FOREST SAFETY NEWS

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2020 – A Year of Challenges and Successes

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

What's Inside:

Most of us were happy to ring in 2021 and leave 2020 in the rearview mirror as a notable chapter in the history books. And while we still have some challenges ahead, the road map is becoming clearer to a post-pandemic world. The forest sectors' history of resilience positioned it well to meet the challenges associated with COVID-19, supporting the BC government declaring forestry and silviculture practices as essential services early in the pandemic.

These efforts were supported across the industry and involved a concerted effort by employers, workers, unions, contractors and industry associations working collectively to achieve a common goal. Because of the forest industry's efforts and the priority placed on COVID 19 precautions, there were no known cases attributed to any forestry activity in BC last year. At the same time, an estimated 300 million trees were successfully planted in 2020 under these unprecedented circumstances, which is a remarkable undertaking.

This shared focus and collaboration to achieve a common goal is also evident in the continued progress by industry in improving safety performance. One doesn't have to look back very far in the history books to acknowledge the efforts of our industry to improve its safety performance. In 2005, BC's forest sector was making national headlines on the front page of the Financial Post highlighting forty-two forestry workers deaths in BC that year. One year before, the Forest Safety Task Force, set out a number of recommendations that would fundamentally change how health and safety was managed by the forest industry in BC. To use a quote from Henry Ford, "Coming together is a beginning, staying together is progress, and working together is success." Over the last fifteen years, forest sector stakeholders have demonstrated that when we work together, we can achieve our collective goal of ensuring every forestry worker goes home safe everyday. With each passing year, industry has achieved new milestones in improved safety performance and has demonstrated our goal of achieving no-work related deaths is within reach. In 2020, there was one direct harvesting work-related death. While this number represents the lowest number of work-related deaths on record, it also represents one individual that did not make it home to their family. I extend our heartfelt condolences to the families, friends and colleagues of the deceased.

As you read the articles in this issue of FSN, take some time to reflect and celebrate our success and progress and then ask yourself what each one of us can do in 2021 to achieve our goal of Ensuring Every Forestry Worker Goes Home Safe Everyday.

On behalf of BCFSC, I would like to thank you for your individual and collective efforts to ensure that everyone goes home at the end of every workday and wish you a healthy, safe and prosperous 2021!

Our industry's safety success is dependent on your continued commitment and support.

Sincerely,

Rob Moonen, BCFSC CEO

What's New

Take a look at the latest list of what we have to offer since December 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.

ELD Video – Check out the new "Busting the Myths about ELDs'" video and hear log truck drivers and wood fibre haulers talk about their experiences with electronic logbook devices.

New Faller Training – Three new faller training courses are scheduled for 2021. March 2–April 3, 2021, April 20–May 22, 2021, September 27–October 29, 2021. To register, contact the College of the Rockies at 250-344-5901.

SAFE Companies Online Audit Tool – Our dedicated resource page and instruction videos will help you learn how to use the new online system.

Resource Road Driver Program – New online training will include knowledge-based learning which will ensure a foundational base of knowledge to support the in-field training which focuses on essential driving skills.

Training Calendar – Take a look at the 2021 Training Calendar.

Safety Alerts – Here are the latest alerts from BCFSC and industry.

- BCFSC Safety Alert of the Month - **Learning from Past Incidents**
- Industry Alerts
  - **Roadside Hazard: Snow Plow at Work**
  - **First Aid Procedures and Equipment Revisions**
  - **Hazard Alert: Rocks in Logging Truck Loads**
- **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 Enews – Subscribe to Insight; WorkSafeBC's policy, regulation and research division e-Newsletter, Health and Safety Enews, Young Worker Enews and more.

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

Auditor General Report: Management of Forest Service Roads

The Office of the Auditor General of British Columbia has released a new audit report about the management of Forest Service Roads. The audit assessed whether the Ministry of Forests, Lands, Natural Resource Operations and Rural Development managed safety and environmental risks on forest service roads in accordance with its policies. The report includes nine recommendations to help the ministry meet its own expectations for undertaking inspection and maintenance work on FSRs. These recommendations include tracking information required to determine if inspections and repairs are completed on time and developing an approach to ensure that FSRs are adequately maintained. Take a look at the BC Auditor General's Report and watch the overview video featuring Auditor General, Michael Pickup.

Forestry Sector 2021 Conferences and Events

Forest sector events and conferences have been put on ice since the start of the COVID-19 pandemic. Tree Frog Forestry News has been putting together a list of conferences (linked when possible to relevant websites) showing what's been cancelled and what's been rescheduled. Visit this link for the most up-to-date information.

Coming Up Soon:

Council of Forest Industries Virtual Conference, April 8, 2021. Register now.

Wood Products Manufacturing Best Practice Share

Last year the Manufacturing Advisory Group (MAG) expressed a desire to look outside BC to share information and best practices about COVID-19 risk management. BCFSC reached out to Workplace Safety North in Ontario and that alliance inspired the development of the first cross-country Wood Products Manufacturing Best Practice Share.

The initial session was very well-received and the group agreed to meet quarterly to review other topics relevant to both groups.

In 2020, representatives from some wood products manufacturing companies in Ontario and BC met to review and discuss best practices in Lock-out and Mobile Equipment/Pedestrian interface.

"There was a silver lining to this pandemic. Our respective provincial Wood Product Manufacturing safety groups determined a collective need to share COVID-19 safety plans, ideas and practices. This partnership has evolved into other risk-reduction and safety idea sharing opportunities addressing many of our industry's significant safety challenges. This has been a great step towards making our operations safer for our employees and contractors." said David Murray, BC Manufacturing Advisory Group (MAG) Chair and Corporate Safety, HR & Environment Manager for Gorman Group of Companies.

The quarterly sessions scheduled for 2021 will be:

- April 1 @ 10:30am-12:00pm (PST)
- May 20 @ 10:30am-12:00pm (PST)
- September 30 @ 10:30am-12:00pm (PST)
- December 16 @ 10:30am-12:00pm (PST)

Topics are identified based on input from industry. Representatives from BCFSC and Workplace Safety North will work with their manufacturing clients to identify content and presenters that would be of interest and benefit industry.

"We are very excited about this new opportunity to share and learn with other wood producers outside of BC. We will be working with other forestry safety associations to expand the network in 2021. The more we can learn from one another and implement best practices on common issues common, the safer our workplaces will be across the country. Industry hazards don't stop at the BC border and neither should learnings." Cherie Whelan, Director SAFE Companies BCFSC, former resident of Alberta and born and bred in Newfoundland!

If you would like more information, or to be added to the meeting, please email **mag@bcforestsafe.org**

Breaking New Ground in Pellet Plant Safety: Simply and Effectively

British Columbia's wood pellet producers are devoted to running safe operations. In 2014, the Wood Pellet Association of Canada established the WPAC safety committee as a forum for industry participants to share knowledge and to work collectively on solving common safety concerns such as combustible dust management, safe-guarding, working in confined spaces and lock-out procedures. This has resulted in a near elimination of safety incidents, increased worker protection, and an ever-improving relationship with WorkSafeBC. BC Forest Safety Council's ongoing participation in our safety initiatives are integral to WPAC's success.

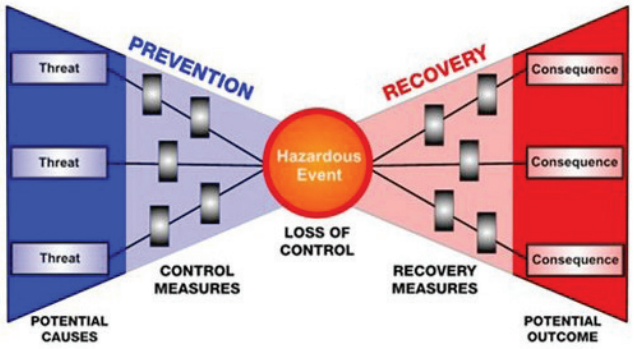
Recently, WPAC safety committee members realized that despite everyone's best efforts, the industry was still vulnerable to potential catastrophic incidents that couldn't always be prevented by traditional approaches to safety. Members believed that despite all the safety improvements that had been adopted, the potential remained for pellet plants to experience major unwanted events (MUEs) such as explosions fires and fatal accidents.

After some research and with guidance and prompting from WorkSafeBC, WPAC's safety committee decided to pursue a process known as Critical Control Management (CCM) which starts with a procedure known as bowtie analysis.

Plant operators identify various potential MUEs – like fires and explosions – each one of these MUE's forms the centre of a bow tie. Then plant operating, maintenance and safety personnel consider all plausible accident scenarios that could exist around each MUE and then identify critical controls that would prevent the MUE from occurring.

"CCM and bow tie analysis relies on the Swiss Cheese Model -- imagine each piece of swiss cheese having holes and each hole represents a potential safety weakness," explains WPAC's Executive Director Gord Murray. "But if you layer multiple pieces of swiss cheese together, the holes don't line up, they create a collective barrier to safety weaknesses. This is the essence of CCM."

To complete the CCM process, plant management must assign responsibility for each critical control to designated plant personnel, and implement a monitoring and reporting program to ensure continuous improvement.



CCM is already widely used in mining, chemical, and oil and gas industries around the world, but it's new to the wood pellet industry.

WorkSafeBC is a supporter of CCM and so WPAC began working with them to implement CCM plans

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for their member companies' plants. But it became clear very early on that CCM was a complicated process that could not be implemented by simply handing out a manual and issuing instructions to WPAC's members.

