

# FOREST SAFETY NEWS

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## BC forest sector continues to make positive progress in improving safety performance

The forest sector's resiliency, determination, and commitment has positioned it well to face the multitude of challenges during the last few years. Despite these challenges, the sustained focus across the industry by employers, contractors, workers, unions, and industry associations resulted in new milestones in improved safety performance.

In 2021, the harvesting sector achieved yet another safety milestone with a harvesting aggregate injury rate of 3.8 which marks the first time that the sector has achieved an injury rate below 4.0.

There are no easy solutions for improving industry's safety performance. It comes from leadership, the front lines and everywhere in between. It comes from each one of us, starting with good safety management systems, good culture — trust, open communication, participative management — right through to training and supervision, supporting work practices and empowerment of workers and contractors. We all know that safety requires a commitment every day, on every block, with the felling of each tree, to each load, to every production and manufacturing process.

While industry continues to make good progress on improving our safety performance and reduce injury rates, there were six direct harvesting work-related deaths in 2021, which serves as a stark reminder that we still have more work to do. We extend our heartfelt condolences to the families, friends, and colleagues of the deceased.

We would like to thank all of the industry advisory groups and forestry and manufacturing operations for their leadership on issues and their continued commitment to ongoing collaboration across industry. We truly believe that this level of commitment will be what drives our industry's safety performance to the next level.

On behalf of BCFSC, we would like to thank you for your individual and collective efforts to ensure that every worker goes home safe - everyday. Our industry's safety success is dependent on your continued commitment and support.

**Rob Moonen**  
Chief Executive Officer

For more information on industry's progress, download our **2021 Annual Report**. 📄



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

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## VISC Returns This October

The **2022 Vancouver Island Safety Conference** is returning Saturday, October 29th in Nanaimo at the Vancouver Island Conference Centre.

After two years hiatus due to the pandemic, this free conference is back with forestry-related safety topics focussing around this year's theme - *Lead the Way | Resiliency, Opportunity, Engagement*.

The full-day, in-person conference includes refreshments and lunch for conference attendees and features a variety of speakers as well as a trade show with targeted safety products and services.

This year's keynote speakers include former NHL goaltender, Corey Hirsch, leadership expert Hall of Fame speaker, Michelle Ray and "Brain-guy" Terry

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Small, master teacher and Canada's leading learning skills specialist.

Register online today to save your spot. **Online registration**

If you have questions regarding registration or sponsorship, contact the VISC steering committee by email **[training@bcforestsafe.org](mailto:training@bcforestsafe.org)** or call **1-877-741-1060**. 📞



# Leadership in Safety Awards Nominations

Leadership in Safety celebrates individual safety achievements in forestry. Award recipients are showcased during the VISC Conference which returns this year on Saturday, October 29<sup>th</sup> in Nanaimo.

We invite you to nominate a leader in forestry safety. Your nomination can be an individual, crew, team, division, contractor, company, supplier, consultant, trainer, etc. that deserves to be recognized for outstanding safety leadership or achievements. There are two award categories for Leadership Safety.

## 1. Cary White Memorial Award

This special award is presented to someone who has demonstrated an unwavering commitment to improving safety awareness, expanding safety knowledge, developing safety skills

at ground level and building a lasting culture of safety among BC's forestry workers. It is someone who goes the extra mile to help others reach their safety goals with a helping hand, proven experience and knowledge.

## 2. Forest Safety Most Valuable Player (MVP)

This award recognizes an individual or group that has made a notable contribution to forest industry safety within their operation or company.

The MVP could be a worker whose idea resulted in improvements to workplace safety, a supervisor who communicated regularly with their crew spearheading safe work procedures, a crew that found a way to work more safely and productively, a manager who demonstrated commitment to worker safety, a committee that achieved safety

improvements through persistent efforts to seek changes, or a company that has demonstrated leadership in integrating health & safety into their business practices.

Simply email us your nomination to **[info@bcforestsafe.org](mailto:info@bcforestsafe.org)**. Within your email, include:

- Nominee's name (first and last)
- Nominee's Job Title
- Nominee's location and employer
- Nomination Category (Cary White Award or MVP)
- A description of the reason for the nomination (please provide as much detail as possible)
- Your name and email address

Deadline for nominations is October 3, 2022. 📅

## BCFSC's New Nanaimo Location

On Monday, September 12<sup>th</sup>, BCFSC will be officially moved into our new office in Beban Plaza at 2220 Bowen Road. Located at the corner of Bowen Road and Northfield Road, our new location is easily accessible with ample parking. Come and see us at our new address located beside Driven Performance Fitness in Beban Plaza:

**Unit 8C - 2220 Bowen Road  
Nanaimo, BC  
V9S 1H0**

All other BCFSC contact information will remain the same including the address of our Prince George location:

Website: [www.bcfscsafe.org](http://www.bcfscsafe.org)

General Email: [info@bcforestsafe.org](mailto:info@bcforestsafe.org)

Telephone: 250.741.1060 • Toll Free: 1.877.741.1060 • Fax: 250.741.1068

Prince George Office: 2666 Queensway Ave., Prince George, BC, V2L 1N2

We look forward to welcoming you to our new location in Nanaimo. 📍





## What's New

Here is the latest on what we have to offer since June 2022. 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](#).

**BCFSC Webinar – Tips to Successfully Transition into Supervisor**, Thursday, November 17, 2022 from 2:00pm – 3:00pm (PST). Register for this valuable webinar on how to transition into a Supervisor hosted by facilitator Shannon Overland. Principal Consultant at Dekra Insights.

**Vancouver Island Safety Conference** – Save the Date! The Vancouver Island Safety Conference returns in-person on Saturday, October 29th, 2022 at the Nanaimo Conference Centre. [Register today](#) and save your spot for this FREE safety conference.

**BCFSC Annual Report** and **Ombudsperson Report** – the 2021 BCFSC Annual Report and Ombudsperson Report is now available on our website. Read them online or download a copy.

**Online Training** – The complete set of six free online courses for the Wood Products Manufacturing Supervisor Training Program are now all available at no charge for BC forest companies. Click here to self-enrol: [Online Learning Centre – BC Forest Safety Council](#)

**Training Course Catalogue** – we have a new look to our Course Catalogue. Keep your safety training current and find courses easily with our new filterable course catalogue.

**Training Calendar** – Our 2022 Fall Training Calendar is now fully loaded and offers both in-classroom and online courses. We also provide requested training bringing courses directly to your preferred location at a convenient time that works for you.

**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** – The Importance of Reporting Close Calls
- **Industry Alert** – Flying Rock from Loaded Log Truck Damages Ambulance Windshield
- **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 & Information

**WorkSafeBC - New Requirements for Refusing Unsafe Work** Workers' ability to refuse work if they believe it's unsafe is a fundamental right. Recent OHS Regulation amendments clarify employers are now required to inform workers about a previous work refusal before reassigning the refused work.

**Shift Into Winter** – winter is just around the corner. Make sure you know when you need to install your winter tires and find out more about driving in winter road conditions.

**Road Safety at Work** – visit Road Safety at Work for resources, webinars, workshops and news relating to road safety for you and your employees.

**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. 📖

## #ForestryConnect

The BC First Nations Forestry Council is leading an initiative under #ForestryConnect to help fill 2,220 new forestry sector jobs with skilled Indigenous workers by 2030. The workforce recruitment strategy called the Indigenous Forestry Skills Development & Job Recruitment Program will be developed through the creation of a virtual centralized hub that will connect

Indigenous talent to BC forest sector opportunities. The hub can be accessed using a login portal through [www.forestryconnect.ca](http://www.forestryconnect.ca).

This invaluable resource will facilitate, recruit, promote and connect Indigenous talent to forest sector workforce opportunities using a database matching tool and CRM allowing Indigenous forestry students and skilled job seekers to explore jobs and opportunities

in specific regions throughout the province using an interactive map. The centralized hub will also feature forest sector training opportunities and a list of forestry employers and mentors by region providing vital information for Indigenous workers seeking a fulfilling career in BC Forestry.

