

# Vancouver Island Safety Conference

2018 WRAP-UP newsletter: Managing Risk — empowering good decisions

September 29, 2018, Vancouver Island Conference Centre, Nanaimo, BC, Canada



## Welcome from Snuneymuxw Elder Geraldine Manson

**G**eraldine Manson, Snuneymuxw Elder, and Elder in Residence at Vancouver Island University, welcomed delegates at the 13th annual Vancouver Island Safety Conference to the traditional, unceded territory of the Snuneymuxw First Nation.

She commended the efforts of industry in working to reduce injuries and fatalities and called on the Great Creator to grant wisdom and guidance to all present to further improve safety outcomes everywhere and sang a tribute song in memory of a deceased elder about the land that embraces all of us.

Ms. Manson also said it was “so important to have safety in your pocket.” ▲



## VIU showcases its simulators

Vancouver Island University brought some of their forestry-related simulators to the conference to demonstrate how they are teaching the next generation of forestry workers and professionals to operate safely. ▲

---

**Thank you**

*to everyone for coming out!  
Please save the date for next  
year's conference:*

**SATURDAY, OCTOBER 5, 2019**

---

# Moment of Silence to honour work- related fatalities

**V**ancouver Island Safety Conference (VISC) Master of Ceremonies, Mike Milholm, told delegates that 22 people had died in workplace incidents or as a result of occupational diseases since the last VISC in 2017. While these deaths occurred in the last 12 months, many of the incidents happened many years, even decades, ago.

Delegates observed a moment of silence to remember those deceased, as well as to honour a

VISC steering committee volunteer and all-round respected forestry, sports, family and safety champion, Ken Moore.

In his memory, proceeds from the 50/50 draw went to the Canadian Cancer Society and to the Nanaimo Regional Hospital Foundation. ▲



Ken Moore passed away in April 2018 after a courageous battle against cancer.

Log Truck Driver – 33	Sawmill Worker – 67
Log Truck Driver – 55	Sawmill Worker – 86
Log Truck Driver – 68	Pulp Mill Worker – 52
Tree Faller – 56	Pulp Mill Worker – 87
Tree Faller – 56	Pulp Mill Worker – 90
Tree Faller – 63	Electrician – 89
Buncher Operator – 58	Bleach Operator – 69
Loader Operator – 49	Millwright – 70
Forestry Worker – 69	Steam Engineer – 79
Logger – 77	Welder – 87
Loader Operator – 53	Oiler Mechanic – 78

The 22 forestry, sawmill and pulp mill workers who died due to work-related incidents or occupational diseases in the 12 months between the 2017 and 2018 Vancouver Island Safety Conferences.

## Giving back each year

**T**hanks to the generous donations of items and the competitive bids of delegates, the 2018 silent auction raised \$2,780 once again for the Red Shirt Foundation and KidSports Nanaimo in memory of two workers who died in a workplace shooting at a local mill.

Conference attendees brought non-perishable food items and cash donations for Nanaimo Loaves and Fishes, a local food bank.

\$750 was raised in the 50/50 draw, with half of that amount going to the Canadian Cancer Society and the Regional Nanaimo Hospital Foundation. ▲



Many auction items proved popular and helped raise dollars for worthy causes.





## 354 delegates attended the 2018 VISC

**E**ach year on average more than 420 people register online to attend the VISC.

A total of 420 registered this year, but the final number of attendees was 354, lower than the last several years. ▲



## Winner of the 55-inch LG TV

A 55-inch LG TV valued at \$1,400 and donated by London Drugs was won by **Ross Fitzgibbon**. Congratulations! ▲

Setting the stage:

## Industry's current safety performance



Rob Moonen.

**R**ob Moonen, CEO of the BC Forest Safety Council (BCFSC), said he wanted to provide delegates with information about some of the industry accomplishments and some of the challenges in safety.

Rob said the overall injury rate for harvesting in 2017 was the second lowest on record outside of 2009 (year of financial crisis and record low harvest levels).

Manual tree falling injury rates in 2017 were also the second lowest on record but still too high at 22.7. Historically, manual tree falling injury rates have been in the high 30s. "While it is still high, the progress achieved demonstrates industry's commitment to further reduce injury rates, with the ultimate goal of ensuring every worker goes home injury free, every day," he said. To accomplish this goal, more focus is required in key areas.

"Log hauling presently represents industry's greatest risk in terms of direct work-related and public interface fatalities," with 50% of recent fatalities having been log truck drivers.

Just three days before the conference, Rob said he had come across a fully loaded log truck that had lost control and come to rest in the highway median between Parksville and Qualicum. "The risk of fatalities and public interface are fairly significant," he said.

Rob said in addition injury rates had remained static and industry was experiencing a shortage of drivers. To support these efforts, the BCFSC continues to support industry to create industry-driven best practices and resources related to driver fatigue, road maintenance and overweights. In addition, systems to best support driver training and assessment for both new and existing log truck drivers were in development and pilot testing phases.

