

FOREST SAFETY News



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Safety is good business

BCFSC to launch new website in 2020

To support our on-going efforts to improve communication and be recognized as an industry leader for value-added health and safety and training resources, we will be launching a new website in 2020. The new website will have an updated look that will be easier to navigate with simplified, filtered search options for easier access to resources and improved navigation tools for a better user experience. We will also be enhancing communication with targeted messaging and digital initiatives using BCFSC's new Customer Relationship Management (CRM) system. This new system will provide a better way of managing our communications. We will be able to share key messaging, resources and information simultaneously using a broad range of communication channels including social media and email - giving us the opportunity to reach our stakeholders more effectively and efficiently using the communications tools they use most often for accessing information.

With these enhancements, the Forest Safety Newsletter (FSN) will be moving to a quarterly publication. The FSN will be published in March, June, September and December and will focus on seasonal forestry articles and newsletter content concentrating on timely information through spring, summer, fall and winter. Ongoing safety news updates and resource materials will still be shared regularly on the BCFSC website as well as on Facebook and Twitter with web links directed back to the website for downloadable content. We also encourage you to share our social media posts if you feel this information is relevant to your peer group. 📍



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

The 14th Annual VISC Conference wraps up with talk of change

On Saturday, October 5, over 350 participants attended the 2019 Vancouver Island Safety Conference in Nanaimo, B.C. Forestry professionals from various industry sectors took time out of their Saturday to attend this full-day conference centered on "Succeeding on Today's Evolving Work Environment".

Many of this year's presentations focussed on change and its effect on our perceptions, mindsets and landscapes. Three keynote speakers addressed the topic in very different ways. Dr. Mark Devolder, of Synergy Sense Consulting, spoke about being "CHANGE READY" and how to adapt to exponential change as our lives evolve. Dr. Ray Baker addressed substance abuse in the workplace and the perception of addiction in today's society. And Jennifer Sparks from SwiftKick Enterprises shared her real-life experience in finding happiness from a life-altering incident. All three of these engaging speakers provided powerful insights and valuable learnings with distinct take-aways for delegates to share with peers and co-workers.

A big thank you to all of the volunteers and sponsors who made this free conference and networking event possible through generous financial, product and service contributions. For an overview of all of the presentations from the 14th Annual Vancouver Island Safety Conference, please go to the VISC 2019 Wrap-up (www.bcforestsafesafe.org/files/2019%20VISC%20Conference%20Wrap-up.FINALcompressed.pdf). 📍



BC Forest Safety

Extending you our very best for a safe and happy holiday season.

BCFSC Holiday Office Hours

Tuesday, December 24	8am – 5pm
Wednesday, December 25	CLOSED
Thursday, December 26	CLOSED
Friday, December 27	8am – 5pm
Monday, December 30	8am – 5pm
Tuesday December 31	8am – 5pm
Wednesday, January 1	CLOSED
Thursday, January 2	8am – 5pm

(Regular hours resume)

Upload Your SAFE Audit

<http://app.bcforestsafesafe.org/upload/>

Email Your SAFE Audit

audits@bcforestsafesafe.org
(Maximum file size = 10MB)



And the award goes to

The Leadership in Safety Awards are presented each year at the annual Vancouver Island Safety Conference recognizing individuals for their contributions in supporting safety in the workplace and their outstanding safety achievements.

The 2019 Cary White Memorial Lifetime Achievement Award for Commitment to Safety Excellence was presented to Ron Judd. Nominated by the Coast Harvesting Advisory Council (CHAG) for his long-standing career to supporting safety in the forestry sector, Ron was a well-deserved recipient of this award. As an Occupational Safety Officer with WorkSafeBC for the past 29 years, his dedication to working diligently with employers in solving challenging safety issues and training safety officers to strive for safety excellence has been invaluable.

The 2019 Most Valuable Player Award for Manufacturing went to Darren Beattie. This nomination was submitted by the Manufacturing Advisory Group (MAG) for his outstanding contributions to MAG and his commitment to safety in the workplace. Darren has an extensive career in forestry with each role dedicated to improving safety and health protection measures for employees.

The final award for 2019 was presented to Aaron Frost for the Most Valuable Player in Forestry. Recognized for his wealth of safety experience in forestry, he has been instrumental in developing innovative safety training programs and practices that have been adopted by many employers over the years. Throughout his life, Aaron has been devoted to safety both in work and life and has made significant contributions to his community as a search and rescue leader, volunteer firefighter and as a member of several safety advisory groups.

www.bcforestsafesafe.org/node/3207



Using the past to predict the future...

By Rob Moonen, CEO, BCFSC



One crucial feature of science is that it makes evidence-based predictions. This evidence comes from several sources. Data can be collected to characterize the current state of our industry, and recordings over time can reveal short-term trends. In addition, various techniques can be used to evaluate what the forest industry was like in the past and how and why it changed.

I think it's safe to conclude that applying science to predict the future of the perfect storm presently facing our industry is leaving many of us to ask the question of what's next?

While there are many questions about the future of the forest industry, there is some value in learning from the past to predict the future.

For many employers, contractors and workers engaged in forestry, the present state of our industry brings back memories of the U.S. recession of 2007-2009 and the collapse of the U.S. housing market. During this time, B.C.'s harvest volume dropped from 76.5 million m³ in 2007 to 51.7 million m³ in 2009. The future of the forest industry was in crisis and the employment prospects resulted in an exodus of experienced workers. Over time, industry activity resumed which saw workers returning to the job after time away, or new workers being hired. **With the resumption of operations, industry's safety performance suffered.** While the factors that contributed to the 2007-2009 economic collapse are different than they are today and the immediate future of our industry is still in question, we can take the opportunity to learn from our past to predict the future. With time, industry will

see some recovery in activity for different reasons (collective bargaining, market improvements, etc.) and industry will be calling some people back to work.

Fortunately, the same principles of preventing injuries can be applied in gearing an operation up, as managing in difficult times. In both cases, these principles help control total cost. The fundamental question that leadership of an operation should ask is, "Are we ready to do business well as we start the crews back up?"

Here's a basic check list:

- Do we have a solid design and plan for our operation?
- Do people know how to use the equipment the way we expect to operate reliably?
- What training is needed to refresh or make sure people really work safely and effectively?
- Are the right tools in place, ready to be used?
- Do I as the supervisor have "walk around" times scheduled to check that the operation runs the way we expect and that people have the skills, knowledge and tools to operate in a way to avoid negative surprises.

After a period of down-time, a solid reliable start-up plan ensures good quality, cost control and injury prevention. A poorly-planned, rushed start-up costs money and can lead to surprises that can injure people and damage equipment.

While it's difficult to predict when operations will resume and to what extent, let's ensure we do our part to set your business and people up for success with a well-thought start-up plan that ensures: **Every forestry worker goes home safe. Everyday.** 🚧

Important for arborists – regulation development

WorkSafeBC is requesting feedback on proposed amendments to the Occupational Health and Safety Regulation. Two proposed regulatory amendments including Part 26, Forestry Operations and Similar Activities and Part 18 Traffic Control are under review. The consultation phase gives an opportunity for feedback before the proposed amendments are taken to public hearing.

The forestry related amendments to Part 26 introduce requirements to address the range of work undertaken by arborists including pruning, repairing, maintaining or bucking trees or tree removal. The requirements include pre-work planning, documented in writing and communicated to all involved workers.

Feedback submissions will be accepted by WorkSafeBC until 4:30 p.m., Friday, January 10, 2020.

www.worksafebc.com/en/law-policy/public-hearings-consultations/current-public-hearings-and-consultations/consultation-on-proposed-amendments-to-the-ohsr-january-10-20 🚧



MAG meeting participants tour the West Fraser sawmill in Quesnel

The Manufacturing Advisory Group (MAG) is the B.C. sawmill industry's safety working group that seeks to analyze emerging trends and issues within sawmill operations, leverage shared experiences and develop technological, process and safety management solutions to consistently and continuously improve safe operational performance for the B.C. sector.

On September 18, 2019, the Manufacturing Advisory Group (MAG) held their third meeting of 2019. To reduce travel costs for the industry, West Fraser hosted the meeting at their Quesnel sawmill and others across British Columbia participated through video conferencing. At the meeting, attending MAG members were given a tour and demonstration of West Fraser's newly implemented electronic safety controls on their cantor line. MAG worked together to a find practical solution to a common kinetic hazard in the industry.

Quesnel sawmill tour



MAG participants left to right: Tony Mogus (Dunkley Lumber), Grant Weeks (Sinclair Group), Grace Cox (Canfor), George Kelly (West Fraser Electrical Supervisor), Randi Zurowski (Carrier Lumber), Scott Wynn (Tolko), David Murray (Gorman Bros.), Marla Nicole (Conifex Timber); kneeling: Troy Withey (West Fraser)

"The industry representatives that participated in the sawmill tour to view the kinetic energy safety controls were impressed with the results of the project and excited about the safety gains for the industry," said Bill Laturus, Senior Safety Advisor, Manufacturing BCFSC.