"We initially underestimated how much work it would take to implement it at the plant level," says Gord. "So together with BC Forest Safety Council we started reviewing the manuals and developing a program that will help us take our collective safety to a new level."

WPAC and BCFSC struck a project team to assist member companies adopt and implement bow tie-identified critical controls at the site level.

"The bow tie is a great tool because it gives everyone involved a better understanding of how they need to work together to prevent an incident," says Cherie Whelan, the BC Forest Safety Council's director for SAFE Companies and a member of the WPAC-BCFSC project team. "With CCM we can now manage multiple layers of controls into a single process resulting in better safety at every level."

Last year work began on implementing CCM around combustible dust. It was so well-received by the industry that WPAC now has all 14 of its member plants and one MDF facility clamouring to be the first to implement it. Together WPAC and BCFSC, in conjunction with the industry, have developed an implementation schedule with the goal of completing bow ties and critical controls to WorkSafeBC by late 2021.

Two BCFSC Safety Advisors, Bill Laturnus and Tyler Bartels will be providing on-site and online support to all 15 operations in 2021. They will provide education, training and mentoring in the necessary knowledge and skills required to identify the site-specific critical controls. Further support will help the operations develop their internal systems to effectively manage these critical controls to ensure they operate 100% of the time.

"We have identified priority processes to cover in each plant with a primary focus on potential fires and explosions. Presently we are testing that out at two facilities," explains Gord. "Then we will take those learnings and applications to other plants where the preliminary bow ties will be modified for the circumstances in each plant."

"We are hugely gratified by the degree of industry buy-in and the outstanding cooperation amongst all plant operators. WorkSafeBC is keenly interested in our progress and we are diligent in reporting to them regularly," adds Gord.


Photo taken pre-COVID

The initiative has also caught the eye of university researchers. WorkSafeBC is funding a Dalhousie University Department of Process Engineering and Applied Science research project that will build on a comprehensive set of combustible dust bow ties developed by WorkSafeBC and WPAC to facilitate knowledge and transfer it to employees and employers throughout the wood pellet industry in other Canadian provinces and internationally.

"Overall the plan is ambitious, requires a significant amount of effort—and will make our plants safer," says Gord. "Companies will understand their equipment better; workers will be able to operate and maintain that equipment safely; the equipment will be more reliable; and plant managers will know what activities are most important."

Stay tuned for more CCM articles over the coming months as the process is implemented province-wide. For more information contact Gord Murray, **gord@pellet.org**

Defining Combustible Dusts: Does Particle Size Matter?

By Eric Brideau, Industrial Process Safety Group Project Consultant, Jensen Hughes

Many wood materials and by-products are not easily burned in their raw form but may be explosible in dry particulate or dust form due to the reduced moisture content and increased surface area available for reaction and diffusion mechanisms during the combustion process. These materials are known as combustible dusts and can cause dust explosions in processing facilities if the particle size of the dust is small enough to propagate a flame front, there is a means of suspending or dispersing the dust in air or other oxidizing atmosphere, a sufficient quantity of dust exists to achieve the minimum explosible concentration, a source of ignition exists, and there is a sufficient degree of confinement such that damaging overpressure may develop as a result of the rapid increase in temperature associated with the combustion process. If there is no or little confinement, a dust flash fire may occur which can still cause injury or damage to equipment and property.

In a processing or manufacturing facility that handles wood materials, there can be solid particulates and dusts with varying particle size distributions that exist throughout the process, some of which may be combustible dusts that are explosible in dust cloud form. But what exactly is a combustible dust, and how can you determine if combustible dust hazards exist in your facility? Definitions for combustible dust are provided in various codes and technical standards, among other sources, but can vary across these sources making it somewhat difficult to clearly define what a combustible dust is. Most notably, there are some technical standards that use a specific particle size limit as a criterion while others provide a broader definition. For example, combustible dust is defined without a particle size limit in many NFPA standards, such as NFPA 652 (2019), NFPA 68 (2018), and NFPA 69 (2019), as "a finely divided combustible particulate solid that presents a flash fire hazard or explosion hazard when

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suspended in air or the process-specific oxidizing medium over a range of concentrations." Similarly, NFPA 77 (2019) defines a combustible dust as "a combustible particulate solid that presents a fire or deflagration hazard when suspended in air or other oxidizing medium over a range of concentrations, regardless of particle size or shape." OSHA also uses a similar definition to NFPA 77 with slightly different wording but emphasizes that a dust can be combustible regardless of size, shape, or chemical composition. The definition provided in NFPA 499 (2021), however, uses a particle size criterion and defines combustible dusts as "dust particles that are 500 micron or smaller (i.e., material passing a U.S. No. 35 standard sieve as defined in ASTM E11-17), and present a flash-fire hazard or explosion hazard when dispersed and ignited in air." Similar definitions with a 500-micron particle size limit are used in the U.S. National Electrical code (NFPA 70, 2020) and the Canadian Electrical Code (CSA C22. 1-18).

Industry specific NFPA standards also exist that provide slightly different definitions for the specific combustible dusts handled. For example, NFPA 664, which is an industry standard specific to the prevention of fires and dust explosions in wood processing and woodworking facilities, does not provide a definition for combustible dust and instead provides a definition for deflagrable wood dust; however, the term combustible dust is used interchangeably with deflagrable wood dust throughout the standard. NFPA 664 defines deflagrable wood dust as "wood particulate that will propagate a deflagration flame front, when suspended in air, or the process-specific oxidizing medium, in sufficient concentration, thus presenting a deflagration hazard." Similar to many other technical standards that provide general definitions for combustible dust, NFPA 664 does not specify a particle size limit when defining deflagrable wood dust.

Although a particle size limit of 500 microns is not used as a criteria to define a combustible dust in many of the relevant NFPA standards, such as NFPA 644 and NFPA 652, these standards explain that, typically, it is unlikely that particulates will be combustible when the particle size is greater than 500 microns due to the small surface-to-volume ratio. It is also recognized in these standards, however, that when particles deviate from a spherical shape, such as for flat platelet-shaped particles, flakes, or fibers with lengths that are large compared to their diameter, they may not pass through a 500 micron sieve but could still pose deflagration or explosion hazards. In reality, there is no single particle size limit that can define combustible dusts as chemical composition, in addition to physical parameters such as moisture content and particle shape, effect the upper limit of the particle size in which a given dust will be combustible. Therefore, from a dust explosion prevention and mitigation perspective, a definition of combustible dust that does not define a particle size limit is more appropriate for the identification of combustible dust hazards so that potential hazards are not erroneously screened out from further hazard analysis or risk assessment based on particle size. For example, if sieve analysis is used for preliminary screening of potential combustible dusts based on the percentage of material that passes through a 500 micron sieve, a combustible material with a low percentage capable of passing through a 500 micron sieve could be wrongly classified as non-combustible even though the particulates are small enough to propagate a flame front and may be explosible in dust cloud form. If it is assumed that no hazard exists from the material during the hazard identification stage, further evaluations will likely not be performed to determine the prevention and mitigation measures required to manage the existing process-specific risks, which may leave process equipment and building areas vulnerable to dust deflagrations or explosions.

So, if combustible dusts can't be definitively identified based on particle size, how can you determine whether the specific wood materials handled at your facility present combustible dust hazards and are explosible in dust cloud form? As a starting point, the materials should be tested at various locations throughout the process and facility based on an informed dust sampling and testing strategy and using standardized equipment and procedures such as those developed by the American Society for Testing and Materials (ASTM). By testing the dusts at your facility, you can determine whether your dusts have the potential to cause an explosion, as well as characterize the ignition sensitivity (i.e., how easily the dust is ignited) and explosion severity (i.e., how violently the dust will react) of the combustible dusts. Once the combustible dusts within your facility are characterized, a Dust Hazard Analysis (DHA) should be performed to identify the process- and equipment-specific hazards and to ensure that these hazards are being managed in accordance with the applicable codes, standards, and engineering guidelines with respect to explosion safety requirements. A DHA is a systematic review of potential fire, flash fire, and explosion hazards associated with combustible dusts that will help to ensure that equipment is installed in compliance with good engineering practice guidelines and that a proper level of protection exists to prevent combustible dust explosions from occurring and mitigate the severity and consequences of a dust explosion should one occur.

CANADIAN BIOMASS

Dryers Equipment Features Pellets

Key takeaways from WPAC's Belt Dryer Symposium

January 20, 2021

By Fahimeh Yazdan Panah

A view of the bed dryer infeed at Pinnacle's Williams Lake, B.C., plant, showing the infeed conveyor and metering bin supplied by Continental Conveyors. Photo courtesy Pinnacle Renewable Energy

The Wood Pellet Association of Canada (WPAC), in co-operation with the BC Forest Safety Council, WorkSafeBC and media partner Canadian Biomass, held the Belt Dryer Symposium on Nov. 25, 2020. As belt dryers have become more common, the pellet industry has experienced several safety incidents over the past few years. The purpose of the Belt Dryer Safety Symposium was to share the learnings from these incidents and for individual operators to share in-house safe operating procedures with their industry colleagues.

Over 70 participants, including pellet producers, dryer manufacturers, insurance companies, universities, fire detection equipment suppliers and WorkSafeBC, attended the event. The workshop was moderated by Fahimeh Yazdan Panah, WPAC's director of research and technical director.

