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New Resource Package Developed for Working Under Vehicles

Since 2015, there have been six worker fatalities and numerous serious injuries to workers working under or around vehicles and equipment. To support employers and supervisors in leading workplace discussions to prevent these incidents, BCFSC has developed a resource package. The package has two options to facilitate discussion, a formal presentation and a toolbox discussion guide.

The first option is a slide presentation intended for use during sit down meetings and is ideally suited for large groups of people. The presentation describes the recent incidents, identifies common contributing factors and supports the facilitation of a discussion on how the workers and employer at the worksite will work together to prevent these types of incidents from occurring. The package includes slides, a slide guide, facilitator notes, and a sign in sheet.

The second option is a toolbox discussion guide. This guide supports someone leading a toolbox safety meeting. The toolbox guide does not require a projector or large space, so is ideally suited for smaller work groups. The guide covers the same material as the slide package, but is presented in a way that allows the material to be covered at a toolbox meeting. The guide also includes a place for workers to sign that they have participated in the discussion and commit to preventing these incidents.

Neither of these resources requires the facilitator to be an expert on vehicle maintenance.

"This resource package was developed to highlight the risk of working around vehicles and promote discussion and awareness to support the prevention of these types of incidents and ultimately contribute to a safer working environment."

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

said Richard King, Manager of Program Development. "This information is applicable to both work and home and provides the opportunity for crews to engage in productive discussions to ensure these incidents are prevented".

For more information, or to access the resource package directly, please visit the BC Forest Safety Council website at: <https://www.bcforestsafesafe.org/node/3373>.

Comments or suggestions for improvement to this resource package can be sent to training@bcforestsafesafe.org.

Managing Stress in the Workplace

The recent downturn in the forest industry has had significant effects across the province, with both temporary and permanent mill closures; work uncertainty from companies and workers alike; and feelings of frustration from all corners. During this period of uncertainty in the industry, workplace stress and the associated potential for incidents is a major cause of concern. It is important to take extra care to ensure the safety of our coworkers and ourselves.

Stress can be helpful, giving us the energy and drive to perform at high levels and complete difficult tasks; however when stress becomes prolonged or extreme, it can have harmful or dangerous effects. Many of us can feel overwhelmed at work

and not know where to turn. This is a sign that stress is becoming unmanageable.

What is stress?

The Canadian Mental Health Association defines stress as our body's reaction to a real or perceived threat. It is "a reaction to a situation – it isn't about the actual situation. We usually feel stressed when we think that the demands of the situation are greater than our resources to deal with that situation." (<https://cmha.ca/documents/stress>) Stress is our body's fight or flight response to an external situation. However, in today's society—and especially in a work environment—fighting or running away is not an option, so our reactions to stress manifest physically and mentally in

unwanted ways. Occupational stress, or workplace stress, is a common concern for many on the jobsite and is especially problematic during periods of upheaval and uncertainty.

This issues associated with stress are not limited to a certain sector or level in an organization. Stress problems can affect people in both small and large organizations; and at all levels, from workers to owners or executive managers.

Signs of Stress

Excessive stress can cause physical symptoms such as headaches, an upset stomach, elevated blood pressure, chest pain and problems sleeping. People are also more likely to get sick when dealing with elevated levels of stress. Chronic,

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untreated stress has been reported to lead to serious medical issues, such as depression, heart disease, forms of anxiety, and obesity.

People dealing with physical symptoms of stress may show up to work fatigued, distracted, or have trouble focussing. Stress can also directly affect mood and people may have trouble making decisions or lack confidence. These effects can all contribute to incidents in the workplace.

Stress is also harmful when people engage in the compulsive use of substances or other negative behaviors to try to relieve their stress. These behaviours can cause people to lose sleep, become distracted, neglect responsibilities, or become withdrawn. Proper self-care is a better strategy for dealing with stress than these behaviours.

Managing Stress

Managing stress effectively reduces the negative symptoms and allows us to pay attention to the critical safety aspects of our jobs. The Canadian Centre for Occupational Health and Safety (CCOHS) says that there “are many ways to be proactive when dealing with stress. Mental fitness, self-help, taking healthy steps, stress management training, and counselling services can be helpful to individuals, but do not forget to look for the root cause(s) of the stress and take steps to address them. However, in some cases, the origin of the stress is something that cannot be changed immediately. Therefore, finding ways to help maintain personal good mental health is...essential.” (<https://www.ccohs.ca/oshanswers/psychosocial/stress.html>)

This advice is important for all of us—workers, supervisors, and owners—because the current industry environment, the root cause of a significant amount of stress, is not within the control of the vast majority of us. It is important to focus on the things that we can control, such as engaging in self-care, managing our immediate work environments, and supporting one another. For business owners it is important to foster positive health and supportive relationships in your business, and to ensure that people get help if they need it.

Tips to help reduce stress:

- Build good relationships with co-workers. Talk about stress and how it can be harmful. Watch out for each other and offer to help if someone is having problems with stress.

- Encourage coworkers to ask for help if they need it and provide them with positive support resources like Employee and Family Assistance Programs.
- Get exercise. Physical activity reduces stress and improves your mood.
- Make time for self-care and to set aside time for the things that bring you happiness.
- Get sufficient, good-quality sleep. You can build healthy sleep habits by limiting your caffeine intake late in the day and minimizing stimulating activities, such as computer, cellphone and television use, at night.

Tips to support workers:

- Treat all employees in a fair and respectful manner.
- Be aware of the signs and symptoms that a person may be having trouble coping with stress.
- Involve employees in decision-making and allow for their input directly or through committees, etc.
- Encourage managers and supervisors to have an understanding attitude.
- Incorporate stress prevention or positive mental health promotion in policies or your corporate mission statement.
- Value and recognize individuals' results and skills.
- Provide access to Employee Assistance Programs (EAPs) for those who wish to attend.
- Do not tolerate bullying or harassment in any form.

(Adapted from <https://www.ccohs.ca/oshanswers/psychosocial/stress.html>)

Conclusion

Despite the challenging state of the forest industry right now, it is important to continue to ensure that work is done safely, whether as an employer or a worker. The news of mill closures is understandably a huge stressor. It is important for everyone to take the steps necessary to ensure that stress is not keeping them from concentrating on their jobs, or causing physical or mental issues that may lead to incidents in the workplace. Take proper steps to manage stress, and, if you need help, reach out. Negative stress, and potential negative coping mechanisms associated with it are dangerous and we need to watch each other's' backs. 🙏

Understanding how WorkSafeBC Classifications and Assessments are determined

WorkSafeBC's Howard Chang, Director of Assessments; Gerry Paquette, Manager of Classification; and Tom Pawlowski, Manager of Industry and Labour Services (with a focus on forestry) shared how they determine which Classification Units (CUs) companies are put into, as well as what opportunities there are each year for companies to request reconsideration if on the remote chance there has been an error in classification.

The process of initial classification: how do you make your money?

At the time a company registers with WorkSafeBC, a number of questions are asked. These include: how do you make your money? What are your clients paying you to do? And by “you” it could be you, your crew or sub-contractors.

Of the 240,000 employers registered with WorkSafeBC only about 15,000 have more than one classification assigned. The overwhelming majority of employers have one.

At the time of registration, an employer will receive a welcome package and a description of their company's classification unit assignment. If it doesn't look right, employers need to give WorkSafeBC a call.

If the work doesn't have a 100% fit, then it is the best fit, recognizing that companies might engage in two or three activities that have different CUs. The question then is where do they generate the majority of their revenue? And the answer directs the company's placement into that specific CU.

“We recognize that things evolve with employers and the type of work they do – where they get their money from can change. So every year we send a copy of each employer's industry description. If it doesn't look like them any more then they need to give us a call to ensure we have them in the right classification unit,” said Gerry.

