

FOREST SAFETY News



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Safety is Good Business

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Left: Minister of Forests, Lands, Natural Resource Operations and Rural Development, Doug Donaldson (centre), stopped by the BC Forest Safety Council booth at the 2019 TLA convention and Trade Show. Left is Field Services Supervisor, Mike Sexton, and right is Lead Falling Safety Advisor, Scott Rushton.

Right: The BC Forest Safety Council's Director of Training and Program Development, Gerard Messier, presenting on forestry's competency-based safety training at the 2019 TLA Convention and Trade Show. Image courtesy of the TLA.

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

The future of safe work: Competency-based assessment & training to best meet due diligence

The BC Forest Safety Council (BCFSC)'s Director of Training and Program Development, Gerard Messier, provided an update at the 2019 TLA Convention and Trade Show on the competency-based assessment and training model being developed at the request of industry by the BCFSC.

He said 2019 was the year of beginning to implement. The preceding three years had been dedicated to the development of competencies for 40 forestry occupations; and the development of assessor tools for those occupations; the development of new yarding, faller and log hauling learning materials; and the development of assessor and train the trainer materials.

Competencies for a single occupation is the first step in a long process of developing ready to deliver training for that occupation.

Step 1: Develop competencies for an occupation and test the competencies in field. These are developed by industry-

identified subject matter experts – people with proven achievements in optimal performance in each of the occupations.

Step 2: Develop assessment tools for that occupation (used to determine if someone is competent to do that work) and test the assessment tools in field. There are two types of assessment: competency conversations used to assess knowledge and practical assessments used to assess skills and attributes.

Timeline

Yarding competency materials	Training and assessment materials being tested now in-field by contractors
Log hauling training and assessor materials	Successfully piloted in 2018; final training and assessor training materials due in second half of 2019
Mechanized harvesting	Field testing of materials planned for 2019
Road building	Field testing of materials planned for 2019
Falling	Final review by a sub-committee of the Falling Technical Advisory Committee; then submission to WorkSafeBC for approval to roll-out to industry in 2020. 🌲

Step 3: Develop training content and materials that best support the competencies identified in Step 1 and test these materials in-field with contractors and licensees, refine and retest.

Includes: applying the best adult-education learning and training principles to the content and formats, providing online and on-the-job learning materials, along with diverse optimal learning choices for individuals well tailored to specific coastal or interior forestry settings and worksite demands.

Step 4: Receiving regulatory approval where required – e.g. as the BC faller standard is owned by WorkSafeBC, the new faller training materials need to be reviewed and approved by WorkSafeBC and their changes incorporated and tested in field prior to final approval and roll-out to industry.

Step 5: Populating the final approved materials for each occupation into the BCFSC's Forestry Learning Management System, administering the training, and regularly updating the training as needed.



Safety topics filled first day of Western Forestry Contractor’s Association (WFCA) 2019 Conference and Trade Show

To find links to view all the safety presentations at this year’s WFCA Conference, please see: <https://wfca.ca/wfca-annual-conference-tradeshow/conference-2019/>

For quick access to individual safety or safety-related presentations, see below:

Training for safe and injury-free work by Forestry Safety Advocate, Jordan Tesluk, and Jonathan Clark, of Folklore Contracting and author of the 482-page “Step by Step: A Tree Planter’s Handbook”:

<https://www.dropbox.com/s/jggs08bbk86q8pn/Training%20for%20safe%20and%20injury-free%20work.pptx?dl=0>

Defining Competency

- Knowledge:** Theories, facts, procedures, applied to a task... Must be acquired.
- Attributes:** Characteristic or quality possessed or nurtured within a person... Must be expressed.
- Skill:** Doing something well... Must be practiced.

- ◀ Observable
- ◀ Measurable
- ◀ Linked
- ◀ Transferable
- ◀ Performance-based

One of the slides explaining how competency is defined.

- **Emergency Response Drills – Preparing Forestry Crews for the Unexpected by Jordan Tesluk, BC Forestry Safety Advocate:** <https://www.dropbox.com/s/ulq77rx7o85h64g/Safety%20Drills%20for%20Silviculture%20and%20Seasonal%20Operators.pptx?dl=0>
- **TEAAM – Technical Evacuation Advanced Aero Medical by Miles Randell, TEAAM founder and ALS Paramedic at BC Ambulance Service:** <https://www.dropbox.com/sh/y6qh9yug4pqyhmv/AABu5TgahDRF0zl1aQVv33UXa?dl=0>
- **Marine Transportation Safety Update by Temo Scheiber, member of the Marine Forest Safety Advisory Group:** <https://www.dropbox.com/s/ogyy1ueb1pfwlu6/Marine%20Forest%20Safety%20Advisory%20Group%20-%20Timo%20Scheiber.pptx?dl=0>
- **Why Report? Using incident and close-call data to improve safety by Jordan Tesluk, Forestry Safety Advocate, with Noel Simpson, EHS Analytics:** <https://www.dropbox.com/s/t1w7hrm2j7jfz7s/Why%20Report%20WFCA%202019%20in%20Victoria.pptm?dl=0>
- **Premier of a new video for tree planters, and new direction in injury prevention and management by Mike McAlonan and Jared Lalik of Total Physio:** https://www.dropbox.com/sh/49hc4tn2e50dsrf/AACaZJu5Km-7N0XzR_aoPGfna?dl=0
- **Plenary Panel Presentations on The Landscape, Communities and People: Adapting to Natural Disasters in BC as the “New Normal”. Presentations by Dr. Paul Hessburg Sr., USDA Forest Service, Research Landscape Ecologist; Bob Simpson, Mayor of Quesnel; and Dr. Robin Cox, Royal Roads University:** https://www.dropbox.com/sh/9ctt1c97anw6w8x/AACrGkUS8XHJqQwZFY_14Ysa?dl=0
- **Sexual Harassment and the Live-Where-You-Work Environment by Robin McCullough, Chair, BC SAFE Forestry Program Strategic Advisory Committee:** <https://www.dropbox.com/s/3rkqlqicaxncyae/Sexual%20Harassment%20-%20the%20Psychology%20of%20Power.pptx?dl=0>



Day one of the WFCA's 2019 Convention and Trade Show included kicking off the event with an open meeting of the BC SAFE Forestry Program Strategic Advisory Committee (SAC). Conference attendees were able to sit in and observe the meeting proceedings, and ask committee members questions.



SAFE Companies' Regional Safety Advisor, Terry Chow, and Quality Assurance Supervisor, Martin Ridgway, talked with many forestry and silviculture contractors during the one-day trade show. The trade show is a firm favourite for the volume of both traffic and the many safety discussions held with attendees.



Forestry safety advocate, Jordan Tesluk, wraps up his presentation on Emergency Response Drills – Preparing Forestry Crews for the Unexpected, as a group of audience volunteers carry out “an injured worker” for further treatment.



Workshops at the 2019 WFCA Convention and Trade Show with Total Physio included opportunities to learn how to use taping for rib and upper back pain as well as arms, thumbs and wrists. Videos and downloadable printed summaries are available via the WFCA (<https://wfca.ca/>) and Total Physio (www.totalphysio.ca) websites and on the BC Forest Safety Council's YouTube channel: <https://www.youtube.com/user/BCForestSafety>. The latest video for tree planters to prevent upper back and neck injuries is called “Don't do the chicken” and was premiered at the conference: <https://www.youtube.com/watch?v=a-TOOf6u9Wo>. 🇯🇵



Free EHS Analytics Safety App and Dashboard demonstrated at the 2019 WFCAs Convention and Trade Show

The BC Forest Safety Council (BCFSC), in conjunction with the BC SAFE Forestry Program Strategic Advisory Committee (SAC), has embarked on a new initiative to provide forestry and silviculture employers with an advanced electronic safety reporting system. If successful, the project will be extended to other subsectors in forestry if there is demand.

The new system, currently available to SAC member companies, will make documenting and reporting easier, and provide employers with tools for viewing their safety performance and benchmarking it against their peers in the rest of their sector.

This project originated late in 2017 when the SAC, representing a cross-section of forestry silviculture employers and forestry contractors in BC, discussed the absence in the sector of meaningful data to proactively and accurately assess leading indicators of injuries and close call incidents that could assist employers in better preventing these occurrences.

As a result, SAC initiated the project with the BCFSC and technology provider, EHS Analytics, to develop a member-driven solution which is a mobile and web-based technology platform that captures and coordinates safety records and activities for users and provides simple and informative ways of assessing performance through a visual dashboard.

The early adopters in silviculture who helped shape and test the app are pleased with the results, its ease of use, privacy and security features.

The system includes electronic reporting forms which streamline and enhance the often frustrating and challenging process associated with multiple and duplicated safety paperwork. As well, the set of analytical “dashboards” provide charts and data summaries to illustrate and explain what is occurring within a company’s operations.

Access to EHS Analytics is paid for by the BCFSC, and employers may use one or both parts of the system as follows:

1. They can use the mobile app and web-based forms to record all their injury, incident, and close call records. The system provides industry tailored forms that can be completed online or offline. The mobile app can be installed on most smart phones or tablets. The web-app can be accessed online for laptops or mobile devices as well. The forms automatically synchronise with a cloud database across all your devices and provide updated reporting summaries for rapid management review. Completed incidents can easily be reported via email to other parties as needed such as a licensee, and information can be automatically transferred into a WorkSafeBC Form 7 report and submitted electronically as/ if needed.
2. For those employers with their own existing reporting systems, use of EHS Forms is not required. Employers can connect their existing systems to EHS and automatically sync records to a cloud database and gain access to the full suite of analytical tools and dashboards. There are many firms in the forestry industry already linked to the EHS Analytics system this way. EHS Analytics is compatible with most leading safety management systems.

All employers, whether using the EHS Analytics Forms or those who link existing systems to EHS Analytics can use the dashboard and its full suite of tools. EHS Analytics users are able to instantly view and analyze incident report data for their own company and, should they choose to, share and compare their activity with a pool of data based on peers in their sector. Employers that generate only a small number of reports are able to view their incidents and close calls as part of a larger field of data.

As employers take steps to improve their safety programs, solid data analysis will be increasingly valuable for assessing the success of their initiatives. The use of electronic reporting tools is swiftly becoming the norm in forestry and other sectors, and more industries are moving towards collaborative data-sharing systems that help them learn from each other’s experiences.

Forest Safety News will provide a follow-up later this year to share how many forestry and silviculture firms have signed up and what their experience has been. If you are in another forestry sub sector and are interested in learning more for a future pilot, please contact Cherie Whelan at CWhelan@bcforestsafe.org or call toll-free **1-877-741-1060**. 📞

New federal drone regulation effective June 2019

By Martin Ridgway, Supervisor, Quality Assurance

Drones have become increasingly popular for forestry-related business purposes. They can be used to assist in activities such as surveying remote areas quickly and in log yards for inventory management. However, if you are using a drone for business purposes (or research), even if it’s your drone and it’s the same one you fly for fun, you must get specific permission from Transport Canada.

