




2013 Vancouver Island Safety Conference (VISc) has record turnout

This year's Vancouver Island Safety Conference (VISc) attracted over 450 registrations, 413 actual attendees, 25 exhibitors and 13 presenters covering industry issues under the banner:

The Mind and Body "What Influences our Behaviours".

To view an edited webcast of some of the presentations, please visit www.bcforestsafe.org 




Left: Reynold Hert.

Continue work on system with increasing focus on the individual

Reynold Hert, Chair and CEO of the BC Forest Safety Council provided a status update on safety in forestry.

Mr. Hert said there was a lot of interest in operating better as an industry and sending people home safe each day. "A lot has been achieved in the past, but a lot more is needed to move industry off the current plateau." To do this he emphasized the need to concentrate on:

- ◆ Continuing broad industry-wide safety system enhancements (standards, revised pre-qualification standards and culture changes); and
- ◆ Focusing on individuals, emphasizing a need for greater awareness of consequences of personal choices. He said a recent trend was showing more fatalities on work sites being classified or reclassified as "natural causes" due to heart attack versus industrial accident. 

Peter Newman (below), senior consultant, Mid Island Safety Consulting Inc., led a moment of silence to reflect on those souls lost to high risk forestry activities. "One injury and one fatality is too many."



Eleanor White (above), on behalf of Snuneymuxw First Nation, delivered a traditional blessing and welcome to the territory. She wished everyone a safe journey home.

VISC 2013 Wrap-up

Vancouver Island
Safety Conference,
Nanaimo
October 5, 2013



Q: Want to maximize your safety and your performance?

A: Maximize your sleep!

Pat Byrne, **The Sleep Doctor for the Canucks, and Vice-President and Founder, Fatigue Science**, has spent six seasons working with the team seeking to use fatigue science to maximize performance. His message “Sleep – the key to improved safety, health and performance” to the forest industry is personal. He lost a young nephew in a road crash caused by fatigue, just two months after he had graduated and entered a forestry career.

Hard, cold facts to consider:

- ◆ Every 30 seconds a crash is due to drowsy driving in the USA.
 - ◆ In major air crashes and oil tanker disasters, findings showed the pilots or captains were all sleep deprived.
 - ◆ Reaction times are slower, ability to concentrate, memory and performance are all negatively impacted by sleep shortfalls.
 - ◆ Proven correlation between performance and sleep. Don't confuse how you feel with how you can perform.
 - ◆ You will only be right 50-60% of the time when you state how many hours of sleep you actually get. People know when they got in bed and when they got out, but few can accurately account for actual sleeping hours and quality of those hours.
- ◆ Remedial sleep catch up takes a long time. Recovery is not achieved in just three days of longer sleep hours. Optimal physical performance is achieved only on 12 hours of consistently good sleep each night, given how humans' bodies and brains work differently in day and night hours.
- ◆ Lack of sleep doesn't just impact performance, it impacts health – like risk of diabetes, obesity and other health issues including cardio-vascular.

So why are we not sleeping well? Reasons include:

- ◆ Sleep disorders, medically classified, many not properly diagnosed, but treatable.
- ◆ Work schedules are not designed to maximize sleep opportunities.
- ◆ Self-imposed factors – choices to not sleep (lifestyle choices).
- ◆ Under 25 years of age, human systems are still not fully developed into an adult cycle (natural for 25 and under to be up late and sleep in, but we force them into schedules that do not support their natural physiological needs).

No silver bullet, but possible short and long-term solutions to ensure we are able to perform include:

- ◆ Software can now match actual performance anticipation. (Candidates wear a watch or band).
- ◆ Companies and individuals need to rethink their schedules, shifts; distances people need to travel to and from work, and understand the negative sleep debt consequences.
- ◆ Need a collective discussion and awareness of impacts at all public levels beyond industry, companies and individuals so that sleep shortfalls become as socially unacceptable as smoking; drinking and driving; and not wearing seatbelts. 🚗

“Sleep shortfalls need to become as socially unacceptable as smoking, drinking and driving, and not wearing seatbelts.”

Pat Byrne



Take the common sense approach to diet and health ... and get walking!