Employers are classified on their industrial undertaking not their occupations

So for example, a construction contractor, architect, and construction project manager are all paid to put up houses so they all belong in the industry they are being paid to deliver on. “We classify employers based on their industrial undertaking not their occupations,” said Gerry.

And the industrial undertaking becomes critical risk. For example, if someone in forestry is constructing and/or maintaining logging roads this means that they generally have a higher risk of exposure than other road maintenance operations in urban settings.

When in doubt, make the call

It remains the employer’s obligation to give WorkSafeBC a call if they believe the classification unit assignment is wrong.

According to WorkSafeBC, this is a very rare occurrence but it can happen. And when it does, based on additional input, employers can be reclassified.

Sometimes WorkSafeBC gets tips from third parties that a classification may not be accurate

WorkSafeBC has received information from a competitor firm, an auditor or a prevention officer that a company appears to have the wrong classification unit. WorkSafeBC will review but it will never make a change without having dialogue directly with the employer, either verbal or written.

Any time that a company’s classification is changed, a follow-up letter goes to the employer explaining the review process and what recourse that employer has if they don’t agree. Employers may contact the letter writer, the assessment department and/or appeal for review.

Robust review process

WorkSafeBC has a long-standing committee chaired by their CFO that examines the classifications to ensure that they continue to represent the economy in BC. Changes are made either to the definitions of classification units or with the addition of new classification units as industries evolve.

In total there are between 500 and 550 industry classifications.

One of the key reasons classifications are kept relatively small is to ensure that data generated out of each classification unit is meaningful as a tool to use in improving health and safety in the province.

Industry classifications are just one of those tools to ensure that there are buckets of similar employers with similar risk profiles that generate meaningful data buckets. It is also about parity. “We also want to ensure that employers who are competing with each other in the same market place, with similar safety records/claims are paying the same insurance rates,” said Howard.

“Most importantly when employers are grouped in the right classifications we can better inform responses to health and safety exposures, and share meaningful data and information to ensure controls and mitigation are in place,” said Tom. 🗣️

Vancouver Island Safety Conference 2019 – save the date!

The Vancouver Island Safety Conference is scheduled to take place on Saturday, October 5th at the Vancouver Island Conference Centre in Nanaimo. The theme for this year’s conference is “Succeeding in Today’s Evolving Work Environment”. Keynote conference presenters will provide the latest information on topics ranging from change management to mental health. The conference will continue to have shorter, high impact sessions. Presenters will have booths at the trade show to allow time for one-on-one interactions or follow-up questions. To register for this free conference, please go to: <http://www.bcforestsafe.org/fscapps/reg.php?e=26> 🗣️

BC Forest Safety Council 2018 Annual Report Summary

Read the BCFSC annual report highlighting current BCFSC activities, opportunities for new projects and programs to better support industry safety. <http://www.bcforestsafe.org/files/BCFSCAnnualReport-2018.pdf> 🗣️

BC Forest Safety Council 2018 Ombudsman Report Summary

The BC Forest Safety Ombudsman is part of the BC Forest Safety Council, and is mandated to investigate safety concerns and provide recommendations for improvement. Below is the link to the 12th BC Forest Safety Ombudsman report. Each year, this report is generated to provide general observations on how the forest sector is doing in achieving the goals industry has set. <http://www.bcforestsafe.org/files/bcfsc-ombudsreport-2018.pdf> 🗣️



BC Wildfire Service (BCWS) Fire Danger

British Columbia's forests and wildland cover over 94 million hectares (nearly a million square km and are the most diverse in Canada. Confronted by an average of 2,000 wildfires each year, highly trained fire crews are successful in containing 94 percent of all wildfires in B.C.

Fire Danger

Weather has a significant impact on wildfires – in how they start, how aggressively they spread, and how long they burn. Find out the current fire danger rating in your area and other information about fire weather.

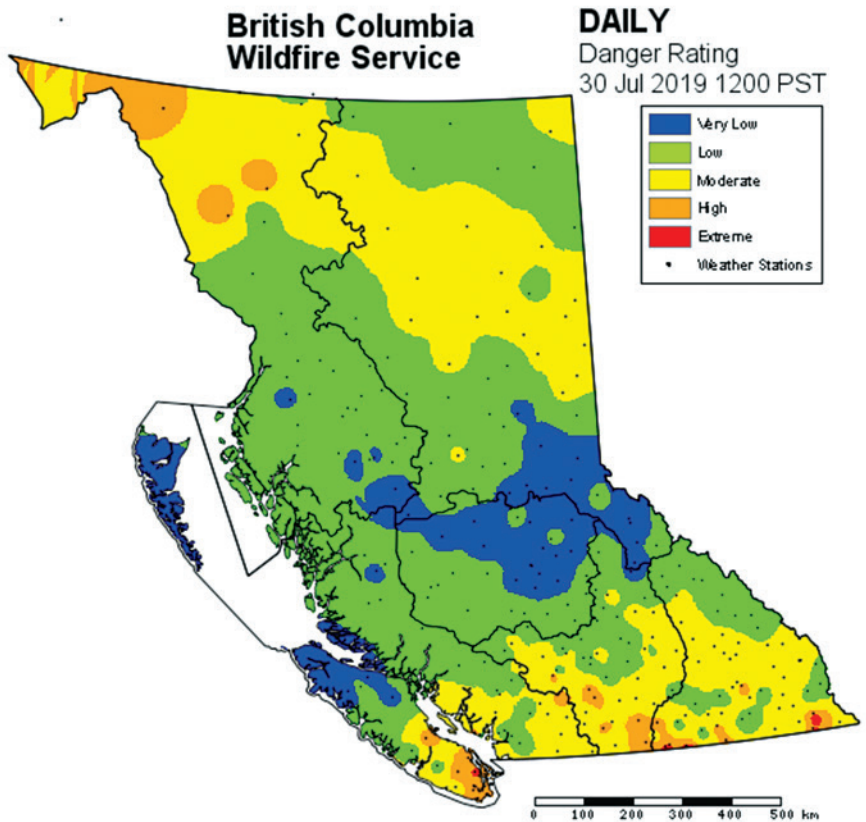
The BC Wildfire Service operates about 260 weather stations, which send reports on an hourly basis. These hourly weather observations, supplemented by data from other agency stations, support fire weather forecasting and the Canadian Forest Fire Danger Rating System (CFFDRS).

The computer-based CFFDRS is the primary fire management decision aid in Canada. With it, fire managers can assess the potential for ignition, spread and burning intensity. This information is used for making fire prevention, preparedness and suppression decisions, as well as other general fire management decisions.

Temperature, relative humidity, precipitation, wind speed and wind direction are recorded by the fully automated stations. This data is transmitted to BC Wildfire Service headquarters every hour from April through October, but less frequently and from fewer stations during the winter months. Data from other agencies' weather stations is also used and transferred electronically to headquarters.

Fire Danger Rating

The Canadian Forest Weather Index (FWI) System is used to anticipate the potential for daily fire ignition across the country. The fire danger rating (i.e. the risk of a wildfire starting) for the province is updated daily at approximately 2 pm.



Two distinct categories are considered when assessing the fire danger rating:

Human-caused fire – The likelihood of human-caused fire occurring in an area on a particular day can be predicted based on: 1) how receptive the small, thin forest fuels are to ignition and spread (largely determined by the moisture content of these surface fuels); and 2) how much human activity is happening in or near the forest (creating “ignition sources”). Clear patterns of this activity can appear, with fires emerging in clusters close to populated areas, roads and railways.

Lightning-caused fire – Fire managers track the location of all the lightning strikes in their regions, in real time, every day of the fire season. They use this information, along with outputs from the FWI System, to tell them where pockets of lightning-caused fire can be expected to hold over (grow slowly beneath the surface or in dry rotten logs) and when lightning-caused fires might begin actively spreading.