If you are an Indigenous student, job seeker or a forestry employer, [register for access](#) today. 📖

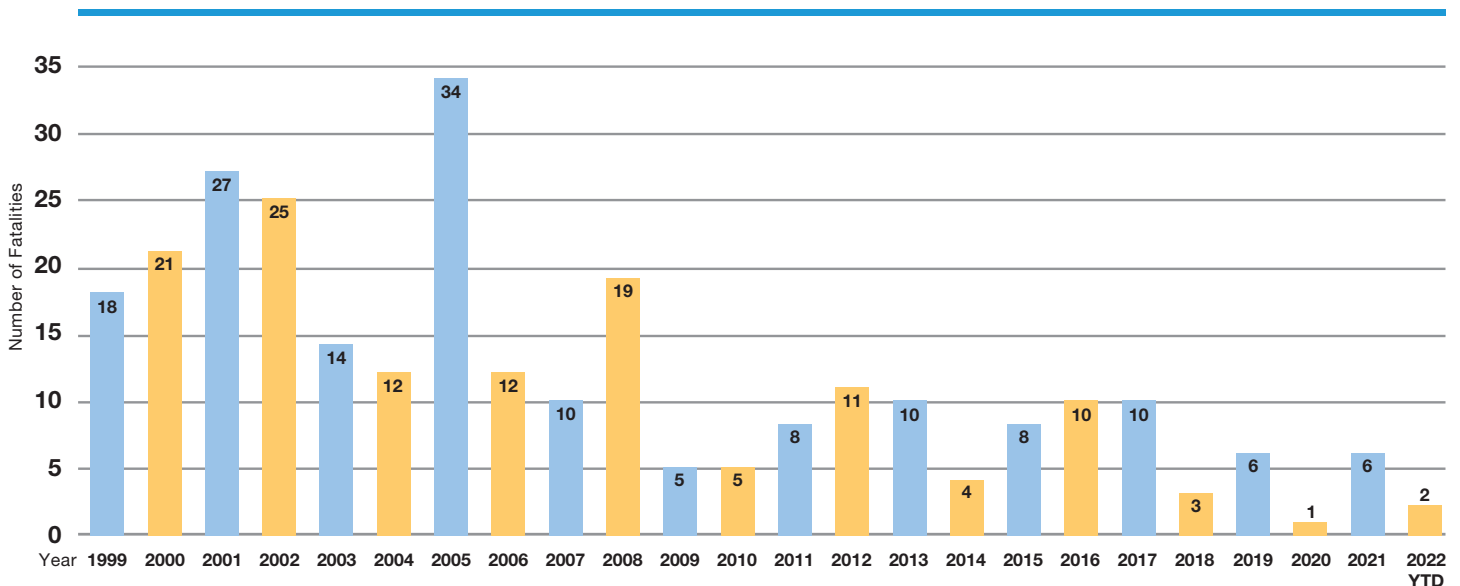




# Work-Related Deaths & Injuries



## WSBC Accepted Harvesting Work-related Death Claims



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

For 2022 year-to-date, there have been two work-related deaths in the BC forestry industry. We extend our deepest condolences to the families and friends of the deceased and our sympathies to all those affected by these tragic incidents.

### Recent work-related incidents reported to WorkSafeBC

The following sample of work-related incidents recently reported to WorkSafeBC may help prevent similar incidents in your workplace.

#### HARVESTING

**Injury:** Bump on head, scrapes, bruises  
**Core Activity:** Log hauling / Integrated forest management  
**Location:** Vancouver Island/Coastal BC  
**Date of Incident:** 2022-Jul

A log transporter with no load veered off a resource road onto the shoulder. The log transporter rolled onto its passenger side and down a steep embankment. The driver received first aid on site and was transported to hospital.

**Injury:** Multiple fractures, internal injuries  
**Core Activity:** Manual tree falling and bucking / Integrated forest management  
**Location:** Vancouver Island/Coastal BC  
**Date of Incident:** 2022-Jul  
A hand faller was falling a red alder danger

tree. As it fell, the danger tree contacted standing trees in the falling area. A large limb from the danger tree then came back and struck the faller. The faller was treated at the scene by a Level 3 occupational first aid attendant, transported by company vehicle and crew boat to emergency health services, then taken to hospital by ambulance.

**Injury:** Strains and bruises  
**Core Activity:** Integrated forest management  
**Location:** Interior BC  
**Date of Incident:** 2022-Jun  
A worker was operating a feller-buncher on a sloped hillside. As the boom swung, the machine went into a depression on a 25% slope and tipped onto its boom side.

**Injury:** Fractured rib, injury to hand  
**Core Activity:** Ground skidding, horse logging, or log loading  
**Location:** Lower Mainland  
**Date of Incident:** 2022-Jun  
A worker was walking along a small log on level ground in the landing area when the log moved unexpectedly. The worker lost their balance and fell backward, landing on another log.

**Injury:** Multiple fractures (1 worker)  
**Core Activity:** Cable or hi-lead logging  
**Location:** Interior BC  
**Date of Incident:** 2022-Jun  
A worker was working on a landing with a cable yarder and was moving to unhook a turn of logs when they were struck by a stump uprooted by the haulback line. The stump reportedly slid along the haulback line until it hit the scab block and fell to the ground, striking the worker. The worker was treated by the on-site first aid attendant, then transported to hospital.

**Injury:** Head injuries  
**Core Activity:** Manual tree falling and bucking / Integrated forest management  
**Location:** Vancouver Island/Coastal BC  
**Date of Incident:** 2022-May

A manual tree faller was trying to fall a small-diameter tree near the edge of a rock ledge. The faller lost their footing, fell from the ledge, then tumbled downslope 25 feet, striking their head on a large rock. The faller was assessed by a Level 3 occupational first aid attendant on site and transported to hospital in a company vehicle.

**Injury:** Suspected carbon monoxide poisoning (1 worker)  
**Core Activity:** Tree planting or cone picking  
**Location:** Northern BC  
**Date of Incident:** 2022-May

A worker was found unresponsive in their tent after using a wood-burning stove as a heating source inside the tent. The worker was treated for suspected carbon monoxide poisoning by the on-site first aid attendant, then transported to hospital by company emergency vehicle.

**Injury:** Fractured leg  
**Core Activity:** Manual tree falling and bucking  
**Location:** Vancouver Island/Coastal BC  
**Date of Incident:** 2022-Apr

A hand faller was walking uphill from their falling quarter to the road to retrieve chain oil and gas. As they approached the road, a rock was dislodged and rolled down, striking one of the faller's legs. First aid was administered on site and the faller was transported to hospital.

*Continued on page 5...*

# Work-Related Deaths & Injuries

Continued from page 4...

**Injury:** Soft tissue injuries

**Core Activity:** Integrated forest management

**Location:** Vancouver Island/Coastal BC

**Date of Incident:** 2022-Apr

A grapple yarder was yarding a hemlock log when one of the two anchor (guy) lines broke, resulting in the yarder being pulled over. The yarding crew assisted the yarder operator to get out of and off the yarder.

**Injury:** Laceration, bruising

**Core Activity:** Integrated forest management

**Location:** Interior BC

**Date of Incident:** 2022-Mar

A worker was beneath a pickup truck, making repairs, when the truck began to roll down a slight grade. The worker was dragged 30 to 40 feet. When the truck stopped, the worker self-extricated, walked to the scale yard, and was provided first aid before being transported to hospital.

## MANUFACTURING

**Injury:** Lacerated fingers (1 worker)

**Core Activity:** Sawmill

**Location:** Lower Mainland

**Date of Incident:** 2022-Jul

A worker was operating a bull edger machine when it jammed. As the worker was working with maintenance to remove the jam, one of the worker's hands was caught between the rollers on the machine.

**Injury:** Crush injury to lower body

**Core Activity:** Sawmill

**Location:** Interior BC

**Date of Incident:** 2022-Jul

A worker operating a small walk-behind skid steer tripped and fell. The worker was caught between the rear of the skid steer and a steel support post.

**Injury:** Burns

**Core Activity:** Sawmill

**Location:** Northern BC

**Date of Incident:** 2022-Jun

As a young worker was re-energizing a 2400-volt DC local disconnect, an arc flash occurred.

**Injury:** Fractures of upper body (1 worker)

**Core Activity:** Sawmill

**Location:** Lower Mainland

**Date of Incident:** 2022-Jun

A cleanup worker was clearing wood debris on the green chain of a sawmill while another worker was operating a lift truck next to the green chain. The lift truck struck a cable suspended above the green chain. The cable broke and snapped back, striking the cleanup worker.

**Injury:** Close call

**Core Activity:** Sawmill

**Location:** Interior BC

**Date of Incident:** 2022-May

A worker was operating a front-end loader equipped with a bucket at a wood chip pile when the worker observed a fire behind the operator's seat. The worker parked and exited the loader. The fire was extinguished by the fire suppression system on the loader and by the fire department.

**Injury:** Fractured arm

**Core Activity:** Sawmill

**Location:** Interior BC

**Date of Incident:** 2022-May

As a millwright was lubricating a component of a gang saw, one of the worker's arms became caught between the structural frames of the functioning infeed carrier unit.

**Injury:** Close call

**Core Activity:** Sawmill

**Location:** Northern BC

**Date of Incident:** 2022-May

A worker was using a 1-ton overhead travelling bridge crane to perform maintenance work on a strip unscrambler chain. The hoist came off the bridge and fell into the work area, nearly striking the worker.

## TRANSPORTATION

**Injury:** Bump on head, scrapes, bruises

**Core Activity:** Log hauling / Integrated forest management

**Location:** Vancouver Island/Coastal BC

**Date of Incident:** 2022-Jul

A log transporter with no load veered off a resource road onto the shoulder. The log transporter rolled onto its passenger side and down a steep embankment. The driver received first aid on site and was transported to hospital.

**Injury:** Fractures, injuries to lower body

**Core Activity:** Log hauling / Integrated forest management

**Location:** Vancouver Island/Coastal BC

**Date of Incident:** 2022-Jul

The driver of a loaded log transporter lost control of the vehicle on a private forestry road. The tractor rolled over onto the driver side, spilling the load of logs on the downslope of the road. The driver, who was pinned inside the cab, was extricated by the fire department and transported to hospital by air ambulance.