Manual tree falling's injury rate would continue to be a focus area for industry. Rob said that efforts to support continued improvement included the development of a competency-based training program for new fallers entering the industry and improved support for falling contractors delivered by the

---

**"Log hauling presently represents industry's greatest risk in terms of direct work-related and public interface fatalities." Rob Moonen**

---

three BCFSC Falling Safety Advisors.

Still, year to date, there had been three fatalities in 2018 – two involving logging trucks and the third involving a driver of a pickup who was attempting to repair his vehicle on the side of the road. "We are a close-knit industry and all know colleagues who have passed, and it impacts all of us, and hopefully, drives us on to our goal," said Rob. "My ask of you like years past, is to take what you are going to hear back to your workplaces. Try and impact how people see risk and do your own safety assessment."

He said that we all need to remember what we bring individually to the workplace. If our mind is not on task, for whatever reason, risk is impacted. He shared a local example that a contractor (Bill Nelson) had told him about. Their risk system is: green, yellow, red and every worker has to self-check where they are at re self-awareness of their focus on task. ▲

# Health and safety with the brain in mind

**T**erry Small, popular international speaker on all things related to the brain, provided an entertaining hour-long presentation on the brain, with an emphasis on health and safety impacts.

He said each of us carries around three pounds of the most complex material in the universe – and an organ that never switches off or takes a break until we are dead. It is involved in everything we do, all the time.

Terry said every first night in a hotel room, half of the brain is on and as a result, the next day one has a 10% higher risk of road accidents. The important thing to know is that when people have incidents, it is because their brain was not there at that moment. “I simply was not there.” This could be because of thoughts were on other matters/ distractions.

## Examples of how the brain sees in pictures

1. When asked to think of a horse, you see a picture/s of a horse.
2. When you walk down the street, you never say to someone: “I remember your name, but not your face.”

### The brain

- ◆ Works 24-7 even when we sleep
- ◆ Contains 3 pounds of the most complex material in the universe
- ◆ Benefits greatly from laughter and exercise
- ◆ Provides a 72-hour window to use what you see/hear/learn. After that, there is just an 8% chance you will apply anything
- ◆ Sees in pictures which enables flight or fight response. People freeze when they have no pictures in their head to reference
- ◆ Has a voice (the one that says you don't have a voice in your head!)



*Terry Small.*

This is important to know because if we adapt that to safety and risk, if people can pre-populate their brain with pictures about what is safe and unsafe and anticipate the actions needed in situations they encounter, they will never freeze. They will act. And if they have the right pictures in their brain on which to act in those particular situations, there will be far more positive outcomes.

Throughout his presentation Terry kept delegates focused on his content by pairing everyone up and asking the pairs to look each other in the eyes and say to each other at regular intervals: “you are a genius”; “you are the best thing I’ve seen all day”; “you look like a bulldozer”; and “you are probably the best thing I have seen all week”.

It takes repetition to refresh the pictures to help the brain make people work and act safely. Terry said just like everyone had a shower this morning and will shower again tomorrow because the cleaning effect wears off, the same is true of safety. Safety wears off. We need to continuously repeat, especially when the latest statistics indicate that all of us have a 50% chance of Alzheimers by the age of 80; and we already have the first teenagers being diagnosed with Alzheimers.

Terry lives near White Rock, on the lower mainland, BC and he said there is a particular curve on the road that commercial truck drivers have driven many times, but there are still flop overs because on that particular ride “the driver’s brain was just not there in the moment”.

Another example Terry shared was the performance of the pilot, Chelsey “Sully” Sullenberger, who safely landed United Airways Flight 1549 on the Hudson River, New York, following a bird strike (Canadian Geese) shortly after take-off from New York City’s LaGuardia Airport.



*Pilot, Chelsey “Sully” Sullenberger.*

Hailed as the “Miracle on the Hudson” Sully and co-pilot Jeffrey Skiles glided the plane to a ditching in the Hudson River off Midtown Manhattan. All 155 people aboard were rescued by nearby boats and there were few injuries. A US National Transportation Safety Board official described it as “the most successful ditching in aviation history.”

The crew were awarded the Master's Medal of the Guild of Air Pilots and Air Navigators in recognition of their "heroic and unique aviation achievement".

Terry said that in listening to the audio tapes of the event, the pilot remained extremely calm. His voice was flat, matter of fact, while the air traffic controller's voice goes a little higher, the pilot was matter of fact rejecting an option to aim for one of two nearby airports because without any engine power he knew he couldn't make either of them. He calmly stated they were going to land on the Hudson. The last person off his plane, investigators caught up with Sully where he was reported to be having a cup of tea on the river bank, jacket still done up, checking on folk and talking about how well his crew had done.

Terry's point was, what had allowed Sully to be so calm throughout; quickly process all his options, under immense pressure; and stay matter of fact and in control? Before Sully became a pilot, he had been an investigator of plane crashes. Terry said this experience put lots of pictures into Sullenberger's memory banks for reference recall. "The first picture in your brain will determine what you are going to do. 10% do the right things = survivors. 10% do the wrong thing = dead and the 80% in-between freeze – they don't know what to do because they do not have pictures in the brain to give them options to follow."

