

# FOREST SAFETY News



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Safety is Good Business

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## Forest Safety Ombudsman's phase congestion report released: Six considerations for further improvements

Roger Harris.

The BC Forest Safety Ombudsman, Roger Harris, was asked by the BC Forest Safety Council (BCFSC) to conduct an independent review of the state of phase congestion in forestry. He presented his report to the BCFSC program committee and it was discussed by both the committee and the Coast Harvesting Advisory Group (CHAG). The final report may be viewed here along with other

resources already developed to support effective phase management: <http://www.bcforestsafe.org/node/2615>

CHAG is in the process of developing an action plan based on their determination of what actions or other support might best achieve continuous improvement in effective phase management.

CHAG will keep industry updated and share any materials developed in due course. 🌲

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](mailto:editor@bcforestsafe.org) or call 1-877-741-1060.

## Ken Pedersen's many safety achievements honoured with award



Ken Pedersen with the MaryAnne Arcand Memorial Safety Award, which was presented to him at the Interior Safety Conference in Kamloops in May 2018.

Ken Pedersen, supply manager for Canfor Forest Management Group, received the 1st MaryAnne Arcand Memorial Safety Award at the Interior Safety Conference (ISC) held last month in Kamloops, part of the 60th Interior Logging Association's annual convention and trade show.

Ken was presented with the award by Matt Franks and Steve Mueller, on behalf of the ISC.

Steve explained that the award would be made annually and that nominations would be considered about an individual or group of individuals who had demonstrated outstanding work in improving the health and safety of forestry workers in BC's interior, with a special focus on log hauling and forest worker health – an area that was near and dear to the late MaryAnne Arcand's heart. She died from cancer just over four years ago and is remembered affectionately as bulldozer, "mom", friend and safety champion who gave tirelessly of her time to further safety. MaryAnne was



(From left) Matt Franks and Steve Mueller, present the MaryAnne Arcand Memorial Award to Ken Pedersen.

especially driven to support the safety, health and wellness of log haulers.

Matt and Steve said it was fitting that Ken be the first recipient of the award. Ken is a founding member of the Trucking and Harvesting Advisory Group (TAG) which formed in 2013 and has always been a strong supporter of improving safety within the industry, demonstrated by his leadership with TAG as well as with his employer, Canfor. Ken has not only supported key initiatives through TAG but has also engaged Canfor's senior

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leadership in that support as well. Since 2013, Ken has driven many safety and performance initiatives within Canfor and industry, including:

- Improvement of incident data collection and analysis
- Development of a road marshal/safety compliance officer program
- Implementation of GPS monitoring
- Development of log truck overweight management program
- Support of log truck driver fatigue best practices

- Support of 60 long hauling safety seminars
- Implementation of industry log hauling training standards
- Implementation of log hauling professional assessment and endorsement program for existing drivers
- Participation and endorsement of log securement/loader assist best practices.

In accepting the award, Ken expressed his appreciation. "Thank you, I appreciate it very much. I have been fortunate to work for a great company like Canfor and have really enjoyed being on TAG." 🙏

## FPIInnovations & BCFSC working together to improve forest industry safety performance

The CEO of the BC Forest Safety Council (BCFSC), Rob Moonen, and the President and CEO of FPIInnovations, Stéphane Renou, announced in April this year that the two organizations have signed a Memorandum of Understanding (MOU) to work collaboratively on enhancing safety performance in the forest industry by sharing leading, innovative scientific and technical applications.

Under the MOU, individual projects and financial support agreements for specific activities will be identified through consultation between the two parties, with FPIInnovations providing research expertise and non-proprietary technical resources or materials to assist the BCFSC in improving or expanding the support it provides to the forest industry to reduce serious injuries and fatalities.

Examples that are currently underway include a steep slope harvesting calculator, feller buncher rollover analysis, fatigue and distraction technologies, a winch-assist harvester best practice manual and body cams for fallers.

"This MOU supports some of our key strategic objectives, namely to link safety and business success in a meaningful way and to improve the distribution and awareness of industry current best practices, guidelines and standards, while improving collaboration with government agencies and other stakeholders. Promoting innovation, science and technical solutions in support of improving safety in the forestry industry is key to long-term success," said Rob.

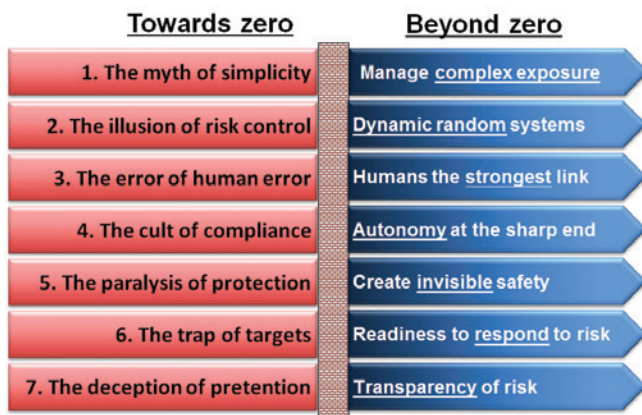
"This MOU reflects the importance for the forest sector of increasing safety as a key metric of industrial performance and demonstrates the industry's commitment to seek innovative solutions to managing risks. FPIInnovations values this partnership as an opportunity to drive its research and expertise to field practitioners and achieve safer operations for forest workers," said Stéphane. 🙏



## SAFEmap's Corrie Pitzer challenges conventional safety thinking: Move beyond zero & avoid the 7 delusions of safety doctrine

Corrie Pitzer.

Corrie Pitzer, President of SAFEmap, delivered his always popular myth-busting session warning of the delusions of how conventional safety management system targets, sayings, measurements, awards and beliefs can potentially blind us to unsafe realities, at the 2018 Interior Safety Conference. One slide that best summarized where we might be and where we need to go is shared below:



Corrie is pragmatic – he emphasizes the need for safety systems, but warns that the complacency and security that they bring, make us all at risk for increasing our exposure to our blindsides – what we don't see we don't measure and everything that we do measure doesn't always matter.

It is always good to be reminded to stay open, aware, see old situations with new eyes and avoid the comfort of repetitive compliance that in itself can put one or an organization at increased risk. Simple example, is traffic crossings. When pedestrians become so complacent that they just expect the system to work, they step out and get crushed by a distracted driver. 🙏

# Interior Safety Conference a big success in Kamloops, May 2018

A total of 175 participants and speakers were in attendance at the largest Interior Safety Conference yet. Feedback from participants was overwhelmingly positive with appreciation for the diversity of speakers as well as the practical tools and resources that could be taken back into the workplace and applied.

A full wrap-up document on the conference as well as videos of the presentations will be accessible here by the beginning of June 2018: <http://www.bcforestsafes.org/ISC>. 🌲



## Sexual harassment and the forestry workplace



Robin McCullough.



Dr. Jordan Tesluk.

**By Dr. Jordan Tesluk, safety advocate for BC's silviculture sector and independent researcher; and Robin McCullough, Chair, BC Safe Forestry Program, Strategic Advisory Committee, and Brinkman & Associates Reforestation's Occupational Health and Safety Coordinator.**

Over recent years, sexual harassment at work has become an increasingly prominent media story. While the #metoo movement started in the film industry, sexual harassment affects all workers, and is an important issue for forestry employers to confront and manage. More and more employers are taking progressive steps regarding sexual harassment. The Western Forestry Contractors Association held a conference workshop on the topic; that content is summarized below.

The way that sexual harassment unfolds can be shaped by the conditions of the workplace. In forestry, this can include isolated locations, shared living accommodations, and increasing numbers of women participating in a historically male-dominated industry. Different forestry sectors have unique challenges to face in dealing with harassment. For silviculture employers, this often means

dealing with a high-turnover workforce composed of young people arriving fresh from their first year living away from home among other men and women for the first time in their lives. Isolation in remote camps with shared sleeping and washing facilities creates physical risk factors, and distance from support networks and government agencies creates social risk factors. All of these should be considered by employers as they review their policies.

Indeed, employers must have policies dealing with bullying and harassment in accordance with WCA Policy D3-115-2, and provide training in the prevention of such behaviors. Failure to provide a work environment free of sexual harassment can comprise discrimination under the BC Human Rights Code (and the Canada Human Rights Act for those under federal jurisdiction). The costs of failing to prevent sexual harassment begin with potential impacts that include loss of dignity and respect among staff. Financially, judgments in the Human Rights Tribunal can reach tens of thousands of dollars – on top of legal costs, orders to retrain and rehire, and the shame of failure in the public eye.

Employers can take steps toward preventing sexual harassment at work by considering the **3-S Approach: Sound policy, Safe environment, and Strong response**. Each of these components can help protect all members of the workplace.

**Sound policy** begins with clear definitions of sexual harassment, including explanations of unacceptable behavior – in language that is meaningful in the culture and context of your workplace. Harassment can include touching, language, joking, social media,

or any sexual-based conduct that leads to unwanted job-related consequences. Sound policy includes training staff members to talk competently and comfortably about sexual harassment. Effective training involves both male and female instructors, and avoids conventional lectures that may lead to reduced worker attention. Patience is often required to teach young workers (or older workers) new concepts, and help them understand the process of cultural change that is part of preventing sexual harassment. While depictions of sexual assault and harassment in the media primarily focus on female victims, men can also be subject to harassment by either women or by other men, and employers need to ensure that all staff feel protected by their policies.

**A safe environment** means implementing systems through which workers can report harassment without fear of repercussions. This includes having men and women available to receive reports, and multiple ways of filing reports to ensure that no single level of staff can act as a gatekeeper against a grievance. Privacy must be protected for workers, and all reports should ultimately be captured in writing. False reports of harassment are no more common than for other crimes, and policies should never single out false complaints as a concern or warn workers against such actions.

### Empower workers to support a safe work place

Employers have experienced positive results by promoting the "Bystander Approach," which empowers all workers to help create a safe work environment by providing roles for their employees to fulfill beyond that of harasser and harassed. Bystander training focuses on the **5 "Ds"**.

These include taking **DIRECT** action to interrupt situations of harassment in which

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intervention can safely and immediately occur. **DISTRACTION** is a tool that can be used to divert attention of a harassing party with a sudden unrelated question or comment, enabling the harassed party to safely exit or find assistance. Bystanders can also **DELEGATE** assistance by bringing in another staff empowered within the company hierarchy to take action. When safe intervention cannot immediately occur, bystanders can **DELAY** action until it is safe, and then file a report or provide direct support to a harassed person. All bystander actions can be strengthened through **DOCUMENTATION**, which may include writing an account of events as soon as possible, or making recordings when appropriate and safe.

