

# FOREST SAFETY

DECEMBER 2020 • Issue 4 / vol. 7

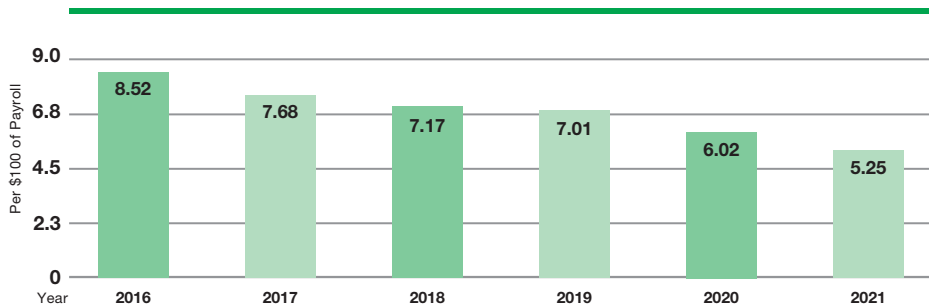
## NEWS

## Preliminary WorkSafeBC Insurance Rates for 2021

For the majority of forestry classification units (CU's), preliminary insurance rates provided some welcomed and positive news for industry.

At the provincial level, WorkSafeBC is projecting the average rate will remain flat at 1.55%. 46% of employers will see a decrease, 43% will see an increase, and 11% will see little or no change to their rates.

WSBC Average Base Rates for Harvesting



Forestry		Final 2020 base rate	Preliminary 2021 base rate	Percent change in final base rate	Total number of firms
703002	Brushing and Weeding or Tree Thinning or Spacing	5.35	4.50	-16%	163
703003	Cable or Hi-Lead Logging	5.97	5.12	-14%	47
703004	Dry Land Sort	6.63	5.65	-15%	40
703005	Forest Fire Fighting	5.19	5.62	8%	38
703006	Ground Skidding, Horse Logging, or Log Loading	6.06	5.30	-13%	196
703008	Integrated Forest Management	6.48	5.51	-15%	1,025
703009	Log Booming or Marine Log Salvage	6.05	4.97	-18%	52
703011	Log Processing	6.21	5.31	-14%	221
703012	Logging Road Construction or Maintenance	6.28	5.28	-16%	288
703013	Manual Tree Falling and Bucking	5.94	4.91	-17%	877
703014	Mechanized Tree Falling	6.09	5.14	-16%	189
703015	Shake Block Cutting	6.15	5.01	-19%	33
703016	Tree Planting or Cone Picking	3.60	3.31	-8%	112
703019	Helicopter Logging	6.13	5.04	-18%	19
732044	Log Hauling	8.15	8.20	1%	1,247

Continued on page 2...

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

### What's Inside:

- 1 - 5 Industry News
- 6 - 7 Work-Related Deaths & Injuries
- 8 - 10 SAFE Companies
- 11 - 16 Training
- 17 - 19 Transportation Safety
- 20 Falling
- 21 - 22 Health & Wellness
- 23 Kid's Corner
- 24 - 25 Article Web Links



### BC Forest Safety

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

#### BCFSC Holiday Office Hours

Thursday, Dec 24	8am – 5pm
Friday, Dec 25	CLOSED
Monday, Dec 28	CLOSED
Tuesday Dec 29	8am – 5pm
Wednesday, Dec 30	8am – 5pm
Thursday, Dec 31	8am – 5pm
Friday, Jan 1	CLOSED
Monday, Jan 4	Regular hours resume



Continued from page 6...

In forestry, the majority of classification units are projected to see an average 15% decrease with two classification units seeing increases of 1% and 8% (see following table for CU details).

WorkSafeBC expects its Board will approve the rates at the end of October, at which time they'll notify you of your final rate by mail.

Since 2014, the harvesting and sawmill sectors saw average WSBC premium rate decreases of 39% and 33% respectively based on 2021 preliminary insurance rates. That translates into more than \$39.7 million in premiums avoided for harvesting and \$13.1 million for sawmills based on 2019 assessable payroll levels - money that forestry companies and

contractors have been able to reinvest into their businesses.

This reduction in insurance rates reflects industry's collective commitment and continuing efforts to eliminate fatalities and serious injuries in the forest sector and reinforces that "Safety is **good** business". 🌲

## What's New

**COVID 19 Update** - On November 19<sup>th</sup>, the Provincial Health Officer announced new province-wide restrictions. Click here for more information.

Take a look at the latest list of what we have to offer since September 2020. Below you will find direct links to safety alerts, industry-specific resources, industry information and more for you to download and/or share with employees, industry and safety peers. We've also posted this information on [Facebook](#), [Instagram](#), [LinkedIn](#) and [Twitter](#) so make sure to follow us on social media and stay up-to-date with the latest news.

**SIFp Campaign** – SIFp incidents are near-miss events with a high risk of **Serious Injury or Fatality Potential**. Reporting these incidents allows the operation to fully investigate the causes and develop controls to avoid these incidents in the future. BCFSC has developed a SIFp campaign with a variety of resources available. Our resources will provide an overview of the importance of reporting SIFp events within your organization and tools to help you implement a reporting process.

**Healthy Worker Series** – BCFSC has completed our Healthy Worker Series for 2020. Get our free posters, crew talk sheets and backgrounders offering information on 10 health-related topics to help encourage workers to maximize their health at work and at home.

### Preventing Phase Congestion

– BCFSC has built a dedicated webpage featuring information, free downloadable resources and online training to help employers, supervisors, contractors and workers better understand how to safely integrate simultaneous forestry activity phases and prevent phase congestion.

**Training Calendar** – Our 2021 Training Calendar offers both in-classroom (with COVID-19 safety protocols in place) and online courses. Start planning your training for next year today.

**Safety Alerts** – Alerts provide timely information on incidents and issues which cause, or result in, serious or fatal injuries. The alerts we send by email and post on our website are intended to raise awareness and educate industry so we can learn from each other's experience and effort. Here are the latest alerts from BCFSC and industry.

- **Fatality Alert** - October 3, 2020. A worker was fatally injured when their vehicle went off a resource road near Houston, BC
- BCFSC Safety Alert of the Month - **See Something, Say Something: Why this Advice Doesn't Always Work and How to Change That**
- Industry Alert - **Faller Struck by Overhead Hazard**
- **Manufacturing Weekly Safety Alert** – click on the link to see the latest alert

To subscribe to our safety alert emails – [Click Here](#)

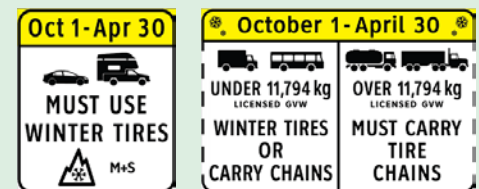
## Industry Links

### WorkSafeBC Announcements

– check here for the latest information on WorkSafeBC policy and regulation updates, resource development, risk advisories and more.

**WorkSafeBC Enews** – subscribe to Insight; WorkSafeBC's policy, regulation and research division e-Newsletter, Health and Safety Enews, Young Worker Enews and more.

**Shift Into Winter** – resources & winter driving tips on how to stay safe on the road this winter.



**Road Safety at Work** – resources, workshops and consulting services to help BC employers and workers build and improve their occupational road safety programs.

**Mental Health First Aid Training** – MHFA training will help prepare participants to provide appropriate support for mental health support until professional help is administered or the crisis is resolved.

**SAFER** – Safety Advisory Foundation for Education and Research funds investigations, studies and the development of research and educational materials to assist workers and employers in the BC Forest industry. 🌲

# BCFSC Resources to Help Industry Implement SIFp Reporting and Management



Earlier this year we told you about some leading work the Manufacturing Advisory Group (MAG) were doing to get ahead of the next safety crisis. Through their collaborative efforts, MAG identified a need to create a shift in incident reporting within industry from a focus on events that only result in injuries to concentrating more on near-miss events with potential to cause a life-altering injury or fatality, otherwise known as a Significant Incident Failure Potential (SIFp).

The BCFSC has recently developed a variety of resources to support MAG member companies to adopt and implement SIFp reporting programs within their respective organizations.

Check out the [SIFp resources on the BCFSC website](#).

Part of the campaign includes a short [SIFp video](#) developed for employers to use at their worksites to help explain SIFp events and communicate the importance of reporting, investigating and sharing lessons from these near-miss incidents.

In addition, BCFSC also created SIFp event crew talks which will be distributed weekly to crew talk email subscribers and through social media. We identified a need to assist supervisors in explaining SIFp events to their crews and developed a SIFp Supervisor Crew Talk with tips on how to deliver an effective way of explaining why SIFp events are so important and how to initiate discussions on SIFp topics. [Sign up](#) for the weekly Crew Talks on our website.

There is also a poster and hardhat stickers to help raise awareness at the worksite. The poster can be downloaded from the SIFp webpage and stickers can be ordered free of charge by emailing [info@bcforestsafesafe.org](mailto:info@bcforestsafesafe.org).

Over the past few months, some MAG members began implementing SIFp incident reporting and investigations into their safety processes. We were lucky to have them share how they implemented SIFp reporting and the benefits of having SIFp reporting as part of their safety management systems.

On October 20, 2020, Troy Withey (West Fraser) hosted a SIFp webinar providing participants with insight into West Fraser Timber's process of instituting SIFp reporting into their company. He provided an overview on the reporting, change management, education, forms, flowcharts and overall benefits that were gained throughout his organization. View the [recorded webinar](#) on our YouTube channel.

Our next SIFp webinar - **SIFp, So Now What? Refining SIFp Principles into a High-Risk Activities Program** - is scheduled for December 16, 2020 from 11:00am - Noon (PST) and will be hosted by Marla Nicol and Kristen Stinson from Conifex. [To register click here.](#)

The BCFSC would like to extend our thanks to MAG for bringing the importance of SIFp reporting into the forefront to help keep workers safe. This precautionary safety focus benefits not only manufacturing but everyone in BC's forestry industry and we encourage all forestry employers and employees to adopt this reporting practice into their day-to-day operations. 🙌

## Plan Ahead for Safe Driving in Winter Conditions

In many parts of BC, drivers are experiencing winter conditions including snow and ice on the roads. With the forecast of La Niña, a climate phenomenon that results in abnormally cooler temperatures, BC is set to experience a cold and wet winter. The Winter Driving Safety Alliance is urging motorists, workers and employers to prepare for winter driving conditions with its annual [Shift into Winter](#) campaign.

All BC drivers and employers with workers who drive for business purposes need to prepare for the winter months ahead. From rain and fog, to snow and ice, winter driving conditions can be dangerous. Even the most experienced drivers are challenged by cold temperatures, slippery roads, and reduced visibility.

In BC, the average number of road accidents where someone is killed or injured due to *driving too fast for the conditions* more than doubles from fall to early winter. On average, the number

increases from 99 in September to 220 in December with a further 28% of all work-related road accidents occurring in November, December and January resulting in injury and time-loss claims.

The [Shift into Winter](#) website provides information on how best to prepare for winter driving as well as information for employers around planning, implementing and monitoring a winter driving safety program. Employers and supervisors can access an [online course](#) and use resources provided in the [employer toolkit](#) which includes a sample winter driving safety [policy](#), recommended [procedures](#) and customizable templates. There is also an online [quiz](#) to test a drivers' and employers' knowledge.