After June 30, 2019 for most drones between 250g and 25kg in weight (total weight, including any cameras or other devices), you will need to:

- register your drone and visibly mark the drone with that registration number <https://www.tc.gc.ca/en/services/aviation/documents/infographic-how-mark-your-drone.pdf>. The registration process is at <https://www.tc.gc.ca/en/services/aviation/drone-safety/register-drone.html>. There is a \$5 fee per drone.
- Pay for and pass the online Transport Canada Small Basic Exam <https://gart.tc.gc.ca/secure/UASIMS-SGISASP/eng/take-exam/service> of 35 multiple choice questions. You will have 90 minutes to complete the exam. A score of 65% or higher is considered a pass. You will have unlimited attempts but have to wait 24 hours between attempts. When you pass, you will get a Pilot Certificate – Basic Operations. The exam is available now.
- Have your Pilot Certificate – Basic Operations and proof of drone registration when you fly
- Follow the rules of your Pilot Certificate
- Ensure no one other than you is within 30m/100ft horizontally of the drone when in flight. This includes people in vehicles or on a road.
 - » If you want to fly within 30m / 100ft of any other person, you will also need to pass a flight review with a flight reviewer (i.e. a practical competency test at a drone flight school) after passing the Small Advanced Exam and have the Pilot Certificate – Advanced Operations with you when you fly.

More information on the new rules is available from Transport Canada: <https://www.tc.gc.ca/en/services/aviation/drone-safety/find-category-drone-operation.html#basic>.

For a media article see the Vancouver Sun: <https://vancouversun.com/news/local-news/new-federal-drone-regulations-will-make-flying-more-accessible>. 📰



From left, EHS Analytics’ Noel Simpson and Cory Bass set up to demonstrate the tool to companies at the WFCAs 2019 conference and trade show in Victoria.



Forestry and silviculture contractors got to test drive the EHS Analytics reporting system.

WorkSafeBC has a Critical Incident Response Program available to all employers and workers

At a recent meeting with a forestry stakeholder group a question was raised around what services are available to workers who witness a traumatizing event such as a serious workplace incident. One program that is available to workers and employers is WorkSafeBC's Critical Incident Response Program. Other programs may include participation in Employee Assistance Programs either directly or through a contractor, licensee or association. The BC Forest Safety Council can also provide contact information for trauma counsellors and has in the past assisted small contractors and IOOs to access such services when they have had no other resources available to them.

WorkSafeBC's critical incident response program is open to all BC workers and employers who have witnessed or responded to a critical incident in the workplace, such as a fatal or serious injury. The ideal timing to access the service is between 24 and 72 hours of an event, but no later than three weeks after an event. Participants are able to access trauma counselling services from a qualified mental health professional located in the employer's or worker's community. Providers are registered counsellors, social workers and psychologists who have specialized training to work with anyone who has been through a traumatic incident. If a local provider is not available, one can be brought in from another area.

Although exceptions may occur, the service provider is contracted by WorkSafeBC to provide short-term support in the form of a critical incident intervention, which is separate from the more extended treatment that may be necessary for some individuals.

If employers want to know more about these services, they may call WorkSafeBC at 1-888-922-3700, seven days a week between 9 am and 11 pm to speak with program staff.

Please also see: <https://www.worksafebc.com/en/claims/report-workplace-injury-illness/critical-incident-response> and a two-page summary of the program: <https://www.worksafebc.com/en/resources/claims/guides/critical-incident-response-program-guidelines?lang=en>. 📄

Seminars in Cranbrook and Castlegar signal wrap up of Construction-Initiated Slides Working Group



A sample of a road construction-initiated slide.

Continuing to increase awareness and knowledge on how best to prevent construction-initiated slides, the Construction Initiated Slides Working Group (CISWG) held two seminars for professionals on March 6 and 7 in Cranbrook and Castlegar respectively.

The seminars are the final activity of the CISWG as it has completed its mandate

to develop, share, promote and train forestry workers and professionals who are best positioned to help prevent future construction-initiated slides in BC's forest industry.

Slides initiated by road construction have been a persistent issue in industry and can be very serious with considerable human, environmental and operational costs associated with them.

CISWG, a working sub-group of the Coast Harvesting Advisory Group (CHAG), worked from 2014 to early 2019 on the issue by first examining landslides, their frequency and causes related to road construction activities, and how best to increase awareness about the issue and develop resources that can help prevent similar incidents in the future.

Key objectives included enhancing safety through improved awareness and knowledge with regards to field indicators

relating to potential slope instability, road construction plans / maps / designs, road management practices, road construction techniques as well as operational initiatives that improve worker safety on sites impacted by road construction.

To address these objectives the CISWG developed the following resources:

- CIS awareness/training package for road construction crews and supervisors, (PowerPoint and webinar)
- CIS awareness/training package for forestry personnel involved in the planning, and development of resource roads (PowerPoint and webinar)
- CIS testimonial video
- A series of CIS awareness posters and
- CIS safety articles and bulletins.

Please see all the tools that were developed here: <https://www.bcforestsafes.org/CISWG>.

If you have questions, please contact Dustin Meierhofer at meierhofer@bcforestsafes.org or call toll-free 1-877-741-1060. 📞

2019 update on WorkSafeBC's Harvesting High Risk Strategy

By Tom Pawlowski, Manager, Primary Resources, Industry and Labour Services, WorkSafeBC

WorkSafeBC is already more than a year into its 2018-2020 Forestry High Risk Strategy so it's timely to check in on where the strategy

is at and look for any discernible trends and findings coming out of the inspectional activities. It's also good for industry to get a pulse check on its safety and compliance record, see where the main problems exist, and know what to anticipate when a WorkSafeBC officer's vehicle pulls up to a cutblock.

WorkSafeBC's High Risk Strategies identify and target industries and employers with a high risk of serious workplace injury and high injury rates. Overall the injury rates across all industries in BC are the lowest they've been historically, at 2.2 time-loss claims per 100 people in the workforce. So while we're seeing continuous improvement in safety trends,

some industries demonstrate higher level of risk and much higher injury rates. For example, while the forestry sector injury dipped to 4.7 in 2017 (2018 statistics will be available in July), it is still more than twice the provincial average.

Based on the higher than average incidence of serious injuries and work-related deaths, WorkSafeBC's High Risk Strategies focus prevention resources on four industry sectors: construction, forestry, health care, and manufacturing. Additionally, in 2019 WorkSafeBC has put forward 13 separate prevention initiatives that target specific risk areas, for example, crane operations, oil and gas, confined spaces, and asbestos, to name a few.

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Industry News

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Forestry High Risk Strategy focuses prevention on five areas

The current three year Forestry High Risk Strategy aims to focus prevention efforts on five areas of operations that have the highest risk of injury as shown through claims statistics: manual tree falling, log transportation, cable yarding, mechanized harvesting, and silviculture. There is additional focus on adequacy of emergency response planning (ERP) in all operations being inspected. Hearing loss prevention and construction related roadside debris are also addressed by WorkSafeBC officers in their inspections as appropriate.

What controls do you have in place to prevent phase congestion at your workplace?

While proper planning and conducting of forestry operations has always been part of the inspectional lens, in 2019, WorkSafeBC officers are specifically looking for any indication of poor phase integration, which may result in phase congestion and the resulting increased risk to workers. Their focus is to see whether the employer, prime contractor, and the workers on the ground, understand how phase congestion increases the risk of serious injury and fatality, and whether critical controls to prevent phase congestion have been successfully implemented at the worksite.

Forestry inspection numbers in 2018 and 2019 YTD

Looking at last year, in 2018, WorkSafeBC conducted a total of 1995 workplace inspections under the Forestry High Risk Strategy, issuing 1374 orders, out of which 190 were associated with potentially high risk violations. There were also 50 warning letters sent to employers and 14 penalties imposed. The top five regulatory provisions from the Occupational Health & Safety Regulation (OHSR) cited in inspection reports had to do with the requirement for proper planning and conducting of forestry operations (OHSR s.26.2), requirement for hearing tests

(OHSR s.7.8), securing of tools inside mobile equipment (OHSR s.16.35), inspection of cab guards (OHSR s.26.65), and providing of appropriate first aid equipment and services (OHSR s.3.16).

So far this year (up to February 27, 2019) there were 239 forestry inspections, with 156 orders issued, one stop use order, 23 citation warnings, and two warning letters.

Top 10 OHSR sections cited in orders across all forestry operations

The top 10 OHSR sections cited in orders issued under the Forestry High Risk Strategy since the beginning of January 2018 to the end of February 2019 are listed in the table below.

s16.35 Securing tools and equipment inside mobile equipment	The operator must maintain the cab, floor and deck of mobile equipment free of material, tools or other objects which could create a tripping hazard, interfere with the operation of controls, or be a hazard to the operator or other occupants in the event of an accident.
s7.8 Hearing tests	If workers are exposed to noise that exceeds noise exposure limits, then the employer must give these workers an initial hearing test as soon as practicable after employment starts, but not later than 6 months after the start of employment, and a re-test at least once every 12 months after the initial test.
s3.16 Basic first aid requirements	The employer must provide for each workplace such equipment, supplies, facilities, first aid attendants and services as are adequate and appropriate for promptly rendering first aid to workers if they suffer an injury at work.
s26.2 Planning and conducting a forestry operation	Every person who has knowledge and control of any particular activity in a forestry operation must ensure that the activity is both planned and conducted in a manner consistent with this Regulation and with safe work practices acceptable to the Board.
s26.65 Cab guard inspection	The operator of a log transporter must inspect the cab guard before the start of operation on the shift and record the results of this inspection.
s26.68 Log load binders	Each binder and attachment must have a breaking strength of at least 53 kN (12,000 lbs).
s26.65 Cab guard	The cab guard of a log transporter must be permanently marked with the name and address of its manufacturer, the model number or serial number of the cab guard, and the rated capacity of the cab guard; alternatively, the operator must carry a letter signed by the manufacturer or a professional engineer, which accurately describes the cab guard and certifies its model number or serial number, along with its rated capacity.
s3.17.1 Air transportation	If air transportation is the primary or only method for transporting an injured worker, then before the start of operations in a workplace, arrangements must be made with an air service to ensure that an appropriate aircraft is reasonably available to the workplace during those operations. These arrangements must include procedures for the employer to determine the availability of appropriate aircraft before the start of each work day and for the air service to notify the employer if an appropriate aircraft ceases to be available. Further, a system must be provided that enables the pilot of the aircraft and the first aid attendant attending to an injured worker to communicate at all times when the aircraft is in transit to the location of the injured worker and during transport of the injured worker to medical treatment.
s26.4 Notice of project	Not more than 30 days and not fewer than 24 hours before the start of work at a workplace, the owner for whom the work is being done must ensure that a notice of project is provided to the nearest WorkSafeBC office.
s16.17 Escape from a cab	Mobile equipment with a single cab entrance door must have an alternate means of escape that is clearly marked both inside and outside the cab and which can be opened from both the inside and outside without the use of tools.