**Injury:** Close call

**Core Activity:** Log hauling / Integrated forest management

**Location:** Vancouver Island/Coastal BC

**Date of Incident:** 2022-Jun

A highway log transporter (seven-axle truck and trailer) with a load of logs was descending a 500-metre section of logging road with a grade between 18% - 25%. The log transporter spilled the load of logs, then the trailer detached from the truck and went off the road. The log transporter eventually came to a stop. The driver was not injured.

**Injury:** Fatal (1 non-worker)

**Core Activity:** Log hauling / Integrated forest management

**Location:** Vancouver Island/Coastal BC

**Date of Incident:** 2022-May

A loaded log transporter was making a left-hand turn onto a highway on-ramp. As the truck neared the apex of the corner, the trailer tipped over, spilling the load of logs onto the road and a pickup truck that was parked on the shoulder of the road. A person (non-worker) from the pickup truck was fatally injured.

**Injury:** Fractures, lacerations

**Core Activity:** Log hauling / Integrated forest management

**Location:** Northern BC

**Date of Incident:** 2022-Apr

At a de-wrap station, a log truck driver was removing the wrappers from a load of logs. A log from the bundle fell, struck the ground, and bounced, hitting the worker. 🚚



## Register for Quick Add and Start Using this Lite Version of the FIRS App for Incident Reporting Today

Since December 2021, BCFSC has been developing a Forest Industry Reporting System mobile app. The first stage of the **BCFSC FIRS App** is a **lite version** called **Quick Add**. This version is live and ready to download for SAFE certified members through the App Store for Android and iOS devices.

Quick Add simplifies incident reporting by allowing companies to submit and track incident reporting by submitting answers to five simple questions and uploading supporting photos into the record. Incident reports can be entered into the App even if your device is offline. Once you are back online, the information will be automatically uploaded. The Quick Add App also includes a *\*Supervisor's Queue* allowing supervisors, safety professionals, and company owners to review submitted records and extract important information from the report such as the severity or nature of a reported injury.

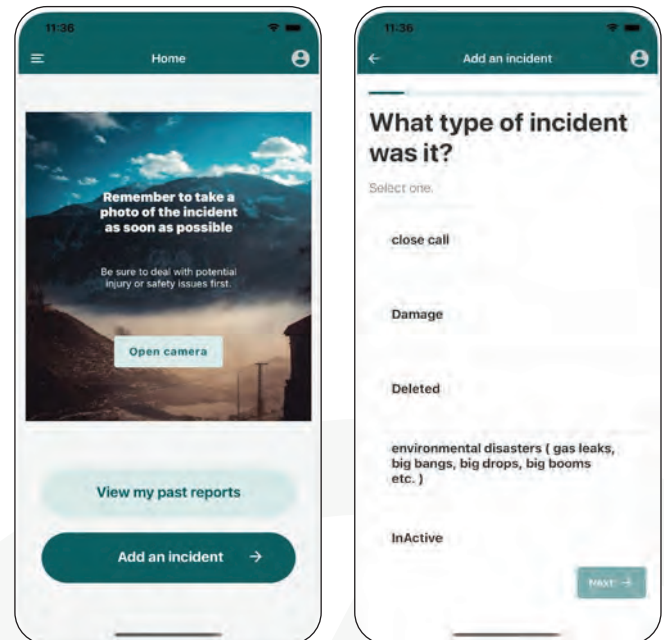
The Five Questions for incident reporting currently available in the QUICK ADD App include:

- Incident Type?
- When did the incident occur?
- Where did it occur?
- Who was involved?
- What happened?

*\*The Supervisor's Queue is currently only available via computer through webforms (not to be confused with the FIRS mobile Quick Add). It can be accessed using your BCFSC FIRS credentials upon set up.*

### Here is how to access the FIRS App – QUICK ADD version:

1. Simply go to the App store on your device and search for BCFSC FIRS to download the FREE App.
2. To access the App, you will require confirmation by BCFSC of SAFE Certification BEFORE you can access the App.
3. \*Register for access to the FIRS App QUICK ADD version by filling out this registration form (link) and submit your access request.



4. Once you are confirmed as a SAFE Certified Company, your FIRS App account will be created.
5. You will receive an email from the App developer, EHS Analytics, with instructions on setting up your FIRS account with your individual registration details.

The full version of the FIRS App will be available in 2023 and is being developed by EHS Analytics. The FIRS App will be a forms management system to assist small employers and contractors in streamlining and consequently reducing the amount of safety-related paperwork and administrative work required in the field. To learn more about how this online forms portal will support the record keeping requirements for small employers and assist in building and maintaining SAFE Company Certification, visit our [dedicated webpage](#) which explains in detail how the FIRS App will help support your record keeping administration requirements.

If you have any questions about the FIRS App or the QUICK ADD version, please contact us via email [FIRS@bcforestsafesafe.org](mailto:FIRS@bcforestsafesafe.org). 📧



## SAFE Company Audit Forms and Resources

By Stacey Sproule, Safety Advisor

Did you know that new audit forms and resources are regularly posted on the BCFSC website? We strive to offer the most comprehensive forms and resources to ensure you have everything you need for your audit submission.

To access audit forms or resources, go to our [Audit Support Forms](#) webpage and click on your company size. The options are IOO for Individual Owner Operator or Small Employers either ISEBASE with 2-5 workers plus contractors or SEBASE with 6-19 workers plus contractors.

There are some forms that cannot be modified as they need to meet the WSBC Regulation requirements such as the compliant “Orientation Checklist: Young or New Workers” form. Nothing above the signature line should be modified/alterd on the compliant orientation form, otherwise the form fails to meet regulation requirements. Below the signature line, information can be modified, added to or the list of items can be changed to create an orientation form which better suites your company’s work and work activities. This form can be found on the SEBASE and ISEBASE Audit Submission Forms & Support Resources page. Simply look under Audit Support Resources and scroll down to [Worker Orientation](#) and click on the link to access the downloadable form.

BCFSC has also developed forms and resources specifically for contractors working on their own, such as log haulers. We have designed an Emergency Response Plan (ERP) specifically for Working Alone. Just visit our [Audit Support Forms and Resources](#) webpage and click on the IOO Audit Submission Forms & Support Resources link. Scroll down and click on [Emergency Response Plans \(ERPs\)](#) and you will find the Trucker’s Emergency Response - Working Alone downloadable file.

We have been updating and improving our Safe Work Procedures (SWPs), specifically the heavy equipment SWPs which now include lock out procedures. We recommend the added lock out procedure steps to be reviewed by the machine operators and /or your maintenance staff. If your lock out procedures are machine specific (i.e. make /model/year) and not simply generic, then make the modifications to your SWP to ensure your lock out procedures are captured properly. Updates can be done in a Word document which will allow you to modify and enhance the lock out procedures for each piece of your equipment. Access the Safe Work Procedures on our [Audit Support Forms and Resources](#) webpage and click on the SEBASE and ISEBASE Audit Submission Forms & Support Resources. You will find a link to access all our downloadable SWPs including Wheel Loader with Lock Out and Self-Loading Logging Truck with Lock Out Procedures.

The following is a list of the most recently updated SWPs.

- How to Write a SWP:
- Drip Torch Operations:
- Encountering Blockades:
- Office Workstation Ergonomics

If you are unable to locate an audit document or resource on our website, contact a safety advisor at 1-877-741-1060 for assistance.

Scan the QR code for quick access to the BCFSC Audit Forms and Resources webpage. 







## We've Come a Long Way in 18 Years

By Allison Thompson, BCFSC Manager Training & Standards

With the 2004 release of the Forest Safety Task Force Report, the BC Forest Safety Council (BCFSC) introduced New Faller Training and various SAFE Companies Auditor Training programs based on the report recommendations. Over the years, we've added many in-person training courses including Felling Supervisor, Forest Supervisor, Incident Investigation and Joint Health and Safety Committee courses. With feedback from industry experts, we continue to improve these existing courses working simultaneously on developing new courses such as the Forest Supervisor Due Diligence, Communication and Leadership and Professionalism. These in-person courses are scheduled annually throughout the fall, winter and spring months in hub cities throughout BC.

BCFSC also offers requested training, where we deliver BCFSC training onsite for groups at an employer's location of choice. Requested training is growing in popularity each year. For 2022 alone, we're on track to deliver 40+ sessions throughout BC in addition to our scheduled sessions. With this growing demand, interested parties are encouraged to contact BCFSC well in advance to discuss training needs and secure preferred dates.

Prior to the global COVID-19 outbreak, BCFSC already had online training options available. But the pandemic restrictions compelled us to expedite our online course development and expand our course offerings. Fast-forward to today and the growth in online courses has gone well beyond expected targets with BCFSC now offering over 30 **FREE** online training courses.