WorkSafeBC produced the following video to show how MAG's collaborative industry efforts have supported West Fraser in implementing a safer solution for dealing with kinetic energy by developing the electronic safety control system:

www.bcfestsafe.org/node/3405



In support of improved collaboration, MAG has also been working with the BCFSC to ensure that key learnings from incidents across industry are shared across the sector through a recently

developed "Safety Alert of the Week" that goes out to all MAG members, who then distribute and communicate within their facilities asking the question, "Could it happen here?"



SAFETY ALERT

DESCRIPTION OF EVENT:

An employee was in the process of making Babbitt plates in the filing room and had completed a number of mold pours. A countersink pin for the mold had fallen out and reset back into the anvil.

When the pin was being reset the employee rested his left hand on the edge of the stationary mold anvil with the tip of the index finger extending slightly below the top edge of the anvil. The employee's right hand was resting on the metal plate above the air cylinder switch.

The employee inadvertently activated the air switch with his right hand, pinching his left index finger between the two anvils.

The incident resulted in the employee suffering a fracture and one inch split laceration to his left index finger that required four stitches.



Most Important Take Away:

Complacency when performing every day task can lead to significant injuries. Focus on the process instead of the outcome.

Suggested Actions:

- Update Job Safety Assessments to include written procedures for the safe use and maintenance of the Babbitt mold equipment including lockout for maintenance and pin adjustments.
- Post and review the updated Job Safety Assessment with all filers. Emphasize the requirement to lockout equipment when performing equipment maintenance and pin adjustments.
- Extend the metal guard above the air switch so that it projects further out from the side of the Babbitt mold to prevent inadvertently activating the anvil.
- Reverse the action of the air switch so that it needs to be pulled out in order to activate the cylinder and close the anvil position.
- Discuss with all filing room employees the need to conduct continual hazard assessments "in the moment".

Ask yourself! Could it happen here?!

BCFSC welcomes all incident or near miss submissions. If you have an incident you'd like to share, please forward to blaturus@bcforestsafe.org. BCFSC will review and remove all identifying information to protect your privacy.



"I think the first two hazard alerts showcased how nice this will be to notify significant safety issues in wood product manufacturing. Thank-you!" David Murray, Gorman Brothers.

"Having sawmill employers share information on incidents and near misses provides an opportunity for the entire industry to prevent future incidents highlighting that there is no competition in safety" said Scott Wynn, Regional Safety Supervisor with Tolko Industries. "Together traditional sawmill competitors share the best safety practices to support a quest for zero incidents so that every worker may go to work each shift and return home safely to his/her family and community."

MAG employers support these efforts by sharing the information with BCFSC where all identifying information is removed to protect privacy.

If you would like to be added to the distribution list for the **Safety Alert of the Week** and/or have a forest products manufacturing incident you'd like to share, please contact Bill Laturus at blaturus@bcforestsafe.org. Stay tuned for more information on the forest products "Safety Alert" webpage. 📢

The power of smartphones and social media

As we inch closer to 2020, we are reminded every day how much people rely on their smartphones and social media feeds to access information. Seeing people with their heads down, engrossed in their smartphone display, is a normal day-to-day observance.

As a health and safety association, the BC Forest Safety Council (BCFSC) is dedicated to ensuring we provide on-going reminders and safety resources to help ensure workers are leaving their phones alone during active work duty to avoid safety risks due to cell phone distraction.

We are all aware of the inherent risks associated with distracted driving and the importance of staying safe on the road by complying with the Motor Vehicle Act, Part 3.1 — Use of Electronic Devices While Driving (www.bclaws.ca/EPLibraries/bclaws_new/document/ID/freeside/96318_06). But inappropriate use of cell phones can present safety hazards far beyond driving vehicles. It can also affect you on the worksite, affecting your ability to focus, your spatial awareness, the recognition of hazards and your ability to operate equipment safely. By abiding by some common-sense rules of thumb such

as putting your device away when you are actively working on a job and abiding by your workplace's Cell Phone Use Policies, the risks of workplace injuries due to cell phone distractions can be mitigated.

It may seem odd that BCFSC uses social media to share information given our stance on safety hazards relating to cell phone distraction. Our perspective on social media use is quite clear – only access your social media channels when it is safe to do so. We understand that most of us are connecting and accessing social media to stay informed. The true power of social media is the ability to connect and share information with many people simultaneously anywhere on earth... as a communication channel, it's a very powerful tool indeed. The BCFSC uses Facebook, Twitter, YouTube and LinkedIn to keep our followers informed of the latest news, events and resources. It allows us to



provide you with information in real time using platforms that can spread the word quickly and efficiently. It also provides a means for you to share this information with your peers and keep others informed of important information that may help keep you and your co-workers safe in the workplace. To stay informed, follow us on Facebook, Twitter, YouTube or LinkedIn, when it is safe to do so of course! 📱



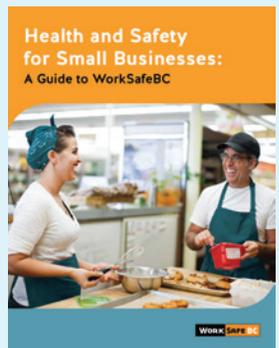
WorkSafeBC revises the Health and Safety Guide for Small Businesses

Many forestry companies are categorized as small business owners in B.C. WorkSafeBC has updated a key resource designed to help small business owners understand their legal responsibilities related to health and safety.

The Health and Safety for Small Businesses: A Guide to WorkSafeBC outlines insurance requirements, such as registering with WorkSafeBC and applying for coverage and also highlights the health and safety responsibilities of employers including how to help prevent injuries and what to do if there is an incident.

The guide was updated from an earlier edition (Small Business Primer) to reflect current regulations, procedures and resources. *The Health and Safety for Small Businesses: A Guide to WorkSafeBC* is available in English (with additional languages to follow). Business owners can access the guide online as an interactive web book which combines text and video and can be viewed from a computer or mobile device or it can be saved as a PDF. A print version is also available by ordering from the WorkSafeBC store.

Visit worksafebc.com for more information and resources for small businesses.



Links:

www.worksafebc.com/en/resources/health-safety/books-guides/health-and-safety-for-small-businesses-a-guide-to-worksafebc?lang=en

www.worksafebcstore.com/health-and-safety-for-small-businesses.html

www.worksafebc.com/en/for-employers/small-businesses 📱



The power of a “Safety Moment”

By Cherie Whelan
Director SAFE Companies

When I worked in oil sands in Northern Alberta, most meetings I attended had a best practice that started with a Safety Moment. What is a Safety Moment? It’s a brief sharing of a safety topic at the beginning of a meeting to ensure safety is always top of mind.

When I went to TransAlta, my Corporate Environmental Health and Safety team adopted Safety Moments as part of our best practises which was wholly embraced by our senior leadership. We worked together to build an internal process to roll them out and set a policy that if a meeting had more than four people present, it had to begin with a “Safety Moment”. We shared the “Safety Moment” of the week with all leaders and produced posters that were displayed in every meeting space with an image of a piece of string around a finger saying “Remember, when four or more meet, start with safety!”

Why am I telling you this? Well, about a year after we rolled out weekly Safety Moments, I attended some leadership training. When I introduced myself and said where I worked, the facilitator said, “TransAlta...I know TransAlta. Your CEO called me out on jaywalking last week. She told me about a safety sharing process they have called Safety Moments and that the topic of the week was about jaywalking!” It was at that moment that I knew we were onto something. That one, five-minute conversation at the beginning of that leadership training caused a safety intervention that protected someone outside our organization.

The BCFSC wants to encourage sharing similar Safety Moments starting with sawmills. We are building a web-based resource for sawmills to access and share **BCFSC Crew Talks**. These Crew Talks are downloadable, printable sheets that sawmills can use to support pre-job/ shift meetings and JOSCH meetings. The **BCFSC Crew Talk** is a double-sided document with an eye-catching poster on

the front and additional information on the back to support a short (five minutes or less) safety conversation at the beginning of meetings. There will also be a Quick Response (QR) code on each resource that can easily take the reader to the BCFSC website with additional **Crew Talk** content. These resources will be circulated through email distribution lists and social media links on a monthly basis. We have built an editorial calendar with four topics per month with targeted distribution commencing in 2020.

The **BCFSC Crew Talks** will be diverse and cover workplace topics such as:

- Ladder Safety
- Emergency Preparedness
- Hand Injury Reduction
- Winter Preparedness
- Slips, Trips and Falls
- Sources of Stored Energy
- Sun Glare
- Heat Stress
- Fatigue, etc.

This new tool for sharing safety topics is like a “Swiss Army Knife” for pre-work/ shift talks:

- **Posters** - put up on bulletin boards and share,
- **Speaking notes** - for supervisors and team leads,
- **Direct Access** – featuring a QR Code for a direct link to more content.

While BCFSC knows that *Safety is good business*, strong safety cultures at work also impact safety at home. So we are incorporating content for non-work related topics like Halloween Safety, Back to School and Putting up Christmas Lights.

Having a repository of diverse workplace safety topics to discuss are useful tools but encouraging teams to share and talk about personal “near misses” that occurred at home can also be very powerful. These impactful safety shares not only resonate personally with workers but will ultimately build and sustain a strong safety culture.

