



Mobile Equipment - OHS Regulation 16.38 Amendments from WorkSafeBC Specific to Rollover or Tipover and Fire

Occupational Health Safety (OHS) Regulation amendments to Part 16 - Mobile Equipment are currently in effect. These new amendments effect mechanized harvesting operations using a feller buncher, a timber harvester or a timber processor.

OHS Part 16.38 - Rollover or tipover and fire

1. This section applies to the following mobile equipment:
 - a) a feller buncher;
 - b) a timber harvester;
 - c) a timber processor with a significant risk of rollover or tipover when operating on a sloped forest worksite other than a road or a landing.
2. In addition to meeting the requirements of section 16.24, the mobile equipment referred to in subsection (1) must be equipped with the following:
 - a) attached to the inside of the cab, a powered cutting tool able to effectively cut through steel guard bars and polycarbonate windows in a timely manner to provide an emergency means of escape;
 - b) attached to the mobile equipment, in a position that is outside of the cab, a fire extinguisher in good working order with a UL Rating of at least 4-A:60-B:C;
 - c) if the mobile equipment is manufactured more than 2 years after September 1, 2021, an effective engine fire suppression system that will discharge when needed in the event of a rollover or tipover.



For forestry operations looking for a cutting tool solution, Tigercat recently tested handheld equipment to assist with operator cab escape. Of the tool options tested, the one that tested best was a Milwaukee M18 Fuel 5-3/8" / 5-7/8" Metal Saw using a Metal Tech Ferrous Metal Blade and an M17 9.0 Ah battery. The experiment was done with a fully charged battery and had 1/2 charge remaining after the breakout was complete. The tool cut through both the steel guard and polycarbonate window and took seven minutes to complete the task from start to finish.

Equipment Rollover and Emergency Response

WSBC Part 16

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

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What's New

Here is the latest on what we have to offer since December 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](#).

WorkSafeBC – On January 7, 2022, the PHO announced an order requiring employers to reinstate those site specific, prescriptive COVID-19 safety plans to address the elevated risk currently facing us with the Omicron variant. WorkSafeBC has provided detailed information on how to re-activate your COVID-19 safety plan to ensure that they are current and aligned with guidance and orders from the provincial health officer. Visit [WorkSafeBC](#) for more information.

New Resource Road Switchback Video – Check out the latest video on resource road switchbacks. As the forestry industry moves into steeper terrain across the province, forest planners, layout and engineering staff, and road construction contractors are playing a crucial role in ensuring the roads that lead us there are safe for their intended use. This video illustrates key messages for the correct planning, engineering and building of a switchback and the value the forest industry places on ensuring resource roads are safe for all users.

New Online Training – Leadership and Professionalism for Wood Products Manufacturing Supervisors and Stand Tender training are available at no charge for BC forest companies. Click here to self-enrol: [Online Learning Centre – BC Forest Safety Council](#)

Forest Worker Essentials – Forest Worker Essentials is an educational training program available to training providers to equip new entry-level forestry workers with the knowledge and skills required to work safely in BC's forest industry. Program information is available on the FWE web page.

Working on Live Equipment Information Meeting:
On **Wednesday, March 9, 2022, from 9:30am-10:00am**, WorkSafeBC's OHS Consultation & Education Services department and the BCFSC are co-sponsoring an online information presentation outlining the specific focus of a WorkSafeBC Occupation Safety Officer during a plant inspection. Meeting participants will be provided with a Q&A session after the presentation. Please join the meeting from your computer, tablet, or smartphone using this link: <https://meet.goto.com/363011461> or dial in from your phone toll free: 1 888 455-1389 use Access Code: 363-011-461

Training Calendar – Our 2022 Training Calendar offers both in-classroom (with COVID-19 safety protocols in place) and online courses.

Changed your contact information? Let us know so we can keep our records up-to-date. Contact us by email at info@bcforestsafe.org or call us at 1-877-741-1060. Having the right contact information on file is the key to ensuring we can communicate with you – especially when it comes to your audit.

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** – Helicopter long line safety
- **Manufacturing Weekly Safety Alert** – Click on the link to see the latest weekly alert

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



Industry Links

WorkSafeBC has provided an information sheet on updates to regulations including blasting and load securement for log trucks. Read the details in [WorkSafe Magazine - January/February 2022 - Policy notes](#).

The January/February 2022 issue of WorkSafe Magazine features a cover article on Falling Supervision. Supervisors play pivotal role in safe hand falling. WorkSafeBC's risk-based inspections have found that while hand fallers have some of the highest injury rates in the province, most incidents are preventable with proper supervision. To read more, [download the article](#).

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.

WorkSafe Magazine – WorkSafeBC publishes *WorkSafe Magazine* six times a year to inform, inspire and provide practical tips on a range of topical occupational health and safety matters. It's free to [subscribe](#) and available online. 🌲

2022 Conference Update

Back in December, we reported on upcoming conferences for spring 2022 in our December issue of Forest Safety News. At that point, some of the conferences were proposing in-person events but as the Omicron variant spread quickly through the province, conference organizers quickly switched gears to offer virtual events to ensure industry can attend sessions hosted by industry experts and engage in conversation about important forestry topics.

