Report_Resolutions_Book.pdf) (page 194 of the document, page 196 of the pdf).

The resolution reads:

B136 Helicopter Emergency Medical Services Terrace

Whereas the resource sector is the corner stone of the economies of most rural communities and modern health care is crucial to attracting new investment, a workforce, and securing quality of life for rural residents;

And whereas the BC Forest Safety Ombudsman’s report on Helicopter Emergency Medical Services has identified that rural communities are negatively affected by an inadequate emergency transportation system:

Therefore be it resolved that UBCM call on the provincial government to adopt the BC Forest Safety Ombudsman recommendations on “Helicopter Emergency Medical Services” including mandating a legislated one-hour timeline for every resident of the province to have access to Trauma 3 Level of care.

Endorsed by the North Central Local Government Association

UBCM Resolutions Committee recommendation: No Recommendation

UBCM Resolutions Committee comments:

The Resolutions Committee advises that the UBCM membership has not previously considered a resolution calling on the provincial government to adopt recommendations from the BC Forest Safety Ombudsman regarding helicopter emergency medical services, including a legislated one-hour timeline for every BC resident to be able to access a Trauma 3 level of care.

However, UBCM members endorsed resolutions 2013-B44, 2007-B157 and 1998-B98, all calling for improvements to air medical access and air ambulance services for all British Columbians.

In response to resolution 2013-B44, BC Ambulance Service (BCAS) stated that 24-hour air ambulance services are available from bases in Prince George, Prince Rupert, Kamloops, Kelowna, and Vancouver; and that it would use private air carriers, Alberta Health Services, Government of the Yukon, Royal Canadian Air Force, and Canadian Coast Guard aircraft as necessary. BCAS emphasized that the air ambulance model “best able to provide timely, specialized care for patients in northern BC and ... isolated communities

is via fixed-wing aircraft,” and referenced the Early Fixed-Wing Activation Program it adopted in 2012.

Please see the December 2017 edition of Forest Safety News for the outcome of the voting. 📄



For the full report see: http://www.bcforestsafesafe.org/files/HEMS_Report_jan31.pdf

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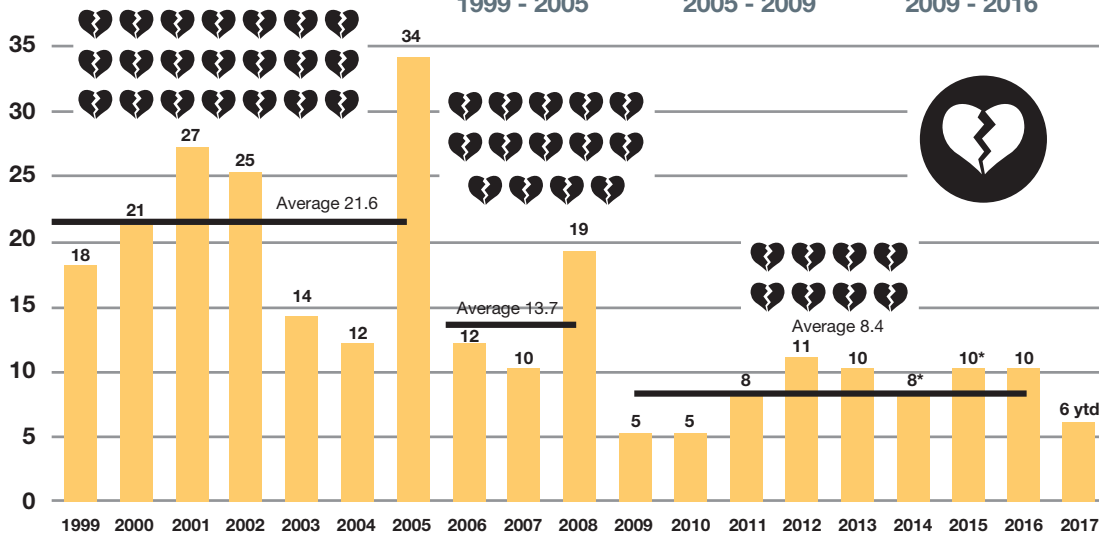


Fatalities and Injuries

FATALITIES

WORKERS KILLED ON THE JOB

22 14 8
1999 - 2005 2005 - 2009 2009 - 2016



The data (left) for 2016 is based on WorkSafeBC accepted claims and incidents that the BCFCSC is aware of that happened in 2016. Please note that this is preliminary harvesting data. *There were 4 fatalities the BCFCSC is aware of that occurred in 2014 and 8 fatalities that occurred in 2015. WorkSafeBC tracks fatalities by the year in which they accept the claim. The BCFCSC uses the WorkSafeBC data of accepted claims for trends as it is the only long-term data base for comparative purposes.

Six fatalities in harvesting and two in manufacturing year to date in 2017

There have been six direct harvesting fatalities and two in manufacturing this year (up till September 15, 2017).

Fatalities in harvesting in 2017

April 20, 2017: Three workers were killed and two injured when rail cars were being loaded with logs in Woss, Vancouver Island. 10 of the loaded cars rolled about three kilometres down a grade. The loaded cars struck a section crew's vehicle (speeder) carrying five workers who were performing maintenance on the tracks. See: <http://www.bcforestsafesafe.org/node/2957>

February 16, 2017: A log truck driver died at the scene after his fully loaded log truck left the ice-covered road and rolled over, about 90 km north of Fort St. John. See <http://www.bcforestsafesafe.org/node/2932>

February 10, 2017: A log truck driver died at the scene of a multi vehicle incident involving three log trucks and a passenger vehicle near Fort St James. See: <http://www.bcforestsafesafe.org/node/2928>

February 4, 2017: A certified faller was struck and pinned by a 20-inch-diameter cedar tree that uprooted and fell shortly after the faller had felled an adjacent cedar tree in Woods Lagoon. See <http://www.bcforestsafesafe.org/node/2919>

Fatalities in manufacturing in 2017

January 30, 2017: A worker was operating a boom boat at a Kelowna sawmill when it suddenly sunk. The operator was later located within the cabin of the sunken boom boat. See <http://www.bcforestsafesafe.org/node/2914>

January 27, 2017: A maintenance worker died at a Lumby yard (CU714037 – Wooden Post or Pole Manufacture). See <http://www.bcforestsafesafe.org/node/2916>

Recent incidents reported to WorkSafeBC

By reviewing and sharing these incidents with your crews, you may help to prevent similar incidents.

HARVESTING

Injury Type: Back injury
Core Activity: Integrated forest management
Location: Vancouver Island/Coastal B.C.
Date of Incident: 2017-Jul
While setting up tail blocks at the back end of a logging setting, a hooktender (a young worker) slipped on a moss-covered rock, then slid and fell about 30 feet. The worker was transported to hospital by helicopter.

Injury Type: Multiple injuries
Core Activity: Logging road construction or maintenance
Location: Northern B.C.
Date of Incident: 2017-Jul
A grader stalled as it was road-grading uphill, and the operator lost the ability to brake, steer,

or lower the grader blade. The worker jumped from the grader as it travelled backwards toward a cliff.

Injury Type: Lower leg injury
Core Activity: Manual tree falling and bucking
Location: Vancouver Island/Coastal B.C.

Date of Incident: 2017-Jul
A certified hand faller lost directional control of an old-growth balsam tree (30 inches in diameter, 160 feet tall). The falling tree struck two standing trees and broke in half. The top portion of the broken tree came directly back and struck the faller.

Injury Type: Head injury
Core Activity: Log hauling
Location: Vancouver Island/Coastal B.C.

Date of Incident: 2017-May
A loaded tri-axle logging truck with a wagon trailer overturned onto the driver's side on a public highway. The driver, who was wearing a seat belt, lost consciousness and had to be extracted from the truck through the front window after the steering wheel was cut off.

MANUFACTURING

Injury Type: Shoulder and arm contusions
Core Activity: Sawmill
Location: Interior B.C.
Date of Incident: 2017-Apr
A worker was removing cables from a load of short logs that had been placed in a set of false bunks (metal support structures used to secure logs while being banded or un-banded). When he released the pins from the cable bands used to secure the load, a log rolled off the top of the load and struck him. 🚫



SAFE Companies

New Record: More than 2,900 companies SAFE Certified



As at the middle of September this year, a total of 2,934 forestry operations had successfully completed SAFE Certification. Previously the total number of SAFE Certified companies has hovered between 2,500 and 2,700 each year.

The new record is due in part to the Ministry of Forests, Lands, Natural Resource Operations and Rural Development's requirement (effective April 1, 2017) for all contractors who want to bid on infield forestry work contracts to be SAFE Certified. To assist, three memorandums of understanding were put in place with the BC Construction Safety Alliance, Enform, and SafetyDriven,

respectively, for their COR members to achieve SAFE conversion specifically for forestry operations in BC.

The other reason for the record number is that fewer numbers of companies are coming off the SAFE Certification list. In the past well over 100 companies came off the list on June 30 each year, for either not submitting their annual maintenance audit on time or because they just chose to not recertify as they were no longer working in forestry settings in BC. This year only 63 companies did not submit a maintenance audit. Due to the Provincial State of Emergency, none of those companies were removed from the SAFE Certified list. 🌲

Talkin' SAFETY with Mike Sexton:

Starting back up after shut down



Mike Sexton,
senior safety advisor.

So you've been shut down for a while. Forest fires, break up, weather, market conditions. There are many reasons why your company can be off for multiple weeks. Getting back to work in a smooth and safe manner is super

important for your business and your workers.

Preparation is key

Do your best to make sure that all equipment and gear is ready to go. Check all trucks and machines to ensure they are in good operating order and are fueled, and start easily. Check portable radios are charged and working. Check that saws are good to go. Start-up can be an upset condition so any little stress that can be eliminated before you start is a good thing.

Do your best to give as much notice to your crews as possible. If people have been using the time off to catch up on their rest, they may not be in tip-top physical condition; or they may have been working the fires or protecting their own or family/community properties and may be fatigued. Even a couple of days of extra notice can help crew members get themselves physically and mentally ready for back to work.

Orientation – You may not need to do a complete orientation again, but it's a really

good idea if workers have been away for six weeks or more. And, new and/or young workers should be reoriented after that much time, regardless. A new online course that may assist in new young worker orientation to forestry may be found here: <http://www.bcforestsafe.org/node/2904>

Safe Work Procedure (SWP) review is always a good thing. The BCFSC has a number of SWPs available here: <http://www.bcforestsafe.org/node/2650#swp>. Reminders and positive reinforcement of safe work requirements and expectations helps focus everyone after a break in normal routine.

Getting to work

Prework/initial safety meeting – It's very important to review these with all workers prior to starting back. Even the most experienced workers can forget some of the trickier parts of a worksite if they've been away for a while. Always share, discuss and practice the ERP and ERP back-up. See resources: <http://www.bcforestsafe.org/node/2585>

Supervision – It's so important all of the time but crucial at start-up time. Closely watch all workers until you're sure they are working well. Watch for fatigue or less than stellar physical condition. Watch for new/young workers that may have forgotten what they need to do. Make sure the company procedures are being followed.

Remember, you're not going to make up the lost production in the first day or even the first week. Slow and steady wins the race. Every time! (Please also see the falling section for a related start-up story.) 🌲

WorkSafeBC says WIVAs on hold for 2018

WorkSafeBC has announced that they have suspended the Employer Audit Quality Assurance process for 2018, which means that there will be no WorkSafeBC Initiated Verification Audits (WIVAs) in 2018. The reason given is that they will be focusing on the COR policy and program review.

Companies with 2017 WIVAs, however, will still be required to complete those audits on time and have all results filed with WorkSafeBC by December 31, 2017.

In response to WorkSafeBC's announcement, the BC Forest Safety Council (BCFSC) will repurpose and refine the focus of its verification visits to further help companies that may be experiencing safety challenges.

This year, the BCFSC is on track to meet its work plan goal of visiting at least 350 companies, and it plans to do the same number of verification visits in 2018. 🌲

Additional help available for any SAFE Company affected by wildfires



Lisa Banner, RPF,
safety advisor.

A lot of forestry and other operations have been directly affected by evacuations or work shut-downs due to the wildfires in BC. During the Provincial State of Emergency, all

SAFE Companies affected by wildfires received automatic extensions to their audit due dates.

In addition, to help support any affected forestry operation ease back into start-up without worrying about their audit, the BC Forest Safety Council safety advisors are offering additional site visits or real-time reviews in wildfire impacted areas in 2017.

"We know these have been difficult times, and we want to help our affected SAFE Companies in any way we can," said Lisa Banner, RPF, safety advisor. "Once the fires are under control, I will be in the Cariboo, setting up three locations: 100 Mile House, Williams Lake and Quesnel to provide onsite support to review audits real-time, and answer any safety related questions, in less than an hour per company," she said.

For more information, call or text Lisa at 250-713-3705 or email banner@bcforestsafe.org 🌲



Falling

Don't let the weather and production pressures put you in the bite

By David Adshead, QST, falling safety advisor



David Adshead

2017 has been an interesting year for weather to say the least. BC has experienced record challenging snow fall with a winter that wouldn't end, and summer heat that doesn't seem to want to give way to much needed rain. The pattern of this year's extreme weather and record-breaking wildfires leaves us wondering what's next as we approach the fall season?

Logging activities have been greatly affected by the dry hot weather but that is expected to change very soon so the following reminders are a heads up for getting back to the business of supplying timber to the mills:

Road conditions

Expect slippery and slimy road conditions after an extended drought ends with significant rainfall.

There are increased risks of washouts and flash flooding. Be prepared. Check routes and road conditions before you go. See <http://www.bcforestsafe.org/node/2964> (flood and landslide risks) and <http://www.bcforestsafe.org/node/2629> (speed and driving for conditions).

Slope stability

Parched and dry hardened hills that see a sudden volume of rainfall may be prone to instability. Watch for signs of movement including rock fall. See http://www.bcforestsafe.org/files/res_xSteepSlopeLogging.pdf and Construction Initiated Slides Working Group resources: <http://www.bcforestsafe.org/node/2713>.

Timber

Pay close attention to the stability of hazard trees, fire damaged timber and dead soft top Hemlock snags that become top heavy,

water sponges. See http://www.bcforestsafe.org/files/gde_xDangerousTreeRiskAssessmentForFallingSupervisors.pdf (danger tree assessment tool).

Wind, fog and blowdown hazards

Fall can be brutal for wind storms and fog. Follow you company's Safe Work Procedures for working in adverse weather conditions; dress appropriately and don't ever work in conditions beyond your personal comfort level. Got doubts, walk away. See: <https://www.bcforestsafe.org/node/2050>.

Prepare and ensure proper hydration, nutrition and conditioning

For those returning from a hard season of fighting fires, be aware of your cumulative potential physical and mental fatigue. It has been a very long fire season with massive fires. Also, adjust your preparation as needed for the changes when returning to production falling from the fires.

For those who managed to take a summer off at the beach, cabin or fishing, don't expect to pick up where you left off. Be sure to do additional pre-work stretching and allow some time to get your bush legs back under you. Rebuild your stamina to prevent muscle strains and injuries that take longer to heal the older we get. See fit to log resources here: <http://www.bcforestsafe.org/node/3013>

Back up your back: http://www.bcforestsafe.org/files/ps_BackUpYourBack.pdf

Faller food chart: http://www.bcforestsafe.org/files/ps_FallerFoodChart.pdf

Keeping your head in the game: http://www.bcforestsafe.org/files/ps_KeepingYourHeadInTheGame.pdf

Maintaining hydration: http://www.bcforestsafe.org/files/ps_MaintainingHydration.pdf

Release neck tension: http://www.bcforestsafe.org/files/ps_ReleaseNeckTension.pdf

Production Pressure

2017 has been a tough year on logging, battling unrelenting weather, wildfires and the softwood lumber dispute. Now the mills are hungry for fibre and crews are hungry for work. Plan well and work the plan, production will happen. Don't rush. No shortcuts or congestion. See an alert on how to make good decisions in the woods: <http://www.bcforestsafe.org/node/2795>.