Having safety top of mind, ALL the TIME, will lead us in the right direction in getting us to a position where incidents and injuries are prevented.

BCFSC Crew Talks



WINTER PREPAREDNESS: WORKING IN COLD WEATHER

1. WEAR THE GEAR

COVER UP

- Wear a hat that covers your head and ears. As much as half your body heat is lost from the top of your head.
- Cover your face and neck with a knit mask.
- Keep your hands and feet warm and dry, remembering to wear good-fitting gloves that let you work safely.
- Check your winter wardrobe for entanglement hazards such as scarves, loose/dangling sleeves and strings. Basically anything that could get caught in rotating machinery.

LAYER UP

- Wear a layer next to your skin that is made of moisture wicking materials to take sweat away from your skin.
- Add an insulating layer made of wool or fleece.
- Add a windproof and waterproof outer layer.

GET A GRIP!

- Wear a boot with a slip-resistant sole or consider additional grips that can fit over your boot.

CHECK YOUR VISION

- Keep your safety eye-wear from fogging up in the cold. Use anti-fog coatings and wipes that are appropriate for your eye-wear.

2. WALK LIKE A PENGUIN!

- When walking on Ice and Snow, bend slightly and walk flat footed pointing your feet out slightly like a penguin.
- Keep you centre of gravity over your feet as much as possible.
- Take shorter, shuffle like steps with your arms at your sides and not in your pockets.
- Go **SLOWLY!**

3. BEWARE OF FROST BITE AND HYPOTHERMIA

Frostbite and hypothermia can creep up on you, so watch out for these signs:

FROSTBITE WARNING SIGNS

- Redness or pain in any skin area
- A white or grayish skin area
- Skin that feels firm or waxy
- Numbness

SIGNS FOR HYPOTHERMIA

- Shivering, fumbling hands
- Confusion, memory loss
- Slurred speech
- Exhaustion, drowsiness

IF A PERSON IS EXPERIENCING HYPOTHERMIA OR FROSTBITE

- Seek medical attention as soon as possible
- Get them into a warm room or shelter
- Remove wet clothing
- Warm them under layers of blankets and clothing
- Place areas affected by frostbite in warm-to-touch water



Work-Related Deaths & Injuries

Update: There have been four direct harvesting fatalities in 2019 and one in air transportation, year to date.

On September 25, 2019 Ed Wilcock, the president and owner of E&B Helicopters was fatally injured when his helicopter crashed into a building in Campbell River, B.C.

Our deepest condolences to Ed's family, friends and colleagues and our sympathies to those affected by this event. Recognized in 2017 with the Cary White Memorial Lifetime Achievement Award, his commitment to the safety and evacuation of those working for coastal forestry companies will never be forgotten.

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 leg

Core Activity: Manual tree falling and bucking

Location: Interior B.C.

Date of Incident: 2019-Oct

As a worker was bucking logs with a chainsaw, the worker's leg was pinned between two logs. The worker was given first aid on site and then transported to local hospital by emergency transport vehicle (ETV).

Injury: Amputation injury to fingers

Core Activity: Cable or hi-lead logging

Location: Lower Mainland

Date of Incident: 2019-Oct

A rigging slinger (worker on a cable yarder) was preparing to change the location of the running lines of the yarder. The worker was within arm's reach of the haulback line when the line unexpectedly started moving. The worker's hand contacted the moving haulback line and was pulled into the haulback block (pulley). The worker received first aid onsite, and was then transported by employer's vehicle on a resource road to meet emergency services, who transported the worker to hospital.

Injury: Close call

Core Activity: Integrated forest management

Location: Vancouver Island/Coastal B.C.

Date of Incident: 2019-Oct

During a grapple yarding operation, a guy line extension (1¼ inch diameter) failed in the middle of the eye. The grapple yarder toppled over onto the left side while remaining on the landing. The operator escaped through the rooftop secondary exit.

Injury: Fractured ankle, injuries to upper body

Core Activity: Integrated forest management

Location: Interior B.C.

Date of Incident: 2019-Sep

During a downhill yarding operation, a worker was struck by a log. The worker was transported to hospital by emergency transport vehicle (ETV).

Injury: Concussion, soft tissue injury to legs

Core Activity: Integrated forest management

Location: Lower Mainland

Date of Incident: 2019-Sep

A worker was operating a tracked log loader to hoe chuck logs on a 42% slope. The loader lost traction and slid 8-10 m down the slope, flipped over backward, and came to rest on its cab. The worker, who was using a seat belt, was able to escape from the cab and was transported to hospital in the employer's vehicle.

Injury: Close call

Core Activity: Ground skidding, horse logging, or log loading

Location: Vancouver Island/Coastal B.C.

Date of Incident: 2019-Sep

The operator of a hoe forwarder was forwarding logs on a steep slope (greater than 40%) when a landslide occurred. The landslide carried the machine downslope about 92 m; it came to rest on its tracks up against a stump. The landslide continued downslope about another 92 m. The operator, who was not injured, exited the cab via the escape hatch and was able to walk out to the road above.

Injury: Close call

Core Activity: Logging road construction or maintenance / Integrated forest management

Location: Vancouver Island/Coastal B.C.

Date of Incident: 2019-Sep

An excavator was being used to prepare a section of new logging road for blasting. A landslide (about 15 m wide by 30 m long) started and carried the excavator downslope about 30 m. The excavator came to rest on its side next to a lake. Two fallers assisted the operator, who was not injured, to exit the cab.

Injury: Concussion, fractured ribs

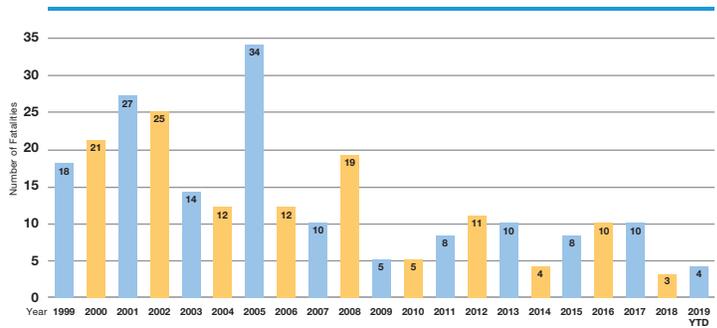
Core Activity: Manual tree falling and bucking

Location: Interior B.C.

Date of Incident: 2019-Sep

A worker was operating an all-terrain vehicle (ATV) on a forestry access road. The ATV struck a cross-ditch, which resulted in the worker applying the throttle and losing control of the ATV. The worker was thrown from the ATV.

WSBC Accepted Harvesting Work-related Death Claims



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

Injury: Multiple injuries

Core Activity: Cable or hi-lead logging

Location: Vancouver Island/Coastal B.C.

Date of Incident: 2019-Aug

A worker (rigging slinger) was standing on a stump during a cable yarding operation. The worker slipped off of the stump, fell about 2.4 m, and landed on a broken branch sticking out of a log on the ground. The worker was transported to hospital by ambulance.

MANUFACTURING

Injury: Close call

Core Activity: Pressed wood product manufacture

Location: Northern B.C.

Date of Incident: 2019-Oct

A fire started in the wood fibre belt drying system at a pellet plant. Workers immediately contacted the local fire department, who extinguished the fire. The fire caused extensive damage to the interior of the belt dryer system, blower, and exhaust stack. No workers were injured.

Injury: Undetermined injuries

Core Activity: Sawmill

Location: Lower Mainland

Date of Incident: 2019-Sep

A worker was trying to hang a come-along on a ring log debarker when two of the gear sprockets closed together, trapping the worker. The injured worker was freed by co-workers.

Injury: Lacerated fingers

Core Activity: Shake or shingle mill

Location: Lower Mainland

Date of Incident: 2019-Sep

A worker was cutting cedar shingles using a shingle saw (head saw). The worker was injured while trying to reposition the cedar block.

Injury: Amputation injury to finger

Core Activity: Wooden component manufacture

Location: Interior B.C.

Date of Incident: 2019-Aug

A worker shut down an electrically powered saw to check for broken drive V-belts. After opening the access panel, the worker lost balance and contacted the still-rotating drive pulley. ⚠️



Ntityix Resources customizes their SAFE Certification process

Ntityix Resources LP is Westbank First Nation's (WFN's) forest and resource management company that manages the forest tenures of WFN. These tenures include a Community Forest Agreement and a Replaceable Forest Licence (soon to be a First Nation Woodland Licence), with a combined annual cut of 85,000 m³ over 60,000 hectares of land.

Over 90% of Ntityix's forestry activities are contracted to WFN members. The importance of securing a long-term tenure to ensure that WFN's experienced loggers can work close to home is part of its long-range vision to sustaining generational forestry practices. Some WFN members have worked in the woods for four generations and are now passing along this experience and knowledge to the next generation of WFN forestry workers.

Ntityix's commitment to worksite safety is a fundamental part of their business culture. Their goal, to maintain best safety practices for their worksites, is an essential strategy in business development as both Ntityix and its contractors continue to grow in harvesting, road construction, log hauling, professional and technical field support, and silviculture.