**A strong response** to sexual harassment is the most complicated part of managing this issue. Employers should have clear investigation policies that are different from those used for other safety incidents.

Privacy is a key concern, and neither Safety Committee involvement nor general staff meetings are appropriate for such investigations. From the outset, employers must know when police should be contacted, including any case of sexual assault or criminal harassment (see Criminal Code). Secondly, a neutral outside investigator should be utilized in any situation in which there is a possibility of the case ending up in court or the Human Rights Tribunal. A lawyer may be used as an investigator, but this should not be a company lawyer with prior knowledge of the involved persons.

When collecting evidence in cases of harassment, investigating employers must adhere to principles of fairness, and should make clear notes about not only what information they collect, but also why they collect it. Witnesses must be informed that their information will be kept confidential when possible, but that their identity may not be protected if the case ends up in court. Involved parties should be informed of the potential outcomes of an investigation, and employer actions should not only include potential actions against offenders, but also potential changes to their program to prevent future occurrences. Although the

pressure of dealing with a report may seem daunting, employers are ultimately held to the standard of a reasonable person, and are required to make a judgement on the balance of probabilities in deciding what they believe happened in any investigation they undertake.

Responding to sexual harassment is complicated, and conscientious employers should consider holding workshops on the issue, and review legal literature on the topic for a more detailed explanation of the points covered in this article. The legal landscape is also constantly changing, and a 2017 Supreme Court of Canada case (BC Human Rights Tribunal vs Schrenk) ruled that employers must protect staff from harassment by people outside the workplace, including members of the public or other contractors sharing the workplace. Ultimately, there are two overriding concerns that should guide employers in confronting sexual harassment at work. First, they are responsible for providing a safe work environment free of discrimination or harassment. Second, the steps employers take to achieve this goal will enhance respect and dignity for workers, and enables the employer to become part of a broader positive societal shift. 🌱

## Honeywell hard hat recall

On April 24, 2018, a joint product recall by Health Canada, the United States Consumer Product Safety Commission (US CPSC) and Honeywell was issued affecting Fibre-Metal E2 and North Peak A79 hard hats, manufactured in April and May 2016; December 2017; January 2018 for the fibre-metal E2 hard hat and from April 2016 to January 2018 for the North Peak hard hat. These hats are sold in a variety of colours.

The reason for the recall is that the hard hats can fail to protect users from impact, posing a risk of head injury. As of April 11, 2018, Honeywell (the manufacturer) had received no reports of incidents in Canada or in the United States, and no reports of injuries.

Consumers should immediately stop using the recalled hard hats and contact Honeywell to receive a product credit or voucher equal to the purchase price of the recalled hard hat. For more information, call Honeywell toll-free at **1-888-212-6903** from 8:00 a.m. to 5:00 p.m. ET Monday through Friday.

See details here: <http://healthycanadians.gc.ca/recall-alert-rappel-avis/hc-sc/2018/66584r-eng.php>

Thanks to Strategic Natural Resource Consultants Inc. for sharing the recall information. It is estimated the recall affects between 10 to 15% of current hard hats used in BC forestry operations. 🌱

## BC Appeal Court decision calls for new trial to clarify duty on forest fire watches

See: <https://www.thelawyersdaily.ca/articles/6291/b-c-appeal-court-decision-clarifies-duty-on-forest-fire-watches-crown>. 🌱

## Importance of safety highlighted at COFI convention

One of the sessions at the 2018 COFI convention in Prince George earlier this year included industry CEOs highlighting safety as one of their priorities and how the mills are willing to learn from each other. Please see the article that appeared in Wood Business/Canadian Forest Industries: <https://www.woodbusiness.ca/industry-news/news/cofi-speakers-urge-co-operation-innovation-in-face-of-challenges-4849>. 🌱

## Roadside debris survey findings and next steps

A big thank you to the 429 respondents who completed the online survey in a previous edition of Forest Safety News. The results were compiled and shared with the Coast Harvesting Advisory Group (CHAG), the BC Forest Safety Council's Program Committee and with the Falling Technical Advisory Committee.



CHAG will consider the findings and make recommendations on possible future actions to support continuous improvements in further reducing, and better managing, hazardous roadside debris. The aim would be to build on the significant work already completed by a CHAG sub-committee on hazardous roadside debris. To review those materials and share them broadly, please see: <http://www.bcforestsafes.org/node/2897>.

Congratulations to our survey draw winner from Campbell River who has received his \$100 Canadian Tire gift card! 🌱

# Floods challenge forestry communities while the 2018 wildfire season heats up



Photo from one of the 2017 wildfires, from BC Wildfire Service.

While many in BC are still trying to recover from last year's toughest wildfire season, we are well into the start of the next season. An independent review of the province's handling of last year's floods and wildfires by George Abbott and Chief Maureen Chapman has been completed and was released on May 10, 2018. It contains 108 recommendations. Please see: <http://www.timescolonist.com/b-c-report-on-wildfires-floods-recommends-new-disaster-management-approach-1.23298253> and <https://www.thestar.com/vancouver/2018/05/10/bc-unprepared-under-resourced-for-wildfire-and-flood-threat-review-finds.html> for some media coverage on the report. The full 148-page report is available to read or download here: <https://bcfloodfirereview.ca/wp-content/uploads/2018/05/BC-Flood-and-Wildfire-Review-Addressing-the-New-Normal-21st-Century-Disaster-Management-in-BC-Web.pdf> Recommendations start on page 78.

In the past few weeks, government has also made announcements about more training through BC Wildfire Service; an agreement to hire contractors on a more sustainable basis; and more funding for certain wildfire area operations. Many regional and local districts

(but not all) have done their bit to work harder at urban interface wildfire prevention planning and there have been many other individual and collective efforts to better prepare and prevent a repeat season, but still many in industry and forestry communities are frustrated and worried that 2018 is setting itself up to be a repeat of 2017.

Add in the significant flooding and slides again this year and it just seems to get more and more challenging. Silviculture operators in fact, through the Western Forestry Contractors Association, have appealed to both BC Timber Sales and the Ministry of Forests, Lands, Natural Resource Operations and Rural Development to extend the planting season as recent conditions have made it impossible to get the planting season underway in some areas. Production pressures like these can lead to increased risk of bad decisions and increased risk of harm and injury.

## Things worth repeating:

- Minister has approved additional firefighter contracts for 2018: <http://www.cfbctoday.com/article/619456/additional-firefighters-approved-upcoming-fire-season>
  - Don't put off testing the worksite fire-fighting equipment and ensuring proper maintenance and testing of equipment; test your ERP relating to fire as an event; spend the required time each and every time to let hot machines cool down before leaving a work site; make sure all possible sparking or ignition points are properly dealt with.
  - Watch temperatures, air quality and hydration levels; have appropriate water sources to cool off and make sure everyone on the crew knows the procedures to shut down safely and not take risks.
- Make sure ATVs meet the new regulatory requirements to help prevent wildfires, with spark arrestors installed year round, or face up to \$100,000 fines. See: <http://www.cbc.ca/news/canada/british-columbia/tough-penalties-for-off-road-vehicles-1.4589182>
  - Last year's BC wildfires were so bad they didn't just make locals ill, they impacted the world's weather. See: <http://www.cbc.ca/news/canada/british-columbia/b-c-wildfires-last-summer-triggered-mega-thunderstorm-with-volcano-like-effects-1.4635569> and closer to home they may also be the reason for increased flooding: <https://www.thestar.com/vancouver/2018/05/05/last-summer-wildfires-could-be-causing-floodwaters-to-rise.html>
  - Don't assume someone else has notified the appropriate authorities of a wildfire.
    - » Report a wildfire: **1 800 663-5555** or **\*5555** on a cell
    - » Fire information line: **1 888 336-7378**
    - » Burn registration line: **1 888 797-1717**
  - Talk to friends and family about being fire smart. See <https://www.firesmartcanada.ca/> and <https://www2.gov.bc.ca/assets/gov/public-safety-and-emergency-services/emergency-preparedness-response-recovery/embc/preparedbc/homeowner-firesmart.pdf>. Encourage everyone to respect fire bans, to not throw butts out of vehicle windows anywhere! By helping to educate your communities, your social groups and clubs on the negative impacts of wildfires and how simple steps = prevention, we can significantly reduce human caused fires. 🙏

## Workers' Advisers Office & Employers' Advisers Office are here to serve YOU!

Two offices that can help people – and aren't always as well known as they should be – are the BC Workers' Advisers Office and the Employers' Advisers Office.

### For workers

The Workers' Advisers Office was established to help workers who are having

problems with Workers' Compensation Board (WCB) claims in BC. It is an independent office and service is free to all workers in BC.

The Workers' Advisers Office team can help you understand Workers Compensation Board (WCB) claim policies and procedures; provide you or anyone else helping you with information about your claim; help you appeal a WCB decision; and, in some cases even represent you during an appeal.

Learn more here: <https://www2.gov.bc.ca/gov/content/employment-business/employment-standards-advice/personal-injury-and-workplace-safety>

### For employers

The independent Employers' Advisers Office has been helping employers with workers' compensation since 1974. Learn more here: <https://www2.gov.bc.ca/gov/content/employment-business/employers/employers-advisers-office>. 🙏



## 2018 Western Conference on Safety

The 23rd annual Western Conference on Safety saw 1,200 attendees, speakers and exhibitors come together for one-and-a-half days of safety, health and wellness presentations.

**Dale Walker, vice-president, employer, industry and worker services, at WorkSafeBC,** said in opening remarks that the province had come a long way with injury rates overall at an historical low. However, he said occupational disease was a different story, unfortunately. He said the education of contractors and employees was critical in ensuring knowledge of all the safety controls that need to be placed and reminded all attendees that WorkSafeBC was not just a regulator but a major resource of materials and information for employers, workers and unions. He added that a further challenge was that the workplace was changing, with a need to focus on process safety – which WorkSafeBC viewed as an intelligent approach that will work in any complex worksite. And he reminded everyone safety culture was and needed to be “just the way we do things around here”, walking the talk from the top down with committed and proactive supervisors and workers being the backbone of reporting and refusing unsafe work and participating in vibrant, active joint health and safety committees.