Course	Course Duration	Description
<b>Assessor</b>	1.5 hours	Foundational knowledge for assessing in a competency-based system.
<b>Basic Forest Worker</b>	7.5 hours	Introduction to the BC forestry industry, worksites, risks, hazards, regulations, legislation and standards required by all forestry workers to help keep themselves and others safe on the job.
<b>Blasting Hazards and Safety</b>	1 hour	Instruction on hazard identification forestry blasters will encounter and how hazards can be controlled.
<b>Chokerperson</b>	2 hours	Foundational knowledge for Chokerperson occupation.
<b>Combustible Dust Training for Contractors</b>	1.5 hours	Instruction for contractors on combustible dust hazards in wood processing facilities.
<b>Combustible Dust Training for Managers and Employers</b>	1.5 hours	Instruction for managers and employers on managing combustible dust hazards in wood processing facilities.
<b>Combustible Dust Training for Workers</b>	1.5 hours	Instruction for workers on combustible dust hazards in wood processing facilities.
<b>Cornerstones of Supervision - Wood Products Manufacturing</b>	1.5 hours	Course on the cornerstones of effective safety supervision for wood products manufacturing supervisors.
<b>Describe Safe Decision Making in a Forestry Workplace</b>	30 Minutes	Foundational knowledge on safe decision making in high pressure forestry workplaces.
<b>Due Diligence - Wood Products Manufacturing</b>	1 hour	Course on the cornerstones of effective safety supervision for wood products manufacturing supervisors.

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<b>Effective Communications - Wood Products Manufacturing</b>	1 hour	Effective communications for wood products manufacturing supervisors.
<b>Forestry Safety Overview</b>	4 hours	Forestry safety overview for anyone working in the forest industry.
<b>Grapple Yarder Operator</b>	4 hours	Foundational knowledge for Grapple Yarder Operator occupation.
<b>Hazard ID, Inspections &amp; Incident Investigation Training - Wood Products Manufacturing</b>	1.5 hours	Hazard identification, risk assessment and controls for Wood Products Manufacturing Supervisors.
<b>Hook Tender</b>	5.5 hours	Foundational knowledge for Hook Tender occupation.
<b>Individual Owner Operator Refresher</b>	4 hours	Occupational health and safety course for Individual Owner Operators wishing to pursue COR Certification.
<b>Landing/Utility Person</b>	2.5 hours	Foundational knowledge for Landing/Utility Person occupation.
<b>Leadership and Professionalism - Wood Products Manufacturing</b>	1.5 hours	Leadership and professionalism for Manufacturing Supervisors.
<b>Mechanized Harvesting</b>	4.5 hours	Foundational units for Mechanized Harvesting occupations.
<b>Orientations, Training and Skill Development - Wood Products Manufacturing</b>	1 hour	Orientation, training, and skills development of workers for Wood Products Manufacturing Supervisors.
<b>Phase Congestion</b>	1.5 hours	Intended to help supervisors and workers better understand how to safely integrate phases and prevent phase congestion.
<b>Professional Industry Driver Training</b>	4 hours	Foundational knowledge for professional drivers in the forest industry who are operating log trucks, lowbeds and hauling wood fibre.
<b>Resource Road Driver Knowledge Unit</b>	4 hours	Foundational knowledge of driving on BC's resource roads.
<b>Rigging Slinger</b>	2 hours	Foundational knowledge for Rigging Slinger occupation.
<b>Road Building</b>	2 hours	Foundational knowledge courses for road building occupations.
<b>Serious Incident and Fatality Investigation</b>	4 hours	Instruction on how to complete investigations for incidents involving serious injuries or fatalities. It is recommended to take the BCFSC Basic Incident Investigation course prior to enrolling in this course.
<b>Small Employer Occupational Health &amp; Safety Refresher</b>	7 hours	Occupational health and safety course for Small Employers wishing to pursue COR Certification.
<b>Stand Tender Training</b>	2 hours	Foundational knowledge for Stand Tender occupation.
<b>Tower Operator</b>	6.5 hours	Foundational knowledge for Tower Operator.
<b>Trainer</b>	3 hours	Foundational knowledge of training in a competency-based system.
<b>Wood Products Manufacturing Hazard Identification and Risk Assessment</b>	1.5 hours	Common hazards in wood products manufacturing facilities, risk assessments and hazard controls.

We encourage you to check out our [new training course catalogue](#) or [course calendar](#) and register for our upcoming scheduled training opportunities or our online courses. If you would like more information or require assistance, contact the BCFSC Training Department via email: [training@bcforestsafesafe.org](mailto:training@bcforestsafesafe.org). 🌲

# Forest Supervisor Leadership and Professionalism Course

Attention Forest Supervisors - Do you sometimes wonder if there is a disconnect between you and your crew? If you are interested in communicating and collaborating better with your crew, peers and co-workers, then our Forest Supervisor Leadership and Professionalism course may be the answer you are looking for.

This course identifies the qualities and roles of good leaders including effective interactions at work to maximize production and create safer work environments.

## Course Objectives

When you complete this course you will be able to:

1. Capitalize on personal strengths and minimize 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)



Prior to the course you will be required to complete a personalized **Everything (D)ominance, (i)nfluence, (S)teadiness and (C)onscientiousness (DiSC)** workplace profile which will reveal:

- Your DiSC leadership style which will identify how you interact with others and organize your workload.
- An overview of other DiSC styles, how you react to each and strategies to improve your effectiveness.
- Tips and suggestions for improving your working relationships with everyone you work with inside and outside of your organization.

Everyone has a different style. There is no right or wrong answers and different styles can all work in a supervisory role. This class offers a safe place to explore how to be most effective with your leadership style.

Recent participants have said the DiSC profile was very interesting and they enjoyed learning from the real-life examples of the different styles of interaction and the various scenarios that were provided. They also appreciated the instructor's personal stories from industry which helped make the course content more relatable.

In addition to other activities, your personalized profile report will be used throughout the course to help you reflect on your leadership style and how to manage it to work best with those around you.

Learn more about this course and the upcoming session dates. Visit our [course catalogue](#). We also offer a Supervisor Due Diligence and Communication course. All of these courses are available as requested training for groups at your desired location. Contact us at [training@bcforestsafesafe.org](mailto:training@bcforestsafesafe.org) 🌲

## Tips to Successfully Transition into Supervision

### FREE WEBINAR

Thursday, November 17, 2022

2:00pm - 3:00pm PST

[Register Today](#)

The path to supervision isn't always planned or intentional. Many forestry supervisors are quickly promoted to the role – they're a crew worker one day and responsible for the whole crew the next day.

This webinar is intended for workers transitioning into a supervisor role as well as seasoned supervisors. We'll cover the key principles of leadership, regardless of position or experience level, and help participants build their leadership skills and understand the supervisor's role.

Join us for this presentation hosted by facilitator Shannon Overland, Principal Consultant at Dekra Insights.

**Shannon Overland Bio:** Shannon jointly operated an Okanagan-based forestry company with her brother between 1991-2010. She led the company in its journey to zero incidents reducing its high incident rate to an incident rate that continues to hover at zero.

She was a contracted Safety / Audit Advisor and Trainer with BCFSC between 2007-2010 and has maintained her BASE Auditor standing since 2007. In her current role as Principal Consultant with Dekra Insights, she provides leadership development and coaching for all leadership levels for multi-million and Fortune 100 companies. 🌲



**SHANNON OVERLAND**  
PRINCIPAL CONSULTANT, DEKRA INSIGHTS

With over 30 years of leadership and management experience, Shannon Overland empowers and engages employees with proven learning, development, coaching, and organizational change strategies.

# Forest Worker Essentials Training for Saik'uz First Nation

The College of New Caledonia (CNC) – Vanderhoof Campus successfully delivered the Forest Worker Essentials Program May 16 - June 24, 2022 for the Saik'uz First Nation.

Field trips were arranged to provide exposure to areas for forestry employment opportunities and to support learning outcomes. The participants visited:

1. **Central BC Railway & Forestry Museum – (Prince George)**
2. **Inland Truck and Equipment (Prince George)** - toured facility with the General Manager
3. **West Fraser Mill (Fraser Lake)** – discussion about West Fraser operations, tour of mill site and discussion with woodlands department
4. **Van Dolah Enterprises Inc. (Vanderhoof)** – specialize in Silviculture Surveys, Timber Management and Woodlot Management.
5. **Freflyt Industries and P&H Supplies (Vanderhoof)** - They design and build trailers to haul logs. They also custom rig highway tractors. They provide heavy duty and diesel mechanic services.
6. **Chazbut Contracting Ltd. (Indigenous Contractor, Fraser Lake)** - Mechanized harvesting field trip to Fraser Lake community forest.
7. **Hogsback Lake (Vanderhoof)** - BBQ and a hike. Excellent team building and review of many of the things students learned throughout the program.

The participants provided valuable feedback and comments from their course experience.

- “Now that I am finished all the modules, I have a lot more knowledge about forestry and will be able to utilize all the things I have learned in class and out in the field in a professional and safe manner.”
- “After seeing the equipment working on the block, I definitely would like to try heavy machinery operator.”
- “Day two of S100 reminded me of doing my junior firefighting in Grade 10.”

- “I learned that many forestry companies are looking for a positive and motivated attitude in the hiring process.”
- “I liked the field trip to West Fraser Mill in Fraser Lake. We went into the mill and the planer. It was my first time in a mill.”
- “Went out to three different blocks on Bobtail Forest Service Rd. I learned a lot about trees and diseases. Now I can recognize different trees and where to find diseases on them.”

The instructors also had some feedback to share:

- “All the students provided positive feedback on the overall program. Discussions occurred on the insight they gained on how many careers they are now aware of within the forestry industry. Visiting various businesses and operations showed them that there is so much more to the industry in addition to working at the mills.”
- “Several students expressed their gratitude for being able to meet with leaders within the industry and plan to stay in contact with them.”
- “It was great for the students to see the equipment in action. It was a very rainy day so we were only able to access one area which is where the processor was working. Students met the owner of the company, general foreman and the processor operator.”