Dr. Art Hister, Global TV News health analyst, media doctor, speaker and author of two Canadian medical best sellers, shared his message of: “Yes you can – simple steps for a longer, healthier, happier life”. He kept everyone entertained with his colourful language and risky jokes, successfully turning boring matters into fun, memorable take-aways that might just influence some positive behavioural changes that save lives.

The first tip to men is to be more like women when it comes to health. He said women outlive men primarily because they make better lifestyle choices and follow health advice better than men. In countries where women live like men, they die at the same rate as men. Men tend not to listen to their bodies, health care advisors, spouses, and families about health or lifestyle. According to Dr. Hister, The World Health Organization research states:

- ◆ 90% of heart attacks occur due to modifiable risk factors
- ◆ 50-60% of all cancers are due to modifiable risk factors
- ◆ A one-hour walk a day will provide a 50% reduction in developing certain cancers.

Dr. Hister said it didn't matter how old you are, how sick, or what genes you inherited, the healthier you begin to live today the better your chances to live better; and the better your chances to live longer and better with diseases if you get them in the future. Other tips include not believing everything you read about what's good or bad for you as it constantly changes. Rather stick with common sense and moderation and:

- ◆ don't smoke, exercise regularly, eat sensibly and always eat breakfast (“Mediterranean diets” are good: lots of veggies and fruits, healthy oils, legumes, beans, whole grains, fish, poultry, some meat, some dairy)
- ◆ minimize your stress — consider meditation, natural medication (St. John's Wort), exercise and sex
- ◆ maintain a healthy weight
- ◆ get enough good quality sleep
- ◆ keep your brain sharp by continuously learning new stuff
- ◆ protect your hearing as deafness increases dementia and depression; and
- ◆ exercise should incorporate four elements: Balance, Aerobic, Resistance (pumping iron) and Flexibility.

While Dr. Hister reminded everyone to not believe everything they read and hear about health and diet, he did recommend two web resources: www.nih.gov and www.mayoclinic.com 🌐



**“Wine is a fruit and
coffee is a bean.
Everything in moderation.”**

Dr. Art Hister

On behalf of the forest industry, VISC organizing committee delivers another outstanding conference



The 2013 VISC Steering Committee (left to right): Terry Baker, Western Forest Products Inc.; Glen Waatainen, TimberWest; Randy Aitken, Ministry of Forests, Lands and Natural Resource Operations; Bjarne Nielsen, WorkSafeBC; Theresa Klein, Western Forest Products; Ron Corbeil, United Steelworkers; Gerard Messier, BC Forest Safety Council (BCFSC); Patty Bergeron, BCFSC; Mike Milholm, WorkSafeBC; James Luxmoore, TimberWest; Ken Moore, Coastland Wood Industries; Ed Petersen, Petersen Safety Group & Truck Loggers Association; and Mark Leitao, Island Timberlands. (Missing are Peter Newman, Mid Island Safety; Rick Whiteford, United Steelworkers; Chris Warburton, WorkSafeBC; and Teresa Hansen, BCFSC.)





CHAG: Industry leaders committed to positive change



Don Demens, CEO of Western Forest Products, on behalf of the Coast Harvest Advisory Group (CHAG), provided a safety update explaining that the group came together to address the safety issues specific to the Coastal region.

He said the objective was “getting to zero” and that despite industry having come a long way the reality was that serious incidents continue to occur. He said last year seven workers did not come home on the Coast and that more needed to be done to reduce these incidents.

CHAG has clear deliverables: implementing con-

sistent standards, delivering more on-ground support, and understanding why incidents occur. Given that falling and bucking account for almost half of fatalities on the Coast, CHAG will continue to concentrate attention on this phase.

Key areas of focus:

- ◆ Eliminate faller stacking
- ◆ Certifications for bull buckers
- ◆ Danger tree blasting coast wide
- ◆ Phase management: manage numbers and phase congestion
- ◆ BCFCSC to build fatigue and mental state recognition; improved hazard assessment; enhanced incident investigation training; and additional on-ground audits to support workers.