Similarly, Terry shared that when he is driving the Sea-to-Sky-highway and sees a logging truck, he is imagining where he is going to go if something were to happen, creating pictures in his brain.

He said that while we cannot go back and ask those who died on the job what happened, a good educated guess is that "they just weren't there" in the moment.

And those "just weren't there moments" add up under different conditions. For example, there is a 20% increase in motor vehicle incidents, according to ICBC, when the clocks change.

Good advice is to give yourself a talk to pay special attention on the days after clocks change, or if you are travelling to

different time zones and are more fatigued than usual.

### **Safety is not just about what you know but what you think**

Terry said that everyone had to "pay attention to your attention". He said every person had upwards of 25,000 thoughts a day so one had to do the work to keep one's brain clear and focused.

He also said that everyone had just 72 hours to act on what they had learned at the conference because the likelihood of anything useful being applied after 72 hours would be less than 8%.

Terry said the secret to safety is to incorporate knowledge into behaviour and to share our knowledge.

---

**"Learners inherit the earth; while the learned find themselves beautifully equipped to deal with a world that no longer exists."**

**Eric Hoffer**

---

### **Brain states change like the weather**

Like the weather, the state/weather in your brain changes all the time.

For example, everyone knows what "brain fog" is and how that makes you feel. How the weather is doing in your brain will impact your safety. In particular, if people are in trucks, and don't stop every two hours, get out and walk about, get some fresh air and eat a couple of the best brain foods, they will not be in a safe state.

### **Two of the best brain foods to prevent dementia: raw unsalted walnuts, and prunes**

Just a couple of prunes a day and a handful of walnuts are two of the best brain fuels around, said Terry. Staying safe on the job is about good brain function and most people do not know how their brains work or what they need to fuel them – good foods and good hydration (water). In general, if it's purple, eat it immediately!

### **Exercising the brain by making the right and left sides work together**

Terry showed delegates a few simple left-right brain stretching exercises.

#### **Try this at home and on the job:**

Feet comfortably apart. Stretch both arms up above your head together and breathe in and out. Slap your cheeks a few times and then pat your shoulders with your opposite hands, one at a time. Another variation is grabbing your nose with one hand while the other hand taps the opposite shoulder.

In less than a minute you are more alert than you were before the stretch because you have forced the brain to work in different patterns triggering right-left brain sides working.

### **Our brains need movement to work well**

As soon as you sit, your brain starts downshifting. Terry said when he was a university student the biggest health risk was smoking. Now the number one health risk in Canada is sitting disease.

Sitting means the brain downshifts and circulation slows down. So anyone who spends any time driving should really focus on stopping (safely of course), getting out of the vehicle, and even if it is a short stretch and having a few sips of water for one minute, your actions will categorically have helped your brain to perform better. Terry suggested that as an industry we could then track if that translated into fewer incidents.

With 100 billion brain cells, movement is a really important part of maintaining brain health. "We need to be active to keep the brain sharp because activities means 10% more blood will be flowing through your brain," said Terry.

Comparing the brain to iron, Terry said that while iron rusts with time it is not time that makes iron rust. Rather it depends on the conditions or what is done to iron over the passage of time. "Time doesn't cause the brain to fall apart; normal memory loss starts at 20 years of age, but what you do can impact brain health and performance."

## Simple calculation on when to move to protect your brain

Brain fog starts after just 20 minutes of sitting for the average adult. Get up and move around every 20 minutes and make both sides of the brain work together.

For kids and teens, the calculation is their age plus two which equals the minutes at which they start to enter brain fog.

So a 12 year-old child + 2 = 14 so that means at 14 minutes of sitting, 12-year-old brains start to go into a fog. To prevent that, every 12 year-old should be getting up, stretching and re-focusing their brain every 14 minutes to optimize their brain's health and performance.

## Paying attention is a lot harder than you'd think

Proving that we condition ourselves to see only what we are focused on, Terry showed a video clip of a murder mystery that needed to be solved, with the result that the majority of the audience missed 21 changes that took place in the one-room scene.

## Easy to miss what you are not looking for

Watch this video and see if you notice anything: <https://www.youtube.com/watch?v=ubNF9QNEQLA>

So how could one miss 21 changes? It is easy to miss what you are not looking for. The overwhelming majority of people are singularly focused on looking at the murder victim, "Lord Smythe".



For safety, this means if we are not actively looking for hazards we are not going to see them.