Don't forget to test your ERP

And remember, always have your ERP up to date and test it. Think about if poor weather makes the primary plan impossible to implement. What is the back-up plan and have you practiced it? See additional forms and templates here for fallers and falling supervisors: http://www.bcforestsafe.org/safety_info/forms_templates/fallers.html

The rest of 2017 may be kind with smooth sailing through a cooler, moderately damp fall into winter. But always remember, no matter the weather or other hazards: no tree is worth your life. Walk away to fall another day. If you would like to talk with a safety advisor on any falling matter, please call toll-free at **1-877-741-1060**. Our receptionist will forward your call direct to one of our cell phones. 📞

Update: new faller training revised content

At the time of going to press, the revised training materials – for trainees, trainers and assessors – were under review by WorkSafeBC'S falling subject matter experts. Feedback is expected before the end of September for a pilot with two trainees to take place starting in October. Please see the December 2017 edition of Forest Safety News for an update. 📞

Search for manager falling programs in progress

The closing date for applicants to apply for the position of manager falling programs at the BC Forest Safety Council was September 22, 2017. It is anticipated that interviews will take place in October with an announcement in November. Please see the next Forest Safety News for more information. 📞

Continued on page 8...



Falling

Continued from page 7...

17 new fallers have successfully completed training in 2017

So far this year, 13 of 16 candidates in new faller training offered via the Okanagan College have successfully completed the 30-days of initial training while another four candidates have successfully completed their initial training through the industry partner training program. 📍



One of the new faller training courses that was run through the Okanagan College, June 13 to July 18, 2017, in Revelstoke. Back row: Wayne Miller (trainer), Trevor Herron (trainer), Jason Jones (student), Zachary Critchfield (student), Derek Schurdevin (student), Paul McCaffrey (trainer) and Mikael Jonsson (trainer). Front row: Pierre Gagnon (trainer), Lua Naqvi (student) and Matthieu Giroux (student).

A faller's questions answered about the new faller training coordinator role at the BCFSC

Q: What does the new faller training coordinator do?

A: The new faller training coordinator handles all of the administration tasks for the new faller training program. From researching and securing the timber site, engaging the trainers and the trainees, organizing accommodations, signing contracts, preparing training binders for trainees and trainers, insurance requirements, coordinating the trainees' pre-screening testing, arranging quality assurance visits, issuing letters and certificates of completion; managing records and database; administering industry training partner program and advising WorkSafeBC of all training sessions, etc. The coordinator also provides administrative support to the falling manager and falling safety advisors.

Q: How long has the new faller training coordinator been in that role?

A: The current new faller training coordinator has been in this role since 2014 (and has been in forestry administration for more than 20 years). Prior to 2014, the duties carried out by the coordinator were done by other administrators in the falling department. There has always been administration

support for the new faller training program since the inception of the BC Forest Safety Council.

Q: Why does industry need this role?

A: This role is critical for industry in supporting new faller training. It allows new faller trainers to focus on training rather than all the office paperwork, administration, photocopying, binder preparation, WorkSafeBC discussions, logistics, insurance, processing fees, payments, contracts, etc.

Q: Why isn't the coordinator a faller?

A: No faller has ever applied for an administration role in the past. (Job openings are always advertised and posted on the BCFSC website.) This role is a 99% desk job requiring administration skills only. Most fallers don't like sitting at a desk all day, making photocopies, writing, preparing and coordinating paperwork, preparing training binders and other reports as well as negotiating with insurance folk, trainers, colleges, land owners, and WorkSafeBC.

Got questions? Just ask. Email editor@bcforestsafesafe.org or call toll-free 1-877-741-1060. 📍

FTAC receives status update on new faller training pilot and preview of new industry learning management system

Training consultant, Greg Shorland, and BC Forest Safety Council (BCFSC) Director of Training and Programs, Russ Robertson, provided updates on the new faller training overhaul to the September 15 Falling Technical Advisory Committee (FTAC) meeting.

Subject to WorkSafeBC approval (expected in the coming weeks) a two-stage pilot is scheduled to start in October 2017 and run till the end of 2018, for industry use in 2019.

The purpose of the 15-month pilot process is to anchor the training by industry. The two-stages of the pilot will allow a small sample pre-pilot with two trainees and one contractor to "pre-test" for three months so that any kinks are ironed out before broader testing with at least six more trainees in 2018. The pilot will test the paper version first and then the online app version (with tech support provided to help troubleshoot as the users become familiar with the technology).

Greg said that "what industry says a competent faller needs to be able to do," is what is being piloted. "Within each unit of competency there are learning resources attached and these include work activities and even games," he said.

At the same time, a group of trainers and a group of assessors will be trained in the new faller training materials. "We are confident that at the end of pilot we will have tested the whole system related to trainees, trainers and assessors," said Greg.

Given three administrators of the BC Faller Standard, the BCFSC is focusing on testing for production fallers; Enform (which has also received WorkSafeBC funding to test) will test in their own pilot specific to the needs of oil and gas; and BC Wildfire Service is currently on track to test early next year.

Greg reminded FTAC members that "there are no marks in a competency based system. It is all about evidence," he said.

Rob Moonen, BCFSC CEO, said that one of the important things was to be able to provide both paper and technology options to meet changing demographics and the user needs.

Greg showed samples of how using the technology-based option was highly efficient; with very clean screens, with drop downs, offering "hidden" explanations that custom populate with "only the bits you have to focus on or address," to complete an assessment. "Easy to view, easy to use, easy to complete."



Russ Robertson takes FTAC members through the new learning management system.



One of the first elements of the chainsaw module – which would be a required module of learning for any forestry occupation where the use of a chainsaw is required e.g. falling, silviculture, dry-land sort, etc.

Russ said that as part of the evidence gathering, photos, videos, GPS coordinates could be uploaded and saved. Another bonus was that even if one did not have current web connectivity, as soon as one did, the system would automatically sync and upload the saved data, improving efficiency and convenience.

“Whether one uses the online learning or printed versions, all content is identical. There will also be face to face instruction in the classroom and in the field – a blended learning model that is the most effective process for on the job training,” said Russ.

He then shared the online learning environment with FTAC members, covering how to register and access the learning via a password protected sign-on. A test-drive of the learning centre site shows that each experience will be unique to the three sectors – industry production falling, Enform and Wildfire so that each user has a tailored experience via a customized learning pathway unique to their needs.

Once all the competencies are achieved, then the trainee receives their qualification.

Russ said that of 35 forestry occupations, all the yarding materials are available in the learning management system and were ready for piloting. He emphasized that these are all industry guidelines except for the falling materials (as faller certification is a regulated requirement).

The presentations received positive feedback from FTAC members and there were several questions on costs. Industry has benefited from funding contributed by WorkSafeBC and government to offset industry costs.

The training resources will in future also be available to high schools and secondary institutions, supporting new worker training for entry level jobs and supporting lifelong learning of existing workers.

The next phase in the learning management system development includes taking existing resources such as safety alerts and other industry working groups’ (like FTAC) tools and resources and linking them to the related learning modules so that any incident from the past is easily reviewable at the time of learning and that current knowledge of past incidents is not lost, helping to prevent similar incidents in the future.

Anyone interested in participating in the new faller training pilot should please call Marla Guldbransen at toll-free **1-877-741-1060** or email guldbransen@bcforestsafe.org. For all other training resources, please email Gerard Messier at messier@bcforestsafe.org

FTAC also received feedback or updates on several other topics*

(*Table below offers a quick view summary of some of the key items covered)

Topic	Action	Next steps/information	Timing
FTAC’s game changer requests: 1. end phase congestion 2. sustainable funding model for faller training 3. improved support for trainees 180-days+	Items 1. & 2. raised at Coast Harvesting Advisory Group (CHAG) and at the BCFSC’s BoD. Item 3. still under consideration by the BCFSC on how best to support	Roger Harris, Ombudsman to complete independent review of phase congestion. BCFSC CEO to discuss funding with four coastal licensees.	Report due by end of 2017. Updates at next FTAC meeting
NW Oregon perspective on hand falling safety	FTAC received a presentation from Weyerhaeuser forest engineer, Joe Currie	Similar to BC challenges: fewer fallers; decreasing annual volume for hand fallers; increasingly difficult terrain and decreasing timber quality; majority of incidents are struck by (faller was not in the clear – 15 feet hard rule requirement; 25 feet guideline or special falling plan alternative documentation required). Key hazards: tired, distracted, frustrated, rushed, complacency, hydration, scheduling consistency, varying timber types Competency faller review is 18-pager	Ongoing exchange of information with others to further safety
BCFSC Falling Programs Manager	Ongoing search	Advised not to rush hire and put the wrong person in the role. Must be credible faller.	TBD
Certified Falling Supervisor	Revisions to day two to prevent 3 at the tree for purpose of assessor assessing supervisor’s supervision of faller	Exploration of technology solutions to address points 12 and 13 of the assessment process	Update at next FTAC meeting
Chair of FTAC	Till Falling Manager hired, BCFSC CEO will manage but also looking for FTAC to consider a rotating chair	FTAC members to consider	Decision at December FTAC meeting
Challenging the standard	Ombudsman is getting a small number of calls related to gap in challenge process	Under review to ensure reasonableness and consistency with competency training model	Updates ongoing till resolved
Drug and Alcohol experiences	Discussion that some anecdotal evidence indicates formal policies are driving reporting underground	Continued observation	Ongoing
InReach communication testing	Overall experiences of testing volunteers were good to very good. Two charging cords on older test models were faulty after a month or two respectively.	Apart from some limited initial set-up challenges for programming auto messaging options, all positive feedback for solid coverage, either no or minor delay in sending/receiving; would like to use given ease of two-way safety communications and tracking via a master administrative person – could see all fallers on a cut block remotely for example	FTAC will provide feedback to InReach.
Qualified Assistance presentation from WorkSafeBC	FTAC had requested clarification after discussions at the previous meeting	In summary, WorkSafeBC’s Terry Anonson said there was no cookie cutter approach because falling is so dynamic and changes minute by minute. But, there are 3 questions every faller should ask to determine whether QA is required or not. A document/poster will be produced by the BCFSC falling safety advisors to assist fallers in making that determination.	Copy of poster for review at next FTAC meeting
BCTS presentation	Overview of operations and regulatory obligations for safety that are different for timber license holders and contractors.	All contractors need SAFE Certification to bid while licensees do not. Showed how BCTS shares and promotes industry working group safety tools and resources across the province with all BCTS staff, via a regular safety bulletin. BCTS survey found 95% of coastal contracts used certified falling supervisors. This is now a requirement for all BCTS coastal operations. Requirement may be expanded in future to the rest of the province.	
WorkSafeBC High Risk Strategy	Invitation from WorkSafeBC for industry input for future strategies which inform the inspectional focus of WorkSafeBC officers	WorkSafeBC’s Tom Pawlowski presented the draft high risk strategy for 2018. Manual tree falling inspectional focus identified that the mechanism of injury/highest area of risk to fallers based on actual past recent incidents/claims were: control of the tree (falling cuts); risk assessment (windfall, danger tree, etc.); brushing; and road/skid trail debris hazards. Inspectional focus by officers in 2018 will be on: faller cuts, danger tree and windfall assessment and plans; unnecessary brushing practices; new faller training locations; and roadside debris endangering workers.	FTAC members to forward input to BCFSC to pass on to WorkSafeBC



Transportation

Get ready for winter driving



The weather conditions are changing and so should your driving. Whether you are driving a log truck, work truck, SUV or other pleasure vehicle, winter driving can be a daunting task, especially when conditions are snowy or icy. Slow down and drive to conditions. If weather conditions are poor, consider postponing your trip, or making alternate travel arrangements. Always allow more time to reach your destination during winter driving conditions.

If you set cycle times, adjust them so that drivers have adequate time and can drive to conditions to get every load safely to the mill. If you are a driver, hazards should be communicated to other drivers and supervisors. Chain up when road conditions are poor – industry data indicates lack of chaining up when required is a key factor in many log hauling incidents.

Some winter driving tips:-

1. Driver must be prepared:

- a. Be well rested
- b. Map the route
 - i. Where you can safely stop to check loads, stretch your legs
 - ii. Increased awareness on challenging parts of the route
- c. Wear your seat belt
 - i. Most fatalities in Motor Vehicle Incidents occur when a person not wearing a seatbelt is ejected and crushed outside the vehicle and would have survived if they had been strapped inside the vehicle
- d. Avoid distractions
 - i. No phones
 - ii. Eyes on the road
 - iii. Focus only on the task at hand – driving
- e. Comfortable clothes, gloves and footwear so you can move freely and are not too hot or cold; with the traction you need for winter conditions in, out and around your vehicle
- f. Well-fed and hydrated, including appropriate snacks every three hours for good brain function to optimize alertness and reaction times (See Dr. Delia Roberts' column on page 14)

2. Vehicle must be prepared:

- a. Well maintained
- b. Winter-proofed: switch over to anti-freeze; high performance winter oils, lubes and winter windshield washer fluids
- c. Have your brushes clean and ready to remove snow and ice from three-point contact hand and foot-holds
- d. Check your chains to make sure they are in good working order
- e. Check your tires – tread quality, depth of tread and appropriateness for true winter driving conditions. In BC, you are required by law to obey winter tire requirements from October 1 to March 31: <http://www2.gov.bc.ca/gov/content/transportation/driving-and-cycling/traveller-information/seasonal/winter-driving/winter-tires-and-chains/about-winter-tires>
- f. Have a good winter safety kit. See <https://www.getprepared.gc.ca/cnt/rsrscs/sfttps/tp201012-en.aspx> for details on what to have and what to do
- g. For more tips on preparing a vehicle, see <https://shiftintowinter.ca/prepare-your-vehicle/>. For general winter driving safety information, see: <https://canadasafetycouncil.org/traffic-safety/winter-driving-tips>

3. Driving in winter requires:

- a. More patience and extra care
- b. Driving to conditions – reduce speed due to poor visibility and poor traction
- c. Increased following distances; it takes much longer to stop in snow/icy conditions
- d. Building in extra time

4. Employers' considerations for workers who drive for work:

- a. Making sure all drivers know what to expect; know and understand the hazards and how to control them through information sharing, training and ongoing discussions and reminders
- b. Making sure all vehicles are properly prepared for winter
- c. Making sure every driver knows he/she is expected to stop work if conditions make driving unsafe for themselves or others. Duty and obligation to explain the right to refuse unsafe work
- d. Setting safe and optimal performance expectations – no trip or load is worth anyone's life

Winter driving safety resources are available: <http://www.bcforestsafe.org/node/2456> and <http://shiftintowinter.ca/>. A free online winter driving safety course is available for employers, providing the tools to plan, implement and monitor a winter driving safety program in your organization: <https://shiftintowinter.ca/online-course/>. Commercial trucking resources are available here: <https://shiftintowinter.ca/driving-for-work/commercial-trucking-resources/> 🚚

Did you know?

- October, November and December are the most dangerous months for people who drive for work as there are more work-related crashes in each of these months than at any other time of the year*.
- Almost 30 per cent* of all work-related crashes resulting in injury and time loss occur during these three months in BC.
- Last winter was a particularly bad one for work-related crashes. In December 2016, WorkSafeBC claims from crashes that resulted in injuries and lost time from work were 32 per cent higher than in December 2015. (*based on WorkSafeBC 2012-2016 data) 🚚

First log truck driver assessor training held in Prince George

Eight log truck driver assessors in training, from around the province, attended a day-long training session in Prince George recently, hosted by the BC Forest Safety Council.

Assessors are professional log truck drivers who after being selected through a rigorous review process then complete a comprehensive training program that includes online learning, in-class training, and demonstration of the ability to complete competency assessments to a set of prescribed standards.