By becoming SAFE Certified, Ntityix has demonstrated its commitment in maintaining high safety standards both internally and across all of its contractors by having a safety management system in place that promotes excellence in worksite safety. Being SAFE Certified helps Ntityix and its contractors reduce / prevent worksite incidents and injuries and improve its reliability, quality and competitiveness in the forestry sector.

"I have been running the Safety program for Ntityix Resources for six years and I think we have been doing a great job on being safe." said Bob Swite, Forestry Technologist with Ntityix Resources. "We promote safety and safety is good business to ensure that everyone makes it home to their families at the end of the day."

Ntityix Resources continues to lead by example with safety goals that support the SAFE Certification standards including:



Rob Swite, employee at Hohn Construction shares his take on safety. "Safety is important out in the bush on an everyday basis. Stay visible and stay safe. Safety first, always!"

Mike Sexton, BCFSC Senior Safety Advisor explains how the customization

- Zero accidents. To have all employees come home safely from the workplace each and every day.
- To ensure all employees are aware and involved in ensuring their own safety and the safety of other crew members.

Both management and employees in each of its service areas from harvesting, log hauling, road construction, field support and silviculture are dedicated to upholding safe work practices by conducting work activities with safety as the overriding priority. Ongoing internal as well as external safety audits, done by SAFE Certified Safety Auditors, are used to measure and improve health and safety practices and maintain Ntityix's high level of safety standards.

Ntityix was able to customize its SAFE Companies training and audit submission through SAFE Companies' personalised coordinated service option. Ntityix's group of contractors were able to take full advantage of this service and get their training and audit submissions completed efficiently and effectively.

process works. "Combining on-site training with assistance in the audit submission process provides the company and its contractors the opportunity for face-to-face contact with BCFSC staff. It allows us to discuss any element of the audit together and provide immediate feedback"

If you are a Prime Contractor and/or Licensee that has a group of contractors you want SAFE Certified, group training and audit submissions can be specifically tailored to meet the requirements of the SAFE Certification process.

If you would like to learn more, please feel free to contact a Safety Advisor or the SAFE Certification training department at **1-877-741-1060**. 📞



Maintaining SAFE Certification every year

With the current downturn in the industry, we have been receiving questions about audit due dates and reporting requirements. This article will provide you with guidance on how to maintain your SAFE Certification, even if your company has limited/no work during this downturn.

Audits are required EVERY YEAR

Remember, an audit **MUST** be submitted every year to maintain your SAFE Certification and COR Certification, if applicable.

Audit TIME PERIOD

Your audit should include the most recent information from the previous 12 months. You have two options for submitting your audit time period, either submitting your audit with the month prior to the audit due date or the same month of the audit due date:

For example, if your audit is due on December 12, 2019, then your audit time period would be December 2018 to November 2019

or

You could choose to include December 2019 in the audit changing the audit period from January 2019 to December 2019.



LIMITED WORK during Audit Period?

Even if you only worked for a limited time in 2019, you are still required to report on the work you did within your audit period. For example, the personnel count in this example only has active months for March through June 2019.

Total Personnel Count per Month for past 12 months												
(Total = owners + management + office + supervisors + workers +workers of dependent contractors) (Maximum peak = 24 per month) (Maximum average permitted is 19.99)												
Year	2019											
Month	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Count	0	0	8	8	10	6	0	0	0	0	0	0

Safety meeting minutes must be included for every month that the company was active. So, in the SAFE Companies Audit, you would be required to submit safety meeting minutes for **March, April, May and June**.

If your company worked during your audit period, the only acceptable blank form would be a New Worker Orientation form but only if you didn't hire any new workers.

NO WORK during Audit Period?

To maintain your SAFE Certification, we still need to confirm your company's safety program is in place, that it meets SAFE Certification program requirements, and most importantly, is ready for the company to safely start work again.

You still need to submit an audit and provide your program forms and policies, even if some forms are blank. For example, in a SEBASE Audit, you still need to submit a blank investigation form.

ANSWER ALL AUDIT QUESTIONS!!

All questions in the audit require a response, even if the answer is not applicable or if you are just checking the "no" box. Leaving the question blank and not providing a response will result in "0" points for that question which will negatively impact your total score.

Are you COR Certified too?

You may be eligible to receive a WorkSafeBC COR Incentive. WorkSafeBC requires a company's account to be active and in good standing. Some companies cancel/suspend their account during inactive times but this can affect your COR rebate eligibility. For more information on COR rebates, visit www.worksafebc.com/en/health-safety/create-manage/certificate-recognition/incentives.

If you need further clarification or require more information, you can always contact SAFE Companies with any questions at **1-877-741-1060** or by email at safeco@bcforestsafe.org.



Resource road driving tips for light trucks



It is important that you use every tool in your driver's toolbox to negotiate resource roads with the highest level of safety with respect to yourself and other users.

Every piece of terrain and road is different. It varies daily with weather conditions, other users, the season, road surface material and condition and more. If you can identify some of these differences, then you can adjust your driving style and strategy to safely handle your vehicle in variable conditions.

Here are some key strategies to consider:

Before you even get into your vehicle, consider your personal attitude and temperament which can ultimately affect how you drive. If you are tired, under pressure of production or work, had an argument with your partner, not feeling 100% - these things can change how you will act and react as a driver.

Next, consider the contents of your vehicle. Is it fully loaded with equipment or people? Does someone want the sound system turned up? Are there loud conversations happening? Having an environment that allows the driver to hear the VHF radio, the vehicle's mechanics and the road itself help the driver to evaluate the current conditions and adjust accordingly.

Take a look at the following conditions that also affect safety and the choices drivers need to make:

» **Seat belts**

Although it's required by law, fatalities still continue to occur in the forest industry as a result of failing to wear seatbelts. Ensure that you and all of your passengers are belted-up prior to driving.

» **Frost lines**

Observe the road surface for freezing, particularly in shaded zones that don't get sun until later in the day or even at all.

» **Snow**

Snow density changes dramatically depending on the season, weather, freezing levels, wind compression, sun, etc. Open areas that are affected by wind can accumulate more snow. You will need to consider shaded zones that have more snow as well as avalanche zones.

» **Hills**

Understanding how the terrain varies will help you adjust your driver speed, gearing and so on, to negotiate different pitches more efficiently and safely. Regularly scan long distances ahead, across valleys and anywhere that allow more open views of the upcoming terrain.

» **Dust**

In summer, dust on resource roads is a major challenge, but it can also be useful in determining whether there is traffic on the road. By looking for dust clouds, this can indicate traffic further up the road and help determine if it is coming towards you. Sometimes the size of a dust cloud can indicate the size and speed of vehicles.

» **Low sun**

Low sun in the morning or evening can present visual challenges. Wearing the correct eyewear, adjusting your speed and even positioning your vehicle can help increase safety. It is also important to remember the position of the sun directly behind you will also cause challenges for drivers coming towards you, so be mindful of their conditions as well.

» **Corners**

Treat every corner uniquely as the characteristics of a corner like camber and pitch dramatically affect how to steer and the speed needed to safely drive around the corner. Expect oncoming traffic around every corner and always position your vehicle on the right side of the road to avoid a collision.

» **Soft road shoulders**

Firmness and traction levels often change on resource roads. The shoulder of a resource road is rarely driven on and is

often a lot softer than the main surface. This can present a challenge if your wheels end up on a soft shoulder, potentially grabbing the tires and causing the vehicle to pull further off the road.

» **Near sight, future sight**

Being a visually conscious driver allows you to gauge important information about the road you are travelling on. It is important to focus on the road just ahead of the hood of your vehicle, but also to look as far down the road as possible. That can mean looking across a valley, or through breaks in treelines or terrain. This ability to build a complete picture of the road ahead will help you understand the upcoming challenges and make your drive safer.

» **Vehicle type**

Every vehicle is different. The size, load, capacity and contents of the vehicle will affect the vehicle's specific location on the road it is travelling on, how fast it can go, its stopping distance and its ability to negotiate the road. It is important to understand your vehicle, but it is equally as important to evaluate all vehicles around you and how they may react.

» **User types for resource road**

Every road is different which means every road needs to be driven accordingly. You need to continually adjust to changing road conditions rather than driving on "autopilot". Roads vary in grade, surface type, width, severity, etc. Driving the correct vehicle and using the right driver aids such as 4x4 traction control and proper tires can assist you in a safe journey.

» **Load**

The amount, position and integrity of the vehicle's load whether it is passengers, equipment and/or product, play a large part in how your vehicle will handle. You may want to consider choosing lighter loads with more frequent journeys as a safer, more successful option.

» **Maintenance**

Following a regular maintenance schedule will help prevent major problems before they occur and can avoid leaving you stranded on the side of a resource road.

» **Suspension / vehicle noise**

Listening to your vehicle as you drive can provide a lot of information on its integrity and performance. Throughout your drive, the vehicle will have a fairly consistent mechanical noise in terms of air flow, engine noise and tire noise. Listening to mechanical noise changes can be an indication of loads shifting, changes in traction levels, possible mechanical issues and so on. If your vehicle does breakdown, ensure that you have taken all precautions prior to attempting to diagnose or fix the problem. In forestry, between 2015 and 2019, there have been six fatalities resulting from working under or around vehicles. In most of these cases, the operator failed to secure the vehicle before attempting work under or near equipment.

