

Communicable Disease Prevention

On July 1, 2021, BC moved to Step 3 of the BC Restart plan as vaccinations became more widely available to British Columbians. Even though the overall risk of COVID-19 transmission has been steadily declining, it has not disappeared entirely. But given the encouraging results for workplaces across the province reporting declines in COVID-19 exposures, the Provincial Health Officer determined the lessons learned from the implementation of COVID-19 specific safety plans could transition to incorporating the important principles and guidelines into communicable disease prevention into all workplaces.

What this means for employers is that they are no longer required to maintain a COVID-19 Safety Plan and can instead evolve their plan to communicable disease prevention. Although the corona virus still

circulates, other communicable diseases viruses, such as seasonal influenza, norovirus and others also require careful consideration in helping reduce the spread of infectious illnesses.

The BCFSC has created a [dedicated webpage with various resources relating to Communicable Disease Prevention \(CDP\)](#). There is information to help employers develop their CDP Safety Plans and Policies and tools such as hygiene best practices and cleaning/disinfection guides to help with prevention measures to reduce the risk of communicable disease and maintain a healthy workplace.

The webpage also provides links to WorkSafeBC Communicable Disease resources such as the [Communicable disease prevention guide for employers](#), the [guidance on mask use](#)

Welcome to the Fall 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:

- 1 - 5 Industry News
- 6 Work-Related Deaths & Injuries
- 7 SAFE Companies
- 8 - 11 Training
- 12 - 13 Transportation Safety
- 14 - 15 Falling
- 16 - 18 Manufacturing Safety
- 19 - 21 Health & Wellness
- 22 Kid's Corner

in non-healthcare setting and the [OHS Guideline to communicable disease prevention](#).

If you are unsure of which information you need to support your organization, the BCFSC is here to help. We have Safety Advisors all over BC who can help you put your plans into action. [Contact us with your questions.](#)



PREVENTION



Wash hands



Avoid touching



Wear Mask



Social distance



Use alcohol based



Stay home



What's New

Here is the latest on what we have to offer since July 2021. Find direct links to safety alerts, industry-specific resources, industry information and more to download and/or share with employees, industry and safety peers. And make sure to follow us on social media to stay up-to-date with the latest news. Follow us on [Facebook](#), [Instagram](#), [LinkedIn](#) and [Twitter](#).

Radio Use and Road Calling Procedures Video – Knowing how to use a mobile radio and following radio road calling procedures is critical to the safe use of resource roads.

BCFSC Annual Report – download the 2020 Annual Report

BCFSC Ombudsperson Report – download the 2020 Ombudsperson Report

Communicable Disease Prevention – BCFSC has a new webpage dedicated to Communicable Disease Prevention to help employers transition from COVID-19 Safety Plans and develop communicable disease plans in their place.

Training Calendar – Our 2021 Training Calendar offers both in-classroom (with COVID-19 safety protocols in place) and online courses.

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

- **BCFSC Safety Alert of the Month** – VHF Radio Best Practices
- **Manufacturing Weekly Safety Alert** – click on the link to see the latest weekly alert
- **TAG Safety Alert** – Equipment Fire / Excavator

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

Industry Links

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

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

Interfor Sources PPE Options for Women in Forestry

The forestry workforce is diverse. The variety of occupational roles runs the gamut across harvesting, transportation, manufacturing, silviculture, etc. with workers coming in all shapes and sizes. With a steady increase of women working in BC forestry, the search for Personal Protective Equipment (PPE) that fits properly can be a struggle, a distraction, or more concerningly, a deterrent.



PPE is a crucial safety measure to protect workers from injuries. Ill-fitting PPE may not protect a worker from hazards or may not function in the manner for which it was designed. Ill-fitting PPE can jeopardize worker safety and elevate the risk to injury not just to those wearing it but to their co-workers. Equipment that is designed for men is not likely to fit women properly due to differences in body size, height and body composition. Often, women are left with little choice but to “make-do” with what is available.

Some good examples of how poor fit can affect safety are common with required PPE like gloves, safety goggles and hi-vis vests. If gloves do not fit right because of a smaller palm circumference and shorter, narrower fingers – the excess material can get caught in equipment. If a woman with a small face must wear shop goggles, the gaps they leave at her temples may allow flying debris from the machine to enter her eyes. Or if a hi-vis safety vest falls off her shoulders because it is too loose, then there is a risk of it getting snagged or entangled.

Continued on page 3...

Continued from page 2...

Safety boots and fall-arrest harnesses can also be difficult pieces of PPE for female workers to find. A common industry practise is for women to simply wear a man's boot size that is two sizes smaller. But a typical woman's foot is both shorter and narrower, so a smaller boot may be the right length but not the right width. Additionally, men's shoe sizing begins at a women's size 7 – which already is too large for some. When it comes to fall-arrest equipment, women's bodies often differ in body composition thus fall-arrest harnesses may not lend themselves well to unisex sizing either. Body weight and stature alone are not the only factors to consider in unisex sizing since the differences in a woman's chest, hips and thighs can affect the angles that straps fit into the harnesses.