The Canadian Forest Fire Behavior Prediction (FBP) System helps forest

managers assess how fast a specific fire could spread in a particular forest type, how much fuel it might consume and, ultimately, how intense that fire might be. The intensity of a fire is the factor a fire manager uses to determine what tactics and resources are needed to fight a fire.

The FBP system relies on 14 primary data inputs in five general categories: fuels, weather, topography, foliar moisture content, and type and duration of prediction. This data, when combined, provides an indication of expected fire behaviour. For example, the moisture content of surface fuels, together with the observed wind speed, yields the Initial Spread Index—an indicator of how fast a fire is expected to spread—which in turn is used to calculate a fire's rate of spread (e.g., in kilometres per hour).

The FBP System also uses the indices of the Forest Fire Weather Index System and converts them to stand-specific predictions of fire behaviour for all the major forest types across Canada.

What the danger class ratings mean

Low: Fires may start easily and spread quickly but there will be minimal involvement of deeper fuel layers or larger fuels.

Moderate: Forest fuels are drying and there is an increased risk of surface fires starting. Carry out any forest activities with caution.

High: Forest fuels are very dry and the fire risk is serious. New fires may start easily, burn vigorously, and challenge fire suppression efforts. Extreme caution must be used in any forest activities. Open burning and industrial activities may be restricted.

Extreme: Extremely dry forest fuels and the fire risk is very serious. New fires will start easily, spread rapidly, and challenge fire suppression efforts. General forest activities may be restricted, including open burning, industrial activities and campfires.

NOTE: The danger class map is intended for general public information only. For regulated forest operations, the danger class value must be derived from weather data representative of the site on which operations are being conducted.

Where discrepancies exist between the colour display on the weather maps and the numerical values posted for the weather stations, the posted numerical values shall take precedence for the purpose of implementing the Wildfire Regulation.

Danger Class Report

A detailed danger class report provides estimated and forecast fire danger rating values for specific weather stations.

The danger class report is updated every day based on weather station data collected from around the province. To find out what the fire danger rating is near you, please select a region from the list below or view all regions.

Current BC Wildfire Statistics

As of July 29, 2019	TOTAL	Coa	NW	PG	Kam	SE	Car
New Lightning-Caused Fires	0	0	0	0	0	0	0
New Human-Caused Fires	3	2	0	0	1	0	0
Total Fires to Date (current fiscal year)	570	108	82	130	108	97	45
Total Area Burned (Ha.) (current fiscal year)	12,632	304	2,820	7,798	1,403	120	187

New fires are those that were discovered on Jul 28, 2019. The current fiscal year is from April 1, 2019 to March 31, 2020.

Coa = Coastal
Kam = Kamloops

NW = Northwest
SE = Southeast

PG = Prince George
Car = Cariboo

Cariboo Fire Centre:

<http://bcfireinfo.for.gov.bc.ca/hprScripts/DgrCls/index.asp?Region=7>

Coastal Fire Centre:

<http://bcfireinfo.for.gov.bc.ca/hprScripts/DgrCls/index.asp?Region=2>

Kamloops Fire Centre:

<http://bcfireinfo.for.gov.bc.ca/hprScripts/DgrCls/index.asp?Region=5>

Northwest Fire Centre:

<http://bcfireinfo.for.gov.bc.ca/hprScripts/DgrCls/index.asp?Region=3>

Prince George Fire Centre:

<http://bcfireinfo.for.gov.bc.ca/hprScripts/DgrCls/index.asp?Region=4>

Southeast Fire Centre:

<http://bcfireinfo.for.gov.bc.ca/hprScripts/DgrCls/index.asp?Region=6>

Please note that the data within the danger class report is only relevant for the geographic location of the weather station. Persons carrying out industrial activities who want to apply the danger class information from this website must determine that the weather station location is representative of their operational area. 🌲



Work-Related Deaths & Injuries

There have been three direct harvesting fatalities in 2019, year to date

Recent work-related incidents reported to WorkSafeBC

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

HARVESTING

Injury: Fractured vertebra

Core Activity: Cable or hi-lead logging

Location: Vancouver Island/Coastal B.C.

Date of Incident: June 2019

A worker (hooktender) was working at the top of a grapple yarding cutblock. A tailhold tree anchor and at least two other trees were pulled over while the yarder was yarding a turn of logs. The worker was struck and dragged down the hill by the falling trees. The first aid team treated and evacuated the worker to a helipad, and the worker was then flown to hospital in a contracted helicopter.

Injury: Bruising and cuts

Core Activity: Integrated forest management

Location: Lower Mainland

Date of Incident: June 2019

A worker in a logging camp was using a company vehicle after hours to access a hot spring. On the way back to camp, the vehicle rolled over onto the driver's side, pinning the driver between the cab of the truck and the gravel road surface. The worker was extricated from the vehicle, given first aid, and flown to a transfer point, from which the worker was transported to hospital by ambulance.

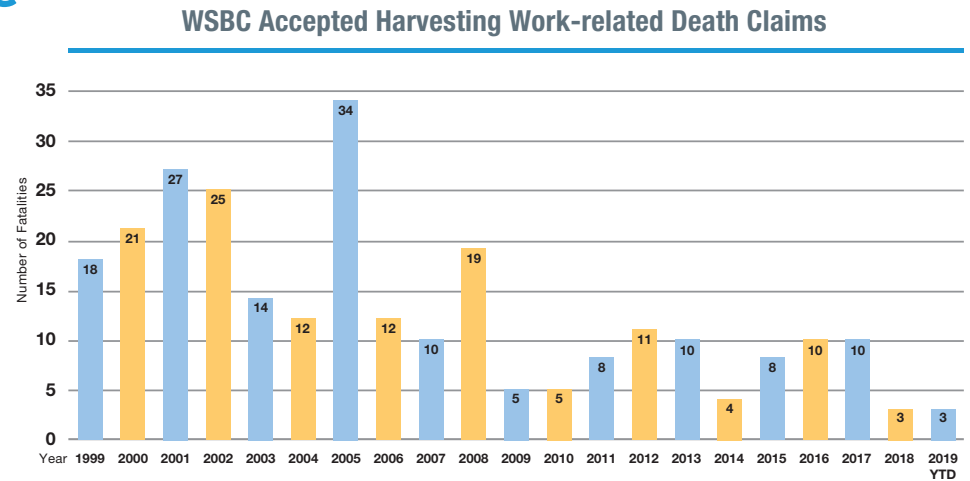
Injury: Upper body fracture, lacerations (1 worker)

Core Activity: Cable or hi-lead logging

Location: Lower Mainland

Date of Incident: June 2019

A landing worker was working on a logging landing near a grapple yarder. The crew was re-rigging to move the yarding operations to a different part of the cutblock. The yarder operator was reeling in the haulback cable when it



This information represents the number of work-related deaths by year in BC, up until June 30, 2019

became caught on an obstruction. The landing worker had walked to a position under the running haulback cable, between the grapple and yarder's tracks. The grapple was suspended immediately in front of the yarder near ground level. When the haulback cable hung up, the grapple swung and struck the landing worker. The worker was treated and evacuated by on-site first aid attendants in the employer's emergency transport vehicle (ETV). They met emergency responders en route and the worker was transported to hospital by air ambulance.