VIRTUAL CONFERENCE SUMMARIES

The 78th Annual Truck Loggers Association was held Jan 12 - 13, 2022. Two, half-day sessions focussed on various topics including Modernizing Forest Policy in BC, Solutions for Old Growth and the Working Forest and discussions on BC's Markets and Investment Climate. If you missed this year's conference, [contact the TLA](#) to find out more about accessing the recorded sessions.

The 19th Annual BC Natural Resource Forum was held Jan 18 - 20, 2022. The conference program was focused on discussions centred around how we are "Stronger Together with BC's Natural Resources". The three-day virtual event featured various presentations on the collaboration of BC's natural resource industries, attracting sustainable investment partnerships, pathways to decarbonization and net zero and looking at the workforce of tomorrow. Take a look at the [2022 Forum program](#) listing the speakers and the presentation topics. [Contact the BC Natural Resources Forum](#) for more information about the 19th Annual Forum.

The Association of BC Forest Professionals (ABCFP) 2022 Virtual Forestry Conference and AGM was held Feb 2 - 4, 2022. This year's conference focussed on the many new challenges faced by BC Forest professionals including climate change, wildfire, floods, insect infestations, and the preservation of wildlife habitat. If you missed any of the conference sessions and are a registered member of ABCFP, you can access the [Conference Platform](#) until May 5, 2022.

The 41st Annual Western Forestry Contractors' Association Conference, Trade Show and AGM was held Feb 9 - 11. This three-day virtual event was chockfull of various presentations from industry experts relating to topics on Forestry Workers and Mental Health, the latest COVID-19 Developments, TEAAM's Expansion in BC, Wildfire Risk Factors and Reports, WorkSafeBC updates on OHS Amendments and Industry Requirements, Reducing the Risk of MSI's, a New BCFSC Digital App for Incident Reporting, Danger Tree Updates, Respect and Eliminating Abuse in the Workplace, Weather and Climate Change and so much more. Take a look the [2022 presentation line-up](#) and [contact the WFCA](#) for more information about their latest conference. 🌲

UPCOMING CONFERENCES

Council of Forest Industries Convention

April 27-29 Vancouver, BC www.cofi.org

3rd Annual BC First Nations Forestry Conference

June 15-16 TBD www.forestrycouncil.ca

Sleep Stress and the Pandemic

Getting a good night's rest under stressful conditions is hard enough but sleeping well during an ongoing pandemic can feel impossible some nights.

If you're having trouble sleeping because of the pandemic, you're not alone. Stress-related insomnia due to the COVID-19 pandemic is definitely a thing and is a concern all over the world. It even has a name: Coronasomnia.

As you might expect, Coronasomnia is more complicated than typical stress-related sleeplessness because it's not just about the virus; it's also about everything else that's changed

because of the virus. Stress levels have skyrocketed during the pandemic for many reasons such as uncertainty, unpredictability, a constant barrage of information and a lack of expiration date which can compound sleep disruptions and anxiety levels.

There is a significant increase in people reporting difficulties sleeping where they didn't before the pandemic began. According to Dr. Michelle Drerup, a sleep medicine psychologist with the Cleveland Clinic, stress impacts every area of our life, but it is even further complicated by the pandemic that has consumed our lives for much of the last few years. Experiencing pandemic fatigue, or COVID

Source: [Cleveland Clinic](#)

burnout, can negatively impact sleep.

Dr. Drerup says. "Sheltering in place, homeschooling, avoiding large gatherings and public places, wearing a mask and a disruption in normal routines and daily activities has contributed to this experience." She also adds that in addition to the anxiety brought on by the pandemic, social distancing and quarantining can lead to feelings of isolation and depression which can also cause significant sleep issues triggering insomnia, difficulty falling asleep or waking up and not being able return to sleep.

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How Coronasomnia Impacts Your Health:

One concern is the effect on our immune system. When someone is chronically sleep-deprived they tend to have lowered immunity making them more susceptible to viruses.

Cognitive functions like memory and decision making can be impacted by poor sleep.

Chronic loss of sleep can also lead to issues with worsening cardiovascular and metabolic issues such as increased risk of weight gain, diabetes and high blood pressure.

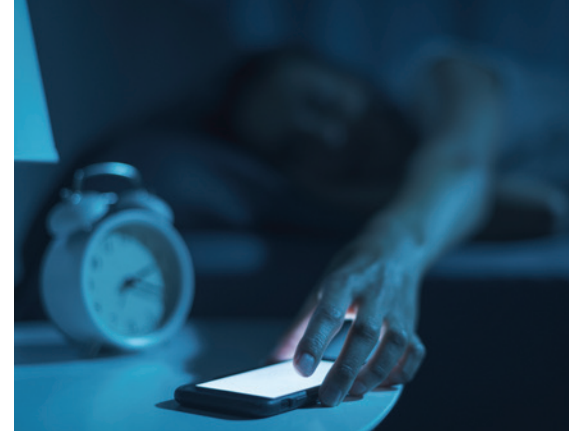
“It’s that vicious cycle,” Dr. Drerup says. “If I’m tired, I’m going to be less likely to exercise and I’m going to be less likely to do things that actually enhance my mood. And it compounds those other anxieties and stressors — and even depression — that people might already be experiencing.”