Your input and feedback is wanted

CHAG encourages everyone on the Coast to have safety conversations and share feedback. A web page for regular updates on CHAG has been set up at: <http://www.bcforestsafe.org/chag>
All feedback is encouraged and may be sent via email to: CHAGinput@bcforestsafe.org 📧

Reaction speed separates an almost incident from a serious one

Reynold Hert, Chair and CEO, BCFCSC, said lots had shifted culturally from 10, seven and even five years ago with more people stopping work when a hazard is identified. However, he said there were still people that have said they need to stop; do something another way safely; yet they do not stop; they go ahead; and, we end up with a fatality.

He said the single largest issue at 30% of incidents are falls from the same height (slips/trips/falls) or falling from elevation; and that the medical profession identifies the difference between an almost incident and a serious one is reaction speed. If you are well rested and your reaction speed is up, you will recover and don't think about it, but if you are fatigued and your blood sugar level doesn't give you the energy you need, your reaction speed is going to be down. He said, that to get to the next level down in injury reduction it was not just a question of a safety system, but also ensuring that the individual is in the best condition, and ready to work in a high hazard industry.

The real change driver, he said, was not being at the conference and listening; “it is when you are back to the job site and think about how you are going to make this different”. 📍

Share safety stories.



Leadership in safety inspires others:

Chris Akehurst and Don Banasky receive BC Forest Safety Council awards



Talk about safety.

Above, left to right: Chair & CEO of the BC Forest Safety Council, Reynold Hert; Assistant Deputy Minister, Forests, Lands and Natural Resources, Tom Jensen; Chris Akehurst recipient of the Cary White Memorial Lifetime Achievement Award; Don Banasky, Forest Safety MVP of the Year award winner; and Ian Munroe, Vice-President Employer, Industry, and Worker Services, WorkSafeBC at the 2013 Vancouver Island Safety Conference in Nanaimo. Read the full media release about the award recipients and their commitment to safety here: <http://bcforestsafe.org/node/2453>



Ministry committed to safe practices

Tom Jensen, Assistant Deputy Minister, Forest, Lands & Natural Resources and BC Forest Safety Council board member, emphasized his Minister’s and the BC Government’s commitment to safe practices in forestry. He also acknowledged the diversity of forestry operations, skills, weather, terrain, equipment and other influences that impact risk and safety in the industry.

He addressed resource roads issues specifically saying that the Government was in the process of re-writing a significant piece of regulation on resource roads, trying to build a regulatory regime that will best support safety on these roads. Mr. Jensen mentioned the work the Ministry has done on critical traumatic response and how it was successfully deployed during the aftermath of the Haida Gwaii earthquake.

He also expressed his support for the revamped pre-qualification system and the need to continue to explore how best to move the dial — like thinking about what do we need to do next around sleep and health issues.





Safety manuals don't save lives, but making sure people understand safety does

an Munroe, VP, Employer, Industry and Worker Services, WorkSafeBC, emphasized the importance of everyone working together to achieve

positive impacts, with each component part having an impact on outcomes. While industry stats for serious injuries saw a reduction from 6 to 2 workers per 100, the injury rate was still between 9 and 10 per 100 and needed more attention.

Drawing on personal experience Mr. Munroe shared how during his career he had spent more than a year writing a safety manual. It was a good job, but for a man who had died on the job, the manual hadn't done anything. He felt he lived with that guilt that he had never had a personal minute with the deceased. His message was clear: Really think about what you are doing and what you are telling people about safety. Make sure you have the conversation. Make sure they understand. 🚧

Make time to talk about safety.

Supporting community

While attendance at the annual VISC is free thanks to the generosity of sponsors, all attendees were encouraged to bring in one non-perishable food item for the United Steelworkers' Food Bank Donations table. Apart from food, money donations were also collected, and soon the floor was covered in donations too.

Thanks to everyone for their generosity and support! 🚧

From right to left:
Ron Corbeil, United Steelworkers, shakes hands with Dave Timothy, Salvation Army, watched by WSBC's Chris Warburton.



Work your balance.
The good leg, and then
the other one!



Simple resistance exercises
can strengthen your
core.