**Keynote speaker was retired Fort McMurray fire chief, Darby Allen,** who guided 88,000 residents to safety without a single incident (other than one MVI in on the highway) during the catastrophic 2016 wildfire event.



Retired Fort McMurray Fire Chief, Darby Allen, shared his first-hand experiences of crisis leadership during the 2016 wildfire and said the successful outcome was in large part due to the safety culture of the city. (Photo from <http://www.thelavinaagency.com/speakers/darby-allen/>.)

“This story is not about me, but about the 1000s of people who came together to show that people can achieve anything,” said Darby. He recalled how the last week of April 2016 had been fairly unremarkable. There had been four fires; all extinguished; no evacuations; the driest ground conditions;

otherwise not a particularly unusual work week for the season.

That would change within 48 hours. May 1st the call came in that there was a fire burning 15-20 km to the west of the city; May 2, the fire was 1,350 hectares, getting closer, wind in a SE direction; shelter in place; that day there were more aircraft over Fort McMurray trying to put the fire out than in Toronto airspace. May 3rd, dawned a beautiful day; very little smoke in the sky; Darby was driving to work and got **THE** call: the fire has jumped the river – 1,200 feet, unheard of! Mandatory evacuation went into immediate effect for key areas.

“I’ve never seen anything like it. People still ask me how hot was it? I don’t know. Freaking hot. We know aluminum melts at 650°C and Ski-Doo engines were left as pools of molten aluminum,” said Darby.

“People were amazing; I don’t know how they did it. People just did what they had to do. People took some weird stuff with them. Some took their golf clubs; their wife’s golf clubs. Nothing else.”

Darby shared the miracle, “wow”, and human endurance stories along with the simple acts of kindness along the way. Industrial size gas cans exploded and there were no injuries! 105 hospital patients were safely evacuated. And, three men at the water treatment plant realized that if they didn’t stay and keep water flowing, there would be no hope. They didn’t have food at times nor did they have all the right equipment, but they stayed and even put their own building out when it caught on fire.

The evacuation went smoothly. “People were sensible. When one car ran out of gas or broke down; others would help bounce the vehicle off the road, out of the way; pick up the stranded folk; and keep on moving forward.”

“People ask how did we get the word out? We couldn’t go around with a fog horn. We used Facebook and Twitter and it worked really well for us.”

May 4, at first light, Darby was worried; had everyone gotten the message to evacuate? He struggled to drive around in a Honda Civic but was pleased he didn’t see a living soul anywhere. Same day a state of emergency was declared and at 2 am Darby got the call from an official in government finance to say that as director of emergency he now had a \$million budget with no limit. “No-one said no to me once ... no matter what I asked for.” But he was still worried that in some basement a shift worker had fallen asleep, unawares of what was happening. 30,000 had been evacuated north and 50,000 south of Fort McMurray.

A total of 540 municipal fire, industry and provincial fire crew members; 2,161 wildland firefighters and support staff; 71 helicopters; 18 tankers; and 269 pieces of heavy equipment responded. The fire was declared under control on July 5, 2016, having consumed 590,000 hectares.

“They were very difficult conditions, both mentally and physically; and we don’t talk about the mental enough; we need to be comfortable saying we are going to see a counsellor. Five months after the event my wife sat me down and told me I wasn’t ok.”

Reflecting on the events, what Darby realized was that it was all about team. “You need to cherish and appreciate every member, even if you don’t get to hand pick your team.” It takes grit, determination, perseverance and trust. When you trust and your team trusts you, amazing things can happen,” said Darby. He said there were four major factors for success:

- **a safety culture** in the area (from so many working in the oil and gas industry)
- **timely decisions**
- **twinning of highways** – (it had previously be single) meant that it only took 4 to 5 hours to clear evacuees (a drive that regularly takes 30 minutes), but if they had only been single there could have been a potentially very different outcome for many. A suggestion was made to open all the south lanes one way and all the north lanes the other way to move more vehicles faster, and they did that too.
- **actions of people** (e.g. the Tim Horton’s crew coming back first to get up and running and ready for the clean-up crews and first returnees)

What Darby totally under-estimated were pets. After the immediate danger, they fed animals for 20 days; evacuated 1,300 pets with 400 volunteers and 100 vets; and until June 3, fed 225 aquatic creatures that could not be moved.

About leadership, Darby said what he learned about himself was that you do the very best that you can; you have to conquer your own fear and be genuine and humble. He said he was clear in his communications to his team. He told them, “We are in for a challenging day. Do your part and do it well. And be proud of what you are doing.”

He said it was all the little things that mattered too. Like if you take the last cup of coffee you make another pot; and, saying “good morning” to everyone because it’s the little things that can make people go ballistic in a crisis. And, realizing that anyone can tell people good news, but relaying bad news is a true test of any leader. His test was having to tell one of his senior crew members that he could not go to his home and try and save a pet dog.

Darby doesn’t see much difference between crisis leadership and leadership as many qualities are the same; the biggest differences being that there is no time for

long discussions; urgency drives decisions and that is much more stressful because as a leader you wear every decision. It is important to reiterate optimism both verbally and through body language and actions; and most importantly, to remain calm and positive. And, to keep it real. "There were certainly times that were not easy and I felt like I needed a hug."

**Allan Kehler presented on managing stress, addictions and mental wellness in the workplace.** Author of three books Allan shared his experiences and personal journey to help inspire listeners to be ready to "open the door to listen" to others in our workplaces who need to feel comfortable and safe enough to talk, and be heard.

He said intelligence can drop 15 points when anyone is over-stressed which means poor decisions are made that have can have unsafe performance consequences in the workplace. He said anxiety is trying to control what cannot be controlled and all that we have within our control is how we choose to respond to what we experience – our actions, our thoughts and our decisions. Accepting that is empowering.

He shared some practical stress-relieving progressive muscle relaxation techniques, tensing muscles in different areas of the body for seven seconds and then relaxing – face, shoulders, hands, abdomen, toes and then all muscles together. Learn more at <https://www.outfromtheshadows.ca/>

**Bob Vaughn's presentation on safety intervention and communication** focused on the importance of effective peer-to-peer communication so that more workers would feel comfortable "in the moment" to have the courage to intervene when they see a co-worker doing something unsafe. Statistically he said only two out of five employees intervene when they observe unsafe actions and conditions in the workplace. The reasons being that they are worried that the person might be defensive or angry, yet when people are asked why they were doing something unsafe, almost 60% said that did not realize they were working unsafely. Survey results have shown that most unsafe behaviours could be stopped if someone would just tell the person – in an effective, non-judgmental, caring way – that they were behaving in an unsafe manner.

Tips to be effective communicators to support safe work, include:

1. seek to understand the other person's point of view
2. focus on facts – what you saw
3. focus on behaviour, not the person
4. never blame
5. tell your own stories using personal examples, demonstrate you care
6. re-inforce positives, far more than you correct.

**Mike Harnett, VP Human Factors at Six Safety Systems presented on dead tired: why you need to manage fatigue.** She shared a one-page, 15-question form for companies to self-evaluate their fatigue risk management system. Her company's GAP analysis covers 130 questions, but the 15-question sample covers a wide selection of variables that can help determine opportunities for safety improvements related to fatigue.

She explained how our circadian rhythm clock works and how it is influenced by light exposure to the eyes; how all our other body organ clocks are set and run off the master circadian clock in our brain. For these and other reasons, we should not make people adapt to things that are fundamentally incongruous with how our human species is wired – and hope for safe outcomes! We will never become a night species no matter how hard we try. We will always only perform at our best with the right exposure to light and night sleep as a daylight species. And, the impacts go beyond performance; they impact health such as stroke and cardiovascular disorders, digestive disorders, kidney disease, rheumatoid arthritis, fertility problems, various cancers, obesity, hypertension and diabetes. A "ureka" moment for many in the audience was finally understanding that every time they woke up, their bodies and brains had to restart the sleep cycle and for many they never got to go into the most critical and beneficial brain repair modes of Delta and REM sleep – which can impact psychological well-being and short term memory consolidation.

Mike said that performance and safety were impacted by all those getting six hours or less of sleep. This created loss of situational awareness, more time on tasks, under-estimation of risk, reduction in quality performance, flawed logic, hindered visual perception, slower information processing, reduced reaction times, decreased learning ability, etc.

She said that a breathalyzer for fatigue was in development and that driving was one of the highest risk activities when fatigued because incident reconstructions all showed that when drivers have micro-sleeps their muscles relax which causes them to involuntarily push down on the accelerator and speed up. Mike said that organizations needed to have open discussions about fatigue and understand that wakefulness is not something that workers can control.

Learn more at [www.sixsafetysystems.com](http://www.sixsafetysystems.com)

**Tina Varughese, of tWorks, presented "50 shades of beige – communicate with the cross-cultural advantage"**, throwing out all those politically correct nuances and telling it like it is. Using many examples from her own life and career and that of her family and friends, Tina reminded everyone that one's own culture, outlook and upbringing shapes our expectations on how others behave and they of our behaviour. For example, one

person's limp fish handshake is another's admirably deferential sign of respect; and yet knowing how diverse Canada is, we still all mostly make judgements and incorrect ones at that about others' behaviours. We let ignorance or small world view shape our perception and then we make decisions based on those perceptions – often getting it horribly wrong. From not understanding people with thick accents, to what small-talk people consider usual to talk about. Consider Americans make small talk about the weather, traffic and sports (and Trump), in India small-talk is about Bollywood, politics and cricket. And while a thumbs up is a good thing in many cultures, in others it is incredibly rude and obscene. Making eye contact is critical in many cultures to be seen as trustworthy, yet rude in other cultures, where looking at a chin is an expected sign of respect when one speaks. Crossing legs and pointing toes is liable for a shoe-throwing incident in the Middle East, but polite in others. But, for all the differences we navigate, the reality is the same for all no matter what the culture, language, or mannerisms might be: every worker wants to work safe and go home at the end of the day. "We may have come over on different ships, but we are all in the same boat," said Tina. Safety matters.

**For the second year in a row, Dan Demers of CANN/AMM occupational testing services,** delivered a comprehensive update on the status of cannabis in the workplace.

In a highly interactive session Dan fielded questions from the audience throughout his presentation and covered everything from the latest preparations that are being sold in higher concentrations, to the latest stats including that 6 out of 10 adolescents will develop addictions.