In 2008, the City of London, UK ran an award-winning campaign to help reduce the number of MVIs involving cyclists and drivers by making the public aware that if they are not focused on looking for cyclists that they won't see them. See: Lookoutforcyclists, Dothetest.co.uk, at these links:

<https://www.youtube.com/watch?v=Rz-ph32CnJA>



<https://www.youtube.com/watch?v=Ahg6qcgoay4>

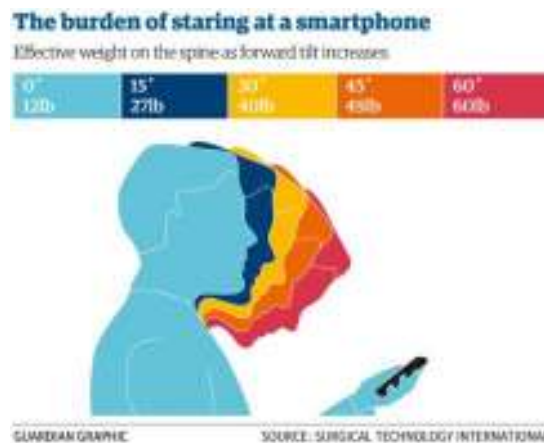


Terry said that "attention density correlates with safety", explaining that even with a phone turned off, but sitting with in peripheral vision there is still a 25% deficit of brain attention.

The head tilting alone – created by how most people look at their phones means that as the head tips forward it creates up to 60 pounds of pressure on one's neck and dramatically reduces the blood

flow into the brain = attention capability is down.

"Text neck or i-hunch" is becoming permanent because bones are fusing. Four ways to prevent text neck will be difficult until it is not. Brains, like everything else, need training. So start bringing those phones up to your faces; and make sure your brain is awake because it has to be awake to be safe. Do right and left brain stimulation exercises regularly to keep your brain awake for 20 minutes at a time. Eat lots of garlic, drink water with citrus and indulge in all the brain superfoods.



Terry invited delegates to google the term to see how big a thing "text neck" has become. Here is one link to a story out of the UK, with a helpful graphic on the strain that creates decreased blood flow to the brain: <https://www.theguardian.com/lifeandstyle/shortcuts/2014/nov/24/text-neck-how-smartphones-damaging-our-spines>

In closing, Terry summarized as follows: people with good brains do not become workplace bullies; people with good brains do not allow themselves to be bullied; people with good brains are safe and don't have as many incidents.

Eat good foods for brain health, keep hydrated, be active and sleep well because fatigue is the number one brain-centred hazard in modern workplaces.

## Sign up for more brain information you can use at work and at home

You can sign up for Terry's free brain newsletter here: <https://www.terrysmall.com/> (on the left of the homepage, enter your email address). ▲

# Update from the Marine Forest Safety Advisory Group



Aaron Frost (left) and Timo Scheiber gave a brief update on work being done by industry through the Marine Forest Safety Advisory Group.

Two Marine Forest Safety Advisory Group (MFSAG) members, Aaron Frost from Strategic Natural Resource Consultants Inc. and Timo Scheiber, of Brinkman & Associates Reforestation Ltd., provided an update on where the group is at on supporting improved safety outcomes for forestry workers who are transported to and from forestry worksites on the water or work on the water in forestry occupations, such as crew boats and boom boat operators.

MFSAG was formed a few years ago by industry in response to the foundering and abandonment (no injuries or fatalities) of a self-propelled barge, the Lasqueti Daughters, off Vancouver Island in March 2015. There had been 17 people on board, including silviculture workers, supplies and equipment.

One of the group's key focus areas right now is on operator competencies, trying to address the gaps between qualifications and competency. The plan is to be in a position to roll-out operator competencies to industry following trials with small passenger and boom boats. These draft competencies were designed with operator input.

Back in 1994, as a result of regulations not being as clear as they could be, a large gap was identified to get crews qualified and competent. At that time West Coast Powerboating developed a really good crew boat certification course that included both classroom and hands-on training. Later, however, Transport Canada introduced a Small Vessel Operator Proficiency (SVOP), which in 2007 became required practice. Some operators, however, were not aware of the requirement and were still running on the 1994 protocols and practices.

Two of the challenges were how passengers versus crew members are defined; (crew in fact are also your passengers as the vessel operator); and, the definition of what sheltered waters are – not what you think they are but how they are specifically defined under regulation.

There is some current discussion around SVOP potentially being phased out in 2019 with certifications being changed, but at this time it is business as usual. The MFSAG will be monitoring the situation and reporting back to industry with any information that might further impact the safe operation of crew boats and boom boats in forestry operations.

The group also had a booth at the conference to share current information, progress on the competencies and hand out summary sheets and stickers developed to help remind captains, crew and forestry passengers on the requirements and the use of different types of radios in emergency situations on vessels. ▲

# BC's Minister of Labour, Harry Bains, shared his passion for safety based on his first-hand experiences as a sawmill worker



Screen capture (left) from a video shown at the beginning of the Honourable Minister Harry Bains's presentation at VISC 2018.

---

**"My passion is about safety and it is my number one priority."**

**Minister of Labour, Harry Bains.**

---

Speaking from the heart, Minister Bains shared how he had worked at a Canfor sawmill and understood the many issues industry faces. He said that there had been both challenges and opportunities about health and safety at his time at the mill. "Every time we met with management they would say we are not making money and mill may shut down," said Mr Bains. He said that having that on the minds of workers every day was not good and he believes paved the path for him to become a union official which in turn led him to become BC's Minister of Labour.