The Alliance encourages drivers and employers to adopt these tips to stay safe on the road this winter:

- Plan ahead and check current road and weather conditions on [DriveBC.ca](http://DriveBC.ca).
- Install a set of four matched winter tires with the 3 peaked mountain/snowflake symbol.
- Give your vehicle a pre-season maintenance check-up.
- Keep an emergency kit in your vehicle.

- Slow down—the posted speed limit is the maximum speed under ideal driving conditions. Reduce your speed below the speed limit and drive with extra care.
- Maintain a safe following distance—look ahead and keep at least four seconds of distance between you and the vehicle in front.
- Invest in winter driving training—learn how to brake safely, get out of a skid, and become familiar with how your vehicle handles in winter weather. [Register](#) and attend a free webinar to learn about practical BC driving tips.

Employers have a legal responsibility to ensure the health and safety of their employees who drive for work, regardless of whether they drive a company-owned or personal vehicle. [ShiftIntoWinter.ca](http://ShiftIntoWinter.ca) provides information and resources that can help reduce the risks employees face when driving during winter. 🙌





# Mental Health First Aid Training During the Pandemic

The Safety Advisory Foundation for Education and Research (SAFER) Council was created through collective bargaining in 1988 between the IWA (now United Steelworkers) and forest industry employers for the coast and southern interior of BC. It is jointly managed by these groups with a mandate to fund investigations, studies and to develop research and educational materials designed to identify both immediate and potential health and safety hazards or conditions in the BC forest industry.

One of the most recent initiatives SAFER embarked upon was addressing mental health in the forest industry. People spend a great deal of time at work and the negative implications of financial and human costs related to workplace mental health issues can be huge. Mental health issues have broad reaching affects that ultimately impact your physical health and personal well-being as well as those around you.

We know that isolation and loneliness are common consequences of mental health conditions and can be intensified by imposed quarantines due to COVID-19. Research shows mental health illnesses are one of the leading causes of disability. At least 1 in 5 Canadians will experience mental health issues in their lifetime and most will not seek help for these very treatable illnesses because they lack information and are afraid of stigma.

To help address this, SAFER worked with the Canadian Mental Health Association (CMHA) conducting Mental Health First Aid (MHFA) workshops in both Kelowna and Nanaimo. The MHFA program aims to improve mental health literacy and provide the skills and knowledge to help people better manage potential or developing mental health problems in themselves, a family member, friend or colleague.

Using larger venues, SAFER was able to ensure social distancing was in place and face masks were used when appropriate. Over 40 union and management workers from the forest industry attended the two-day workshops.

Grace Cox, Human Resource Manager at Canadian Forest Products, commented on the MHSA workshops. *"Excellent course to help give a person the skills and knowledge to offer first aid intervention and find the appropriate resources that a person in crisis might need."*


Jeff Roos, President at Interior Forest Labour Relations Association stated: *"The Mental Health First Aid Workshop was very enlightening and helpful to begin to understand how to assist those struggling with mental health related illness, just as we strive to assist those with physical related illnesses. I highly recommend this course to others as a way to deepen our ability to help others and create an open environment to assist people as early as possible in getting the help they require, to be fully healthy and present."*



Pat McGregor, President of USW Local 1-423 in Kelowna summed up the workshops by saying: *"On behalf of SAFER, I want to thank the CMHA and the participants for making the two day workshop successful and we look forward to sponsoring more of these events. By having a combination of HR, managers, supervisors and hourly workers, we were able to get a broader perspective of the day-to-day challenges that people who struggle with mental health issues have to endure."*

SAFER has partnered with various industry organizations and education providers to develop valuable resources for the forest industry. Some of the most recent initiatives from SAFER include:

- A video developed with FP Innovations that discusses access/egress on heavy equipment
- Workplace wellness programs
- Logging truck cab guards research with the University of Oregon
- Orientation packages for new sawmill and logging workers
- Mental health and wellness information focussing on mindfulness for forestry workers
- A video interview with Wolfgang Zimmermann, the President of the Pacific Coast University for Workplace Health Sciences
- Visual literacy workshops
- Workplace violence workshops, a continuation of the work the Redshirt Foundation initiated

To learn more about SAFER's Mental Health projects or any of SAFER's safety initiatives, visit the [SAFER website](#). 

# Progressive Khowutzun Forest Services Moves to a Paperless Management System

Khowutzun Forest Services (KFS), owned by Cowichan Tribes, is a BCFSC SAFE Certified forestry company located in the Cowichan Valley. It employs over 60 full-time forestry professionals and offers a diverse range of forestry services from silviculture, wildfire control and most recently, harvesting. As their business model continues to develop, the long-range vision for the organization is to ensure projects are manageable both internally and externally.

General Manager, Cedar Elliott, recognized that in order to successfully introduce new revenue streams, such as harvesting and log hauling, KFS needed to move to a more progressive style of operations management and introduced a streamlined approach to help improve project management effectiveness and efficiency by going paperless.

*"Each contracted project we take-on requires careful project planning to meet the demands. By using our new paperless system, we eliminate the need for thousands of pieces of paper that need to be filled out, filed and managed for each type of project."* says Cedar.

Through careful consideration, KFS chose the cloud-based document management and central repository platform, SiteDocs Safety Management, which helps manage key project essentials such as ERP's, SWP's maps, scheduling, safety forms, reports, equipment inventory, vehicle management, crew certifications and more. All project-based worksite documents and office-based

administrative paperwork are simultaneously managed online allowing a simplified system of document control.

Each worker assigned to a project has access to the required project-specific documents through their mobile devices, tablets or computers accessible from the mobile app or a web browser. All team members, from management to the site crew, can track the project planning and progression to ensure they have met requirements such as signing documents, certification requirements, accessing updated SWP's, etc. The system can even flag details that have gone unnoticed or have not been uploaded such as compliance documents, unfilled checklists or forms. Workers can even fill out information while they are offline prompting the system to automatically send it when they are back in cell/wi-fi range.

John Carter, KFS's Safety Coordinator Consultant, helped roll-out this new system company-wide. He cited the numerous benefits of adopting this paperless system that were not just limited to cost-savings from reducing paper waste and lowering printing costs but also:

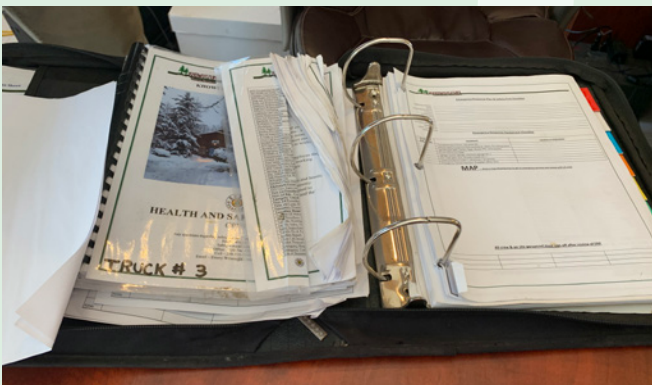
- It reduces the need for physical space for cluttered document storage and provides operations with real-time document management with improved accuracy. It reduces the risk to document damage and increases document safekeeping and data security.
- It improves time-management for project managers, operations and supervisors to ensure all required documents are completed without having to sort through multiple binders for several ongoing projects that are full of hundreds of pieces of paper.
- It allows the site supervisors to manage paperwork using one digital device letting them share knowledge and circulate information more easily so they can focus on the work at the site and less on filling in physical paperwork from a cumbersome project binder.
- It provides better reporting and auditing tools for external communications to contracted employers giving the employer peace of mind that their needs are being met.
- It provides a streamlined safety protocol process to maintain crew safety on the worksite and inform the crew of real-time incident reports and improved safety procedures to help reduce injury risks.

*"We care about our employees and this new system allows us to show our care and concern by managing projects more effectively, ensuring our crews are fully prepped for the worksite and that everyone on site is properly certified"* Carter explains. *"We are able to update information and immediately send it out to specific team members or to all of them to make sure they are informed in real-time with the most accurate information."*

To learn more about how KFS has implemented their new paperless system, contact them at 250-746-4555. 📞



Desks piled with paper will be a thing of the past.



Bulky project binders will be replaced with online documents.



# Work-Related Deaths & Injuries



There was one work-related death on October 3, 2020 in the BC forestry industry. We extend our deepest condolences to the family and friends of the deceased and our sympathies to all those affected by this incident. This is the first forestry industry fatality of 2020.

## SILVICULTURE

**Injury:** Fatal

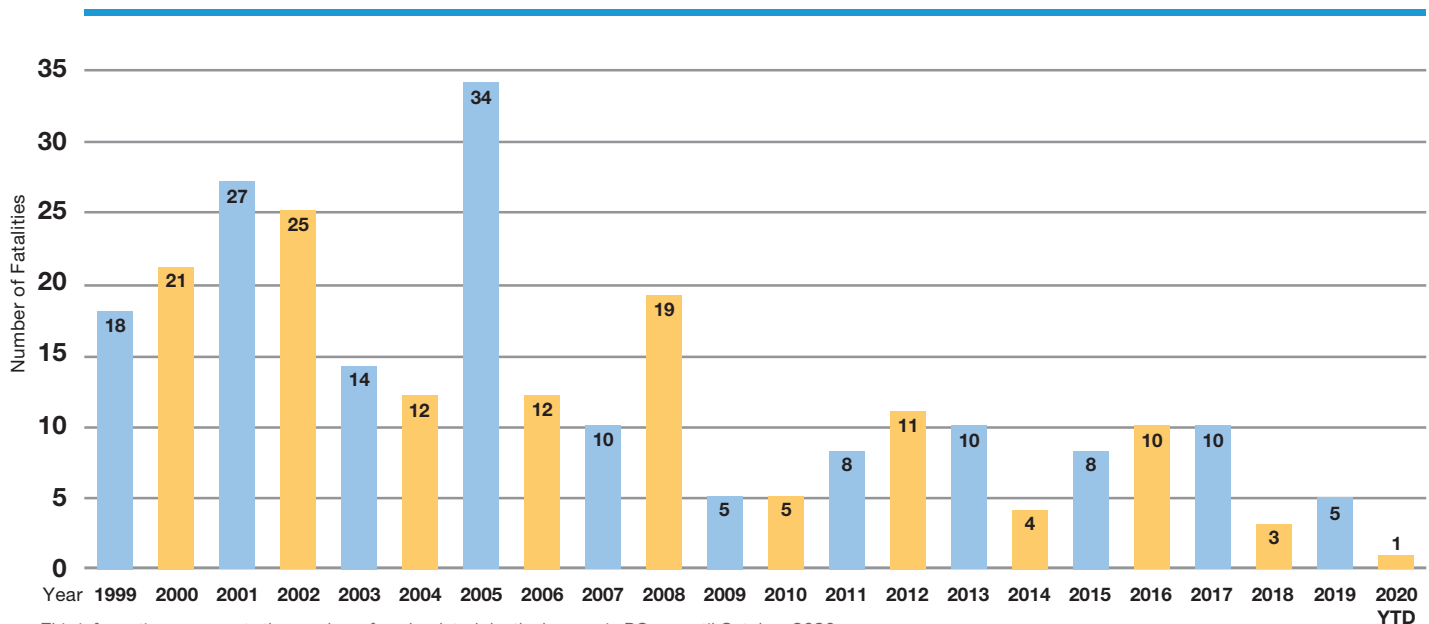
**Core Activity:** Tree planting or cone picking

**Location:** Northern BC

**Date of Incident:** 2020-Oct

A silviculture worker missed their scheduled check-in. The employer initiated a search and the vehicle was found overturned down an embankment on a resource road. The worker was found deceased.