He gave an update on the latest World Health Organization and Health Canada information on cannabis; covered the realities of what is known about cannabis; what is still unknown; as well as simulated workplace testing results where for example, eight out of nine airline pilots could not land planes successfully up to 24 hours after cannabis use.

Dan said it was important to recognize that cannabis and impairment is highly complex; cannabis substance dependence is real; and cannabis is very different from alcohol – and because of that, what employees do on their own time has to become workplace business.

He talked about current laws and legal precedents that have been set as well as safety sensitive workplaces and the steps employers need to take to respond appropriately. In a nutshell, it must be a fair, confidential process, but never looking to compromise safety of the person or others.

Dan said that fit for duty programs and policies were key. He said where employers go wrong is through inconsistent application; inadequate preventative measures; inappropriate application; or complicit practices. 🌱

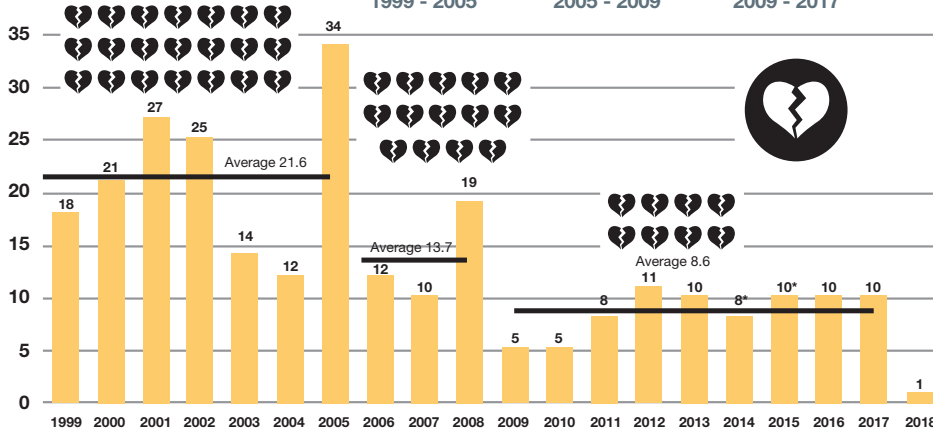


# Work-Related Deaths & Injuries

## WORK-RELATED DEATH CLAIMS

### WORKERS KILLED ON THE JOB

22 14 8  
1999 - 2005 2005 - 2009 2009 - 2017



The data (left) for 2016 is based on WorkSafeBC accepted claims and incidents that the BCFS is aware of that happened in 2016. Please note that this is preliminary harvesting data. \*There were 4 fatalities the BCFS 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 BCFS uses the WorkSafeBC data of accepted claims for trends as it is the only long-term data base for comparative purposes.

A worker was falling two limb-tied trees. As the front tree started to fall, two limb-tied limbs broke free and struck the worker as he was emerging from underneath a suspended windfall, along the planned escape trail.

**Injury Type:** Soft tissue injury  
**Core Activity:** Manual tree falling and bucking  
**Location:** Vancouver Island/Coastal B.C.  
**Date of Incident:** 2018-Mar  
A faller moved to a predetermined safe location as a tree being felled started to fall. A limb fell from the canopy and struck the faller.

**Injury Type:** Concussion  
**Core Activity:** Ground skidding, horse logging, or log loading  
**Location:** Northern B.C.  
**Date of Incident:** 2018-Mar  
A log truck driver was outside the truck cab, adjusting load binders and a log (10 feet long, 7 inches in diameter) that had become dislodged. The driver was struck by a broken section from the log. He was transported by barge and then helicopter to hospital.

**Injury Type:** Facial injuries, bruising  
**Core Activity:** Log hauling  
**Location:** Vancouver Island/Coastal B.C.  
**Date of Incident:** 2018-Feb  
A loaded highway log transporter lost control on a snowy highway and rolled down an embankment. The driver, who was wearing a seat belt, was injured.

**Injury Type:** Fractures, bruising  
**Core Activity:** Integrated forest management  
**Location:** Vancouver Island/Coastal B.C.  
**Date of Incident:** 2018-Feb  
A faller was struck by a small-diameter leaning snag that dislodged from a tree being felled. The faller was transported by the company's emergency transport vehicle (ETV), then ambulance, to hospital.

## MANUFACTURING

**Injury Type:** Close call  
**Core Activity:** Pressed board manufacture  
**Location:** Northern B.C.  
**Date of Incident:** 2018-Mar  
At a pellet mill, a spark was detected within the pellet cooler ducting system, followed by an internal deflagration. The deflagration caused a portion of the process ducting to be blown off.

## One direct harvesting, no manufacturing work-related deaths in 2018, year-to-date

As at May 14, 2018, there had been one direct harvesting and no manufacturing work-related deaths in 2018.

**March 7, 2018:** The driver of a loaded logging truck was fatally injured when the truck left the road and went into the ditch on the 100 Forest Service Road north of Fort St James. The impact caused the logs on the trailer to come forward, crushing the cab. See safety alert: <https://www.bcfestsafe.org/node/3087>.

## Another drive to work death

In addition, a second forestry worker has died this year driving to work. A faller died in hospital shortly after his vehicle was struck by another vehicle while he was driving to work near Campbell River in early April 2018: <https://www.mycomoxvalleynow.com/34058/police-waiting-on-reports-in-fatal-campbell-river-crash-investigation/>. We extend our sincere condolences to his young family, friends and colleagues.

As previously reported, in an earlier incident on Highway 19, a forestry worker died in a single vehicle incident.

## Recent work-related incidents reported to WorkSafeBC

Sharing incident information is one way to help prevent similar incidents in the future at your workplace. Please discuss with your crews.

## HARVESTING

**Injury Type:** Multiple fractures (1 worker)  
**Core Activity:** Ground skidding, horse logging, or log loading  
**Location:** Interior B.C.  
**Date of Incident:** 2018-Mar  
As two chokermen at an uphill skyline yarding operation grabbed onto the chokers (length of wire rope for encircling a log), the yarder carriage unintentionally travelled down the skyline. Both workers were lifted about 5.5 metres off the ground and then fell. One chokerman (a young worker) was injured, and was transported to medical aid by the company emergency transportation vehicle (ETV).

**Injury Type:** Fractured vertebra  
**Core Activity:** Manual tree falling and bucking  
**Location:** Vancouver Island/Coastal B.C.  
**Date of Incident:** 2018-Mar  
While overcoming a falling difficulty, a faller was struck by a cedar tree (7 inches in diameter, 40 feet tall).

**Injury Type:** Upper body fracture  
**Core Activity:** Manual tree falling and bucking  
**Location:** Vancouver Island/Coastal B.C.  
**Date of Incident:** 2018-Mar





# Training

## 50 trained so far in new Joint Health and Safety Committee (JHSC) training course

After a soft launch in 2017, the BC Forest Safety Council (BCFSC)'s training and development department added Joint Health and Safety Committee (JHSC) training courses as a regular offering on its 2018 training calendar.

As previously mentioned in Forest Safety News, the 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.

In 2018, regularly scheduled courses and requested courses have been delivered in Nanaimo, Prince George, Castlegar,

Kamloops, Chilliwack, Gibsons and Cranbrook, with 50 participants having completed the training.

As part of a BCFSC process to ensure quality training programs meet the needs of industry, participants were asked what they thought the strengths of the course are. Responses included:

- Good information
- Good material
- The instructor taught the course well and reviewed everything
- Lots of information and material
- Bringing into focus the role and responsibility of the JHSC members

- Well structured
- Regulation requirements
- Instructor knowledge
- Real life examples.

Participants were also asked how we could improve this course. Responses included:

- Consider doing the online content prior to the class
- Improve some of the slides
- More videos
- More group work.

The BCFSC will continue to monitor the feedback and make improvements to the course. 🌱

## Upcoming training



More than 1,500 seats of training are provided by the BC Forest Safety Council to industry each year on a cost-recovery, not for profit basis. Above is a customized supervisor training session.

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. So far this year the training department has organized 20 additional tailored training sessions by request from First Nations Bands, licensees, contractors, and others across the province.

### Scheduled training for the next few months (does not include tailored sessions):

#### Incident Investigation training

June 7 Prince George  
 July 19 Kamloops  
 July 19 Nanaimo

#### Forest Supervisor training

**Module 1: Due Diligence (1)**  
**Module 2: Communications (2)**  
**Module 3: Leadership & Professionalism (3)**  
 June 25 Langley (1)  
 June 26 Langley (2)  
 June 27 Langley (3)  
 July 23 Nanaimo (1)  
 July 24 Nanaimo (2)  
 July 25 Nanaimo (3)  
 Sept 12 Campbell River (1)  
 Sept 13 Campbell River (2)  
 Sept 14 Campbell River (3)

#### Joint Occupational Health and Safety Committee training

June 8 Prince George  
 July 20 Kamloops  
 July 20 Nanaimo

#### Small Employer OHS training & Refresher training

June 14 Vernon  
 June 18 Prince George  
 June 21 Campbell River  
 July 26 Nanaimo  
 Sept 13 Langley  
 Sept 20 Kamloops  
 Sept 20 Vernon  
 Sept 27 Campbell River  
 Sept 27 Prince George

#### Individual Owner Operator OHS training & Refresher training

June 23 Teleconference  
 July 21 Teleconference

View the full 2018 training calendar here: [www.bcforestsafesafe.org/fscapps/calendar/calendar.php](http://www.bcforestsafesafe.org/fscapps/calendar/calendar.php). Please check back often as course dates may change if there are insufficient participants. All training is offered on a not for profit, cost-recovery basis. Email [training@bcforestsafesafe.org](mailto:training@bcforestsafesafe.org) or call toll-free **1-877-741-1060** for general information, or email Gary Banys at [banys@bcforestsafesafe.org](mailto:banys@bcforestsafesafe.org) to answer any questions you might have about course content and/or about tailoring courses to meet your company's needs at a location of your choice. 🌱



## SAFE Companies program updates, responding to your safety needs

By Cherie Whelan, Director, SAFE Companies



Cherie Whelan.

It's been almost two years since I joined the BC Forest Safety Council, so I have officially had to stop saying that I'm new here! In some ways, I can't believe that it's been that long, and in others it feels like I've been here much longer. This time last year, I was on the tail end of our SAFE Companies Town Halls – 24 Town Halls in a six-week period across the province. I had an opportunity to hear directly from SAFE certified companies in many different regions about what they like and don't like, and what's important to them.