"I think I do have a very good idea of the challenges that you face every day and I know there is a desire to keep everyone safe, but I also know about the pressures of production, and that workers take short cuts. We have an obligation as workers, unions, management and others to make sure workers do not take those short cuts. My number one priority is that every worker that goes to work deserves to go home well and safe. We owe it to the workers, their families, their communities and our society.

"Safety at workplaces is my number one priority and to make workplaces in BC the safest in the country," said Mr Bains.

He said that the BC Government is making choices, all about people, as too many workers feel that their safety is at risk and that we all know that the majority of all incidents and fatalities are preventable.

The Employment Standard is also part of his mandate and Mr Bains said that Government was exploring changes, particularly to ensure that the rights of workers are protected from a health and safety perspective.

Referencing the Labour Code, he expected that a report would be made public in the next few weeks with all stakeholders being given the opportunity to share feedback.



Minister Harry Bains.

He added that a temporary foreign worker registry was in the works. In the absence of sufficient skilled labour, temporary foreign workers were a necessity in BC and that they needed to be protected. "We keep hearing that there is abuse of these workers," he said.

Mr Bains said that WorkSafeBC was reviewing its high-risk strategy for forestry. He said forestry remained a vital part of our province's economy and that it was the forestry industry that had built this province over the last 150 years.

"When we talk about a good sustainable economy, and good paying jobs; when we talk about the workplace and health and safety, I think one of the things we must talk about is that we must create that safety first culture," he said.

Mr Bains said that we must remind each other every day that there are no short cuts. "It takes all of us to create that safe work environment. We know it is the most efficient and productive. We need to make sure that there is strong prevention, strong enforcement, as well as respect and dignity for those injured at work."

He noted that most deaths recorded through WorkSafeBC claims, occur due to exposure to asbestos from many years ago.

It is important for those of us in authority to take ownership of this to see that all workers go home safe. One cannot repeat it often enough: "One injury, one death, is one too many and we must continue to work on addressing this."

In closing Mr Bains said he wanted to offer kudos to the BC Forest Safety Council for its tireless efforts and in creating training, awareness and resources to support improved safety outcomes.

"As Minister I will not waiver in helping and to champion safe workplaces. Make life better for all in BC. People first, and a better future together," he said. ▲

# FPInnovations provided an update on innovation in safety

Colin Koszman, of FPInnovations, provided an overview of some of the latest examples of safety innovation they are working on with industry.

He explained that FPInnovations was the largest not-for-profit forest research company in the world, with offices and laboratories in BC and Quebec.

“We focus on innovative scientific solutions for our members and strategic partners to promote global competitiveness,” said Colin. Each project is focused on Return on Investment (ROI) re financial benefits, environmental performance benefits as well as health and safety ben-



Colin Koszman.

efits.

Colin provided summaries of work currently being done on boom sticks (electromagnetic tagging) so you know where every log is, its type and where it came from and where it's going; FallerCams for improved safety; log truck stability monitoring to prevent rollovers; and steep slope safety advancements.

He said the FallerCam project started as a request that FPInnovations had received from Interfor to look at how cameras might be used to improve safety around hand falling; and if it might be possible and/or feasible to have offsite observation from camp, roadside or even the closest community?

FPInnovations and lotatel Inc. teamed up under a “strategic research alliance” to explore the possibilities. One of the key questions is: “how would we feel about camera surveillance while at work?”

Colin said that they talked with a lot of fallers and faller contractors. After an initial reaction of not getting back the them, within a few weeks that were invited out to test the possibilities with falling crews at Lemare Logging, and then later with Blue Thunder Contracting.

Things they learned included that:

- ♦ Fallers are more likely to be involved with video if they have some control over the footage – e.g. how they post currently on YouTube
- ♦ WorkSafeBC regulations don't allow two people at the stump
- ♦ Switchback, culture, working alone, qualified assistance – were all the human pieces that had to be considered
- ♦ Technology must not create upset conditions
- ♦ And any solution needed to be supported by everyone by focusing on everyone's needs.

Falling audits are expensive to do and are required to be done monthly so technology offers an option to make those more efficient for all parties involved. As well, safety technology uptake by the falling community could provide a sustainable ability to demonstrate and share good practices to support all fallers and new trainee fallers especially.

Colin said that there were approximately 2,500 fallers certified by the BC Forest Safety Council in the province and that WorkSafeBC claims in 2015 related to manual tree falling and bucking exceeded \$11 million.