Considering all of these factors, it is important to adjust your driving to each variable accordingly. A road and its conditions can change without warning as you travel throughout the day. Stay alert and stay safe.

Article submitted by OverlandingBC. For more information on the Resource Road Light Truck Driver Course, please refer to www.bcforestsafe.org/node/2541

Other Resources:

- Lock Out Resource Package: www.bcforestsafe.org/files/res_Lockout.pdf
- Working Safely Under Vehicles: www.bcforestsafe.org/node/3230
- Chock It – Block It – Lock It Safety Alert: www.bcforestsafe.org/node/1337
- WorkSafeBC Safety Bulletin: www.worksafebc.com/en/resources/health-safety/hazard-alerts/improperly-secured-vehicles
- "Lockout and Live" Poster: www.bcforestsafe.org/files/ps_LockOutAndLivePoster.pdf 🗺️





Training

Safety training for workers and companies

The BC Forest Safety Council (BCFSC) supports the development of a confident, competent and well-trained work force, where safety is integrated into every action and process to maximize safe, effective and efficient performance.

More than 19,500 workers have received training from BCFSC since the Council's inception. Help improve and enhance workplace safety for your crew by registering for our industry-developed training courses:



Forest Supervisor Training

Due Diligence (module 1) - Supervisors will gain knowledge of their legal responsibilities and how to prove due diligence.

Communications (module 2) - This session will assist supervisors and managers in improving their communication skills and methods at work.

Leadership and Professionalism (module 3) - Helping supervisors to understand their strengths and weaknesses, and recognize how their personal style impacts the workers they are responsible for.

www.bcforestsafes.org/node/98



Incident Investigation Training

Learn about the methods, tools, and processes needed to conduct an incident investigation. Suitable for individuals such as joint committee members or supervisors. www.bcforestsafes.org/node/3215



Joint Health and Safety Committee Training

Provides JHSC fundamentals for harvesting and manufacturing operations. Meets regulatory requirements for new committee members and worker health and safety representatives. www.bcforestsafes.org/node/3041



Falling Supervisor Training



Learn the roles and responsibilities of a falling supervisor, and become familiar with processes used by a falling supervisor to support their due diligence.



Designed for falling supervisors and for individuals who oversee falling activities. Falling experience, or a broad understanding of falling hazards and the means to control them, is recommended. www.bcforestsafes.org/node/2216

SAFE Companies Training

This training prepares individuals to become SAFE and COR program auditors, enabling them to submit the associated SAFE and COR audits. Various options are available depending on size of the operation being audited. www.bcforestsafes.org/node/3214



Other training courses available through the BC Forest Safety Council:



Basic Chainsaw Operator
www.bcforestsafes.org/basic_chainsaw



New Faller Training
www.bcforestsafes.org/node/90



Resource Road Light Truck Driver
www.bcforestsafes.org/node/2541



Forestry Safety Overview
www.bcforestsafes.org/node/2904

Training by Request

Is your operation interested in hosting a training session? We can deliver the training you want, where and when you need it. All our training is delivered on a not-for-profit, cost-recovery basis, saving you money. Email us at training@bcforestsafes.org for details, or call toll free 1-877-741-1060.

Participant feedback

BCFSC collects and reviews feedback carefully to continually improve materials and ensure training meets the needs and expectations of participants. Below is a selection of 2019 feedback:



"I know more about my responsibilities and hopefully I'll be a better supervisor" Forest Supervisor – Due Diligence Module

"Experienced instructor, knows his stuff. Well-designed materials." Basic Incident Investigation Course

"This training changed how I drive at work." Resource Road Light Truck Driver Course

"I am much more aware of hazards thanks to this course." Basic Chainsaw Operator Course 🍷



Transportation

Experienced professional log truck driver mentors needed

Okanagan College's Professional Log Truck Driver Program is underway. The program provides an opportunity for training eight students each in Salmon Arm and Oliver. The development of the program and expectations of industry for candidate selection have been incorporated thanks to the ongoing support from Gorman Bros., Weyerhaeuser, Tolko Industries, Interfor and the Interior Logging Association (ILA).

Practical skills (time in the truck) will commence in January, 2020 and Professional Log Truck Drivers are needed to mentor these students. Mentors play a key role in training and ongoing development of new drivers. There is no substitute for the knowledge and skills passed along by experienced drivers. The success of the Professional Log Truck Driver Program relies on participation by those experienced in the industry to mentor new drivers.

Mentors should have a minimum of 10 years of current log hauling experience in British Columbia and have the following attributes, skills and knowledge:

- Professionalism in all aspects of log hauling
- Effective communication skills
- Ability to recognize, evaluate and control hazards
- Critical thinking
- Willingness to work with students over a 4-6 week period to develop the skills required of a Professional Log Truck driver

The BCFSC has worked with the ILA to create a funding model to support mentoring new drivers. Below is a summary of the funding structure model:

- Keeps trucking companies whole by subsidizing lost trucking revenue during mentorship of students,



- Encourages veteran drivers to become mentors using a wage incentive,
- Recognizes the additional operating costs incurred for trucks/trailers while training inexperienced drivers in a log hauling environment.

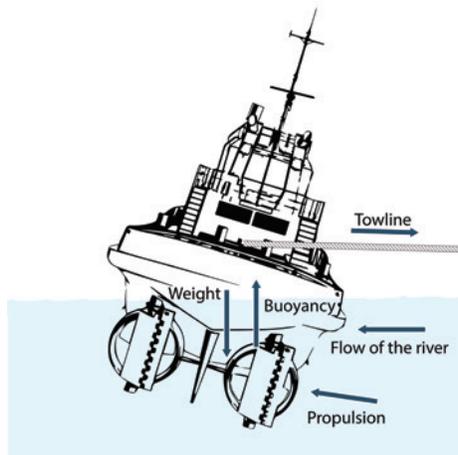
Contractors or Professional Log Truck Drivers who have questions about the mentor program or are interested in becoming a mentor for the Okanagan College program can contact Trish Kohorst, Transportation Program Manager at tkohorst@bcforestsafe.org or 1-877-741-1060. 📞

Transportation Safety Board (TSB) releases investigation – George H Ledcor tug

The Marine Forest Safety Advisory Group (MFSAG) continues to focus on incidents that relate to marine forest operations. Tugs and barges are used to move significant timber volumes in both coastal and interior waters and marine incidents such as girding pose a risk to these operations.

Girding occurs when a vessel is pulled broadside by a towline force and is unable to manoeuvre out of this position. On August 13, 2018, a marine girding incident occurred. The tug *George H Ledcor* was towing the loaded gravel barge *Evco 55*, with the assist tug *Westview Chinook* pushing it to an unloading facility on Mitchell Island in the north arm of the Fraser River, B.C. The *George H Ledcor* girded and capsized after being overtaken by the barge. The four crew members on board were rescued from the tug's overturned hull by the nearby yarding tug *River Rebel* and the

assist tug *Westview Chinook*. One crew member sustained a serious hand injury.



Forces that can contribute to a girding situation (Source: TSB)

Between 2005 and 2018, there have been 26 girding situation reports received by the TSB, 21 of which have resulted in capsizings. Although there is limited industry-specific data available to determine in which marine sector girding incidents occur, girding is a risk in marine forest operations.

This TSB video <https://youtu.be/VWHdg917hZ0> illustrates the factors leading to girding and recovery methods. All workers and managers responsible for marine operations would benefit from viewing this video to better understand the risk.

A copy of the Marine Transportation Safety Investigation Report relating to the girding and capsizing of the tug *George H Ledcor* can be viewed here:

www.tsb.gc.ca/eng/rappports-reports/marine/2018/m18p0230/m18p0230.html 📄



Interior drivers participate in Seeing Machines fatigue technology study

When implementing a fatigue management program, one option to consider is the use of onboard technologies. Seeing Machines' Guardian system is an in-cab fatigue monitoring and intervention system that uses eye and face-tracking technology to alert drivers and fleet managers when the system detects driver fatigue.

A study conducted in 2018 with Mosaic Forest Management using Seeing Machines technology, suggested the technology should be further evaluated in interior operations where duty duration and night duty, prior to spring break up, contribute to a higher risk of fatigue. With the support of Tolko Industries and eight drivers from six log hauling contractor fleets located from Merritt to Williams Lake, B.C., a second Seeing Machines study was implemented in February of 2019.

In order to capture the effectiveness of Seeing Machines during the night shift, the baseline period (when the alert system was turned off) and active fatigue management period (when alert system was turned on) were each run for two weeks on shifts monitored before spring break up.

During the baseline stage, there were a total of 16 drowsiness events, one micro-sleep event and 226 yawning events.

A reduced number of events were observed in the *Active Fatigue Management* period.

Further to the findings from the 2018 report, the 2019 study supported that the use of the Seeing Machines technology is effective in recognizing and reducing the duration of distraction events. The following table shows the reduction in duration for "eyes off the road" events that were observed between the baseline and active fatigue management stages.