The symposium included presentations from all the operators of belt dryers in British Columbia. Steven Mueller, director of health and safety at Pinnacle Renewable Energy, and Nathan Bond, plant superintendent at Skeena Bioenergy, described their dryers, energy systems, the safety incidents they experienced and the results of their post-incident investigations. Jimmy Boudreau, plant manager at Canfor, presented their dryer operating procedures in Fort St. Johns and Chetwynd. Comparisons were done between direct versus indirect energy systems and Bill Laturnus, senior safety advisor at the BC Forest Safety Council, examined the use of process safety bowtie analysis as a means of systematically identifying and managing critical controls.

All the incidents that were discussed had occurred in direct-fired dryer systems. The key learnings from the speakers on some of the potential causes for incidents included:

- Investigation of some incidents showed that the contributing factor in one incident was believed to be loose debris from cleaning activities picked up in air stream, blown through burner, and ignited before being deposited on fibre mat on belt. Smolder eventually burned through the belt and was then recirculated by air flow igniting further smolders.
- In another incident, strong belief shared that the recirculation of air was a significant contributor to the build-up of flammable deposits, as well as a prime source of ignition as small bits of material could be blown into the airstream through the burner and redeposited on the dryer bed.
- Another potential cause included introduction of ignition source in fibre stream, or foreign material entering air intake and being ignited by a burner.
- Some of the incidents were not primarily dryer incidents but turned into one. One hammermill deflagration incident was likely caused by a foreign object creating sparks within the hammermill, possibly a rock or metal contaminant. All other potential causes were ruled out by investigation. In a conveyor deflagration, the entire system was inspected for possible ignition source, but no cause was identified.
- In one incident, sparks from the fire were not detected by the spark detection system and the temperature sensors above the belt were not affected by the fire's heat.

A number of action items were executed to address the findings from these incidents. They included:

- Engaging professional fire investigators to assist in investigation and provide recommendations
- Bringing dryer manufacturers' representatives onsite to review and approve new prevention and mitigation measures
- Increasing dryer cleaning frequency and improving cleaning practices
- Adding mesh screens in post burner airflows to catch sparks or debris
- Increasing dryer purge cycle to clear out ducting before restarting burners
- Adding additional deluge in recirculating ducting for fire suppression
- Adding man doors to allow for better cleaning and firefighting access
- Re-programming fan motors to immediately stop in upset conditions to prevent further circulation of smolders/sparks
- Re-engineering the air flow ducting and stacks to remove the recirculation air ducting system,
- Conducting Process Hazard Analysis (PHA) with process safety experts on drying systems during removal of recirculating air system
- Installing infrared cameras to detect/shut down the dryer if hot spots are found in incoming fibre
- Resetting HMI to alarm/shutdown/deluge on belt temperature increases

At the end of the symposium, participants decided to form a Belt Dryer Working Group to review the past incidents and lessons learned for safer uses of belt dryers in pellet industry.

Anyone seeking more information or interested in joining the working group should contact Fahimeh Yazdan Panah, WPAC's director of research and technical development:

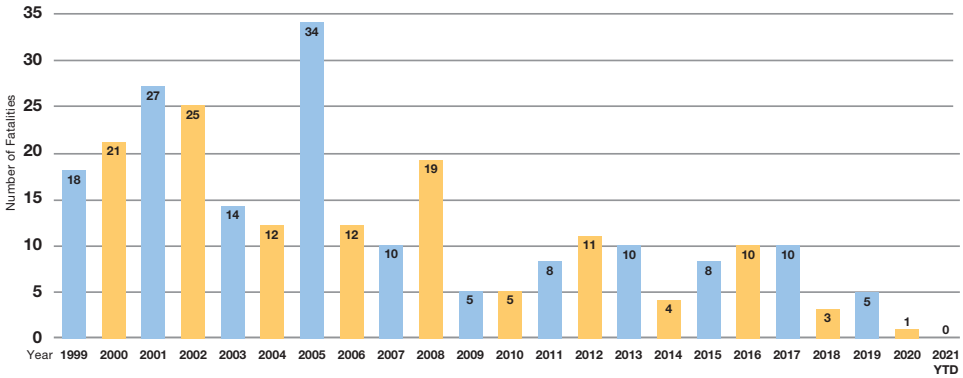
Tel: **1-778-990-2656** Email: **fahimeh@pellet.org**

Work-Related Deaths & Injuries

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.

WSBC Accepted Harvesting Work-related Death Claims



This information represents the number of work-related deaths by year in BC, up until January, 2021.

HARVESTING

Injury: Upper body injuries (1 worker)
Core Activity: Log hauling / Integrated forest management
Location: Vancouver Island/Coastal BC
Date: 2020-Dec
A worker was assisting the operator of a self-loading log transporter line pulling logs roadside. The worker was struck by the transporter's grapple.

Injury: Multiple injuries
Core Activity: Integrated forest management
Location: Interior BC
Date: 2020-Dec
A worker was using a skidder to access another piece of equipment when the skidder left the skid trail and rolled down a slope.

Injury: Puncture wound, abrasion (1 worker)
Core Activity: Manual tree falling and bucking
Location: Vancouver Island/Coastal BC
Date: 2020-Dec
A manual tree faller was cutting second-growth timber in preparation for the construction of a forestry road. They made the falling cuts in a tree (15 inches in diameter), then moved to the side hill as the tree began to fall. As they watched the tree go over, the top portion of a dead tree rooted adjacent to the falling tree broke off and struck the faller. First aid was administered on site, then the worker was transported to hospital in the supervisor's truck.

Injury: Bruising and soreness of arm
Core Activity: Logging road construction or maintenance
Location: Vancouver Island/Coastal BC
Date: 2020-Nov
During maintenance work along a resource road, a vehicle being used for transport of explosives drove off the road. The driver was treated by the first aid attendant, then transported to a medical facility.

MANUFACTURING

Injury: Close call
Core Activity: Sawmill
Location: Interior BC
Date: 2021-Jan
A fire occurred at a sawmill when an arbor bearing in a saw-box of a 20ft planer seized during operation. The fire detection and suppression system functioned as designed and the fire in the planer was extinguished by the automated system. A secondary fire, which occurred in a partition wall adjacent to the planer, was put out by workers on site. The local fire department responded to overhaul and secure the fire.

Injury: Close call
Core Activity: Wood pellet manufacture
Location: Northern BC
Date: 2020-Dec
A deflagration event occurred in one of the pelleters (wood pellet maker). No fire damage or injuries occurred.

Injury: Burns (3 workers)
Core Activity: Pressed wood product manufacture
Location: Northern BC
Date: 2020-Nov
An explosion event at a wood pellet plant caused significant damage and injured three workers (one of them a young worker). The local fire department extinguished the fires.

Injury: Close call
Core Activity: Sawmill
Location: Interior BC
Date: 2020-Nov
A fire started in the shavings bin in the fuel storage area of a sawmill. The local fire department attended the scene.

Injury: Injuries to fingers
Core Activity: Planing mill
Location: Lower Mainland
Date: 2020-Nov
A worker's hand contacted the rotating head of a planer when the worker tried to clear a piece of wood.

Injury: Injuries to leg
Core Activity: Planing mill
Location: Lower Mainland
Date: 2020-Nov
A new worker was trying to remove a piece of lumber that had fallen off a lateral infeed machine when the worker's pant leg was caught in a rotating sprocket.

Injury: Lacerated arm
Injury: Close call
Core Activity: Wood pellet manufacture
Location: Interior BC
Date: 2020-Nov
A fire started inside the closed pellet fibre conveyance system, resulting in deflagration and a dryer fire. Fire suppression systems were successfully activated. The fire department attended and released the scene.

Injury: Undetermined injuries
Core Activity: Veneer or plywood manufacture
Location: Interior BC
Date: 2020-Nov
A worker was injured when the forklift they were operating failed to navigate a right-hand turn and ran into a structural support of the building.

TRANSPORTATION

Injury: Undetermined injuries
Core Activity: Log hauling / Integrated forest management
Location: Lower Mainland
Date: 2020-Dec
A worker was driving a loaded logging truck down an 18% grade when the truck went out of control. The worker jumped from the truck and was found about 15ft behind the truck, which was abruptly stopped by a rocky outcrop.

Injury: Fatal
Core Activity: Barge, tug, or other water transport of goods / Integrated forest management
Location: Northern BC
Date: 2020-Nov
A worker was operating a tugboat in a remote marine forestry operation. The tug was reported to local authorities as being adrift and unoccupied. A water and air search was immediately initiated by the Coast Guard and police. The worker is missing and presumed drowned.

New SAFE Companies online tool for Small Employers and Individual Owner Operators

In the last Forest Safety News, we told you about a new online SAFE companies audit tool we were rolling out for our smaller employers. The tool is now live and ready to use. We've had some great feedback from early adopters and know this tool will be very useful.

Check out this short introduction video showcasing the new SAFE Companies Audit tool.

Some key features of the new system include:

- Courtesy reminders about your SAFE Companies audit due date. You'll get these at 45, 30 and 15-day intervals before your audit due date.
- Audit forms tailored to your company size.
- 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.
- You can work on your audit at your convenience. You can start the online audit process by entering some data with your email address and hit save. You will be sent an email with a link to the unfinished form so you can complete it in your own time.
- The tool is available 24/7.
- An automatic email notification to inform you the audit was submitted successfully.

We have developed a resource page and a series of short instruction videos to help you learn how to use the system. We have also developed a step-by-step instruction PDF you can download and use as you are completing the online audit.

Our SAFE Companies webpages have been updated with the audit tool links. We will also be sending direct links with our SAFE Companies audit communications to get the word out.