Sleep Tips:

But there are ways to combat the issue and increase those necessary hours of sleep. Here are some tips that may help alleviate COVID-related sleep problems.

- 1. Take a break from the news** – while it’s good to stay informed throughout the day, try to avoid oversaturation of news and other bad habits like “**doomscrolling**.” This is especially important in the evening.
- 2. Stay on schedule** – stick to a daily schedule and routine. Try to keep a consistent bedtime and a consistent waketime no matter the day of the week. Consistency is key.
- 3. Get some sunlight** – many of us aren’t going outside at all in the morning, moving from bedroom to computer to start our workday. Getting enough light exposure in the morning is an underrated part of our circadian rhythm and one that many people are missing. So get up and get out, even for a few minutes, and let that fresh air and light in.
- 4. Exercise daily** – vigorous exercise is best, but even light exercise is better than no activity.
- 5. Skip the naps** – naps can be a good way to recoup some energy but it’s all about moderation and timing. A short cat nap or power nap can be helpful for some people but longer naps and naps later in the day can throw off your sleep cycle.

- 6. Wind down and keep a regular bedtime routine** – your body needs time to shift into sleep mode, so spend the last hour before bed doing a calming activity such as taking a bath, meditating or reading. Try practicing a relaxing bedtime ritual. A relaxing, routine activity right before bedtime conducted away from bright lights helps separate your sleep time from activities that can cause excitement, stress or anxiety which can make it more difficult to fall asleep.
- 7. Design your sleep space** – establish the conditions you need for a good night’s sleep. Your bedroom should be cool and check your room for noises or other distractions. Consider using blackout curtains, eye shades, ear plugs, “white noise” machines, humidifiers, fans and other devices.
- 8. Avoid screens in the bedroom** – put down the electronics at bedtime. The blue light from cellphones, tablets and computers signals our bodies to stay awake and not release melatonin.
- 9. Don’t eat dinner or snack late** – when you go to sleep, your body wants to shut down all the metabolic work, including digestion, so try not to eat past 7pm.
- 10. Go easy on the alcohol and caffeine** – both can throw off your sleep patterns.
- 11. Get up and distract yourself** – waking up in the middle of the night and not being able to fall back asleep not only means less sleep but can also cause more frustration. If you haven’t fallen asleep after about 20 minutes, consider getting up and going to a different room. A change of scenery can help you reset but keep lights low and don’t do anything that gets you energized or stimulates your brain such as using your iPhone, tablet or computer. Those devices will do more harm than good in this situation. Distracting yourself by reading, calming yoga stretches or a relaxing hobby like knitting can help. By going to a different room, you make it (in your mind) a place of peace and relaxation that is not associated with the annoyance of interrupted sleep.
- 12. Avoid clock anxiety** – we all know the feeling when we wake up in the middle of the night, check the clock and then stress out about the need to fall back asleep but that stress just keeps us up instead. Trying not to stress in that situation is easier said than done but there are options. Try some



relaxation techniques like **meditation** or **progressive muscle relaxation**. These can go a long way in getting you back to sleep. If you’re new to these techniques, practise them first during the day to try and develop these skills when you’re awake but feeling calm and in a good emotional space instead of trying it for the first time when you’re in bed at night. Doing this should make it easier to implement these exercises when you need them most.

- 13. Be careful with sleep aids and melatonin supplements** – If you’ve been lacking sleep for several nights in a row, it might be tempting to take an over-the-counter sleep aid. Sleep aids can sometimes compound sleep issues though. Over-the-counter medication can give you fitful sleep or leave you drowsy in the morning, and prescription sleep aids can create an emotional dependence. Even a “natural” option such as Melatonin may not be the solution for people with insomnia. Melatonin is meant to assist with circadian rhythm disruption and is not an immediate sleep aid so taking it late in the evening will not assist you to fall asleep right away.

There are many effective treatments that don’t require medicine. **The best advice is to talk to your health provider and discuss the best options available to combat your sleep problems.**

Although stress can certainly interfere with getting a good night’s sleep, it doesn’t have to take control of your life. We all need to get a decent night’s sleep to stay healthy. There are many resources available to help you regain control and improve your rest.

Resources:

- [Sleep On It Canada](#)
- [Canadian Sleep Society](#)
- [US National Sleep Foundation \(NSF\)](#)
- [Cleveland Clinic – COVID-19 Insomnia Tips](#)
- [BCFSC Fatigue Management](#) 