A study conducted by Liang et al. (2012) and Simons-Morton et al. (2014) *How Dangerous Is Looking Away From the Road? Algorithms Predict Crash Risk From Glance Patterns in Naturalistic Driving* (www.researchgate.net/publication/235518883_How_Dangerous_Is_Looking_Away_From_the_Road_Algorithms_Predict_Crash_Risk_From_Glance_Patterns_in_Naturalistic_Driving) showed that the odds of a crash and near-crash event is 3.8 times higher for a duration greater than two seconds of "eyes off the road" during all secondary tasks (tasks subordinate to driving activity, such as eating and drinking, reaching for objects in the vehicle, adjusting the radio and other equipment on the steering wheel or centre console and operating devices such as the window control, seat belt,

or sun visor), and 5.5 times higher for a duration greater than two seconds during wireless secondary task engagement (use of a cell phone—talking, dialing and texting while driving—is against the law).

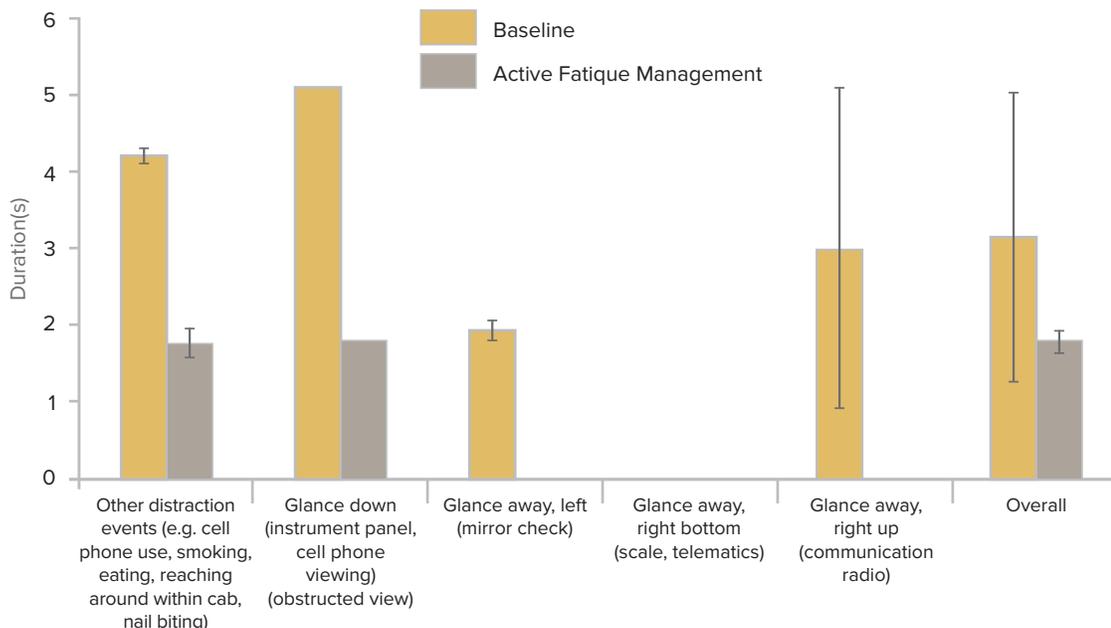
An anonymous driver survey was provided as part of the study and responses indicated that drivers found the system moderately effective in managing fatigue and distraction and rated technology moderate to very effective. However, 25% of drivers felt the system infringes on their privacy if made mandatory. 50% of the drivers felt that the technology helped them in changing their driving habits. While 75% of the drivers also felt that the technology improved safety. All drivers that participated in the survey would recommend Seeing Machines.

Fleet managers were also provided with an anonymous survey. The managers found deployment, training and use to be easy, and system performance and reliability to be moderate. Fleets managers like the concept and 75% of the fleets in the study are in favour of implementing this technology.

Based on feedback from both the 2018 and 2019 studies, as well as additional work conducted by Mosaic Forest Management, the BC Forest Safety Council (BCFSC) and Seeing Machines are collaborating to improve system reliability in the log hauling environment and adjusting parameters that are expected to improve data reliability.

To view the full report, visit the BCFSC Transportation page: www.bcfscsafe.org/forestry_trucksafe.html

Two additional studies are proposed for this winter; one in the log hauling sector and a second in the wood fibre hauling (chip truck) sector. 🌲

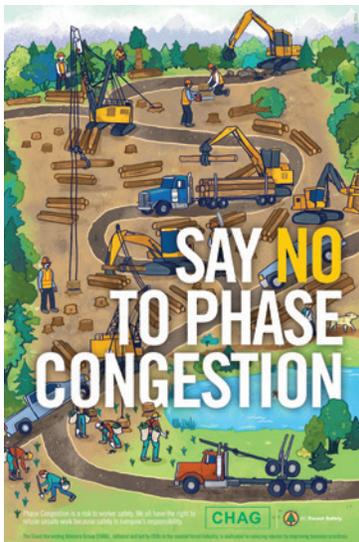


Phase Integration in forestry operations

Phase integration is the coordination of harvesting and hauling activities within an operation. This can include one or more contractors working at the same time in the same worksite or general area. Without proper planning, these areas can become overcrowded or jammed, leading to phase congestion. Phase congestion is an industry-wide challenge and has resulted in serious injuries and fatalities. As a result, there has been a focus on phase integration from both industry and WorkSafeBC. Currently WorkSafeBC is visiting contractors in the field with a focus on this issue.

This focus on phase integration has multiple purposes:

- Create awareness and knowledge with regards to safe phase integration
- Help industry understand and apply appropriate risk management principles for phase integration
- Help industry to understand the controls required in a forestry operation
- Ensure industry is integrating phases in a safe and consistent manner
- Collect consistent and reliable data and information for WorkSafeBC's future forestry prevention initiatives



- Collect and use data to measure change in the industry with regards to knowledge, understanding, and practice of phase integration in the forestry sector

A critical component of phase integration is effectively managing risk. This involves three key steps:

1. Identifying hazards

To protect workers, begin by accurately identifying hazards in your workplace. A hazard is anything that has the potential to cause harm, such as falling, yarding/skidding, processing and loading.

2. Assessing risks

The next step is assessing the risk these hazards pose to workers. The risk is the chance — high, medium, or low — that somebody could be harmed by these hazards, as well as how serious the harm could be.

3. Controlling risks

If you've identified high or moderate risks, the next step is controlling the risks by correcting unsafe conditions.

For the remainder of 2019 and through 2020, WorkSafeBC has indicated they will engage harvesting and hauling contractors in reviewing phase integration and congestion.

Industry is also working on this issue and has developed phase management resources which can be found at:

www.bcforestsafe.org/node/3109 📄

Back to work - hazard vigilance

Driving log trucks and operating machinery can be challenging and it's important to be vigilant about safety especially in winter months when road conditions can be hazardous. You can follow these key considerations and recommendations for safe operations.

Distraction—stay focused:

- Mind on task — avoid mind distractions (stress)
- Leave the phone alone

Weather conditions — Assess conditions prior to and during operations:

- Request increased road maintenance where road maintenance guidelines are not met. www.bcforestsafe.org/files/Resource%20Road%20Maintenance%20Guideline-FINAL.pdf

- Chain up
- Shut down in high hazard conditions; snow storms, icy roads, heavy rainfall

Production pressures

- Challenging road conditions can increase cycle times
- Work with licensees to ensure cycle times are adequate for safe travel
- No load is worth your safety

Fatigue

- Maintain a consistent and adequate sleep schedule (not less than 6 hours)
- Work with licensees to adjust cycle times and/or schedules to allow for adequate off duty time
- Family / Lifestyle
- Sleep

Log Trucks and Equipment

- Maintenance done
- Pre-trip / post-trip inspections
- First aid
- Fire extinguisher
- Lock out equipment when repairing or checking for mechanical issues

Radio Use and Road Calling Procedures

- Follow the rules of the road
- Be prepared for traffic without radios

Working Alone

- Check in at required intervals (including truck drivers) 📞



Falling

Getting back to work, safely

2019 has been a taxing year for all those in the logging industry. From mill closures and curtailments in the Interior to the United Steel Workers strike on Vancouver Island, it seems everyone has been affected in some way or another. Eventually this too will come to an end and when it does, the following are reminders for getting back to work, safely:

Prepare and ensure proper hydration, nutrition and conditioning

As you return to work, adjust your preparation as needed. Be sure to do extra pre-work; stretching to ensure your muscles are warmed up to avoid strains and to get your bush legs back under you.

The BCFSC has many resources available on our website with regards to proper nutrition, hydration and fitness: bcforestsafesafe.org/node/3013

FALLER FOOD CHART

Working in the woods is hard and top performances depend on your brain and nerves as much as your muscles. Stabilizing blood sugar and staying hydrated can improve your ability to stay alert and react quickly when needed. Choose foods from the GREEN circle to help reduce fatigue and keep your attention level up to 15% higher.

