



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 ½ 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@bcforestsafesafe.org or call 1-877-741-1060.

What's Inside:

1 - 4	Industry News
5	Work-Related Deaths & Injuries
6 - 7	SAFE Companies
8	Training
9 - 12	Transportation Safety
13 - 16	Falling
17 - 18	Manufacturing Safety
19 - 20	Health & Wellness
21	Kid's Corner



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@bcforestsafesafe.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.

Continued on page 4...

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.

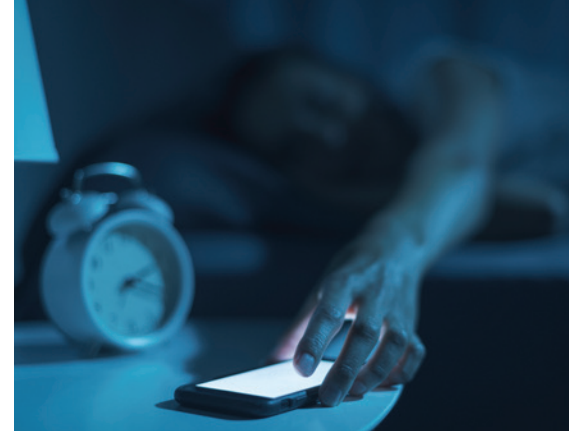
Chronic loss of sleep can also lead to issues with worsening cardiovascular and metabolic issues such as increased risk of weight gain, diabetes and high blood pressure.

"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](#) 



Work-Related Deaths & Injuries



FATALITIES

Injury: Fatal

Core Activity: Manual tree falling and bucking

Location: Sunshine Coast BC

Date: 2022-Jan

A hand faller was fatally injured when the tree he was falling broke, and a piece of the tree struck him.

[Read the BCFSC Fatality Alert](#)

Injury: Fatal

Core Activity: Sawmill

Location: Lower Mainland

Date of Incident: 2022-Jan

After receiving authorization from loader operators through radio contact verification, a worker walked into a log yard to conduct weekly log counts. The worker was subsequently found on the ground, injured. First aid and emergency services attended to the worker but the worker succumbed to their injuries.

[Read the BCFSC Fatality Alert](#)

Injury: Fatal

Core Activity: Heavy equipment, machinery, or parts sales, rental, service, or repair (greater than 500 pounds) / Wood chip mill

Location: Interior BC

Date of Incident: 2021-Oct

A worker was called to a workplace to repair an articulating loader. The worker was fatally injured when their vehicle moved unexpectedly, pinning them against the loader.

HARVESTING

Injury: Back injury, fractures

Core Activity: Tree planting or cone picking

Location: Northern BC

Date of Incident: 2021-Dec

A worker was trying to secure a large wooden beam (31 feet long, 4.5 by 10 inches, weighing about 280 pounds). The beam had been placed on posts at a height of 8 feet 4 inches. The beam was temporarily supported on the posts using a skid-steer fork attachment. The beam fell from the supporting posts and struck the worker.

Injury: Undetermined injuries

Core Activity: Helicopter logging / Integrated forest management

Location: Vancouver Island/Coastal BC

Date of Incident: 2021-Nov

A helicopter had been performing tree-topping operations. It was landing equipment suspended from the helicopter onto a storage trailer when the helicopter fell to the ground. The pilot, who was the sole occupant, was treated by on-site first aid and then transported to hospital.

Injury: Multiple fractures, lacerations (1 worker)

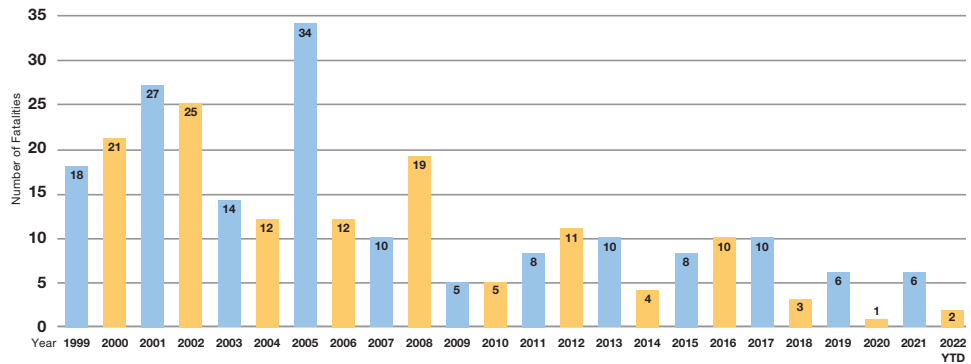
Core Activity: Logging road construction or maintenance

Location: Northern BC

Date of Incident: 2021-Nov

A worker was operating a company vehicle on a forest service road, travelling up a grade of about 10 percent, when a portion of the driveline failed. The worker got out of the vehicle and blocked the wheels. They then went under the vehicle to try to remove the broken section of driveline. The vehicle suddenly rolled backward, down the grade, dragging the worker about 75 feet. The injured worker was able to use their cellphone to call a nearby co-worker for help. The injured worker was then taken to hospital by ambulance.

WSBC Accepted Harvesting Work-related Death Claims



This information represents the number of work-related deaths by year in BC, up until January, 2022.

Injury: Laceration, undetermined injuries

Core Activity: Integrated forest management

Location: Northern BC

Date of Incident: 2021-Oct

A worker was operating a grapple yarder from a main road when it was inadvertently pulled forward over the road edge and down a steep embankment. It slid about 60 feet down the grade, coming to rest on the operator's cab and boom. The worker was trapped inside the cab for about an hour before being rescued.

Injury: Close call

Core Activity: Blasting / Integrated forest management

Location: Interior BC

Date of Incident: 2021-Sep

While inspecting a remote forestry worksite, WorkSafeBC safety officers spotted an unexploded device exposed to logging traffic (next to a newly constructed spur road). Work at the site was stopped and the ticket of the employer's blaster was seized. A different blaster was called in to assess the misfire and search for any other potential misfires.

MANUFACTURING

Injury: Injury: Close call

Core Activity: Sawmill

Location: Interior BC

Date of Incident: 2022-Jan

A worker was conducting clean-up activities on a log infeed conveyor line when the line was activated. The worker was pinned between a push bar and the supporting structures of the conveyor line.

Injury: Crush injuries to hand

Core Activity: Sawmill

Location: Interior BC

Date of Incident: 2021-Dec

A worker was operating a lumber stacker. As the worker reached for the end of a board (2x8, 14 feet long) to straighten it, one of their hands was caught between the end of the board and the even ender (a mechanism that evens the ends of the boards to be stacked).

Injury: Laceration, undetermined injury to wrist

Core Activity: Wooden component manufacture

Location: Lower Mainland

Date of Incident: 2021-Dec

A worker on a lumber remanufacturing line was guiding wood pieces through a conveyor system. The worker's gloved hand got caught in a live roller conveyor and was pulled in.

Injury: Undetermined injuries

Core Activity: Sawmill

Location: Lower Mainland

Date of Incident: 2021-Nov

While a worker was sweeping a sawmill floor, two metal mesh safeguards (26 by 64 inches) for a serpentine drivechain fell from their mounts. The safeguards struck and injured the worker. The safeguarding is normally secured with screws; at the time of incident, the screws were not in place.

Injury: Multiple fractures

Core Activity: Sawmill

Location: Northern BC

Date of Incident: 2021-Nov

A worker was climbing, using footholds and handholds, to access the cab of a piece of mobile equipment, when they fell about 6 feet.

Injury: Lower body fracture

Core Activity: Sawmill

Location: Northern BC

Date of Incident: 2021-Nov

A worker was on a fixed elevated work platform, cleaning a waste conveyor system, when they fell about 12.5 feet to the concrete surface below. The worker was treated on site by the first aid attendant, then transported to hospital by ambulance.

Injury: Facial injuries, fractured leg

Core Activity: Sawmill

Location: Lower Mainland

Date of Incident: 2021-Oct

A worker wearing a full-body harness and lanyard, attached to an anchor, was travelling in a boom lift platform. The right rear tire of the boom lift entered a pothole and the worker was catapulted in the air. The worker fell, and was injured on descent.

Injury: Soft tissue injuries (1 worker)

Core Activity: Sawmill

Location: Interior BC

Date of Incident: 2021-Oct

A worker was using a designated crosswalk to cross a public road at a worksite when they were struck by an approaching forklift. The forklift was travelling forward with a raised load.

TRANSPORTATION

Injury: Undetermined injuries (1 worker); Soft tissue injuries (3 workers)

Core Activity: Log hauling / Law enforcement

Location: Vancouver Island/Coastal BC

Date of Incident: 2021-Nov

As a loaded log transporter rounded a corner on a paved roadway, its rear passenger-side tires lifted off the pavement. The log transporter tipped onto the driver's side and logs spilled onto two of three oncoming police vehicles. The operator of the log transporter and three police officers were injured. 🚒



New!! BCFSC Forest Industry Reporting System, or FIRS App!

In 2021, BCFSC's Program Committee requested BCFSC consider a way to streamline and consequently reduce the amount of safety-related paperwork and administrative work required in the field.

Through conversations and interactions with Small Employers and Individual Owner Operators, we recognize the majority of our members are mostly involved with the hands-on, day-to-day activities and often do not have dedicated safety resources or administrative staff to help with the paperwork required to maintain their SAFE Companies certification.

Through our verification audits, BCFSC Safety Advisors can see the activities and tasks required to make a workplace safe are complete but the recordkeeping and filing systems are often lacking for some employers.

This knowledge, combined with feedback from various Advisory Groups, training sessions and in-field site visits from BCFSC Safety Advisors and Falling Advisors, we know that supervisors are inundated with copious amounts of paperwork to complete as part of their due diligence requirements.

Late in 2021, BCFSC began the process of developing a solution to meet some of these concerns and kicked off a project to develop an Online Forms portal to support the record keeping requirements for small employers in building and maintaining their SAFECO Certification. The following is an overview of the SAFE Company forms and required activities that will support the Online Forms project:

- Close Call/Hazard/Incident report forms
- Commercial Vehicle maintenance
- Emergency Response Plan
- First Aid Assessment
- Falling checks
- Heavy Equipment maintenance
- Investigation
- Notice of Project*
- Orientation
- Pickup maintenance
- Prework planning
- Safety meetings
- Site Inspection
- Supervisor notes
- Training Log
- Worker assessments

BCFSC formed a project team to help identify the business needs for SAFE Companies certified clients to document their required in-field activities. In order to fully understand and alleviate the paperwork burden, we evaluated the initial feedback we received from industry, Safety Advisors, advisory groups and trainers. We then sent out a survey in November 2021 to capture SAFECO Companies' feedback. We received more than 450 responses which helped answer what we needed to focus on to make sure needs are met.

80% of respondents indicated a free mobile app was a good solution to help employers document and record SAFE Companies program requirements. The survey results indicated which features were most important to help manage paperwork:

- 41% Ease of Use
- 34% Document Management / Efficiency / Standardization
- 9% Audit Assistance

- 6% Customizable / Adaptable
- 5% Offline Capability

In addition, several discovery sessions were held with employers to help further define what was important to our clients for this to be a success. Based on the input, we identified some key features and shared them EHS Analytics, the vendor developing this new app - now known as the BCFSC Forest Industry Reporting System, or FIRS app! The key features under development are:

- Auto storage of SAFE Companies forms for record keeping and to support SAFE Companies audit documentation requirements
- Store company Safe Work Procedures so workers can access in field (available on and offline)
- Submit the records/reports to clients/stakeholders (only if wanted!)
- Available on IOS and Android devices
- Automated work flows to help manage work
- System generated notifications
- Talk to text enabled to reduce typing
- Able to take pictures in field to upload
- Role based access and tasks
- Due tasks highlighted
- Maintain training profiles and records for workers
- Available on and offline with auto sync
- Tips and tricks to help with completion of audit
- Support SAFE Companies Audit submission requirements

Continued on page 7...

Here's a sneak peak of the design concepts for the app:



Another user review session is scheduled for **Wednesday March 9, 2022, from 1-3pm** before anything is created. We will be reviewing the basic design and the app's functionality to date with SAFE Companies representatives to ensure we have a solid understanding of what will make recording and reporting safety documentation in the field easier through this new app.

The design will then be finalized and EHS Analytics will begin to build the backend components for the BCFSC FIRS App. Once completed, we will be looking for volunteers in Q2-Q3 2022 to help with user acceptance testing. If you would like to participate in the March review session, or for more information about the project, please contact Tammy Carruthers at tcarruthers@bcforestsafesafe.org 📧



BCFSC Training - Always Delivered With Safety In Mind

Classroom Training Courses

In-person training remains a priority for the BC Forest Safety Council. Participants tell us that classroom-based training enhances their learning experience through interaction and shared experiences with other participants. They also appreciate the experience, knowledge, and approachability of our trainers.

To ensure a safe learning environment for all who attend our classroom sessions, BCFSC's Communicable Disease and COVID-19 safety plans presently require full vaccination, masks and distancing measures. Full details are posted on our [website](#).

Our Classroom Training options are:

- [Falling Supervisor](#)
- [Forest Supervisor – Due Diligence](#)
- [Forest Supervisor – Communication](#)
- [Forest Supervisor – Leadership & Professionalism](#)
- [Basic Incident Investigation](#)
- [Joint Health and Safety Committee](#)
- [Small Employer OH&S and Refresher](#)

Visit our [training calendar](#) or our [Facebook](#) Page to see what courses are offered in your region.

Online Training Courses

BCFSC online training is convenient, self-paced and available 24/7. Many of our courses are free of charge and you can easily self-enroll.

Online Training Courses can't

We offer online training for workers and employers in harvesting, wood products manufacturing and stand tending. Access our courses anytime, anywhere! We continue to grow our training offerings, so check our social media for announcements.

Our library of online training options continues to expand, and includes the following FREE courses available in our Learning Centre:

Forestry Occupations

- [Basic Forest Worker](#)
- [Professional Industry Driver](#)
- Yarding:
 - » [Chokerperson](#)
 - » [Grapple Yarder](#)
 - » [Hook Tender](#)
 - » [Landing/Utilityperson](#)
 - » [Rigging Slinger](#)
 - » [Tower Operator](#)
- **NEW** [Stand Tender](#)

Manufacturing

- **NEW** [Wood Products Manufacturing Supervisor](#)
- [Wood Products Manufacturing Hazard Identification and Risk Assessment](#)
- Combustible Dust Training for:
 - » [Workers](#)
 - » [Managers](#)
 - » [Contractors](#)

Forestry - General

- [Serious Incident Investigation](#)
- [Phase Congestion](#)
- [Blasting Hazards and Safety](#)
- [Resource Road Driver Knowledge Unit](#)
- [Trainer Knowledge Units](#)
- [Assessor Knowledge Units](#)

Requested In-Person Training:

A popular alternative to our scheduled courses, requested training lets companies plan for training at a time and location that works best for them. Requested training is effective and convenient. Email training@bcforestsafesafe.org to learn more about hosting BCFSC training. 🌲





New video addresses planning, layout and construction of resource road switchbacks.



The latest resource road video, **Switchback – Planning, Layout and Construction**, illustrates key components for the correct planning, layout and building of a switchback and the value the forest industry places on ensuring resource roads are safe for all users.

contractors are playing a crucial role in ensuring the roads that lead us there are safe for their intended use. Resource roads are busier than ever with industry and recreational users and incidents continue to occur causing great concern for many industry, recreational and other users.

As the forestry industry moves into steeper terrain across the province, forest planners, layout and engineering staff, and road construction

The video was produced by the Trucking and Harvesting Advisory Group (TAG), in partnership with the BC Forest Safety Council (BCFSC) as a collective message to the public and industry to demonstrate the intricacies involved in planning, designing, building and using switchbacks to ensure resource road safety.

View the [new video on YouTube](#).

Learn More – Road Safety Resources

- [Radio Use and Road Calling Procedures Video](#)
- [Resource Road Orientation Video – Work Here, Play Here, Stay Safe Here](#)
- [BCFSC Resource Road Safety](#)
- [Government of BC – Resource Road Safety Information](#)
- [Overland Training Canada](#) 🇨🇦

New and Improved - Resource Road Driver Training Program

BCFSC Resource Road Driver Training Program (RRDT) aims to reduce the risk of Motor Vehicle Incidents (MVI's) by providing comprehensive training related to safe operation of light trucks on resource roads. Resource roads are busier than ever. Industry and recreational users drive on these roads across BC and incidents continue to occur causing great concern for many forestry, oil and gas, government and other users.

BC Forest Safety Council's RRDT originated with one course, Resource Road Light Truck Driver, several years ago. This course was designed with industry, using materials provided by the Western Silviculture Contractors Association, to offer training suitable to drivers who operate on the resource roads of British Columbia. The concept was to equip drivers with the skills and experience to operate their light duty vehicles safely on these roads over a standardised two-day course. Over the years the course has been well received and very effective.

It was recognised after a successful duration spanning several years that the program and course needed updating and renewing to bring it into line with current industry operations, and to make a more dynamic and modern program.

Over the past 18 months, the BCFSC and Overland Training Canada partnered in the development and launch of the updated program, which includes 4 new courses. In rebuilding the program, work was undertaken to improve resources that can be utilized to support a range of training delivery models.

The new program offers two principal options, a one-day Resource Road Safety Training course and a two-day Resource Road Driver Training course both conducted on resource roads. In addition, there is an online Resource Road Driver Knowledge Unit that is available:

- As the prerequisite for the one-day and two-day courses, or
- As a standalone course

Lastly, a Resource Road Driver Internal Trainer course is currently in the pilot stage. All in-field courses allow some customization for organizations / companies to ensure that the content is appropriate to their operations – however, all core competencies and standards of the course are maintained throughout each course.

Continued on page 10...



Course Information:

Resource Road Driver Knowledge Unit (RRKU) - Online

This free online course provides the learner with the theoretical knowledge required to operate vehicles on resource roads. This course is available as a standalone course for companies and contractors wishing to support their internal training and assessment needs, or as a prerequisite to the RRST and RRDT courses. This online knowledge unit reduces the need for these discussions during the in-field training, allowing the focus to be on the practical elements of the course.

Successful participants receive a Record of Completion issued by BCFSC.

Note: This course is not intended for heavy commercial vehicles. The BCFSC Professional Industry Driver Program supports operation of industrial vehicles including log truck, lowbed and chip truck.

Resource Road Safety Training Course (RRST) – 1 day

- In-field training course of basic safety and decision-making skills designed for driving primarily on resource roads in British Columbia. The training is also suitable for out-of-province resource road users.
- Day one:
 - Blind spots
 - Pre-Trip Inspection
 - Emergency manoeuvres
 - Vehicle dynamics
 - Driving techniques for safe operation on resource roads
 - Radio use and resource road procedures
 - Driving strategies for deactivated roads (optional)
- Successful participants receive a Record of Completion issued by BCFSC

Resource Road Driver Training Course (RRDT) – 2 day

- In addition to the RRST course content, this course includes in field techniques for addressing hazards commonly associated with working on resource roads.
- Day one (same as RRST)
- Day two:
 - Vehicle recovery
 - Trailer towing
 - Cargo securement
 - ATV/ORV loading/unloading
 - Driving strategies for deactivated roads (optional)
- Successful participants receive a Record of Completion issued by BCFSC

Resource Road Driver Internal Trainer (RRDIT) – 3 days

A pilot was conducted November 2021. This program is expected to be launched spring 2022.

More Information:

Both the RRST and RRDT are typically delivered as private courses based on a ratio of 1 instructor to 6 participants. Several times a year there may be open courses for individuals or smaller companies that want to send fewer employees to the training. The training takes place on the resource roads of British Columbia and further afield and is delivered using a practical approach, utilizing appropriate vehicles and equipment for the course (light to medium duty trucks). Courses can be run year-round.

For more information, or to arrange a session, click on the individual course pages:

- [Resource Road Driver Knowledge Unit course \(online\)](#)
- [Resource Road Safety Training - 1 day](#)
- [Resource Road Driver Training - 2 days](#) 🚚



Standardized Radio Channels on Resource Roads Help Enhance Traffic Safety

Innovation, Science and Economic Development Canada (ISED) and the Ministry of Forests, Lands and Natural Resources Operations have been working with stakeholders across BC to standardize radio channels for use on resource roads to enhance traffic safety. In response to requests from stakeholders and road safety groups, **an additional 9 Loading channels are being added to radio licence appendix RR – British Columbia Resource Road Channels.** This will allow for 14 loading channels and 35 road channels for a total of 49 resource road channels. The new channels are labeled LD-6 to LD-14.

Implementation: The new Loading Channels are now available for use and may be programmed into radio equipment that is licenced with Appendix RR.

Definitions

Resource Road (RR) Channels: RR channels are used for calling kilometers on radio assisted roads. The specific RR channel used will be posted at the entry point of the road. Visit the [Ministry of Forests, Lands and Natural Resources Operations](#) webpage to view the most current maps indicating where each channel is used.

Loading (LD) Channel: LD channels are used for the co-ordination of temporary site-specific field work. The loading and unloading of resources or equipment and short-term field work within a cut block are two possible examples. The selection of the specific LD channel to use is up to the person in charge of the site. When a channel is selected, be sure to listen for a period of time to ensure you are not interfering with other operations.

Technical Details

Radio Channels: There are a total of 49 unique channels - 35 road channels and 14 loading channels.

Radio Transmitter Power: Output power has been standardized to 30 watts maximum on all channels.

Bandwidth: All channels are simplex narrowband (11 kHz).

Channel Designations: The channel labels are RR-1 to RR-35 and LD-1 to LD-14.

Radio Channel Programming: All channels should be programmed into a separate bank. NON-RR/LD channels should not be mixed in this bank. Only RR-XX or LD-XX label should appear on the radio display since this is what will correspond to the road signs. No other channel information should be displayed.

Radio Licencing: Two-way radios require a valid radio licence. [Apply online](#) or by submit a [Mobile Radio Station Licence Application](#) to ISED.

Radio Equipment: Radios must be approved under RSS-119 issue 5 or later and must be able to accommodate narrowband channels. The use of amateur, marine or user programmable radios are not permitted.

Note for radio suppliers:

This is a good time to confirm your clients are properly licenced and programmed. No further action is required for users whose mobile licences are already authorized with Appendix RR. If your client does not yet have Appendix RR on their licence, a request must be made to ISED to have this added. Clients can email their request to ISED, quoting their company name & licence number, or suppliers can make the request to ISED on their behalf.

Appendix RR requests should be sent to your local ISED Office.

Questions:

Contact your **local ISED Office** or call 1 (800) 667-3780 📞

Appendix RR:

Road Channels			
Frequency MHz	Label	Frequency MHz	Label
150.0800	RR-1	150.7700	RR-19
150.1100	RR-2	150.8300	RR-20
150.1400	RR-3	151.0100	RR-21
150.1850	RR-4	151.1300	RR-22
150.2000	RR-5	151.1900	RR-23
150.2450	RR-6	151.2200	RR-24
150.2600	RR-7	151.3100	RR-25
150.3200	RR-8	151.3400	RR-26
150.3650	RR-9	151.3700	RR-27
150.4100	RR-10	151.4300	RR-28
150.4400	RR-11	151.4600	RR-29
150.5000	RR-12	151.4900	RR-30
150.5300	RR-13	151.5200	RR-31
150.5450	RR-14	151.5800	RR-32
150.5600	RR-15	151.6100	RR-33
150.5900	RR-16	151.6400	RR-34
150.6800	RR-17	151.6700	RR-35
150.7100	RR-18		

Loading Channels	
Frequency MHz	Label
151.7000	LD-1
151.7450	LD-2
151.7900	LD-3
151.8050	LD-4
151.8500	LD-5
150.4850	LD-6
153.2150	LD-7
154.6650	LD-8
152.3300	LD-9
153.6350	LD-10
157.5900	LD-11
159.7500	LD-12
164.0100	LD-13
165.9600	LD-14



Electronic Load Slips

- Improving Efficiency and Enhancing Safety

Falls are the most common on-the-job injury and are the leading type of injury claim in the forest harvesting sector. WorkSafeBC data shows slips, trips and falls (from elevation or on same level) account for over 26% of all claims. Many of these injuries occur when log truck drivers are entering or exiting their truck but there are also long-term health risks associated with repeated entry and exiting a vehicle. Over time, as bones, joints and muscular tissue absorb the strain and potential impacts of this repetitive action, it can result in recurrent strain injury.

The use of Electronic Load Description Slips (eLDS) can help reduce or eliminate the need for a driver to exit their vehicle while visiting the mill scale site and the need to interact directly with the loader operator in the bush, thereby reducing the driver's risk of slips, trips and falls and other associated injuries.

Recently the Timber Pricing Branch of the BC Ministry of Forests, Lands, Natural Resource Operations and Rural Development posted [new requirements intended for software developers and scale sites](#) that will create Electronic Load Description Slips (eLDS) for Industry use and by Scale Sites using the eLDS process.

These requirements are effective as of December 15, 2021. Each type of eLDS software must meet all the requirements outlined below and be approved for use by [Timber Pricing Branch](#).

If an update to the software is made it must be retested to ensure all requirements are met and there are no unintended consequences because of this update.

The document must be followed when electronic means are used to meet the requirements of the Timber Marking and Transport Regulations for Land transport and the Forest Act.

1. Requirement to produce records

- eLDS must be able to be produced for inspection while enroute to the place it will be scaled and must be able to be disseminated in a consistent manner to those parties with an interest in inspection or audit.

2. Requirement to retain Electronic Load Description Slips for a period of time

- An eLDS must be retained by each person required to retain a copy for a minimum of 6 years as per the retention requirements outlined in the Forest Act (s. 142.3) and the Scale Site Authorization. It is not acceptable for a person or entity required to carry or retain a record, to rely on another person or entity in order produce records for inspection but must be able to do so independently.

3. Requirement for Versioning and Corrections

- The first version (Version 1) of the eLDS is considered to be the original. The version number must be displayed on the eLDS document and this document must be signed by the transport operator before leaving the harvest area.
- The software must ensure that a new version of the eLDS is created upon editing. If an edit must be made to eLDS the Transport Operator must re-sign to indicate their verification of the change.
- eLDS must be saved sequentially. If more than one version of the eLDS exists, subsequent versions of the eLDS must be recorded as Version 2, Version 3, etc. and retained as directed by regulation. This will ensure that the integrity and history of the eLDS will be maintained for audit. December 2021 Timber Pricing Branch 2 Electronic Load Description Slip Requirements

4. Requirement for Signatures

- An electronic signature must be verifiable by identification if requested. Transport Operators must accept the eLDS into their device which constitutes agreement with the eLDS data.

5. Requirement for Scale Sites where eLDS will be used

- Scale Site Authorizations must use the specific Scale Control System eLDS Condition in their Scale Site Authorization. That is: eLDS software must meet all of the Requirements for eLDS and must be approved by Timber Pricing Branch

6. Requirement to use eLDS

- If electronic load description slips are the format chosen to satisfy the requirements of the TMTR, they must be used for the entire transport process, from harvest site to the place of scaling. A person may change between electronic and paper load descriptions slips only where extenuating circumstances exist and this change should be documented on the paper LDS and include the unique serial number of the original eLDS.

7. Expansion of the eLDS program

- Currently the eLDS program is only to be used for land transport of timber to scale sites where there is infrastructure for eLDS at the site. Water transport is also under consideration, depending on uptake and the ability for auditability equal to current practises.

For more information, contact the [Timber Pricing Branch](#).



Falling



Dazy (Dave) Weymer is well-known in BC forestry with over five decades of experience in BC logging with four of those decades working as a certified Faller. He is a member of the BCFSC Program Committee and co-chair of Falling Technical Advisory Committee (FTAC), the FTAC rep for both the Coast Harvesting Advisory Group and the Faller Standard Advisory Committee. He still does the occasional falling and arborist work in between danger tree blaster training.

Dazy has been thinking about submitting this article for a long time. He felt it was important to share because he knows first-hand the importance of supporting new forestry workers – to ensure they are doing their work with a clear head and making good decisions without distraction. Forestry is a high-risk industry and bad decisions can be very costly not just for individuals but for industry as a whole.

Be Kind

By Dazy Weymer

Everyone has been in the situation of either having just screwed something up, or at least thinking that they've just screwed something up, and feeling like a dork. More than once in your life, I'd guess. Often enough the overbearing priority rolling around in your head, is that you have to fix things. When we are in this sort of state, we're much more likely to make bad decisions and end up doing something that makes things even worse. And maybe dangerous.

Anyone who has done Switchback training will have a better understanding of what happens in a person's head in those situations. A better understanding of what is going on in your head can help you avoid doing more dumb stuff and potentially causing an accident.

The other side of this coin is what your impact on other people can be. As in what we do that can drive others into that screwed up headspace. You have a huge power to do this if you're a supervisor, and in particular if you're a supervisor or trainer of new or young workers who are still working their way into the industry. It's important that you handle that power with caution.

New or young workers starting out are generally very concerned about how they're doing and what people think of them. Am I doing well enough? Are they going to keep me? Does the boss like me? What do the other guys on the crew think of me? Am I being too cocky? Am I being too much of a worry wart? Have I got what it takes to make it here?

I've been in operations where it sometimes seems like people get a kick out of harassing the rookie. And I've seen bosses that not only let it happen, but join in. It's really easy to send that trainee to work stressed out and worrying about whether they'll still have a job tomorrow, rather than having their mind cleanly on what they're doing. This does not make for a safe, mind-on-the-job young worker. And it could easily contribute to that accident that none of us want to have happen.

Admittedly, a rookie may occasionally need to be cut down a few notches, maybe for you to tolerate them, and maybe for their own safety. Good thought needs to go into when and how you're going to talk with the worker to get your message across. Don't send them back to work in a screwed-up state of mind, where they're not doing their best thinking. This is a worker who is already at a higher risk because of a lack of experience. You do not want to send them even deeper into danger.

For sure you don't want anyone being overly cocky, but you do want them comfortably confident and clear-headed. Be clear with them but be kind. Send them out on a positive note.

There's no room for mind games in the forest industry.

Don't mess with people's heads, and don't let co-workers mess with them either. 🙏



Faller Supervision: A Falling Safety Advisor's Perspective on a Risk-Based Approach

By David Adshead, BCFSC Falling Safety Advisor

When it comes to supervising risk factors, there are three main components to consider:

1. **The environment** - including timber, terrain, type of project and weather factors.
2. **Activity** (other phases) - such as road building, yarding and loading.
3. **Human factors** - consider each crew member, their experience level, their personalities, influences from their personal lives and think about how those factors may affect them as well as other members of the crew.

When planning the work, it is important to identify areas with higher risk factors. Ask yourself; What keeps you up at night? Then prioritize these risks with the necessary attention and controls.

An excellent place to start is completing the required block documents which help identify the focus areas. In turn, this will help you identify where you'll need to focus your attention.

1. The Emergency Response Plan (ERP) needs to be current and site-specific with clear instructions and a continually tested communication method. It needs to be supported with the appropriate first aid equipment and attendants. All barriers to first aid must be considered and planned for including how two fallers working alone on a site can have an effective ERP.
2. The site hazard assessment needs to recognize all the general hazards on the worksite. Hazards can include stand conditions, roadside debris, phase congestion, weather,

human factors and environmental factors related to seasons. All identified hazards need to have a described method of control the faller can use to mitigate the hazard.

3. Ensure the initial safety meeting and work plan include man check and qualified assistance details, communication details, worker placement and location of other phases in the block or nearby. It should also have access controls such as sign and gate location, and alternate falling methods available, etc.
4. The block plan needs to be reviewed with each crew member and include their sign-off before starting any work.

Meaningful Faller Inspections at Intervals Appropriate to the Risk

You've heard the term '*meaningful faller inspections at intervals appropriate to the risk*'. What does *intervals appropriate to the risk* mean? Consider the environment, activity and human factors previously identified when determining *intervals appropriate to the risk*.

- A new or inexperienced worker will be a priority for the Falling Supervisor to ensure they are qualified for the timber and terrain when placing them in their work areas. A trainee faller would require continual supervision and frequent ongoing inspections.
- Stand condition may require more frequent visits from the Falling Supervisor regardless of the faller's experience simply due to the elevated risk of the timber and terrain.

- Personal factors. Is a normally easy-going person uncharacteristically quiet or irritable one morning? This should prompt the Falling Supervisor to check in with the faller to determine if they are fit for work with the ability to focus on their tasks safely.

There are varying faller visits or inspections levels - from a simple visual walk-through of a faller's work area and a chat with the faller, to a full inspection. What you identify as an elevated risk situation will determine the appropriate action and level of interaction with each faller and each visit.

What is a meaningful faller inspection? Rather than a scheduled Friday or Tuesday visit to confirm the faller is falling to the standard by measuring some stumps and looking at their past work, be proactive! Watch the faller fall trees and observe the decisions they are making and the process they use. Look for opportunities to provide coaching. This means identifying things to correct, adjust, add or improve, and provide feedback to the faller. Coach them on how to make the identified changes. Be sure to document what you have identified, the actions taken and any potential follow up that may be required.

Observe when they look up and how often. Consider how they manage their work area? How far do they escape from the tree and wait for the canopy to settle? Are they using special falling techniques? Is there room for improvement or discussion? Can they describe the hazards in their immediate work area? Do they have reasonable controls in place for any hazards identified? Have

Continued on page 15...

they assessed the danger tree that may impact where they are currently working? Do they have a reasonable plan for removing it?

Use ongoing walk-throughs of a faller's work area to identify workmanship trends that may prompt a faller inspection. Are there any red flags noted, such as some unclear undercut trends or what appears to be deeper than preferred undercuts? If so, this means an action is needed and should prompt the Falling Supervisor to watch the faller work to identify if there are reasons why the problem is appearing. Use the opportunity to make corrections and follow-up to ensure the adjustments are achieved.

Qualifications of a Faller

A frequently asked question is 'How do you determine if a faller is qualified?' The quick answer is - **by observing and listening**. It starts with checking references for past work and experience and then observing how they present themselves, looking at their tools and PPE. Place them in the work area and talk about the hazards they are seeing. Ask how they would manage them. Discuss their work plan and listen to what they are saying. Is their plan reasonable and safe? Does it

take into account safe work distances from other workers? Does it consider avoiding unnecessary brushing? Is it a safe place to lay wood for processing? Lastly, watch them work - observing their saw handling and safe work procedures. Do they follow their plan? Do they make reasonable adjustments to their plan as needed?

A big tell for me as a Falling Safety Advisor is risk management. Does the faller assess all possible hazards in their work area before starting their saw? Is their risk management plan appropriate to keep them safe? A key component of 'qualified' is recognizing hazards and knowing how to control them. This holds true for fallers and Falling Supervisors.

Training for Falling Supervisors

I believe next crucial step in reducing incidents in our profession is a positive implementation of an effective continuous improvement program. The BCFSC is reworking and upgrading the Falling Supervisor course. The new upgraded program will be more robust and informative to better prepare Falling Supervisors for their roles. It will provide knowledge and tools for Falling Supervisors to

become more effective coaches for their hand fallers team. To ensure we are meeting the needs of industry, we are engaging Falling Supervisors, contractors and the Falling Technical Advisory Committee as part of the process. Once the upgrade is ready, the course will be piloted and fine-tuned, taking into account feedback from the instructors and participants. Next year, we plan to roll out the updated Falling Supervisor course. I am excited to see the final results as I believe it will strengthen the effectiveness of practical Faller Supervision.

One of my advocacy roles as a Falling Safety Advisor is to support Falling Supervisors in recognizing risk factors and providing meaningful, proactive faller inspections. I see my role as a coach for Falling Supervisors, helping them hone their skills and build knowledge, much like Falling Supervisors that promote continual improvement for their fallers.

I encourage you to contact us with questions or requests about our advocacy programs. Contact us toll free 1.877.741.1060 or by email at faller@bcforestsafesafe.org. I appreciate your interest in faller safety and we look forward to hearing from you. 🌲

2021 Key Falling Department Numbers

BCFSC Falling Safety Advisors completed the following activities during the year:

- 12 Faller Certifications (5 New Faller Trainee, 6 Challenge)
- 5 Falling Supervisor Certifications
- 209 Faller Visits
- 7 Certified Falling Supervisor Quality Assurance Visits
- 36 Certified Falling Supervisor Visits
- 17 Trainer Quality Assurance Visits
- 19 Company Reviews

Any faller, Falling Supervisor, contractor or licensee who would like to receive more information on the services offered by the BCFSC falling department, can call toll-free 1-877-741-1060 and speak to a Falling Safety Advisor. 🌲

2022 Projects and Work Plan Initiatives

BCFSC and the Falling Technical Advisory Committee will be working on the following key projects and work plan items for 2022:

- Support for Falling Supervisors with respect to a risk-based approach to supervision and meaningful faller inspections.
- Review and update the 5-day Falling Supervisor course
- Review and implement the falling and bucking competency-based standards.
- Review and update the Certified Falling Supervisor Assessment process
- Review and update the Danger Tree Blasting course 🌲

Danielle Lifton wrote this poem as a story to read to her young kids. Her husband is a faller with Blue Thunder Contracting Ltd. in Campbell River. Another faller friend of the Lifton's suggested Danielle share it in the Forest Safety News.

Danielle remarks "Given everything that is going on, maybe it'll help lift the spirits of families effected and they can read it to their kids as well."

A Fallers Day on the Hill

By Danielle Lifton

He's up before the birds and sun,
Hops into the truck, the day has begun.
The crew turns down a bumpy dirt road,
Everyone to the helicopter - there's gear to be stowed.

With blades spinning, they take off like the morning breeze,
All the fallers look out and survey the trees.
With eyes on the helipad, the pilot sets down,
Mist lifts from the mountains as his boots touch the ground.

Saw in hand, he sets out for the day to work the block,
With his partner at a two tree lengths walk.
Radio is on so he can pay heed,
Of any help his fellow fallers need.

All day long he cuts and bucks,
Soon these logs will loaded on trucks.
To be processed and inspected with a fine-tooth comb,
And maybe one day become a family's new home.

When the last trees of the day have fell,
The crew heads out, bidding the hill farewell.
He's home at last and his loved ones hold him happily,
Thankful for another day because forestry feeds his family. 🌲





Wood Products Manufacturing Supervisor Training Program

BCFSC has been working with a dedicated project team from the Manufacturing Advisory Group (MAG) to develop training resources for supervisors working in the wood products manufacturing sector.

The concept of effective supervision isn't simply a to-do list of one-time or routine actions. Supervisors invest a lot of effort and energy to ensure employees are safe, productive and doing high-quality work. *"Thank you to the BC Forest Safety Council for offering the Wood Product Manufacturing Supervisor Training online course. It is a great way to learn and/or to freshen up your knowledge without traveling to a far-off place."* Joerg Kamp Health and Safety Supervisor at J.H. Huscroft Ltd., Creston, BC.

The interactive course, uses quizzes, online research and case study challenges to promote thinking, test decision making skills and expand the participant's knowledge of effective supervision techniques. The core content is based on BCFSC's Forest Supervisor Training and has been updated with content and scenarios targeted to supervisors in a manufacturing setting.

The course is organized into six modules, each focusing on a different aspect of effective supervision covering:

1. Leadership and Professionalism
2. Effective Communications
3. Cornerstones of Supervision
4. Due Diligence
5. Orientations, Training and Skill Development
6. Hazard Identification, Inspections and Incident Investigation

Each course will take approximately 1-1.5 hours to complete and the participant will receive a certificate upon completion of each course.

The first module, **Leadership and Professionalism** is now available. In this module, content will help participants:

1. Capitalize on personal strengths and weaknesses (Personal Awareness)
2. Identify skills and roles of leaders (Leadership Skills)
3. Describe professional qualities (Professionalism)
4. Describe key human resources functions (Team Building and Worker Relations)

The next module, Effective Communications, will be rolled in the first quarter (Q1) of 2022. 🌲



Manufacturing Supervisor Training - Step by Step



BCFSC Online Learning Centre

STEP 1: REGISTER OR LOG IN



Not registered?
Create an account.



Already a registered user?
Log into your account

STEP 2: SELECT YOUR COURSE AND ENROL



Dashboard - select a course from the list (eg. Supervisor Training Program)



Click Enrol Me. You are now enrolled for all courses in your selected course topic.

STEP 3: ACCESS YOUR COURSE AND START TRAINING



Click on Course Name to open the course and follow the instructions to begin your training.



Complete each required course. A check mark will appear next to each completed course.

STEP 4: RECEIVE A RECORD OF COMPLETION



Course Completion: Once you've completed the course, a pop-up notification will appear informing you the course is complete and you will receive a PDF Record of Completion via email for your records.

BC Forest Safety Council | Tech Support: 250.824.5184 | Office: 1.877.741.1060

WPAC Members Commit to Ambitious Safety Work Plan for 2022

Treating forest workers fairly, with the highest priority placed on the health and safety of employees, is a critical value that became embedded in the Wood Pellet Association of Canada's sustainability statement launched late last year and in its newly published 2022 workplan. It is also reflected in the understanding that the best way to achieve safety goals is through strong communications, alignment on priorities and sharing knowledge and learnings from both positive and negative experiences.

Since 2014, WPAC's Safety Committee has anchored its vision in a yearly Work Plan that holds the association accountable to continually searching out new technologies and research to support a safer culture, communicating best practices and safety news, and collaborating across the country on all safety matters. Last year was no exception which focussed on both leadership and collective safety and was achieved in cooperation with the association's many partners, members and every worker across the industry. Key initiatives included:

- Partnered with the BC Forest Safety Council (BCFSC) and Dalhousie University on an initiative to improve pellet industry practices, regarding equipment isolation.
- In cooperation with the BCFSC, WorkSafeBC and media partner Canadian Biomass, WPAC held the Belt Dryer Safety Symposium to share the learnings from combustible dust incidents.
- With a strong endorsement from WorkSafeBC, WPAC pursued a process called Critical Control Management (CCM) and together

WPAC and BCFSC, in conjunction with the industry, completed bowties and critical controls for WorkSafe BC this year.

- Released best practices on the safe handling and storage of pellets which is part of a four-year research project involving WPAC and BioFuelNet Canada, and funded through the federal Canadian Agricultural Partnership.
- Created a One-stop Safety Resource, available online for anyone looking for up-to-date information and resources on safety.

Scott Bax, Chair of WPAC's safety committee, is impressed with the commitment to safety across the sector and by the collaboration. "Our ambitious commitments have resulted in remarkable progress with the effort of hundreds of dedicated individuals and organizations who are continuing to create a world-class safety system for bioenergy," said Bax.

The Year Ahead

WPAC members' unparalleled value of safety is laid out in WPAC's Safety Committee's 2022 Work Plan with a focus on several key initiatives which include:

- **Advancing Critical Control Management**
 - Building on 2021 learnings and successes, expand this knowledge across Canada
- **Control System Conformity with ISO or other accepted standards**
 - Consult with WorkSafeBC to provide support to all plants to provide information regarding the requirements of the ISO 13849 standard or any other standard

- **Improving Belt and Rotary Drum Dryer Safety**
 - Establish a working group to analyze and improve rotary drum dryer safety
- **Sharing Best Practices on Deflagration Isolation**
 - Promote the results of this work and host a symposium to share information
- **Supporting Industry in Basic Plant Operator Competency Training**
 - Complete the basic plant operator competency resources and launch online
- **Training and Supervision of Workers**
 - Four-part webinar series focussing on Critical Control Management, Equipment Isolation, Belt Dryer Safety and Rotary Drum Dryer Symposium
- **Host industry-wide Safety Summit**
 - Targeting for late spring / early summer in Prince George, BC

Read the full [2022 WPAC Safety Workplan](#).

WPAC's safety committee works in close cooperation with WorkSafeBC and the BCFSC. The committee welcomes new members. If you are interested, please contact Gord Murray by phone at (250) 837-8821 or email gord@pellet.org. 📧



Osteoarthritis and What to do About the Pain

By Dr. Delia Roberts

Osteoarthritis (OA) is the type of arthritis that develops when the cartilage that lines the inside of a joint deteriorates. It's a very common disease, affecting 1 in 7 Canadians, and although it's associated with aging, it can affect younger people as well. It is most frequent in those over the age of 65 years, reaching 30% for people between the ages of 50 and 70 years. But nearly 1/3 of people with OA report being diagnosed at a much younger age - before they are 45 years old. Osteoarthritis is also more common in women than in men.

It's a serious disease; people with OA can experience severe pain, where the loss of function becomes so limiting it leads to other health problems. When OA is present, people are twice as likely to have other health issues than those who do not have OA. While there is no known cure, there are steps that can be taken to lower your risk of developing OA, slowing its progression, and minimizing the symptoms. These are real things that you can do to ensure that you can continue to be able to work and enjoy life.

No joint is immune to OA, but the most common sites are knees, hips, big toes and spine. Joint injuries can lead to OA, especially if the cartilage is damaged during the event, or the alignment of the joint is changed due to ligament tears. Joint alignment affects the way that forces are applied to the cartilage, which in turn directly affects the health of this tissue.

Lack of physical activity can also make joints more susceptible to OA - cartilage requires cycles of loading and unloading to remain healthy. Other factors that can increase the risk of developing OA include obesity due to the increased load on the joints. Genetics also play a role in the shape of the joint and the strength and health of the joint structures that can affect the way that forces are applied to the cartilage, the degree of inflammation in the joint and/or the ability of the cartilage to regenerate and stay healthy.

There are four defined stages of OA, the earliest being Stage I.

- Stage 1: In this phase there is only minor damage to the cartilage. Symptoms are usually very mild if present at all. Early warning signs are joint pain that increases with activity or when the joint is held fully extended or compressed. There can also be stiffness, which lessens with movement. If you experience intermittent but reoccurring pain, have sustained an injury to your joint, or have risk factors such as obesity or a family history of OA, speak to your health care provider to determine if this is the beginning of this disease. If treated before there is much structural damage to the joint, the progression can be greatly slowed. Unfortunately, while this is the time when prevention is most important, it is often hard to motivate people to address something that hasn't yet affected their lifestyle at all. However, it's critical to realize that maintaining a healthy body weight and good strength and mobility in the muscles surrounding the injured joint can have a huge impact in reducing the risk of OA progressing.
- Stage II is characterized by the appearance of bone spurs on an x-ray, but the joint space is still normal. At this stage the cartilage is still present and there is a good level of joint fluid, but symptoms are more likely to appear. There may be pain after long bouts of activity, stiffness with long periods of inactivity, some loss of range of motion and discomfort with the joint fully compressed or extended. Again, at this stage maintaining strength and agility in the joint, while reducing the load through body weight management and the use of a supportive brace can slow the progression of the disease.

As the cartilage continues to erode, the joint becomes more inflamed and irreversible changes to the underlying bone become more apparent. Symptoms are also more frequent and increase in intensity.

- Stage III: When the joint space is narrowed, the disease is considered to have reached stage III. Symptoms include increased pain and some swelling of the joint following activity, along with more frequent complaints of stiffness. It is likely that over-the-counter medications will be required for pain control.
- In stage IV, the joint space is essentially non-existent, bone spurs are pronounced, there is more inflammation, and the pain can become severely limiting. At this stage medications may no longer be sufficient for pain control leaving surgery for joint realignment or replacement as the main treatment options.

Even though the diagnosis of OA is mainly by imaging (usually an x-ray), these findings and degree of impairment don't always match. Some people have a high degree of pain and limitation of activity with relatively little loss of cartilage and disruption of bone, while other's joints can look terrible, but their function remains high. There are some things that you can do to make sure that you fall into the high function group, starting with prevention and continuing through with self-maintenance.

First and foremost is maintaining good level of muscle strength, mobility and balance. This means getting regular exercise, including some resistance training as well as workouts to increase range of motion and agility. Training the reflexes around the joint can really help reduce the amount of pain and stiffness that is experienced. In these types of exercises, the focus is on consciously stabilizing the joint while load is applied. By starting small and

Continued on page 20...

Continued from page 19...

gradually adding balance challenges or sudden increases in load like small hops, or catching a weighted ball, the joint 're-learns' which muscles to contract to provide stability (take a look at the resource list for exercise and training options). Posture and control are important, so if you have concerns about your joints, it's well worth speaking to your health care provider about a referral to a kinesiologist or physiotherapist to get you started with a good program. Even a few minutes a day can make a big difference in reducing pain and maintaining good function.

A diet rich in fruits and vegetables, cold-water fish and nuts can provide you with natural anti-inflammatories and the other materials needed for joint health. The evidence for the benefits of supplements containing these substances is mixed. While some studies report that pain is reduced with things like glucosamine and chondroitin sulfate, curcumin and collagen, others do not. Supplements can be very expensive to purchase, so given the uncertainty about their effectiveness they may not be worth the cost.

Other non-pharmaceutical strategies are to use some kind of supportive bracing, depending on the joint. For the knee there are numerous options from soft elastic sleeves available over the counter through to custom rigid braces. A new design that is part way in between provides support for the knee and hip. Produced by a company in Vancouver, BC, the Stoko Tights System uses a series of cables that are woven into the tights and can be tensioned to mimic the natural fascial support of the body.

Ice and analgesic creams may offer relief for the early stages of OA, however, once the joint inflammation is more advanced, they may not be effective. Over the counter non-steroidal anti-inflammatory medications or acetaminophen are the next step, but when OA is advanced, they may also be insufficient. Stronger pain medications can be prescribed by your physician, but they generally contain opiates and carry a danger as they are highly addictive. It's important to discuss your level of pain and function, lifestyle and sensitivity to side effects with your health care provider to ensure the best strategy for pain management and health.

A number of different kinds of joint injections can help with moderate OA. They include artificial joint fluid that can provide cushioning and lubrication for several

months. Injections that contain steroids act by suppressing the inflammation for pain relief, but again, they only last a few months. A number of other injections are being studied, however, to date there is limited evidence as to their effectiveness. Platelet rich plasma (PRP) is an injection of growth factors and other constituents isolated from your own blood that promote healing. This treatment has been approved by Health Canada but is not covered by any insurance plans and may be most effective for treating the early stages of OA. Stem cells derived from either fat cells or bone marrow are also being studied as a treatment for OA, however, to date they are not approved by Health Canada and are not available as a treatment in Canada outside of research studies.

The last options for pain relief and improved mobility are joint reshaping or replacement surgeries. Mainly done on the hips and knees, these surgeries require a long period of recovery, and for best outcomes, a focused rehabilitation. They are not possible for all joints, and even when they are, there are some movements that will remain limited, once again making prevention your very best strategy.

To avoid OA and maintain a high level of function it's essential to pay attention to the health of your joints throughout the

lifespan. This means staying active and strong, including some balance and agility movements in daily activities, maintaining a healthy weight and eating a diet rich in vegetables, fruits and healthy fats. Not only will this approach help your joints, but will also improve every other aspect of life. Stay active and stay well!

Resources and Information

BCFSC Fit to Work Program – created by Dr. Delia Roberts to help lower injury and incident rates, improve employee well-being and decrease absenteeism and turnover.

Online resources from the [Canadian Arthritis Society](#)

The [Vancouver Coastal Health OsteoArthritis Integration System](#) (OASIS) program offers online classes and help with managing your OA.

Research-based exercise program to improve function for hip and knee OA.

Resources for self management including exercise programs for osteoarthritis.

Stoko bracing system - Use the code **FITWORK** for a 10% discount. 🍏





The BCFSC Kid's Corner and Colouring Contest

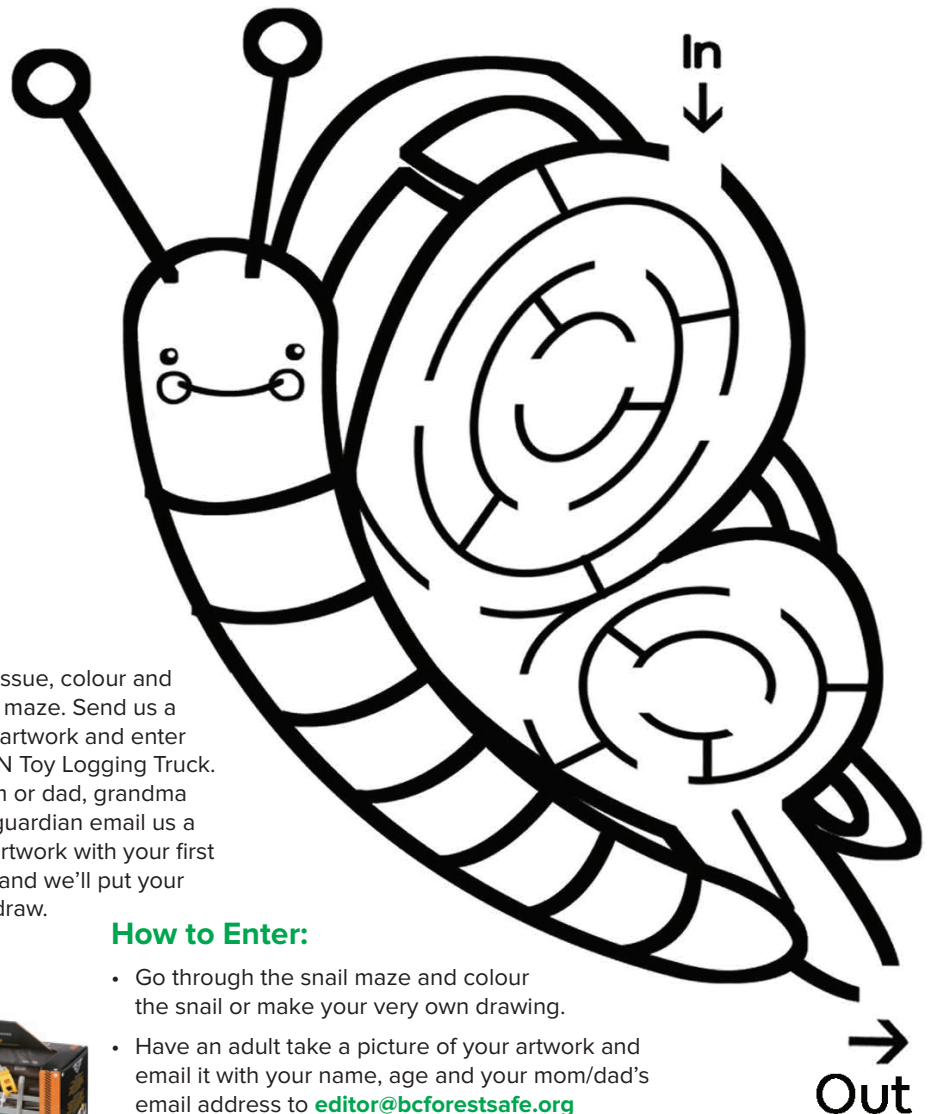
Thanks to everyone who entered our December *Spot the Difference* contest.

Congratulations to Natalie, age 6, whose name was picked from our random draw. Natalie did a great job with the snowman and spotted all five differences! Natalie wins the DRIVEN Toy Logging Truck and we will be sending a special gift to everyone else just for entering!



We also wanted to give a special shout out to **Jackson, aged 9**, who submitted his own drawing for the March issue. Well done Jackson!

For our spring issue, colour and follow the snail maze. Send us a picture of your artwork and enter to win a DRIVEN Toy Logging Truck. Have your mom or dad, grandma or grandpa or guardian email us a photo of your artwork with your first name and age and we'll put your name into the draw.



How to Enter:

- Go through the snail maze and colour the snail or make your very own drawing.
- Have an adult take a picture of your artwork and email it with your name, age and your mom/dad's email address to editor@bcforestsafe.org
- Submit your entry by 4pm, Monday, May 2, 2022
- Kids aged 3 – 12 are eligible.
- All entries will be put into a random draw to win the toy logging truck. The winner will be contacted via their parent's email address and the winning entry will be featured in the June 2022 issue of the Forest Safety News. 🌲

ABOUT Forest Safety News

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