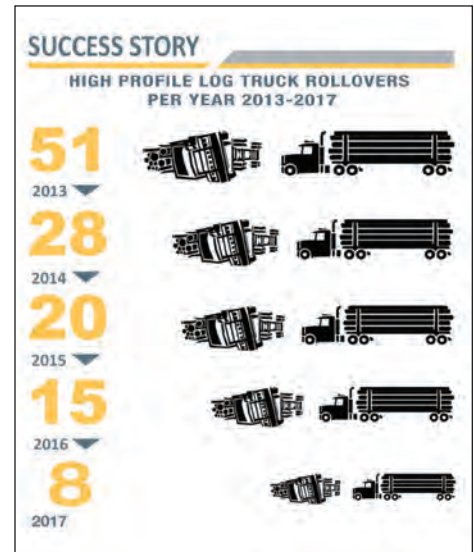
The role of qualified assessors is critical to the log truck competency program that was developed by subject matter experts from the Log Truck Technical Advisory Committee (LTTAC) and the Trucking and Harvesting Advisory Group (TAG) and led by Greg Shorland, a consultant to the BCFSC, who specializes in developing competency standards for trades and professions.

The decision to develop a log truck driver competency program was developed as a response to industry asking for more training and standards specific to log truck drivers. In the 2016 log hauling survey, distributed at log hauling safety seminars throughout the province, 99% of participants said they would like to see driver training specific to log hauling on resource roads.

The initial intent of the new program was to adequately train and assess new drivers coming into the log hauling profession, but has now, in consultation with industry, evolved to include the assessment of existing drivers.

“The goal is to reduce incidents and provide industry with a tool to assess new and existing drivers to a recognized competency level,” said the BCFSC’s Transportation Director, Dustin Meierhofer.

A competency-based assessment is designed to verify that the candidates have the necessary underpinning knowledge, skills and attributes, demonstrated through evidence, to perform routine tasks in their work place in a safe and effective manner. It also identifies where candidates are not meeting specific competencies and areas requiring professional development. 🚚



The data (above) is up till August 17, 2017. Please note that these statistics are for high profile rollovers tracked by the BCFSC’s Transportation Safety Department. Information is collected via BCFSC alerts, CVSE, WorkSafeBC and media reports.

WorkSafeBC celebrates 100th anniversary

In the early 1900s, BC’s population and workforce were growing rapidly. Forestry, fishing, and mining were the province’s core industries. Working conditions in the woods, on boats, and in mines were often shockingly dangerous and fatality rates were extremely high. Vancouver Island’s coal mines, for example, were considered the most dangerous in the world.

In the worst mining disaster in BC history, 148 miners lost their lives in a gas explosion at the Vancouver Coal and Land Co. mine in Nanaimo in 1887. The men’s widows received little compensation from the company other than for basic housing and food. It was clear to many that BC had a desperate need for a compensation system for workers who were injured on the job.

The BC Workmen’s Compensation Act was passed in 1902, but it did not come into force until 1917 when the Workmen’s Compensation Board — known today as WorkSafeBC — was finally created.

The legislation provided:

- A compensation rate to pay people who missed work due to injury or illness
- Monthly pensions for widows of deceased workers
- Government safety inspections
- Full medical aid for workers

The legislation also represented an historic compromise between workers and employers — giving workers the right to compensation for injuries sustained on the job and giving employers immunity from lawsuits filed by injured employees. Before that, a worker’s only option for compensation following an injury at work was to sue the employer, leading to often lengthy and expensive lawsuits, and undue hardship to workers and their families.

The system today continues to be supported financially by employers who pay premiums to WorkSafeBC based on their assessable payroll and claim costs. See how rates are established: <https://www.worksafebc.com/en/insurance/know-coverage-costs/industry-premium-rates?origin=s&returnurl=https%3A%2F%2Fwww.worksafebc.com%2Fen%2Fsearch%23q%3Dindustry%2520pay%2520rate%26sort%3Drelevancy%26f%3Alanguage-facet%3D%5BEnglish%5D>

Today’s WorkSafeBC

The organization has been influenced by numerous Royal Commissions, task forces, committees and study groups that have looked at occupational health and safety matters, and the workers’ compensation system in BC.

WorkSafeBC’s primary mandate is:

- Promote the prevention of workplace injury, illness, and disease
- Rehabilitate those who are injured, and provide timely return to work
- Provide fair compensation to replace workers’ loss of wages while recovering from injuries
- Ensure sound financial management for a viable workers’ compensation system.

See: www.worksafebc.com to learn more. For videos and highlights on the past 100 years, please see:

1917-1942: <https://www.worksafebc.com/en/resources/about-us/videos/centennial-video-1917-1942?lang=en> (video)

1942-1966: <https://www.worksafebc.com/en/resources/about-us/videos/centennial-video-1942-1966?lang=en> (video)

1967-1991: <https://www.worksafebc.com/en/about-us/who-we-are/100-year-anniversary/1967-1991> (highlights)

1992-2017: <https://www.worksafebc.com/en/about-us/who-we-are/100-year-anniversary/1992-2017> (highlights). 🚚





Training

Resource road driver training prepares workers for their biggest daily risk

Q: What is the one risk that is faced by all workers in the forest industry from tree planting to logging and manufacturing?

A: Driving.

We all drive as part of work, or to get to and from work. It is a routine activity, but it has potentially serious consequences if something goes wrong.

The BC Forest Safety Council, in partnership with the Western Forestry Contractors' Association, offers training that covers the safe operation of light trucks on public roads and more specifically on resource roads in British Columbia.

The Resource Road Driver Training is a hands-on, in-vehicle training course that will improve your skills whether you are a new driver or a seasoned driver. While practicing driving drills and maneuvers, participants learn why vehicles react the way they do in situations encountered on gravel roads. In addition to improving participants' steering, braking and vision while driving, the training also explains how a driver's attitude is a key component of safe driving.

The training, offered by Sidorov Advanced Driver Training, is led by professional driving instructors who have extensive experience in the forest industry. Companies interested in providing the training to their workers can contact Sidorov Advanced Driver Training to set up the best time and location for the training anywhere in the province.

For more information, please see: <http://www.bcforestsafes.org/node/2419>



Resource road driver training helps better prepare workers for one of the biggest risks they face every day: driving.

Looking for safety videos?

Did you know that there are more than 50 safety videos on the BC Forest Safety Council's Youtube channel? See YouTube: <https://www.youtube.com/user/BCForestSafety>. Videos include presentations from safety conferences where you can get the latest information on fatigue, effective supervision, and alcohol and drug programs.

Other popular videos include:



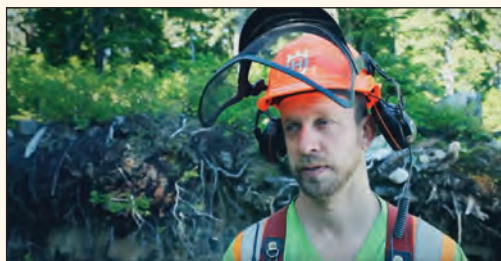
How to Complete a SEBASE/ISEBASE Audit: <https://www.youtube.com/watch?v=4vrJx89X4UQ>



Risk Tolerance with Dave Fennell <https://www.youtube.com/watch?v=N-dUGIGBFFWg>



Log Truck Rollover and Seat Belt Safety https://www.youtube.com/watch?v=z_kH7mluUjk



Faller Supervisor Training – What Makes a Good Falling Supervisor: <https://www.youtube.com/watch?v=caZRGRKy0w>



Danger Tree Blasting https://www.youtube.com/watch?v=5w_gQP-xDeY

Update on Joint Health and Safety Committee Training Requirements

A company with 20 or more employees is required to have a Joint Health and Safety Committee (JHSC) and a smaller company with 10 to 19 employees is required to have a Worker Health and Safety Representative. The JHSC or Safety Representative is a vital link between managers and workers to make sure safety concerns and hazards are identified and that work to control those hazards is done in a timely way.

Recent regulations have highlighted the need to have an effective and well trained JHSC or Safety Representative. These workers need to receive training to ensure they have a good understanding of their responsibilities and, for JHSC members, that they know how to complete the new committee annual evaluation.

The new regulation (OHSR 3.27) outlines that:

(2) The employer must ensure that each member of the employer's joint committees who was selected on or after June 1, 2017 to be a member receives, as soon as practicable but no more than 6 months after becoming a member, a total of at least 8 hours of instruction and training, as set out in subsection (4).

And

(3) The employer must ensure that the worker health and safety representative at each of the employer's workplaces who was selected on or after April 3, 2017 to be a representative receives, as soon as practicable but no more than 6 months after becoming a representative, a total of at least 4 hours of instruction and training, as set out in subsection (5).

The JHSC training consists of a two-hour online training session from WorkSafeBC and a six-hour classroom session that builds on the information introduced in the online training. To view the online training, see: <http://publish.myudutu.com/published/launch/69988/Course150925/Launch.html>

The BC Forest Safety Council (BCFSC) worked with WorkSafeBC to pilot the initial JHSC training and is currently updating the materials with more forestry specific examples. If your company needs to train new committee members, there are currently a few options available:

1. Contact the BCFSC for requested training. If you have a large enough group, we will be able to deliver a custom session at your workplace. All of our training is run on a cost recovery basis and we can provide you with a quote. Email training@bcforestsafesafe.org to request a proposal for training or call toll-free **1-877-741-1060**.
2. The Employers' Advisers Office is currently working on a series of webinars that will meet the training requirements. The webinars were not ready at the time of going to print, but should be shortly. See: http://www2.gov.bc.ca/assets/gov/employment-business-and-economic-development/employers/employers-advisers-office/august_2017_-_special_newsletter.pdf and check back here regularly: <http://www2.gov.bc.ca/gov/content/employment-business/employers/employers-advisers-office>
3. The BC Federation of Labour (BCFed) Health and Safety Centre offers several JHSC training courses and their Occupational Health & Safety Committee Part 1 training meets the requirements. For more information, see: <https://www.healthandsafetybc.ca/course-calendar/course-descriptions/#toc-0>
4. WorkSafeBC provides all the training materials for companies to deliver the training to their own employees. If you have the time and resources, consider doing in-house training for your committee. Here is the link to the main section on JHSCs: <https://www.worksafebc.com/en/health-safety/create-manage/joint-health-safety-committees> and the facilitator guide: <https://www.worksafebc.com/en/resources/health-safety/books-guides/joint-committee-facilitator-guide?lang=en> and participant workbook: <https://www.worksafebc.com/en/resources/health-safety/books-guides/joint-committee-participant-workbook?lang=en>
5. New Safety Representatives are also required to get training. This four-hour online training is free and provided by WorkSafeBC. See: www.worksafebc.com/en/resources/health-safety/interactive-tools/worker-health-safety-representative-fundamentals?lang=en

Upcoming training

If you would like to see how a training course can meet your organization's needs, please let us know. We are committed to working with you to find the right training solution. We may be able to tailor a program to your specific needs and deliver it in a way that is most convenient for your operations.

Basic Incident Investigation training

October 12 Prince George
October 26 Langley
November 2 Vernon
November 27 Nanaimo

Advanced Incident Investigation training

October 13 Prince George
October 27 Langley
November 3 Vernon
November 28 Nanaimo

Falling Supervisor training

October 16 Vernon
November 6 Campbell River
December 4 Nanaimo

Forest Supervisor training

Module 1: Due Diligence (1)
Module 2: Communications (2)
Module 3: Leadership & Professionalism (3)
November 15 Vernon (1)
November 16 Vernon (2)
November 17 Vernon (3)
November 20 Prince George (1)
November 21 Prince George (2)
November 22 Prince George (3)
December 6 Campbell River (1)
December 7 Campbell River (2)
December 8 Campbell River (3)

Individual Owner Operator OHS & Refresher training

October 28 Teleconference
November 25 Teleconference

Small Employer OHS training & Refresher training

October 12 Nanaimo
October 16 Terrace
October 19 Williams Lake
October 26 Houston
November 16 Campbell River
November 23 Langley
November 23 Prince George
November 27 Cranbrook
November 29 Castlegar
November 30 Kamloops
December 7 Vernon
December 11 Nanaimo

Please see the full training calendar at bcforestsafesafe.org/fscapps/calendar/calendar.php. Check back often as course dates do change. Email training@bcforestsafesafe.org or call toll-free **1-877-741-1060** for general information, or email Gary Banyas at banyas@bcforestsafesafe.org to answer any questions you might have about course content and tailoring courses to meet your company's needs. 🌲



By Dr. Delia Roberts

Powering up your brain to avoid upset or injury

Have you ever had a motor vehicle accident? Fallen off your mountain bike, or missed a sure shot at the goal? How much of each of these scenarios was due to a momentary loss of concentration? Each of us experiences dozens of these moments, most of the time without much consequence. But, if you are running a saw, hauling a load, cable yarding, driving to a worksite or doing any other kind of work in a high risk environment, that moment could seriously injure or even kill you or someone you work with.

When we look at the research into why we lose concentration and become distracted from the task at hand, we can begin to understand how to prevent these incidents. Fatigue, boredom, stress, pain, poor health, dehydration, and fluctuating blood sugar levels have all been shown to reduce our ability to stay focused and react quickly to an unexpected event. While some of these factors might seem out of your control, for the most part even a bit of effort can have a significant effect in improving your ability to stay alert.

This year's Vancouver Island Safety Conference theme: "The Power of the Mind – Your Brain @ Work" will offer some insights into how you can help yourself and your employees enhance personal focus and reduce worksite injuries. Here are two scientifically proven and immediately effective things that you can do that will positively impact your ability to stay vigilant today, and every day.

1. Get some exercise.

Physical activity is the single most powerful way to improve your overall health, including the health of your brain. Improve your memory, your ability to reason through problems, your mental focus and your mood. Even the effects of fatigue on the slowing of response to an unexpected event can be temporarily reduced by physical exercise.

So if you are driving or operating a machine, stop safely, get out, walk briskly, do some jumping jacks, or wave your arms around. Research shows that increasing the depth and rate of your breathing, raising your heart rate and improving the circulation of oxygen and fuel to your brain has an immediate effect on improving mental performance.

Exercise has other important effects on your ability to stay alert and make good decisions. Firstly, regular exercise has been shown to

reduce the negative effects of stress and improve sleep quality. These are extremely important effects in an industry where the work demands very long hours. People who exercise regularly fall asleep easier and spend more time in the deep sleep phase. So if you are one of the many people who has to get up long before the sun, exercise can help keep your body from suffering the negative effects of losing the normal awake-in-the-daylight, asleep-in-the-dark pattern (circadian rhythm). When other factors prevent you from getting eight hours of restoration, regular exercise can make the time that you do spend in bed more effective.

A program of regular exercise also changes the structure of your brain, increasing the delivery of blood, and enlarging the areas of your brain that control memory, learning and complex reasoning. Research looking at the effects of aging as well as those due to diseases that affect the brain like depression, dementia, Parkinson's and even trauma – including ischemic events (stroke), show that exercise is protective, preventing many of the negative changes as well as helping to repair existing damage.

Unfortunately, it's often when work and other commitments prevent us from getting enough sleep that we also don't have time to go to the gym, spend a day hiking or getting in regular walks or time playing ball/hockey with the guys/kids/grandkids. The trick is to realize that these are the times when you need some exercise the most – and that you can find non-standard ways of fitting it into your day.

While the basic requirement for 150 minutes of moderate activity/week (with half of that at a relatively high intensity – you do have to get out of breath to reap the biggest benefits of exercise on health and your brain) can seem unreachable, it is very possible to get the majority of it by filling in the many small times of your day that are often wasted. Spend a day or two paying attention to how many times you stand around waiting for the toaster, the phone, the kids, the loader etc. Instead of checking Facebook, get up and get moving.