CNC stated the Saik'uz First Nation Education department was very excited about this program and managed to get 100% member completion. They also said industry was equally pleased with the program.

If you are wondering if the Forest Worker Essentials program is right for your organization, we can help. The program can be delivered by educational institutions, First Nations organizations, employers and industry associations that have entered into an agreement with the BC Forest Safety Council.


The program offers a pathway to 25+ forestry careers and includes an introduction to the following topics:

- Employable Skills – WHMIS, Fall Protection, S-100, First Aid Level 1 with Transportation Endorsement
- Foundation - Essential Skills, Employability Skills
- General Forestry Occupational Skills - Introduction to Forestry and Heavy Equipment Legislation and Regulation
- Hazards - Risk & Risk Control, Recognize, Evaluate, and Control Hazards related to General Forestry, Yarding, Falling and Road Building
- Yarding and Mechanized Harvesting
- Road Building
- Mechanical
- Stand Tending
- Resource Road Driver Theory
- Chainsaw Operation

General Program Highlights:

- The Forest Essentials Worker program is a minimum of six-week program with optional one-week simulators.
- The program includes 15 days of industry orientation and 14 days of field site/hands on/practical/guest speakers.
- There is flexibility to consider regional needs. A training provider can add more hands-on content that is relevant to the employers in their area.
- Instructors have 10 years general forest industry related experience.
- Industry participation is built into this program and is critical for success.
- The program is intended to provide new workers with skills employers want to hire.
- Graduates will have a base-level knowledge and be prepared to learn on the job.

Applications to deliver the program are available on the BCFSC website - [Forest Worker Essentials](https://www.bcfsc.org/Forest-Worker-Essentials)

If you have any questions about the Forest Worker Essentials Training Program, please contact Allison Thompson, BCFSC Manager Training & Standards: [thompson@bcforestsafesafe.org](mailto:thompson@bcforestsafesafe.org) 



## Five Professional Industry Driver Training Programs to be Offered in Northern BC

Starting this fall, the College of New Caledonia will be offering Professional Industry Driver Training in five locations across northern BC. The program will offer professional driver skills training in the transportation industry with a focus on logging truck driving and chip trucks.

“We’re delighted to be partnering with the BC Forest Safety Council (BCFSC) and integrating their Professional Industry Driver (PID) training into the programs we will be offering in Vanderhoof, Quesnel, Burns Lake, Prince George and Mackenzie,” says Erin Siemens, Project Planner with College of New Caledonia.

Each of the five programs has room for up to 12 students which means within approximately one year, about 60 new truck drivers will be trained in safety performance and driving professionalism and will be ready to work in northern BC.

“Companies have been telling us that with so many senior drivers retiring, they’re having a hard time finding good drivers to replace them. Based on positive remarks from companies that have hired previous graduates, students who complete this training will help fill the gap,” says Dustin Meierhofer, BCFSC Director of Transportation Safety.

The project is funded in cooperation with the Government of Canada and the BC’s Project Based Labour Market Training initiative. Each 24-week program will provide students with Mandatory Entry-Level Training (MELT) necessary for a Class 1 licence plus theory, essential skills training, and industry certificates (e.g., WHMIS, First Aid, etc.).

Perhaps the biggest bonus of this program is the mentoring piece. Each student will receive 160 hours of invaluable behind-the-wheel training with an experienced mentor. They

get to ride along with a veteran truck driver and watch how log hauling, chip hauling or lowbedding are done with the mentor explaining why and how they do things. Students can ask questions and get valuable feedback from seasoned drivers. Once the students are ready, they will start driving under the watchful eye of their mentor and apply the mentor’s guidance in their hands-on practise.

“Student recruitment has begun, and we’re getting an impressive range of applications - males, females, young people looking to start a rewarding career, and experienced people looking for new challenges,” says Erin.

If you’re interested in this program, contact Erin Siemens at [siemens1@cnc.bc.ca](mailto:siemens1@cnc.bc.ca) or 250-567-3201. To learn more about the PID program or participate as a mentor, contact Rick Walters at 250-562-3215 or [rwalters@bcforestsafes.org](mailto:rwalters@bcforestsafes.org).

## Adjust Your Driving for Back to School and Fall Road Conditions

As kids start heading back to school, the transition from warm summer weather to cooler fall days and nights should prompt you to think about what changes and adjustments you need to make in your driving skills to ensure you and others stay safe on the road.

### Back to School

Schools are reopening which means more pedestrian traffic, changes to speed zones and increased traffic on the roads. It’s always good practice to expect the unexpected and look out for kids darting from cars, cycling or

walking to school and getting on and off buses.

**School Zones** – Remember the school zone speed limit is 30 km/hr between 8AM-5PM on school days unless otherwise posted. Slow down, drive cautiously and pay extra attention in school zones.

**School Buses** - Across BC, over 110,000 children ride the bus from September to June each school day. As a driver, you need to abide by the law and come to a complete stop when approaching a school bus with its red lights flashing.



Every time someone doesn’t stop for the bus, a child’s life is at risk. Be patient, be courteous and respect the rules of the road.

- In BC, drivers must stop for school buses with flashing lights whether approaching from the front or rear.

*Continued on page 13...*





# Transportation Safety

Continued from page 12...

The vehicle may not proceed until the school bus moves on or the driver turns off the lights or pulls in the stop sign.

- If approaching from the front, stop at a safe distance to let children cross the road. Don't move until the lights stop flashing and the bus moves forward.
- All school buses must stop at all railway crossings, so be prepared to stop yourself. The bus does not use its flashing red lights for this, so exercise caution.

School Crosswalks - Yield to all pedestrians at marked crosswalks and stay extra vigilant at school crosswalks. In BC, almost 20% of all pedestrian accidents involve children under 15 and about 60% of those accidents occur during the morning, noon and afternoon peak school hours. Understand that kids perceive traffic differently than adults and young children may:

- Assume cars can stop instantly
- Think if they can see a car, the driver can see them
- Have difficulty judging speed and distance

- Have a field of vision one-third narrower than an adults
- Have difficulty figuring out the direction of sounds
- Be easily distracted, lost in thought or impulsive
- Have no sense of danger
- Cannot perceive complicated traffic situations
- Overestimate their knowledge and physical strength and speed

## Changing Weather and Road Conditions

As fall leads into winter, rain, fog, wind and the start of the snow season will be common conditions on BC roads. No matter what part of the province you live in, it is almost certain that you will be required to drive your vehicle in rainy, foggy, windy or even snowy conditions at some point. Unpredictable weather patterns are becoming the norm so be prepared to drive in adverse weather conditions.

Shift Into Winter is a joint provincial initiative supported by organizations including the BCFSC. Shift Into Winter

provides valuable information and resources to the general public, employers, supervisors and employees who drive for work to help improve the safety of drivers in winter conditions. Visit [Shift Into Winter](#) to access tips and information on preparing yourself and your vehicle for changing road conditions. Learn about winter tires, your legal obligations as an employer, access commercial trucking safety resources or take an online course in supervising employees who drive for work. It's all there at your fingertips.

## Distracted driving

Simply put – distracted driving is against the law. It's not just your phone though. Eating, drinking, adjusting radio or vehicle settings can contribute to distracted and inattentive driving. So leave the coffee cup in the holder and your cell phone tucked away so you can pay close attention while driving. When you're behind the wheel your only focus is on the road and always drive responsibly to ensure not only your own safety but the safety of other drivers and road users. 🚗

# Resource Road Safety Resources – The BC Forest Safety Council

By Chris Walker, Overland Training Canada

In our last article titled "New and Improved - Resource Road Driver Training Program" in the March 2022 Forest Safety News, we talked about the structure of the new Resource Road Driver Training Program.

In this article we want to reflect on the importance of transportation safety, in particular Resource Road Safety, and its importance within the BC Forest Safety Council (BCFSC).

A key area of BCFSC's overall approach to forest safety is a focus on transportation safety and training. The BCFSC Backgrounder states the following in relation to these topics:

*Transportation Safety* – BCFSC promotes and supports safer drivers, vehicles and roads in BC forestry including ground,

air and marine transportation. The focus is on advocacy and outreach, information and education, and collaboration with partners inside and outside forestry.

*Training & Development* – BCFSC supports the development of a confident, competent, and well-trained work force, where safety is integrated into every action and process to maximize safe, effective and efficient performance. Thousands of workers have received training from the organization since BCFSC's inception.

BCFSC uses a multi-pronged approach to advocate for resource road safety which is led by the Transportation Safety & Training Departments:

- Online materials
- Hard copy materials
- Social media
- Critical content videos
- BCFSC website resources
- Forest Safety News articles
- Infield (in-cab) training
- Continuing program development
- Statistical analysis via WorkSafeBC and incident data from industry members of related incidents / accidents on Resource Roads and other transportation networks.