Injury: Chemical burns

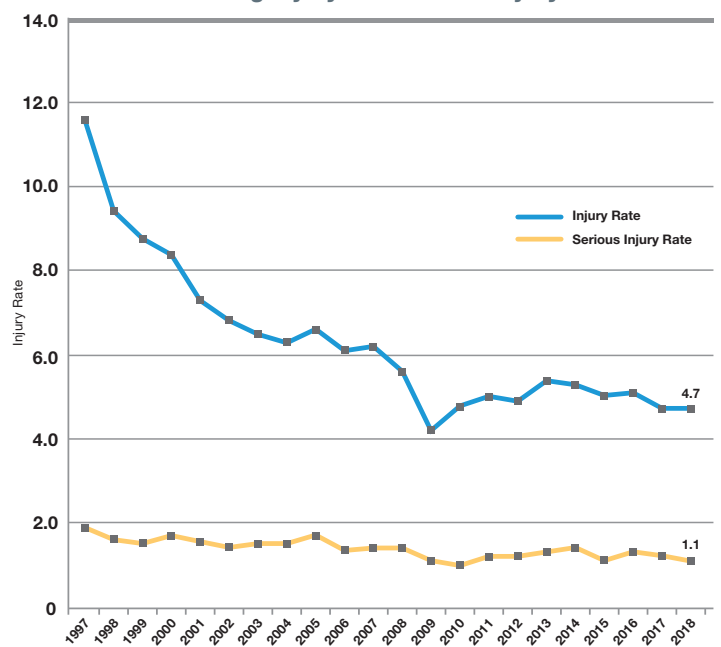
Core Activity: Bushing and weeding or tree thinning or spacing

Location: Vancouver Island/Coastal B.C.

Date of Incident: May 2019

A worker came into contact with an unknown chemical liquid while clearing vegetation from a vacant lot for a utility right-of-way. The unknown chemical was

Harvesting Injury and Serious Injury Rates



This information represents the trend comparison of injury and serious injury rates from 1997 - 2018

in an unlabelled container, discarded in overgrown vegetation. The chemical spilled onto one of the worker's boots, penetrating the leather and burning the worker's foot.

Injury: Close call

Core Activity: Integrated forest management

Location: Northern B.C.

Date of Incident: May 2019

A worker on a forestry cable-yarding

operation was using an excavator to construct a backspur trail on a slope of 40-45 percent. The slope around the excavator failed. As the machine started to slide, the operator released the seat belt and jumped out of the cab. The excavator slid backward down the slope about 100 feet and came to rest upright on a debris pile. The worker was assessed by the first aid attendant on site and was found to have no injuries.

Injury: Injuries to lower body
Core Activity: Manual tree falling and bucking / Integrated forest management
Location: Vancouver Island/Coastal B.C.
Date of Incident: May 2019
A faller was struck from behind by a hemlock log (27 feet long, 18 inches in diameter). The faller was positioned below a stump that the hemlock was behind and was bucking a tree (24 inches in diameter). The cut on the lower log was completed and the log dropped. The uphill hemlock moved over the stump and struck the faller from behind. The faller was flown by helicopter to a waiting ambulance for transport to hospital.

Injury: Multiple fractures
Core Activity: Manual tree falling and bucking / Helicopter logging
Location: Vancouver Island/Coastal B.C.
Date of Incident: May 2019
A faller had just felled a cedar tree (4 feet in diameter) and had moved to a safe location. After waiting several seconds and assessing the canopy, the faller took a few steps and reassessed the canopy. Not observing any hazards, the faller started walking and was struck by a cedar limb (3 inches in diameter, 16 feet long). The faller was transported to hospital by helicopter.

Injury: Injury to head
Core Activity: Manual tree falling and bucking / Cable or hi-lead logging
Location: Vancouver Island/Coastal B.C.
Date of Incident: April 2019
A faller had made the falling cuts in a second-growth Douglas fir tree (33 inches in diameter). As the tree was falling, the faller was struck by a 12-foot-long, 3-inch-diameter branch from that tree. The worker received first aid at the site, then was transported to hospital by ETV.

Injury: Multiple fractures
Core Activity: Manual tree falling and bucking / Integrated forest management
Location: Vancouver Island/Coastal B.C.
Date of Incident: April 2019

A faller had nearly completed the undercut in a short, stubby, hemlock danger tree (40 inches in diameter). The faller saw that the tree was starting to fail, dropped his saw, and attempted to get behind cover but was struck and injured by a 22-foot-long slab of the danger tree. The faller was transported to hospital by helicopter.

Injury: Missing
Core Activity: Integrated forest management
Location: Lower Mainland
Date of Incident: April 2019
A worker was driving an employer's shop truck on a resource road to get to the employer's logging camp. When the worker did not arrive at the camp, the employer initiated a search. Co-workers found signs that the truck had gone off the road and into a deep part (up to 400 feet) of a large lake. The employer reported the incident to the police, requesting assistance. Divers confirmed that the truck left impressions and debris on the steeply sloping lakebed. There are no signs that the worker got out of the truck. Neither the worker nor the truck have been located.

MANUFACTURING

Injury: Multiple injuries (1 worker)
Core Activity: Sawmill
Location: Lower Mainland
Date of Incident: 2019-Jun
A worker walked between two stacks of lumber to enter a yard and was struck by a lift truck.

Injury: Injury to head
Core Activity: Sawmill
Location: Lower Mainland
Date of Incident: 2019-Jun
While conducting work on a wood chip scow walkway, a worker was struck by an overhead steel scow winch line.

Injury: Injuries to fingers
Core Activity: Sawmill
Location: Interior B.C.
Date of Incident: 2019-May
A maintenance worker at a lumber remanufacturing facility was adjusting a planer when one hand contacted the spinning blades of the planer head.

Injury: Noxious gas inhalation (1 worker)
Core Activity: Pressed wood product manufacture
Location: Northern B.C.

Date of Incident: 2019-May
A fire started in the wood fibre belt drying system at a newly constructed pellet plant. The local fire department responded and extinguished the fire. The fire caused extensive damage to the interior of the belt dryer system. One plant worker was exposed to noxious gases.

Injury: Close call
Core Activity: Sawmill
Location: Interior B.C.
Date of Incident: 2019-May
At a sawmill, a fire occurred in the saw box on the planer trimmer line. The fire was contained by the fire suppression system and put out by workers using fire extinguishers. The fire did not enter the dust collection system. No injuries were reported and there was minor damage to equipment.

Injury: Close call
Core Activity: Sawmill
Location: Interior B.C.
Date of Incident: 2019-May
A fire occurred in the dust collection system for a debarker line in a sawmill. The fire was confined to the piping of the dust collection system by the automatic fire suppression and did not enter the baghouse. The fire continued to burn in built-up dust accumulations inside the piping and was extinguished by the local fire department.

Injury: Close call
Core Activity: Pressed wood product manufacture
Location: Interior B.C.
Date of Incident: 2019-May
Equipment feeding the dryer system at a pellet plant stopped, resulting in an internal fire in the dryer system. The local fire department responded. No workers were injured and no major equipment was damaged.

Injury: Crush injuries to hand
Core Activity: Sawmill
Location: Interior B.C.
Date of Incident: 2019-Apr
As a worker tried to clear an obstruction of wood debris from a planer, the worker's hand contacted the rotating outfeed roller drums. 🚫



MAG Auditors Trained and Ready to Audit!

In the February edition of Forest Safety News, BC Forest Safety Council (BCFSC) announced that a new safety audit specifically addressing the needs of forestry manufacturers in BC was being rolled out to industry in 2019. Selecting and training auditors, which was the last step required prior to implementing the new audit tool, has now been completed. "The process of selecting and training external auditors was the last critical step to ensure that industry is being provided with the most competent and qualified

auditors to support the implementation of the new program", said Cherie Whelan, Director of SAFE Companies. "Auditors were selected and trained using a new competency-based training program which will ensure industry is provided with the best auditors possible. MAG believes that using an industry audit tool that places greater emphasis on risk across the sector will better help secure meaningful improved safety performance and auditors play a critical role in the process."

MAG Auditor Selection and Training Process



This diagram shows the activities that were part of the MAG auditor selection and training process.