Do ten push-ups, pull out your skipping rope, do step ups or lunges. Even if you have to stay in your machine for safety's sake you can pull out some resistance banding and do core or shoulder stability work while seated. Even just 10 minutes of exercise has been shown to make a difference.

Note: If you haven't been exercising regularly, it's important to check with your doctor prior to beginning a program to ensure that you don't have any underlying health issue that could place you at risk of a heart attack, stroke or other injury.

2. Eat to keep your blood sugar stable and keep your body hydrated.

Another way that you can have an immediate and positive effect on your mental performance is to make sure that your brain has a steady supply of the right kind of fuel and lube. Your vehicle won't run without 'em, and neither will your nervous system. Unfortunately, though we sometimes can get into a bit of a debate about what exactly is the best way to fuel your brain.

Most scientists agree that under normal conditions, human brains are dependent on glucose – a type of sugar – to function. That means that unless you are in a state of starvation, or purposely restricting carbohydrates, your brain is set up to burn glucose. Our bodies have a complicated set of hormones and enzymes that have evolved to make sure that the supply of glucose to our brains is constant *at a specific level*. However, when blood glucose drops (like when we don't eat for longer than about three hours or so), or rises too high (like when we eat sweets or processed carbohydrates) then our brain function drops.

People who believe in Paleo or similar diets that are high in fats and very low in carbs say that your brain can adapt to burn ketones and that carbs cause all sorts of negative health effects. But, what they don't tell you is first of all, a diet that is balanced with lots of complex carbohydrates and fibre will lower inflammation and also look after the health of your digestive system, something that the high fat, low carb diet does not do.

Secondly, a balanced diet will provide the correct amount of blood glucose without flooding the system. That means that insulin does not rise too high (also a positive effect of low carb diets), but with a mixed diet the stress hormone cortisol also stays low. This is a much better situation than the high levels of cortisol that are a result of the Paleo diet because cortisol causes a suppression of the immune system (to conserve available glucose), as well as an increase in the breakdown of muscle tissue (to generate glucose). Your body has to have a supply of glucose no matter what, but cannibalizing your own proteins seems a rather costly way to provide this necessary element.

Keeping blood sugar stable is the key and easily achieved with a balanced diet

A balanced diet rich in unprocessed fresh fruits and vegetables, high in fibre, with about 30% fats (mostly mono- or polyunsaturated),

15-30% protein, low in free sugars (like sweets, fruit juices, processed carbs) and eaten in smaller amounts, will not only keep blood sugar at an appropriate level without drops and peaks, it also lowers insulin and cortisol levels, and – improves every measure of brain function including memory, information processing, speed of reaction time to an unexpected event, decision-making, and mood.

In contrast, ketosis, or fluctuating blood sugar, slows reaction time, impairs decision-making, decreases memory, and causes mood problems. Although it might seem hard to give up junk food, even a single day of following the above recommended diet has been shown to improve brain performance.

Plain water is the best

When it comes to fluids, plain water still carries the day. Even organic, “pure” fruit juice will rapidly provide a large amount of sugar to move into your blood. Coffee contains enough caffeine to act as a stimulant (see the June 2017 edition of the BCFSC Newsletter for an article on the effects of caffeine): http://www.bcfsc.org/files/ForestSafetyNewsletter_2017June.pdf (page 14). Flavoured teas and soft drinks are full of sugar. So make sure to carry plenty of water, and adjust to weather and sweat levels to make sure that you stay well hydrated.

We all know the consequences of even a momentary loss of concentration while at work. Stay present and safe and productive by trying some of these simple suggestions to maximize the power of your mind. 🧠

We need good physical and mental health to be well

With the stress of wildfires affecting so many in our province – from the front lines of fire response to residents of all ages, local municipal, regional decision-makers right through to First Nations and other government and business leaders, it’s a good time to remember that good health means both mental and physical health.

Concerns have been raised in particular for many of our wildfire firefighters – industry contractors as well as students who spend the summer firefighting along with regular BC Wildfire teams and crews about physical and mental wellness after battling wildfires for extended periods of time. For the majority of BC residents who have been lucky enough never to have been evacuated or walked a fire line, we have no idea. We hear the stories of fear; the speed of the fires; the heat, ground conditions, exhaustion, pain, exertion, poor air quality, bloody noses, burning eyes, throats and chests; frustration; feelings of inadequacy (to get the fires out); and, the deep sadness that comes after seeing the devastation of

dead wildlife, burned forests and destroyed homesteads. Add fatigue, plus being away from loved ones who might also be displaced by evacuations, or for some, being away from their own properties under threat. Live that life day in and day out for three to five months (fires have been burning since April) and you may begin to understand the magnitude of the task and the consequences for both physical and mental well-being.

Following the Fort McMurray fire last year, \$3.4 million in research funding was allocated to seven different wildfire health impact studies. One of the studies is focusing on wildfire firefighters and will look at their immediate and longer term health issues over the next 15 years, specifically mental health impacts (anxiety and depression) as well as negative impacts on lung health: <http://www.fortmcmurraytoday.com/2017/03/14/seven-studies-on-wildfires-health-effects-receive-34-million-in-funding> and <http://globalnews.ca/news/3389329/fort-mcmurray-wildfire-firefighters-sought-for-mental-physical-health-study/>.

Some advice on coping with the mental stress related to wildfires: <http://globalnews.ca/news/3588824/bc-wildfires-mental-health-how-to-cope/> and a recent CBC story on the radio (23 minutes): <http://www.cbc.ca/radio/thecurrent/the-current-for-september-4-2017-1.4272026/b-c-s-wildfires-spark-mental-health-concern-for-firefighters-chief-1.4272046>

It is timely that next month it is “Movember” month – with a focus on men’s health issues, with men’s mental health one of the three key focus areas. The other two being prostate cancer and testicular cancer. See <https://ca.movember.com/> to learn more.

Canadian Psychological Association provides resources to assist re mental and emotional impacts of disasters like wildfires. Please see: <http://cpa.ca/public/emergencies/Resources> and <http://www.apa.org/helpcenter/wildfire.aspx> (American Psychological Association). And for tips re dealing with stress related to wildfires: <http://www.apa.org/helpcenter/wildfire-tips.aspx>

Talk to someone through your work Employee Assistance Program or other private benefits program. If you don’t have access to a program, you may find free assistance here: <https://www.cmha.bc.ca/mental-health/find-help/> and <http://www.heretohelp.bc.ca/ask-us/where-can-i-find-free-or-low-cost-mental-health-services>. Whatever you do, talk. Know that you are our province’s heroes for doing what you do, and we wish you wellness above all. Thank you! 🧠

Brain facts from The Brain Health Network

(http://brainhealthnetwork.ca/31/What_is_Brain_Health/) :

1. Your brain weighs approximately 2% of your body’s weight but uses 20% of your total energy and oxygen intake.
2. Your brain is 73% water. Even less than 2% dehydration can show declines in attention, memory and other cognitive skills.
3. Your brain weighs about 3 pounds. Of that, the dry weight is 60% fat, making your brain the fattiest organ. Eat healthy fats such as salmon containing omega-3 to help support brain structure.
4. Recent evidence has suggested the brain contains at least 86 billion brain cells.
5. Even five minutes without oxygen can create brain damage.
6. Babies have big heads to hold rapidly growing brains. A 2-year-old’s brain is 80% of adult size.
7. Teen brains are not fully formed until about the age of 25. The prefrontal cortex responsible for reasoning and impulse control is still developing in this time.
8. The average brain has around 50,000 thoughts per day and 70% of them are believed to be negative. Work on perceiving situations in a more positive light!
9. In general, men’s brains are 10% bigger than women’s, even after taking into account larger body size.
10. The sperm whale’s brain is the largest known to man, weighing 17 pounds. Humans however have the largest brain in relation to body size.
11. There is no such thing as a left-brain or right-brain personality type. We are not left-brained or right-brained; we are “whole brained.”
12. The human brain is not solid. It’s soft and squishy similar to the consistency of soft tofu or soft gelatin. The brain is very fragile! Remember to protect your head by wearing a helmet when necessary.
13. A blood-brain barrier protects your brain from foreign substances. But it doesn’t work perfectly. The nicotine in smoke rushes into the brain in a mere seven seconds. Alcohol on the other hand takes six minutes.
14. You have no pain receptors in your brain! This explains how brain surgery can be performed while the patient is awake with no pain or discomfort. 🧠



Your Take on Safety



Dr. Jordan Tesluk

As the province and industry collectively come to grips with what the 2017 wildfire means for all of us going forward, safety and silviculture consulting specialist, Dr. Jordan Tesluk, shares his thoughts about some of the impacts and consequences for silviculture operators and their crews.

The historic 2017 wildfire season brought calamity to communities, and new hazards to forestry workers, including the silviculture operators that will be charged with replanting much of the charred landscape. Forest fires involve distinct risks both during initial conflagration, and after they are extinguished.

During the active fire season, operators need to consider back-up evacuation routes for their camps and their work crews, particularly when occupying remote locations. Dead-end roads or closed valleys can become lethal traps if employers do not identify alternate routes of escape in the event that fire cuts off access. They also must be aware that emergency services may not be as readily available as normal during the fire season, and they should consider this impact when completing first aid assessments.

When smoke accumulates in an area, employers need to closely monitor worker health. If filter masks are used, N95 particulate-respirators are preferred, but masks must be tested for fit. WorkSafeBC provides a guide on this topic, titled "Breathe Safer: How to use respirators and start a respirator program". See: <https://www.worksafebc.com/en/resources/health-safety/books-guides/breathe-safer-how-to-use-respirators-safely-and-start-a-respirator-program>

Poorly fitting and non-standard masks, including simple paper masks or handkerchiefs, can actually increase exposure by restricting airflow and causing workers to inhale more forcefully, thus drawing bad air deeper into their lungs.



File photo of tree planter working in burned area. Photo courtesy of Replant.ca

Increased risks for silviculture workers

Another significant fire risk that employers must confront is the management of smoking at work. While smoking is often limited to specific locations at the work site, risks persist with any source of flame or ember. The time may be appropriate for employers to consider limiting staff to the use of e-cigarettes or "vaping" devices if the use of tobaccos is to continue at work.

In future years as reforestation programs unfold, silviculture operators must adjust their hazard assessments to properly identify standing danger trees and lingering hot-spots. Other hidden hazards include

burned out caverns that can swallow a leg, thick ash that can impact breathing when disturbed, and sharp burned branches that can injure eyes and other vulnerable body parts. During a recent incident-reporting study, one silviculture contractor noted a concentration of tripping and puncture injuries when working in a burned area. Workers should be issued safety glasses and compress bandages as part of the process of mitigating these risks, and be provided information on these hazards during pre-work meetings.

What are your thoughts on safety? Please email editor@bcforestsafesafe.org or call toll-free **1-877-741-1060**.

ABOUT Forest Safety News

Forest Safety News is published six times a year: February, April, June, August, October and December. All submissions – letters to the editor, safety tips, photos, safety stories, concerns etc. – are welcome. The opinions expressed in the newsletter are not necessarily those of the editor, staff or board of the BC Forest Safety Council. All decisions to publish materials rest with the editor. 12,000 copies of each edition are distributed via mail or email. Additional copies are distributed at industry events.

Subscriptions

If you would like to continue to receive a hard copy or would prefer to receive an electronic copy of this newsletter, please email editor@bcforestsafesafe.org and ask to be added to the print copy or email distribution lists. Email subscriptions are encouraged.

Have a story, letter to the editor, safety tip, ideas or photos? Please send all submissions to:

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Sawmill planer safeguarding project to improve safety performance

Industry's Manufacturing Advisory Group (MAG) <http://www.bcforestsafe.org/node/2866> is working with the BC Forest Safety Council (BCFSC) and a system integrator, UBSafe Inc., to test the feasibility of a Control System Isolating Device (CSID) as a possible alternate form of lockout for specific maintenance tasks in BC sawmills. This initiative is intended to demonstrate how improved safeguarding technology results in a higher degree of safeguard performance and personal safety.

The BCFSC will design and administer the project with funding support from WorkSafeBC; inputs and oversight from MAG members; and direct participation of a MAG member, Conifex, who will provide both the site and active supervision for implementing and testing the device. UBSafe will be responsible for installing and commissioning the safety control system.

"Continuous improvement in safety performance is a shared goal for all industry participants. Having one site test and perfect an innovative application ensures that broad industry implementation can take place more effectively in future. Ultimately we want to secure meaningful reductions in serious injuries across all of industry's sawmill operations. Conifex, and our Fort St. James team especially is looking forward to being part of the innovation process to help improve that safety performance by exploring the feasibility of safeguarding in the appropriate application and conditions to clear an obstruction," said Conifex Safety Director, Darren Beattie.

"This is an opportunity for us to collaborate directly with industry to explore how technology can improve the health and safety of workers, in our efforts to minimize serious injuries in wood products

manufacturing," said Chris Back, Director, Industry and Labour Services, WorkSafeBC.

There are an estimated 195 sawmills in BC, employing approximately 17,000 workers. Sawmill planers are key pieces of production equipment in all these mills and workers have frequent interactions with the machines as they clear pieces of wood from the flow. WorkSafeBC data indicates that serious incidents occur with sawmill planers. A total of 26 serious incidents were recorded by WorkSafeBC from 2010 to 2015, with serious injuries representing approximately 22% of all injuries in sawmills, and claims costs of more than \$24 million. Safeguarding and lockout deficiencies have been identified as the main cause of the serious injuries.

Industry would like to support and encourage the adoption of new safeguarding technology as an alternate form of lockout that is appropriate for the task of unjamming a planer.

To maximize confidence in the adoption of this new technology, industry supports Conifex providing a testing planer unit at its Fort St. James sawmill as the first prototype to confirm that the safeguarding technology used is going to be a safe and more effective option. 🚧



Conifex's Fort St. James sawmill opened in 2008 and has an annual lumber capacity of 310 million board feet. The planer guarding pilot will be run here.

Welcome to the December edition of Forest Safety News, covering news about safety topics in forestry. This is YOUR safety newsletter. We look forward to your input and feedback! Email the editor at editor@bcforestsafe.org or call 1-877-741-1060.



Happy Holidays!

Wherever you may find yourself this holiday season, the BC Forest Safety Council wishes you and your family a safe, peaceful and happy time.

Our offices will be open as usual

from 8 am to 5 pm:

Friday December 22

Wednesday December 27

Thursday December 28

Friday December 29

Tuesday January 2

Our offices will be closed:

Monday December 25

Tuesday December 26

Monday January 1

1-877-741-1060

www.bcforestsafe.org

info@bcforestsafe.org

Upload SAFE audits here:

<http://app.bcforestsafe.org/upload/>

or email SAFE audits if they are small files

to: audits@bcforestsafe.org





Industry safety veteran reflects on 45 years of safety progress



John Bulcock,
safety champion.

With 45 years of experience in forestry and wood manufacturing, those who know John Bulcock say his passion for safety is just as strong today – even stronger perhaps – as it has ever been. With John looking to ease into retirement, Forest Safety News asked him to reflect on safety in forestry.

It all started back in 1972, when right out of high school, John got his start in forestry, first on the coast and then in the interior, logging and later sawmilling. He came back to Vancouver Island in 1975, returned to logging and having been part of United Steelworker safety committees over many years, quickly found himself in the role of safety coordinator at Canfor's Englewood Logging Division. In 2005 after Western Forest Products (WFP) acquired Englewood, John was transferred to Campbell River as timberlands safety advisor, followed by becoming health and safety manager in 2009 and then corporate director responsible for safety at WFP's sawmill and logging operations in 2012.