Colin showed delegates two short videos showcasing Steve Venus, third generation world-class faller, of Blue Thunder Contracting, using an Edesix camera along with an iPad. The

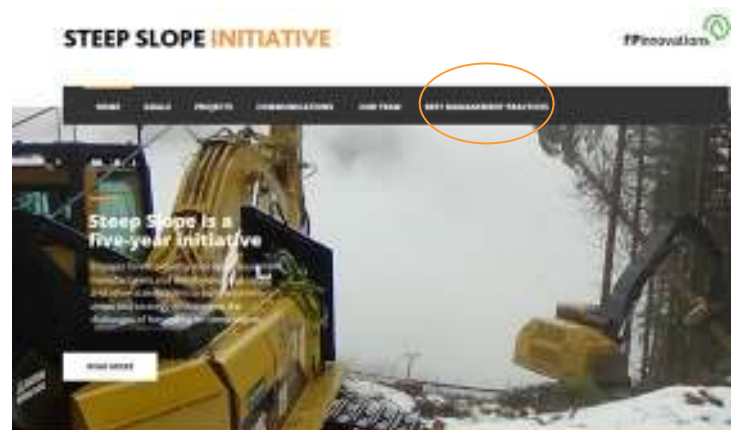
two camera perspectives shown were one from a faller auditor viewpoint (camera mounted on the chest) and the second, from the faller perspective (camera mounted on the helmet).

He said that current experience testing of the application shows that there is an opportunity to both improve safety while reducing costs. Work is now going to continue in further field testing as well as a pilot with BCFSC falling safety advisors and in supervisor faller training. At the same time, there will be regulatory review to ensure legal, employment, privacy, and confidentiality standards are met.

Moving onto log hauling, Colin said that the majority of log truck rollovers in the province in 2016 and 2017 had shared a root cause of speed. Other influencing factors included type of truck, configuration, road maintenance and design, weather, road conditions and load.

“What if those drivers could have told you about their close calls,” asked Colin. In response, a rollover warning system trial has been started to determine where those close calls are happening and what the influencers are.

Re steep slopes, Colin said that sets of best management practices (BMPs) are available free to everyone for winch assist equipment as well as wire rope integrity guide for operators. These may be found here, under the “BEST MANAGEMENT PRACTICES” tab here: <http://steepslopeinitiative.fpinnovations.ca/> (orange circle in the screenshot below.) ▲





Karren Kossey.

# Sleeping for your health

**K**arren Kossey, ORCA Health and Safety, took delegates through the five states of sleep and how each stage was critical for healthy brains and bodies, and safe performance. She said that currently 85% of North Americans say they don't get enough sleep. In part this is because over the last 60 years we have moved from getting just under 8 hours of sleep a night on average to a current average of 6.3 hours a night, for adults.

In addition, one in 25 workers say they have fallen asleep at the wheel in the last month. And, for many who work extended shifts and are awake for long periods, 20 hours of continuous wakefulness means that they are legally drunk.

Referencing the world-renowned neuro-scientist and sleep authority, Dr Matthew Walker, Karren said "the shorter your sleep the shorter your life".

(To see more of Dr Walker's information and videos, see: <https://www.sleepdiplomat.com/> and <http://podcast.scienceofsuccess.co/e/everything-you-know-about-sleep-is-wrong-with-dr-matthew-walker/>)

## Sleep is the single most important thing that can reset your brain and your life

Karren said that there is a causal link between health and sleep. Sleeping less than 6 hours, means an increased risk for Alzheimers, cancer, cardiovascular disease, stroke, diabetes and depression. In fact, the World Health Organization says that the association is so strong with cancer that it has classified any form of night-time shift-work as a probable carcinogen.

For anyone getting less than 6 hours of quality sleep a night:

- ◆ Men have testosterone levels 10 years their senior
- ◆ Time to physical exhaustion drops by 30%
- ◆ Typically eat 200 to 300 more calories per day – which leads to obesity
- ◆ Decreased strength, decreased balance stability coordination, decreased ability to intake oxygen, increased lactic acid, which proportionately increases probability of injury based on hours of sleep.

Karren challenged all delegates who drink and or smoke weed to "do sober October". "You will be amazed at how well your body will sleep!" Part of this is because we never get into dream sleep/deep sleep if we drink alcohol and/or are using marijuana.

Tips for better sleep experiences include:

- ◆ Consistent sleep schedule
- ◆ Don't lie in bed if you can't sleep
- ◆ Cold room – and take a hot bath before going to bed as this will result in dropping your core temperature by one degree
  - ◆ Sleep in light clothes; put socks on cold feet
  - ◆ Avoid caffeine and alcohol/marijuana
  - ◆ Find darkness
  - ◆ Pillow between the knees (it takes 7 days to get used to something you do in your bed so persevere)
  - ◆ Stop device use two to three hours before bed especially for kids and teens (the blue light is the worst for impacting Melatonin creation – it suppresses it. Melatonin is necessary to induce sleep). Increase your Melatonin-triggering food sources (it's a long list; see: <https://www.alaskasleep.com/blog/foods-for-sleep-list-best-worst-foods-getting-sleep>. These foods include tart cherries, walnuts, goji berries, almonds, pineapple, tomatoes bananas, oranges, rice, barley and oats. ▲

**"Do  
sober  
October  
to sleep better."**



## Three 2018 annual safety awards presented

**L**eadership in Safety Awards are presented annually to celebrate safety achievements in industry. Nominations are invited from anyone in industry, who knows someone – an individual, crew, team, division, contractor, company, supplier, consultant, trainer, etc. – that deserves to be recognized for outstanding safety achievements. Someone who has made, or continues to make, a difference in supporting our shared goals as an industry to see every worker return home safely at the end of each work day.