1) Selection process - January-February 2019

An Expression of Interest went to all BCFSC Certified External Auditor and other auditors that were recommended by MAG companies. In the Expression of Interest, there were defined auditor basic 'Units of Competency' from the MAG-SAFE Audit protocol (work done in 2018). Links to the units of competency for MAG –SAFE Auditors can be found at (<http://www.bcforestsafe.org/node/3268>)

- Student Auditors were selected based on:
 - i) Auditing skills or ability to acquire or demonstrate these skills
 - ii) Defined MAG units of competence (High Risk Modules)
 - 1) Guarding
 - 2) Working at Heights
 - 3) Lockout
 - 4) Mobile Equipment
 - 5) Sawmill Familiarity
- Body of Work / Sample Audits and
- References

2) Intake Competency Conversations

- These competency conversations were used as method to identify strengths and weaknesses in selected auditors. Information gathered through this process helped to ensure that the training plans developed addressed specific skills and knowledge for the MAG-SAFE Audit competency requirements.

3) 2 Day Workshop

A two-day workshop was held in Vancouver to introduce auditors to the newly developed MAG SAFE audit process, and more importantly, the expectations that MAG set out for auditors in the program. At this workshop, the auditors:

- Learned philosophy & methodology of MAG SAFE vs BASE Audit,
- Provided training in New Audit Tool (Excel)
- Worked together to build a supportive team to support one another in the MAG-Audit Program

4) Training Audit – May-June 2019

This was a new concept for Auditors at BCFSC. This step was added in developing competent auditors as a means to coach and mentor auditors during an actual audit.

All auditors participated in a 'Training Audit'. These were conducted at two different MAG sawmills in May-June 2019. During the training audits, there was an opportunity to:

- Coach and mentor auditors in identified weaknesses from Competency Conversations
- Provide hands on experience in fundamental vs. focused interviews
- Hands on experience on audit tool use
- Continue on team building (supportive vs competitive)

At the completion of the training audits, the Auditors were provided with gap plans to address identified weaknesses.

"I really enjoyed and learned from the job shadowing process that the MAG SAFE audit offered. Working with other skilled auditors and Bill Laturnus, Senior Manufacturing Safety Advisor with BCFSC as our mentor allowed a full understanding of our expectations and goals of the audit from our client as well as the BC Forest Safety Council." said Nicole Brandson, auditor who participated in the second training audit.

5) Student Audits

- i) All selected auditors will also participate in a shadowed 'Student Audit' where there will be an opportunity to provide individual feedback to each auditor on MAG SAFE auditing skills/knowledge/ attributes during an actual audit.
- Again, the auditor will be provided with a gap plan on identified weaknesses

6) Student Audit Quality assurance activities

This is the final step in auditor certification. At this part of the process, auditors will be provided with the option of a 'live QA' that:

- i) Allows for real-time feedback on report writing skills and audit corrections,
- ii) Allows auditor to provide us feedback on report writing process so we can adjust and make improvements where needed.

7) Ready to Audit!

To ensure auditors are provided with additional opportunities for continuous improvement within the program, a post-audit survey along with quarterly online webinars will also be hosted for auditors to align and strengthen the audit program through:

- Validation and Moderation session to bring all auditors up to the same skill level so that they are interchangeable in the field,
- Opportunity for feedback and best practice sharing between auditors

In addition, there will also be annual face-to-face workshops for all MAG-SAFE Auditors for feedback and best practice sharing between auditors and to provide professional development opportunities for the auditors. For example, operations tours in a best practice or to learn about new processes in industry, like the use of Control Isolating Safety Devices.

“For a group of experienced auditors, the MAG training provided an opportunity to apply the tool in an actual audit scenario but more significantly, created an environment where auditors could work cooperatively generating peer feedback.” said Sunshine Borsato, auditor who participated in MAG-SAFE Audit program training.

“It’s refreshing to bring together skilled auditors to share their skills and best practices in order to build a supportive team to support improved safety outcomes for manufacturing” said Bill.

Once the auditors have successfully completed a MAG-SAFE student audit, a list of approved MAG-SAFE Auditors will be available on the BCFSC website. Stay tuned for further updates! 📢

Occupational Health and Safety Regulation amends the Safety Headgear requirements

Only July 3rd, WorkSafeBC updated many Regulations, including one on safety headgear (hardhats). Section 8.11(4) of the Occupational Health and Safety Regulation now states:

Chin straps or other effective means of retention must be used on safety headgear when workers are climbing or working from a height exceeding 3 m (10 ft.), or are exposed to high winds or other conditions that may cause loss of the headgear.

The associated Guideline explains that the chin strap is used:

- To keep safety headgear in place on the wearer’s head during a fall,
- To keep safety headgear from becoming a falling object and a danger to workers working below, and
- To ensure the worker remains protected by safety headgear while doing work tasks.

The following specific examples of when to use a chin strap and when it would not typically be needed are included in the guideline

Some examples [of where a strap would be needed] are work on a ladder or scaffold over 10 feet high, or during work in an area with high wind (either natural wind or wind created by equipment such as a helicopter). Generally, it is not expected a chin strap would need to be worn by a worker on a floor or deck enclosed by guardrails.

While high wind is not explicitly defined in the Guideline, the Beaufort scale description for 7 (high wind) is “Whole trees in motion; inconvenience felt when walking against the wind.”

Wind can come up at any time during any day. Forestry (and other) workers who wear hard hats outdoors should therefore consider always having a chin strap with them, or tucked up in the hard hat ready to use. Going back to the truck or base to get the chin strap each time is not practical.

We have seen many workers on our site visits using chin straps even in calm conditions. These best practices include fallers, tree climbers, tree planters, engineers, heli-logging ground crews, rigging crews, boat and booming crews, scalers and indoor workers such as millwrights. 📢



WorkSafeBC – Know Your Hard Hat
www.worksafebc.com



Resource Road Light Truck Driver Training: Increasing Operator Awareness and Safety

The BC Forest Safety (BCFSC) Resource Road Light Truck Driver Training is a two-day course that takes participants through a combined 2-3 hours of classroom studies, and 9-10 hours of hands-on driving experience.

This course was developed in partnership with the Western Forestry Contractors' Association, to teach the safe operation of light trucks on public roads and more specifically on resource roads in British Columbia. Participants who successfully complete the training receive a BCFSC certificate of completion.

Sessions are delivered by training provider *Overlanding BC. Their core group of six trainers collectively bring more than 75 years of instructional experience in a large variety of automotive, search and rescue, swift-water rescue, ocean and other professional instruction.

The first day is focused on vehicle dynamics, including exercises to learn advanced driving manoeuvres. This training develops abilities to deal with emergency lane changes, emergency braking and accident avoidance, distractions and - if requested - trailering skills.

The on-road driving portion covers highway, gravel and resource road surfaces. Participants leave the course

understanding how the construction and signage of a Forest Service Road differs from public roads, and how the varied surfaces impact vehicle stability and control. This enables them to make better decisions to keep both driver and passengers safer in the vehicle.

Each course is tailored slightly to address the requirements of individual companies and the different concerns they may have.

This course trains new employees (and veterans of the road) to become comfortable and aware of driving in different environments, and in larger vehicles than they may be used to.

Driving is a perishable skill and many people can become complacent with how to handle a vehicle over time. Driving may have a lower probability of accidents compared to some forest activities; however the consequences can be severe.

Driver training is one of the most important but often overlooked aspects of staff training that should be incorporated into your safety culture.



Comments from a session in April 2019:

"Driving and using ABS really hit home for me."

"Thank you very much. This course will help with my job and safety"

One of the participants rated the activities as excellent and indicated how they appreciate 'hands on' training instead of learning about it in theory in a classroom setting.

*For more information, please refer to <https://www.bcforestsafe.org/node/2541>

Send in nominations for the Leadership in Safety Awards

Leadership in Safety Awards are presented annually to celebrate safety achievements in industry. Nominations are invited by anyone in industry, who knows someone – an individual, crew, team, division, contractor, company, supplier, consultant, trainer, etc. – that deserves to be recognized for outstanding safety achievements.