## WSBC Accepted Harvesting Work-related Death Claims



This information represents the number of work-related deaths by year in BC, up until October, 2020.

## Recent work-related incidents reported to WorkSafeBC

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

### HARVESTING

**Injury:** Fractured vertebrae

**Core Activity:** Manual tree falling and bucking / Logging road construction or maintenance / Integrated forest management

**Location:** Vancouver Island/Coastal BC

**Date of Incident:** 2020-Oct

A hand faller, working on a road reactivation project, had placed falling cuts in a tree (12 inches in diameter). As the tree started to fall, the faller cleared down their escape trail and turned around to watch for hazards. A thinner tree (5 inches in diameter), about 15 metres away,

uprooted and fell uphill, striking the faller. First aid was administered on site before the worker was flown to hospital.

**Injury:** Contusions and abrasions (1 worker)

**Core Activity:** Integrated forest management

**Location:** Interior BC

**Date of Incident:** 2020-Sep

A yarding crew was repositioning a grapple yarder, with the guylines and haulback line slacked and attached to anchors. As the yarder was moved down the road, the haulback pulled the yarder over, and it toppled off the road and down a steep (74%) embankment. The operator tried to jump off the overturning yarder and landed on the guardrail. The cab of the yarder was undamaged. The injured worker was treated by the employer's first aid attendant and transported to hospital.

**Injury:** Laceration to head

**Core Activity:** Dry land sort

**Location:** Lower Mainland

**Date of Incident:** 2020-Sep

In a log sorting ground, a worker operating a rubber-tired log loader drove into a pothole and hit their head on the windshield of the loader.

The worker was treated on site by a Level 3 first aid attendant, then transported to hospital by ambulance.

**Injury:** Concussion

**Core Activity:** Cable or hi-lead logging

**Location:** Vancouver Island/Coastal BC

**Date of Incident:** 2020-Sep

The operator of a grapple yarder was casting the grapple to reach logs upslope of the road lines. A hooktender was inadvertently struck by the haulback line (wire rope). The injured worker was treated by on-site first aid, then transported to hospital by helicopter.

**Injury:** Suspected carbon monoxide exposure (1 worker)

**Core Activity:** Integrated forest management / Log processing

**Location:** Northern BC

**Date of Incident:** 2020-Sep

When a worker failed to attend a pre-job safety meeting at the beginning of the day on a forestry jobsite, another worker was dispatched to the worker's personal camp shack. The

*Continued on page 7...*



# Work-Related Deaths & Injuries

Continued from page 6...

missing worker was found semi-conscious and disoriented. The worker was transported to hospital by the employer representative.

**Injury:** Upper body fractures

**Core Activity:** Manual tree falling and bucking / Integrated forest management

**Location:** Vancouver Island/Coastal BC

**Date of Incident:** 2020-Sep

A hand faller had felled a 30 inch diameter tree in a helicopter logging cutblock. As the faller was bucking the tree (cutting it into log lengths), the butt pivoted, striking and pinning the worker. The worker was transported to hospital by helicopter.

**Injury:** Fractured leg, contusions (1 worker)

**Core Activity:** Manual tree falling and bucking / Integrated forest management

**Location:** Vancouver Island/Coastal BC

**Date of Incident:** 2020-Aug

A hand faller felled a heavy, leaning hemlock tree (84 feet tall, 23 inches in diameter). As the tree struck the ground, the butt of the tree recoiled toward the faller, striking and pinning him. The faller called his falling partner, who cut a 4-foot section off the butt of the tree to free the faller. First aid was provided on site. The faller was then transported to camp in a work vehicle, transferred to medical aid, and taken to hospital.

**Injury:** Internal injuries, fractured rib

**Core Activity:** Integrated forest management

**Location:** Vancouver Island/Coastal BC

**Date of Incident:** 2020-Aug

A hand faller was falling a fir tree (115 feet tall, 26 inches in diameter) that had a dead tree (58 feet long, 10 inches in diameter) resting against it. When the fir tree fell, the dead tree came down and struck the worker.

**Injury:** Multiple fractures

**Core Activity:** Integrated forest management

**Location:** Interior BC

**Date of Incident:** 2020-Aug

A worker was operating a tracked shovel logger at a steep slope forestry harvesting operation. The machine became unstable and rolled over twice, coming to rest on its tracks.

**Injury:** Close call

**Core Activity:** Logging road construction / Integrated forest management

**Location:** Vancouver Island/Coastal BC

**Date of Incident:** 2020-Jul

During new logging road construction at a remote logging operation, an excavator triggered a landslide. The excavator was carried about 30 metres down the slope. The slide then continued for an additional 20 metres. The excavator operator was not injured.

**Injury:** Upper body fracture

**Core Activity:** Manual tree falling and bucking

**Location:** Northern BC

**Date of Incident:** 2020-Jul

A hand faller was bucking a previously felled tree when a large limb dislodged from an adjacent standing tree and struck the faller. The faller was treated by first aid on site, then transported to hospital in the employer's emergency transport vehicle (ETV).

## MANUFACTURING

**Injury:** Injury to head

**Core Activity:** Sawmill

**Location:** Lower Mainland

**Date of Incident:** 2020-Sep

An 8-foot-long cant (8 by 8 inches) fell through a double arbor outfeed deck and struck a worker underneath.

**Injury:** Injuries to hand

**Core Activity:** Sawmill

**Location:** Northern BC

**Date of Incident:** 2020-Aug

A worker was injured while conducting maintenance in the planer area of a mill.

**Injury:** Close call

**Core Activity:** Sawmill

**Location:** Lower Mainland

**Date of Incident:** 2020-Aug

An unoccupied excavator caught fire while positioned on a pile of cedar trim ends. The fire engulfed the machine and mill workers were unable to contain the blaze. The fire department attended and extinguished the fire.

**Injury:** Crush injuries to foot

**Core Activity:** Sawmill

**Location:** Lower Mainland

**Date of Incident:** 2020-Aug

A worker was performing maintenance on a double cut-off saw/ring debarker. The worker was testing the machine when one of the worker's feet was caught in a log kicker that had inadvertently turned on.

**Injury:** Soft tissue injuries

**Core Activity:** Veneer or plywood manufacture

**Location:** Northern BC

**Date of Incident:** 2020-Aug

A loader was unloading a single-bunk logging truck in an inner yard area. The loader approached the truck and grabbed a load of logs. The loader operator elevated the load to clear the bunk stakes, then started to back away from the truck. The loader cleared the stakes and the operator began to turn the loader and swivel the grapple while it was elevated. The loader stopped and the back wheels came off the ground. The operator felt the loader starting to tip over and reacted by attempting to lower the grapple to stop it from tipping but was not successful.

**Injury:** Close call

**Core Activity:** Sawmill

**Location:** Interior BC

**Date of Incident:** 2020-Aug

A fire occurred in the dust collection system of the debarker line at a sawmill. The automatic deluge system and workers using fire suppression equipment doused the fire, and no injuries were reported.

**Injury:** Smoke inhalation (1 worker)

**Core Activity:** Sawmill

**Location:** Interior BC

**Date of Incident:** 2020-Jul

Several spot fires occurred on the planer line during a run of dry alpine fir. The fires were extinguished by workers on site. The local fire department responded to monitor for hot spots. One worker reported to first aid for smoke inhalation, and a chip conveyor was slightly damaged.

**Injury:** Amputated fingers

**Core Activity:** Planing mill

**Location:** Interior BC

**Date of Incident:** 2020-Jul

A worker was operating a chop saw to cut dimensional lumber when one hand contacted the saw blade.

**Injury:** Close call

**Core Activity:** Sawmill

**Location:** Lower Mainland

**Date of Incident:** 2020-Jul

A worker was operating a forklift when the raised load contacted overhead communication lines 20-25 feet below high-voltage power lines. The contact caused a utility pole to list about 45 degrees and the high-voltage lines to droop to about 20 feet from the ground. A power outage occurred but no injuries were reported, and the utility owner responded to repair the damage.

## TRANSPORTATION

**Injury:** Concussion, soft tissue injuries

**Core Activity:** Log hauling / Integrated forest management

**Location:** Lower Mainland

**Date of Incident:** 2020-Aug

A logging truck driver was securing load binders on a loaded log transporter. During this process, a log fell from the load, striking the driver. The injured worker was treated and transported in the employer's emergency transport vehicle (ETV) by on-site first aid. Emergency services responded and met the employer's ETV on the resource access road and transported the worker to hospital.

**Injury:** Undetermined injuries

**Core Activity:** Log hauling

**Location:** Vancouver Island/Coastal BC

**Date of Incident:** 2020-Jul

A loaded short-log, eight-axle log transporter lost control on a road (greater than 18% grade), gaining speed for about 200 metres. The driver tried to stop the transporter by driving into the ditch, resulting in a rollover event. The driver received first aid on site and was evacuated by the employer to the highway, then transferred to emergency services and taken to hospital. 🚚



## SAFE Companies Implementing New Systems

By Cherie Whelan  
Director, SAFE Companies

SAFE Companies have been building new software systems to support the SAFE Companies and COR program requirements. With increasing interest from employers who want to be SAFE Certified, we identified the need to upgrade our systems to manage the growth effectively long-term.

When I started in 2016, there were just under 2,600 SAFE Certified Companies. Today, we have more than 3,000 SAFE Certified Companies and the numbers continue to rise. Our current management systems will not be sustainable for the estimated growth in years to come. With tighter timelines and more companies in the mix, certification deadlines, WorkSafeBC COR program reporting deadlines, audit submissions, audit results reporting, etc. become more challenging to manage. A clear solution was to invest in a customer relations management system and audit software to support our clients and provide efficient delivery of our programs.

To explain the need for the system upgrade, I like to use a ditch digging analogy. We were using shovels to build a bigger ditch. But it was filling up too fast and using more shovels and more people was not a viable solution. So, we stepped back, assessed the situation and decided we needed to utilise a backhoe to ensure we could capture the approaching flow.

Our focus is getting our core system needs met and learning how the system works. We are aware some of you may have received notifications that may have been puzzling. The information looked different and may not have contained all the details you were expecting. We are still working through some of the great features this new system offers and are still ironing out some kinks. These new upgrades will ultimately provide us with the ability to remove the administrative barriers of our existing program and free up time for more value-added work to support our clients. The new systems will offer:

- Automated reminders about your SAFE Companies audit due date
- Enhanced Auditor Management systems so auditors are given automatic reminders of audit training requirements and audit submission requirements
- New Online Audit Submission Tools. We are currently building the training tools and resources for this function and will have a dedicated webpage for SAFE Companies clients to use this option if they choose to do so. Some of the benefits these tools are:
  - A faster, more efficient way to enter your audit information
  - A “drag and drop” functionality to upload your audit information
  - An alert process to flag missing information
  - An automatic email notification to inform you the audit was submitted successfully

The SAFE Companies clients that tested this our new system have found the audit tool saved them time and energy. We are looking forward to making this available to all our clients soon. We are currently working on guided step-by-step instructions on how to use the audit tool and will be rolling that out in the very near future. Stay tuned.