Please note that these are just short interpretations of select regulatory provisions from the Occupational Health and Safety Regulation (OHSR) and are provided here in abbreviated form to indicate what shows up most often in inspection orders. All workplace parties with obligations under the Workers Compensation Act and OHSR are responsible for compliance with all the legal and regulatory provisions in their full and official version. You can access the Occupational Health and Safety Regulation and all applicable policies, standards, and guidelines, along with information about the High Risk Strategy at www.worksafebc.com.

2019 update to the WorkSafeBC Manufacturing High Risk Strategy

WorkSafeBC'S High Risk Strategies identify and target industries and employers with a high risk of serious workplace injury and a significant contribution to the serious injury rate. In 2018, WorkSafeBC adopted a three-year High Risk Strategy development cycle for Manufacturing. Based on the work done to date for the 2018–2020 development cycle, there are additional focus areas for 2019 that have been identified within the Manufacturing High Risk Strategy. You can read about those updates and more on WorkSafeBC's web pages for the High Risk Strategy for

Manufacturing: <https://www.worksafebc.com/en/about-us/what-we-do/high-risk-strategies/manufacturing> and Industry Initiatives: <https://www.worksafebc.com/en/about-us/what-we-do/industry-initiatives>.

In a letter out to industry, WorkSafeBC's Prevention Field Services Director, Dan Strand, explained that officers would continue to perform inspections relating to safety-management systems, focusing on the serious injury and fire and explosion risks that are most prevalent with each employer or industry.

"In 2019, we have added an additional focus on preventing slips, trips, and falls. Our data shows that they occur across all classification units within the manufacturing sector. Factors that contribute to slips, trips, and falls are often seasonal or indirectly related to the manufacturing process. We plan to survey employers and workers to ensure we provide effective slip, trip, and fall prevention resources."

If any sawmill, pellet mill or shake mill has any questions about WorkSafeBC's high risk strategies for manufacturing, please call WorkSafeBC's toll-free prevention line at **1-888-621-7233** and you will be directed to the appropriate manager.



Work-Related Deaths & Injuries

There has been one direct harvesting fatality in 2019 year to date

On February 11, 2019 a worker was fatally injured when the pickup truck he was working on moved unexpectedly and he was run over. The incident occurred in the 100 Mile House area.

This is the fourth fatality in the last three years where a worker has been struck or run over by a vehicle that they were working on. This is the first harvesting fatality of 2019. Please see the safety alert: <http://www.bcforestsafe.org/node/3280>

Our condolences to the family and friends of the deceased and our sympathies to all those affected by this incident.

Recent work-related incidents reported to WorkSafeBC

The following sample of work-related incidents recently reported to WorkSafeBC may help you to prevent similar incidents in your workplace.

HARVESTING

Injury Type: Fractured vertebrae

Core Activity: Dry land sort

Location: Vancouver Island/Coastal B.C.

Date of Incident: 2019-Feb

The operator of a log loader fell while stepping onto the log loader's track. The operator landed on the asphalt surface below. The operator was treated on site by a Level 3 first aid attendant, then transported to hospital by ETV.

Injury Type: Amputation injury

Core Activity: Shake block cutting

Location: Interior B.C.

Date of Incident: 2019-Feb

After completing maintenance on a drive conveyor tail spool, a worker was caught in the moving equipment.

Injury Type: Soreness (1 worker)

Core Activity: Log hauling

Location: Vancouver Island/Coastal B.C.

Date of Incident: 2019-Feb

An empty highway log truck and a loaded highway log truck met on a corner. The empty log truck braked to prevent a collision and slid off the low side of the road, coming to rest in a creek below.

Injury Type: Fractured rib, multiple contusions

Core Activity: Logging road construction or maintenance

Location: Interior B.C.

Date of Incident: 2019-Feb

A worker was conducting maintenance on an excavator, with the machine's hood up. The hood fell, striking the worker.

Injury Type: Soft-tissue injuries, bruising

Core Activity: Log booming or marine log salvage

Location: Vancouver Island/Coastal B.C.

Date of Incident: 2019-Feb

In bad weather, a young worker climbed a bow ladder on a log barge in a remote heli-water-drop forestry operation. The worker fell off the ladder and landed on boom sticks (logs on the water) about 10 feet (3 m) below. The worker received first aid on site, then was transported to hospital by helicopter.

Injury Type: Internal injuries (1 worker)

Core Activity: Integrated forest management

Location: Interior B.C.

Date of Incident: 2019-Feb

While spotting for a grapple yarder, a new and young worker was struck by a log when the operator of the yarder started to pull the log downhill with the grapple.

Injury Type: Injuries to head

Core Activity: Cable or hi-lead logging

Location: Interior B.C.

Date of Incident: 2019-Feb

A faller completed falling cuts on a cedar tree (8 inches in diameter). As the faller moved away from the tree, a second tree (5 inches in diameter), about 35 feet upslope, fell without warning and struck the faller.

Injury Type: Laceration, bruising

Core Activity: Integrated forest management

Location: Interior B.C.

Date of Incident: 2019-Jan

A worker at a forestry operation was operating a chainsaw and bucking the top off a wind-felled tree when the bucked-off section of the tree swung and struck the worker. The worker received first aid treatment at the worksite and was then transported to hospital by ETV.

Injury Type: Concussion, fractured vertebra

Core Activity: Manual tree falling and bucking

Location: Vancouver Island/Coastal B.C.

Date of Incident: 2019-Jan

A worker was falling timber in a remote forestry operation. While attempting to overcome a falling difficulty by falling two hung-up trees, the faller was hit by a portion of another dead (stubby) tree. First aid was administered at the incident scene and the worker was then transported to a medical clinic by helicopter.

Injury Type: Close call

Core Activity: Mechanized tree falling

Location: Vancouver Island/Coastal B.C.

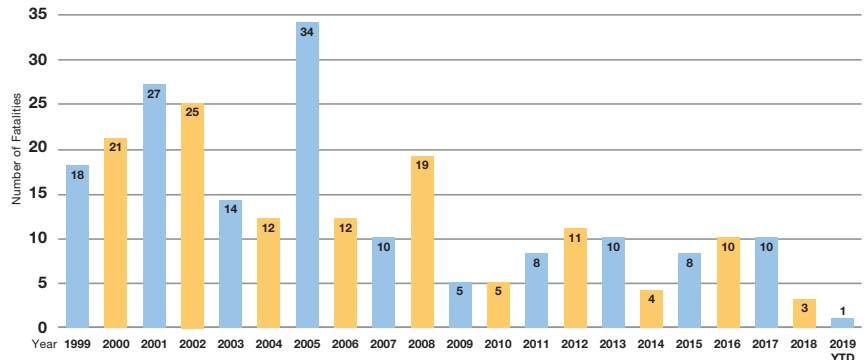
Date of Incident: 2019-Jan

A feller buncher machine was falling two trees at the same time. The larger tree fell out of the grab arms and contacted a 25 kV power line. The operator moved the machine away from the area and waited for clearance from the utility owner. No injuries occurred.

Injury Type: Contusions

Core Activity: Manual tree falling and bucking

WSBC Accepted Harvesting Work-related Death Claims



This information represents the number of work-related deaths by year in harvesting in BC, up till March 11, 2019.

Location: Interior B.C.

Date of Incident: 2019-Jan

A faller was hand falling two limb-bound trees when one of the trees broke off the stump and fell 90 degrees from the intended falling path. The falling tree struck and bounced off an adjacent standing tree, creating a whiteout condition from the snow in the canopy. The redirected falling tree struck and pinned the faller. The faller was transported to hospital via emergency transportation vehicle (ETV).

Injury Type: Fractured leg

Core Activity: Cable or hi-lead logging

Location: Northern B.C.

Date of Incident: 2018-Dec

A worker at a grapple yarding operation was spotting (guiding) a log. The grapple yarder inadvertently picked up two logs, one of which was an unseen log buried under snow. The unseen log, which was longer than the other log, struck the worker in the leg. The worker was airlifted to hospital by helicopter.

Injury Type: Close call

Core Activity: Integrated forest management

Location: Interior B.C.

Date of Incident: 2018-Nov

A feller-buncher was falling trees adjacent to a 25 kV power line. The top of a tree being cut broke off and contacted the power line, knocking it off three power poles.

MANUFACTURING

Injury Type: Smoke inhalation (3 workers)

Core Activity: Sawmill

Location: Interior B.C.

Date of Incident: 2019-Feb

A short, small-diameter log fell into the main chip conveyor at a sawmill. Friction at the head spool caused the log and conveyor belt to ignite. Three workers experienced minor smoke inhalation while extinguishing the fire.

Injury Type: Multiple injuries

Core Activity: Sawmill

Location: Vancouver Island/Coastal B.C.

Date of Incident: 2019-Jan

A worker was struck by a packaged load of lumber at the outfeed of a package press. 🚫



Emergency response drill rescue practice is critical

By Martin Ridgway, CRSP, Supervisor, Quality Assurance

An Emergency Response Plan is only effective if it works. To work it needs to be tested regularly and updated. Always include a back-up plan to the plan when things the plan relies on are not available due to mechanical failure, weather changes, or one or more people off sick.

One of the annual safety requirements for any company is a rescue drill. Walking outside to the muster area is a very low value drill, so many companies realize that a reasonable scenario of someone being hurt and/or trapped is far more useful to practice on, especially in high risk work places. This is actually given in the Regulation 32.2 (item 2 most importantly). See <https://www.worksafebc.com/en/law-policy/occupational-health-safety/searchable-ohs-regulation/ohs-regulation/part-32-evacuation-and-rescue> (Note that Reg 32.7, 32.8 and 32.9 are also highly applicable to both forestry and sawmills.)

In most cases, it is not recommended to use an actual person as the simulated patient. There are many stories of the volunteer patient being dropped, punctured, submerged or run over during the drill, which can understandably discourage having meaningful drills. While many rescue dummies are commercially available, they can be costly.