But most importantly, I got to meet with as many of you as possible to hear what I need to focus on to provide the right direction to your SAFE Companies programs. I say your program because the SAFE Companies program really belongs to the forest industry.

I'm a firm believer in accountability, and to that end wanted to provide an update on some of the things that we have built, updated and/or enhanced based on your feedback from our town halls.

### 1. WorkSafeBC COR policy input

After the town halls were completed, we worked with the SAFE Companies Advisory Committee (SCAC) (<http://www.bcforestsafesafe.org/node/2906>) to review the feedback received from industry. SCAC provided additional input. See what we sent WorkSafeBC based on this consultative process here: <http://www.bcforestsafesafe.org/node/2983>. We anticipate that there might be more opportunities to provide input to WorkSafeBC on what the COR program should look like, and we will keep you updated.

### 2. SAFE Companies website content refresh

We received feedback that while there was a lot of great information on our website, some things were really hard to find. In response, we reorganized the content from a user perspective and updated many documents to help ensure you find exactly what you are looking for. If you haven't seen it, please check it out at: [http://www.bcforestsafesafe.org/safe\\_companies](http://www.bcforestsafesafe.org/safe_companies), and keep the feedback coming for us to ensure meaningful continuous improvement.

### 3. Increasing use of online training and electronic tools

We received the most feedback on the topic of wanting more online capabilities for SAFE Companies program requirements. In response, we are working on providing employers with more flexibility in how they can meet SAFE Companies requirements such as:

#### • Increased online training

- » *Small Employer Occupational Health & Safety (SEOHS)*

In January 2018, we launched our SEOHS course in an online format. The learning is self-paced, flexible with 24/7 access, interactive and participants get to speak with a Safety Advisor as part of the process. As at the end of April 2018, 118 people had completed this training.

- » *BASE 4 Internal/External Auditor Training*

We are in the final stages of updating our Internal/External Auditor training. Core competencies were identified with internal and external auditors to direct the design and build of the required training and curriculum. The theory component has been built into an online course resulting in reduced class time for the students. A classroom day is planned for the required hands-on activities and some of the assessment activities, and the first one was scheduled for May 23, 2018 in Nanaimo. We'll provide more information on this in a future issue of Forest Safety News.

#### • Electronic tools for audit submission

We have just started a project that will provide employers with the capability to complete their SAFE Companies audits online. We are aiming to provide employers with an interactive audit tool that will help them manoeuvre through the audit with guidance and "tips" to help ensure that they submit a complete and successful audit. The focus is on user-friendly and making

Talkin' SAFETy with Mike Sexton:

## Can you help me?



Mike Sexton, senior safety advisor.

This is a question we do not get often enough. The answer is easy: Yes, we can. Call us!

We are your Health and Safety Association, and we are here to help.

SAFE Companies program requirements simpler to meet. This new tool will also allow us to better identify emerging trends and issues in SAFE Companies audit submissions, and help us respond more effectively. We are in the planning stages for this work, and will provide regular updates as work progresses.

#### • More face to face interactions

During the town halls, we received really positive feedback on SAFE Companies' Safety Advisors customer service and support to industry. Overwhelmingly we heard that the most value that our Safety Advisors provide is through face-to-face interactions, like our verification visits. In 2017, we completed 383 Verification Audits, and also started doing Real Time Reviews in addition to our licensee-supported mass submissions for their contractors. A Real Time Review 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 provide you with feedback right then and there about your audit. So far in 2018, we have completed 12 Real Time Reviews with 142 SAFE certified companies.

It's been a great couple of years. I'm proud and humbled to be working on your and industry's behalf to implement the changes necessary to eliminate serious injuries and fatalities. Going through the town halls, I got to appreciate firsthand what keeps our industry "up at night", and am so thankful for that opportunity. Please remember, my door is always open. SAFE Companies is committed to listening and supporting you in all things safety. Call me toll-free **1-877-741-1060** or email me at [cwhelan@bcforestsafesafe.org](mailto:cwhelan@bcforestsafesafe.org).

## Just a phone call away

We have Safety Advisors available by phone, toll-free at 1-877-741-1060 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.

## On-site advocacy

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 – or you just want a second opinion.

This assistance can be diverse, from helping you get ready for your upcoming audit or how to implement a good safe work procedure for a particular work activity, to 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.

## Can someone help me with my audit?

Absolutely! As your Health and Safety Association we are here to help you where we can at no cost to you. Remember though that when it comes to completing your audit, the “Auditor” must be the Company Employee or owner whose training is current, a current External BASE Auditor, or a BCFSC Safety Advisor doing a Site Verification Audit, to be COR (WorkSafeBC’s Certificate of Recognition) eligible.

## 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. We will discuss what you are looking for and 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. Each visit takes about two to four hours and includes 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 at against the BASE standard.

These visits may be done by a BCFSC Safety Advisor or a student BASE auditor, if any are available, with limited cost to you. There are many possibilities. Bottom line is, when it comes to anything SAFETY, we are here to support you succeed. Please call us at **1-800-741-1060** toll-free or **250-741-1060**.

If you prefer email, email us at [safeco@bcforestsafesafe.org](mailto:safeco@bcforestsafesafe.org). 📧

## AgSafe COR to SAFE marks 4<sup>th</sup> conversion agreement

Similar to the SAFE conversion agreements that the BC Forest Safety Council (BCFSC) entered into in 2017 with the BC Construction Safety Alliance (BCCSA), Energy Safety Canada, and Safety Driven, the BCFSC has finalized an agreement with AgSafe Canada. The agreement allows employers with a valid small companies AgSafe SECOR (Small Employer Certificate of Recognition) to achieve SAFE Certification if they are currently working or intend to work in the forestry sector in BC.

There are exclusions, if the company:

- wants a forestry COR certification in addition to the AgSafe SECOR, or
- 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 AgSafe SECOR to a SAFE Certified company.

All incoming AgSafe contractors will meet the same fee requirements and process as existing SAFE companies and in addition will be required to successfully complete a training course, Forestry Safety Overview, that will orientate them to BC forestry conditions and expectations. 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.

At the end of April 2018, SAFE Companies had issued 45 SAFE conversions, of which 39 were to BC Construction Safety Alliance COR members and six to Energy Safety Canada COR members.

Call Laurel at toll-free **1-877-741-1060** or email [laturnus@bcforestsafesafe.org](mailto:laturnus@bcforestsafesafe.org) for more information. 📧

## How COR incentive payments are determined and what to do if you don't get your cheque

Financial incentives are an important part of the WorkSafeBC Certificate of Recognition (COR) program. If you're a COR-certified employer, it is necessary to understand the process and criteria required to be considered by WorkSafeBC for an incentive.

Review your 2017 audit results letter from the BC Forest Safety Council. It will state if the company has been recommended to WorkSafeBC for 2017 COR. WorkSafeBC will issue the 2017 COR incentive cheques in late May/early June 2018. Allow a few weeks for delivery.

To be approved for an incentive by WorkSafeBC, the company must be in good standing with WorkSafeBC. As per WorkSafeBC's assessment policy AP1-42-4, the company will not be approved for an incentive if, in the previous year, it has:

- Engaged in activity that would cause WorkSafeBC to impose, or consider imposing, an administrative penalty
- Suppressed claims for compensation or a claim cost
- An outstanding balance related to your WorkSafeBC employer account
- Failed to register with WorkSafeBC
- Not reported payroll to WorkSafeBC for the audit year
- Engaged in any misconduct WorkSafeBC considers inconsistent with participation in the COR program.

## What to do if you don't get a cheque?

If your 2017 audit results letter indicates that you are eligible for COR and you do not receive an incentive cheque by the end of June 2018, your WorkSafeBC account will be reconsidered in November 2018. You do not

need to take any immediate action, other than to ensure your account is in good standing.

## What if my company didn't get recommended for COR?

If your 2017 audit results letter says your company was not recommended for 2017 COR, and you believe you should have qualified, please contact Laurel at [Laturnus@bcforestsafesafe.org](mailto:Laturnus@bcforestsafesafe.org) or call toll-free **1-877-741-1060** to review.

## How much is the COR incentive?

WorkSafeBC calculates the incentive amount based on the payroll reported for the previous year.

Employer's reported assessable payroll x (CU base rate / 100) x 10%

## Example

Employer ABC Logging Ltd. – CU 703008 Integrated Forest Management

2017 assessable payroll = \$950,000

2017 CU 703008 base rate = \$8.45 per \$100 of assessable payroll

## Calculation:

(10% x CU 703008 base rate) x assessable payroll  
 $(10\% \times \$8.45) \times \$950,000 = \$8,027.50$   
100

The Return-to-Work (RTW) COR incentive is an additional 5% for employers that achieved this certification prior to 2014. The RTW certification program remains frozen by WorkSafeBC, which means no new employers are eligible for an RTW COR. Employers currently RTW-certified can continue participating in the program until further notice. Auditing requirements remain the same at this time. 📧



# Falling

## Danger tree blasting: A good tool for fallers to deal with dangerous trees

To support a further reduction in the high injury rate among fallers in BC, WorkSafeBC would like to encourage all licensees and contractors to ensure that they have easy access to qualified faller blasters for their operations.

The importance of fallers having options and tools to effectively manage risk is key. “When a faller stops to assess each falling situation, he needs to know that the saw is not the only method of getting hazardous trees to the ground,” said Tim Birkett, a Cranbrook-based WorkSafeBC Safety Officer for 13 years, having previously worked in the forest sector.

The Occupational Health and Safety Regulation Part 26.26(3) states that if conventional methods cannot be safely employed to fall a dangerous tree, blasting or other acceptable methods must be used.

“Blasting dangerous trees is a valuable tool to help effectively manage risks and should not be ignored. It is an excellent low risk method when it is not practical to leave the trees or use mechanical methods due to terrain slope limitations for machines or adjacent work activities that are affected by the danger trees. We need to get to a place where blasting is a practical, efficient and safe alternative in everyone’s minds,” said Tim.

When confronted with a dangerous tree, jackpot, hang-up, or windthrow stack, a faller must choose the option that secures the best safe outcome for that unique situation:

1. call for qualified assistance (see more information here: <http://www.bcforestsafe.org/GA>)
2. call for mechanical assist
3. walk away if falling the tree is an unacceptable risk (mark as a no work zone and map the location of the hazard)
4. blast the tree.