John also spent many years on various industry safety committees and advisory boards. For example, he belonged to the original SAFE Companies committee; shaped the development of the audit committee in 2003 and 2004; sat on original Falling Technical Advisory Committee <http://www.bcforestsafesafe.org/node/2773> representing WFP; became a director of SAFER in 2009 and later co-chair. Today, John is a member of both the Manufacturing Advisory Group <http://www.bcforestsafesafe.org/node/2866> and the Coast Harvesting Advisory Group <http://www.bcforestsafesafe.org/CHAG>, each group focused on identifying and supporting continuous improvement opportunities in safety performance across manufacturing and harvesting operations. John has helped to shape many improvements in safety including recent first aid practice training in manufacturing environments and additional emergency response options for remote workers on the coast. He also was the first person in industry to recognize the value and possibilities of Switchback training, which is now a regular training program in industry not only in BC but in the US and in Australia.

"Looking back, it has been a learning experience – a mix of science as well as the psychology of safety, along with a few step changes within industry. I think the formation of the BC Forest Safety Council was one step change that helped focus industry on the challenge and recently how the organization is helping to support industry in safety keeps the evolution of safety going. Technological advancements especially on the manufacturing side have also provided step changes in safety, and probably will continue to do so," said John.

While continuous safety improvement is the objective for industry, it will not be without its challenges going forward. "The transference of knowledge is a key challenge. We are missing a generation of employees on both logging and sawmills. Highly experienced people are rapidly leaving the industry and this is a real concern to everyone," explained John. "There is inherent risk that comes with new workers in both their perception of safety and their invincibility – that is a real challenge. The threat is we won't have the trained workers as fast as we need them."

We have seen an evolution in industry over time. "I don't know of an employer that isn't dedicated, where safety is not a major part of their business. I would suggest that everyone is on the same page now, but that wasn't the case in the past," said John. "The risk-taking firms are long gone and I think really good supervision, that wasn't in place 20 years ago, has had a lot to do with that," he said.

Good supervision is key

"Supervisors are the ones at the sharp end of the stick and hold the key to safety success. They probably have the toughest job in industry. Good supervision is key to our industry."

Asked about safety differences between manufacturing and harvesting, John said that in the past logging had lagged behind the sawmills. "Sawmills are very process driven whereas logging has separated supervisors from the crews so self-supervision is critical in logging," he said. Today John doesn't see any gap between the two. "The commitment is equal. The focus on safety is the same. Supervisors all have equal commitment," he said, adding that it was "senior leadership who were the drivers of that change, supporting that change."

In addition, industry as a whole has moved from compliance to managing risk. "That is a real plus because when you do that you develop better systems and better monitoring

of performance of your people." He said that before it was blame the employee; then it shifted to blame the supervisor and now we really look at the system. "That's positive, moving from a crime and punishment mentality to now looking at everything, finding the facts and not jump to any conclusions."

John has seen lots of changes at WorkSafeBC too over the years. "I think we are where we need to be now."

Phase congestion can be an issue but people do plan better

John said he was looking forward to seeing the safety ombudsman report on phase congestion (due early next year). He said it can be a potential issue, but people had come to a point of planning phases much better than in the past. "It has to be a first consideration: who's above, below, in front of, and behind you. We also have to remember that we are all human and fallible. Everyone from top to bottom of an organization can make a mistake and it's not possible to predict when and what error might occur. Nothing is black and white all the time. No-one is immune."

John suggests that more and more electronic planning and tracking will help. "Technology is there now that you can virtually see where everyone is." (LIDAR and drones).

Faller safety has seen a vast improvement

"We have seen a vast improvement in faller safety and I have to go back again to supervision – and the fallers themselves. There has been so much change in the past 20 years and it is still rapidly evolving with each generation doing a little bit better," said John. "The same goes for log trucking. Trucks are inspected and well-maintained, especially off-road. Maintenance is much more formal and at WFP for example we very rarely see a truck that needs to be taken out of service. "Owners of trucks are running them at a higher safety level than ever before."

On the sawmill side a lot more emphasis has been on mill yards, lock out and risk management, with a greater focus on people's tolerance for risk, and what does that look like. "When you have that approach you look at things before they happen. What



John Bulcock (centre) at a SAFER event.

is the risk tolerance of workers, supervisors and managers and that becomes significant in planning and safety communication.”

Good supervisors, managers and owners allow us to be the best we can be in safety

“One of the things I always tell people: You take on a young person and they have new boots, new jeans, new rain gear. Everyone says he’s new. Six months later he looks just like the experienced guy that he is standing next to, but he has only worked 120 days. We have got to really pay attention to that. I believe that this is true in most work places – paying a lot of attention to young workers until they are 25 years old. Again it’s the supervisors who are key. Good supervisors, managers and owners allows us all to be the best we can be in safety.”

John met Switchback founder Steve Falk some years ago through kids’ hockey and immediately John recognized that Steve was a motivator. “Steve took a group of 13-year old kids and turned them into a team that didn’t lose a game and won the league. Fast forward to May 2009/2010. A year before a faller had been killed in Gold River and another seriously injured and when looking at the investigation and reviewing everything no-one could figure it out. John asked Steve to take a look at the incident. Steve came in and explained what happens when people are stressed and have to perform, and how this impacts poor, unsafe decisions. In four or five minutes everyone got exactly what he had described. Every faller in the room got it ... some even recognized that if they stopped work, had an apple or cigarette, they could get back on track ... So we worked with Steve to develop a training model which has now been done by over 700 in WFP, called Switchback training.”

Recognizing and helping others recognize when they might be in those moments and coaching them out of there is what Switchback training is all about – self-awareness and the awareness of how others might react and put themselves in an unsafe place.

“It is one of my top three best safety improvements along with site safety tree and danger tree blasting.” said John.

John says he is still passionate about safety and is fortunate to be surrounded by the best of the best safety people, great human beings with highly developed safety skills. “I cannot say enough about my staff,” said John. It takes a long time to learn safety and the most important lesson is that no-one is immune to making mistakes. “We can’t prevent errors but we can eliminate or minimize the consequences. Good people make bad mistakes, virtually impossible to prevent that, but we have to try, try, try, but we also need to focus on minimizing the consequences. Once the mistake is made what is in place to prevent and control the consequence?” 🧠

2017 Annual Safety Award winners



Above: The E&B Helicopters team. Left: Lifetime safety award recipient, Ed Wilcock, of E&B Helicopters of Campbell River (left) and Steve Venus, owner of Blue Thunder Contracting, who nominated Ed.

Ed Wilcock, of E&B Helicopters, received the 2017 Cary White Memorial Lifetime Achievement Award, Harvesting, for Commitment to Safety Excellence.

Ed started in the helicopter business known as E&B Helicopters in Campbell River and has operated this company along with his wife, Vicki, for 26 years. Before that, Ed worked in the forest industry as a camp superintendent up and down the coast. As a result, Ed’s understanding and appreciation

of workers’ safety in the forest industry started with his own boots on the ground. His commitment to the forest industry has been proven many times over.

Ed and E&B provide air transportation and emergency evacuation services to hundreds of forest industry companies who have to simply provide a block map, longitude and latitude. He has spent hundreds of thousands of dollars to be able to provide the best communication on Vancouver Island and southern coastal inlets by strategically installing many repeater towers so that workers on the ground and helicopter pilots can communicate back to home base in Campbell River without interference.

On many occasions, Ed and his company are the last resort. Forestry workers say that without their availability “we simply would not be able to go to work each day”.

Ed says success has come from “working closely with industry and contractors to make sure he can get crews out of the bush on time,” and be there if anything goes wrong.

He says safety has greatly improved over the years. He remembers a time when they could do as many as 30 medivac rescues a year between Port Alberni and Gold River, but that the safety push has brought that down considerably – which is a good thing.

Ed has 26 employees and 12 helicopters, all medivac capable, near and ready to go quickly to where crews are working. That coupled with his nine repeater towers across the island means that communication channels are open. Ed’s best advice: “Be safe!”



Above: Lifetime safety award recipient, Kerry Douglas (centre), of West Fraser Mills Ltd., of Quesnel, with BC Forest Safety Council CEO Rob Moonen (left) and MAG Facilitator and BC Forest Safety Council Chair, Ken Higginbotham.

Kerry Douglas, Safety Manager, West Fraser Mills Ltd., received the 2017 Cary White Memorial Lifetime Achievement Award, Manufacturing, for Commitment to Safety Excellence.

Kerry Douglas started his career almost 47 years ago when he was 15. He worked in the same Rayonier mill as his dad did, in New Westminster, doing clean-up work on weekend nights during his high school, college and university years.

“There was not a lot of safety at the time. It was certainly not something that we talked about or trained and I saw a lot of other kids I worked with getting hurt. There was minimal guarding back in those days,” explained Kerry, reflecting on his first mill work experience in the late 1960s/early 1970s.

In the late 1970s Kerry accepted a position with Canfor at one of their mills in Northern Alberta.

Continued on page 4...



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This was the first of two life experiences that really provided the foundation and appreciation for what safety is and what safety means when it is done well and follows best practices.

“Canfor really had a good safety culture. Safety was a big part of what they did. I learned a lot about what makes for a strong safety culture, leading from the top; everyone understanding what safety means to them and the workplace,” said Kerry. He said this experience followed by receiving his commercial pilot license a few years later in the mid-1970s gave him a real appreciation for robust safety systems and integrating safety into every action and operating procedure.

After Canfor, Kerry moved to Prince George to work for WorkSafeBC as a safety officer for 17½ years. In those days the regulator did not have a separate investigations department, rather it was up to the local and area safety officers to conduct serious incident investigations.

Kerry quickly became the go-to “sawmill safety person” and also carried out 30 fatal workplace incident investigations, many of them at sawmills. Kerry then moved to West Fraser Mills Ltd. in Quesnel in 2004 to become the organization’s first safety manager. At that time West Fraser had operations in Alberta, British Columbia, and the United States. Kerry was instrumental in improving safety practices and integrating safety systems into all the mill operations, and helped his employer realize significantly improved performance and safety results.

“Kerry is the go-to leader for industry in mill and combustible dust safety”, is the unanimous chorus of his peers, many of whom attribute his safety leadership as a key reason behind much of the safety success of the Manufacturing Advisory Group (MAG).

MAG represents an estimated 80% of raw wood production in BC, and following two fatal mill explosions in 2012, the group established a task force to better understand and manage risks created by combustible wood dust. MAG members have continued to demonstrate the highest levels of dust compliance (95-98%) in WorkSafeBC reviews. The group was honoured in 2013 with a Lieutenant Governor Safety Award for Excellence in Systems Safety (multi-technology) awarded by Technical Safety BC (formerly the BC Safety Authority).

“I think MAG’s success is due in large part to the leadership the forest products CEOs have provided to the group,” said Kerry, recognizing that for safety to succeed it has to come from the top and be sustained at all levels of industry and at all operations.

“Before the formation of MAG in 2009 there was not a lot of sharing of information or best practice. Everyone was off doing their own thing, independently,” said Kerry. “Coming together we are able to share our experiences and we all benefit individually and collectively as an industry,” he said.

Some of the recent MAG safety achievements include continuous improvement in guarding, reengineered facilities and processes to better manage and mitigate combustible dust, current work being done on planer safe-guards.

Looking to the future, Kerry says human factors continue to be the challenge. “Working in a high-risk, high-hazard industry, the more we can take the human element out of decision-making, the safer it is going to be,” said Kerry. This means continuing to innovate and find engineered solutions that provide the best safety systems to protect workers.

When Kerry is not at work, he enjoys spending quality time with his wife in Quesnel and visiting his two children and six grandchildren on Vancouver Island, as well as golfing and walking his dog. 🐕

Northern BC forestry, sawmills and manufacturing highlighted in Port of Prince Rupert video

The Port of Prince Rupert celebrates its 10th anniversary of the Fairview Container Terminal this year and in celebration, shared a special video to celebrate all the northern BC forestry, sawmill and manufacturing plants that ship product through the port to customers around the world. A story of sustainability, the four minute video takes you on a journey from seedling to delivery. Many of the companies highlighted are SAFE Certified by the BC Forest Safety Council. Video: <https://www.youtube.com/watch?v=Q8TBoBwS6Uc&feature=youtu.be> 📺

Preliminary WorkSafeBC premium rates for 2018

Overall, the preliminary numbers are down on average by 0.05% year over year. WorkSafeBC says that in 2018 63% of BC employers are projected to experience a decrease in their industry base rate; 11% will see no change and 26% will see their industry base rate increase.

For forestry specific certification units, preliminary projected rates indicate increases in two certification units namely brushing and weeding or spacing (8.10 percent for 2018 up from 7.86 in 2017) and forest fire fighting (7.81% for 2018, up from 7.6% in 2017). For more information on how rates are determined, please see: <https://www.worksafebc.com/en/insurance/know-coverage-costs/industry-premium-rates> 📺

Three reviews by the BC government with reports due in 2018

Currently the government is in the process of three separate reviews that all have safety elements, and impact forestry operations and our broader communities:

- Comprehensive 2017 flood and wildfire review announced middle of October 2017. BC fires displaced 65,000 people, destroyed more than 1.2 million hectares of forest and cost \$550 million to fight. While government departments had already started their own technical reviews, this review will include looking at what can be improved.
- Review of the Province’s professional reliance model to ensure the highest professional, technical and ethical standards are being applied to resource management in BC, announced beginning of October 2017.
- Independent review of forestry contractor sustainability, announced by the previous government in January 2017. This review is being led by former cabinet minister George Abbott. 📺



Fatalities and Injuries

Eight fatalities in harvesting and two in manufacturing year to date in 2017

There have been eight direct harvesting fatalities and two in manufacturing this year (up till November 14, 2017).

Fatalities in harvesting in 2017

October 16, 2017: A feller buncher operator died after his machine rolled over and caught fire on the Finlay Forest Service Road, north of Prince George. See: <http://www.bcforestsafe.org/node/3026>

October 13, 2017: A forestry worker died in hospital after his north-bound pickup left the Babine Lake Road, north of Smithers, and rolled over early in the morning. Road conditions were icy. See <http://www.bcforestsafe.org/node/3029>

April 20, 2017: Three workers were killed and two injured when rail cars were being loaded with logs in Woss, Vancouver Island. 10 of the loaded cars rolled about three kilometres down a grade. The loaded cars struck a section crew's vehicle (speeder) carrying five workers who were performing maintenance on the tracks. See: <http://www.bcforestsafe.org/node/2957>

February 16, 2017: A log truck driver died at the scene after his fully loaded log truck left the ice-covered road and rolled over, about 90 km north of Fort St. John. See <http://www.bcforestsafe.org/node/2932>

February 10, 2017: A log truck driver died at the scene of a multi vehicle incident involving three log trucks and a passenger vehicle near Fort St James. See: <http://www.bcforestsafe.org/node/2928>

February 4, 2017: A certified faller was struck and pinned by a 20-inch-diameter cedar tree that uprooted and fell shortly after the faller had felled an adjacent cedar tree in Woods Lagoon. See <http://www.bcforestsafe.org/node/2919>

Fatalities in manufacturing in 2017

January 30, 2017: A worker was operating a boom boat at a Kelowna sawmill when it suddenly sunk. The operator was later located within the cabin of the sunken boom boat. See <http://www.bcforestsafe.org/node/2914>

January 27, 2017: A maintenance worker died at a Lumby yard (CU714037 – Wooden Post or Pole Manufacture). See <http://www.bcforestsafe.org/node/2916>

Recent incidents reported to WorkSafeBC

By reviewing and sharing these incidents with your crews, you may help to prevent similar incidents at your operations.

HARVESTING

Injury Type: Close call

Core Activity: Manual tree falling and bucking

Location: Vancouver Island/Coastal B.C.

Date of Incident: 2017-Sep

A certified faller was falling a fringe of timber near

overhead 25 kV power lines, which had been de-energized before work began. The faller lost directional control of a tree and it hit the power lines. No injuries occurred.

Injury Type: Multiple fractures

Core Activity: Forest firefighting

Location: Interior B.C.