Learn more and download the nomination form here:

<https://www.bcforestsafe.org/AnnualSafetyAwards.html>

Deadline for nominations is September 6, 2019.



Transportation

Wood Fibre Hauling Safety Group (WFHSG) provided with opportunity to see new auto-tarping system



Valid Manufacturing's patented AutoTarp system.

Members of the Wood Fibre Hauling Safety Group were provided with an opportunity to see the latest in auto-tarping innovation. Valid Manufacturing of Salmon Arm, BC released a new, retrofittable AutoTarp system for the bulk-hauling industry at the Canada North Resources Expo (CNRE). The company decided to tackle the challenge after meetings with BC Forest Safety highlighted the frequency and severity of tarp related injuries across the industry.

After more than a year of engineering, prototyping and field testing, Valid's patented AutoTarp system is now available for purchase. The retrofittable system nests inside the cap of a trailer so it meets CVSE regulations without adding height, length or width, while still able to arch above 50 inches of mounded chips. Designed to integrate with the standard bulk-hauler rigging equipment and procedures, the button-controlled system allows drivers to keep their boots on the ground and avoid falls and stumbles. The system is only available for B-trains at this point but they are working to develop a similar system for 53 foot trailers. 🚚

Ministry of Transportation and Infrastructure Looking at New Class 1 Training Requirements

"Safety on our highways is our top priority and advancing the skill development of new commercial drivers would make roads even safer for everyone," said Claire Trevena, Minister of Transportation and Infrastructure. "That's why we're exploring what a practical and consistent mandatory training program for new commercial truck drivers could look like in B.C."

The Province will gather input from the trucking and driver training industries and other stakeholders to see how a Class 1 driver training program in B.C. could align with recently introduced entry-level Class 1 driver training standards in other Canadian jurisdictions.

Consultations will also look at how a B.C. program could incorporate the entry-level training guidelines under development by the Canadian Council of Motor Transportation Administrators for inclusion in Canada's National Safety Code Standard.

Consultations on Class 1 mandatory entry-level training will be led by the Ministry of Transportation and Infrastructure, with support from ICBC and the Ministry of Public Safety and Solicitor General.

BC Forest Safety is intending to participate in the consultation process and will be specifically highlighting the provincial Log Hauling Training and Assessment Standards developed by the forest industry through the Log Truck Technical Advisory Group whose members are comprised of log hauling contractors, provincial agencies, industry representatives, RCMP, not-for-profit agencies and the BC Forest Safety Council.

Consultations to help develop mandatory entry-level training for Class 1 commercial driver's licences will begin this summer.

Link: <https://news.gov.bc.ca/releases/2019TRAN0118-001384> 🚚

Spring Safety Seminar Wrap-Up

This past spring, industry licensees hosted 16 safety seminars attended by over 650 log truck drivers, harvesting and maintenance contractors and licensee operations staff. These sessions were held throughout the Kootenays and Interior featuring presenters from several companies:

- Log Hauling Ergonomics – Presenter: Total Physio
- The Truth About ELOGS – Presenter: Greg Munden
- Switchback – Presenter: Steven Falk
- Anatomy of a Rollover: Advantage Fleet Services
- Standard of Care: Advantage Fleet Services

As part of the ongoing industry initiative to better understand the safety issues affecting log haulers, drivers were invited to complete the *Log Hauler Survey*.

The data collected from the survey is used to inform the Trucking and Harvesting Group (TAG) and the BC Forest Safety Council Transportation Department about key safety issues and trends, which can then be

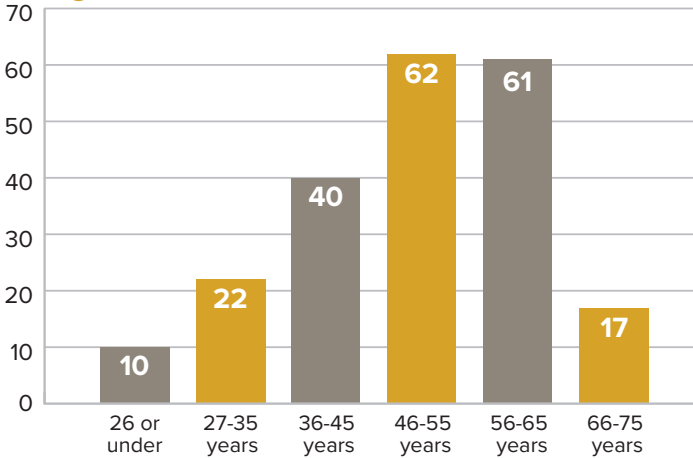
Continued on page 10...



Transportation

Continued from page 9...

Age of Drivers



Women in log hauling: Part Two... Sharlene shares her story

What was the drive to becoming a truck driver? The pay and the independence!

Before I became a truck driver, I worked only part time and my job was going nowhere. The pay was OK but the days and hours prevented me to from making a decent pay cheque or getting another job to fill in the blanks.

I ended up with an opportunity to hang around a shop full of trucks and was persuaded to take my license. I borrowed the money and took my license through E & R Professional Driving and got my Class One with Air. My instructor Ernie was awesome and very highly recommended.

But having a Class One didn't mean you got a job right away. Nobody wanted to hire a woman, especially a new driver. Even the shop I was hanging around at were not willing to take me on and they were pretty desperate. So I ended up moving away, all the way to Fort Nelson, and got a job no questions asked! For two months, I mostly drove a gravel truck and got some great experience on a few other trucks and equipment.

After some time in Fort Nelson, I returned home and the company who initially wouldn't hire me now wanted to hire me in the middle of winter to drive a B train lumber truck so I gave it a try and blew everyone's mind, including my own, of the accomplishment I made. I could back up the trailers better than the guys! The pay was terrible but they were "giving me a chance!" I kept telling myself that I proved myself to everyone, even people in town that saw me driving.

After feeling as though I was being taken advantage of for 10 months, I moved on. Not long after, I got a job hauling logs and was shown the ropes, which makes a big difference, and to this day I'm still going strong, working for a reputable company. Having my Class One combined with the experience I have gained, I feel pretty confident that I will never be without work!

As a working woman in trucking, you need to be physically fit and have a strong mind as there are a lot of things to think about when driving a big rig. More and more women are joining this industry, which is great to see. The mechanics love us because we are easier on the trucks and don't break stuff.

Thanks for reading - Sharlene 🚛

addressed through specific actions and initiatives.

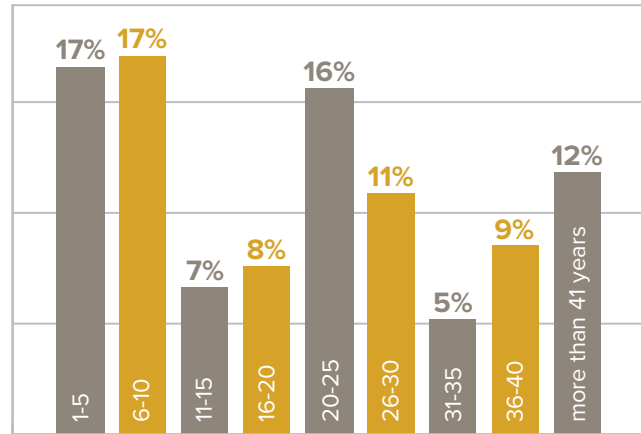
Drivers indicated that some of the bigger safety issues include:

- Road conditions/maintenance (still a primary concern for drivers)
- Speed

Data collected shows (left) that the majority of the drivers are 46-65 years of age, further supporting the need to attract new workers to train in log hauling operations.