COVID-19 restrictions have limited the number of staff members we can have in the BCFSC office. Receiving and processing paper audits has been challenging and the process has become slower and more time-consuming. Using the online tool will not only help you get your audit done faster but it will be processed more quickly and you will have results sooner than submitting them in paper-form.

If you have any questions, or need any help with your online audit, please contact us during regular working hours at **1-877-741-1060** or by email **safeco@bcforestsafe.org**

Safety Meetings

By Tyler Bartels, BCFSC Safety Advisor


Photo taken pre-COVID

Importance of Completing Safety Meetings

Safety meetings are an important, valuable and productive tool to communicate, engage and deliver messages to your employees. The safety meeting should be a tool used in your health and safety program to get your employees thinking about safety and encourage them to participate in health and safety programs. Safety meetings are not only an important way to provide information to workers, but they also give employees a forum to provide feedback and information. Employees should be encouraged to share ideas and provide suggestions to prevent incidents and minimize work-site hazards.

Regular safety meetings will keep employees up-to-date on company news and review enhancements to health and safety programs such as updated safe work procedures. They provide a collective setting to review past incidents, near misses and safety alerts and inform workers of any recent incidents with a chance to discuss adjustment to help prevent re-occurrences. Safe work practices change throughout the year relevant to the season or different stages of work activities and projects. Regular safety meetings are the opportune time to discuss relevant and important topics with employees and provide them with additional safety information based on the time of year or changes in work-site activity.

How to make your Safety Meeting Effective

As valuable as safety meetings can be, they can also be ineffective if managed incorrectly. To ensure safety meetings are providing the best use of people's time and to keep the meetings on track, there are several steps to consider.

1. Take time to prepare for the meeting. Consider picking a relevant topic and finding some valuable information to share with employees. Review past incident information or look for relevant safety alerts to share with employees. Pick something relevant from your health and safety program such as a safe work procedure or other safety-related document to review with employees like a crew talk sheet.

2. Put yourself in the worker's shoes. Consider the most appropriate time and place to hold a meeting so they can retain the information. Depending on the work environment, shift schedules and location of the employees, it can be difficult to hold safety meetings. Try to plan the location, length and timing so the employees are most engaged. Pick a comfortable location, and try to keep the meeting short, around to 10-15 minutes, held at the beginning of the workday or shift when crews are fresh and in the right mindset to start the day.

3. Lastly, consider how to deliver your meeting. If you are only reading from a sheet of paper or passing out a piece of paper for the workers to read, how engaged do you think they will be and how effective do you think the outcome will be? Try and engage employees as much as possible. Start discussions, share personal stories and experiences or ask workers to share their stories and experiences. Ask questions and be open to new ideas. Maybe even consider asking a worker to run the safety meeting to change things up and get workers to take more ownership and possibly provide more feedback.

BCFSC has several resources to help get you prepared to talk about safety with your crews. Visit our website to access crew talks sheets, safety alerts, healthy worker resources and more.

Training Supervisors for Success

Front line supervisors are critical in all operations. They provide leadership, expert instruction and problem-solving ability. It is challenging for supervisors to respond to the wide variety of workplace situations, so how can forest companies help and support supervisors in these demanding situations?

One way is to ensure all supervisors are equipped with the basics before they start – all the knowledge, skills and attributes needed to be successful in the job. A comprehensive list of forest industry supervisor competencies gives employers a baseline to train and evaluate their supervisors. Elevating all supervisors to a base standard of competency criteria will improve operational and safety performance significantly.

The BCFSC is working with two industry groups to build training materials to help supervisors reach a foundational level of skill and knowledge. The Manufacturing Advisory Group (MAG) and the BC Safe Forestry Program (SAC) are currently updating existing training materials and working to identify the key competencies for successful supervisors.

The current modules of BCFSC's three Forest Supervisor Training courses focuses on forestry operations but work is underway to tailor this training to mill supervisors. Representatives from MAG are reviewing and providing input to adapt BCFSC's existing supervisor training resources for mill settings. The concepts of due diligence, communication and leadership will be maintained using manufacturing examples and scenarios to make the information more relevant to mill workers.

A SAC sub-committee of experienced silviculture managers and supervisors are working to build units of competency specific to tree planting operations as well as confirming general competencies needed by all supervisors. This process will result in tailored silviculture assessment forms managers can use to assess new or experienced supervisors. If any gaps are identified, online and classroom training resources will be developed.

Keep an eye on the BCFSC training site or follow us on Facebook for the updated information on these new training offerings and assessments.

New Online Mechanized Harvesting and Yarding Assessments and Training

Individual worker assessments are an important part of all safety programs. Supervisors often assess the operation by conducting a high-level overview of the phases and assume that if things are going well at each level, each individual operator or worker must also be doing well and have what they need to do the job. However, spending one-on-one time with a worker is very valuable as it enables a supervisor to get detailed information that may be missing from the high-level overview. This is where new worker competency assessment tools come in. These tools support busy supervisors with an organized and efficient process to easily conduct worker assessments.

The BCFSC, along with industry experts, have developed worker assessment forms specific to mechanized harvesting and yarding worksites. These forms are easy to complete using a checklist-style format perfect for use on tablets and mobile phones. The fillable PDF assessment forms and related training are now available on the BCFSC website.

This dedicated webpage also features a short video explaining how to best use the assessments at the workplace. There are also links to training materials if any gaps in knowledge, skills or attributes are found during the assessments. Free, online training is available through BCFSC's Learning Centre. Completed training programs will be issued a certificate of completion. There is also downloadable training material available for companies who prefer to conduct their own training but want to follow the industry standard.

The Basic Forest Worker assessment should be used for new workers to the forestry. This basic assessment combined with a job specific assessment will provide a complete overview of the job requirements. For example, if you are assessing a brand-new skidder operator - complete the Basic Forest Worker assessment first to ensure the operator has a good foundation of knowledge such as common hazards and other logging fundamentals. Once they have the basic knowledge, move onto the more technical assessment for Skidder Operators. Assessments and training are available for the following jobs:

- Basic Forest Worker
- Yarding
  - Grapple Yarder Operator
  - Hook Tender
  - Landing/Utility Person
  - Chokerperson
  - Rigging Slinger
  - Tower Operator
- Mechanized Harvesting
  - Feller Buncher Operator
  - Skidder Operator
  - Processor Operator
  - Hydraulic Log Loader Operator
  - Forwarder Operator
  - Hoe Chucker Operator

Assessor and trainer information is also available online to help supervisors, worker trainers or those completing one-on-one assessments.

If your company uses these tools, we would love to hear from you. Your valuable feedback is necessary to keep the information current and relevant. Contact us at **training@bcforestsafe.org** with any suggestions or ideas for improvements.

Hazard Recognition, Risk and Control Training

Last August, the BCFSC was approached by Conifex Timber Inc. and asked to deliver Hazard Recognition, Risk and Control Training. While various training materials are available, at this point there is no standardized training for our industry. The Manufacturing Advisory Group (MAG) is currently working to develop some training for 2021. Updates on the MAG training are available on our website.

Our training team engaged a consultant to prepare content and deliver the training. It is focused on basic hazard identification, risk assessment and controls in a sawmill and manufacturing settings, tailored to Conifex's requirements. We also used this project as an opportunity to test out a new webinar system.

In January 2021, we successfully delivered eight hours of training through the system with lessons learned throughout the process regarding the type of learning platform and the content. Our key takeaways were to stick to the basics, add more depth to the Field Level Hazard Assessment process and add more interactive activities. These takeaways will be used to improve future deliveries. The material will be shared with MAG to expedite the development of their training and help tailor content that meets manufacturing needs.

Kristen Stinson, VP & GM, Corporate Services, Conifex Timber Inc. said "Continuous learning in effective hazard identification, assessment and control is an essential part of any prevention program. This course offers a practical and consistent application for workers to control hazards so that everyone, in any role, can go home safely."

Progress on the MAG course will be published in future editions of the Forest Safety News.

Risk Assessment and Using a Risk Matrix on Resource Road

By Overlanding BC


Photo provided by Overlanding BC

Driving on resource roads presents drivers with a unique set of challenges like road construction, the time of year, other (potentially larger) vehicles on the road, visibility and obstacles like uneven terrain, wash-outs and water accumulation. These roads require drivers to understand the risks involved and have the ability to evaluate that risk using various methods. One method is doing a Hazard Assessment using a Risk Matrix. The following is an example an incident that uses a Risk Matrix to aid in a successful outcome for the worker.

In this situation, a person was riding an ATV when they came across a large puddle they needed to navigate. They did the right thing - they stopped, assessed the situation and then measured the depth of the puddle. The worker even took extra precautions by calling a supervisor to their location to double check that they could navigate through the puddle successfully. They both established that it was safe to proceed and the worker rode the ATV slowly through the puddle without incident.

On the return trip, they encountered the same puddle but this time they were on the opposite side. They proceeded through it again slowly as they had already done so successfully, earlier that day. Either the puddle had changed throughout the day or it was deeper on one side than the other. Half-way through it, the ATV began to sink and tip to one side. Although they made it to safety, the ATV had to be towed out and sent in for maintenance and repairs.

The assumption that the puddle was in the same state, from the first encounter to when they came across it from the other direction was an example of an inadequate Hazard Assessment. This assumption led to an incident, which cost the company down time for a worker and a vehicle. It also could have led to injury to the worker and potential workdays lost.