A much cheaper alternative is to create a very simple home-made rescue dummy. Consider:

- The body is a 5-gallon pail or keg or small drum, filled with something heavy (sand, scrap metal parts, etc.)
- Each limb is a spill sock duct taped, stapled or screwed to the pail in an appropriate location. A small stick could be duct taped to the sock to make it rigid. If we wanted a simulation with a broken leg, we could snap a stick.

- Old boots can be used for feet and old gloves for hands.
- The head can be a ball or balloon, tied or duct taped in place on the lid of the pail. We used a yellow balloon, drew a face on it and named the dummy Homer. Popping the balloon during practice was a 'fatality' and a failure of the drill. Seasonally, the right used jack-o-lantern could also be re-purposed for a while.

In one of my previous jobs, our "Homer" had a rougher life than anyone voluntold into being a rescue patient could survive. He got stabbed, hung upside down in machinery, electrocuted, left unconscious outside overnight and run over. We used ketchup liberally on the stab wounds one time and found that after Homer was in the first aid room, most of the Attendants and supplies were heavily contaminated with 'blood' and that people needed more training on how to safely take gloves off.

The fact that the dummy is only a rough approximation of a patient does not matter much, because it is far better than no dummy at all. While most attendants and workers may go decades without seeing a serious injury, it doesn't take much for things to go sideways in the woods or in the mill. Many of the crew got right into it, giving Homer clothing, scars and tattoos as well as very lively back stories on his lifetime of bad luck. It was almost sad when he got his new torso after a few seasons.

Overall, the message is to have meaningful rescue drills, not hurt anyone involved in the drill, prepare just in case something goes bad, and most importantly, have fun with it so people build muscle memory and confidence to handle a real emergency better individually and as a team. 🍷

More tips for small employer audits



By Terry Chow, RPF, P.Ag., Regional Safety Advisor

To build on February's issue, we will begin to look at some of the content in the Small Employer audits, the majority of which is based on WorkSafeBC Regulations and Guidelines.

Company Profile – Personnel Count

Continuing with the Company Profile, it is important to indicate or check-off the type of work activities your company undertakes to support the incentives(s) for your company's Classification Unit(s). Also in the same section, the Personnel Count per Month should be completed for your

Invite to SAFE Certified IOOs to tell us what would help you most re safety in field

Following review and analysis of the Forest Safety News survey, we are providing an open invitation to all Individual Owner Operators (IOOs) to tell us what SAFE Companies could do to provide you with more or better safety information tailored to your needs. While several IOOs commented about needing services/information/materials tailored to their IOO needs, no details were shared that could help us respond appropriately to create those materials to better support IOOs. So please, tell us more. This is an open invitation to all IOOs to drop us an email on what resource/tool/information you wish for most to best help support you and your safety. Email Martin Ridgway at ridgway@bcforestsafefirst.org or call toll-free **1-877-741-1060**. 🍷

Updated 2019 audit templates on web site

IOO, ISEBASE / SEBASE and BASE audit templates on the web site have all been updated to show 2019 on the title page, footer and contents. Please always download and use the current version each year. See: <http://www.bcfestsafe.org/safeco-audits>. Hard copies can also be mailed via Canada Post upon request. Call toll-free **1-877-741-1060** or email safeco@bcforestsafefirst.org. 🍷

audit period, which is the 12 months before your audit date. So if your audit due date is May 31, 2019 your personnel count should be from June 2018 to May 2019. Total personnel count = owners + management + supervisors + workers + workers of dependent contractors. The personnel count is used to confirm your company's audit size and the months the company was operational for items such as safety or pre-work meeting minutes.

Corrective Action Log

The Corrective Action Log (CAL) is used to track questions from the previous audit where a point was not awarded (referred to as Recommendations) and where improvements could be made, but a point was still awarded (referred to as Continual Improvements). A copy of the previous year's CAL is included in the Results Letter your company receives after the audit has been reviewed and passed. If you don't have a copy of your CAL and results letter, please contact the BC Forest Safety office and we can email another copy to you. The CAL is an excellent way to track improvements needed for your company's safety program and forestry operations (e.g. more inspections, assessments and maintenance) that the company employees and supervisors identify, but these items do not need to be included in the audit.

Worker Training List

The worker training list or similar spreadsheet is used to track and ensure that all the company employees have the appropriate training and certifications including BC Driver's Licence class; first aid certification (e.g. Level 1 and 3); S100 or S100A – fire suppression and other wildfire courses; WHMIS; supervisory; and other related forestry and safety training (e.g. Wildlife Danger Tree assessor, blasting, surveyor). The training list should be updated on a regular basis to include new workers and their training; and updating existing employee's training with the date completed and expiry dates of certifications.

Policies

There are three policies that are required to be submitted with certification and re-certification audits, Health and Safety; Discipline; and Personal Protective Equipment (PPE). The Health and Safety policy states the company's commitment to safety. It is preferred if the Health and Safety policy is reviewed and signed by management or ownership every 3 years on re-certification audits. The Discipline policy should be progressive. The PPE policy should describe in the detail the PPE requirements (e.g. caulked boots) and what the employee is responsible for providing. Many companies also have Workplace

Bullying and Harassment policies; Drug and Alcohol policies; and many other policies but these other policies are currently not required to be sent in with Small Employer audits.

Emergency Response Plans (ERP)

A company should have a site specific ERP with a location description including GPS coordinates; access description; first aid attendants on site; location and type of first aid kits; emergency contact phone numbers and radio frequencies (channels); and an ERP with procedures for fire, injuries, fatalities and natural disasters. Natural disasters should include events that could occur in the company's area of operations including avalanches, erosion, landslides, flooding; tsunamis; and extreme weather events (e.g. heat, cold, heavy rain). Other procedures that have been included with the ERPs are maps; evacuation routes and procedures for helicopter, crew boat and road; and pre-medivac notification to helicopter companies of where work is happening that day and what the coordinates of the applicable helipads are.

The ERP has links to other parts of the audit including the first aid assessment which is used to determine the first aid supply and attendant requirements and working alone or in isolation procedures. 📍

Tips to help the 1,200 companies sending in an audit by June 2019

If your SAFE certificate date is any time in January through June, you are one of 1,200 companies due to complete an audit by June 30 this year.

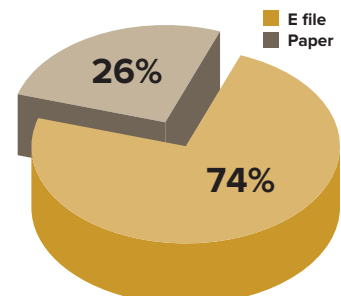
Before starting your audit, please review these steps to help prepare for a quick and easy audit process:

1. Who will perform the audit? Is the person a permanent employee? Has he/she taken the appropriate auditor training or refresher training? Was this training completed within the past three years so that a successful SAFE audit can be recommended for the WorkSafeBC Certificate of Recognition (COR) incentive? If you don't want COR, then only initial auditor training is required.
2. Gather the company's written safety plans, procedures and other safety related documents so they are easy to refer to while completing the audit.
3. Choose the right audit document to complete for the size of company here: <http://www.bcforestsafesafe.org/safeco-audits>
4. Answer every question. If you leave a question blank, it is scored zero. If you do not pass (80% score or better) but still score above 70%, BCFSC will follow-up with you to allow you to address the deficiencies.
5. Set corrective action log (CAL) priorities based on level of hazard starting with the largest risk first. Review the CAL from last year's success letter and update if needed, assigning due dates and who is responsible. Include immediate action items as well as additional items for continuous improvement.
6. Completed audits can be uploaded, emailed to audit@bcforestsafesafe.org, couriered, mailed or dropped off at our Nanaimo office. Uploads ensure the fastest turn-around: <http://app.bcforestsafesafe.org/upload/>
7. To check if your audit has been received, see the list which is updated every Friday: http://www.bcforestsafesafe.org/other/who_is_SAFE/SAFE_Companies_audits_submitted.pdf

8. If you have an email address on file with us, you will receive your audit results via email. If you made a paper submission, a letter will be mailed to you via Canada Post. The average turnaround time is six weeks, but may be longer during peak periods such as after June 30th.

If you have any questions about your certification requirements, please call SAFE Companies toll-free **1-877-741-1060** or email safeco@bcforestsafesafe.org. 📍

Audit Submission Methods



Over the last five years electronic submission of SAFE Company audits has increased from less than 45% to 74% which ensures the fastest turn-around.



Transportation

Resource Road Maintenance Guideline has been finalized

The draft Resource Road Maintenance Guideline document has been updated and finalized, based on input from stakeholders following use of the draft guideline during an 18-month pilot period. You may view or download the final document here: <http://www.bcforestsafe.org/node/3025>.

The purpose of the guideline is to provide industry with a resource for implementing a road maintenance program that ensures that resource roads are maintained for safe operations. The need for a specific focus on log hauling has been identified as the configurations, weight and maneuverability of log trucks increases the risk of incident when roads are not maintained adequately to provide safe operations. 🚚

Northern Road Health Coalition holds strategy session to discuss priorities

Members of the Northern Road Health Coalition met March 5 this year in Prince George to discuss priorities for road health work across sectors. The strategy session included representatives from Northern Health, RCMP, Ministry of Transportation, Ministry of Forests, Land, Natural Resource Operations and Rural Development, ICBC, Shell Canada, CVSE, BC Coroner's Office and the BC Forest Safety Council.

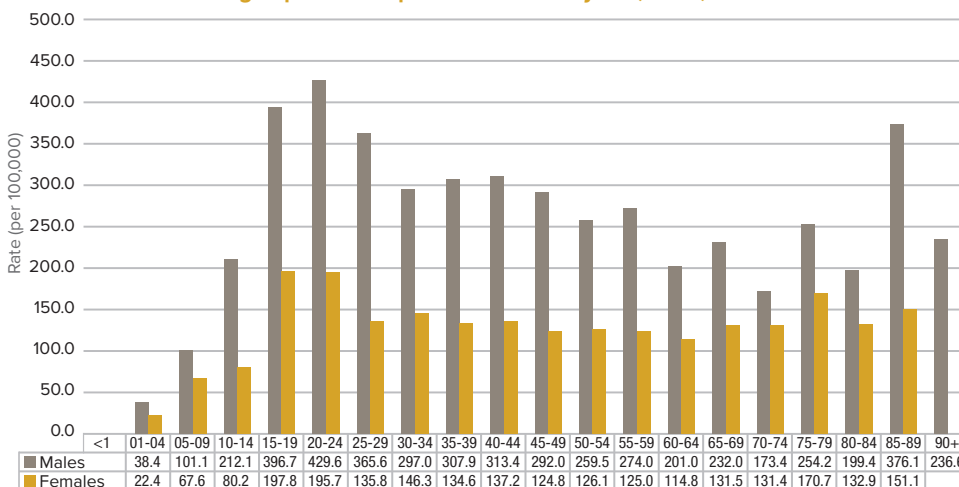
The data informing the groups' key initiatives includes review of two key metrics: fatalities and hospitalizations (defined as a minimum overnight stay in hospital). Over the past 14 years transport related incidents have been the leading cause of mortality in the northern interior, 231% higher than other regions of the province, with 72% of those deaths being males and 28% females.