If you have any questions, contact us 1-877-741-1060 or by email [safeco@bcforestsafesafe.org](mailto:safeco@bcforestsafesafe.org). 🌲



# WorkSafeBC Update: COR Program Changes

BCFSC will be one of the Certifying Partners providing input and feedback on WorkSafeBC's proposed changes to the COR program in 2021. SAFE Companies are currently working with WorkSafeBC to identify employers and auditors for 2021 activities.

On November 2, 2020, WorkSafeBC published the proposed improvements. This table provides an overview of the proposed changes:

Item	Current (COR Standards & Guidelines)	Proposed	Overarching question	Expected benefits
<b>Audit standard</b>	2 sizes (small/large)	Single audit standard	How will an audit standard based on a single management system compare to current COR program outcomes?	<ul style="list-style-type: none"> <li>Better alignment with international standard content and formatting</li> <li>Easier to demonstrate continual improvement</li> </ul>
<b>Audit tool</b>	CPs create size-based audit tools	WorkSafeBC-authored audit tool	Will a single WorkSafeBC-authored audit tool work for all employer sizes and risk profiles?	<ul style="list-style-type: none"> <li>Adaptable for employers with sizes that change frequently</li> <li>Risk-based approach for ease of determining management system complexity</li> </ul>
<b>Auditors</b>	Training developed independently by each CP	Training framework created by WorkSafeBC	Will standardized training be successful?	<ul style="list-style-type: none"> <li>Improved consistency among auditors</li> <li>Centralized training model to improve consistency of auditor training and performance, and employer experience</li> <li>Centralized training model to improve consistency of auditor training and performance, and employer experience</li> </ul>
<b>Certification audits</b>	External auditors or self-certification (small employers)	External party to audit all employer sizes	Will this be cost-effective while delivering improved safety outcomes?	<ul style="list-style-type: none"> <li>Improved proactive safety metrics (leading indicators)</li> <li>Improved reactive safety metrics (lagging indicators)</li> <li>Improved objectivity</li> <li>Ensure certification for employers with effective occupational health and safety management systems</li> </ul>
<b>Audit Scope</b>	Incomplete direction from WorkSafeBC	Clearer sampling and duration protocols	Will a standardized scope ensure reliable, verifiable, and consistent auditing practices?	<ul style="list-style-type: none"> <li>Consistency across CPs for sampling</li> <li>Promotes cost-effectiveness and predictability for employers while ensuring a quality audit is conducted</li> </ul>

There are some significant changes to the proposed improvements that will affect how BCFSC will administer the program. We will ensure potential impacts to industry are considered and, as always, industry feedback is provided to WorkSafeBC. 🌱



# Maintaining SAFE Certification Every Year

As we continue to deal with COVID-19 and the rapid change of information and public health orders, we have been receiving questions about audit due dates and reporting requirements. If you are only SAFE Certified and don't require COR certification, refer to the latest information on 2020 SAFE Certification requirements by visiting our [2020 SAFE Certification webpage](#).

## Audits are required for 2020 COR Certification

An audit **MUST** be submitted to maintain your COR Certification for 2020. Complete your audit and submit by December 31, 2020 (or post-marked by that date). If you require more detailed information, review the WorkSafeBC COR audit requirements for 2020 on our [COVID-19 COR Audit Requirements webpage](#).

## 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:

1. Submit your audit with the month prior to the audit due date.

**For example:** If your audit due date is December 12, 2020, your audit time period would be December 2019 to November 2020.

2. Submit your audit with the same month of the audit due date.

**For example:** If your audit due date is December 12, 2020, you could include December 2020 in the audit submission changing the audit period from January 2020 to December 2020.

## Tips for completion

1. Start now. Don't delay until the last minute of the last day of the year.
2. Don't copy last year's audit. It may seem the easiest way to fill out your audit submission, especially if you haven't worked, but submission information requirements can change, so use the most recent [downloadable audit submission form](#).
3. We are here to help. Call us or email us with any question or concerns. Ask for a safety advisor at 1-877-741-1060 or email [safeco@bcforestsafesafe.org](mailto:safeco@bcforestsafesafe.org).
4. If possible, submit your audit electronically. We will always accept paper submissions, but most often the electronic submission tool is much simpler and faster. To upload, use [this link](#) or email your audit to [audit@bcforestsafesafe.org](mailto:audit@bcforestsafesafe.org).
5. Answer all audit questions. This may be just checking a box or submitting the required documentation. Ensure your documents are dated within the previous 12 months and are clearly marked for what they are intended for. If a question does not apply to you, mark "Not Applicable". Don't overthink it. Remember to review your Corrective Action Log (CAL) from last year's audit, ensure you have implemented the recommendations, include the date they were completed and submit the updated CAL with this year's submission. 🍀



PHOTO: Courtesy of CANFOR



## Safe Phase Integration and Preventing Phase Congestion

When there is a break down in communication, supervision or planning, different logging phases can become bunched up or overcrowded resulting in operational and safety risks. This “Phase Congestion” compromises the safety and efficiency of the operations. Workers who are on foot (fallers, buckers, supervisors, etc.) are particularly at risk in these situations.

A specific example of Phase Congestion is called stacking. This occurs when one phase is working uphill from other phases and there is the potential for logs, rocks or other debris to roll downhill and cause an incident. Runaway logs can travel through the standing timber between blocks in steep terrain. The steeper the terrain, the more of a hazard stacking becomes.

Congestion can occur geographically when space on a worksite gets too small. It can also happen when time gets compressed and there is increased pressure to produce. It can even happen outside regular logging phases. For example, when there is increased traffic on roads during hunting season or there is industry work such as pipeline construction occurring right beside your block or road. Tree planting and silviculture operations can also be negatively affected by logging hazards even though they arrive on-site long after the block has been logged. Another example of Phase Congestion is when a log loader breaks down. If a contingency plan has not been developed or other controls put in place, there is potential for both skidding operations and log trucks waiting for a load to bunch up.

The BC forest industry has identified Phase Congestion as a significant cause of serious incidents and has made a concerted effort to address this issue. Members of the Coast Harvesting Advisory Group (CHAG), Falling Technical Advisory Committee (FTAC) and the BC Forest Safety Council (BCFSC) have collaborated to develop training and resources that promote the safe integration of phases. A free interactive online training program is available to help supervisors and workers better identify when phases are becoming too congested and what they

can do to put effective controls in place to keep working safely and efficiently.

To enroll in this training course, visit [our website](#) or call 1-877-741-1060 for more information.

This article offers a sneak peek into this training discussing three key factors in preventing Phase Congestion: Planning, Supervision and Communication.

**Planning** starts with good layout, harvesting plans and pre-work meetings so everyone on the job knows the critical information they need to work safely including onsite hazards, details of the emergency response plan and what communication methods will work best on that site. Licensee leadership and involvement is vital at this stage for successful site planning. A good example of this is ensuring the licensee supports sufficient planning time - giving contractors working an area enough time to walk the site and conduct their planning for moving in equipment and prepping their crew.

**Supervision** is a critical part of preventing congestion. Logging supervisors are often pulled in several different directions, but it is critical for them to have time to spot potential problems. They also need the freedom to alter plans and stay on-site to closely monitor and direct the various types of site work so phases stay safely integrated. The on-site supervisor should be qualified and have the necessary experience to spot the signs of congestion that is occurring.


**Communication** to all workers on-site is very important. External factors can cause forestry worksites to change frequently resulting in a change to worksite plans. If a well-established procedure for communicating changes to the crew isn't

developed, someone may miss a critical piece of information that could lead to an injury, incident or Phase Congestion situation. Make sure all communication devices are operational and ensure there is a way for workers to ask questions and document confirmation that they understand the change of plans.

Safety people often talk about “controlling a hazard”. So what are some of the “controls” that logging contractors can use when they see Phase Congestion?

- Stop work and re-evaluate the plan.
- Move equipment to a different part of the block, new road, etc.
- Change the timing of operations such as scheduling trucks to be more spread out.
- Always have a Plan B or alternate location in mind in case phases need to be moved.
- Flag out no-work zones to keep phases apart.

By increasing Phase Congestion awareness and providing better training to all crew members on how to reduce and control hazards, we can achieve a safer and more efficient industry.

For more tools and information on safe Phase Integration and preventing Phase Congestion, visit the **BCFSC Phase Congestion webpage**. 





# WorkSafeBC Focuses on Safe Phase Integration with the Introduction of a Conversation Guide

As multi-phase harvesting operations have become the norm in BC, forestry workers find themselves at busy worksites that can present an increased level of risk. Phase Congestion is an industry-wide problem and has resulted in serious injuries and fatalities. But a well-planned cutblock with qualified supervision and an effective communication plan can function safely even if a variety of different work activities are happening at the same time — it's called Safe Phase Integration.

WorkSafeBC identified Safe Phase Integration as an added focus for the Forestry High Risk Strategy during 2019-2020 and developed an educational resource tool called *Forestry Phase Integration: A Conversation Guide*. It was created for WorkSafeBC officers to conduct educational sessions using the guide to help capture key data during High Risk Strategy inspections.

Between July 2019 and June 2020, WorkSafeBC officers collected the following data insights from the completed guides:

- Total inspections completed with guides = 179  
(Coast = 49, Interior = 130)
- Average number of Phases on site = 4.1  
(Coast = 3.9, Interior = 4.1)
- Multiple employer sites = 102/179 sites (57%)
  - Coast - Multiple employer sites = 35/49 sites (71%)
  - Interior - Multiple employer sites = 67/ 130 sites (52%)
- Workers on foot = 102/179 sites (57%) - 77 sites had no workers on foot.
  - Note: Workers on foot included ground crew workers, supervision, mechanics, etc., but excluded truck drivers.
  - Coast = 38/49 sites (78%) - 11 sites had no workers on foot
  - Interior = 64/130 sites (49%) - 66 sites had no workers on foot
- Average number of workers on foot = 2.8 (for sites with workers on foot)
  - Coast – Average number of workers on foot = 4.2 (for sites with workers on foot)
  - Interior - Average number of workers on foot = 1.9 (for sites with workers on foot)

WorkSafeBC identified the top 10 challenges cited by respondents including the number of times those challenges were cited:

- 76 – separating phases and coordinating safe distances
- 45 – block layout issues, size and number of landings, limited workspace
- 45 – poor weather, snowy or wet ground conditions
- 33 – issues obtaining permits, market demands, deadlines and short notice pressures
- 32 – planning and scheduling issues by licensee
- 32 – steep slopes, rough terrain, potential for runaway logs
- 20 – worker turnover, lack of experience (training), availability of workers




- 14 – communication (on-site and also with licensee)
- 10 – number of product sorts on the landing or at roadside
- 10 – road condition/quality/standard

Other challenges of note included interactions with the public and other users, timber quality and grade, and equipment availability. “No challenges” was recorded eight times and Supervision was recorded five times.

WorkSafeBC identified “**3 Pillars**” of control measures - Planning, Communications and Supervision. For each challenge, ensure controls are specific and detailed to what is needed on-site. Forest operations face many challenges which are magnified by executing multi-phase operations or creating the need to utilize multi-phase operations. Most challenges cited were related to planning; however, the importance of supervision and communication should not be overlooked. Some planning challenges, such as separating phases and coordinating safe distances, can be addressed by implementing suitable control measures. Other planning challenges such as block layout, harvest and delivery schedules, and deadlines were predominantly inherited by the contractor through decisions of the licensee or demands of outside forces prior to the contractor commencing operations. Contractors face added pressures from these types of challenges, even though they may have tried to implement control measures to address them. The responsibility should be directed at a higher level (e.g. licensee or government) to reduce or eliminate these types of challenges in the first place. Ultimately, the most important question to ask is “*Who is responsible for controlling the challenge/threat?*”

A **Critical Control** is a key preventive measure or the last line of defence to prevent an incident from occurring. Less than half of the respondents (78/179) were able to identify stop work, refuse unsafe work or shut down as a Critical Control. This shows that a number of forestry firms still have some work to do to implement effective Critical Controls in their operations.