Role thumbs outward, open your chest.

Keep it simple. Practice good body habits. Keep your core strong.

The audience got some welcome stretches after lunch when it was put through its paces on good sitting techniques, anchor positions, balance, resistance and flexibility.

Rob Fontaine, Job Coach for Industrial Athletes, ErgoRisk explained that musculoskeletal injuries (sprains and strains) accounted for 45% of total WorkSafeBC payment costs and represented 40% of all injuries at work. He said they were they types of injuries that caused 40% of worker discomfort.

- ◆ Physical work is a really good thing, rather than being sedentary
- ◆ Need to learn simple habits and practice them to do physical work safely
- ◆ Basics: stable base, feet apart, hinge at the hips, tri-point contact at all time
- ◆ We prep our machines before they start operating but too few workers prep their bodies before taking on physical work activities. Need to change that habit. We have to make sure, just like a piece of equipment, that our bodies are ready to work safely
- ◆ Safe movement doesn't take longer than unsafe movement
- ◆ We need to help people learn these skills – just like if someone left his/her safety glasses behind, we'd let them know. In the same way, we need to coach positive, safe body positions in all work activities.

Visit <http://ergorisk.com/freestuff/microbreakposters/> for some free posters and tips on moving safely at work. 🚧

Ensure everyone on
your crew knows how to
be safe in everything
they do.

TOP TIP: To avoid many slow pain strains and sprains keep your core strength strong.





The “Reflections that have influenced me” panel shared their personal insights and safety experiences (left to right): Alben Stromquist, Dustin Williams, Sam Stanko and Brent Farnsworth.

Alben Stromquist’s reflections focused on creating a culture of increased **courtesy, trust, respect and communication.**

He said that when there was an accident, one always looked at the physical evidence and the science and asked whether the processes and procedures were followed and also asked: “What was that guy thinking?” He said it was too bad that we could never find out from a dead person what he was thinking. He said more needed to be done to reduce distractions that lead to injury or death. “We have to give our guys the best chance to get home”.

For him this meant “good, open, honest communication”, treating his crew with courtesy and respect, and a genuine concern with how their families were doing especially since it was more often personal issues than something on the job that made for distracted workers. “A crew mustn’t be packing excess baggage – because I think that gives them the best chances of keeping focused on the job,” said Alben.

He said that making sure employees were in a good place mentally meant that good supervision had to go way beyond just policing safety policies and procedures.

Dustin Williams reminded everyone that **lots of safety issues were off the job site,** for example, long commutes to and from work sites. He added that driving created its own fatigue and stress, and shared his personal experience of oil patch shift cycles (two weeks on five days off) with long commutes on dangerous winter roads, shared with other users like campers and

wildlife.

He shared examples of fatigue causing people to drive drowsy and fall asleep at the wheel with deadly consequences. In one incident a friend woke up in an ambulance. In another incident the last thing he remembered was thinking he should take a nap, and then found himself waking up in a snow bank. His last example was where his uncle was a passenger in a vehicle where both his uncle and the driver fell asleep. The driver died and his uncle woke, a paraplegic.

He said with any drowsy driving the risk of accidents increased dramatically. He said 56% of men and 45% of women were inclined to drive drowsy with 23% of all drivers having fallen asleep at the wheel or knowing people who had fallen asleep at the wheel.

Sam Stanko said one of the biggest challenges was that **loggers won’t come and tell you they have injured themselves** – they wanted to work through their injuries; along with trying to find long-term solutions to ergonomics in shared machines, working on mutual respect and understanding where “don’t you touch my seat” became “just change it back” so that all workers were as safe and as comfortable for the duration of their shifts, without repercussions or grouchy work mates.

He shared how one might need to overcome mistrust when one was looking to help people with strengthening exercise and tips, as some workers misinterpreted that kind of support and believed that the bosses thought they couldn’t do their jobs. They worried that if they didn’t just push

⇒
(continued on page 9)

**About communication with crew members:
“If you don’t ask, you won’t know.”**



Panel: Reflections that have influenced me ... continued

(continued from page 8)

⇒ through issues on their own, they would need to be off work and not be paid. He provided an example about the years that there had been talk in the industry about using the log binder to throw the binders over. Finally everyone agreed, “let’s do that” – now 90% of drivers follow that practice, and by doing so they ensured better safety.