The northern interior has also seen 8,412 hospitalizations due to transportation related incidents. Of those hospitalizations: 69.1% were male (5,813) and 30.9% were female (2,599).

Rate of transportation-related hospitalizations is 76.1% higher than the rest of BC

Males aged 20-24 had the highest rate (429.6 per 100,000) while youth + young adults (15-24) accounted for 22.2% (1,865). Motor vehicle occupant was the most common cause at 44.2% (3,720). 🚚

Age-specific hospitalization rate by sex, NHA; 2002-2016



Recent news clippings worth noting

No serious injuries in head-on logging truck incident near Salmon Valley

Jan 23, 2019 morning head-on collision involving two logging trucks closed Highway 97. No serious injuries were reported, no details of what happened, other than extensive damage to both logging trucks:

<https://www.myprincegeorgenow.com/93181/breaking-highway-97-shutdown-near-salmon-valley-due-to-crashcorr2/>

Logging truck hits CP overpass in Kamloops

A logging truck could not clear its load under the overpass and caused damage to the structure resulting in a leaking pipe and temporary road closure as crews worked to unload the load:

<https://www.kamloopsmatters.com/local-news/logging-truck-hits-cp-overpass-in-kamloops-1217030>

Cab guards are supposed to protect truckers from the deadly impact of a load

Story by The Star Vancouver's Michael Mui on cab guards and what they can and can't do with the G-forces of loads and sudden deceleration: <https://www.thestar.com/vancouver/2019/01/31/stronger-barriers-were-supposed-to-protect-bcs-truckers-from-the-deadly-impact-of-a-sliding-load-they-arent.html>

Commercial trucking advocates in Alberta push for mandatory electronic logbooks in Canada

Following the Humboldt tragedy, renewed calls for mandatory electronic logbooks and other measures: <https://globalnews.ca/news/4908461/trucking-electronic-logbooks-canada/>

National truck training standard promised by January 2020

<https://www.trucknews.com/transportation/national-truck-driver-training-standard-promised-by-2020/1003089533/>. 🚚

2019 Spring Safety Days focus on log hauling ergonomics, electronic logs and Switchback

Thanks to the planning and support of licensees, the annual spring safety and log trucker driver appreciation events are in the planning stages! Each year, log truck drivers, contractors, and supervisors are invited by licensees to attend these special events to say thanks for the hard work and to help promote improved safety performance.

The following events are currently scheduled with topics being selected based on log hauler feedback, emerging trends and injury statistics. In previous years, topics have included anatomy of a rollover, fatigue awareness and distracted driving.

Date	Licensee host	Venue	Topic
April 24	Interfor	Grand Forks Curling Rink	Log Hauling Ergonomics
April 25	Interfor	Nakusp Community Centre	Log Hauling Ergonomics
April 26	Interfor	Adams Lake Quaaot Lodge	Log Hauling Ergonomics
May 1	Weyerhaeuser	Princeton Riverside Centre	The Truth About ELOGS Log Hauling Ergonomics
May 3	Cariboo Chilcotin Truckers Compliance Committee (CCTCC)	Williams Lake Longhouse	The Truth About ELOGS
May 6	Gorman Group	Vernon Prestige Lodge	The Truth About ELOGS Switchback
May 15	West Fraser	100 Mile House Valley Room	Log Hauling Ergonomics

If you would like to host a similar safety event or would like to learn more about these safety topics and presenters, please contact transportation@bcforestsafesafe.org or call toll-free **1-877-741-1060**.

WorkSafeBC releases report on 2015 fatal logging truck incident in Hope area landslide

<https://www.worksafebc.com/en/resources/health-safety/incident-investigation-report-summaries/logging-truck-swept-off-road-by-landslide?lang=en>

The BC Forest Safety Council (BCFSC) files Freedom of Information requests to secure copies of all investigation reports done by WorkSafeBC as well as the Coroner's Service, related to forestry workers' fatalities.

The BCFSC then reviews these reports and updates previously issued fatality alerts with new and detailed information as revealed through the two authorities' investigation findings.

The principle for sharing is simply that the more information that is known, the better the opportunity to help prevent similar fatalities in the future.

New ad promotes seatbelt use among log truck drivers

All the research is clear: wearing seatbelts on all roads in all vehicles and machines, save lives, whether you are the driver or the passenger. Among log truck drivers in BC, the latest self-reporting stats in BC Forest Safety Council surveys show that while 75% of log truck drivers say they wear their seatbelts, 25% say they don't, which puts each of those who don't at higher risk of serious injury or worse in any upset condition. So check in with your drivers, your friends and family members and remind them why it's important to wear a seatbelt. Consider the benefits of wearing seatbelts:

1. You greatly increase your chances of going home safe to your families and loved ones
2. You have less chance of dying or suffering life-altering injuries
3. You have an increased chance of staying in control of your vehicle in a motor vehicle incident
4. You reduce the risk of unsafe behaviours (reaching for a thermos or other items while moving) and
5. You have a greater chance of reducing the seriousness of injuries that can lead to losing your livelihood.

75%* of log truck drivers wear seatbelts.

What do your fellow drivers know that you don't?

BUCKLE UP.

LEARN MORE @ www.bcforestsafesafe.org/node/3279

(*self-reported in recent surveys of log truck drivers by the BCFSC.)

BC Forest Safety
Safety is **good** business

Buckle up – it can save more than your life! The new ad (shown here) will run for the first time in the Spring edition of the Truck Logger Association's Truck Logger BC magazine.

See more resource tools here: www.bcforestsafesafe.org/node/3279.



Talking safety at First Nations forestry career fairs

The BC Forest Safety Council's training department attended three BC First Nations Forestry Council career fairs in Nanaimo, Kamloops and North Vancouver in February and March 2019.

The department's participation is part of their ongoing outreach and information sharing on the importance of safety in all forestry occupations, and especially for new young workers considering careers in forestry.

Gary Banys, Training Coordinator attended the session in Nanaimo and Allison Thompson, Training and Standards Manager, attended the sessions in Kamloops and North Vancouver.

"In Kamloops I was able to speak with about 80 people at the booth and the audience included fallers, truck drivers, mill workers, students, funders and school representatives from a broad area including Kamloops, Williams Lake, Ashcroft, Salmon Arm and Penticton," said Allison.

"It was good to meet and talk with so many future forestry workers and plant the seed about the importance of safety, no matter what career they take. Sharing stories about my first job in forestry using resource roads without instruction or training and how I am watching my kids begin their careers and what safety means, there is nothing more important for a community and a family than to see their young people return home safe each day," said Allison.

The BC Forest Safety Council thanks the BC First Nations Forestry Council (BCFNFC) and Lisa Luscombe, workforce and industry relations program manager at BCFNFC, for making the events possible and for all the support in helping to share and promote the importance of safety in forestry. 🌲



The BC Forest Safety Council booth at one of three recent First Nations forestry career fairs held in Nanaimo, Kamloops and North Vancouver.

FREE webinar: preventing collisions with wildlife



Thousands of vehicles collide with wildlife each year in BC. In addition to the grave consequences for the animals involved, these collisions often result in injuries and trauma to the drivers, extensive damage to vehicles and lost productivity.

Road Safety At Work, in collaboration with the BC Conservation Foundation's Wildlife Collision Prevention Program (WCPP) and the BC Forest Safety Council (BCFSC), is presenting a free one-hour webinar on April 24, 2019, starting at 10 am. Presenters, Gayle Hesse, program coordinator with WCPP, Gerard Messier, Director of Training and Program Development at BCFSC, and Rick Walters, Fleet Safety Program Manager at Road Safety At Work will explore:

- The frequency, cost and consequences of collisions with wildlife in BC
- Where and when these collisions tend to take place
- Strategies and processes employers can implement to reduce risks
- Practical measures and driving tips that drivers can apply to prevent collisions with wildlife.

To register, please go to: <https://roadsafetyatwork.ca/events/webinar-preventing-collisions-with-wildlife/> and click on the orange "Register" button. 🌲

Supervisor Talk:

Finding enough time to be an effective supervisor

By Gerard Messier, RPF, CRSP



“*Dear Supy,*
There aren't enough hours in the day to do everything that is required to be a good supervisor. I haven't figured out how to clone myself so any tips or advice for me to help save some time?”
Nick No-time ”

information? Voice recording or voice to text apps are much faster than writing something out in a journal. Just make sure that you have a system for organizing your recorded information and can retrieve it when needed.

Hi Nick, thanks for your question. The number one concern among supervisors of forestry operations is how to fit in all the necessary tasks that need to be completed every shift. Most supervisors are aware of their responsibilities and duties but they lack the time to complete them all. Fatigue is a real concern as most supervisors are up early and go to sleep late. The time it takes to complete documentation and travel to and from various worksites is often brought up as the main areas where time is spent.

So what can a supervisor do to save some time and do the job more effectively?

- Documenting daily activities and conversations in a daily journal is important for due diligence reasons but have you thought of other ways to capture that

- Do you have a team to support you? All supervisors will be overwhelmed at some point and it's good to have someone available to help carry the load. This could be an experienced worker that you've spent some time mentoring, a supervisor from your company who isn't quite as busy or maybe it's even your boss or manager who can help out in the short term until things calm down. Set up these relationships ahead of time before things get too busy.
- Many supervisors are already using electronic forms on their tablets or phones. Some of these forms even have a voice to text function so you don't have to spend any time typing. There are several apps and companies out there that provide this

service. Do some research and you should be able to find a cost effective solution that will streamline your documentation.

- Are you completing multiple forms that have the same purpose? Look critically at the forms that you are completing and try to eliminate or combine documentation if you can. Suggest improvements to forms if you see areas that can be improved upon.
- Driving takes up a major chunk of time for most supervisors. Try planning two or three days ahead to minimize the back and forth driving that you have to do for work. Driving does take time but don't be tempted to speed or multi-task when driving. Remember that incidents and injuries are the biggest waste of time for a supervisor, especially if you're the one injured.
- Use technology to your advantage. There are apps that can calculate log deck volumes for you by simply taking a picture of the deck. Some supervisors use drones with cameras to inspect blocks and hard to access areas.

Good supervisors are hard to find. Companies that are able to support their supervisors and provide a good work-life balance will have an advantage when it comes to recruitment and retention. What other time savers have you seen or used that could help others? Send us an email at messier@bcforestsafesafe.org.