Lana Kurz, Safety & Environment Manager for Interfor's Western Operations and a BCFSC Board Member, and her team from Interfor have developed a list of PPE options that are suited to fit a smaller frame, height, shoe size, and other fit parameters. This list includes PPE categories from work boots to apparel such as hi-vis vests, gloves, chainsaw pants, or eyewear, with a source list of stores, locations, and direct weblinks for online ordering.

"Everybody should be able to find safety products that fit comfortably and keep them safe," says Lana. "This list will help workers find products available in all sizes and configurations to make sure they are outfitted in gear that not only fits well but protects them in the way it was intended."

Download the [PPE Source List for Women](#) from the BCFSC website. 



Autumn Roads Ahead

By Michele Fry, Director, Communications

As the leaves start to change and cooler days and nights set in across BC, the falling leaves are a sign that road conditions and driving patterns are also about to change. The transition from summer to fall should prompt you to think about what changes and adjustments will be required in your driving skills to ensure you and others stay safe on the road.

Consider these important tips when you start to think of the modifications you'll need to make.

Back to School

With kids getting back to class, it's important to remember there will be more pedestrian traffic, changes to speed zones as well as school buses to consider while driving. It's always good practice to expect the unexpected and look out for safety risks such as kids darting from cars, kids cycling or walking to school and kids getting on and off buses.

School Zones – The school zone speed limit is 30 km/hr between 8AM-5PM on school days unless otherwise posted. Eliminate the mistake of driving along and then suddenly realizing you've been driving at regular speed within a school zone. This is a common mistake but when it comes to children's safety, shrugging it off with a "whoops" just doesn't cut it. Slow down, be cautious and pay extra attention in school zones.

School Buses – Across BC, over 110,000 children ride the bus from September to June each school day. Parents send their children off to school, trusting their child will get to school and back home safely each day. They are counting on drivers to do the right, **law-abiding** thing by coming to a complete stop when approaching a school bus with its red lights flashing. Every time someone doesn't stop for the bus, a child's life is at risk. Be patient, be courteous and respect the rules of the road.

Remember the rules: SLOW DOWN | STOP | KNOW THE LAW

- In BC, drivers must stop for school buses with flashing lights whether approaching from the front or rear. The vehicle may not proceed until the school bus moves on or the driver turns off the lights or pulls in the stop sign.
- If approaching from the front, stop at a safe distance to let children cross the road. Don't move until the lights stop flashing and the bus moves forward.
- All school buses must stop at all railway crossings, so be prepared to stop yourself. The bus does not use its flashing red lights for this, so exercise caution.

School Crosswalks – With students heading back to school, pedestrian traffic will increase. In BC, almost 20% of all pedestrian accidents involve children under 15 and about 60% of those accidents occur during the morning, noon and afternoon peak school hours. Research shows that children perceive traffic differently than adults and their sensory skills may put them at a disadvantage in traffic situations. Young children may:

- Assume cars can stop instantly
- Think if they can see a car, the driver can see them
- Have difficulty judging speed and distance
- Have a field of vision one-third narrower than an adults
- Have difficulty figuring out the direction of sounds
- Be easily distracted, lost in thought or impulsive
- Have no sense of danger
- Cannot perceive complicated traffic situations
- Overestimate their knowledge and physical strength and speed

Continued on page 4...

Continued from page 3...

Familiarizing and refreshing your knowledge on crosswalk rules and regulations will ensure everyone's safety on the road. It is important to yield to all pedestrians at marked crosswalks but more importantly to stay extra vigilant at school crosswalks. If there is a crossing guard, follow directions. And remember this rule of thumb - it's safest for drivers to wait for as long as it takes for all pedestrians to reach the curb on the other side.

Foggy / Wet Weather Conditions

For the most part, the autumn months that lead into winter will bring rain, fog, wind and the start of the snow season in BC. No matter what part of the province you live in, it is almost certain that you will be required to drive your vehicle in rainy, foggy, windy or even snowy conditions at some point. With unpredictable weather patterns becoming more common, being prepared to drive in adverse weather conditions just makes good sense.

Driving in Rain – Whether a sprinkle or a heavy downpour, driving in rain can be one of the most difficult driving situations a driver will encounter. And with the extended dry spell BC has encountered this summer, there are increased risks as everyday build up on road surfaces have accumulated. Without frequent showers to wash the build up away, substances like oil, grease, rubber & tar form a thin layer on the road surface. When the rain eventually comes, this build-up rises to the surface and causes the roads to become very slippery. Research indicates that accident risks increase on the rainy days that follow extended periods of dry, hot weather so drivers need to be extra cautious when the rain starts up again.