Date of Incident: 2017-Sep

A firefighter was preparing to attach equipment to a longline from a hovering helicopter when he was struck by a tree (40 cm in diameter, 13 metres tall) that blew over because of the wind turbulence created by the helicopter. The worker was transported to hospital via helicopter.

Injury Type: Fatal (2 non-workers); head laceration (1 worker)

Core Activity: Log hauling

Location: Northern B.C.

Date of Incident: 2017-Aug

A car containing two non-workers crossed the centre line of a highway and collided with a loaded logging truck in the oncoming lane. The two non-workers died at the scene; the log truck driver was transported to hospital by ambulance.

Injury Type: Multiple injuries

Core Activity: Integrated forest management

Location: Northern B.C.

Date of Incident: 2017-Aug

A worker was repositioning a hydraulic excavator (a mobile tail spar), used for log yarding activities, when the machine slid over the edge of an 80 percent grade. The machine rolled several times, coming to rest on its side about 300 feet downhill. The worker was ejected from the cab and was found about 40 feet from the machine. The worker was transported to hospital by helicopter.

Injury Type: Multiple injuries

Core Activity: Log hauling

Location: Vancouver Island/Coastal B.C.

Date of Incident: 2017-Aug

On a logging road, a loaded logging truck lost control on the approach to a bridge, struck the guardrails, rolled over, and landed in the creek about 65 feet below. The driver was transported to hospital by ambulance.

MANUFACTURING

Injury Type: Injuries to arm

Core Activity: Wooden component manufacture

Location: Interior B.C.

Date of Incident: 2017-Aug

A new and young worker was using a compressed air hose to clean up wood debris at the outfeed end of a planer machine when the worker's arm contacted the planer's vertical rotating cutting heads.

Injury Type: Head laceration, possible fracture to lower body

Core Activity: Sawmill

Location: Northern B.C.

Date of Incident: 2017-Aug

A planer mill worker was assisting millwrights with repairs to the planer stacker. The planer mill worker was crossing the infeed transfer chains to bring parts to the millwrights when he slipped on some grease and fell 11 feet to the concrete floor.

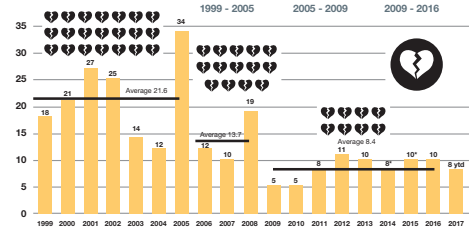
Injury Type: Amputated fingertip, lacerated finger

Core Activity: Wooden component manufacture

FATALITIES

WORKERS KILLED ON THE JOB

22 | 14 | 8



The data (above) for 2016 is based on WorkSafeBC accepted claims and incidents that the BCFCSC is aware of that happened in 2016. Please note that this is preliminary harvesting data. *There were 4 fatalities the BCFCSC is aware of that occurred in 2014 and 8 fatalities that occurred in 2015. WorkSafeBC tracks fatalities by the year in which they accept the claim. The BCFCSC uses the WorkSafeBC data of accepted claims for trends as it is the only long-term data base for comparative purposes.

Location: Lower Mainland

Date of Incident: 2017-Aug

A worker was operating a doweller that shapes round posts. The worker had put the doweller into reverse and was hand-feeding a post into the unguarded doweller end when one of the worker's gloved hands was caught in the rollers.

Injury Type: Injuries to hand

Core Activity: Wooden product manufacture

Location: Interior B.C.

Date of Incident: 2017-Jul

A young and new worker turned off the power to a 10-inch, multi-blade rip saw at the end of the shift, but did not lock out the equipment. The worker removed the dust hood from above the blade and began to clean the machine. The spinning blades, which had not yet come to a complete stop, contacted the worker's hand.

Seatbelts prevent injuries and save lives if you wear them!

While the following two incidents did not occur in forestry settings, they did involve machines that forestry operations use. The evidence continues to support the fact that if you wear your seatbelt – in all machines and vehicles – the safer you will be. Consider and compare the two recent incidents below.

Injury Type: Lower-body fracture

Core Activity: Oil or gas pipeline construction or repair

Location: Northern B.C.

Date of Incident: 2017-Sep

A worker was operating a piece of mobile equipment when it started tipping onto its side. The worker attempted to jump clear of the equipment and was pinned under it.

Injury Type: Injuries to head and hand

Core Activity: Excavator operation

Location: Vancouver Island/Coastal B.C.

Date of Incident: 2017-Sep

An excavator rolled about 60 feet down a steep grade, landing on an access road. The operator, who had been wearing a seatbelt, climbed out of the broken cab window and was later transported to hospital by ambulance.

See this video too about a logging truck driver, Adrian Sunduk, who never used to wear a seatbelt and now always does: https://www.youtube.com/watch?v=z_kH7mluUjk



Talkin' SAFETy with Mike Sexton:

End of the year audit submissions



Mike Sexton, senior safety advisor.

The end of the year is rapidly approaching and for many companies, that means SAFE Companies audit submissions are due too!

Here are some tips:

1. Don't wait till the last minute of the last day of the year. Unfortunately, stuff happens. If your audit were to get lost or face some other unanticipated issue, your SAFE Certification could be in jeopardy. And, getting your audit in before that rush should get you your results quicker too.
2. Please use the latest version of the audit submission form from our website. Things change and the latest versions are available to download at <http://www.bcforestsafesafe.org/safeco-audits>. It may seem easier to just copy last year's audit and send it in, but that can create problems.
3. If you have any question or concerns, CALL US! We are always here to help whenever we can. Call **1-877-741-1060**

- and ask for a safety advisor. If you have someone in particular that you like to get help from, by all means ask specifically for them.
4. If possible, use electronic submission. We will always accept paper submissions, but the electronic world does makes things simpler (most of the time) as we don't have to take your audit submission apart and scan it before we can review it. To upload, please use <http://app.bcforestsafesafe.org/upload/> or email your audit to: audit@bcforestsafesafe.org
5. Please ensure all audit questions are answered. This could be just checking a box or submitting the required documentation. Make sure your documents are dated within the previous 12 months and are clear as to what they are intended for. 📄

2018 real time reviews near you

Real Time Reviews are where BC Forest Safety Council staff meet with your company, at a predetermined location, to receive and review your SAFE Companies SEBASE, ISEBASE, or IOO audit face-to-face.

We first tried this in 2013 with the Weyerhaeuser Princeton Woodlands where it was well received. Over the past few years, based on demand, we have continued to expand this service.

Here is a proposed schedule of real time reviews for 2018:

March 28-29	Nanaimo
April 10	Prince George
April 11	Quesnel
April 12-13	Williams Lake
April 24-25	Houston
May 3-4	Kamloops – ILA
June 28-29	Nanaimo
October 15-16	Adam's Lake area
October 17-19	Princeton
November (TBD)	Chetwynd/Peace
November 29-30	Kelowna
December 19-20	Nanaimo

The list above is not set in stone. If you would like to participate at any of the above – or at a different venue – please call us. We will gladly set up a custom session if possible, whether you are an individual company, prime contractor or licensee.

If you have any questions about the reviews or any other services, please contact a safety advisor at toll-free **1-877-741-1060** or email Safeco@bcforestsafesafe.org. 📧

Trust the List

By Laurel Laturus, SAFE Companies registrar and database coordinator

When you are wondering who is SAFE certified, the only reliable way is to check the list! It is published weekly on the BC Forest Safety Council website at http://www.bcforestsafesafe.org/safe_companies/whos_safe.html

While a certificate is nice to frame and display, it may expire if a company's details change or conditions of SAFE certification are not met. While we don't ever want to think the worst, many years ago there was even an incident of a forged certificate. Reliance on a printed certificate can be avoided by using the list to verify the status of SAFE certification. If your company manages contractors and uses SAFE certification as a pre-qualification, use the SAFE certified list to check for SAFE certification.

The SAFE Certified list contains a company's legal and 'doing business as' or trade name, any qualifications and the size of their SAFE certification, the city related to the company's mailing address and the certification cycle expiry date. The list is currently in alphabetical order in a pdf document. There are over 2950 SAFE companies on that list now, so you can also quicken the search by either right-clicking on the list and selecting "Find" or using keystrokes Ctrl-F to search by a specific SAFE Company name.

When in doubt, contact our office. 📞

Small Employer OHS Course will be available online starting January 2018!

By Cherie Whelan, Director SAFE Companies

I am happy to report that we have listened and in response to your feedback will be offering the SAFE Companies Small Employer Occupational Health & Safety (OHS) Course online starting next month.

One of the requirements of becoming SAFE certified for employers with 2-19 employees is to have a permanent employee who is knowledgeable in their work activities take the Small Employer OHS Course. The course is designed to help participants develop and maintain an effective Occupational Health & Safety Program. Until now, however, this course was only offered as a 2-day classroom session at different locations and times around the province. Small companies told us that this was very challenging for them when they operated in remote locations and didn't have the ability to leave their operations.

Learners wanting to take the course online will be able to register in the BCFSC Learning Centre and complete the course where and when they want as long as they have internet access. Some of the benefits of this new format are:

Flexible and convenient – In the BCFSC Learning Centre, learners will have 24/7 access to the course. They will not have to take time away from work or incur travel costs when courses are not offered at a venue close to them.

Accessible – As long as the learner has internet access, the course can be done from anywhere and on many different types of equipment/devices like a desktop, laptop, tablet, or even a mobile device.

Self-paced learning – The SEOHS online course won't have to be completed all in one sitting, so the learner can start and stop at any time. Self-paced learning ensures that the learner can move at a speed that is compatible with their busy schedules, allowing them to go about their day-to-day routine while fitting in the training at a convenient moment.

Progress tracking – The learner can pick up where they left off in a course. The BCFSC Learning Centre will remember where they left off when they login again!

Continued access to course content – Learners will be able to login after they've completed the course at any time to review/refresh as needed.

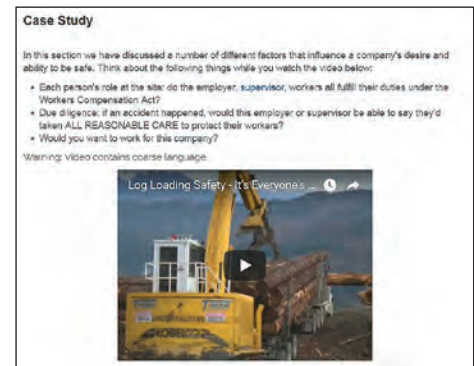
Access training records – Once the learner has successfully completed the course requirements, a record of the training will be managed in BCFSC's Learning Centre.

Live support – If there are any questions during the course, the learner can call our office during regular hours to speak to a safety advisor or for technical support.

Reduced costs – Because of the reduced costs for us to administer and deliver this course, the online course will cost \$90+GST versus the current \$300+GST for the classroom course (this doesn't include the other associated student costs for travel, hotel, meals, etc.)

Learners will also be required to go through a discussion (approximately 30 minutes) with a safety advisor over the phone after the course. This gives our safety advisors an opportunity to ensure that the required learnings have taken place. This also helps to reinforce some key topics and guide the learner to the next steps in completing and submitting their SAFE Companies audit.

While we will be looking at self-registration options down the road, for now learners will follow the same initial registration process as other courses through the BCFSC website. Once registered, the learner will be sent login information and an online Learning Guide to help guide them through the process. There is also a short video at the beginning of the course to help the learner on how to navigate through the course. 🎥



Two screenshots above of some of the content and activities in the new OHS online training course for small employers that will be available beginning in January 2018.

Business as usual as ENFORM merges to form Energy Safety Canada



Given ENFORM's recent announcement of its merger with the Oil Sands Safety Association to form Energy Safety Canada, the BC Forest Safety Council (BCFSC) has been assured it is "business as usual". No action is required by those companies that held ENFORM COR Certification and converted to SAFE Certification. The merger has not affected the Memorandum of Understanding between ENFORM and the BCFSC. 🎧



Making safe choices every tree, every time

There will be many times throughout our falling careers when we will be faced with an upset condition or a falling difficulty. In the case of a jackpot or a hang up, whether it was caused naturally or by the faller, it seems it is often the faller's first instinct to "smash it down" with other trees.

Pushing or domino falling is not the only option

Pushing can indeed be an effective tool used to overcome a falling difficulty, but in no case is it ever the "only" way to do it. Cutting up six, seven or even more trees and pushing them all over is never the safest or "only" way to overcome a falling difficulty. If the culture in your workplace is that this is



By Scott Rushton,
falling safety advisor

a common standard operating procedure, I urge you to have the courage to care and speak up.

Consider machine assist, blasting or creating a no work zone

There are always safer options including machine assist, blasting or just leaving the hazard and ribboning off a no work

zone. I urge you all to work together to help create a culture where it is not only acceptable but considered normal that fallers stop and ask for assistance when they are uncomfortable with any situation.

It's really important to respect the hazards out there and control the stuff that you can control. Safe fallers continually make safe decisions.

Please feel free to call any of the falling safety advisors if you have concerns and would like to discuss the safety culture in your workplace. For confidential advice and support from falling safety advisors, please call toll-free **1-877-741-1060**. Your call will be connected directly to a falling safety advisor's cell phone. 📞

HIGH RISK VIOLATION #5

OHS Regulation 26.24 (6)

Using a tree to cause another partially cut tree to fall in succession, except to overcome a specific falling difficulty and done in accordance with the Regulation.

Question from a faller on falling snags roadside

Question: If I am falling snags on the side of a logging road, am I required to have another certified faller with me? Or can I just use a flag person?

Answer: As with any falling project, you need to have qualified assistance available. If the flag person is not a certified faller, then it makes it a lot harder to meet the three points needed to comply with regulation:

1. Is basic first aid coverage within 10 minutes?
2. Is there a plan in place to deal with a falling difficulty if one arises?

3. Is the flag person "qualified" to assist you in the case of an emergency, meaning meeting the definition of "qualified" as it's written in regulation. Does the flag person have the proper PPE to do the job of running a chainsaw if needed?

When doing jobs like this where the faller is falling only hazard trees, it's highly recommended that there are two certified fallers onsite. It can happen that not all of the hazard trees are immediately at roadside. Many can be up or down (depending which side of the road you are on) from the roadside in the timber a ways in, but still within the danger limits. This creates an even bigger hazard to fallers because they

are trained to fall them in progression within their work area and to only fall them into open areas to avoid the risk of brushing. With these types of jobs, often the licensee or land owner would prefer that the fallers do not fall any green trees, especially any larger ones, so fallers will sometimes get in the habit of not creating large enough openings to safely fall the hazard trees. They will try and "thread the needle" in our terms, which is a very dangerous practice with hazard tree falling.

Got a question, email editor@bcforestsafef.org or call toll-free **1-877-741-1060**. 📞

Pre-pilot of New Faller Training materials

Work continues on the development and pre-piloting of the proposed New Faller Training materials. The revised competency-based training will complete the pre-pilot phase with two trainees and two trainers testing the materials in field in Campbell River this month. Broader industry testing will be done in 2018 before finalization and presentation to WorkSafeBC for final approval and roll-out to industry in 2019. 📍



John Jacobsen and Jimmy Gardner participated in the production of three new faller training videos that have been created as learning support tools within the new training materials. The short videos deal with site assessment, tree assessment and danger tree management. Voice-over has been provided courtesy of 37-year injury free career faller, Jim Bassett.

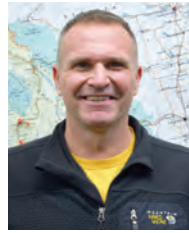
Positive faller feedback on latest wildfire experience

A faller and SAFE Certified company owner recently shared his recent positive experience with wildfire crews this past season:

“We used to have some serious compliance problems with falling trees on wildfires. The way we did things didn’t evolve in the same way that logging or other falling industries did. But upon returning as a contractor this season, I saw a LOT of really good things, including but not limited to competency checks on incoming fallers, both workers and supervisors; insisting on having qualified assistance; proper access/egress; the use of skilled/experienced falling coordinators and really good collaboration and partnership with industry contract fallers.”