If the worker had used a Risk Matrix in their hazard assessment, the outcome would have been different for their return trip. Using the matrix, the puddle situation rates as a 2. (See Illustration). The situation warranted a review and the driver should not have assumed the conditions were favourable in both directions. Consider how the risk would change if they were in a pickup truck. The rating, may, or may not decrease depending on the risk exposure present.

Probability How likely is it to hurt someone?	Severity How severely could it hurt someone?			
	Kill or disable	Serious injury or long term illness	Medical treatment and time off work	Minor first aid treatment
Very likely Could happen anytime	1	1	2	3
Likely Could happen sometime	1	2	3	4
Unlikely Could rarely happen	2	3	4	5
Very unlikely Could happen, but probably never will	3	4	5	6

Evaluate what controls and / or Substitutions are necessary.

Rating 1: Stop work; consult supervisor; seal off work area; determine control(s).

Rating 2: Stop work; consult supervisor; determine control(s) and safe work procedures.

Ratings 3/4: Contact supervisor; follow safe work procedures; determine additional control(s) required.

Ratings 5/6: Strictly adhere to safe work procedures.

The exposure to risk is for an ATV rider is high, especially when there are unseen dangers such as cross-ditches, cambered, or crowned surfaces, pools or puddles on the road, slumps or fall-off of the road surface, etc.

Resource Road Drivers require extra diligence when assessing the road ahead. To keep our exposure to risk to a minimum, the Risk Matrix should be understood and fully utilized even when engaging in a task that may seem routine and familiar. There is always a possibility that something unexpected might arise and lead to an unanticipated event. When risk is not evaluated and understood, the outcome can often be undesirable.

Find out more about Risk Matrices & Risk Assessment.

Early Adopters of ELD speak about their experiences in new ELD Video

As of June 12, 2021, commercial vehicles that cross provincial borders will be required to be equipped with an ELD. To comply with this regulation, ELDs must be verified and certified by a third-party certification body which is accredited by Transport Canada.

In response to these changes to the Commercial Vehicle Drivers Hours of Service Regulations, BC will need to decide what the requirements will be for CMVs operating within the province.

What is an ELD?

An electronic logging device (ELD) is electronic hardware that is connected to the electronic control module of an engine of a vehicle. It monitors the engine to capture data on whether the engine is in operation, if it is moving, distances it has driven and duration of engine operation. It then interfaces with software that can be displayed on various devices so that the driver can view information in the vehicle, while a carrier or dispatcher can also view the same information remotely.

What you need to do

- Stay informed on Transport Canada's requirements by frequently checking Transport Canada's webpage, which has resources and information about ELDs.
- Fleets with existing ELDs or electronic on-board recorders should connect with their suppliers regarding Canadian certification of their devices. Note: as of November 2020, there are no certified ELD models and there is only one certification body accredited by the Minister of Transport.
- Start preparing your implementation plan. It's not too early to begin assessing the impact implementation of a new technology will have on fleets.

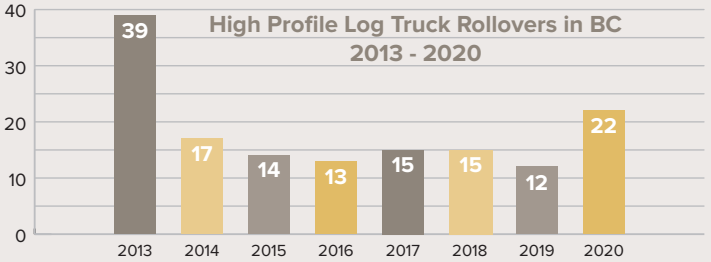
To view the new "Busting the Myths about ELDs" video and hear log truck drivers and wood fibre haulers talk about their experiences with electronic logbook devices.

Forest Sector Commercial Vehicle Safety

A new committee has been formed to look at opportunities to improve commercial vehicle safety within the BC Forest Sector. Although we have seen a steady increase in safety improvements, commercial vehicles continue to be an area of focus. The committee was formed in late 2020 with the objective to provide an effective mechanism between the BC forestry industry and the Ministry of Transportation and Infrastructure (MOTI) in addressing safety issues, building a stronger working relationship, providing efficiencies for resolutions and communications, and exploring safety improvements for commercial vehicles operating within forestry.

Group members include representatives from MOTI, Commercial Vehicle Safety Enforcement, Forest Industry Associations, Forest Industry Safety Groups, FP Innovations and the BC Forest Safety Council. The group has met twice since its initiation and is currently focussed on several key issues specific to the log hauling sector. These include general road safety, antilock braking system performance, electronic logging devices (log books), and electronic stability control.

For more information please contact Dustin Meierhofer, RPF, Director- Transportation and Northern Safety, BCFSC - **dmeierhofer@bcforestsafe.org**



Incidents reported above apply to highways, municipal and public roads.

Members:

Organization	Representative(s)
BCFSC	Dustin Meierhofer Trish Kohorst
CVSE/MOTI	Samantha Eburne Jan Lansing
Trucking and Harvesting Advisory Group	Ken Pedersen
Log Truck Technical Advisory Committee	Greg Munden
Coast Harvesting Advisory Group	John Shearing
Interior Logging Association	Todd Chamberlain
Truck Loggers Association	Bob Brash

Resource Road Driver Training Updates

Operating motor vehicles, especially on resource roads, is the highest risk activity most resource sector workers do during a workday. The Trucking Harvesting Advisory Group data shows Motor Vehicle Incidents (MVI's) on resource roads are the most common incident type in forestry. Given this, appropriate training of workers using resource roads is critical. A cross sector of industries, including gas and oil and forestry have collaborated to update the resource road driver program, including a range of delivery models to support training for safe operation of light trucks on resource roads.

The new online training will include knowledge-based learning which will ensure a foundational base of knowledge to support the in-field training which focuses on essential driving skills.

NEW Resource Road Safety Training Course (RRST) - One-day in-field training course

Accreditation: BCFSC Certificate of Completion – Resource Road Safety Training Course

- Blind spots
- Pre-Trip Inspection
- Emergency manoeuvers
- Vehicle dynamics
- Driving techniques for safe operation on resource roads
- Radio use and resource road procedures
- Driving strategies for deactivated roads (optional)

REVISED Resource Road Driver Training Course (RRDT) – Two-day in-field training course

Accreditation: BCFSC Certificate of Completion – Resource Road Driver Training Course

- Day One (same as RRST one-day course)
- Day Two
  - Vehicle recovery
  - Trailer towing
  - Cargo securement
  - ATV/UTV loading/unloading
  - Driving strategies for deactivated roads (optional)

PILOT Train the Trainer Program (RRDT -Train the Trainer) – Three-day in-field training course

Train the Trainer Accreditation: BCFSC Certificate of Completion – Resource Road Driver Internal Trainer (RRDIT)

Participants in this course are trained as 'internal trainers' to provide training to their own employees utilizing BCFSC resources.

Post pilot (implementation 2022)

- Employees who are trained by a recognized Internal Trainer and meet the course requirements will receive the BCFSC Certificate of Completion.

Learn more about the Resource Road Driver Program.

Resource Road Orientation Video – Work Here, Play Here, Stay Safe Here

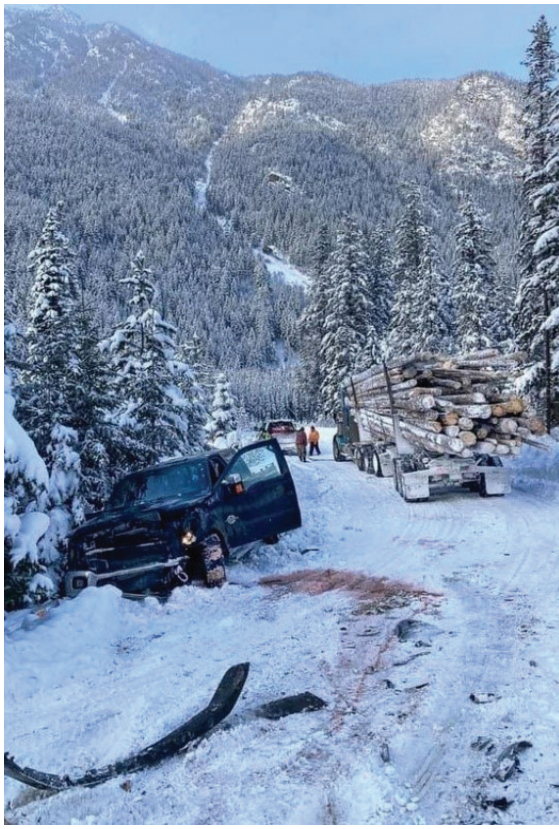
The safety of all resource road users is a key issue throughout BC. During the pandemic, there has been a large increase in public use of resource roads as people are opting for local recreation (camping, fishing, hunting, snowmobile etc.) for leisure activities / vacations.

To assist all users in understanding the risks associated with driving on resource roads and support safe use, a cross section of organizations has teamed up to support an **Orientation to Resource Roads Video** - *Work Here, Play Here, Stay Safe Here*. Contributors to this project include Mosaic Forest Management, Ministry of Forests Lands and Natural Resources, Coastal Gas Link, Canfor, Interfor, Weyerhaeuser, Gorman Bros, Tolko Industries, BC Timber Sales, Sinclar Group, Conifex, AdventureSmart (Search and Rescue).

This informative video will be available on the BCFSC website and integrated into the Resource Road Driver Program and the Professional Industry Driver Program. BCFSC will also share the video with recreational groups and promote it through appropriate media outlets.