For more information, go to [worksafebc.com](https://www.worksafebc.com) and search for “Managing Risk”. 

# Entry Level Forest Worker Training Update

In follow up to the September 2020 Forest Safety News article, Selkirk College has now resumed training for students whose program was interrupted last March due to COVID-19 and has made some pandemic safety adaptations to ensure learning outcomes are not affected.

Helen Worth, Selkirk's Program Coordinator Grand Forks, commented on the program's progression. *"We are so grateful for the opportunity to offer the Entry Level Forest Worker training program in our community. Forestry is a big part of the economy here and we've had a lot of support and encouragement from local industry partners. We're pleased to be able to help our students gain not only the skills and knowledge they need to start working in the industry, but also introduce them and offer opportunities to work with some of our local employers. The program exposes students to a broad range of possible career options which really helps in deciding which direction they want to take in forestry."*

Selkirk is hopeful that students will make many industry connections through site visits and guest speakers.

The College of New Caledonia (CNC) also started their Entry Level Forest Worker

Program in Vanderhoof, BC on September 28, 2020. CNC's success is due to their partnerships with local employer partners, the municipality and the school district who stepped up to arrange site visits and transportation. The program instructor plans to maximize the number of site visits. The students have already visited a log yard and practiced mapping and measuring at a forested site near campus.

Another funded pilot program is being rolled out in March 2021 at Coast Mountain College in Terrace, BC. Registration is still available for this Entry Level Forest Worker training. For information visit their [website](#).


Programs containing some or all of the Entry Level Forest Worker training materials are being offered by our pilot steering committee members North Island College in Campbell River and Vancouver Island University (VIU).

North Island College plans to deliver their *Coastal Forest Worker Certificate Program* which incorporates the Entry Level Forest Worker training material to an indigenous cohort sponsored by the Homalco First Nation and WorkBC starting in December 2020. A tuition-based cohort will start in February 2021.



VIU plans to deliver their *Fundamentals of Forest Harvesting Practices Certificate* in March 2021. The training will be delivered in Woss, BC supported by their industry partner, Western Forest Products.

If you have any questions about the Entry Level Forest Worker Training Program, please contact Allison Thompson, BCFSC Manager Training & Standards.

Click on the link to learn more about the **Entry Level Forest Worker Training Program**. 

Canada

 BRITISH COLUMBIA

Funding provided through the Canada-British Columbia Labour Market Development Agreement.

## WorkSafeBC Provides Updates to BCFSC Trainers

In November 2020, BC Forest Safety Council trainers gathered for a two-day virtual meeting for the annual **Train the Trainer** session. During one of the sessions they received WorkSafeBC updates on industry performance, discussed sections of the Regulation and addressed emerging issues.

WorkSafeBC's Darcy Moshenko and Terry Anonson provided updates on WorkSafeBC activities, which included details about the *Forestry High Risk Strategy*, injury rate summaries, Safe Phase Integration, new resources and changes to the Worker's Compensation Act (WCA) and Occupational Health and Safety Regulations (OHSR).

The presentation on the 2018-2020 *Forestry High Risk Strategy (FHRS)* outlined the goal of the strategy to raise awareness and promote best practices, as well as help reduce serious injuries and fatalities. The strategy focuses on the inspection process of segments of forest operations with exceptional risk to workers and examining the responsibilities of owners/employers and supervision. Key inspection activities include Manual Felling, Mechanized Harvesting, Cable Yarding, Log Transportation and Silviculture as well as a focus on Emergency Response Planning and potential for hearing loss.

The following lists were the top five most common orders written during FHRS inspections for each segment of the strategy to the end of Q3-2020.

### All forestry activities:

- OHSR 16.17(1)(d) – Escape from cab (open from both inside and outside)
- OHSR 16.35 – Securing tools and equipment
- OHSR 26.65(5) – Cab guard (record results of inspection)
- OHSR 26.2(2) – Planning and conducting a forestry operation
- OHSR 3.17(1) – First aid procedures

### Manual Felling and Bucking:

- OHSR 7.8(1)(b) – Hearing tests (every 12 months after initial test)
- OHSR 26.24(5)(b) – Responsibility for felling and bucking (undercut complete and cleaned)
- OHSR 26.24(5)(c) – Responsibility for felling and bucking (sufficient holding wood)

*Continued on page 14...*

- OHSR 26.24(5)(a) – Responsibility for falling and bucking (sufficient undercut)
- OHSR 3.15(c) – First aid attendant qualifications (certificate at required level)

## Hand Falling (dedicated WorkSafeBC hand falling team):

- OHSR 7.8(1)(b) – Hearing tests (every 12 months)
- OHSR 26.24(5)(b) – Responsibility for falling and bucking (undercut complete and cleaned)
- OHSR 17.5(1) – Securing equipment (in vehicle)
- OHSR 26.2(2) – Planning and conducting a forestry operation
- OHSR 26.28(1) – Summoning qualified assistance

## Mechanized Harvesting:

- OHSR 16.17(1)(d) – Escape from cab (open from both inside and outside)
- OHSR 26.2(2) – Planning and conducting a forestry operation
- OHSR 26.4(2) – Notice of project
- OHSR 16.21(2)(c) – Protective structures (log loader and log yarder window guards)
- OHSR 26.11(1) – Dangerous trees

## Cable Yarding:

- OHSR 15.46(b) – ling identification (manufacturer's grade and WLL)
- OHSR 16.37(2) – Securing elevated loads
- OHSR 26.13.3(1) – Mobile yarder (permanent sign – manufacturer specs)
- OHSR 4.8(2)(b) – Rated capacity (certified by P.Eng if equipment modified)
- OHSR 11.2(2) – Obligation to use fall protection (guard rails or other means of fall protection)

## Log Transportation:

- OHSR 26.65(5) – Cab guard (record results of inspection)
- OHSR 16.35 – Securing tools and equipment
- OHSR 26.65(8) – Cab guard (permanently marked and identified)
- OHSR 15.25(b) – Wire rope rejection criteria
- OHSR 16.8 – Warning signal device –backup alarm

## Silviculture:

- OHSR 3.17(1) – First aid procedures
- OHSR 3.17(1)(f) – First aid procedures (prearranged routes)
- OHSR 5.38(2) – Handling and securing cylinders
- WCA 21(1)(a) – General duties of employers (health and safety of workers)
- WCA 21(2)(e) – General duties of employers (provide instruction, training, supervision, etc)

WorkSafeBC reviewed the injury and serious injury rates for forestry classification units and presented the group with information about Safe Phase Integration with a look at the new

Conversation Guide developed to help lead educational sessions during on-site High-Risk Strategy inspections conducted between July 2019 – June 2020.

To learn more about **Forestry Phase Integration**, read the dedicated articles on Phase Congestion from BCFSC and Safe Phase Integration from WorkSafeBC on page 11 and 12.

Train the Trainer participants were also introduced to seven new WorkSafeBC Fact Sheets developed specifically for forestry and made available through local WorkSafeBC forestry officers. These fact sheets covered a variety of topics including:

- Brushing, Weeding, Tree Thinning, Spacing (CU 703002)
- Cable or Hi-Lead Logging (CU 703003)
- Forest Fire Fighting (CU 703005)
- Log Transport Drivers
- Manual Tree Falling and Bucking (CU 703013)
- Mechanized Tree Falling (CU 703014)
- Tree Planting or Cone Picking (CU 703016)

Darcy and Terry also highlighted bulletins featuring important information about reducing the risk of injury from spring-assisted folding stakes on log transport trailers, fatigue risk in the workplace, risk advisories on allergic reactions to organic blasting material and setting up, organizing and working comfortably in your home workspace.

They also showcased a video about *Layout Planning: A Focus on Faller Safety* and provided the group with important updates to the changes made in April to the WCA and discussed the rescheduling of the virtual public hearing on proposed changes to the OHSR, which was previously scheduled for September 2020 but was postponed to December 10, 2020 due to the provincial election. The proposed OHSR amendments will involve:

- Part 6–Restricted entry intervals for pesticide application
- Part 8–High visibility apparel
- Part 8–Safety headgear
- Part 16–Mobile equipment
- Part 18–Traffic control
- Part 21–Blasting operations

To learn more, visit the **WorkSafeBC website**. 





# Healthy Worker Resources Now Available!

With the expertise of Dr. Delia Roberts, the BC Forest Safety Council (BCFSC) has completed a series of crew talks, posters and background information on the top 10 health-related topics for forestry workers. Perfect for safety meetings and wellness campaigns, these tools will help raise awareness and provide steps and advice on how to make positive changes in our daily and long-term health.

The Health Worker Series was inspired by questions from the Coast Harvest Advisory Committee (CHAG) and BCFSC's Program Committee about the effects of aging in the forestry workforce. It soon became apparent the proposed health topics were relevant and important for workers of all ages as well as their families. Developing good habits to maintain your health at the start of your career will make a big difference in the long run. But even if you're well into your 30's, 40's or 50's, looking after your body will improve every aspect of your life at work and at home.

Check out the [Healthy Workers Resources](#) on our website or click the bulleted links in the table to access the posters, crew talks and backgrounders on individual health topics. 📄

Healthy Workers Resources	Poster	Crew Talk	Backgrounder
<a href="#">Vision and Hearing</a>	●	●	●
<a href="#">Balance and Agility</a>	●	●	●
<a href="#">Components of Fitness</a>	●	●	●
<a href="#">Blood Pressure and Cardiovascular Health</a>	●	●	●
<a href="#">Diabetes</a>	●	●	●
<a href="#">Fatigue and Sleep Health</a>	●	●	●
<a href="#">Diet and Nutrition</a>	●	●	●
<a href="#">Cancer Risks and Prevention</a>	●	●	●
<a href="#">Reducing the Risk of Musculoskeletal Injuries (MSI)</a>	●	●	●
<a href="#">Bone Health</a>	●	●	●

## Falling Supervisor Training during a Pandemic

BC Forest Safety Council (BCFSC) has established COVID-19 safety measures for training activities for in-classroom courses and outdoor in-field training. We ensure the venues we use allow for safe physical distancing and health and safety information is shared, understood and adhered to by participants. Our trainers also demonstrate and encourage best practices throughout the course.

BCFSC contract trainer Doug Harrison submitted these photos from the Falling Supervisor training held in Prince George this past October.



While COVID-19 certainly interrupted our training plans this year, we have followed BC's COVID-19 Restart Plan guidelines and are on track to deliver both in-class, in-field and online courses including four Falling Supervisor sessions with Phase 3 safety measures in place.

The Falling Supervisor training course is a five-day course aimed at experienced and new falling supervisors and recommended for those who supervise fallers or engage falling contractors. The learning objectives are:

1. Explain the differences between certified and qualified:
  - Certified Faller and Qualified Faller
  - Certified Falling Supervisor and Qualified Falling Supervisor
  - Qualified Assistance

2. Explain the importance of having an Emergency Response Plan and how to prepare one
3. Explain the importance of having a Block Falling Plan and how to develop one
4. Use the BC Faller Training Standard to evaluate a Certified Faller
5. Understand the human factors and soft skills important in managing fallers

Visit our website for more information on [Falling Supervisor training](#) including how to register for these upcoming sessions.

