



# SAFETY ALERT & BULLETIN OF THE MONTH

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## Managing Stress and Preventing Burnout

AOM: 2021-12-10

We live in unprecedented times. The impact of the global pandemic has forced many of us to adjust to new working environments and conditions. Additional PPE, new procedures, reduced social opportunities with coworkers and remote work settings are creating new stressors that are affecting mental health and personal wellness for many workers across the province.



Added layers of upsetting news about recent wildfires, flooding across BC and industry instability are also major contributors to rising stress and anxiety levels and can make it more difficult for us to prevent overwhelming surges of negative emotions.

This Safety Alert will review stress information and suggest good practices for managing stress, preventing burnout, avoiding a steady stream of distractions to keep you on track and help foster healthier habits to maintain mental and physical wellbeing.

### About Stress

Stress is our body's mental and physical reaction to changing or challenging external pressures. While stress can be helpful, if it becomes prolonged or excessive it can lead to mental and physical health issues.

Excessive stress can cause physical symptoms such as headaches, an upset stomach, elevated blood pressure, chest pain and problems sleeping. Stress also affects our mental health and excessive stress can result in depression, panic attacks or other forms of anxiety.

### Stress and Safety Concerns

When dealing with stress, there is a greater chance of losing focus on work tasks and a greater potential for incidents to occur. Stress can also cause harm when people use substances or other negative behaviors to try to relieve their stress.





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Managing stress effectively can help reduce negative affects and give us more clarity to allow us to pay attention to the critical safety aspects of our jobs.

## Stress Relief

- Build good relationships with co-workers. Talk about stress and how it can be harmful. Watch out for each other and offer to help if someone is having problems with stress.
- Encourage co-workers to ask for help if they need it and provide them with positive support resources like counselling or Employee and Family Assistance Programs (EFAP).
- Exercise is also a great stress-buster. Something as simple as going for a walk can help to reduce stress.
- Try to surround yourself with people who support you and support them back.
- Be sure to make time for self-care. Set aside time for the things that bring you happiness such as spending time with family and friends and participating in activities that you love to do outside work.
- Getting enough good-quality sleep is also important for effective stress management. You can build healthy sleep habits by limiting your caffeine intake late in the day and minimizing stimulating activities at night, such as computer, cellphone and television use.
- Manage expectations: Build in sufficient time for work tasks and communicate these timelines to co-workers and loved ones.
- Be sure to take sufficient breaks when using a computer for a significant length of time. By taking a break from the screen and moving your body (stretch, go for a walk, step outside, etc.) you not only reduce your mental and physical strain, but it also has been shown to improve your productivity and creativity.

## Additional Resources

[BCFSC Healthy Worker Resources](#) – Industry focussed resources on Mental Health, Alcohol Use, Fitness, Fatigue, and other worker health topics

[Stress Management Resources](#) from HealthLinkBC

Canadian Centre for Occupational Health and Safety – [Workplace Stress](#)

National Institute for Occupational Safety and Health – [Stress ... At Work](#)

Statistics Canada – [What's Stressing the Stressed](#)

Health Canada – [Coping with Stress](#)



**BC Forest Safety**

Main Office: 420 Albert Street, Nanaimo, BC, V9R 2V7  
Central BC: 2666 Queensway, Prince George, BC, V2L 1N2  
Toll Free: 1.877.741.1060 | [bcforestsafe.org](http://bcforestsafe.org)



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## BCFSC Bulletin - News and Updates

### **BCFSC Latest News & Resources**

**BCFSC Holiday Hours** - Dec 24 Open | Dec 27 & 28 Closed | Dec 29 – 31 Open | Jan 3 Closed

**Forest Safety Newsletter** – December 2021 Issue is now available. Download a copy to share with your crew.

**BCFSC Communications Kit** - BCFSC Safety Advisors, Falling Safety Advisors, Auditors and others will have the latest information and resource links to share with you and your crew during site visits. Click on the link to see an example of the BCFSC Comms Kit.

**WorkSafeBC Webinar Recording** - if you were unable to attend the HAND FALLER SAFETY INFORMATION WEBINAR on November 24th, you can access the webinar recording here. [youtu.be/mDnqRD9di9o](https://youtu.be/mDnqRD9di9o)

**New BCFSC Healthy Worker Resource** - If you or your co-worker are struggling with alcohol use, check out our newest healthy worker resource and learn more about assessing your alcohol intake and where to turn for help if you need it.

**We're Hiring** – BCFSC is currently seeking a Transportation Safety Program Manager for our Prince George office. The closing date for applications is 5pm, Friday, January 7, 2022. View the [job description](#).

### **BCFSC Training:**

#### **Upcoming 2022 Classroom Training - March Sessions**

##### **March 7 – 11 | BCFSC Training Sessions in Haida Gwaii**

We have multiple training sessions coming up in Haida Gwaii (Skidgate) from March 7 – 11. If you would like to attend training in Haida Gwaii for [Small Employer OHS](#), [OHS Refresher Training](#), [Basic Incident Investigation Training](#) or [Forest Supervisor Due Diligence Training](#), go to our [Course Calendar](#) for more information and registration details.

##### **March 14 – 15 | Small Employer OHS – Campbell River**

This two-day course is about occupational health and safety for small employers working in the forest sector.

##### **March 14 | Small Employer OHS Refresher – Campbell River**

This course provides a refresher for ISEBASE/SEBASE internal auditors. It is a requirement for eligibility for the WorkSafeBC Certificate of Recognition (COR) program.



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**March 15 | [Small Employer OHS Refresher – Campbell River](#)**

This course provides a refresher for ISEBASE/SEBASE internal auditors. It is a requirement for eligibility for the WorkSafeBC Certificate of Recognition (COR) program.

**March 17 – 18 | [Forest Supervisor Due Diligence – Campbell River](#)**

This two-day classroom workshop will equip supervisors with knowledge of their legal responsibilities and how to prove due diligence.

**March 21 | [Falling Supervisor – Campbell River](#)**

Participants will learn the roles and responsibilities of a falling supervisor and will become familiar with processes used by a falling supervisor to support their due diligence.

**March 25 | [Basic Incident Investigation – Kamloops](#)**

This course provides a basic understanding of the methods, tools, and processes needed to conduct an incident investigation.

**March 28, 2022 - April 1 | [Falling Supervisor – Nelson](#)**

Participants will learn the roles and responsibilities of a falling supervisor and will become familiar with processes used by a falling supervisor to support their due diligence.

Refer to the [Training section of our website](#) for more information on upcoming classroom training and costs.

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## Online Training

BCFSC offers a wide selection of free online training courses: Basic Forest Worker, Phase Congestion, Professional Industry Driver, Resource Road Driver, Serious Incident Investigation and more. Click here to self-enroll: [Online Learning Centre – BC Forest Safety Council](#)

**NEW | [Wood Products Manufacturing Hazard Identification and Risk Assessment Training](#)** – BCFSC has launched a free interactive online training program to help workers in wood products manufacturing facilities identify, assess and control common hazards. This training was developed in partnership with the Manufacturing Advisory Group (MAG).

## Worker Assessment and Training

Each forestry occupation requires different knowledge and skillsets to perform the job at hand. BCFSC worked with industry to develop competency-based standards, training and assessment tools to help employers evaluate workers and complete on-the-job training.

Check out our [FREE online training and assessment forms](#) for Basic Forest Workers, Yarding, Mechanized Harvesting and Road Building.



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