HOW TO USE THE CHART

Choose foods from the GREEN circle MOST of the time. If you love a food that is in the RED ring, move inward to the YELLOW or GREEN to find something different to eat that will help keep you at your most alert while working. Save red items for treats on days off!

To keep your blood sugar as stable as possible combine CARBS with PROTEINS as often as possible. CARBS should make up about 2/3 to 3/4 of each snack or meal, while PROTEINS make up 1/3 to 1/4.

FATS take a long time to digest and will delay the energy from the foods you eat getting to your muscles and brain. While you are working choose items from the PROTEIN, CARB or CARBS + PROTEIN + CARB sections rather than the FATS+PROTEIN or CARBS+FATS sections. And keep added FATS to a minimum. The one exception is coconut based fat. If you find that you are losing weight or getting hungry all the time try adding a tablespoon of coconut oil to your meals.

Portion size is also important. When you are hiking on steep ground or over long distances your need for calories will go up, if you are GAINING weight you are eating more food than you need, if you are LOSING weight you are not eating enough. Either way it is important to eat BEYOND you get hungry. Split your meals and snacks in half or thirds and eat a SMALL amount EVERY 2 hours to keep your blood sugar stable and your reaction times at their best.

HYDRATION choose WATER unless it is very HOT out or you SWEAT heavily. Only then does a sports beverage become needed. Have about a half to whole cup of water every hour. Sip your water helps it stay in your body.

KEY POINTS Choose foods from the GREEN circle most often for best performance and good health.

Slope stability

2017 and 2018 saw major wildfires throughout our province that caused severe devastation to the land. Ensure you are aware of any potential slope stability issues in your work area and adjust where necessary as rain and snow fall will play a part. www.bcforestsafesafe.org/node/1938

Road conditions

These will vary from region to region however expect slippery road conditions as we head into the winter months with increased rain and snow fall.

www.bcforestsafesafe.org/node/2629

Site assessment

When returning to work, a site assessment will be imperative before starting work as the timber stand will have been affected by the elements. Take your time and do it right. www.bcforestsafesafe.org/node/2950

Test your Emergency Response Plan (ERP)

Ensure the ERP is reviewed and tested to ensure that it is up-to-date as things may have changed since the last time you were on site. www.bcforestsafesafe.org/safety_info/forms_templates/fallers.html

Production Pressure

The mills will be hungry for wood when the industry turns around. Don't rush. Plan ahead, work the plan and make good decisions. www.bcforestsafesafe.org/node/2795

If you would like to talk to a falling safety advisor on any falling related matter or schedule a visit, please call toll-free at **1-877-741-1060** or email faller@bcforestsafesafe.org

MAINTAINING HYDRATION

FUELING UP

- Your engine can't run right if the fuel mix is wrong. Do the same for your body to keep your reactions sharp.
- Even mild dehydration can reduce your physical endurance and your ability to stay focused.

HOW MUCH WATER YOU NEED TO DRINK

- Drinking small amounts of plain water frequently is the best way to stay hydrated.
- SIP don't chug your water! A small hydration bag helps to make it easy to drink regularly.
- Aim for 1/2 cup of water every 15 minutes of physical work and increase if you sweat heavily.

PPE + WATER LOSS

- Summertime temperatures can cause very high sweat rates.
- Working muscle generates a lot of heat, even in the winter.
- PPE restricts heat loss, which makes you sweat even more.

SPORTS DRINKS

- Use a sport drink or add a small amount of salt (1/8 tsp) and sugar (1/4 cup) per liter:
 - If you are a heavy sweater.
 - When temperatures are high.
 - When you can't carry much water with you.
 - You see white streaks on a dark work shirt when it dries.

KEEPING YOUR HEAD IN THE GAME

POWER SNACKING

- Your engine can't run right if the fuel mix is wrong. Do the same for your body to keep your reactions sharp.
- Keeping your blood sugar stable can prevent the loss of focus and slowing of reaction time when you are tired or have been working for more than a couple hours.
- Every 2-3 hours stop for a small snack of carbs with low fat protein to fuel up your brain and reflexes.

CHOOSE CARBS AND LOW FAT PROTEIN

- Whole grain bread, bagel or wrap with chicken breast or low fat hummus, lettuce, sprouts and tomato slices.
- Fruit with low fat cottage cheese.
- Get a small thermos for soup or stew and bring leftovers.
- Veggie sticks of all kinds with low fat bean or cream cheese dip.
- Low fat baked goods like muffins or breads made with applesauce to replace half of the oil and only half the recommended sugar. Add a few nuts, extra egg whites or dried milk powder to increase the protein content.

STAY HYDRATED

- Remember to have a drink of water every 15 min or so.
- Use a frozen water bottle to keep your lunch from spoiling and provide you with cold water to drink.



Slips, trips and falls – an old theme that still hurts.

By Dr. Delia Roberts

It's a good bet that you've had the safety talk on slips, trips and falls before – several times. So why does this injury category continue to rank as one of the highest in forestry? And not just for small strains, a simple slip and a resulting fall can lead to very serious consequences when working around machines and out on the block.

Environmental Factors

When we try to break down the causes of an injury, we can look at both environment and individual factors. Environmental, or external factors, include some things that we can change (wearing good boots with ankle support and soles that are appropriate for the conditions, or keeping your worksite free of unused equipment and loose debris that can trip you up) and some things that we can't change (sleet and snow, steep slopes and uneven surfaces). There are a lot of good resources available from the BCFSC and other safety organizations to make you more aware of these environmental factors. If you need help identifying and dealing with these kinds of hazards, there are some useful links at the end of this article to help you get started.

Human Factors

Instead let's look at the factors that are related to your behavior, your physical capacity, and the decisions that you make. The first thing that is worth your attention is – your attention. Your brain is the central point of control, and governs everything that we think, see, or do – so making sure it's performing at its best is key to everything else. To do this:

1. Get Enough Rest

If you are sleep deprived your brain will not be able to process information as fast and your decisions will not be as clear and logical as they would be if you were well rested. You won't easily recognize the hazards that are in front of you or be able to adapt your plan to changing conditions, the



very things that contribute to the kinds of errors that cause slips, trips and falls.

No one can say exactly how much rest you need to function at your best, and life has a way of keeping us from getting to bed on time. But what you can do, is realize how much of an impact sleep loss has on your ability to perform well. At the very least, if you keep this in mind on the days when you are tired, you need to make it a priority to get enough rest, for yourself and your family. After all, they are the ones that suffer if you get hurt.

2. Eat Small Amounts Every Few Hours and Avoid Sugars

Your brain and reflexes rely on blood sugar for their primary fuel (so does your immune system). When you eat something sweet, blood sugar rises very quickly and you'll release the hormone insulin to move the excess sugar into storage. This causes a rebound low about two hours later. Research with fallers, equipment operators, truck drivers and tree planters has shown that when blood sugar fluctuates a lot, reflexes are slowed, information processing has more errors, and decision making is impaired. You won't see the risks clearly and you won't find your way to a decision to lower the risk. It doesn't take much imagination to understand how a reaction time that is half a second slower can make the difference between life or death on the block or highway.

Eating to stabilize your blood sugar is easy once you get the hang of it. You can eat small snacks of complex carbohydrates with some protein and a bit of fat every 3 hours or so. And stay away from sweets and juices/soft drinks unless you are engaged in hard physical work (tree planting, manual tree falling, hiking across the block). For more on how to eat to stabilize your blood sugar, see the links below.

3. Drink Enough Fluids

Dehydration can sneak up on you when your fluid intake is limited. It may be due to the fact that you have to carry your water in your pack, or you don't drink because you don't want to exit your machine to empty your bladder, or in hot temperatures you sweat heavily, or in cold dry air where a lot of fluid is lost due to breathing. Always carry a water bottle; cool plain water is ideal for replacing fluid losses.

You can easily make sure you are getting enough water by checking your body weight just before and just after work. Your clothing should be the same (not wet or muddy), with empty pockets and empty bladder. Any weight loss over the day is mostly water. Keeping in mind that 1 kg or 2.2 lbs. equals a litre of fluid, try monitoring your weight to get an idea of your fluid losses. The best way to keep the fluid in your body is to drink small amounts (about half a cup), regularly throughout the day. The amount of fluid you need is highly variable (anywhere from one – eight litres) so pay attention to a dry mouth and thirst.

4. Neutral Spine and Activated Core Posture

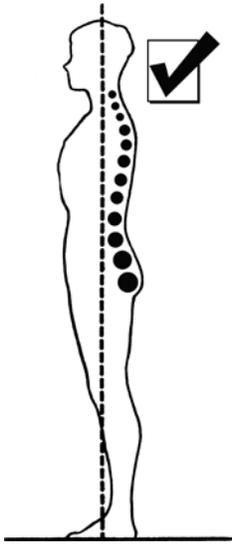
In neutral posture the forces created when you move or lift an object are transferred through your skeleton, and the contracting muscles support your joints. This is a powerful and balanced stance but unfortunately there are all kinds of signals that interfere with our ability to sense our posture and how our joints are aligned. Sitting, driving, working with your arms in front of your body, carrying a load and previous injuries, all disrupt this natural position.