- Campbell River – June 2021
- Prince George – June 2021
- Nelson – September 2021
- Campbell River – November 2021

For some Falling Supervisors, the Certified Falling Supervisor Program is the next step in their career. Information on the [Certified Falling Supervisor Program](#) is also available on our website. 📄

# BC Forest Safety Council 2021 Training

Thinking about your individual or company training needs for next year? Take a look at our 2021 training course calendar to help plan out your year.

The BC Forest Safety Council (BCFSC) continues to deliver a range of courses aimed at continually improving workplace and worker safety in BC's forestry industry.

From supervisors to saw operators, incident investigators to safety program auditors, BCFSC helps individuals acquire relevant training and certification through classroom and online training.

All necessary precautions have been taken to safely deliver in-person training during the pandemic. We work closely with our venues, trainers and service providers to ensure a safe learning environment.

To review our full list of 2021 training courses, check out our [Training Calendar](#) or click on a link below to view a specific course type. We also offer group training sessions by request, bringing our courses to your location at a time most convenient to you and your operation. Email us at [training@bcforestsafety.org](mailto:training@bcforestsafety.org) to learn more.

## Classroom Training

Classroom training courses have a maximum enrollment cap so enroll now to secure your spot.

**Basic Incident Investigation** – This course provides a basic understanding of the methods, tools and processes needed to conduct an incident investigation. It is suitable for those individuals required to complete incident investigations such as Joint Committee Members or Supervisors.

**Forest Supervisor** – We offer three course modules for forest supervisors to develop and enhance their skills and knowledge to help oversee workers effectively.

- **Module 1 – Due Diligence for Forest Supervisors** is a two-day classroom workshop to help supervisors understand their legal responsibilities and provide tools and knowledge on how to prove due diligence.
- **Module 2 – Communication for Forest Supervisors** is a one-day classroom workshop to help supervisors and managers improve their communication skills at work.
- **Module 3 – Leadership and Professionalism for Forest Supervisors** is a one-day classroom workshop to

help supervisors understand their strengths and weaknesses and recognize how their personal style impacts the workers they supervise.

### Falling Supervisor

– Participants will learn the roles and responsibilities of a Falling Supervisor and become familiar with processes used to support due diligence. This course is for Falling Supervisors and individuals who oversee falling activities. Falling experience, or a broad understanding of falling hazards and the means to control them, is recommended.

As part of their ERP planning, participants complete a heli-vac orientation at the Falling Supervisor course in Prince George, October 19-23, 2020.

### Joint Health and Safety Committee

– This course provides Joint Health and Safety Committee (JHSC) fundamentals for both forestry harvesting operations and wood products manufacturing and meets the training requirements for new joint committee members and/or worker health and safety representatives.

**Basic Chainsaw Operator Training** – This course educates participants in Safe Work Procedures and necessary saw handling principles to safely operate a chainsaw. It is developed for the forest industry but is open to anyone. This basic training does NOT qualify participants to fall trees or produce bucking cuts on steep terrain. More advanced skills training is required in these areas.

### Resource Road Light Truck Driver Training

– This course teaches the safe operation of light trucks on BC resource roads and is suitable for any worker using resource roads. This training is conducted primarily on-site at field access locations and focusses on hands-on driving activities and safety procedures.

### SAFE Companies:

BCFSC offers various Occupational Health and Safety training for individuals intending to submit SAFE Companies and/or COR Audits including:



Participants assess hazards in the block during Falling Supervisor training in Prince George, BC in October 2020.

- Individual Owner Operator (IOO)
- Small Employer OHS (SEOHS)
- Basic Audit Safety Evaluation (BASE) 4 Internal
- BASE 4 External
- SAFE Conversion for BCCSA, Energy Safety Canada and SafetyDriven

## Online Training

**Forestry Safety Overview** – An informative four-hour forestry safety overview course for anyone working in the BC forest industry. Participants should be active in their company's business operations and knowledgeable of the work activities. This course benefits everyone but is typically geared towards a supervisor of forestry-related activities.

### Serious Incident and Fatality Investigation

- A four-hour course providing instruction on how to complete investigations for incidents involving serious injuries or fatalities. We recommend participants complete the Basic Incident Investigation course prior to enrolling but it is not mandatory.

**Phase Congestion Training** - This interactive online training course helps supervisors and workers better understand how to safely integrate simultaneous worksite phases and prevent phase congestion. This training was developed with input from industry experts and provides realistic logging scenarios to help identify and understand simultaneous site activities and develop safe work practices to avoid phase congestion and potential high-risk situations. 🌲





## Wood Fibre Hauling Safety Group Incorporating Auto-tarpping Solutions to Reduce Injuries

The industry-led, Wood Fibre Hauling Safety Group (WFHSG) has been established to find solutions to mitigate workplace injuries and fatalities in the wood fibre hauling industry. The WFHSG brings forward issues, develops safety initiatives and supports projects to reduce the risk to workers in the sector. One ongoing key initiative for the group is reducing tarping-related injuries. According to a 2016 FP Innovations study, 60% of driver injuries are attributed to tarping.

In October 2019, the Commercial Vehicle Safety Enforcement (CVSE) issued a variance in [Compliance Circular No. 06-19](#) for new length allowances available for automatic ('auto-tarp') devices intended to reduce worker injuries. With this support, WFHSG members have actively engaged to find solutions to mitigate the risk of tarping-related injuries, several of which are now being 'piloted' by members of the group.

Matt Cook, Director Health Safety and Environment for Arrow comments "Arrow is committed to ensuring we reduce the number of injuries caused by tarping loads to our employees. Arrow has chosen the Tycrop E-Cargo system which is now installed on all new trailers leaving the Tycrop manufacturing facility in Chilliwack. Currently this system is installed on six B-trains with an additional 15 set for delivery by the end of 2020. So far, the system is working very well. It's easy to use and has run flawlessly"



M4 President Paul Manwaring reports six Shur-co auto-tarp systems have now been installed on 53' shuffle floor vans. "We had to modify the tops of the trailers to help contain some of the finer white fiber we transport, but otherwise they've been working well. The auto-tarp system is fully operated from the ground with hydraulic levers, so they are a safer system to use. The biggest outcome for us is we've had NO INJURED DRIVERS from tarp pulling since using the auto-tarp system."

In July 2018, Excel Transportation ordered their first 53' smooth flow trailer with a flip auto-tarp. Within one year, they had 14 more 53' flip auto-tarps. Safety Director, Dave Stearns noted "In May 2019, we installed a Valid Manufacturing Tarp on a regular length B-Train. It tested very well for our northern conditions. We then ordered an extended length B-train with a different auto-tarpping system in late in 2019. It also worked but we had a few issues with the way the load humps in the trailer. We tested three different types of tarps to determine which system worked best. We concluded the Valid Manufacturing Tarp was the most effective for us. We are now testing another Valid Manufacturing tarp on a 53" smooth flow trailer. So far it is working well, and we have now partnered with Valid to finish tarping our fleet.

Several other members of the WFHSG have initiated auto-tarpping systems into their fleets. "As a low margin industry, auto-tarpping can put financial strain on trucking companies. It is important to recognize that although there is a substantial cost for auto-tarpping at the front-end with added repair and maintenance costs for more moving parts, the benefits far outweigh the initial expenditure over the long run." says Annie Horning, CEO Excel Group of Companies. "Our main goal is to reduce driver injuries and keep our drivers safe. With the reduction in physical constraints the auto-tarps provide, we will reduce lost time for injuries and also tap into a larger driver pool since more drivers stay injury-free. It's the right thing to do, not just for our employees, but also for our business."

To find out more about auto-tarpping options for your company, visit [Valid Manufacturing](#). 🚚





# Small Tenure Safety - Do You Need Help Developing a Safety Plan for Your Tenure?

In BC, each small tenure holder (e.g., woodlot, community forest, etc.) has a responsibility to have a safety plan in place to guide forest management activities on their tenure area. Recognizing that tenure holders manage those operations in a range of ways, the Woodlot Licence and Community Forest Agreement Safety Committee has developed three safety plan templates.

Each template provides guidance and resources (checklists, example forms, links) that will help small tenure holders build a new safety plan or enhance their existing program. If you are interested in becoming SAFE Certified, these templates will also assist you in pursuing that objective.

The templates have been developed based on two main criteria:

1. Who conducts the activities (e.g., the tenure holder and/or their employees, or a contractor(s))
2. The nature of the operations (e.g., higher risk activities such as road building, harvesting and log hauling, or lower risk activities such as planting, silviculture surveys and layout)

The following descriptions will help you evaluate your situation and choose which scenario is most relevant for you.

**Scenario #1** - This scenario is intended for tenure holders who contract out all activities carried out on the tenure area. However, this does not preclude the tenure holder from conducting administrative tasks and/or visiting the tenure for general or site inspection purposes.

*An example of this scenario is a tenure holder who contracts out all activities but still may want to visit the tenure from time-to-time.*

**Scenario #2** - This scenario is intended for tenure holders who use contractors to conduct higher risk activities (e.g., road building, harvesting, log hauling, etc.) and the tenure holder conducts ONLY lower risk activities (e.g., basic silviculture, layout, etc.)

*An example of this scenario is where the tenure holder who may conduct planning and layout activities, plants (or helps a contractor plant) trees, grass-seeds landings and makes sure road signs are in good shape, and contracts out all roadbuilding, harvesting, hauling and mechanized site prep activities.*

**Scenario #3** - This scenario is intended for tenure holders who directly conduct low and high-risk activities in the tenure area (e.g., planning, harvesting, silviculture, etc.). The tenure holder may also periodically use contractors to perform some of these activities.

*An example of this scenario is a tenure holder who builds its own roads, uses a skidder, but may contract out falling and hauling activities.*

If you are looking at building or fine-tuning your safety plan, check out the applicable Tenure Safety Plan resources by visiting:

- **BC Community Forest Association**
- **Federation of BC Woodlot Associations**
- **BC Forest Safety Council**



For questions, contact

Woodlot Licensees:

Gary Hanson - [canyoncreekresources@gmail.com](mailto:canyoncreekresources@gmail.com)

Rick Walters - [rickwalters@thelakebc.ca](mailto:rickwalters@thelakebc.ca)

Community Forest Licensees:

Dave Gill - [dgill@ntityix.com](mailto:dgill@ntityix.com)

Dave Lasser - [dlasser@sccf.ca](mailto:dlasser@sccf.ca)

BC Forest Safety Council:

Dustin Meierhofer - [dustin.meierhofer@bcforestsafesafe.org](mailto:dustin.meierhofer@bcforestsafesafe.org) 

# Marine Forest Safety Advisory Group Update

Following the sinking of the Lasquetti Daughters (a self-propelled barge), the industry-based Marine Forest Safety Advisory Group (MFSAG) was created. The group's mission is to cooperatively determine the type, frequency and factors relating to marine forest safety incidents and take appropriate actions to improve safety performance and reduce the potential for injuries and fatalities.

MFSAG identified key areas for resource development used by small commercial passenger vessels carrying forestry workers. These resources are complete and are now available by [visiting our website](#).