To make these options equally available, to keep fallers safe, the land owner, contractor or licensee must be supportive and:



1. provide access to a qualified blaster\* (if the faller is not a faller blaster)
2. provide access to the necessary blasting product which includes appropriate transportation to, and storage close to, the falling activities.

*(Note: \*Only qualified certified faller blasters may blast dangerous trees, or a blaster who is not a faller can blast a tree, provided he has a Certified Faller with him.)*

“Without a faller having the tree blasting option available to him, he may feel compelled to do the job knowing in the back of his mind that it is a very hazardous situation to be in. He may feel there are no other alternatives but to fall a tree that shouldn’t be hand-felled,” said Tim.



A recent dangerous tree blasting course in the Golden area for certified fallers.



Dangerous tree blaster trainer Dazy Weymer.

“If fallers are going to use blasting, you need to make it an easy option. If it is going to be a big hassle to get it blasted, they are more likely to take a chance and try falling the tree,” said Dave “Dazy” Weymer, of D/T Blasting.

Blasting – done step by step – is simple, safe and effective. The hardest part of the process is the transportation and storage of the explosives near the falling activity. Most agree that more needs to be done by government to simplify the storage part regulations, without compromising safety. “A balance is needed,” said Tim.

Earlier this year WorkSafeBC with the support of Canfor (they provided the site for the in-field training), organized four East Kootenay certified fallers to participate in the three-day dangerous tree blasting training course run by Dazy. After completion of the training session, there was all-round recognition that blasting is an important tool to add to the toolbox to help keep fallers safe.

Faller blaster and BC’s only dangerous tree blasting trainer, Dazy, has trained more than 100 certified fallers to become certified faller blasters since 2002. During that time, he has come to see how much fallers appreciate the new tool and skills they develop. “Day one of the course in the classroom, fallers look at all the information and feel a bit skeptical or overwhelmed, but by the end of the training in-field they are all very enthusiastic about blasting. It is easy for them to see that blasting is a tool that can help get them home safe every night,” said Dazy.

Jeff Mackenzie, certified faller blaster, QST and BCFSC falling safety advisor, has taken the course twice over the years and said blasting is definitely a good tool for fallers to help lower the risk. “It is always better to deal with a hazard from 100 feet away. If you have the powder available, in the right hands, blasting has the potential to save lives,” he said.



Prepping trees with the right cut (position and size) for the appropriate blasting material to control the blast and fall of the tree as intended, and documenting everything.

*Photos submitted.*

To secure blasting certification, certified fallers must successfully complete the course, demonstrate competency in dangerous tree blasting, and achieve a minimum 80% grade on WorkSafeBC’s blasting exam. Successful candidates are granted a blaster’s ticket that is restricted to two years. The faller is required to get 10 blasts in the two years and is then eligible to rewrite the exam and get a ticket that is good for five years.

The most recent dangerous tree blasting course took place at Columbia Extreme (classroom day) near Parson, BC and the in-field portion on Canfor’s TFL-14 CP215 Block SPL0027, which was an isolated and permitted location. Kicking Horse Mountain Resort provided the blasting product Magazine (storage), in close proximity, with the necessary regulatory agreements in place between the resort, the trainer and Natural Resources Canada.

The training participants were certified fallers: Mark Teasdale, Columbia Extreme; Matt Ward, Golden Fire Jumpers; Greg Spence, M&H Logging; Steve Shaw of Shaw Forestry and by invitation on the last field day, Mike Taylor of Sawtooth Tree Services (already a certified avalanche blaster/technician in the winter months).

During training they learned the theory and practical applications of how to blast trees safely, ensuring that blasts are controlled, using the appropriate blasting materials and quantities to achieve the intended outcomes. This includes learning how to make appropriate cuts in the trees, in the right places that best facilitate placement of blasting products to accomplish the goal



*Continued on page 14...*



# Falling

Continued from page 13...

of getting the tree down in a planned way. The fallers also learned how to identify and use blasting products, including appropriate storage and transportation to meet all applicable regulations.

Overall the participants consistently expressed how simple and safe blasting is.

Mike Taylor, of Sawtooth Tree Services, and BCFSC certified faller, said that “the danger tree blasting process is quicker and easier than I thought it might be, and clearly the best method to keep fallers safe when machine-assist is not a viable option.” He is looking forward to using it on a worksite.

Matthew Ward, certified faller and owner of Golden Fire Jumpers, said he was really happy that blasting is an available option. “I’ve been pressuring our local WorkSafeBC office for about 15 years about being able to blow up trees especially in fires because fire weakened trees are the most dangerous to have to fall when machines are not readily available,” said Matthew. “Blasting is very valuable. I was pleasantly surprised by how straight-forward and common sense explosives-handling is,” he added. “The importance of having the blasting option available I think was said best by Dazy during the course that for a long time fallers have been told to consider other options than falling a dangerous tree, but when machines can’t get there the only option to a faller was to grow a bigger set of balls. When machines aren’t available

that puts a lot of pressure on a faller to make decisions he shouldn’t be making to avoid stopping work.”

Matthew said the only hurdle was still around storage – how far away to be able to access it when fallers need it, but he said WorkSafeBC was optimistic that there would be improvements and licensees and landowners would help ensure that access was made available to ensure the safety of fallers.

Mark Teasdale, of Columbia Extreme, echoed those sentiments. “With the support of WorkSafeBC and licensees to enable easy access to explosives, we will create a win-win for everyone. Blasting is a highly valuable tool to have in our toolbox and it gives us a nice way to look at some dynamic falling situations. It is certainly the safest way to approach some falling situations. While we do have the opportunity to do a no work zone when machine assist is not possible, blasting is a great option.”

## Dangerous tree blasting course information

For pre-requisites see: [http://www.bcforestsafe.org/training/Danger\\_Tree\\_Blasting\\_for\\_Fallers](http://www.bcforestsafe.org/training/Danger_Tree_Blasting_for_Fallers)

For scheduling and current pricing, please contact Dave Weymer at (250) 949-0271 or by email at [glmdazy@gmail.com](mailto:glmdazy@gmail.com).

## Examinations

WorkSafeBC’s 2018 blasting examination schedule: <https://www.worksafebc.com/en/resources/health-safety/information-sheets/blasting-examination-schedule?lang=en>

## Videos

Dangerous tree blasting: <https://www.youtube.com/watch?v=870RNYwyULI> (4.52 minutes)

Dangerous tree blasting below road right of way: <https://www.youtube.com/watch?v=3rwc7vvFPg4> (4.06 minutes)

## Other resources

To see the applicable blasting regulation, please see WorkSafeBC’s website: <https://www.worksafebc.com/en/law-policy/occupational-health-safety/searchable-ohs-regulation/ohs-regulation/part-26-forestry-operations?origin>, look for 26.26 section 3

and Blasting Regulations (Part 21): <https://www.worksafebc.com/en/law-policy/occupational-health-safety/searchable-ohs-regulation/ohs-regulation/part-21-blasting-operations#65D35885F8CF422C958C00D57B36B60F>

## Previous research

In 2011, Dean McGeough, of Integra Forest Consulting Ltd., and Dazy Weymer, of D/T Blasting, researched and produced a report on dangerous tree blasting in BC: [http://www.bcforestsafe.org/files/Falling/State\\_of\\_DTB\\_in\\_2011\\_Report.pdf](http://www.bcforestsafe.org/files/Falling/State_of_DTB_in_2011_Report.pdf).

## Falling supervisor training in Williams Lake

Qualified Supervisor Trainer, Doug Harrison, recently led a requested training session of Falling Supervisor training for BC Wildfire Service near Williams Lake.

A total of 18 participants spent five days learning and practicing the skills required to supervise falling activities including how to develop block falling plans that comply with the Workers Compensation Act and OHS Regulation; control falling activities in the workplace, and document them; safely coordinate phases; manage people and train workers; and inspect and evaluate certified hand fallers to the BC Faller Training Standard. 📄

Photos submitted.



## FTAC members review new New Faller Training Program Resources

Three members of the Falling Technical Advisory Committee (FTAC) met in April and May to review, discuss and provide feedback on the competency-based New Faller Training Program resources, instructor guide and lesson plans.

They are certified fallers Dazy Weymer, QST, CFS; Neil Campbell, QST, CFS; and Jack Miller.

They will also report back to the rest of FTAC on their findings after completing their reviews.

Their feedback, along with feedback from subject matter experts who helped develop the content, as well as feedback received during the pilot phase – from trainees, trainers and observers – will be consolidated and reflected in the final draft materials prior to submission to WorkSafeBC for regulatory approval in the fall of 2018.

### Update on revised New Faller Training Program roll-out

Roll-out to industry is on track for 2019, with the training pilot having started in May 2018, and on schedule for completion at the end of September.

The pilot consists of two tuition based new faller training pilot courses for eight participants who have successfully secured their own funding for the full course costs of \$27,500 each.

In addition, BC Wildfire Service plans to pilot later this year, details to be determined depending on how fire season shapes up.

Feedback is being gathered at regular intervals during the pilot via interviews and surveys.

The pilot will also provide trainers and participants with access to the new online BC Forest Safety Council Forestry Learning Centre as well as to use iTrak, an easy to use online reporting system that allows trainers and supervisors to complete weekly reports on their new faller trainees.

Apart from the feedback on the training resources themselves, the pilot will also look at the cost-effectiveness of a competency-based system. 📍

## Upgrade training for current Qualified Faller Trainers

Both BC Forest Safety Council (BCFSC) and BC Wildfire Service Qualified Faller Trainers (QFTs) took part in two workshops in April to prepare for the revised new faller training program, resources and processes.

Participants received an introduction to:

- The new competency based system including the faller learning resources, assessment tools, instructor guide and lesson plans
- The BCFSC's online Forestry Learning Centre and
- iTrak, an online safety and compliance reporting system that allows for weekly reports on trainee fallers, for example.

They were then asked to provide feedback on all resources provided. 📍



## Three fallers' deaths have recently appeared in the media

Three fallers, who were not falling at the time, have recently died.

### Driving to work

One 39-year old faller was driving to work at about 5 am recently on Vancouver Island Highway 19 near Campbell River when he was involved in a two-vehicle crash that is still under investigation. He was taken to hospital but died shortly afterwards.

### Death under investigation

Another 39-year-old faller was at a camp worksite and was found deceased. This incident is also under investigation by authorities.

### Illness

Another faller (68 years old) recently died after an illness.