Upcoming training

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

Scheduled training for the next few months

(does not include tailored sessions):

Falling Supervisor training

April 8 Prince George
June 10 Campbell River

Basic Incident Investigation training

April 12 Vernon
April 26 Prince George
May 24 Cranbrook
May 24 Kamloops
June 12 Langley

Forest Supervisor training

Module 1: Due Diligence: 2 days (1)

Module 2: Communications: 1 day (2)

Module 3: Leadership & Professionalism 1 day (3)

April 10 Vernon (1)
April 24 Prince George (1)
May 22 Cranbrook (1)
June 10 Langley (1)
April 15 Castlegar (2)
May 9 Prince George (2)
May 9 Vernon (2)
June 13 Cranbrook (2)
April 16 Castlegar (3)
May 10 Prince George (3)
May 10 Vernon (3)
June 14 Cranbrook (3)

Internal Auditor BASE 4 Workshop

April 25 Richmond
June 13 Richmond

Individual Owner Operator OHS and Refresher training

April 27 Teleconference
May 25 Teleconference
June 22 Teleconference

Joint Health and Safety Committee training

April 1 Nanaimo
May 13 Prince George
May 13 Vernon

Small Employer OHS and Refresher training

April 11 Prince George
May 9 Nanaimo
June 4 Castlegar
June 6 Vernon

View the 2019 training calendar here: www.bcforestsafesafe.org/fscapps/calendar/calendar.php. Please check back often as course dates may change if there is insufficient participant enrollment. All training is offered on a not for profit, cost-recovery basis. Email training@bcforestsafesafe.org or call toll-free **1-877-741-1060** for general information, or email Gary Banys at banys@bcforestsafesafe.org to answer any questions you might have about course content and/or about tailoring courses to meet your company's needs at a location of your choice.



Talking about glading ...

By David Adshead, Falling Safety Advisor, who has visited active glading sites near Golden and Revelstoke



Following the previous edition of Forest Safety News, we received a number of phone calls from fallers and other readers wanting to find out more about the practice, as well as trap trees.

We asked Falling Safety Advisor, David Adshead, to share his responses here for everyone's benefit.

Where does the term, glading, come from?

I hope to shed light on some of the questions around glading, which leads me to the definition of Glade; "an open space in a forest" with origins from old Norse (glaor) and Middle English (glode) "bright space in a wood".

What is the definition of glading?

Glading is an alpine skiing term for skiing through trees off trail. The activity of glading is the enhancement of skiing lines through forested areas on ski hills and back country tenures.

Glade skiing is popular for several reasons. Forested areas reduce exposure to the avalanche hazards of open areas, are typically lower in elevation and are in a separate risk and avalanche rating than above tree line slopes.

Skiing in the trees is attractive because the snow conditions are often pristine since the forest shelters the snow from sun and wind. The trees are also better for low visibility conditions such as white out or heavy snowfall. Many people also like the peaceful solitude and feeling of being in the trees rather than in wide open areas.

How do fallers go about glading?

The process of glading – creating or enhancing openings in the forest for ski lines – starts with identifying appropriate areas, planning the work and applying for a cutting permit, similar to other forestry operations.

Removing timber for glading comes with strict parameters regarding how much timber, type and size of timber and size of openings. Crews tie natural openings or glades together to enhance the flow of a skiing line by targeting danger trees, low wildlife value dead trees, and some low value merchantable trees. The goal is to keep with the natural fall line while not creating straight lines down the slope that increase avalanche risk and lose the benefits of glade skiing. Factors considered include wildlife habitat values, terrain, forest density and access.

Fallers use natural openings or create openings to fall the targeted trees within the run boundaries. The felled trees typically are not harvested but are limbed and bucked to lay with the terrain. For smaller operations the faller will do the falling and bucking. For larger operations,

crews consist of Fallers, Buckers and Brushers. Fallers chose which trees to fall, fall them so the buckers can follow a safe distance behind to do the limbing and bucking. Brushers typically run brush saws and remove the underbrush and saplings in and around the natural "glades".

Natural glade skiing popularity led operators to develop a way to enhance tree skiing and open up an incredible amount of new terrain previously unavailable. Back country tenure operations and ski hill developers use glading to enhance the forested areas within their tenures to increase usable land and provide another popular type of ski or boarding experience.

Switching gears over to Trap Trees

Trap trees are used to help stop the spread of insect infestation in certain tree species. Healthy individual trees around an affected site are selected to be felled. The trees then produce a hormone which attracts the insects. The trees are left on the ground until close to the time the bugs develop into flying insects. The trees are then harvested along with any identified affected trees in the area.

The harvesting may be select or clear cut depending on the development plan. Quite often trap trees are done within a proposed cutblock and then harvested along with the rest of the cutblock.

The timing of using trap trees is crucial to stopping an infestation. Trees must be removed from the forest and processed prior to the insect's development into flying pests.

Trap tree falling is trees being felled in the standing timber, with all the risks that activity brings. Trap trees are often done pre-development so access is more restrictive. 🚧

Falling Technical Advisory Committee (FTAC) discusses hearing tests

A consistent OHSR cited for falling and bucking is around hearing tests – either initial or annual and lack thereof. And, compared to the construction industry where mobile clinics are funded to go to sites to carry out the tests for "free" as a result of an additional levy being built into construction CU rates, the question was posed by FTAC, why not a similar arrangement for all forestry occupations that arguably have high risk exposure for

all workers? It was recognized that some falling shows are so far off the beaten track, in-camp testing would be unlikely but at many points each year all forestry workers are close to larger centres. A good question that Rob Moonen, CEO of the BCFSC, will discuss further with WorkSafeBC to explore all the possibilities and related actual costs and implications, and report back to FTAC at their next meeting. 🚧

WorkSafeBC provided FTAC with updated inspection information

WorkSafeBC's Terry Anonson, Supervisor Prevention Field Services provided an update to the March 2019 meeting of the Falling Technical Advisory Committee (FTAC) and said there had been 485 annual falling and bucking High Risk Strategy inspections in 2018.

The top 5 OHSR Sections cited were:

- » OHSR 7.8(1)(b) – Hearing tests (every 12 months)
- » OHSR 26.22.1(2) – Falling supervisors for forestry operations
- » OHSR 26.2(2) – Planning and conducting a forestry operation
- » OHSR 26.24(5)(c) – Responsibility for falling and bucking (sufficient holding wood)
- » OHSR 7.8(1)(a) – Hearing tests (initial)

In the first few weeks of the new year, up till February 20, 2019, there had been 53 manual falling and bucking inspections completed. The planned inspections target number for the full 2019 calendar year will be similar to 2018, which was 414.

Top 5 OHSR Sections cited were:

- » OHSR 4.14(2) – Emergency procedures (exit routes)
- » OHSR 7.8(1)(b) – Hearing tests
- » OHSR 3.17(1) – First aid procedures (written procedures)
- » OHSR 3.16(1)(a) – Basic requirements (First aid)
- » OHSR 26.4(2) – Notice of project

The dedicated WorkSafeBC falling team had inspected 25 hand fallers in 2019 up till February 20, 2019 and the top 3 OHSR Sections cited were:

- » OHSR 26.24(5)(b) Responsibility for falling and bucking (undercut)

- » OHSR 26.22.1(2) Falling supervisors for forestry operations
- » OHSR 26.22.1(3) Falling supervisors for forestry operations

New conversation guide for officers in development on phase integration

Terry also shared a 2019 Forestry High Risk Strategy Enhancement related to phase integration. He, and WorkSafeBC colleagues, Darcy Moshenko, Industry Specialist Forestry, and Carole Savage, Occupational Safety Officer (OSO), had developed a draft document to help OSOs have consistent conversations on forestry worksites about phase integration, and the risks of phase congestion.

Draft terminology devised to consistently define phase integration and phase congestion

Phase Integration: A management model that incorporates the operation of more than one phase at the same time within a single operating area, creating a multi-phase worksite.

Phase Congestion: When poor integration of phases in a forestry operation creates risk to workers.

The reason why this topic is still a critical issue is that Phase Congestion:

- has resulted in serious injuries and fatalities
- is recognized as an industry wide problem, but
- not effectively addressed by industry

- relates to OHSR 26.2 Planning – and is the 3rd highest order count in FHRS
- is often difficult to detect/anticipate.

WorkSafeBC has developed a draft forestry phase integration conversation guide for use during inspections. This resource is for officers to help guide their conversations with forestry prime contractors (or their representatives) about their understanding of the risks and hazards associated with multi-phase operations. Identifying risk, threats, controls, and critical controls will be a key part of the conversation. In using the guide it is anticipated that the level of awareness and the degree of implementation of effective controls to prevent phase congestion will be increased to support the overall goal of reducing serious injury and fatal industry rates in the top risk exposures categories in forestry operations.



WorkSafeBC's Terry Anonson discusses phase integration at the March 2019 FTAC meeting.

The status of this project is that a pilot is underway with a small team of officers to test in-field and provide feedback. What will follow in the second quarter of 2019 will be analysis of the feedback from the pilot as well as industry feedback to allow for the tool to be finalized, and then a planned rollout to all WorkSafeBC officers in the third quarter of 2019 as a "phase integration guide".

Terry shared the current draft with FTAC members for their interest, cautioning that it was still in draft format and would not be circulated beyond the pilot use until the document was finalized. At that time it would be broadly shared. 🙏

Updated timeline on new faller competency-based training program development

Marla Gulbrandsen, BCFSC's Senior Falling Program Coordinator, provided the Falling Technical Advisory Committee (FTAC) with an updated timeline on the revised new faller training program below:

BC Faller Standard Update

In the interim, it is anticipated that the BCFSC will offer two tuition-based courses using the current approved curriculum in 2019 – one in the Spring and one in the Fall 2019; and that six participants will complete the 30-day program with an Industry Training Partner.

Marla said that two Qualified Faller Trainer courses were also being planned for 2019, provided a variance was secured from WorkSafeBC to allow the training to proceed. 🙏

January - June 2019: Finalize resources

April 1 - 5, 2019: FTAC Subcommittee review of entire program.

June 2019: Submission of BC Faller Standard to WSBC.

June - August 2019: WSBC review of the Standard - approval to pilot.

September - October 2019: Pilot with Industry, Oil & Gas and BC Wildfire Service.

October - November 2019: Apply any final changes to the Standard.