Take the time to reset your posture regularly; stand tall to find a neutral spine with your pelvis underneath you and then

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practice activating your core muscles. Once you have the sequence down, it takes only seconds for your body to reset your reflexes and find a more balanced position as you move.

The more balanced your posture, the more likely you'll be able to keep your body over your feet while stepping over slash, walking on variable surfaces, and climbing in and out of machines. But if your starting position has your hips well in front of your shoulders, you are already half-way to a fall before you even start. For step-by-step instructions on how to find a neutral posture, see the links below.

5. Keep your Muscles and Joints Functioning

Muscles only stay strong if you use them. For those forestry jobs where you spend most of your time behind the wheel or in a machine and then hike across a block or throw a set of wrappers this creates a problem. If your day-to-day activity doesn't load the muscles that you need to do the physical parts of your job, you'll have to do the work somewhere else if you want to stay fit enough to be able to do your job safely and at a high level. There are lots of great exercise programs out there that can keep you strong and reduce your risk of injury. But make sure you choose one that you enjoy, one that fits into your daily schedule in a realistic manner, and get advice from a professional to choose exercises that best serve your needs.

Strong muscles will help you avoid slips, trips and falls by providing the extra power you need to lift your foot over an obstacle, step up fully onto your machine and take that extra step needed to carry your body where it needs to go. It will also help your health, from managing excess weight, to sleeping better, to decreased risk of diseases. Staying fit and strong does take some time and effort, but it's well worth it.

6. Prepare and Practice

Reflexes by nature are not something we think about. When you step on a slippery patch of ground, or catch your foot on a tree branch, there isn't time to decide which muscle needs to contract and which one needs to relax. Your body makes the adjustment automatically when a muscle suddenly lengthens or the pressure inside a joint suddenly builds. If the system is working, the right muscle contracts at the right time to pull you back to centre with your weight over your feet – but this only works well if the nerves have the fuel they need and your posture knows where that balanced upright position is. Just as with neutral posture, this is a sequence that needs to be practiced to stay sharp. Research with thousands of athletes in different sports shows that when a few balance and agility exercises are included in the warm up, the rate of knee, ankle and shoulder injuries goes way down. Stop the exercises and it goes back up.

Because you are teaching your reflexes how to restore your balance, it's critical that you do these exercises with good form.

- Always start with your spine in neutral, your pelvis underneath you and your core activated. Concentrate on activating your glutes as shown in the link below to the knee maintenance article.
- Walk or march in place a few steps to make sure that you can hold neutral/activation as your legs move. These steps alone will improve your balance and agility.
- Now take a big step forward into a lunge position – making sure to keep your posture, core and glutes activated – and return to centre. Repeat on the other side and then to each side.
- Gradually add some force (take two steps forward and then stop suddenly with all your weight on the forward foot), or

complexity to the movement (step up onto your machine), all the while concentrating on making sure that your posture and muscle activation are in top form.

Add a few of these practice movements into your pre-work routine and you'll find yourself focused and balanced throughout your day. You can fit them in anytime you have a few moments of wait-time and a safe place to stand. Do them with your family, it will help your kids at their sports activities, and reduce joint pain for adults.

In the end, it's still very important to stay vigilant for external factors that can cause slips, and trips, use your PPE and 3 Point Contact procedures – but tuning up your brain, reflexes, muscles and joints will improve your chances of avoiding a fall by a factor of ten. It's well worth the bit of effort it takes!

More on slips, trips and falls

www.bcforestsafesafe.org/files/Slips_Feb%202011.pdf

www.bcforestsafesafe.org/injury_prevention_slips_trips_and_falls

www.worksafeforlife.ca/Home/Injury-Prevention/Protecting-your-Body/Slips-Trips-Falls

www.workplacesafetynorth.ca/sites/default/files/uploads/Every-Worker-Fall-2011.pdf

What and when to eat to stabilize blood sugar

www.bcforestsafesafe.org/files/BCForestSafetyNewsLetter_2014October.pdf

http://bcforestsafesafe.org/files/ps_FallerFoodChart.pdf

www.bcforestsafesafe.org/files/ForestSafetyNewsletter_2017October.pdf

www.bcforestsafesafe.org/files/fsn_2018Oct_HealthandWellnessPg14-15.pdf

How to find and hold neutral posture

www.bcforestsafesafe.org/files/BCForestSafetyNewsLetter_2015February.pdf

Knee preparation

www.bcforestsafesafe.org/files/fsn_2018Dec_HealthandWellnessPg18-19.pdf



Your Take on Safety



By Ginette Dodd

Safety Coordinator, Office Manager and Co-Owner
Alex Dodd Contracting Ltd.

Since 2009, Ginette Dodd, has been dedicated to providing safety excellence for the employees of Alex Dodd Contracting Ltd. As co-owner, office manager and active safety coordinator for her company, Ginette finds creative ways to get safety resources into the hands of the drivers who work various shifts and hours.

As a retired registered nurse, Ginette has an extensive background in health and safety. She is a past member of the infection control committee and continues to hone her safety skills with on-going BC Forest Safety Council (BCFSC) training and SAFE Companies Small Employers Training.

We asked Ginette to share her ideas and safety tips to help provide some insight into how others companies can adopt some of the innovative ways she incorporates safety resources into her daily business practices to ensure all her drivers receive safety notifications.

Describe the best practises policies you have implemented for your safety updates:

I include our safety updates in our monthly safety meeting notes. Our drivers work all different hours and shift work making it difficult to gather everyone in one place all at one time so we email our safety meeting notes to all the drivers. Once they read the contents, they reply via email, text or in person to confirm that they have read them. We have a group meeting in person once or twice a year.

What resources do you access to keep your crew informed on safety procedures and updates?

I use the Forest Safety Newsletter. The information in the Transportation Section has great content for sharing with our drivers and I will add an article or two from there.

The BCFSC offers free posters, brochures, postcards and stickers. I have most of these in my office and I try to choose one safety issue that relates to the article in the magazine.

I also include any recent close calls or incidents in our safety meeting notes. I use safety alerts that I have found on the BCFSC website or use ones that are emailed to us from local mills.

I have recently found a link on the BCFSC website where we can make up our own safety alerts. I print these Alerts and post them in the shop as well as add them to the safety meeting notes that I email to our employees.

I also use WorkSafeBC website to find interesting safety information as well.

How do you use the safety resources you have on hand to promote safety in your workplace?

I put the stickers or brochures in our employees pay envelopes, add a label that I've made to the back of the envelopes to let them know there is important safety information enclosed in their paystub envelopes. I also hang the safety poster in the shop as well. The monthly stickers, labels, posters and brochures are all based on the same safety topic to reinforce the safety message.

How do you enhance the BCFSC safety resources and tailor them for your own use?

I use the images from the BCFSC website (posters or brochures). I use a snipping tool on my computer to copy and save the image to my desktop.

I can then add the images to my own Alex Dodd Contracting branded stickers which I print out using Avery easy peel address labels. I add my own wording to the label and put the stickers on our employees pay envelopes.

What kind of tips and tricks can you offer other companies to adopt to keep their safety procedures/updates interesting and fresh?

Go to different websites such as BCFSC, WorkSafeBC, Truck Logger's Association, Road Safety at Work for resources to gather safety information that would be beneficial to your drivers/employees. There are so many downloadable options for safety resources available on the internet that can help keep employees safe.

I suggest keeping things interesting by changing stickers, brochures and posters frequently so employees have something new and informative to read.

Describe what a typical safety update with your crew might look like?

We see most of our drivers throughout the day on Fridays or Saturdays and we take that opportunity to go over safety issues.

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Your Take on Safety

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Drivers bring their trucks to the shop to wash and grease and they make a list of all maintenance repairs that are required on their truck and trailers. Alex will have one-on-one conversations with drivers about any safety issues relating to their truck and I send out emails once a month to all drivers and text them at the same time to let them know to check their emails.

What are you most proud of when it comes to safety in your workplace?

We take pride in maintaining our fleet in top running condition. When your equipment is in good mechanically safe working

condition, the chances of accidents decreases. Our drivers are all loyal, very safety conscious and are open-minded with good attitudes towards our safety programs.

We are also very proud that our senior, more experienced drivers, are willing to mentor our newer drivers. They are happy to pass on their experience and knowledge to others which can be priceless.

We educate and remind drivers about general and local safety issues on a regular basis. We recently joined Interfor's Elite Truckers Program and have discussed all the expected safety issues with the drivers involved. Our drivers understand their responsibilities regarding safety, seat belt

use and PPE responsibilities. They are educated on how to use the dash cam and E-log, and understand overweight compliance.

The participating trucks involved with the Elite Trucker's Program are all equipped with dash cams and E-logs, and the logging trucks must also pass Mo Barry's mechanical inspections (First Choice, Truck Safety & Consulting) every quarter and pass with minimum score of 95%. This program aims to encourage safe driving behaviour and the safe operation and maintenance of equipment. We are proud to be participating in this program. 🌲



Fleet of trucks: Alex Dodd Contracting Ltd.
(photo courtesy of Theresa Braaten of Indigo Thyme Imagery)

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