### 2018 Most Valuable Player (MVP) of the Year Award: BC's Wildland Firefighters

For their focus and commitment to safe operations while facing one of the most challenging the largest wildfire seasons in BC's history.

BC Wildfire Service staff, firefighting contractors, other government staff, municipal firefighters, pilots and support aircrew, out of province and international fire crews and members of the public all worked hard to stay safe during this most recent challenging fire season.

Working safely under hazardous and rapidly changing working conditions requires good communication, teamwork and a deeply held value of the importance of worker safety.



*Brandi Burns accepted the award from Rob Moonen on behalf of all of BC's 2018 Wildland Firefighters.*

### 2018 Cary White Memorial Lifetime Achievement Award for Commitment to Safety Excellence: John Bulcock and Ron Corbeil

John, throughout his career has made significant contributions to improving safety in harvesting and wood products manufacturing. Early in his career, he was instrumental in developing safety and injury management programs at various camps within the Englewood Division.

When John stepped up the corporate ladder within Western Forest Products he remained available and retained the “guy on the ground” approach. His contributions as a trainer, instructor, policy author, program designer and mentor have positively influenced company crews, the contractor community and the coastal industry overall.

John became a Director of the Safety Advisory Foundation for Education & Research (SAFER) in 2009 and has served as a co-chair of the foundation. He also was the first person in industry to recognize the value and possibilities of Switchback training, which has become a regular training program in industry. Now semi-retired, John continues to work in health and safety and still contributes his valuable ideas to industry groups such as the Manufacturing Advisory Group and the Coast Harvesting Advisory Group.

A quote from the award nomination says it all: “There are generations working who are safer today because of the programs and policies that John helped create and implement.” Steven Falk, of Switchback, accepted the award on John Bulcock's behalf, as John was away.

Ron Corbeil's name has become synonymous with organized labour, unions (USW) and worker rights. He was involved in the beginnings of formalizing forestry safety as early as 2000. At that time John and Ron worked closely together on all matters safety. From sitting on the industry taskforce, SAFER and BCFSC committees, BCFSC CEO Rob Moonen said that John and Ron worked together very seriously and championed a number of initiatives that made workplaces safer, but the pair also had time for a lot of humour too.



*Ron Corbeil accepts his award from Rob Moonen.*

Thank you to all the recipients for your contributions, for everything you have done and continue to do to make our industry a safer and healthier place. ▲

# What is up with this BS – Being Safe?



Eldeen Pozniak.

**E**ldeen Pozniak delivered her passionate and entertaining safety presentation, highlighting the importance of getting back to basics – hazard, risk and control.

She shared examples to demonstrate that sometimes workers don't know the hazard or don't recognize the hazard as a hazard as well as where workers know the hazards and risks really well, but they

don't lift their blinders to see the other machinery or operations and things that could create an upset for them.

Eldeen provided a 7-point handout summary:

1. Safety results are based on people's definitions of what safety means to them, not common sense. What unsafe looks like is different to everyone; we need to work to a shared definition.
2. Make safety a part of what you do; how are you integrating safety into your process?  
Eldeen shared the example of her granddaughter who knows she has to sit in a car seat to go in anyone's vehicle. We all have to get to that place where it's not safety, it's just how we do things.
3. Take a step back and ask the question: What can go wrong; how can I or others get hurt; what are we doing to not have that happen? For example, Peter Sellers asks a man with a dog: Does your dog bite? Man says "no". Sellers touches the dog and gets bitten. Man says "this is not my dog." Sellers needed to ask the man: Is this your dog?
4. Basics of safety – need a program with procedures and formalized hazard assessment; always implement Hazard – Risk – Control considerations and processes. If a workplace is controlled, do the work, if it is not controlled, don't do the work.
5. How far do we go – due diligence.
6. Be there for each other.
7. Communicate to each other's definitions.

Learn more at [www.pozniaksafety.com](http://www.pozniaksafety.com) ▲



## What's Up with this B.S. – Being Safe?

Take a couple moments to reflect on each of the points that was made during the presentation, and see how you can implement or maintain them if you're already considering them, in your specific workplace.

### 1. Safety Results are Based on People Definitions – Not Common Sense

### 2. Make Safety a Part of What You do – How are you integrating safety into your process?

### 3. Take A Step Back and Ask the Question

Under these circumstances right now... what can go wrong; how can I or others get hurt... what are we doing to not have that happen...