Brent Farnsworth, with more than 25 years at WorkSafeBC (WSBC), has dealt with more than 100 fatal and serious injury investigations in that time. He said that when the WSBC crew went out they were followed by a team including engineers, subject matter experts and lawyers.

There were 60 to 80 investigations a year, some were accidents, some disease-related, and not all were deaths.

He said it was **always very difficult to explain to families how their loved ones had died.**

While very few autopsies are done, toxicology reports are done on all deceased and often it stated that alcohol/drugs had no impact, but in other instances it was hard to know if they were contributing factors. Some forensic pathologists would give professional opinions on illegal drugs and if they had been contributing factors.

From 2005 to 2012 the forest industry had 17 fatalities with toxicology results showing almost one quarter (highest industry sector) had drugs or alcohol in their systems.

He reminded the conference attendees that “it takes everybody” – all the way up the line to make a difference and put him and his department out of business. 🚧

Driving to the next level of change in further reducing serious injuries and fatalities:

“We can do this. We can.”

Reynold Hert

What we believe influences our behaviours

BCFSC Chair and CEO, Reynold Hert, closed the conference by reflecting on the theme of the conference. He said “*What influences our behaviours* an awful lot is **what we believe ...**”

He said we were at a very interesting time in our industry, poised to do what we had not been able to do before: “drive to the next level of change”. He said that one needed the right plan, people, tools, trained people assessing hazards, and getting people to stop while stopping others if they felt something was unsafe. And, one needed to appreciate that safety also made money sense.

Looking around the room, he said everyone — including senior executives and CEOs, the Ministry of Forests, Lands and Natural Resources, and WSBC — was saying “we can make this better”. When people begin to think that, coming together with a level of support greater than ever before then: “We can do this. We can.”

“The rest of the world has noticed that we are doing this,” he said, reflecting on recent invitations from both the United Kingdom and New Zealand forest industries to talk to them about how British Columbia had effectively achieved a marked reduction in serious injuries and fatalities. “They are trying to do the same thing. In us helping them, I know we get back more than we give them,” he said. 🚧



What did people say after the conference?

“Always good to have an opportunity to network and hear some great speakers. Thanks to all.”

“We’ve come a long way, but we need to see that everyone else is hearing what the problems are so that we can all work together to fix them.”

“I’d like to see more ideas on how to make changes at the individual worker’s level. We need more tools to help people make good decisions about health, fitness, sleep habits, culture, team work.”

“Great job. Looking forward to next year!”

“Would like to see the whole resource road safety and responsibility taken on in a way that we find solutions. Getting to and from work for many of us is the most dangerous aspect of our jobs”.

“When someone says we need more sleep because injury and fatality statistics prove that – well now I want to see us put our heads together and make shift schedules that make that possible, given long commutes. I know we all want to go home safe. We have to make it happen.”

“Great appreciation for all the sponsors in making this annual event possible.”

What do you think about the status of safety in forestry? Share your views.

Please email:
feedbackonsafety@bcforestsafe.org

Save the date!

The 2014 Vancouver Island Safety Conference (VISC) will be held on Saturday October 4, 2014 at the Vancouver Island Conference Centre, Nanaimo.

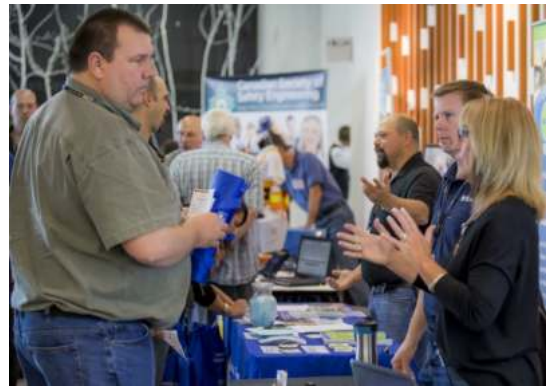




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