# Transportation Safety

*Continued from page 13...*

- Use of subject matter experts and advisory groups to provide consultation and training opportunities
- Community outreach

Each of these approaches are designed to work together in harmony as a broad spectrum of accessible resources for multiple levels of user groups. Today, we see a large variety of user groups using resource roads. They vary greatly between industrial users and an ever-increasing broad demographic of recreational users – especially those close to urban interface zones where day and overnight recreation users flood into the resource road network to enjoy recreational opportunities. This increase in traffic inevitably increases the likelihood of incidents and reduces overall resource road safety.

BCFSC has made significant progress over the past few years to broaden its approach to safety resources made available to both the public and to industrial users with an intent to equip as many people as possible with the tools available to operate safely on resource roads.

## Online Materials

BCFSC created the [Resource Road Knowledge Unit \(RRKU\)](#) as a mandatory component to the Resource Road Driver Training Program. This FREE online learning unit is also available to anyone who would like to utilize it.

## Printed Materials

Resource Road Driver Training Program uses a bound training manual during all in-field (in-cab) training courses. This manual supports the in-field training activities by giving students a theoretical reference during and after the course.

## Social Media

Social media is an important channel in modern society. The BCFSC uses social media channels to share and promote information, articles and training opportunities to its followers and subscribers. It is worth following these channels as another way of gathering relevant information.

## Critical Content Videos

BCFSC and industry partners have produced a series of videos as another means of engagement and as an important training tool. These public videos are available on the [BCFSC YouTube Channel](#) and are also embedded

within the online learning modules such as the Resource Road Driver Knowledge Unit (RRDKU). These videos can also be included in your own internal company training programs as a useful and engaging method of sharing relevant safety information.

- [Resource Road Driver Training Program](#)
- [Work Here, Play Here, Stay Safe Here](#)
- [Radio Use and Road Calling Procedures](#)
- [Switchback – Planning, Layout and Construction](#)

## BCFSC Website Resources and Online Training

BCFSC has a comprehensive website and online learning centre that offers a large source of industry information and training opportunities. There is a dedicated [Resource Road Safety](#) page with information on Resource Road Training, Radio Channels, Winter Driving, Safety Tips and Public Use of Resource Roads. The BCFSC Online Learning Centre has over 30 FREE forest safety online courses.

## Forest Safety News

A quarterly digital newsletter, produced by BCFSC, is a great tool for forestry safety updates, articles, best practises, research results and links to relevant forestry information. The newsletter is sent out by email in March, June, September and December. [Subscribe today.](#)

## In-field (In-cab) Training

The Resource Road Driver Training program has been featured in several articles recently. This in-field training is a highly successful component of resource road safety advocacy. The opportunity to teach and share relevant skills for safe resource road use is an effective way of passing information to drivers and highly recommended for all resource road users.

Click on the links below for more information:

- [Resource Road Safety Training – 1 day](#)
- [Resource Road Driver Training – 2 days](#)
- [Resource Road Driver Internal Training](#)

## Continuing Program Development

Continually developing and evolving any program is imperative to its ongoing success. BCFSC conducts a yearly review of the Resource Road Driver Training program internally, through quality assurance as well as an annual

review of their training providers. They also conduct a yearly internal train-the-trainer session and thoroughly review participant feedback from every course. These reviews and quality assurance sessions help guide the development of the program to ensure it stays relevant, rewarding, and effective.

## WorkSafeBC and Industry Reports - Resource Road Incident Statistics and Analysis

Understanding the current status of resource road use, the types of incidents that occur including the locations, frequency and causes are crucial data sources used by the BCFSC Transportation Safety and Training Departments to improve on where to focus on safety resources and educational resources to support resource road user groups.

## Use of Subject Matter Experts (SME), Industry Partners and Advisory Groups to Provide Consultation and Training Opportunities

BCFSC uses a wide variety of SME's, typically based in industry, or directly related to specific forestry fields, and advisory groups such as the Trucking and Harvesting Advisory Group, Silviculture Advisory Committee, Log Truck Technical Advisory Committee, as well as industry partners in log hauling and government to provide input on resource road safety and feedback on the development of safety initiatives for industry and the public.

## Community Outreach

BCFSC has ensured all resource road safety resources are accessible to all those using resource roads, including the recreational community. This outreach and sharing of correct industry safety information is important to increase the awareness and safety on resource roads. BCFSC's resource road safety videos, in-field training opportunities and everything discussed so far has been shared actively with BC media outlets, local ATV clubs, snowmobile clubs, the Four-Wheel Drive Association of BC, BC AdventureSmart and many more targeted user groups.

The resources are there to be used as tools for your workforce in all levels of industry using the resource road network and equally important, the recreational users using that same network.

For more information on Resource Road Safety, visit the [BCFSC website](#). 🚚

# The Importance of Tire Pressure

Tire pressure is vitally important when it comes to vehicle performance and your safety and the safety of others while driving. Not only is it a key component of supporting a vehicle's weight but it greatly influences vehicle performance such as driving comfort, directional stability, cornering and braking grip, fuel efficiency and general handling.

Tire pressure is measured in pounds per square inch (PSI) and is based on your vehicle's total weight, size, towing weight capacity and recommended tire size as determined by both the vehicle manufacturer and the tire producer. The vehicle operating manual will provide the optimal tire pressure, but it can also be found inside the driver door jamb, the fuel door or inside the glove box as well as on the tires themselves.

If the tire pressure is not checked regularly, it can drop very quickly. One of the easiest ways to maintain tire pressure, is to conduct a monthly check of your tire pressure when the tires are cold. Do not wait until the Tire Pressure Monitoring System light illuminates before checking your tire pressure. By then, damage to the tire may have already occurred. Tire pressure can drop by about two PSI per month so conducting a monthly check will not only keep your tires in good condition but will also help you save money and uneven wear on your tires but most importantly, help ensure a safe journey.

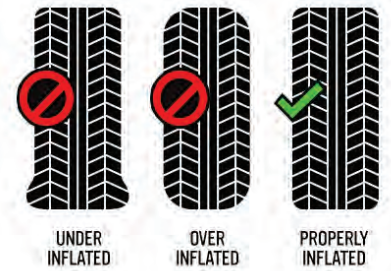
## Tire Pressure and Driving

Both over and under inflation have a significant impact on vehicle performance and can impact safe operation of your vehicle.

### Low pressure

Low tire pressure causes more tire surface area to connect the ground causing increased friction between the tire and the road. This can lead to uneven tire contact with the road surface and excessive wear on the inside and outside of the tire tread leading to premature wear.

Inadequately inflated tires can also cause an increase in rolling resistance, increasing fuel consumption and carbon emissions. But most importantly, driving on underinflated tires greatly raises the likelihood of a major vehicle incident by almost 300% according to the National Highway Traffic Safety Administration by greatly increasing the braking distance and affecting steering and handling.



### High pressure

Alternatively, with excessively high tire pressure, the load is unevenly distributed and transferred to the centre of the tire. This results in less contact with the road which leads to a loss in traction and a reduced stopping distance which is a great safety risk, not just for you but other drivers.

When you drive with over-inflated tires, you risk reduced traction affecting handling and braking as well as rapid and uneven tire wear greatly reducing the lifespan of your tires with an increased risk of blowouts.

## The impact of weather, driving distance and road conditions

A good rule of thumb to follow is to check your tire pressure more often when there is a change in outside weather temperatures. For every 5.6° Celsius change in temperature, tire pressure can drop by one pound per square inch (psi).

Tire pressure increases as you drive so the tire pressure inside of warm tires is always higher. But once they have cooled down, the pressure will balance if the tires are initially inflated to the recommended PSI.

### Winter

When the temperature drops, air contracts and as the molecules get closer together, the reduction in volume causes tires to lose their pressure. Before you know it, your tires are under inflated. Be sure to check your tire pressure regularly during the winter months.

### Summer

Just as cold outside air causes the air inside your tires to contract in winter, warm outside air causes the air inside your tires to expand in summer. The rule of thumb is that tire pressure will go up approximately one pound per square inch (PSI) every 5.6° Celsius increase in temperature. On hot summer afternoons, your tire pressure could be somewhere near 40 PSI. But it is also important to consider that hot roads at high speeds for long stretches can also contribute to increased tire pressure.

To learn more about tire pressure and road safety, visit [Road Safety at Work](#) and [Shift Into Winter](#). 🌍





# Falling



## Faller Training with the BCFSC – 180 Day Period

By Scott Rushton, Lead Falling Safety Advisor

I often hear that the process of getting through all the required steps and training on the path to becoming a certified faller with the BC Forest Safety Council (BCFSC) can be a very daunting and challenging task. My reply is “It’s supposed to be!”.

As we all know, hand falling is a very dangerous job with a high injury rate. The forest sector is very diverse with respect to timber types and terrain across the province. Our goal is to provide the most prepared candidate as possible to industry at the completion of the training program.

After a candidate has completed 30-days of one-on-one training with an approved BCFSC trainer, they are required to work as a faller trainee in industry. Recent changes to the program now require faller trainees to submit a minimum of 20 acceptable and approved Faller Trainee Weekly Training and Progress Reports showing, at minimum, 90 days’ work experience in a forestry setting. During this time period, trainees will also be required to take part in a minimum of three (3) quality assurance checks from a BCFSC External Verifier. The purpose of these quality assurance checks will be to ensure the training is in compliance with OHS Regulations and the BC Faller Training Standard as well as to offer any guidance and support to the trainer and trainee if needed.