- NEW - Marine Carrier Best Practices
- NEW - Marine Go No-Go Flowchart
- Marine Emergency Sticker
- Marine Incident Reporting

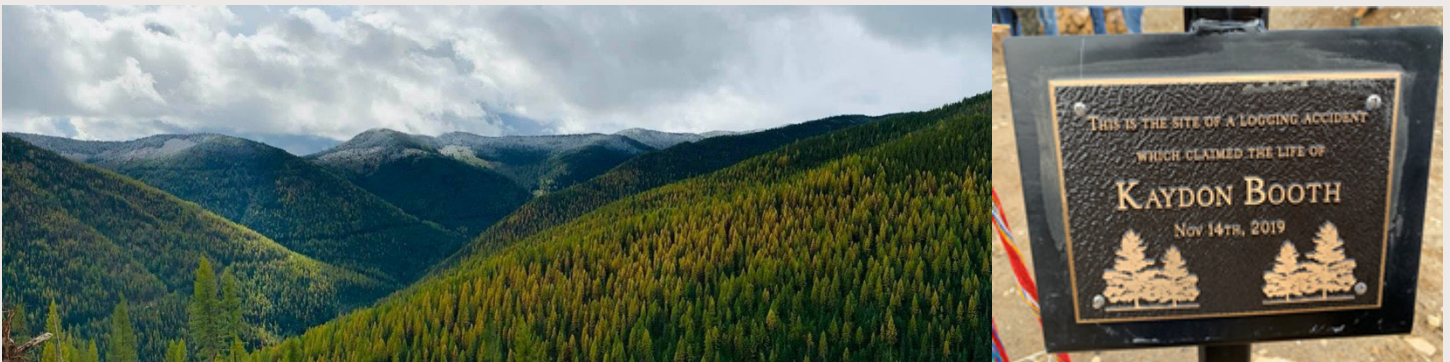
The BC Forest Safety Council would like to thank the MFSAG members for their commitment to improving safety performance with the development of these safety resources.

- Aaron Frost, Strategic Natural Resource Consultants Inc.
- Brian Beaudry, Brinkman
- Gary Bauer, Interfor
- Robin Modesto, Interfor
- Glenn Budden, Transportation Safety Board
- Don Wilson, Silver King Ventures
- Rick Viventi, Arrow
- Sanjay Gupta, Transport Canada
- Aloak Tewari, Transport Canada
- Timo Scheiber, Western Forestry Contractors Assoc.
- Tom Jackson, Ministry of Forests, Lands and Natural Resource Operations & Rural Development and BC Timber Sales
- Tim Pryde, WorkSafe BC
- Lisa Houle, WorkSafe BC

Members will continue to support marine forest safety and will reconvene as a collaborative group should their expertise be required for further industry safety protocols. 🌲



## Family and friends gather near Creston, BC to remember Kaydon Booth, killed in a logging accident in November 2019.



In late August, a monument was placed on a harvesting block near Creston, BC, the site of a logging accident that took the life of 19 year old forestry operator, Kayden Booth. Over Thanksgiving weekend, friends and family shared a day of mourning at the site to grieve the tragic loss this young man who was deeply loved and is fiercely missed.

*"What a place for him to have taken his last breath...it was truly breathtaking and healing way up in those mountains"* Kaydon's aunt, Laurie Case, shared in her Facebook post.

Kaydon was fatally injured when he was struck while working in proximity to a piece of heavy equipment. As industry prepares for the busy months ahead, we hope that remembering Kaydon will help us all to be exceptionally diligent in our efforts to get every worker home safe, every day. 🌲





## Falling Technical Advisory Committee (FTAC) Meets Virtually

Following two cancellations of the FTAC meetings in the first and second quarter due to COVID-19 restrictions, FTAC resumed on September 18<sup>th</sup> with an online meeting format. The group gathered to discuss:

- New industry resource packages including Trap Tree, Fall and Burn and Glading
- The Phase Congestion/Integration course which is now available on the BCFSC website
- Updates to the BC Faller Training Standard/New Faller Training
- Updates on Falling Safety Advisor activities
- The FTAC subcommittee's work with developing a risk assessment tool and standardized industry safe work procedures to be used when falling on steep slopes, when fall restraint is needed and for the use of springboards.
- The development of falling podcasts. Industry is invited to submit topics they would like covered to Scott Rushton at [srushton@bcforestsafef.org](mailto:srushton@bcforestsafef.org)

Many FTAC members had positive feedback about the online meeting stating the virtual platform saved them travel time and was an efficient tool for moving important falling initiatives forward. BCFSC is working with FTAC members to find ways to make future meetings more accessible to attend and allow more consistent participant engagement. Some ideas being considered are facilitating shorter but more frequent meetings and changing meeting times. The next virtual FTAC meeting is scheduled for December 4<sup>th</sup>, 2020.

### Faller Certification Card Renewals

In the October 2019 issue of Forest Safety News, BCFSC announced that BC Forest Safety certified fallers would be receiving updated faller cards with a three-year expiry date. All fallers should have now received their updated cards with a 2023 expiry date.

If you have not received your card or require a replacement card, please contact the Falling Department at [faller@bcforestsafef.org](mailto:faller@bcforestsafef.org) or call 1-877-741-1060. 📞



### New Faller Trainees Complete Initial Training with Cohort Safety Protocols in Place

New Faller Training Course #68

Location: Sooke

Date: September 14 - October 16, 2020

Back left side: Lead Trainer - John Jacobsen and Assistant Trainer - Steve Telosky

Front row left to right: Trainees - Joel Collins, Eli Richard, Jesse Child, Conlan Jones, Assistant Trainer - Matt James and Assistant Trainer - Paul McCaffrey

All participants and trainers were required to complete COVID-19 self-assessments prior to attending the program and were required to stay together in their cohorts until the course's completion to ensure each member stayed safe. 🌲





## A Guide to Immunity; White Blood Cells, Antibodies and COVID-19

By Dr. Delia Roberts

The world has always been full of bacteria and viruses. Some can co-exist alongside our own cells and can even be beneficial to us. Unfortunately though, many infections can damage the host, and as our immune system fights, illness and even death can result. Such is the case with SARS-Cov-2, the virus that causes COVID-19. This article will explain how the immune system responds to this virus and what you can do to give yourself the best possible chance of winning the battle against this and other diseases.

At the most basic level, the best way to prevent transmission of any virus or bacteria is not to be exposed to it. This approach led to the shutting down of most non-essential services early last spring. But while social distancing and sanitizing are effective at reducing exposure to SARS-Cov-2, the unique situations that arise from working in the forestry industry may limit how well you can follow these guidelines. The good news is that even if you do have some exposure to a virus (or bacteria), your immune system has a finely tuned series of defenses designed to protect you, and the lifestyle choices you make can go a long way to keeping your immune system functioning at its best.

The Immune System is composed of two parts that work together to protect us. The first line of defense is the Innate System. This system is very important for fighting a novel virus like SARS-Cov-2 because it doesn't require any prior exposure in order to identify and attack the virus. The SARS-Cov-2 virus only evolved to infect humans in the past year, so most people have never been exposed to it before, and their immune systems can't 'recognize' it (more on this later).

The Innate system begins with a series of barriers, consisting of intact skin and mucous membranes that coat the nose and airways, digestive and urogenital tracts, and the surface of the eye. The skin and mucous membranes also produce enzymes and chemicals that act attack any invading organisms or infected cell, as well as activate the second part of the immune

system – the Adaptive System. So the first two points to put on your list of things to keep your immune system functioning in top form are; an intact barrier made up of undamaged skin - you could add a face mask and eye protection here, along with moisturizer and lip balm to prevent cracking of the skin with cold exposure, and two; things as simple as running a humidifier in dry cold climates. The high moisture level of the mucous membranes of the nose, throat and airways helps to trap particles in mucus secretions and remove them before they gain entry into lung cells. Avoiding smoking is also critical for maintaining healthy mucous membranes in the nose and throat. Any type of smoke and vapor are irritants, and nicotine paralyzes the tiny hair like cilia that sweep mucous and trapped particles away from the vulnerable lung tissue.

Certain cells of the Innate system act to help identify, isolate and kill infecting organisms. One type, called Natural Killer (NK) cells, recognize and attack virally infected cells (and those that have become cancerous). There's strong evidence that NK cells in people who exercise regularly are more effective, providing protection against cancer and upper respiratory tract infections. COVID-19 infection rates and severity of symptoms are lower in people who are physically fit. So put getting a minimum of 30 minutes of moderately intense exercise 5 days per week on your list of immune strengtheners. Keep in mind that most forestry workers do not meet this level of physical activity during a day of work, unless the day is spent hiking around the block. This might be surprising due to the fatigue you feel at the end of a long day, but it does mean that at least several times a week you need to actively seek out opportunities to get some more intense aerobic exercise if you want to keep your immune system functioning at its best.

The second and most powerful part of the Immune System is the Adaptive System, it learns to specifically recognize the shape of individual proteins on the bacteria or virus or infected cell, but it takes a week or two to mount its defense with a first exposure.

The big advantage of this system is that it remembers what the infections' proteins look like, allowing it to respond much faster the next time you are exposed to the same virus or bacteria. That way it can kill off the invading organism before it starts replicating and causes the disease. It's this fast response that can be created through a vaccine, thereby preventing diseases that cause serious effects like polio and measles – and hopefully soon for COVID-19 as well. By teaching your immune system to recognize the virus without experiencing the disease, it's the most powerful immune booster of all.

Adaptive System B cells produce antibodies that bind up viruses or bacteria, while different types of T-cells can kill infected cells or act to regulate the immune response. Every step of this process has also been shown to be stronger in people who exercise regularly, and impaired in people with metabolic syndrome and obesity and with aging – except in those who are fit! . So if you are looking for something that is truly proven to boost the immune system, put getting regular moderate exercise at the top of your list.

Because of the need to produce lots of immune cells, antibodies, and all kinds of proteins, it takes a fair bit of energy and material to mount an immune response. This means that making sure to get enough rest and nutrients is important to give your immune system it's best chance. Many studies have shown that getting enough sleep reduces inflammation and susceptibility to upper respiratory tract infections, so add 8 hours of rest nightly to your list of immune boosters. It may not be possible to achieve this goal all the time, but you can make getting a good sleep a priority during flu season or times like now, when we face the threat of a pandemic.

As far as diet is concerned, calories are a two edged sword. Glucose and the amino acid Glutamine are the preferred fuels for immune cells, so if you don't get enough carbohydrates or protein the immune system can't do its job. When blood

*Continued on page 22...*

glucose drops, the hormone Cortisol is released and acts to try and restore glucose levels. Body functions that are considered to be non-essential are blocked from using glucose, including cells of the immune system. Chronic stress also causes secretion of Cortisol and other hormones that are linked to lowered immunity. In contrast, excess calories (especially glucose) can increase inflammation, which has also been shown to lead to poor resistance to infections. Thus, two additional ways that you can give your immune system a boost are to manage your stress levels, and match your calorie intake to your output, with special attention to stabilizing blood glucose and getting enough protein. The best immune boosting diet is to avoid sugars, (especially in liquids), and choose unprocessed whole fruits, vegetables and grains for your carbohydrate sources. Combining proteins and moderate amounts of healthy fats with your carbs will also help to slow digestion and keep blood sugar more stable. It will also make sure you get enough protein and all the vitamins, minerals, antioxidants and other compounds that you need to mount a strong immune response.