Rainy conditions, regardless of wet roads after dry spells or continuous rainy/wet conditions, are directly associated with higher accident rates. Knowing how wet roads and reduced visibility affects the way your vehicle handles will help you drive safely in rainy, wet conditions. prevail

- Double check your vehicle's equipment - check your windshield wipers to ensure they are properly installed and in tip-top shape to work efficiently and effectively to handle all types of rain, top up your wiper fluid, check your tire pressure and make sure your tires have good traction.
- Slow down, maintain a safe distance and avoid heavy braking.
- Turn on your headlights – even in misty or light rain conditions.
- Watch out for standing water – driving through standing water and puddles can not only cause hydroplaning in your vehicle but also hazardous water cascades to passing vehicles which can cause startling windshield blindness to other drivers.
- Ventilate your car – rain causes humidity levels to rise which can result in foggy interior windows. Set your vehicle's temperature control systems to maximize air flow and position the vents to reduce the likelihood of foggy windows.

Driving in Fog – Even if you're a seasoned pro behind the wheel, fog can make driving difficult and dangerous. No matter how dense, driving in foggy conditions requires extra special care and attention. The key is to remember that everyone is having trouble seeing, so play it extra safe. Consider delaying your trip if possible but if you are caught in foggy conditions – follow these safety tips:

- Slow down gradually and drive at a speed that suits the conditions. Avoid sudden stops and keep a sharp eye out for brake lights in front of you and headlights behind you by checking your mirrors.



- Make sure the vehicle's full lighting system is on:
 - Use your low-beam headlights.
 - If you have fog lights, use them in addition to your low beams.
 - Don't use your high beams – they bounce back at you, which makes it even harder to see.
- Be patient and remain calm.
- Use pavement markings to help guide you using the right edge of the road as a guide, rather than the centre line.
- Maintain a safe following and braking distance.
- Look AND listen for any hazards up ahead.
- Stay alert and reduce distractions by turning off your cell phone.
- Keep your mirrors and windows dry and clean to maximize visibility.
- Watch your speed and don't pass if its not necessary.
- Pull off the road to a safe location if conditions become unsafe. Engage your emergency flashers, keep your low-beam headlights on and wait for the conditions to improve.

Distracted driving

We all know distracted driving is against the law but its always a good reminder to understand what constitutes distracted driving. Leave the coffee cup in the holder and cell phone tucked away so you can pay close attention while driving. Anything that takes your attention away from driving, like chatting with passengers, eating or drinking, adjusting radio or vehicle settings can contribute to distracted and inattentive driving. When you're behind the wheel, focus on the road.

No matter what the reason, whether you drive all day for work or to simply get from point A to point B, whenever you are out on the road, it is everyone's responsibility to understand the conditions, abide by the rules of the road and always drive responsibly to ensure not only your own safety but the safety of other drivers and road users. 🚗

Resources:

[BCAA - Back to School Traffic Safety](#)

[Road Safety at Work](#)

[Shift Into Winter](#)

[ICBC – Driving in Poor Conditions](#)

[ICBC - Distracted Driving](#)

WorkSafeBC Board of Directors Approves the 2020 Amendments to the Occupational Health and Safety Regulation

As of September 1, 2021, the 2020 amendments made to the Occupational Health and Safety Regulation are in effect.

At its April 2021 meeting, WorkSafeBC's Board of Directors approved the amendments in relation to Part 6: Restricted intervals for pesticide application, Part 8: High visibility apparel and safety headgear and Part 16: Mobile Equipment of the Occupational Health and Safety Regulation. These amendments will be of interest to forestry workers with respect to hi-vis apparel, safety headgear and mobile equipment.

To review the amendments, click on the links below. Strikethrough versions of the amendments with explanatory notes are included and the deletions in the regulatory amendments are identified with a strikethrough with the additions in **bold text, highlighted in yellow**.

- [Part 6, Restricted intervals for pesticide application](#)
- [Part 8, High visibility apparel](#)
- [Part 8, Safety headgear](#)
- [Part 16, Mobile equipment](#)

These amendments were posted online for feedback during the public hearing process. [Stakeholder feedback](#) received is available for review on the WorkSafeBC website. 🗣️



WORKING TO MAKE A DIFFERENCE
worksafebc.com

WorkSafeBC Consultation on Proposed Amendments to the Occupational Health and Safety Regulation

WorkSafeBC's Policy, Regulation and Research Division is requesting feedback on proposed amendments to the Occupational Health and Safety Regulation.

The consultation phase provides stakeholders an opportunity to share feedback before the proposed amendments are taken to public hearing.

There are two proposed regulatory amendment packages under review:

- Part 3, Minimum Levels of First Aid
- Parts 14 and 19, Inconsistent Crane Misadventure and Zone Limiting Devices in Tower Cranes

View the [proposed regulatory amendments](#) and information on how to provide feedback.

Please provide feedback by **4:30pm on Friday, October 8, 2021**. 🗣️