It is extremely important that training completed in an industry setting is documented correctly. This is something that I feel can sometimes be overlooked and downplayed by industry.

OHS regulation 26.22(4) states:

(4) The person supervising a trainee faller under subsection (2) (c) must

- a) evaluate the trainee’s work on a weekly basis,
- b) keep records of all evaluations done in respect of the trainee, and

- c) if, at the end of the training period, the trainee’s falling activity meets a standard acceptable to the Board, verify in writing that the trainee has demonstrated the competence necessary for certification under subsection (5).

While in the BCFSC’s New Faller Training Program, trainees are required to capture their training evidence on the BCFSC Faller Trainee Weekly Training and Progress Report. This document is available as a fillable pdf on the BCFSC’s website, or can be printed, completed, scanned, and returned via email, mail, or fax. To be in compliance with OHS Regulation, it is very important that these documents show evidence that meaningful training and inspections are being completed weekly. If requested, a copy of these training reports must be made available to a WorkSafeBC officer during a field inspection. For the BCFSC, it is a required document that is used to track the progression of the training as well as show any red flags that may trigger a phone call or quality assurance check.

Currently, I find that this document is often not being completed correctly. We will often receive a report with little to no content; sometimes unsigned by either the trainee or the trainer or both; sometimes a check mark to indicate meeting the Standard in a particular section, however the comment for that

section is conflicting as it indicates the trainee needs more training. It will always raise red flags when on the very first training report, the trainer indicates that the trainee is meeting the BC Faller Training Standard in all parts. I urge the trainers that are completing the training reports to reference the guidance document on the back of the report, to ensure all aspects of the section are in place before putting a mark of meeting. If needed, a sample copy of what would be considered a properly completed training report can be made available.

Starting **January 1, 2023**, the BCFSC will only accept Faller Trainee Weekly Training and Progress Reports where the training took place within six (6) months of the date the document was submitted. Please reach out to us if you have any questions or concerns regarding your reports and the associated timelines.

In closing, I would like to remind all licensees, landowners, prime contractors, employers, and supervisors that if you have a faller trainee working for you on your site, it is your responsibility to ensure that the Faller Trainee Weekly Training and Progress Reports are being completed in a correct and meaningful manner.

If you have any questions or concerns, please feel free to reach out.

Have a safe and enjoyable summer. 🌞

The image displays three sample pages of the BCFSC Faller Trainee Weekly Training and Progress Report form. The first page is the cover sheet, the second is the main report body, and the third is the back cover with additional instructions. The forms include fields for trainee and trainer information, checkboxes for training activities, and signature lines for both parties.

### BCFSC Faller Trainee Weekly Training and Progress Report



# FTAC In-person Meeting

On June 23rd & 24th, the Falling Technical Advisory Committee held its first in-person meeting since the pandemic. Over the course of two days, 30 participants came together in Nanaimo to discuss myriad of topics.

## Day One:

Amenda Kumar from WorkSafeBC gave a Mental Wellness presentation about Psychological Health and Safety and the importance of Resilience and Resources.

Jenny Colman from WorkSafeBC also gave a presentation on Human Factors and the group was given an overview on the new BCFSC FIRS App.

## Day Two:

Terry Anonson from WorkSafeBC gave an update on Forestry High Risk Strategy with updated statistics from June 2022. Chris Miller also provided an update on the BC Falling Training Standard.

There was also a live demo using a fall restraint and fall rescue system for Steep Slope harvesting along with a presentation from Mike Clarkson and Andre Maillet showcasing a draft of the ever-evolving Safe Work Procedures.

To finish the day, the group discussed Danger Tree Blasting and brainstormed on the workplan topics for 2023.

The next FTAC meeting will also be held in-person in September. If you are an FTAC member, look for an invite from the BCFSC Falling Department. 🌲



WorkSafeBC OSO Cindy Fife and FTAC Member Conor Pierce.



BCFSC Lead Falling Safety Advisor Scott Rushton and FTAC Member Mike Davidson.



Amenda Kumar with WorkSafeBC presents on Mental Wellness.



FTAC members take part in the Mental Wellness Presentation.



Andre Maillet and Mike Clarkson of Precise Contract Falling Ltd. provide a demonstration on the two-man fall restraint and fall rescue system they have developed.

# New Faller Training

The spring session of New Faller Training took place in the Lower Adams River area from May 11 – June 12, 2022. Thank you to Jeff Hernan from Western Forest Products for supplying the timber and their ongoing support of the program.

Back row, left to right: Trainees Logan Mengler, Tyler Hewlett, Wade Vanherwaarden and Mitch Wilden. Front row, left to right: Trainers Wayne Miller, Paul McCaffrey, John Jacobsen and Mike Davidson.

2023 New Faller Training Course dates will be available on our website in November. 🌲



## Notification of Changes to Faller Certification

Recently the BCFSC sent letters to all new faller trainees in the 180-day period of their training. The letters were distributed to two groups of people – those that have never submitted a Faller Trainee Weekly Progress and Training Report and those that have.

Those that have never submitted a weekly progress report since the completion of the 30-day New Faller Training Program have until October 31, 2023 to provide the following:

- At minimum, 20 Faller Trainee Weekly Training and Progress Reports in the two years prior to certification
- The last 5 of these reports must show you are meeting the BC Faller Training Standard in all parts
- Recommendation from your supervisor on the final report
- Application to challenge for Faller Certification

If you are unable to provide any weekly progress reports by October 31, 2023, you will be set as inactive in our system and your New Faller Training Certificate of Completion will expire.

For those new faller trainees that have submitted a weekly progress report since completion of the 30-day New Faller Training Program, please refer to Columns A and B beside.

Column A Certification Approved on or Before October 31, 2023	Column B Certification Approved on or After November 1, 2023
No online training required	Completion of the Faller online learning resources which take approx. 40-60 hrs to complete.
At minimum, 20 approved Faller Trainee Weekly Training and Progress Reports in the two years prior to certification	At minimum, 20 approved Faller Trainee Weekly Training and Progress Reports in the two years prior to certification.
Quality assurance visits are not required	Participate in a minimum of 3 quality assurance visits with a BCFSC QST while training in industry, prior to certification.
The last 5 of the 20 Faller Trainee Weekly Training and Progress Reports must show you are meeting the BC Faller Training Standard in all parts	The last 5 of the 20 Faller Trainee Weekly Training and Progress Reports must show you are meeting the BC Faller Training Standard in all parts.
Recommendation from your supervisor on the last weekly training report	Recommendation from your supervisor on the last weekly training report.
Application fee to challenge for Faller Certification - \$1250	Application fee to challenge for a Certificate of Qualification, Faller - \$1250 (includes two site visits). Additional visits are the responsibility of the applicant.
A minimum score of 75% on the BC Faller Training Standard Field Examination and Evaluation is required for certification	Undergo a practical field assessment where all the outcomes must be met to receive a Certificate of Qualification, Faller. If gaps are identified during the field assessment, a gap training plan will be put in place, and you will only be reassessed on the gaps.

If you have any questions about your status as a new faller trainee, please contact the BCFSC toll free at 1.877.741.1060 or by email [faller@bcforestsafesafe.org](mailto:faller@bcforestsafesafe.org). 🌲





## Enhanced Focus on Deflagration Isolation Leading to Safer Operations: Key Takeaways from Webinar

On Monday July 18th, the Wood Pellet Association of Canada (WPAC) in collaboration with Dalhousie University, BC Forest Safety Council and Canadian Biomass magazine hosted a webinar. Organized by the WPAC Safety Committee, the focus of the webinar was the technical study “Analysis of Deflagration Isolation in Wood Pellet Production for Safer Operation.” The project was completed by Kayleigh Rayner Brown, P.Eng., Director of Obex Risk Ltd., and involved extensive contributions from WPAC producers, engineering consultants and safety experts, as well as independent research and development. Funding for the project was provided by Dalhousie University, arranged by Dr. Paul Amyotte.

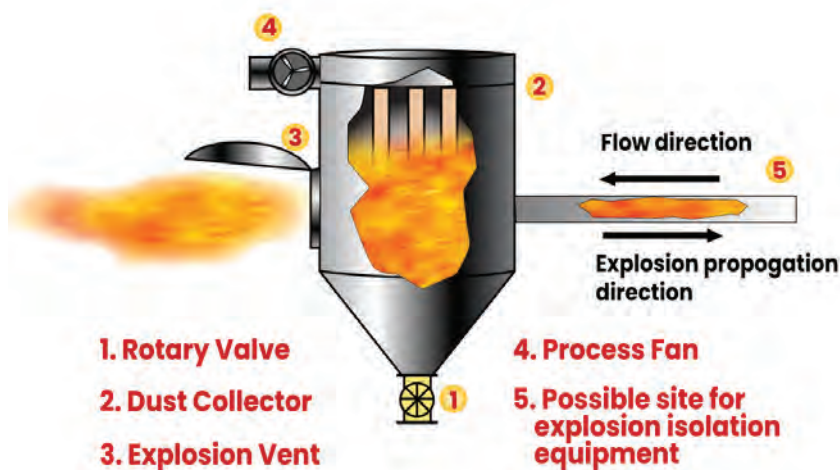
In wood pellet plants, there is a risk of combustible dust deflagration propagation through interconnected equipment due to presence of ignition sources and generation of combustible dust.