Thank you for sharing! All feedback is always welcome.

Email editor@bcforestsafe.org or call toll-free 1-877-741-1060. 📍



Supporting good faller supervision

Jeff Mackenzie,
falling safety advisor

Over the past several months, the BC Forest Safety Council’s falling department has been providing support to several licensee and contractor companies around faller supervision, supervisor awareness training and responsibilities, particularly where prime contractors are involved. This is one of the services offered to industry to help support continuous improvements in safety and operational performance.

Falling safety advisor, Jeff Mackenzie, explained that the objective is to ensure that there is consistent application of good process around supervision and that no-one makes the wrong assumptions about who is responsible.

He said the falling safety advisors are available to provide confidential company reviews to help review the supervision in place, and provide suggestions and mentoring where required to help ensure that everyone is complying under regulatory requirements.

“We want to ensure that everyone knows what they are responsible for and that all supervisors know how to deal with a falling difficulty. The most important piece is always planning and ensuring appropriate qualified assistance is ready, available and everyone understands the plan,” said Jeff.

Increasing awareness and providing the supporting tools and training is key, especially understanding the different geographic implications for falling crews in the interior and on the coast.

During his presentation, Jeff covers: documentation requirements, faller pre-work and planning requirements, daily meeting requirements, contractor field evaluations (supervision: qualified faller supervisor), designated high risk violations, personal protective equipment, man check procedures, transportation, summoning assistance, emergency response, due diligence, right to refuse unsafe work, managing fallers, procedures, evacuation procedures and expected falling practices.

If you would like to talk about setting up a confidential company review on your supervision practices, please email faller@bcforestsafe.org or jmackenzie@bcforestsafe.org, or call toll-free 1-877-741-1060. 📍

UPDATE: Falling program manager

The BC Forest Safety Council is continuing its search for the ideal candidate to lead the falling program. The position description may be viewed here <http://www.bforestsafe.org/careers.html>, and will remain open until filled. 📍



Transportation

Give your feedback on the new resource road maintenance guideline



New resource road maintenance guideline has been developed by industry to help improve resource road safety, specifically for log trucks.

Your feedback is welcomed and encouraged on a new tool to help improve safety and log truck performance on resource roads. The new resource road maintenance guideline was developed by subject matter experts including logging contractors, road maintenance contractors, and other industry stakeholders, and is being piloted for the next 10 months, until October 2018.

The purpose of the initiative, championed by the Log Truck Technical Advisory Committee (LTTAC), is to provide industry with a guideline for implementing a

road maintenance program that ensures that resource roads are maintained for safe operation of log trucks.

The need for a specific focus on log hauling was identified as the configurations, weight and maneuverability of log trucks increases the risk of incident when resource roads are not maintained appropriately.

The guideline includes criteria for:

- Consistent road maintenance for safe log hauling activities
- Increased efficiency and production through consistent/improved cycle times

- Reduced vehicle maintenance costs
- Healthier workplace and environment (physical and mental)
- Increased lifespan of roadways and
- Responsible parties taking ownership for compliance.

At the last Trucking and Harvesting Advisory Group meeting members committed to review the Road Maintenance Guideline for use in their operations. Since the meeting, Canfor has advised that it supports the guideline and will be sharing it with each of its divisions.

Canfor's intent is to indicate that divisions can adopt the guidelines or continue to use their own system, but that the guidelines will form the minimum standard going forward.

Road safety and road maintenance issues are two of the leading topics that industry shares with the BC Forest Safety Council as an ongoing concern. It is hoped that with broad implementation, these guidelines will help address some of those concerns.

You may view and download the Resource Road Maintenance Guideline here: <http://www.bcforestsafe.org/node/3025>. Feedback may be sent to LTTAC, via the transportation department email: transport@bcforestsafe.org or call toll-free 1-877-741-1060. 📞

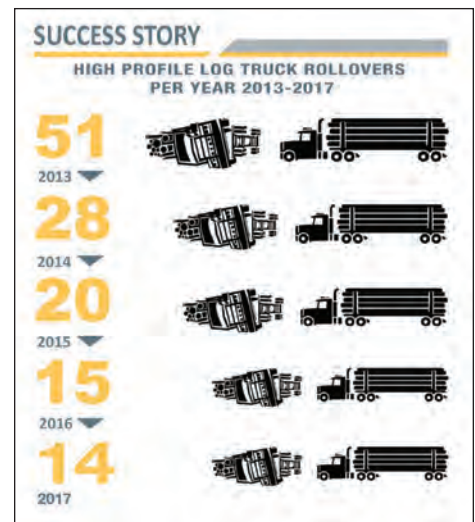
The earliest Canada will see ELD requirements is spring 2019

As log truck drivers in the United States complete their transition to Electronic Logging Devices (ELDs) this month to meet a December 18, 2017 deadline for compliance, Canadian truckers have at least until spring 2019 to prepare, according to Mike Millian, president of the Private Motor Truck Council of Canada (PMTCC), who spoke at a recent event in Ontario, covered by [trucknews.com: https://www.trucknews.com/transportation/earliest-canada-will-see-eld-mandate-spring-2019-millian/1003081547/](https://www.trucknews.com/transportation/earliest-canada-will-see-eld-mandate-spring-2019-millian/1003081547/).

There have been questions about who will be certifying ELDs in Canada as everyone needs to make sure the devices they use are compliant with regulatory requirements.

At this time, the United States is relying on self-certification of devices. In Canada, while Transport Canada will not be certifying ELDs, the Canadian Council of Motor Transport Administrators (CCMTA) is currently looking for a body to certify ELDs in Canada.

It is expected that Transport Canada will make an announcement on final roll-out details for ELDs in the coming weeks. 📞



The above data is up till November 1, 2017. Please note that these statistics are for high profile rollovers tracked by the BCFSC's Transportation Safety Department. Information is collected via BCFSC alerts, CVSE, WorkSafeBC and media reports.

23 fatigue awareness training sessions held across BC

Fatigue has long been recognized as a key element of fit to work. Fatigue impacts decision-making, reaction times and can have negative safety, health and social consequences. No-one is immune and the only fix is enough, quality sleep in every 24-hour period.

1,396 people attended fatigue sessions

To help increase awareness about fatigue among BC log haulers, supervisors and their employers, a series of 23 fatigue awareness training seminars were hosted between April and the end of October, 2017. Licensees who hosted these events included: Canfor, Gorman Brothers, Interfor, Tolko, West Fraser and Weyerhaeuser. The sessions were held at: 100 Mile House, Castlegar, Adams Lake (two sessions), Chetwynd, Cranbrook, Fort St. John, Grand Forks, Grande Prairie, Houston (two sessions), Kamloops, Mackenzie, Nakusp, Prince George (two sessions), Princeton, Smithers, Vanderhoof, Vavenby, Vernon (two sessions) and Williams Lake.

The Trucking and Harvesting Advisory Group (TAG) is in the process of developing fatigue management best practices for log hauling applications. 🚚

UPDATE on Professional Log Truck Driver Competency Program

The Professional Log Truck Driver Competency Program is currently being piloted in BC and is seen by log truck drivers, contractors, training providers and other industry stakeholders as a positive initiative that will help to ensure that training for new log truck drivers is done to a consistent industry standard.

With an increasing demand for log truck drivers in most areas of the province and an aging workforce, the need for a recognized and credible training standard has never been higher. The basis of the program is recognizing the competencies that all safe, seasoned log haulers know and building on those competencies to ensure new drivers are set up and trained for success.

Log haulers agree. In a 2016 survey 99% of about 2,000 participants (primarily log truck drivers) said they wanted to see driver training specific to log hauling on resource roads. As the training content was developed it quickly emerged that the same tools could be used to identify and recognize log haulers that currently meet the competency. Assessments are conducted by professional log truck drivers who are selected through a review process and complete an in depth assessor training program. Regional differences – topography, weather and climate – are recognized to ensure that those assessing drivers are qualified to operate and assess given regional operating conditions.

A total of eight assessments using the new tools were completed in October with 30 more planned to be completed by the end of December 2017. About 300 assessments a year will then be done in 2018 and 2019, based on current demand and interest in the program.

Feedback received from contractors, participants, assessors and licensees is shaping continuous tweaks to the assessor materials, which will continue to be piloted through to October 2018.

Assessments are comprised of a competency conversation and a practical assessment. New drivers (less than five year' experience) complete a two to three hour competency conversation with the assessor. The competency conversation for drivers with more than five years' experience hauling logs in BC recognizes on job knowledge already obtained, is focused on safety critical factors and is about half an hour in length. All drivers participate in a practical assessment (one full cycle with driver including operating on resource roads).

If you would like to learn more about the training and assessments, please email transport@bcforestsafe.org or call toll-free 1-877-741-1060. 🚚

Electronic log question from a Forest Safety News reader

Question: Is there a legal requirement to keep paper copies of the pre-trips in the logging trucks when the webtech log tracking unit stores it electronically? A driver asked because he went to drive another truck last week and because the pre-trip info was stored electronically and he usually drives a truck with-out the electronic log book system he had no idea how to access the system to get the previous pre-trip info out at 3:30 am in the morning.

Answer: (courtesy of the Ministry of Transportation and Infrastructure National Safety Code Program Advisor) I think it is important to clarify a few points that help to answer the question asked.

Pre-trip and post-trip inspections:

1. MVAR 37.22 (3) – requires that the inspection referred to in 37.22 (2) shall be performed daily before the first trip of the day.

Trip inspection report:

1. MVAR 37.23 (5) – no carrier shall permit a driver to drive, and no driver shall drive, a commercial motor vehicle unless the driver has the current trip inspection report in his possession.

There is no requirement currently in Division 37 – Safety Code that requires a secondary paper copy be maintained if an electronic device is used to complete pre-trips and post-trips. That being said, regardless of the time of day or if he has access to the previous day's pre-trip report, before the first trip of the day, the driver is required to complete a pre-trip. If it is required to be a written report, and if the driver cannot operate the software normally used to maintain the pre-trip records, a paper record would need to be made.

Do you have log hauling related questions? Email: editor@bcforestsafe.org and we will find the person who has the answers, and share them. Please note that we never share your name or company name with anyone else to protect your and others' privacy. 🚚

Out in the community



BCFSC CEO, Rob Moonen, recently attended an Opsrra community event in Sooke to talk about safety. See <https://www.facebook.com/OPSRRA/> to learn more. 🚚

There is a **safe** speed for every load, road and weather condition. **Slow the truck down!**



Training

New and improved training for 2018

The BC Forest Safety Council (BCFSC)'s training and development department will ring in the new year with one new training course and one improved training course for participants.

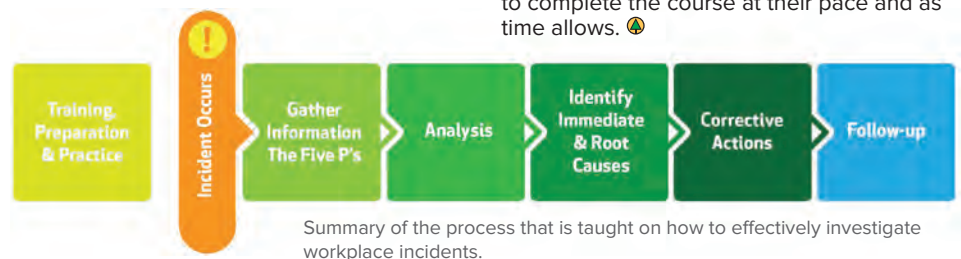
The recently developed Joint Health and Safety Committee (JHSC) training course which is currently available as requested training only, will be a regular offering on the BCFSC's training calendar starting in 2018.

Requested training takes place when there are enough people in one location that the BCFSC will arrange for an instructor to travel to that location to deliver the course. If you would like to train your entire JHSC, requested training may be a very good option to consider. Please call us at toll-free 1-877-741-1060 for more information.

The new JHSC training is 8 hours long and meets regulatory requirements. This training course was developed using WorkSafeBC materials and then customized to include specific forestry and wood products manufacturing examples.



Crew taking part in a pre-work safety meeting.



The Basic Incident Investigation training course has been updated to focus less on "how to fill out the form" and more on practicing the skills needed to complete a good investigation. For example: interviewing, identifying the sequence of events leading up to the incident, and building good recommendations that prevent similar incidents from happening again. The training also includes more information on WorkSafeBC's investigation reporting requirements.

The Advanced Incident Investigation training will be updated later in 2018 and become an online training course to better meet the needs of potential trainees in remote locations. Participants will be able to complete the course at their pace and as time allows. 🌐



Your safety alerts help shape better outcomes for all workers

By Gerard Messier, RFP, CRSP, BCFSC program development manager

Many Forest Safety News readers are aware of the BCFSC's safety alerts, but did you know that you can help decide which topics are covered with these alerts?

The best safety alert ideas come from companies and workers in the field.

Have you been involved in an incident or noticed significant hazards that others need to know about and learn from? This information can be shared through industry alerts or monthly safety alerts which in turn helps others learn from each other's experiences and most importantly – help prevent a similar incident.

Industry alerts are the most common way individuals and companies share their stories of hazards or incidents that have occurred. An easy-to-complete template form is available on the BCFSC website and once it has been completed and sent in, will be shared with industry through the BCFSC website. These alerts are sent in from companies across the province and provide a wealth of diverse information and experiences. The table of incidents can be sorted specific to type of incident or type of work so you can find alerts related to the work you do. For more information, please see: <http://www.bcforestsafesafe.org/node/2690>



Screenshot of a recent safety alert of the month.

Be sure to subscribe to monthly safety alerts

Monthly Safety Alerts are also shared on the BCFSC website, and emailed out to those who have signed up to receive them. These alerts typically cover recent incident trends or safety concerns that industry has identified. If you have a good idea for a monthly alert, email your idea to: training@bcforestsafesafe.org. You may view the monthly alerts here: http://www.bcforestsafesafe.org/AOM_archive

Keep up to date with international safety experiences

The BCFSC has recently started sharing applicable hazard alert information from the New Zealand forest industry, where they have similar conditions and challenges to BC operations. Keep an eye on our industry alerts page; or, if you would like to view the New Zealand alerts directly, use this link: <https://nzfoa-iris.com/SafetyAlerts.aspx> 🌐

2017 VISC wrap-up newsletter



Vancouver Island Safety Conference: The Power of the Mind wrap-up newsletter: <http://www.bcforestsafesafe.org/files/VISC2017WrapUp.pdf>

Trainer development helps ensure all trainees receive consistent, quality training



By Allison Thompson, BCFSC training and standards manager

We know that industry depends on the BCFSC to deliver consistent, quality safety

Forestry Safety Overview course is gaining wider popularity

As shared in previous editions of Forest Safety News, the Forestry Safety Overview course was developed earlier this year specifically for individuals with Certificate of Recognition (COR) in other industry safety associations (such as SafetyDriven, BC Trucking Safety Council; Energy Safety Canada; and the BC Construction and Safety Alliance). So far, 55 people have taken this online training and numbers are expected to grow as growing interest has been shown in using this course as a

general safety orientation to any person new to forestry. The training includes:

- BC Forestry: Business Overview
- BC Forest Safety Council Background
- Forestry Specific Topics
 - » forest industry size, structure, and economic impact on BC
 - » land ownership, First Nations consent
 - » bid processes
 - » how and what regulations are applicable to different types of forestry operations in BC
 - » safety management system implementation that meets industry and regulatory requirements of industry and regulation.

More information on the course and the enrolment form can be found at: <http://www.bcforestsafe.org/node/2904>

Some course fees are going down, some are going up in 2018

The 2018 training fees are being adjusted to align with current costs which means a slight increase in course enrolment fees for some but lower fees for others as courses move online.