December 2019: Submit to WSBC for final approval



Falling

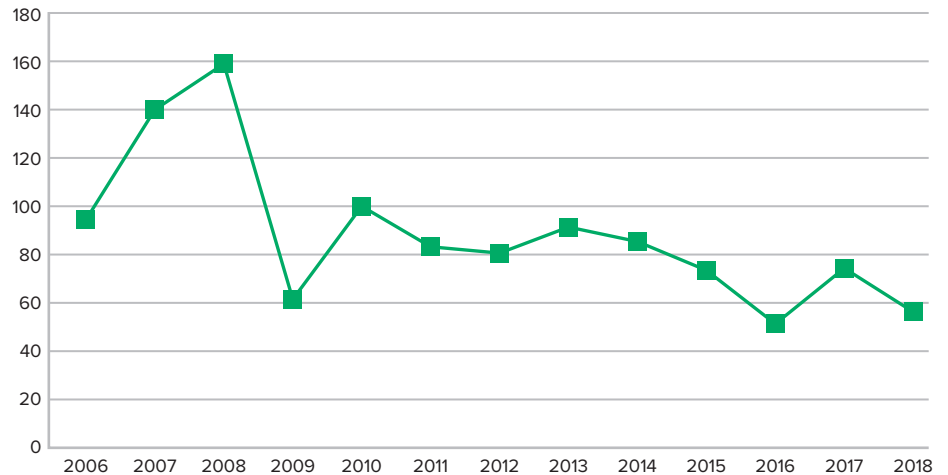
Falling Safety Advisor activities

Lead Falling Safety Advisor, Scott Rushton, provided the Falling Technical Advisory Committee (FTAC) with an update on Falling Safety Advisor activities this year. 2019 FSA Activities (as at March 1, 2019):

- 2 Faller Certifications (1 New Faller Trainee, 1 challenge)
- 4 Falling Supervisor Certifications
- 50 Faller Visits
- 1 Certified Falling Supervisor Quality Assurance Visits
- 3 Certified Falling Supervisor Visits
- 1 Trainer Quality Assurance Visits. 🚩

Falling Supervisor Training update

Falling Supervisor Participants



The chart shows how many participants have taken the five-day falling supervisor training course. It is anticipated that the average in the next couple of years will be around the 60 per year mark.

Gerard Messier, Director of Training and Program Development at the BC Forest Safety Council (BCFSC) provided the Falling Technical Advisory Committee (FTAC) with an update on falling supervisor training.

He said the cost for the current five-day training course was \$1,680 which was prohibitive for some in both the cost and the length of time participants had to be away from work. He said as a result they were looking at combining online training with in-person training to shorten the course and were using subject-matter expert (SME), FTAC member and course trainer, Doug Harrison, and SME and falling safety advisor, Jeff McKenzie, to review the proposed revised course outline and content.

It is anticipated that the new course which would be rolled out later in 2020, could have an approximately two day online component that would be completed at the trainee's own pace and then a 2 or 3 day in-person, in-field portion. FTAC will receive regular updates on progress. 🚩

Sample of quick and simple anonymous close call reporting

During a round table discussion at the Falling Technical Advisory Committee meeting, Interfor's Gary Bauer, shared that Interfor is having success with improved close call reporting thanks to a very simple tech solution they have implemented. It provides anonymous, quick (minutes or seconds depending on how fast you type with one finger or text savvy thumbs) and easy reporting, and was developed in-house, using a freely available online form-building tool.

One may access the form in three ways -- via an app on a phone, online website address, or via a QR code. The form has two drop down pre-populated choices for date of incident, and type of work, and then one can type in short sentences to

describe the incident, the root cause, and the learnings, and hit "send".

The completed form goes to the company's designated email addresses anonymously for review and immediate action as/if required. For example, if a particular faller or piece of machinery operator had shared something that could benefit being seen by all fallers or machine operators at Interfor, the email recipients can immediately forward the email to all those workers and / or their supervisors / contractors to be advised of the close call so that they can use that information to help prevent a similar close call or incident.

The form, website link and QR code link were designed by Interfor's IT department using the jotform.com form service.

The service is free for most users and nominal for large users who expect to see thousands of forms a month. 🚩



A screen capture of the what the email recipients see of the anonymous close call report.



Ready for the 2019 wildfire season?

The countdown has begun ... what will the 2019 wildfire season bring? According to recent media clippings, responses to protect citizens from carcinogenic wildfire particulate matter requires rethinking homebuilding and applications of filters and screens to protect residents: <https://www.cbc.ca/news/canada/british-columbia/sarah-coefield-air-filters-wildfires-1.5008640>. Quesnel, Prince George and Williams Lake made the top 13 on Greenpeace's list of the worst air quality in the world for 2018: <https://globalnews.ca/news/5027881/prince-george-air-quality-wildfire/>. Wildfire smoke inhalation may be the equivalent of smoking a few packs a day: <https://bc.ctvnews.ca/inhaling-wildfire-smoke-potentially-equal-to-smoking-a-few-packs-of-cigarettes-a-day-researcher-1.4285032>; Every year in BC will be awful. See: <https://www.cbc.ca/news/canada/british-columbia/expect-every-year-to-be-awful-experts-weigh-how-to-protect-b-c-public-from-wildfire-smoke-1.5008914>. For wildfire resiliency and management, the BC government has set aside the following in the current budget (announced February 19, 2019): \$60 million for the Community Resiliency Investment Program to reduce wildfire risk for 2018/19; and \$111 million over three years to increase wildfire response and control capacity: <https://globalnews.ca/news/4981568/bc-budget-wildfire-costs/> 📱

Deadly mushroom incidents are on the increase in BC

Local doctors are being warned about the spread of the world's most poisonous mushroom right here in BC. Incidents of dogs dying, and kids and adults being severely poisoned, is on the increase. Even trained foragers make mistakes, so please be sure before you pick or eat any mushrooms: <https://vancouver.sun.com/news/local-news/death-cap-mushrooms-proliferating-in-b-c-experts-warn> 📱

Sleep deprivation accelerates Alzheimer's brain damage

Good sleep habits, like 8 hours of sleep a night, can help protect the brain

The University of Washington School of Medicine in St. Louis <https://medicine.wustl.edu/> has published research (January 24, 2019) in the journal Science that explains the links between lack of sleep and Alzheimer's disease. Read the press release here: <https://medicine.wustl.edu/news/sleep-deprivation-accelerates-alzheimers-brain-damage/> Read some media reports here:

USNews.com: <https://www.usnews.com/news/national-news/articles/2019-01-24/study-sleep-deprivation-speeds-up-alzheimers-disease>; Science News: <https://www.sciencenews.org/article/lack-sleep-tied-increases-two-alzheimers-proteins-brain>

And in another article, in the National Post, researchers warn that lack of sleep is a public health crisis: <https://nationalpost.com/news/world/brain-researchers-warn-that-lack-of-sleep-is-a-public-health-crisis>

Turning to the positive, what does good sleep do for you beyond keeping you safe? See this summary list of 10 things: <https://www.healthline.com/nutrition/10-reasons-why-good-sleep-is-important#section7>

So what do you do, especially when you have little control over your work schedule and the distances you have to travel? Like any kind of sustainable long-term success, start with small changes and build on them. Consider these tips – and try at least a couple that you have not tried before. The list below is a summary of tips consistently provided by sleep researchers, experts, and other credible sources:

1. Keep your sleep area as dark as possible
2. Keep your sleep areas as quiet as possible
 - a. No pets in the bedroom
 - b. Have the difficult conversation with the snorer/tosser; everyone needs the best sleep every night – your health and safety depends on it
3. Plan consistent transition habits that help you get to sleep and keep you asleep:
 - a. No screen time for an hour before sleep time
 - b. Set all screens to sleep mode and mute
 - c. Remove clocks and other devices with blue lights or other pilot lights
 - d. Fully switch off TVs and accompanying smart boxes that generate blue light(s)
 - e. Do mindless stuff – flipping through a magazine etc. before sleep so that you are relaxed and not stressed
 - f. No caffeine in the hours before sleep (everyone has a cut off time)
 - g. Spicy foods or large meals at night time can be challenging; always eat several hours before trying to sleep
4. If you are not asleep 30 minutes after getting into bed, get up. Do something else. Then try again when you feel tired.
5. Temperature – too hot or too cold will postpone good quality sleep or wake you during sleep and prevent you getting back to sleep. Cool is way better than hot.
6. If you are already a light sleeper, consider ear plugs and a mask. If you have young children or care for an elderly parent this may not be an option, but try and share the duties with another responsible person in the household so that everyone gets “quality sleep nights”.
7. Seven good nights of quality sleep each week is best, but three good nights of sleep a week is way better than none!
8. Poor sleep can be caused by one of several medical conditions so don't hesitate to get a qualified doctor's opinion. When the underlying medical condition is fixed, much better sleep will follow.
- h. Exercise is important each day, but not in the last few hours before you plan to go to sleep

For resources on sleep matters, see: Six things that matter most: <https://www.hopkinsmedicine.org/health/healthy-sleep/sleep-better/preparing-your-bedroom-for-a-great-nights-sleep>; 17 things to consider: <https://www.healthline.com/nutrition/17-tips-to-sleep-better> and other possible choices: <https://bettersleep.org/better-sleep/the-ideal-bedroom/> 📱



Non-stop smoothies!

By Dr. Delia Roberts



Pressed for time but looking for a healthy nutritious snack that's quick to make, endless in its options and easy to eat? If you have access to a blender, smoothies are a great strategy for low cost, easy access nutrition as part of a balanced diet.

Some of these items are packed full of antioxidants and other compounds that help to reduce inflammation. As such they will speed up recovery and help to protect you against disease. But beware of marketing hype! Not all the advertised miracle foods and spices are worth spending your money on. It's also easy to consume a lot of calories quickly when you drink a smoothie, so choose your ingredients wisely. Just because the drink is green, doesn't mean that it's going to be a healthful choice.

Smoothies built for health don't need to taste bad

Leaving some chunks of fruit or adding fibre rich ingredients and some healthy fats are another way to make your smoothie healthier. Doing so will slow down digestion a little, making the meal last longer, and lowering the effect of the drink on insulin and blood glucose. Keep in mind that liquids are absorbed much faster than whole foods, and no one food can provide you with all the nutrients that you need.

Veggies for nutraceuticals

- Green veggies are a great source of minerals, vitamins and fibre. Spinach packs the most nutrients, followed by

kale and broccoli. If you steam your veggies to soften, save the water to thin your smoothie or use for soups and stews to capture all the water-soluble nutrients.

- Orange veggies also provide Beta-carotene, another great antioxidant. Carrots are the least expensive, but if you buy squash or sweet potatoes in the late fall the cost is much lower and they store well. Cut them in chunks, toss with a bit of olive oil and roast them for a delicious addition to your smoothie.
- Red beets are rich in vitamins and minerals, fibre, antioxidants and the precursor to NO, a substance that the body uses to dilate blood vessels and lower blood pressure. They store well too so can be purchased in the fall and roasted or boiled as needed for your smoothie.