Supplementary resources will be developed to support the training of resource road use and radio calling procedures.

If you would like to contribute or would like to learn more about this project, please contact the Transportation Safety Department at **1-877-741-1060**.



Professional Industry Driver Program

Keen interest carries on in the Professional Industry Driver Program. Mentor companies, like Lost Creek Holdings, and mentors like Partner Schielke continue to make the program a success by contributing their time and support to new drivers.

Kathleen Joseph recently completed the Professional Industry Driver Program delivered at the College of New Caledonia (CNC) in Ft St James. Pictured with her mentor Partner, who obtained his Professional Log Truck Driver Endorsement, Kathleen was able to gain valuable insight and knowledge from Partner from his extensive experience as a professional driver. As a resident of Ft St James, Kathleen knew she wanted to become a log truck driver and the CNC program provided that opportunity.

The impact of COVID-19 on businesses in small towns compelled Doug Flynn to re-evaluate his career and make a change. He mentored with Stardust and is now employed as a full-time driver with the company after exemplary progress through the mentor program. Doug states "What other program prepares you to walk out the door after 17 weeks to a job where you can make over $80,000 a year? "

BCFSC is working with several colleges throughout BC to deliver similar programs in 2021. The program is intended to support the training of Professional Industry Drivers to the standards identified by the Log Truck Technical Advisory Committee and the Wood Fibre Hauling Safety Group. The Transportation Safety Department is working with the

Trucking Harvesting Advisory Group (TAG) members to engage with contractors to use the same tools to train drivers with the support of licensees.

For more information about the Professional Industry Driver Program.

Improving Log Hauling Safety

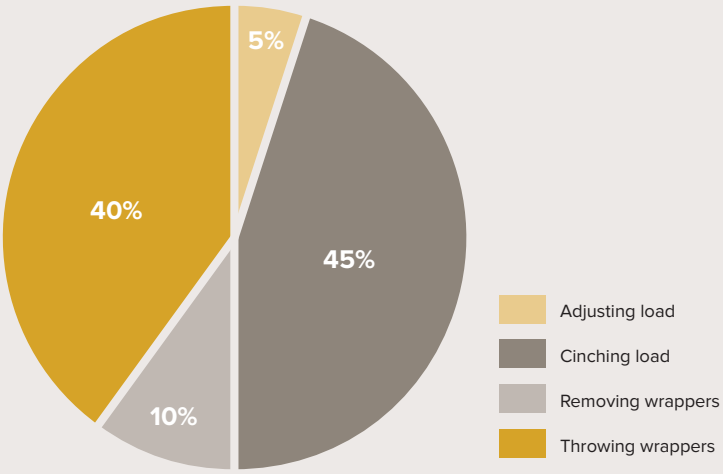
Load securement in relation to hauling logs is a necessary and extremely important task. However, this activity can result in short-and long-term injuries to log truck drivers. Upper body injuries to the back and shoulders are the most common injury type and can be serious in nature. But there are new and innovative ways to help reduce the risk of injury during load securement.

A new industry-based safety group, the Load Securement Working Group, was formed to help support licencees, contractors and drivers. The objective of the group is to collaboratively identify and engage in initiatives that reduce the risk of injuries to log truck drivers while securing log loads.

The working group is focusing on injury risk during loading and unloading operations in both routine and non-routine operations. The group will evaluate assessment of risk, safe work procedures, training, existing and new technology, alternative practices and procedures and potential impacts to industry. Communications and recommendations of the group will be reviewed by the Log Truck Technical Advisory Committee (LTTAC), the Trucking and Harvesting Advisory Group (TAG), the Coast Harvesting Advisory Group and the Forest Industry Forum (FIF).

For more information please contact Dustin Meierhofer, RPF, Director- Transportation and Northern Safety, BCFSC - **dmeierhofer@bcforestsafe.org** or visit the LSWG webpage.

Load Securement Injuries



Members:

Organization	Representative(s)
BCFSC	Dustin Meierhofer
Trucking and Harvesting Advisory Group	Ken Pedersen
Bueckert Logging/Log Truck Technical Advisory Committee	Peter Bueckert
Coast Harvesting Advisory Group	John Shearing
WorkSafe BC	Tim Pride
FP Innovation	Mithun Shetty
Timber Services Inc.	Jerry Mooney

Standardized Faller Inspection Form for Industry

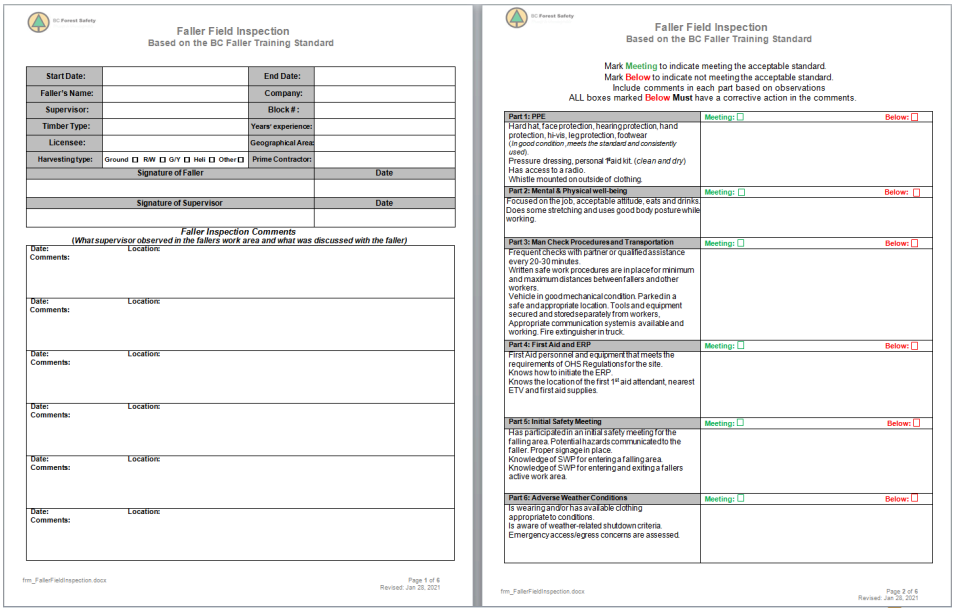
By Scott Rushton
BCFSC Lead Safety Advisor

During field visits around the province in the last few years, one of the widespread patterns the Falling Safety Advisors (FSA's) observed was the inconsistent use of supervisor inspections being performed on hand fallers. The importance of proper supervision of hand fallers cannot be overstated.

As per *OHS regulation 26.22.1(2)*, the supervisor must keep a record of every inspection. The FSA's noticed that there was a wide variety of falling inspection forms being used. Some were very detailed, multiple page inspection documents and some were very simple, one-page documents. I believe it is very important for the field inspection document to cover each part of the BC Faller Training Standard (BCFTS). I also believe the document does not need a numbered scoring system. The most effective way to maintain ongoing faller inspections is using a marking system to determine whether the faller is "meeting" or "below" each part identified in the BCFTS. Fallers marked as meeting the standard's parts will require no corrective action. But fallers marked as below will require the supervisor to show a corrective action on how it will be addressed and fixed.

Based on the wide variety of field inspection documents we observed, it was determined a new hand faller inspection document should be developed that is easy to use and tailored to track inspection requirements based on the BCFTS. With input and feedback from the Falling Technical Advisory Committee (FTAC) and testing with falling companies in 2020, a new inspection document was developed. The goal is to replace the Certified Faller Condensed Audit currently available on the BCFSC website with the industry-approved enhanced audit as the standardized falling inspection document.

I believe it's possible to raise the bar of faller supervisor to an even higher level by providing better tools to help supervisors do their jobs efficiently and effectively. Standardizing a simple-to-use audit document is a step in the right direction.



BC Forest Safety

Faller Field Inspection
Based on the BC Faller Training Standard

Start Date:		End Date:	
Faller's Name:		Company:	
Supervisor:		Block # :	
Timber Type:		Years' experience:	
Licensee:		Geographical Area:	
Harvesting type:	Ground ☐ R/W ☐ G/Y ☐ Heli ☐ Other ☐	Prime Contractor:	
Signature of Faller			Date
Signature of Supervisor			Date

Faller Inspection Comments
(What supervisor observed in the fallers work area and what was discussed with the faller)

Date: Location:
Comments:

Date: Location:
Comments:

Date: Location:
Comments:

Date: Location:
Comments:

Date: Location:
Comments:

Date: Location:
Comments:

frm_FallerFieldInspection.docx
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BC Forest Safety

Faller Field Inspection
Based on the BC Faller Training Standard

Mark Meeting to indicate meeting the acceptable standard.
Mark Below to indicate not meeting the acceptable standard.
Include comments in each part based on observations
ALL boxes marked Below **Must** have a corrective action in the comments.