Years of log truck driving experience varies amongst participants. (below)

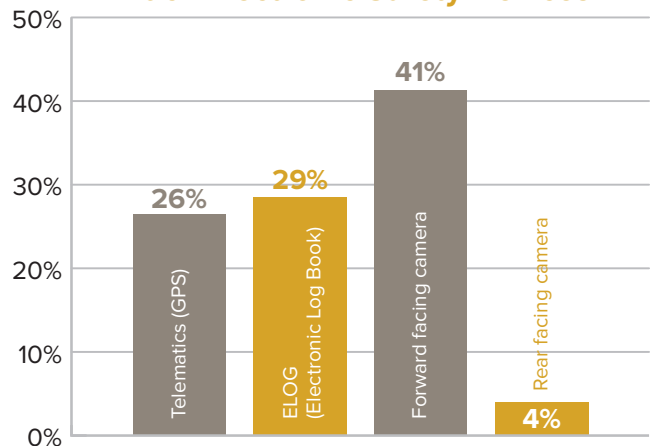
Log Truck Driving Experience (yrs)



Participants indicated that electronic devices are becoming much more widely used in logging trucks. 79% of the respondents indicated there is a positive impact to use of new electronic technologies. The graph below indicates which technologies are currently in use by respondents.

- Telematics
- Electronic Log Book (ELOG)
- Forward Facing Camera
- Rear Facing Camera

In Truck Electronic Safety Devices



A total of 213 surveys were submitted and have been compiled. Thank you to all who participated for sharing your knowledge and opinions.

The Resource Road Maintenance Guideline is available to drivers and licensees. The guideline provides details regarding acceptable standards for safe log hauling activities. <http://www.bcforestsafefiles/Resource%20Road%20Maintenance%20Guideline%20-%20Feedback%20from%20Pilot%20included.pdf>

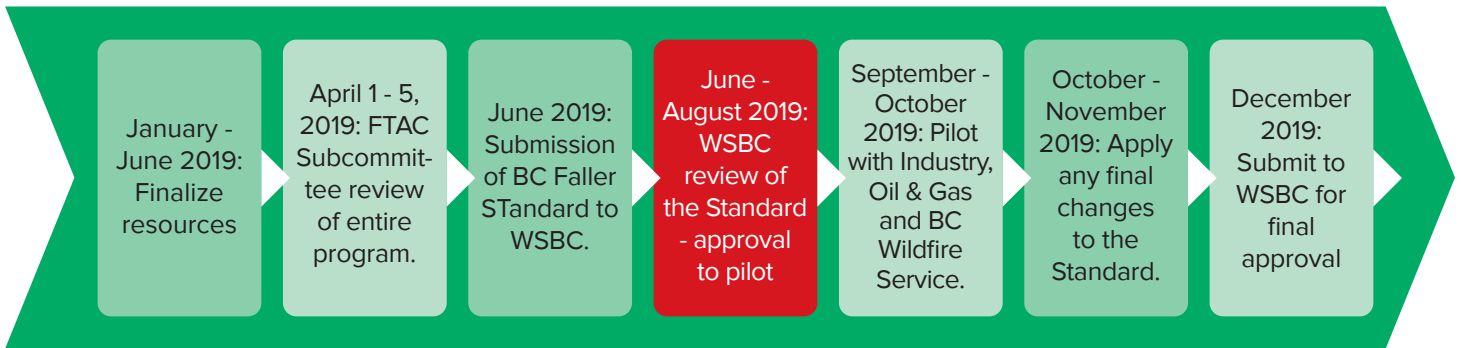


Falling

FTAC Endorses New BC Faller Standard

At the June 7, 2019 FTAC meeting, the FTAC subcommittee, consisting of Dazy Weymer, Neil Campbell and Jack Miller, recommended that FTAC endorse the new BC Faller Standard. The FTAC group heard from Dazy Weymer that “the resources may not be perfect, but they are a heck of a lot better than where we started from. They’ve created a new process that will better track the trainees when they are out in industry, having a visit scheduled every 30 days or so by someone who is qualified to check on them.”

The BC Faller Standard was then presented at the June 25th Falling Standard Advisory Committee (FSAC) meeting where representatives from BC Forest Safety, BC Wildfire Service, Canadian Association of Geophysical Contractors (CAGC) and WorkSafeBC attended. FSAC, with recommendation from FTAC, submitted the BC Faller Standard to WorkSafeBC on July 3, 2019. WSBC will take approximately 6-8 weeks to review and has requested a pilot of the reviewed materials be conducted this fall. 🍂



WorkSafeBC provided FTAC with updated inspection information

WorkSafeBC’s Terry Anonson, Supervisor Prevention Field Services provided an update to the June 2019 meeting of the Falling Technical Advisory Committee (FTAC) and said there had been 141 manual falling and bucking High Risk Strategy inspections in 2019 completed as of May 31.

The top 5 OHSR Sections cited were:

- OHSR 7.8(1)(b) - Hearing tests (every 12 months after initial test)
- OHSR 3.16(1)(a) – Basic requirements (First aid)
- OHSR 4.14(2) – Emergency procedures (exit routes)
- OHSR 26.24(5)(c) – Responsibility for falling and bucking (holding wood)
- OHSR 26.24(5)(b) – Responsibility for falling and bucking (undercut)

The dedicated WorkSafeBC hand falling team had inspected 75 hand fallers in 2019 as of May 31.

Top 5 OHSR Sections cited were:

- OHSR 26.2(2) Planning and conducting a forestry operation
- OHSR 26.24(5)(b) Responsibility for falling and bucking (undercut)
- OHSR 26.22.1(2) Falling supervisors for forestry operations
- OHSR 26.25(2)(c) Dangerous trees and logs (worker must be alerted to hazard)
- OHSR 26.24(5.1) Responsibility for falling and bucking (brushing other trees) 🍂



Proven to slow down the aging process

By Dr. Delia Roberts

If you type the title of this article into Google or any other Internet search engine you'll get about 500 million hits. Anti-aging is big business with an annual global market of over 50 Billion US dollars. No one is immune to concerns about the aging process, whether you worry about your health, your physical and mental performance or your appearance. The slowing down that is often seen in older workers is especially of concern in an industry like forestry, where aging bodies face significant safety risks on a daily basis.

Effects of aging

Let's look first at the major physical and mental effects of aging. There are a few main changes that are responsible for many of the effects that we see.

1. Collagen is a protein with a fibrous structure that is a critical component of many tissues. Its support and elasticity allow organs like the lungs, blood vessels, the heart and the bladder to expand and fill as needed, and then to return to their original shape. Collagen fibers also let the lenses of your eyes change shape to focus, support your skin and provide strength to connective tissues that make up bones, cartilage, tendons and ligaments. Unfortunately, the cells that make collagen are not very active in adults, so there is little opportunity to renew any damaged or worn out collagen. As we age, collagen fibers become stiffer and less resilient with the effect that we don't see as well, our joints are at higher risk of injury, and the flow of blood to every tissue and organ is lower. The reduction in blood flow has a big impact because it means that the essential supply of oxygen and nutrients necessary for health and function of every cell in the body is not as good. Cells can also be damaged because without adequate blood flow, toxic wastes accumulate.
2. To a large extent, growth and renewal of all cells are controlled by the anabolic

hormones testosterone, growth hormone and estrogen. The baseline levels of these hormones fall off with aging and so there tends to be a lower level of renewal for pretty much all cells in the body. In some cases we don't notice that we have fewer healthy cells in a tissue or organ, for example a healthy liver has so much extra capacity that it can still perform well. But in other organs the changes are more apparent, like the loss of muscle mass with aging, or the ability of the kidney to filter wastes and maintain water balance. Another way this change affects older people is that they cannot respond to stress as well. Changes in temperature, emotional stress, loss of sleep or altered diet are all harder to cope with because the various organs have fewer healthy cells and so don't work quite as well.