Fruit for flavour

- Berries are packed with antioxidants and fibre, but are expensive unless you buy in season and freeze.
- Citrus fruits like oranges are less expensive and guess what – they also win over berries nutritionally on every mineral and vitamin except E and K. Navel oranges are also lower in free sugar.
- Bananas are inexpensive and higher in carbs and minerals but lower in vitamins than oranges. Over-ripe clearance bananas are economical and great for your post-work smoothie when the sugars are needed for recovery.
- Acai and Goji berries are rich in vitamins, antioxidants and fibre but they are very expensive and there are lots of other fruits and vegetables that can provide these nutrients more economically. Goji berries may also interfere with medications used to treat diabetes and high blood pressure.

Fats for energy and to slow digestion

- Avocados are portrayed as being super healthy, but once again it's a bit of a myth. Spinach matched by weight of serving obliterates avocado on every front except for monosaturated fats (heart healthy) and creamy texture.
- Coconut oil is a good source of MCTs (medium chain triglycerides), a type of fat that's absorbed faster than others. None of the other health claims about this product have been proven.
- Olive oil is a great source of heart healthy fats so if you are looking for healthy calories, this is a good oil to choose.
- Fish oils are very high in powerful anti-inflammatories and are a fantastic addition to your diet, but their strong flavour might prevent their use in your smoothie.
- Nuts and seeds are great sources of healthy fats but are gritty unless they are ground very fine. Walnuts, freshly ground flax seed, hemp hearts and chia seeds provide powerful anti-inflammatory omega-3's but they are very expensive. Store them in the fridge and add just a tablespoon or two to get the benefit of these important nutrients.

Protein for power

- Protein powder is the upmarket source of protein for your smoothie, but there are other much more economical ways to add protein to your meal.
- Legumes like red lentils are very inexpensive, they cook to mush and absorb the flavour of whatever you mix in. Extremely high in vegan protein and fibre they can't be beat.
- Ground nuts, nut butters, chia seeds and hemp hearts are super sources of protein as well as other healthful minerals and compounds, but cost and texture might prevent their use in your smoothie. They also are about 50% fat.
- Dry milk powder is a very inexpensive way to top up your protein needs. Rich in calcium and Vitamin D, it dissolves and the flavour can be covered by fruit and other additives. It's also portable and stable at higher temperatures so if you are hiking through the block, load up your shaker cup in the morning, and just add water when you need an energy boost.

Fluids for function

- Coconut water is rich in potassium but it also contains about the same amount of sugar as in a sport drink. It's a good addition for your post exercise carb restoring smoothie. Oranges and bananas are also great sources of



When you google "green smoothies" there are literally hundreds of photos and recipes. Few, however, explain why they are good, how they fit into a safe, balanced diet, or how many calories they contain. Be sure to make informed choices that best meet your dietary needs, likes and activity levels.

potassium, as well as Vitamin C and fibre and are less expensive.

- Soy or nut milks are all good sources of calcium, but only soy milk will provide you with much protein, and none of these drinks contain the important Vitamin D found in cow's milk. If you choose a vegetarian milk for your smoothie consider taking a Vitamin D supplement (or get some sun exposure in the summer).
- Yogurt contains great probiotics and Greek yogurt is also high in protein. Beware of the high sugar in most flavoured varieties, but using yogurt can really richen up your smoothie.
- Fruit juices are high in sugar (even unsweetened) but if you don't have access to a blender and are using a shaker cup, they can provide the flavour and depending on which one you buy, Vitamin C and possibly other nutrients. Pomegranate and cranberry juices are good choices, rich in antioxidants and other nutrients but check the labels carefully. Often these drinks contain less than 30% of the actual fruit juice.
- Green tea is another option for your morning smoothie. Matcha in particular is very high in catechins, a powerful antioxidant and anti mutagen. It also contains caffeine though, so keep in mind that a late afternoon dose may interfere with your nightly sleep.

Herbs, spices and flavouring

- Turmeric is a spice related to ginger that has been shown to have antioxidant properties. The active ingredient curcumin is not very bioactive, but if you consume it together with pepper, you can increase the ability of your body to use it. Try a smoothie made with roasted squash, turmeric, pepper, ginger, cinnamon and nutmeg for a delicious savory flavour.
- Spirulina is an algae packed full of protein and anti-inflammatory antioxidants. Add a teaspoon to your smoothie if you like!
- Vanilla is not nutritionally valuable but it does add flavour and sweetness without sugars.
- Cinnamon contains antioxidants and enhances the flavour of some fruits, so it makes a great addition to your smoothie.
- Raw cocoa powder can give your smoothie a rich chocolate flavour and provide anti-inflammatory polyphenols.
- Molasses is rich in iron. If you like its strong flavour you can use it to sweeten your smoothie a little. Pair with cinnamon, ginger and nutmeg to soften the flavour.
- A little honey or maple syrup can sweeten your smoothie but go easy as they both act like free sugar in your body.

Recipes

The Fit to Plant Basic Energy Booster

- ¾ cup dry milk powder
- 2 Tbspn chocolate drink mix or orange tang or 1 tsp instant coffee + 1 tsp vanilla + 2 Tbspn sugar
- 1.5 cups water
- Put all ingredients except for water in your shaker cup until needed. Just add water and shake. Note: You can increase the nutrient density of this smoothie by adding the ingredients of your choice from the list above.

Basic Green Smoothie

- 1 cup chopped kale or spinach
- 1 orange (peeled)
- 1 cup other fruit (pineapple, a banana, berries)
- 2 tbsp chia, hemp or ground flax seeds
- 1/2 cup coconut water, unflavoured yogurt, milk, fruit juice or water
- Pulse greens with a bit of your liquid until smooth. Add the fruit and a bit more liquid and pulse again until smooth. Blend in ground seeds and remainder of liquid until you reach the desired consistency.

Health in a Cup

- 2 carrots or 1 cup winter squash, roasted or steamed
- 1 navel orange peeled
- 1 ripe banana or ½ cup thawed frozen berries
- ¾ cup dry milk powder
- ¼ cup cooked red lentils
- 1 tsp each turmeric, cinnamon and ginger
- ¼ tsp pepper
- 1 Tbspn chia, hemp or ground flax seed
- ½-1 cup of liquid (either unsweetened fruit juice, coconut water, plain yogurt, milk or water)
- Chop carrots or squash into small pieces and steam in ½ cup of water until very soft – or toss in olive oil and roast about an hour in a 350 degree oven. Blend with a bit of liquid and the fruit until very smooth. Then add cooked lentils and pulse. Add milk powder, spices, seeds and liquid and shake the blend one last time until desired consistency is reached. 🍷

Canada's new food guide:

Eat more plants, drink more water

After more than 12 years since the last update, the Federal Government has released a revised Food Guide – advice for Canadians on what to eat, including the new endorsement of plant-based diets.

The guide has more dietary influence than perhaps any other document in the country and impacts what institutions' kitchens like school cafeterias and hospitals as well as home kitchens prepare across the country. For more than 40 years, the guide has told Canadians to eat specific size servings from four food groups. The latest version changes all of that.

Learn more here in this Globe and Mail article: <https://www.theglobeandmail.com/canada/article-new-food-guide-shifts-toward-plant-based-foods/>.

View the guide in full here: <https://food-guide.canada.ca/en/>

And for suggestions on how to incorporate the new food guide into your cooking: <https://www.theglobeandmail.com/life/food-and-wine/recipes/article-how-to-incorporate-the-new-food-guide-into-your-cooking-repertoire/> 🍷





Your take on Forest Safety News

Forest Safety News survey results: Thank you for your feedback!

To view or download the full survey findings (PDF: 34 pages and includes all comments received), please see: https://www.bcforestsafesafe.org/files/fsn_2019SurveyResults.pdf

Gift cards sent out to winners

Three lucky readers, from Clearwater, Kamloops and Osoyoos, have received their gift cards after being randomly drawn from survey participants. Congratulations!

Lots of feedback

Lots of positive feedback, a good number of helpful pieces of constructive criticism, and less than a handful of expressions of hate/dislike including a death wish.

Three things that we have immediately been able to address based on feedback from the survey:

1. Graphs for work-related deaths

Going forward, there will be no averages or lines drawn across the graphs.

2. Detailed fatality investigation reports

Several requests/comments were for more detailed information around fatal incidents and serious injuries, and more timely access.

The BCFSC regularly files Freedom of Information Requests with both the Coroners Service and WorkSafeBC for completed fatal incident investigation reports following incidents in forestry settings.

The BCFSC will be updating initial fatality alerts with more details after receiving and reviewing the findings in these reports.

The principle being that the more information that is shared the better others may be able to prevent similar occurrences in the future.

3. A number of Individual Owner Operators (IOOs) indicated that they felt there was little content or other resources available for them, to assist them. In the SAFE Co section we are providing an open invitation for IOOs to help us better understand what they have in mind and we will work to provide those materials/tools.

Many other things being considered for the most appropriate response

There were so many good ideas shared in the comments that we are looking at how to best address them in the most meaningful way. From best practices to success stories, to more worker perspectives to more tailored IOO content ... we are discussing them all,



A screenshot of the front page of the 34-page pdf with the full results and comments.

and more and how best to respond without needing additional resources to do so.

Thank you for all your input!

Reminder: send tips and story submissions in for publication

Don't ever feel you need to wait for another survey to share your thoughts or story ideas. Got an idea? Know of an issue? Want to share a safety success story? Got a worker perspective on safety? As they happen, just email editor@bcforestsafesafe.org or call toll-free **1-877-741-1060 Ext 386**. All safety ideas and safety story submissions are welcome! And if you don't like writing, no problem! Give the editor a call and she can interview you, write up a draft story which will be sent to you, for your review and edits before publication. 🌲



Day of Mourning: April 28



To download and print or order posters (left) and decals (right) by April 19, 2019, please see: <http://www.dayofmourning.bc.ca/decals/>

Last year, 131 workers in BC died from a workplace injury or disease. Across Canada, April 28 has been designated the Day of Mourning. As workers, families,

employers, and communities come together at ceremonies held around the province to remember those who have lost their lives to work-related incidents or occupational disease, let's renew our commitment to creating healthy and safe workplaces.

May each of us always find the time, the patience, the caring and the courage to do whatever we must do, each and every day, to be safe,

stay safe, and create safe places at work for ourselves, our colleagues and our industry.

For more information about local Day of Mourning events in your area – or to list an event you plan on holding – please see: <http://www.dayofmourning.bc.ca/> 🌲



You may order these stickers by completing the order form: http://www.bcforestsafesafe.org/files/ps_InjuryPreventionResourceOrderForm.pdf

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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