Unfortunately, there is no clinical proof that supplementing with any product enhances immunity, unless a deficiency exists. Part of the problem is that the quality of many of these studies is poor, the supplements used in the studies tend to be pharmaceutical grade and quite different from those that are commercially available, the number of participants are often low and the duration short term. What seems to be initially promising rarely holds up under greater scrutiny. There are even cases where what was thought to be beneficial turns out to have negative effects, as has been found for high doses of antioxidants including Vitamin E. Iron is also toxic at higher amounts. There are however, a few cases where there is a clear link between increased risk of infections and low levels of a nutrient, such as for Vitamins D and A, glutamine, selenium and zinc – but taking more of these substances doesn't boost immunity, it's just that many people don't get enough of them, or that disease states might make you use more of them. There is some evidence that gut bacterial populations are important for health and immune function, but at this point in time, we just don't know enough about which probiotics help which populations. Hence, the only recommendations that are scientifically sound are to consume a fiber rich unprocessed diet, containing at least five servings of wide variety of fruits and vegetables daily, and whole grains, proteins and healthy fats in amounts appropriate for your energy needs. Some naturally fermented foods (brined or pickled without vinegar) should be consumed regularly, and food intake should be limited to less than 12 hours daily to encourage a healthy gut bacteria. If you can't follow this diet, a supplement with Vitamin A, selenium, zinc and copper should be considered. If sun exposure is limited, Vitamin D should also be supplemented.

The final dietary consideration is alcohol intake. Often an important part of the culture, it's easy for alcohol consumption to increase during the very times when peak immunity is needed. Social gatherings that involve alcohol also tend to reduce social distancing, and alcohol consumption has proven negative effects on both the Innate and Adaptive Immune Systems. If you do enjoy alcohol or the social situation encourages it, limit yourself to one or two servings of beer or red wine a couple of times a week. This amount of alcohol is low enough not to have a negative impact on your immunity, and there is some evidence that the polyphenols in red wine might even be beneficial.

In these uncertain times, making sure that we practice behaviors that are safe is critical to protect ourselves, our families, and our co-workers. Get enough rest, follow a diet similar to the Mediterranean or DASH diets, limit alcohol intake, stop smoking and get some exercise. Get yourself and your children vaccinated against serious diseases. Practice social distancing and sanitize your hands before eating or touching your mouth and nose and stay well! 🌱

Table 1. Recommended actions to maintain a healthy and effective immune system.

Protection	Action
Intact skin	<ul style="list-style-type: none"> <li>Keep skin from cracking in the cold or dry</li> <li>Wear a suitable face mask</li> <li>Wear eye protection</li> <li>Avoid touching eyes, nose and mouth</li> <li>Sanitize hands, mask, eyewear and face frequently</li> </ul>
Moist mucous membranes	<ul style="list-style-type: none"> <li>Sleep with a humidifier in cold dry climates</li> <li>Stay hydrated</li> </ul>
Stronger immune response, prevent loss of response with aging	Minimum 30 minutes of moderately intense exercise, 5 days per week.
Lowered chronic inflammation and suppression of immune response	Exercise and caloric restriction to achieve and maintain a healthy body weight
Reduced susceptibility to infections	Get 8 hours sleep nightly
Lower cortisol and other hormones that suppress the immune system	Use meditation and other techniques to manage mental stress
Stabilize blood glucose and ensure immune cells have the fuel they need to function	Adequate carbohydrate intake but avoid sugars so as to keep blood sugar stable
Provide vitamins and minerals, antioxidants and other nutraceuticals needed by the immune system.	Diet consisting of unprocessed fruits and vegetables, whole grains, healthy fats, adequate protein and high in fibre. Supplement with Vitamin D if exposure to sun is limited. Also consider supplementing with Vitamin A, selenium, zinc and copper if diet is limited
Maintain healthy gut flora	Consume live culture yogurt and other fermented products regularly. Limit food intake to 8-12 hours regularly. Choose foods rich in fibre
Avoid systemic inflammation and suppression of all steps in the immune response	Limit alcohol intake to no more than two servings per day
Maintain healthy mucous membranes	Do not use tobacco, vaping products or smoke marijuana
Build memory cells for long lasting immunity	Get vaccinated once clinically tested, safe, vaccines are available



## The BCFSC Kid's Corner and Colouring Contest

Thanks to everyone who entered our fall colouring contest. **Congratulations to Declan, age 8**, whose name was picked from our random draw. Declan wins the STIHL Toy Chainsaw and we will be sending a special gift pack to everyone else just for entering!

For our final 2020 colouring contest, send us a picture of your artwork on Winter Safety! Or submit your very own drawing showing some safety tips on how you stay safe in winter. Have your mom or dad, grandma or grandpa or guardian email us a photo of your artwork with your first name and age and we'll put your name into the draw to win another of our STIHL toy chainsaws!



### How to Enter:

- Colour the Winter Safety or make your very own drawing
- Have an adult take a picture of your artwork and email it with your name, age and your mom/dad's email address to [editor@bcforestsafesafe.org](mailto:editor@bcforestsafesafe.org)
- Submit your entry by 4pm, Monday, February 8, 2021
- Kids aged 3 – 12 are eligible.
- All entries will be put into a random draw to win the STIHL Toy Chainsaw. The winner will be contacted via their parent's email address. 🍀



### Winter Safety

When there is snow outside, bundle up in lots of layers of clothing and wear a hat. Ask an adult if it's okay to play outside and come inside often for "warm-up" breaks.

## ABOUT Forest Safety News

**Forest Safety News** is published 4 times per year, in March, June, September and December.

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. Each edition is distributed via email and available on our website with links posted on our social media channels.

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

**The Editor**  
**Forest Safety News**  
420 Albert Street  
Nanaimo BC V9R 2V7  
Call 1-877-741-1060 or email [editor@bcforestsafesafe.org](mailto:editor@bcforestsafesafe.org)

## Subscriptions

For a digital subscription to **Forest Safety News**, please visit our website at [www.bcfreestafesafe.org/newsroom/newsletters.html#Forest\\_Safety\\_News](http://www.bcfreestafesafe.org/newsroom/newsletters.html#Forest_Safety_News) and register your email address.




**BC Forest Safety**



Safety is good business  
[www.bcfreestafesafe.org](http://www.bcfreestafesafe.org)




<b>BCFSC Facebook Page</b> <a href="https://www.facebook.com/bcforestsafesafe/">www.facebook.com/bcforestsafesafe/</a>	
<b>BCFSC Instagram</b> <a href="https://www.instagram.com/bcforestsafety/">www.instagram.com/bcforestsafety/</a>	
<b>BCFSC LinkedIn Page</b> <a href="https://www.linkedin.com/company/bc-forest-safety/">www.linkedin.com/company/bc-forest-safety/</a>	
<b>BCFSC Twitter</b> <a href="https://twitter.com/bcforestsafety">https://twitter.com/bcforestsafety</a>	
<b>BCFSC YouTube</b> <a href="https://www.youtube.com/user/BCForestSafety/playlists">www.youtube.com/user/BCForestSafety/playlists</a>	
<b>BCFSC COVID-19 Webpage</b> <a href="https://www.bforestsafesafe.org/node/3460">www.bforestsafesafe.org/node/3460</a>	
<b>BCFSC Subscribe</b> <a href="https://analytics-ca.clickdimensions.com/cn/aav43/SubscriptionMgmt">https://analytics-ca.clickdimensions.com/cn/aav43/SubscriptionMgmt</a>	
<b>SIFp Webpage</b> <a href="https://www.bforestsafesafe.org/node/3568">www.bforestsafesafe.org/node/3568</a>	
<b>Phase Congestion</b> <a href="https://www.bforestsafesafe.org/node/3109">www.bforestsafesafe.org/node/3109</a>	
<b>Mental Health First Aid Training</b> <a href="https://mhfa.ca">https://mhfa.ca</a>	
<b>SAFER</b> <a href="https://www.safer.ca">www.safer.ca</a>	
<b>Training Calendar</b> <a href="https://www.bforestsafesafe.org/fscapps/calendar/calendar.php">www.bforestsafesafe.org/fscapps/calendar/calendar.php</a>	

<b>Safety Alerts</b> <a href="https://www.bforestsafesafe.org/safety_info/alerts_bulletins.html">www.bforestsafesafe.org/safety_info/alerts_bulletins.html</a>	
<b>Submitting SAFE Audits</b> <a href="https://www.bforestsafesafe.org/node/2810">www.bforestsafesafe.org/node/2810</a>	
<b>Healthy Worker Resources</b> <a href="https://www.bforestsafesafe.org/node/3435">www.bforestsafesafe.org/node/3435</a>	
<b>Road Safety at Work</b> <a href="https://roadsafetyatwork.ca">roadsafetyatwork.ca</a>	
<b>WorkSafeBC (WSBC)</b> <a href="https://www.worksafebc.com">www.worksafebc.com</a>	
<b>Commercial Vehicle Safety Enforcement Compliance Circular No. 06-19</b> <a href="https://www.th.gov.bc.ca/cvse/CTPM/Com_Circulars/2019/20191030-Circular-06-19-Autotarp-Allowance.pdf">www.th.gov.bc.ca/cvse/CTPM/Com_Circulars/2019/20191030-Circular-06-19-Autotarp-Allowance.pdf</a>	
<b>DriveBC</b> <a href="https://www.drivebc.ca">www.drivebc.ca</a>	
<b>WorkSafeBC COR Program Updates</b> <a href="https://www.worksafebc.com/en/about-us/news-events/announcements/2020/November/proof-concept-for-proposed-improvements-to-cor-program">www.worksafebc.com/en/about-us/news-events/announcements/2020/November/proof-concept-for-proposed-improvements-to-cor-program</a>	
<b>WorkSafeBC Video</b> <a href="https://youtu.be/U0lkqXBQEUK">youtu.be/U0lkqXBQEUK</a>	
<b>OHS Public Hearing</b> <a href="https://www.worksafebc.com/en/law-policy/public-hearings-consultations/current-public-hearings-and-consultations/december-2020-public-hearing-on-proposed-changes-to-the-ohsr-dec-14-20">www.worksafebc.com/en/law-policy/public-hearings-consultations/current-public-hearings-and-consultations/december-2020-public-hearing-on-proposed-changes-to-the-ohsr-dec-14-20</a>	
<b>Shift Into Winter</b> <a href="https://shiftintowinter.ca/">https://shiftintowinter.ca/</a>	
<b>Coast Mountain College</b> <a href="https://www.coastmountaincollege.ca/programs/discover/contract-services/funded-programs/entry-level-forest-worker-training">www.coastmountaincollege.ca/programs/discover/contract-services/funded-programs/entry-level-forest-worker-training</a>	

## Article Web Links

<b>Marine Forest Safety</b> <a href="http://www.bcforestsafe.org/marine_safety">www.bcforestsafe.org/marine_safety</a>	
<b>Woodlot Licence and Community Forest Agreement Safety Committee (Small Tenure Safety Planning)</b> <a href="http://www.bcforestsafe.org/node/2711">www.bcforestsafe.org/node/2711</a>	

<b>WorkSafeBC COVID-19 Safety Planning</b> <a href="http://www.worksafebc.com/en/about-us/covid-19-updates/health-and-safety">www.worksafebc.com/en/about-us/covid-19-updates/health-and-safety</a>	
<b>VALID Manufacturing</b> <a href="https://validmanufacturing.com/divisions/vehicle/autotarp-system/">https://validmanufacturing.com/divisions/vehicle/autotarp-system/</a>	