3. Inflammation and DNA. These are separate systems but are related to every process that keeps us alive and functioning. All of the instructions for every protein in our body are coded for in the DNA. With aging, chemical and UV light exposure this template – or the systems by which we access and use

the template – can be damaged. What that means is that we no longer have an accurate, efficient and effective way to keep our cells and organs running smoothly. Inflammation comes into this because it is the process by which our immune system tags something dangerous and begins to deal with it. Inflammation can cause further damage to tissues (including blood vessels where it causes atherosclerosis or hardening of the arteries, which reduces blood supply further), but it can also alert the immune system to identify and remove cells with damaged DNA.

Exercise is the premier anti-aging treatment

Now that we know about some of the main changes that occur in the body with aging, we can look for ways to reduce the rate at which they occur. Unfortunately, among the multitude of anti-aging treatments few have been proven to be effective. Of those that are, the three most powerful are regular physical activity, the supply of essential nutrients through the diet and effective rest. There are thousands of studies that



show that older people who exercise can slow the loss of function and even restore levels back to those seen decades earlier. Likewise, a healthy diet with an emphasis on unprocessed fiber-rich foods like a variety of fruits and vegetables, whole grains and legumes, adequate protein intake and unsaturated fats can protect against many diseases and improve energy. And last but not least, making sure to get enough quality sleep is also important for good mental and physical health.

One of the key effects of regular exercise that impacts aging takes place in the mitochondria, or cellular energy factories. The mitochondria in older people who exercise release fewer inflammatory signals, their DNA has fewer errors, they withstand stress better and the proteins are better able to breakdown carbohydrates and fats to produce energy that cells use to drive all of their needed activities. Blood flow is more efficient in older people who exercise, although it takes longer for the body to increase flow to tissues that are working. That means that its more important to warm up before physical activity the older that you are! In addition to changes in the blood vessels, the heart muscle and circulation of older people who exercise regularly look like the tissues of much younger people. As we age the nervous stimulation of the heart and other organs shifts over towards the fight or flight response, raising blood pressure and creating other changes that increase the level of stress on these tissues. Exercise restores this change back to a balanced level and improves the nervous system in other ways including increasing the number of healthy connections between brain cells so that memory, learning and complex thought are improved. If this isn't enough to convince you that exercise is essential for older people, keep in mind that exercise also increases the secretion of testosterone and growth hormone, which help to keep all the tissues of the body healthy and strong, nutrients are processed better, tissues regenerate faster, and sex drive is maintained.

Diet as an anti-aging strategy

The supply of nutrients is always important, the diet is the way that we can ensure that



our bodies have all of the building materials necessary for growth and repair. Fruits and vegetables that are minimally processed are rich in the minerals, vitamins and antioxidants necessary to guide this process. Older people may have less efficient digestive systems as well as a lower need for calories, so it becomes even more important to choose nutrient rich foods. The smooth muscle of the intestines functions a little less well, so including plenty of fiber rich foods helps move food through the intestines and ensures a healthy colon. Omega-3 polyunsaturated fats are powerful anti-inflammatory agents, especially those found in cold-water fish. Since inflammation is well known to contribute to many diseases and increases in older people, eating salmon or other fresh unprocessed sources of omega -3's is a great strategy for health. The research on the dietary needs of older people also suggests that the requirement for protein is slightly increased. Including protein rich foods in each meal will help maintain energy levels throughout your day. Consider large flake oatmeal, topped with milk and chopped fruit for breakfast, a few walnuts and almonds with a piece of fruit for snacks and lentils or beans with a grain together with a salad for dinner as healthful alternatives to a meat or cheese rich diet.

The need for recovery

There is no question that restoration takes longer as we age. Getting enough quality sleep is a challenge for forestry workers at the best of times. But it becomes even more important in older workers. Making sure to schedule your sleep hours will help prevent everything else in life from

taking precedence over adequate rest. Techniques for slowing your mind down include bedtime rituals and meditation can make it easier to fall asleep and stay asleep for a restful night, however short it is. And somewhat counter intuitively, exercise will also improve sleep quality and effective rest.

Things that speed up aging

While there is still some controversy around many dietary recommendations and much that is still not well understood about sleep and exercise, there are some things that we know for sure increase the effects of aging. Smoking makes collagen stiffer and less effective, rates of tendon injuries are higher in smokers as is the overall level of inflammation in the body. We also know that the consumption of sugar, alcohol, and certain preservatives found in processed foods contribute to inflammation, metabolic diseases and cancer.

Lifestyle

It can be very difficult to make some of the changes that can impact the rate at which you age. However, when you consider the impact of diseases like diabetes, cancer and dementia on your quality of life and the lives of your loved ones, it's worth making even small changes towards longevity. Choose just one area and set a series of goals beginning with realistic changes. As you begin to feel better and see the effects it will become easier to adopt other improvements in your youthful behaviors. 🌱



Your take on Safety

Be Bear Aware!

By Kori Vernier of CANFOR

On June 6, 2019, an experienced hiker and Canfor summer student was mauled by a bear near Tumbler Ridge, luckily escaping serious injury. In the individual's words, "... as I turned to reach for my bear spray I noticed the bear cub...I looked back to see where the mother was and in that span of 2 seconds she had already covered 15m towards me. I dropped to the ground and protected my belly along a log. The second I hit the ground she was on top of me. She pounced on me pushing me into the ground several times and then sniffed around my head before she walked away back to her cub."

Bear Encounter Potential Hazards:

- Encountering a bear with cubs, food or territory it wants to defend
- Noisy Site Conditions – It is harder for a bear to smell or hear you if it's raining and/or you're working in thick brush, into the wind or along a stream

- Encountering attractants – food, garbage or carrion
- Working alone – less intimidating to dangerous animals than group

Learnings and Suggestions:

- Watch for signs of bears – fresh scratches high up on tree, fresh kill, diggings and bear dung
- Carry bear spray on your body at all times and ensure it has not expired and has been stored properly (above -10°C and below 50°C)
- Work in pairs in areas with high bear activity
- Make lots of noise to avoid surprising a bear. Talking or singing loudly can be more effective than bear bells and whistles
- Make more noise if the situation could result in a bear not being able to smell or hear you (If raining, brushy, you are working into the wind or near a flowing stream)



- If you identify a bear kill site or very recent bear activity, leave the block and don't return for a few days
- Know how to identify a grizzly from a black bear and understand behavior that signals different types of attack and how to respond www.bearsmart.com/work/overview
- If you encounter a bear, keep your eye on the bear and turn your back as little as possible as you move away
- Communicate bear sightings or aggressive behaviour to others

For additional resources on bear safety, please visit: <http://www.bcforestsafesafe.org/node/1915>.

BC Forest Safety Council welcomes new Communications Director

We are pleased to announce Michele Fry as Director, Communications for the BC Forest Safety Council. Michele is coming to us from the Cowichan Valley Regional District and has over 25 years of extensive experience in marketing, media relations, project management, event planning and communications. Michele will be responsible for communications relating to all BC Forest Safety Council (BCFSC) activities including editor of the Forest Safety News as well as the development and maintenance of communications policy, strategy, plans, tactics and messaging to best address the needs of BCFSC members, industry partners, SAFE Certified companies, government officials and media. We are confident with her education, experience and friendly, positive nature that Michele will be strategic in increasing outreach to forest industry workers.



If you would like to reach Michele, please contact her toll-free at **1-877-741-1060** or email her at mfry@bcforestsafesafe.org.

ABOUT Forest Safety News

Forest Safety News is published six times a year: February, April, June, August, October and December. All submissions – letters to the editor, safety tips, photos, safety stories, concerns etc. – are welcome. The opinions expressed in the newsletter are not necessarily those of the editor, staff or board of the BC Forest Safety Council. All decisions to publish materials rest with the editor. 13,200 copies of each edition are distributed via mail or email. Additional copies are distributed at industry events.

Subscriptions

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

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

Call **1-877-741-1060** or
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