All our courses are priced on a not for profit, cost recovery basis and are only adjusted when venue, travel, trainer, material production and administration costs increase or where limited demand means higher per unit course costs. The last price adjustments were done a few years ago.

New courses are all piloted and during this “test and refinement” phase the courses are offered for free. Once approved as a permanent course, cost-recovery fees are then introduced.

The following table shows the planned fee changes for 2018:

Course Title	FEES	
	2017 Fee	2018 Fee
IOO - Initial (Teleconference)	165	175
IOO - Refresher (Teleconference)	165	175
IOO - Initial (CBT)	0	90
IOO - Refresher (CBT)	90	0
SEOHS Initial (Classroom)	320	320
SEOHS Refresher (Classroom)	175	175
SEOHS Initial (CBT)	0	90
SEOHS – Refresher (CBT)	90	0
Internal Auditor	900	410
External Auditor	500	410
Forest Safety Overview	90	0
Incident Investigation	300	320
Forest Supervisor	300/750	320/810
Falling Supervisor	1400	1600

Please check the BCFSC website after mid-December 2017 for the 2018 training schedule and prices.

Trainer profile

We are introducing a new regular feature of showcasing a BCFSC trainer each edition. We get excellent feedback on the quality of our trainers and their depth and variety of relevant industry experience.



Bjarne Nielsen, CRSP

Based: Courtenay, Vancouver Island

Years of forestry experience: 25, half as a manual faller and the other half as a supervisor; and 18 years as a WorkSafeBC Prevention Officer.

Credentials: I hold a professional designation as a Certified Registered Safety Professional (CRSP) and I am a Qualified Supervisor/Trainer (QS/T).

Training specialty: I instruct incident investigation and forest supervisor courses.

Why you choose to train: I like to share my extensive safety and forestry experience with workers and supervisors entering the forest industry.

What you like to do when you are not working/training: I have 11 grandchildren I love to hang out with.

Safety thought: Having worked in the forest industry and with WorkSafeBC I have seen first-hand some terrible accidents. If my work as an instructor or safety consultant can prevent even one worker from getting hurt, I have succeeded in my goal.

Best safety moment: Seeing new forestry workers getting trained and seeing how they safely conduct their work. Seeing that makes me confident that they will not get hurt at work.

Worst safety moment: The opposite of the above.

One thing that you think could make a difference in safety: Safety is all about making safety a priority every day. Safety is doing your work the right way and not taking any short cuts.

training, whether participants are attending a course in person in Fort St. John, or Port McNeil or online and regardless of which one of our 15 trainers is doing the training.

Ensuring that our trainers are current and well-prepared to deliver quality training is critical. One of the ways we do this is through train the trainer sessions. Recently in October, trainers came from across the province and participated in two days of workshops to share the latest changes, information and best practices. On day 1, trainers received updates on changes to the Incident Investigation training course and coaching on how best to deliver the new Joint Health and Safety Committee Training that will be available in 2018.

Day 2 focused on providing trainers with program updates and best practices. Presentations from Falling, SAFE Companies, Transportation and the Training Department were provided to help the trainers share specific updates and information on safety initiatives with their class participants. Summary results of the trainer and course feedback was also shared.

The majority of 2017 year to date participants rated courses as ‘Very Good’ and the Small Employer course participants rated their course as ‘Excellent’. One of the feedback comments that we see repeatedly is that our participants appreciate the real-world industry experience that trainers are able to share during their training.

Upcoming training

If you would like to see how a training course can meet your organization’s needs, please let us know. We are committed to working with you to find the right training solution. We may be able to tailor a program to your specific needs and deliver it in a way that is most convenient for your operations.

Falling Supervisor training December 4 Nanaimo

Forest Supervisor training
Module 1: Due Diligence (1) / Module 2: Communications (2) / Module 3: Leadership & Professionalism (3)

December 6 Campbell River (1)

December 7 Campbell River (2)

December 8 Campbell River (3)

Small Employer OHS training & Refresher training

December 7 Vernon / December 11 Nanaimo

The 2018 training calendar will be posted at bcforestsafe.org/fscapps/calendar/calendar.php by the middle of December 2017. Please check back often as course dates do change. Email training@bcforestsafe.org or call toll-free 1-877-741-1060 for general information, or email Gary Banys at banys@bcforestsafe.org to answer any questions you might have about course content and tailoring courses to meet your company’s needs.



By Dr. Delia Roberts

Taking an active role in combating worksite injuries

43% of forestry injuries are sprains and strains

Safety programs are an integral part of every aspect of forest operations. You can't go to work in this industry without some form of safety training, and daily messaging to keep us aware of practicing good safety habits. These strategies have helped forestry companies reduce their worker's comp claims significantly. However, there are many jobs in forestry that still rank among the highest injury rates of all occupations in the province. Just over 43% of these injuries are classified as sprains and strains, with about a quarter labeled as ergonomic. These numbers indicate that if we want people to be able to work and live without pain we had better start finding ways to reduce the incidence of musculoskeletal injuries (MSIs).

Identify the movements that cause the problem

One of the most important steps in solving a problem is to first make sure that you understand what the problem really is. This sounds simple, but in practice it's hard to separate out the different factors that influence whether or not a particular movement is stressful. Take something as simple as a machine operator grasping a hand control. The degree of stress on a finger doesn't just come from the hand; it starts all the way back up in the shoulder, and even into the spine. The way your muscles and joints work is even going to change based on the weather. Extremes of cold and heat can add to the other stresses, causing an increase in the load on your joints. Poor sleep, dehydration, and high sugar diets can also affect the way our nerves and muscles communicate, further increasing load, and radically raising the chances of injury.

Adjust the equipment if possible

One strategy to try and decrease the stress on a joint, and hence the risk of injury, is to adjust the position of the joint while under load. This is what is commonly considered to be ergonomics and it includes much more than adjusting the height of a counter or the way you hold a tool. In fact, ergonomics also includes things like the way you position your back and hips when you lift a heavy object.

Adjust the way you do the work

Correcting bad habits and developing the core strength to stabilize your joints can go a long way towards decreasing the stress on your joints – whatever the movements or the environment. This is critical to reducing the risk of injury because there are many, many situations where we don't have the option of not loading the joint. The faller has to watch the crown of the tree, the hauler has to throw the wrappers, the tree planter has to walk through slash. There is no tool or device (at least for now) to make these movements easier.

Adjust the capacity of your body to do the work

Using the expertise of a qualified individual during each step of the processes above will greatly increase the effectiveness of the time and effort that you put into solving worksite injuries. An ergonomist is trained to look at the interaction between body position, workload, and the environment that you work in, and make suggestions to allow you to complete the task without high levels of stress on your joints and muscles. Most importantly, ergonomists can identify risky movements before you get hurt or at the very earliest signs of strain, before the problems develop into a full-blown injury. When caught early, the amount of repair required to strengthen and support the joint at risk is much less than what is required to rehabilitate the area following an injury. You wouldn't drive your truck without winter tires, or routine maintenance like oil changes, how can we expect our body to perform without regular tune-ups?

Get everyone involved

Engaging management and workers in the process will increase the chances that the resources needed to make change will be provided – and used by workers once they become available! For example funding to upgrade tools or equipment, institute stretch breaks, provide an in-house physiotherapist and access to rehabilitation or fitness coaching can be justified by the research showing anywhere from 2 to 10x return on investment for these types of programs. Savings of hundreds of thousands of dollars are possible in reduced insurance premiums,

increased efficiency at work, reduced absenteeism and turnover, in addition to significantly reduced claim costs.

Getting started

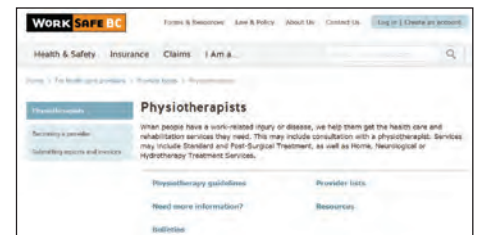
Look for a local registered ergonomist, kinesiologist and/or physiotherapist. Ask for recommendations within your community, and find people who not only know their business, they also know how to communicate effectively and work in an applied and practical manner. The reality is that the program has to fit into the work schedule constraints if it's going to be sustainable. Check in with the BC Forest Safety Council and find other organizations in your industry that have established successful programs, and talk to them about what works and what doesn't work. And then reap the benefits of a happier, healthier workplace for every person in your company.

For more information on these types of programs, contact:

Gerard Messier at the BC Forest Safety Council: messier@bcforestsafe.org or email Delia: droboters@selkirk.ca.

To find a physio or kinesiologist near you, please see:

WorkSafeBC's resources here: <https://www.worksafebc.com/en/health-care-providers/provider-types/physiotherapists>



The Physiotherapy Association of British Columbia: <https://bcphysio.org/>



Or, the BC Association of Kinesiologists: <https://www.bcak.bc.ca/>



Question: Should forestry workplaces have naloxone kits?

Answer: The BC government has provided this 13-page risk assessment document for non-government organizations: https://www2.gov.bc.ca/assets/gov/overdose-awareness/naloxone_risk_assessment_-_non-governmental_sectors.pdf. It includes a worksheet to determine the appropriate answer for your specific workplace.

WorkSafeBC has provided this first aid advisory guidance: <https://www.worksafebc.com/en/resources/health-safety/information-sheets/naloxone-first-aid-advisory?lang=en>

If your risk assessment determines you need to provide naloxone kits in your workplace, you also need to ensure your first aiders are trained appropriately to administer it, and have the appropriate PPE. 🚫

Proposed WorkSafeBC policy amendments regarding prior shoulder dislocations

Public consultation is open until 4:30 pm on Friday, January 12, 2018 on WorkSafeBC's proposed amendments to its policy on prior shoulder dislocations. Find all the documentation and feedback information here: <https://www.worksafebc.com/en/law-policy/public-hearings-consultations/current-public-hearings-and-consultations/proposed-policy-amendments-regarding-prior-shoulder-dislocations> 🚫

Asbestos remains a killer!

Asbestos-related lung diseases are still the leading cause of workplace death in BC. When it is disturbed, asbestos can harm anyone in the vicinity. Over the past several months WorkSafeBC has been running a campaign to help make home-owners, general contractors and the public more aware of the health and safety risks of asbestos to themselves, their workers and their families. If you are undertaking any home renovations, and the building was built before 1990, be sure to double-check before any work proceeds! Asbestos particles are small and the lung damage caused, impossible to reverse. For more information please see: <https://www.worksafebc.com/en/health-safety/hazards-exposures/asbestos/think-asbestos> 🚫

Making the business case for a wellness program

The Canadian Centre for Occupational Health and Safety offers the following free 30 minute online course to increase awareness on workplace wellness programs and the business case for investing in workplace health. See: <https://cchoh.ca/products/courses/wellness/> 🚫

Got health and wellness questions?

Email editor@bcforestsafe.org or call toll-free 1-877-741-1060. 🚫

First Aid Advisory Naloxone

The purpose of this first aid advisory is to provide information about the drug called naloxone and how the provision of naloxone may fit into an employer's workplace emergency response plan. We recognize the significance of the opioid overdose crisis and understand that employers may want their first aid attendants to be able to respond to a suspected opioid overdose at the workplace. In October 2016, regulations under the *Health Professions Act* and the *Emergency Health Services Act* were amended to enable anyone to administer naloxone, regardless of the administration route. Naloxone is available over the counter (OTC) without a prescription.

What is naloxone?

Naloxone is a medication that can reverse the effects of overdose from opioids, including fentanyl. It is a safe medicine with no abuse potential. Naloxone is an opioid antagonist, which means it ejects opioids from receptors in the brain, reversing the respiratory depression caused by an opioid overdose. The medication works within minutes to restore breathing — returning the victim to consciousness.

Why use naloxone?

An opioid overdose is a very serious condition. It may cause death or severe brain, heart, or lung damage. Similar to using an epinephrine autoinjector for an allergic reaction, anyone can administer naloxone intramuscularly (into the arm or leg, with a syringe), or intranasally (spraying with an atomizer up the nose) with brief and basic training.

Are first aid attendants permitted to administer naloxone?

Yes, the provision of OTC medications is within the scope of services that may be provided by

occupational first aid attendants. We recognize that this is a significant source of concern for many of our stakeholders.

The following points are considerations for employers including the provision of the drug naloxone in emergency response procedures:

- 1 The occupational first aid attendant must receive training to prepare the injection site and administer an intramuscular injection. This training could be the same training that a member of the public would receive to administer naloxone.
- 2 The employer has included the provision of this and any other OTC medications supplied (e.g., epinephrine, acetylsalicylic acid) in the emergency response plan.
- 3 The employer has included the provision of first aid to members of the public in the emergency response and first aid procedures, and has considered the risks to the attendant of providing this service.

For more information about naloxone and opioid overdose, visit these websites:

healthlinkbc.ca/healthlinkbc-files/naloxone-fentanyl/safety.com

June 2017

WORK SAFE BC



Your Take on Safety

Share your views on roadside debris

The Roadside Debris Working Group, made up of road builders, fallers, engineers and contract managers received Coast Harvesting Advisory Group approval for distribution of awareness tools and practices to share broadly with industry a little over a year ago (October 2016). Resources are here: <https://www.bcforestsafe.org/node/2858>.

It was decided then that a good way to follow up was to go out broadly to industry a year later and ask people in industry – that's YOU – what your experiences have been. With your input working groups are able to measure if the intended outcomes are being achieved, and if there is anything else that needs to be addressed to better help support safe outcomes in industry.

Please go to this online link to complete the short five minute survey on roadside debris: www.bcforestsafe.org/node/3033. You may complete the survey anonymously. We will draw one lucky participant who will receive a \$100 gift card (you may choose one of three vendors: Canadian Tire, London Drugs or Cabela's). To participate in the draw, we will need an email/phone number to be able to follow-up to get the card to you, so please complete that section to qualify for the draw). The survey closes on January 30, 2018. Forest Safety News will report back in the April edition. 🌱



Preventative action: taking care of the small things

The following examples were submitted by Forest Safety News readers.

1. Not quite a near miss. Just preventative action, from Brian.

I met this rock as I was driving on a forest road yesterday. I could have ignored it ... at risk for someone who may be following and did not see it. So, I stopped and removed it, rather than drive around it. I know we all would have done the same.

Brain's tip is echoed by Jerry who agrees and recommends removing all rocks, sticks, small logs, truck/trailer parts as the brake dust cover plates often pick up the garbage left behind.



2. Always carry a good brush, from Roger:

To clean out the steps on the log truck to help prevent slips, trips and falls. 3-point contact works if your boot has good grip on the step, so clean out the ice and muck.



Image from diy.com

3. Carry coloured ribbon to mark blown down trees at roadside, plugged culverts and washouts. Most people do, but not everyone, and it is a big help to others to be warned, from Jerry.



Image from forestrysuppliers.com

4. From Graham: when you encounter vehicles on resource roads that don't have a radio, you can call folk behind you to warn them to expect an oncoming vehicle.

All good tips, worth repeating.

If you have a safety tip or story to share, email editor@bcforestsafe.org or call **1-877-741-1060**. 🌱

ABOUT Forest Safety News

Forest Safety News is published six times a year: February, April, June, August, October and December. All submissions – letters to the editor, safety tips, photos, safety stories, concerns etc. – are welcome. The opinions expressed in the newsletter are not necessarily those of the editor, staff or board of the BC Forest Safety Council. All decisions to publish materials rest with the editor. 12,000 copies of each edition are distributed via mail or email. Additional copies are distributed at industry events.

Subscriptions

If you would like to continue to receive a hard copy or would prefer to receive an electronic copy of this newsletter, please email editor@bcforestsafe.org and ask to be added to the print copy or email distribution lists. Email subscriptions are encouraged.

Have a story, letter to the editor, safety tip, ideas or photos? Please send all submissions to:

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