FSN extends sincere condolences to family, friends and colleagues of all three fallers. RIP. 📍



# Transportation

## TimberWest contractors pilot fatigue-monitoring technology

Thanks to the participation of TimberWest contractors and their drivers, a fatigue technology research pilot was started in April 2018, with an end goal of informing industry about solutions to improve safety in log hauling operations.

The project will bring together Wolf Lake Logging Ltd., CoastFibre, TimberWest, FPIInnovations and the BC Forest Safety Council (BCFSC) to help test the latest world-leading technological innovations that support improved safety outcomes with regards to fatigue.

### Seeing Machines



A Seeing Machines unit is installed in a Vancouver Island log truck.

The “Seeing Machines Fatigue Project”, will run for 60 days and started when TimberWest – as part of its commitment to seek out best

practices and innovation – became aware of the technology being implemented in New Zealand. At the same time, back in Canada, FPIInnovations and the BCFSC had been conducting research into monitoring and assessing log truck driver fatigue, while the forest industry safety working group, Trucking and Harvesting Advisory Group (TAG), had been studying fatigue, the factors that impact fatigue, and the best practices for managing fatigue.

Worker fatigue is a safety risk factor within many industries including forestry, particularly for workers that have long shifts or those working night shifts. Among other safety considerations, increased fatigue levels may lead to micro sleeps and momentary or extended lapses in concentration that can put workers at increased risk of incidents, especially when operating motor vehicles, or heavy equipment.

Several technologies continue to be developed to identify and measure fatigue, and provide fatigue mitigation measures. One technology, Seeing Machines, was identified in FPIInnovations’ research as one of the top three onboard technologies based on six criteria: market readiness, purchase cost, features, data transfer and support, human machine interface, and functionality. Seeing Machines mitigates risk by detecting both fatigue and distraction events and providing real-time, in-cab behaviour intervention, by using face and eye tracking software technologies.

### Readibands

In addition to testing the Seeing Machine units, the Wolf Lake Logging and Coast Fibre drivers will also wear Fatigue Science Readibands, a wristband technology that uses bio-mathematical fatigue modelling, to predict fatigue.

Trish Kohorst, BCFSC transportation safety manager and project lead said recent surveys conducted by TAG of 4,000 log truck drivers in BC (in 2015 and 2016) identified fatigue as one of the top three concerns; the other two being road conditions/maintenance (no. 1) and speed (no. 2). As a result of these findings, industry committed to supporting the successful implementation of a driver fatigue management program that includes creating awareness and understanding of the significance of driver fatigue; the implementation of appropriate measures to help prevent potential fatigue related incidents; and, to improve driver health and wellness.

The opportunity to implement this project is largely due to the participants. “A big thank you to Wolf Lake Logging and CoastFibre and their drivers for volunteering to be part of this safety project. Thanks to their participation we will be able to help support better safety outcomes for all log haulers,” said Trish. “And thanks to TimberWest’s continued commitment to safety and leadership in seeking out technological innovation.”

A project wrap-up presentation will be provided following completion of the project. “The user experience and feedback on both technologies will be invaluable in determining the effectiveness and ease of use of the technologies,” said Trish.

To learn more about the technologies, see <https://www.seeingmachines.com/> and <https://www.fatiguescience.com/>. For further information on this project, please contact Trish Kohorst at [transport@bcforestsafesafe.org](mailto:transport@bcforestsafesafe.org) or call toll-free 1-877-741-1060. 🌱

## Ongoing opportunities for professional development of log truck drivers

Each year, as part of industry’s ongoing commitment to provide opportunities for professional development of log truck drivers, 18 seminars will have taken place by the end of the first week in June. These diverse seminars focus on topics that increase driver knowledge and help support informed choices for improved safety, health and wellness.

The seminars were hosted by various licensees and delivered by subject matter experts, on topics as diverse as brain science and keeping safe (Gary Anaka) <http://www.braincoach.ca/>; fatigue science and increasing health and wellness through fatigue management <https://www.fatiguescience.com/>; distracted driving (Drop It and Drive) <http://diad.tirf.ca/>; and, anatomy of a rollover, and your greatest risk (Advantage Fleet Services) <http://advantagefleetservices.com/>.

The seminars were hosted by West Fraser in 100 Mile House and Fraser Lake; Canfor in Vavenby, Mackenzie, Vanderhoof, Houston, Fort St. John, Chetwynd, Cranbrook and Prince George; Weyerhaeuser in Princeton; Cariboo Chilcotin Truckers Compliance Committee in Williams Lake; Tolko in Quesnel and Merritt; Babine Forest Products in Burns Lake; and Conifex in Mackenzie.

The 2018 Log Hauling Survey was distributed at all sessions providing drivers with the opportunity to respond to questions to help inform future industry initiatives and resources that further support safe log hauling. 🌱

## LTTAC health and wellness initiative for log truck drivers

The Log Truck Technical Advisory Committee (LTTAC) is pleased to announce they will be working with Total Physiotherapy based out of Smithers, to create resources that will support log haulers in reducing ergonomic injuries.

The initial step, compiling a Physical Demands Analysis, was completed in late March, thanks to the support of Groot Bros., of Houston, and Sky View Contracting, of Smithers, who allowed Total Physiotherapy to travel with drivers through the complete log hauling cycle to ensure they had an accurate understanding of the physical demands of log hauling including load securement, chaining



## WorkSafeBC receives update on transportation safety initiatives

At the request of WorkSafeBC for an update on industry safety initiatives related to transportation safety, Trish Kohorst, BC Forest Safety Council Transportation Safety Manager, recently presented to the WorkSafeBC's forest industry advisory group which includes prevention, occupational safety, and industry and labour services representatives.

Trish provided an update on the professional log truck driver competency program, fatigue research and resources, as well as the key projects that the industry safety working groups, Trucking and Harvesting Advisory Group (TAG), the Log Truck Technical Advisory Committee (LTTAC), Bulk Haulers Injury Elimination Taskforce (BHIET) and the Marine Forest Safety Advisory Group (MFSAG) are working on.

Trish explained the merits of a competency based program where the knowledge, attributes and skills are evaluated to meet the criteria – no pass or fail; rather an industry developed program that identifies what is needed for a professional log truck driver to safely perform his/her duties.

She said that the program had been initiated by LTTAC (whose membership includes log hauling contractors from across the Province, RCMP, CVSE, WorkSafeBC, FPIInnovations, and ICBC) and further developed with contributions from the subject matter expert group, supported by TAG. So far since 2016/2017, 17 new log truck drivers were trained and 160 drivers have been assessed. Vancouver Island University has also developed curriculum, based on the program's units of competence. In 2018, learning resources are planned for development, but are dependent on securing additional funding. 🌲

## Pre-trip inspections assist in preventing serious incidents and provide opportunity for early recognition of unsafe conditions

A new 'Check Your Nuts' information campaign is intended to help remind all drivers about the importance of pre-trip inspections for both safety, operational performance and lower long-term maintenance costs.



Resources will include posters and stickers. The materials will be completed in the next few weeks and accessible via the resource section on the BC Forest Safety Council website: <http://www.bcforestsafecouncil.org/node/2485> as well as on the Resource Order form: [http://www.bcforestsafecouncil.org/files/ps\\_injuryPreventionResourceOrderForm.pdf](http://www.bcforestsafecouncil.org/files/ps_injuryPreventionResourceOrderForm.pdf) 🌲

## Fatal collision did not involve two logging trucks

When first reports came out, it was claimed that two logging trucks had been involved in a fatal collision on Highway 97 at the end of March. The two trucks involved were in fact a lumber truck and a chip truck. We are sharing that information here because social media and others perpetuated the error and while the source was corrected, the bad info was already out there and being shared. Our thoughts and condolences are with all those affected by the incident. 🌲



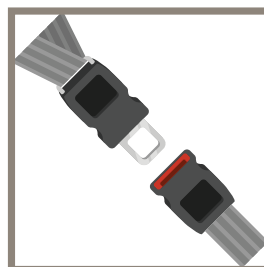
### Fatal truck collision closes highway

March 26, 2018

One person was killed Monday morning when two commercial trucks collided on Highway 97 near the Dunkley Lumber sawmill, Quesnel RCMP said.

## Buckle up!

The stats just keep confirming the fact that safety belts do save lives. A safety belt could save your life too. Please buckle up and makes sure your loved ones buckle up! Wear your seat belt every time you climb into a piece of equipment, a passenger vehicle, a taxi, crummy or log truck. 🌲



## Update on the US experience with ELDs

As Canada's deadline in 2019 for ELDs grows closer, we can learn from some of the experiences south of the border where ELDs have been required for several months already. One of the unintended consequences is that some US commercial drivers are finding there is no space at truck stops; while others are being forced to pull over in areas that are not safe to meet service hour restrictions. See <https://www.trucknews.com/features/little-by-little/> 🌲

up and the long hours spent behind the wheel in the log hauling environment.

The objective is to develop resources that will help drivers, managers and supervisors better prevent injuries by identifying potential injuries earlier and more effectively managing common injuries, as well as adopting actions to help minimize the risk of injuries.

Resources will include exercises specifically tailored to improve strength and fitness to work, showing workers good body positioning, techniques and stretches to minimize the likelihood of strains and other injuries.

The project is expected to continue through 2019 with the first resources becoming available as early as November of 2018. Forest Safety News will update with links as soon as they are available. 🌲



## Vitamin D: The new wonder drug



By Dr. Delia Roberts

Nutritional fads come and go, but it looks like the evidence for widespread health benefits of Vitamin D (Vit D) is here to stay. At the very least it is clear that people in poor health often have low blood levels of Vit D, and some studies suggest that higher levels of Vit D can be protective against the development of certain diseases. Let's explore where we get Vit D, how it's used in the body and what we now know about how it might help maintain good health.

### Vit D – the sunshine vitamin

By definition, vitamins have to be consumed in the diet. But Vit D is unusual in that we can also synthesize it in our bodies in the presence of UV light. Unfortunately, there are two problems with getting enough sunlight to make all the Vit D we need. Firstly, in Canada, most of the year the sun is so low on the horizon it's hard to get enough UV exposure to make Vit D. Experts estimate that it takes approximately 5–30 minutes of sun exposure between 10 AM and 3 PM at least twice a week to the face, arms, legs, or back without sunscreen to make enough Vit D. Glass and tight-weave clothing block UV light, so it has to be warm enough outside that you'd be willing to wear shorts and a sleeveless top, or go shirtless. Cloud blocks about 50% of the UV light, so it also has to be a clear day, and shade blocks about 60% so you have to stay in direct sunlight. Properly applied sunscreen with an SPF of higher than 8 also blocks enough UV to prevent Vit D synthesis, which brings up the second problem. Exposure to UV light is known to contribute to the development of skin cancer. If you are careful, it is possible to get enough

sun to make Vit D without causing skin damage, but in reality, it's unlikely that with our climate we can get the sun exposure needed to make enough Vit D on a regular basis.