### 4. Basics of Safety

Need a program – with procedures & formalized hazard assessment (JHA)  
Hazard – Risk – Control considerations and process

### 5. How Far Do We Go – Due Diligence

### 6. Be there for each other

### 7. Communicate to Each Others Definitions

If you would like a copy of the presentation, please email me at [eldeen@pozniaksafety.com](mailto:eldeen@pozniaksafety.com)

If you would like to have me present, please contact Maryann Chartrand at [Spellbinders Speakers – \[SpellbindersSpeakers@spellbinders.ca\]\(mailto:SpellbindersSpeakers@spellbinders.ca\)](mailto:SpellbindersSpeakers@spellbinders.ca)



Eldeen Pozniak  
[www.pozniaksafety.com](http://www.pozniaksafety.com)

**PZNIAK**



Alan Quilley,  
safety author,  
consultant  
and musician.



## Turning risk thinking into safety doing

**A**lan Quilley, of Safety Results ([www.safetyresults.ca](http://www.safetyresults.ca)) said working safely is not the absence of injuries which is like saying I must have driven safely because I didn't get a speeding ticket.

He emphasized the critical importance of managing your risk well before you do the job. "Working safely is doing your work without taking unnecessary risks," said Alan.

Alan says safety is a lot more than just watching the video or having hollow conversations that turn people off. Rather we have to have heartfelt, real conversations.

"We have to admit we've done stupid things. We have to talk about these things openly and honestly. We have to talk about the mistakes we've made," said Alan. He said people listen and learn when we have real conversations. It is the beginning of making it easy for workers to make the right choices.

He gave the example of kitchen safety #101 by asking the question: "Have you ever used a knife as a screwdriver in your kitchen?" Majority say "yes". The one thing that you can do to almost guarantee you will never use a knife as a screwdriver in your kitchen is .... to put a screwdriver in the kitchen!

Making safety personal is moving from thinking about safety to doing safety. Start creating safe work. Stop taking unnecessary risks. Continue to do what you know is right.

Change the Git-R-Done mentality to the Git-R-Done SAFELY mentality.

We also need to become better "activators"; sometimes this is as simple as asking your crew what do they need you to remind them about?

Alan said we learn safety the same way we learn anything, like playing a guitar: first you have to want to do it; then it is about knowledge and education (communication, tools and equipment), skills (muscle movements and muscle memory) and experience (practice, coaching and feedback).

In closing he said that each of us are the only ones who can turn risk thinking into safety doing. "You are the only one that can do this. Work safely for you and the important people in your life."

Learn more at [www.safetyresults.ca](http://www.safetyresults.ca) and [www.safetyresults.wordpress.com](http://www.safetyresults.wordpress.com) ▲

**Annually Almost 1000  
Canadian Workers Die  
From Work Related  
Injuries & Illnesses**

**97% of Them are MEN**

**"Change the Git-R-Done  
mentality to the  
Git-R-Done SAFELY  
mentality."**

### Leading Indicators Of Safety

- We Have Personal Plans
- Safe Behaviours Observed
- Time To Resolve Safety Issues
- Processes Reviewed
- Management Of Change Completed
- Safety Meetings & Discussions
- Recommendations Implemented
- Workplace Observations Completed
- Cultural Analysis
- Employee Perception

Feedback:

Survey results very positive; challenges with technology noted

64% of delegates participated in the survey (a record number). Breakdown of sectors shown below. Other sectors not listed included: aviation, log scaling, manufacturing, research, seed nursery, longshoreman, student, regulator, government, educator, veneer mill, USW executive, tug boat operator, millwright, archaeology and residential construction.



Most popular presentation: Terry Small; all others also scored mostly 4s and 5s.



Q14: Suggestions for 2019 conference? Presenters or theme that you would like to see? What format do you prefer - keynote presentations like this year or break out sessions?

199 respondents

Comments re suggestions for the 2019 conference included a lot of praise for this year's format and to keep it for next year – i.e. key notes and then shorter presentations of 20 minutes each.

Future topic suggestions included: fires and fire prevention in forestry, switchback, legalization of marijuana and managing it in the workplace; anxiety and mental health; more technical innovations with potential to improve safety; more presentations like Terry Small; Al Johnson; worker involvement in safety; more equipment displays; short cuts being taken to meet regulations/proper training; manager responsibility in the workplace; touch on more unknown sectors like log booms, dry land sort safety issues; same like this year a mix to suit many tastes and preferences; breakouts; practical JHSC planning – how to turn meetings into functional actions; work-life balance; more practical industry related content that has direct application to implement back in the workplace; how to survive shift work; double check the tech to prevent issues; more variety of guest speaker topics; how to do risk assessments; more about the actual industry; interactive discussions; get workers from the ground on the stage; more participation/hands-on; rescue procedures applicable to forest industry; truck drivers' key note; occupational disease fatalities presentation; stand and stretch before every speaker; end sooner and keep up the great work (lots of those comments and thanks). ▲

Thanks to the organizing committee!



From left, back row: Tristan Anderson, Andrew Johnson, Glen Waatainen, Mike Milholm, Chris Cinkant and Gerard Messier; middle row: Becca Ballan, and Theresa Klein (chair); and front row: Tammie Wheeler, Patty Bergeron, Laraine Ashpole, Rod Gallant, Randy Aitken and Sam Stanko. ▲











# Vancouver Island Safety Conference

Thank you to our sponsors for their generosity:

