



Why Men Suffer in Silence

In March, Dale Horth, author of “Why Men Suffer in Silence” was invited to the Falling Technical Advisory Committee (FTAC) meeting to share his story with the group. In July 1994, Dale suffered life-threatening injuries as the result of a falling incident when he was struck by a felled tree. Dale’s journey to recovery led him down a long path of mental health struggles with PTSD, depression, drug and alcohol use and despair. His courage to share his story not only through his book but also through a personal recount of his trauma at the FTAC meeting provided valuable insight on how Dale managed to face his anger and depression through determination, trust and perseverance to get his life back.

Dale is the first to admit that most men are taught to hide their feelings and put on a brave face. Especially those who work in a male dominated industry like

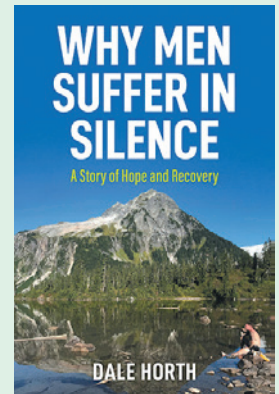
falling. The stereotype of these men as pillars of physical strength mixed in with a “man-up” mentality can lead to an “I’m Fine” culture and a head full of internal struggles. After listening to Dale’s truth, many FTAC members not only thanked Dale for his honesty and strength, but also acknowledged they personally resonated with some of his struggles.

The personal account of Dale’s trauma and rough road to recovery is relatable for many in forestry. His honest chronicle in his book about what worked and what didn’t, how long it took to find the support he needed and his methods of making peace with himself can hopefully help others find the strength to admitting their own struggles and give them a starting point on their own road to recovery.

If you or someone you know is struggling with mental health, you are not alone.

Get the help you need. Here are some resources you can access:

- [BCFSC Mental Health and Impairment Resources](#) – a list of support links and downloadable resources to help forestry workers access mental health information.
- Employee and Family Assistance Plan – reach out to your EFAP provider to find support through your employee program (if available).
- [HeadsUpGuys](#) – men’s health strategies for managing and preventing depression.
- Get a copy of [Why Men Suffer in Silence](#) by Dale Horth 📖



Escape Routes and The 5-15-90 Rule

At the March Falling Technical Advisory Committee meeting, a WorkSafeBC Occupational Safety Officer spoke to The 5-15-90 Rule. ‘90% of incidents happen within the first 15 seconds of the tree falling and within 5 feet of the base of the tree felled.’ This concept was one attendees had never heard before but it truly resonated with them. The rule focuses on the vital importance of establishing, testing and using an escape route/trail when falling trees.

The BC Forest Safety Council has a poster **Falling Injuries Within 10 Feet of the Stump** that reminds us that most serious injuries happen within 10 feet of the stump and escape routes must be well brushed out before falling begins. [Download the poster](#) from our website.

Look for more articles and information about The 5-15-90 Rule from STIHL and Arbor Canada.

- [The 5-15-90 Rule | STIHL PROLINE](#)

- [Technical Tree Falling - Faller Escape Routes, Understanding the 5-15-90 Rule \(Article 4\) - Arboriculture Canada Blog \(arborcanada.com\)](#) 📖



Falling Safety Advisor Activities

2022 Falling Safety Advisor activities (as of April 29, 2022):

- 8 Faller Certifications (4 New Faller Trainees, 4 Challenges)
- 3 Falling Supervisor Certifications
- 6 Certified Falling Supervisor Quality Assurance Visits
- 10 Company Reviews
- 113 Faller Visits

If you are interested in any of the safety advocacy services that the BCFSC Falling Safety Advisors offer, please reach out to us either by phone toll free 1-877-741-1060 or email faller@bcforestsafes.org. Check out the [Falling Safety Advocacy Program pamphlet](#) for more information on what services are available, free of charge. 📖