Part 1: PPE	Meeting: ☐	Below: ☐
Hard hat, face protection, hearing protection, hand protection, hi-vis, leg protection, footwear *(In good condition, meets the standard and consistently used).* Pressure dressing, personal ¹aid kit. *(clean and dry)* Has access to a radio. Whistle mounted on outside of clothing.		
Part 2: Mental & Physical well-being	Meeting: ☐	Below: ☐
Focused on the job, acceptable attitude, eats and drinks. Does some stretching and uses good body posture while working.		
Part 3: Man Check Procedures and Transportation	Meeting: ☐	Below: ☐
Frequent checks with partner or qualified assistance every 20-30 minutes. Written safe work procedures are in place for minimum and maximum distances between fallers and other workers. Vehicle in good mechanical condition. Parked in a safe and appropriate location. Tools and equipment secured and stored separately from workers. Appropriate communication system is available and working. Fire extinguisher in truck.		
Part 4: First Aid and ERP	Meeting: ☐	Below: ☐
First Aid personnel and equipment that meets the requirements of OHS Regulations for the site. Knows how to initiate the ERP. Knows the location of the first 1st aid attendant, nearest ETV and first aid supplies.		
Part 5: Initial Safety Meeting	Meeting: ☐	Below: ☐
Has participated in an initial safety meeting for the falling area. Potential hazards communicated to the faller. Proper signage in place. Knowledge of SWP for entering a falling area. Knowledge of SWP for entering and exiting a fallers active work area.		
Part 6: Adverse Weather Conditions	Meeting: ☐	Below: ☐
Is wearing and/or has available clothing appropriate to conditions. Is aware of weather-related shutdown criteria. Emergency access/egress concerns are assessed.		

frm_FallerFieldInspection.docx
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Revised: Jan 28, 2021

Sample of the standardized Faller Field Inspection Form

2021 – Looking Up

By David Adshead
BCFSC Lead Safety Advisor

Happy 2021!

As these challenging past two years fade away, we look forward to what 2021 has in store for Falling programs. The BCFSC's Falling Department has numerous programs and projects planned for this year with a collective goal to improve faller safety.

Update Falling Supervisor Program

One key project we are addressing is updating the Falling Supervisor Program to meet the evolving needs identified by industry. We are working closely with the Falling Technical Advisory Committee (FTAC) and industry subject matter experts to redesign the Falling Supervisor Course as a blend of online, in-class and in-field components. We are also updating the certification process by moving from a point-based assessment to an assessment that clearly identifies the safety critical components for supervision. Providing recommendations and gap training plans will provide continual improvement to vital components of the program.

Faller and Falling Supervisor Support when Training a Trainee

Falling Safety Advisors (FSAs) provide advocacy and support to Falling Supervisors and Fallers as they take on Faller Trainees to build their skills, knowledge and experience as they

Continued on page 16...

Continued from page 15...

progress towards certification. If you are an employer, Falling Supervisor or Faller looking to take on a Faller Trainee, FSA's are available to provide information, guidance and support through the BCFSC Falling Safety Advocacy Program. FTAC identified this as a top action item and it is a key priority of the FSAs for 2021.

Company Reviews

Last year the FSAs performed numerous company reviews with falling contractors around the province. Requests for company reviews come from licensees, prime contractors and individual contractors. These advocacy visits are an opportunity for companies to have their safety management system and hand falling practices reviewed by an FSA. During a review, an FSA spends time observing the Falling Supervisor and the Faller's work and provides feedback on the observations. These visits are an opportunity for the FSAs to listen to concerns, ideas and experiences of individuals in the falling community. This information helps identify trends, innovative ideas and safety concerns that FTAC uses to develop work plan items. For more information on company reviews and the BCFSC Falling Safety Advocacy Program, contact the Falling Department or visit our webpage.

Falling Resource Packages (2020)

FTAC initiated three resource packages is 2020 which have now been the BCFSC website. ***Trap Tree, Glading and Fall & Burn*** were developed with industry input and provide information for companies and individuals who may engage in these forest industry-related activities. The resource packages address the challenges faced by fallers and falling supervisors working and planning hand falling activities for these types of projects and provide information, regulatory requirements and resource links for hand faller safety. To access these resource packages, visit our webpage.

Safe Work Procedures when Bucking Timber

Hand falling is considered dangerous work. But many injuries and fatalities have occurred during bucking work. Bucking felled wood is often done on rough, steep terrain along the falling face or in a heli-logging setting. Following safe work procedures and recognizing unsafe conditions can reduce the risks associated with bucking activities. Using qualified assistance and having alternate methods available are useful measures to control the hazards.

Faller brushing out work area and escape trail before making bucking cuts.

WorkSafeBC has identified some well-known unsafe work practices in their Designated High-Risk Violations for Hand Falling or Bucking document that have contributed to many serious incidents. This document refers to Falling OR Bucking! An important factor to remember is you need to clear your work area for every cut you make and have an escape trail. Safe bucking procedures involve planning the cuts by:

- Assessing the canopy
- Assessing log stability
- Identifying bind and pivot points
- Choosing the safest place to cut

A working forest is a hazardous place for every task so always identify and create a way out. Regardless of the work you are doing, the old phrase "plan the work and work the plan" rings true.

New Faller Training

Three new faller training courses are scheduled for 2021. COVID-19 protocols and precautions will be in place to ensure the participant and trainer safety.

For questions about the new faller training program, please visit the **BCFSC website** or email **faller@bcforestsafe.org**.

Course Dates 2021
– course locations TBD

March 2 – April 3, 2021

April 20 – May 22, 2021

September 27 – October 29, 2021

To register, please contact the College of the Rockies at **250-344-5901**.

COVID Fatigue

By Dr. Delia Roberts

As we pass the one-year anniversary of the first COVID-19 cases in Canada, the magnitude of the pandemic weighs heavily. No one expected that the effects of the SARS-Cov-2 virus would be as wide reaching, devastating and long lasting as they have been. In spite of the hopes for vaccines and new more effective treatments, the burden only continues to increase. For many, life is very different. Work expectations have changed radically, whether out of work, working from home, or trying to work amidst regulations for physical distancing, sanitizing and travel. But there are some things that can be done to help cope with the uncertainty, fear and loss. Not all of them will work for everyone, but hopefully if you give them a try, at least some of these suggestions will help reduce the stress brought on by the COVID-19 pandemic.

Recognize what is happening

The additional stress created by the financial, social and physical effects of the COVID-19 pandemic affects every aspect of our lives. Things we thought were going to happen have been taken away, and things we didn't want to happen have taken place. A recent survey of Canadians has shown that the impact on our mental health is significant, and not for the better. Self reported anxiety is four times higher than pre-COVID-19 and depression is two times higher. More than half of people who have had to quarantine have experienced a negative effect on their mental health. If you are feeling exhausted by the continuing restrictions, you are not alone!

Recognizing the amount of stress we are experiencing and how it is affecting us and those around us, is the first step in being able to look for positive ways to cope. If you or someone you know are experiencing increased feelings of anxiety, sadness, hopelessness, fear or other effects like disturbed sleep - reach out for help. It might not be something you'd normally do, but it's very important to take that step – there are things that can help!

A good place to start is to check out the information and resources provided in the newest piece in the Healthy Worker series; Mental Health in the Workplace, or any of the resources listed at the end of this article. And keep in mind that the pandemic will end, as more vaccine becomes available and most of the population becomes immune to the virus, business will reopen and life will go on.

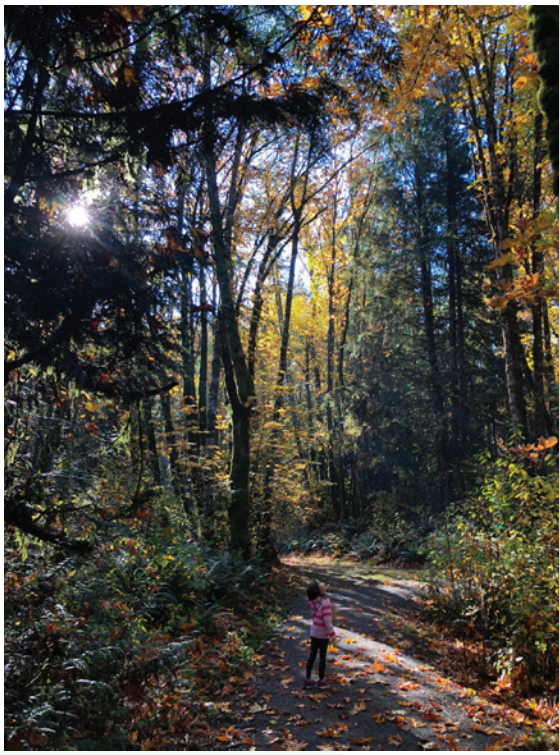
Add physical activity

There are many ways to improve mental health but physical activity continues to be the strongest showing time and time again to be very effective. With gyms and recreational sports leagues largely shut down, we've had to be more creative with ways to work up a sweat. Fortunately, the internet offers a wide variety of instructional videos and virtual classes on just about any kind, and any level of activity you can imagine. Skill drills for your favorite sport, new types of exercise that don't require much equipment and rehabilitation work for previous injuries can all be explored from the comfort of your living room.

One great strategy if you are working from home or in quarantine is to do a few minutes of calisthenics once an hour. Set an alarm and every hour get out of your chair and do a set of sit ups, squats, push ups, lunges, rotator cuff pulls and heel raises. It takes less than 10 minutes, doesn't require you to change clothes or go anywhere and will refresh you more than you might expect. Start with 5-10 reps of each exercise and build up to 20 or 30 reps when it gets easy to complete the set, or gradually add weight by holding a soup can or dumbbell in each hand.

Spend time in nature

Walking outside in nature has a calming effect and increases feelings of happiness, and people who spend time outdoors have lower rates of mental health problems. It helps with physical health too. Hospital patients who can see trees or have a view



of nature through a window recover faster. But recently, a clever study actually tested this effect in the same kind of rigorous trial that is used to study new drugs. Fifty randomly selected empty lots were turned into nature parks with trees and grass or left as is. In the neighborhoods where the lots were cleaned up and made green, mental health issues declined by more than 50% while those that were left unchanged remained the same.