### Vit D can be stored

Vitamin D is fat-soluble, which means that it can be stored in the body but also that when taken in from dietary sources, it requires fat to be absorbed. Once again, this raises two points. One, since Vit D can be stored, theoretically, you could make enough Vit D to last you all year long by spending your summer at the beach. One study actually looked at this and determined that in cultures where sunbathing is popular, people can meet their Vit D requirements in this manner. The second point is that people who have trouble absorbing fats, such as in those with inflammatory bowel diseases like Crohn's or Celiac Disease, are at risk for low Vit D levels. Oddly, obese people are also at a higher risk for low Vit D levels because the excess fat just below the skin hoards Vit D and makes it harder for sun generated vitamin to get into the bloodstream.

### Dietary sources of Vitamin D

There are only a few foods that are naturally high in Vit D (fatty fish like salmon, tuna and mackerel) and to a lesser extent, beef liver, egg yolks, cheese and some mushrooms. But because of the importance of this vitamin, milk (35–40 IU/100 mL) and margarine ( $\geq 530$  IU/100 g) are fortified by law in Canada. Some manufacturers also add Vit D to yogurt, orange juice and ready to eat cereals. In spite of this, it's still difficult to obtain the preferred amount of Vit D without supplementation.

Vitamin D in supplements and fortified foods is found in two forms, Vit D2 (ergocalciferol) and D3 (cholecalciferol). They are manufactured by different processes (D2 is derived from irradiated yeast and D3 is from irradiated cholesterol). They differ only in the chemical structure of a side chain, both can be used equally well by the body when taken in normal amounts. Sunlight produces D3 in the body, and mushrooms are the main source of D2.

Whether generated by the body from UV light, eaten in natural or supplemented foods, or consumed as a pill, all Vit D has to go through two further activation steps in the body before becoming biologically active. The first step takes place in the liver,

the second in the kidney which means that people with either liver or kidney disease are at risk for low levels of the active form of Vit D and require special means of meeting their Vit D requirements.

### Recommended intakes

Measuring the level of active Vit D in the blood is difficult and very expensive, and is not necessary for most people. Instead, scientists have re-evaluated how much Vit D should be consumed on a daily basis. The recommended daily intake for adults aged 19-70 years as set by the Food and Nutrition Board at the Institute of Medicine at the National Academies and accepted by the Canadian Medical Association is now set at 600 IU. Some scientists though, believe that it is not only safe to consume up to 4000 IU/day, amounts closer to 2000 IU/day are necessary to protect against disease. One way to look at it is to supplement with the recommended 600 IU/day in pill form, and assume that between dietary sources and sun exposure, you will top your Vit D levels up enough to insure good health. Taking Vit D supplements in excess of these amounts has not been shown to improve health and at very high levels Vit D can even be toxic.

Some medications can interfere with the absorption or use of Vit D in the body. Steroid medications, high cholesterol drugs or those needed to stop epileptic seizures all lower Vit D levels. If you are taking one of these drugs or one that blocks fat absorption be sure to discuss your Vit D needs with your physician or pharmacist.

### Bone health

The best understood function of Vit D is its role in building and maintaining strong bones. It's needed by the body to absorb calcium in the gut, and is responsible for stimulating the healthy development and growth of bone in the immature skeleton. In adults, the actions of Vit D on bone cells maintains bone, adding to areas that are under stress and removing bone from areas that are not loaded. This function also adjusts blood levels of calcium and phosphate as are needed by other areas of the body.

In more recent times, receptors for Vit D have been found on many other cell types in addition to bone cells, and we now know that it plays a role in the normal development and death of many cells as well as in inflammation. This has led to the investigation of the protective role for Vit D in the prevention of cancer (especially colon, prostate, and breast cancers) and a healthy immune system. One large review showed that higher levels of Vit D helped

reduce the number and severity of asthma attacks. It also appears that Vit D is needed for the neuromuscular system, and may be important for the prevention of diseases like Multiple Sclerosis (MS). There is some evidence that low Vit D levels have been associated with increased risk of development of MS and that supplementation may slow the progression of the disease. However, studies that compare the rates of these diseases and others (diabetes and cardiovascular disease have also been investigated) are not conclusive. Sometimes lower Vit D levels are found in populations with higher rates of the disease and higher Vit D levels are found in those with lower rates of the disease, but not all studies show this effect and supplementation does not always prevent the disease. More good quality studies are needed before we can say for sure whether or not Vit D can prevent these diseases, and if the vitamin is protective, what amounts of it are needed for a beneficial effect.

If you aren't sure about whether you should be taking a Vit D supplement, discuss your diet, lifestyle and disease risk with your physician. The science suggests that if you don't get regular exposure to the sun, you should think about using a daily Vit D supplement. 🍌

## Good mental health matters as much as physical

Six signs of good mental health are if you feel like **YOU**:

1. Are reaching YOUR POTENTIAL
2. BELONG
3. Make the world a BETTER PLACE
4. DON'T WORRY about what others think of you
5. ENJOY your life
6. Can be knocked down and you will GET BACK UP again, and again.

According to the Canadian Mental Health Association, mental health is more than being happy all the time. It's about feeling good about who you are, having balance in your life, and managing life's highs and lows. Everyone deserves to feel well, and, we all need a support system to lean on.

## Forest Safety Ombudsman to brief NDP caucus on HEMS report

The BC Forest Safety Ombudsman, Roger Harris, provided the BC NDP caucus with a briefing on his Helicopter Emergency Medical Services (HEMS) report, on May 16.

Last year, the Union of BC Municipalities voted to support the recommendations contained in the report. Since then several petitions have called on the government to support improved critical care access to remote communities that would benefit workers and all other community members.

You may read the report here: <http://www.bcforestsafe.org/node/2909> 🍌

### Tools you can use and share

Canadian Mental Health Association: <https://cmha.ca/>

Man Therapy: <http://mantherapy.org/>

Suicide Prevention Resources from the CMHA: <https://cmha.ca/documents/preventing-suicide>

Excellent video on the effects of depression: <https://vimeo.com/159136856>

The most important thing is to talk. Choose someone you trust and you know will listen; or choose a confidential anonymous hotline to call. Help and crisis line numbers as well as other mental health support near you can be found here: <http://www.crisislines.bc.ca/>

BC crisis lines provide three million minutes of support to people in need each year which means a person connects with a confidential line worker every 2.7 minutes. Support is available 24/7, 365 days a year. You are not alone. 🍌

## Wildfires require proper safety masks

As part of an access to information request by CBC News, the RCMP acknowledged that during a wildfire review they established that not all officers had been provided with the appropriate masks when they worked the Fort McMurray wildfire in 2016.

They should have all been equipped with 3M half-face masks. Instead officers had paper-filter N95 masks, or didn't wear any, leaving respiratory side effects, coughing spells and shortened lives.

The lesson for all is that if you are exposed to wildfires, do not compromise your or your workers' health and safety by using inappropriate masks.

See the CBC story in full here: <http://www.cbc.ca/news/canada/edmonton/fort-mcmurray-wildfire-rcmp-safety-masks-1.4621705> and WorkSafeBC requirements: <https://www.worksafebc.com/en/health-safety/tools-machinery-equipment/personal-protective-equipment-ppe/types/respiratory-protection> 🍌

## Red Shirt Foundation report on sawmill workplace violence



The foundation formed after a Nanaimo mill shooting in April 2014, when Michael Lunn and Fred McEachern died and Tony Sudar and Earl Kelly were injured, has recently released a report, *Workplace Violence in Sawmills in BC*. See:

<https://www.nanaimobulletin.com/news/red-shirt-foundation-report-on-mill-workplace-violence-released/>. To read the full 154-page report, please see: <http://redshirtfoundation.com/> (scroll down on the homepage for a link to the pdf as well as other useful tools to help support respectful workplaces.) 🍌



# Your Take on Safety



## You're invited to share the wonders of safe forestry careers with high school kids

Every day high school students are developing the attitudes, skills and knowledge (ASK) that will support them as they make decisions about safe, healthy and successful career pathways. Safety is key to helping them develop the right ASK that will last -- in the classroom, on the job, and for life.

### LearnSafe allows us to support the next generation of safe forestry workers

Enhancing the safety learnings available to secondary school students in Grades 10-12 in BC is an essential component of getting youth ready for work and keeping them safe. A WorkSafeBC initiative, administered by the Construction Foundation of BC, LearnSafe is relevant to all industries including forestry and wood products manufacturing.

The program speaks to a need, expressed by employers, to more fully engage and inform youth regarding worker and public safety so that they are ready for employment upon graduation.

Focused initially on shop class students, LearnSafe will work with BC's secondary schools to schedule industry-led safety talks in the classroom, with the primary objective of educating students about the importance of safety training and awareness on the job site and why safety is a necessary element to achieving employment in industry.

In addition to delivering the safety talks in schools, online safety courses will be ready to rollout in the 2018/19 school year. Completion of these courses will enable high school students to earn graduation credits while gaining valuable safety training and awareness.

### Please join us in telling BC's forestry and products manufacturing story

So far, 12 people have volunteered to step up in their local communities to help support this program. We'd like to invite you to consider joining us.

We are seeking industry representatives who are passionate about safety in the forestry and wood manufacturing sectors to volunteer their time to deliver safety talks. Volunteers will be supported with tools, materials and other information to help ensure that the messaging remains consistent while maintaining enough flexibility to allow for presenters to share their personal worksite and sector experiences.

This is a great opportunity to improve the lives of young people in your community as well as promote the wonders and rewards of a truly sustainable and safe forest industry to the next generation of workers. If you're interested in exploring this opportunity further, or know of a high school that you'd like to approach in your local community to help set up presentations, please contact Gerard Messier at **250-739-5177** or email [messier@bcforestsafesafe.org](mailto:messier@bcforestsafesafe.org).

## 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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