In BC we are exceedingly fortunate to live in such beautiful surroundings. Make it a priority to walk outdoors at least a couple of times a week. It's a great way to connect with a friend or with your family but walking alone in the quiet is also hugely beneficial.

Be mindful

Mindfulness is a popular term that means different things to different people, and in this state of COVID-19 fatigue, it can seem like just one more thing that we aren't doing right. There are however, some elements of the concept that can be very helpful, especially when we have a lot of stress in our lives. Our brains are actually pre-programed to respond in certain ways to threats in order to help us get away or defend ourselves faster, or more strongly.

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Health and Wellness

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When we experience a lot of stress, these kinds of preprogramed responses can be heightened, and we can feel more fear or anger than is warranted by the event. For example, everyone has experienced the kind of situation where you are frustrated and angry about something that happened at work – or even a long time ago, and then find yourself yelling at your kids or your partner about something else entirely. Learning how to identify these kinds of emotional responses and slow them down is helpful. It gives us an opportunity to think about what the problem actually is, and whether our response will help or not. If this kind of scenario sounds familiar to you, think about reaching out to one of the resources listed at the end of this article. There are free on-line programs that can help you learn techniques to become more aware of your emotions, how you can better understand them and how to work with them to address the real problems that drive them. Here are a few suggestions that are simple to use that you can try right away.

- Mindful Monday. Be kind to yourself on Mondays. If you make a mistake or things aren't the way that you want them to be, imagine what you would say if you were talking to a good friend and say it to yourself.
- Ten Second Tuesday. On Tuesdays, when you feel a strong emotion pause before you respond. Breathe in for a count of three, hold the breath for a count of three, and breathe out for a count of four. Repeat for at least five breaths before considering the situation and what your response should be.
- Willful Wednesdays. Set a small goal for your day and make sure to get that one thing done. Matching the amount of work that you expect to get done to what is realistic is a way to gain a sense of control over our lives, even when there is a high level of uncertainty around big important things.
- Thankful Thursdays. On Thursdays, take five minutes at the end of your day to think about something good in your life, and how much you appreciate that thing. It can be as simple as a good cup of coffee, the sunshine warming you up or a smile from a passerby. This is a great activity to share with your family too.
- Friendly Fridays. Reach out to a friend, family member of even a stranger at some point on Fridays. Say hello and genuinely ask them about something in their lives, and then be sure to listen to the answer. If you can't do it in person, phone or email them. Doing something kind for someone else is a great way to build positive feelings. And the connection will give you an opportunity to also be heard, something that is critical for us as social beings.

Put some energy into making connections

Loneliness is a strong negative factor for physical and mental health, and the more we try to stop transmission of the virus, the more isolated we become. This is especially true if you live alone, are working from home, are out of work or are quarantining. When we can't gather together with friends and family, it becomes very hard to feel connected to others in a meaningful way. Set a baseline rule for yourself not to go more than 48 hours without some kind of interaction with another human being. Phone calls, video calls or conferences, writing email letters, saying hello to neighbors over the fence or meeting friends or family for a walk outdoors are all great ways to make sure that we keep communicating with others in a way that makes us feel connected, supported and cared for.

Isolation can affect different people in different ways, but for many, the more isolated they are, the more that they withdraw. If you know someone who lives alone, and you haven't heard from them in a while, take a few minutes to reach out and make sure that they are alright. If they don't answer, consider dropping by and leaving a note and something small to make them smile on their porch. Books, food, supplies for a hobby they enjoy, kindling for their fire, a packet of seeds or a recording of some music, all are ways of letting them know you are thinking of them and that they matter.

Learn something new

Challenging our brains with something that we find interesting and enjoy is a great way to clear our thoughts of stressors and simulate positive feelings. If you've always wanted to learn how to play a musical instrument or draw, make a craft, speak a new language or study about science, history, philosophy or gardening, now is a great time to get started. There are on-line courses and instructional videos about any and all of these things available for free or a small fee on the Internet. Mastering a new skill generates positive feelings, hope and excitement as long as we are realistic about our goals and progress. If you have a friend with a similar interest, consider inviting them to join in. They can provide motivation to keep with it, share the learning process and help celebrate your newfound skills.

The difficulties raised by the COVID-19 pandemic are very real, and for many, extremely challenging. We can't change what has happened, but we can work on doing our best to look after our health and the health of our families. We are all in this together, and for the long haul, so give some of these suggestions a try and get a bit of relief from COVID-19 fatigue.

More Resources

- Canada Mental Health and Substance Abuse Support Mental Health Wellness Toolkit
- Bounce Back is a free program from the Canadian Mental Health Association for people with anxiety and depression. Learn how to build good coping skills through the on-line program or connect with a coach over the phone
- Here to Help is a resource page with two streams, one for people who are experiencing mental health challenges and one for people who are trying to support someone else's mental health. Explore these pages for links to easy to understand information and other resources for more help
- BC Mental Health and Substance Abuse Support
- Based on well-established Cognitive Based Therapy techniques, this free on-line anxiety management program is available
- Your family physician or other care provider

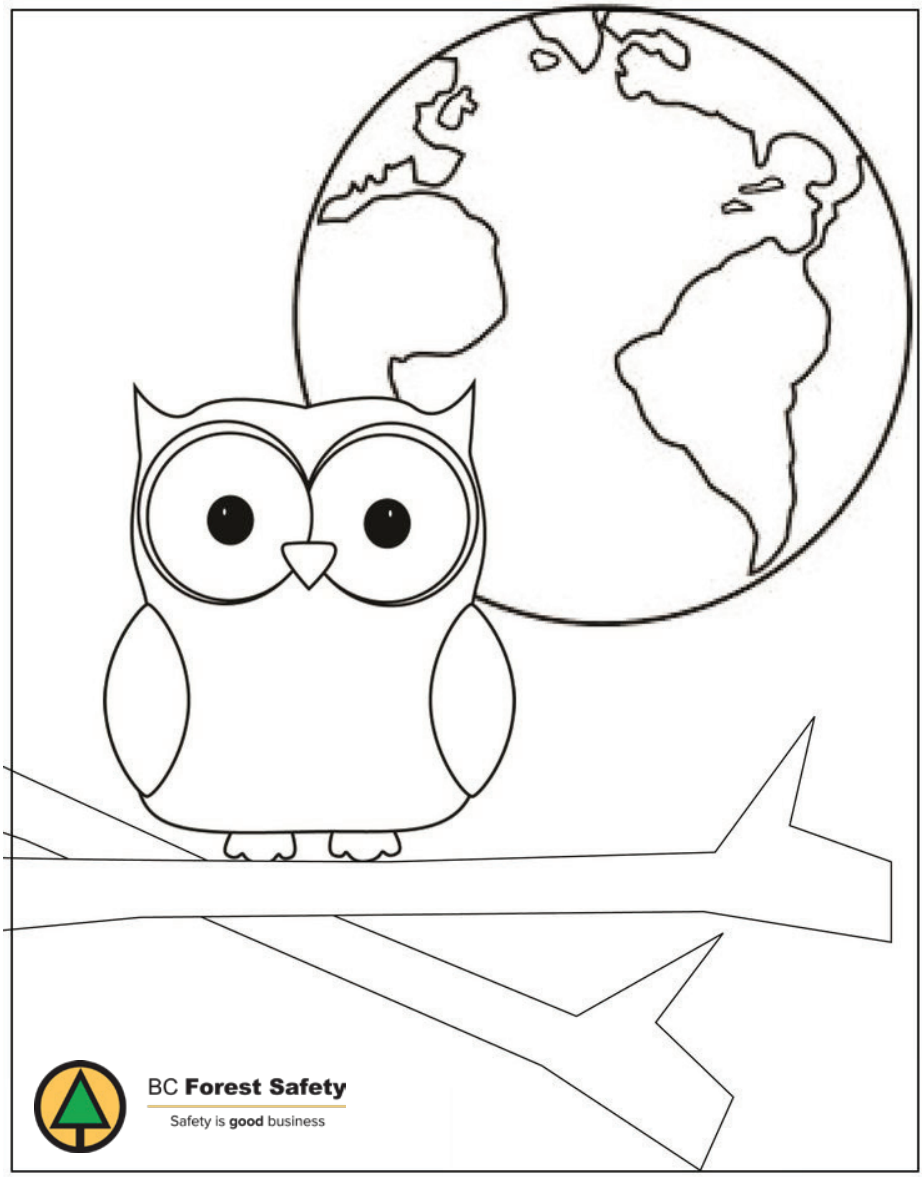
The BCFSC Kid's Corner and Colouring Contest

Thanks to everyone who entered our December colouring contest. **Congratulations to Millie, age 6**, whose name was picked from our random draw. Millie wins the STIHL Toy Chainsaw and we will be sending a special gift pack to everyone else just for entering!

For 2021 we have a new prize for our colouring contest. Send us a picture of your artwork on Earth Day to enter to win a DRIVEN Toy Logging Truck complete with a crane arm and logs. 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.

How to Enter:

- Colour the Earth Day picture 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@bcforestsafe.org**
- Submit your entry by 4pm, Monday, April 19, 2021
- Kids aged 3 – 12 are eligible.
- All entries will be put into a random draw to win the Toy Logging Truck. The winner will be contacted via their parent's email address.



Earth Day April 22, 2021

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