Deflagration isolation is the technique for interrupting pressure and flames between connected equipment. The purpose of the webinar was to enhance the ability of management and decision makers to effectively consider key areas of focus for deflagration isolation in wood pellet production.

The webinar began with a welcome from Gordon Murray, Executive Director of WPAC, and highlighted that this project is a work product of the safety committee’s annual workplan. Mike Tasker, WorkSafeBC Occupational Safety Officer was invited to provide opening remarks, as the topic of deflagration isolation was first brought to the attention of WPAC in 2021 by the WorkSafeBC Process Safety Team. Mike highlighted that an increased focus on deflagration isolation has led to a reduction in severity of incidents. He also highlighted that this initiative demonstrated the responsiveness of the wood pellet industry to collaborate with stakeholders and work together to reduce risk.

WPAC has resources on deflagration isolation available, including:

- [Full webinar recording on the BC Forest Safety Council YouTube Channel](#)
- [Full Technical Report](#)
- [Deflagration Isolation Overview Factsheet](#)
- [Deflagration Isolation Factsheet for Operators](#) 📄





## A Pain in the Foot

By Dr. Delia Roberts

### A pain in the foot

Work boots can protect you from some injuries, but they can also stress your feet in ways that can lead to painful and sometimes persistent injuries. When you consider that your feet absorb forces in the range of four to seven times body weight – with every step you take – it's not surprising that sixty percent of people will suffer from foot pain. So check out this article to learn about how you better look after these important appendages!

### Choose the right boot

Depending on your job you'll need different footwear. This is not the place to skimp, as literally every step you take depends on your boots. A full shank boot is stiff, it will provide more lateral support to help prevent ankle sprains. But it also doesn't bend, which increases the chances of developing blisters, and problems with bone spurs and nerves in your feet. Similarly, there's a trade-off when choosing waterproof boots. They'll prevent water from entering your boots from the exterior, but with more sweat glands per centimeter than any other place in your body, your feet can produce more than a cup of fluid per day! Newer breathable, but water resistant fabric boots are a compromise; they won't keep you dry if you're standing in water or snow, and they are less durable. But reducing the amount of sweat moisture trapped in your boots will keep your feet much more comfortable. Socks made of materials designed to wick the sweat away from your feet may also help – but if the boot is airtight the moisture won't have anywhere to go. This makes it worth considering a pair of breathable boots

for hot weather, unless you really need the extra protection from wet ground.

It goes without saying that fit is critical – anyone who has worked in boots knows that. If you find it hard to find a good fit the addition of a good pair of insoles can go a long way towards correcting certain kinds of problems. These days there are a wide variety of inexpensive off-the-shelf athletic insoles that can provide arch support and thereby change the way your foot sits in the boot. In addition, sports stores that fit skates or ski boots have tools to punch out a bit more space around the toes, forefoot, and anklebones no matter whether your boot is made of leather or other materials. It's critical not to have any pressure points as the bone will respond by thickening and the problem can get much worse.

### Skin Irritations

A good fit and dry feet will also help to prevent skin irritations, ranging from painful blisters to fungal infections. If you have a persistent itchy or painful rash it can signal a more serious infection, so seek medical treatment to make sure that you get the right treatment. Blisters can be avoided by wearing good socks without seams, and covering areas that rub with a preventative tape or a blister wax product that decreases friction. Applying the tape to problem areas ahead of time when your feet are dry will help make sure that it doesn't bunch up and create more irritation. If the skin has already broken, cut a generous donut from foam moleskin so that the wound doesn't wear into the deeper layers of skin, and be sure to keep it as clean and dry as

possible to avoid infection. Areas of healed blisters or pressure points can thicken and create corns or calluses that then become painful, so address these areas sooner than later. It also helps to keep your toenails trimmed, cutting them straight across at a length even with the ends of your toes. This helps avoid the formation of ingrown toenails. If you have diabetes or are prone to this painful condition, consider seeing a podiatrist to learn how best to trim your nails so that they grow properly. The reduced blood flow that occurs with diabetes increases the risk of this and other foot skin problems.

Two additional foot skin problems are associated with colder weather. Constant exposure to cold wet feet can create a condition known as trench foot, so named because it was common during World War I. This serious problem occurs most often at temperatures around zero degrees Celsius, when wearing wet footwear for long periods of time. If the fall and spring expose you to these kinds of conditions, dry your boots out each night while keeping your feet dry and exposed to the air as much as possible when not at work. Midwinter, when the temperatures drop below zero frostbite can occur, especially if you have poor circulation to your feet. Unfortunately, once frostbite starts to set in there is also a loss of sensation, so you may not be aware that damage is occurring. On very cold days, stop periodically to warm your feet or if you work in sustained sub-zero temperatures, consider heated socks. They are expensive, but if they save you from losing a toe to frostbite the dollars are well spent. If you do get frostbite, warm

*Continued on page 21...*



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the area gently as soon as possible, but if there is any risk of re-freezing the affected area, it's best to leave the tissue frozen until you get help.

## Tendon and ligament Injuries

Two common tendon injuries can occur when working on steep ground or when covering long distances on foot. The first, Achilles tendonitis, is an irritation in the large tendon that attaches the calf muscle to the back of the heel. Watch for pain at the bottom of your calf reaching down towards your heel and the characteristic tell tale of tendonitis - crepitus (a creaking feeling as the tendon rubs against it's sheath). Keeping your calf muscle strong and limber, and avoiding sudden large increases in your workload will help prevent problems in this area. There is also a fluid filled sac called a bursa, located underneath this tendon against the back of the heel. If your boots put pressure on this area, the tendon or bursa can also become swollen and bruised.

The plantar fascia is another broad tendon that runs from the heel, underneath the foot to attach to the base of the toes. This tissue is stretched with every step, and can become problematic if the arch is not well supported or the muscles of the foot are weak. The first sign of Plantar fasciitis feels like you've bruised the bottom of your heel, but it can quickly advance to a very painful "bite" with each step. Exercises like heel-raises and toe curls (while seated, use your toes to grab and pull a towel along the floor towards you), followed by rolling your foot on a small ball and stretching your calves and feet should be done for a few minutes several times per week to help prevent both of these kinds of injuries.

Ankle sprains and strains are a third common type of tendon and ligament injury. The most common type occurs when stepping on unstable ground such that the ankle rolls over towards the outside. These injuries can require a long recovery period, so the best

defense is similar to the same types of foot care discussed above. Choose appropriate boots for the ground you are working on – unstable surfaces require a stiffer sole with more ankle support. And keep your feet and ankles strong by performing two sets of 15 heel raises at least twice a week. Do them while you brush your teeth, and when they get easy progress as follows;

1. Up and down on two feet
2. Up on two feet and down on one foot
3. Up and down on one foot
4. Up and down on one foot, no hands
5. Stand on a cushion so it's a bit unstable
6. Move up to 20 reps
7. Do them on a block, stepstool or stair so that your heel drops down past horizontal
8. Put on a backpack loaded with books or tin cans for weight

In addition to heel raises and towel toe curls, other great strengthening exercises for you feet and ankles are ankle circles, and also foot slides. In this exercise you slide your foot out along the floor until only the ends of your toes remain in contact with the floor. Then draw your foot back to the starting position. Keep the pressure downward into the floor as you slide your foot out, and tag all directions, forward, side, back and kitty corner. You can do all of these exercises while watching television! As with heel raises and ankle circles, start with around 10 repetitions in two sets twice a week and build up, adding more reps or elastic banding for resistance. Be sure to go both clockwise and counter clockwise when doing your ankle circles.



## Morton's Neuroma

Pressure from shoes or boots that are too narrow or have very rigid soles can lead to irritation of the nerves that run between the bones of the forefoot. The most common place where this occurs is between the third and fourth toe. Some people describe the feeling as though they are stepping on a pebble. Known as a Morton's neuroma, this condition can be extremely painful, so adjust your footwear at the first sign of burning pain in this area. Continuing to irritate the nerve will only lead to more serious problems. A metatarsal pad (or just a triangle of foam moleskin) can be taped to the insole of your shoe, positioned with the horizontal arm of the triangle lined up just behind the ball of your foot at the third and fourth toe. The idea is that when you step on the padding, it pushes up against the area that is constricting the nerve to separate the bones and create more space. When this injury becomes chronic, the standard treatment is a corticosteroid injection or even surgery so get after this one at the first sign of a problem.

These are a few of the kinds of injuries that can lead to painful foot problems. While you can't plan for every eventuality, making sure to have the right boots and doing a few foot exercises can go a long way to keep your feet happy for years to come. 🍏

# Comprehensive Workplace Health and Safety Program

Information courtesy of the Canadian Centre for Occupational Health and Safety

As an employer, assessing your workplace for hazards should be a key component of a health and safety strategy with a developed plan to address and mitigate the identified hazards. But hazards are not only physical, they can also be psychological. One way to achieve a psychologically safe workplace is to create a Comprehensive Workplace Health and Safety (CWHS) Program.

## What is a Comprehensive Workplace Health and Safety Program?

A CWHS program is a coordinated strategy with related activities, initiatives, and policies developed by the employer, in consultation with employees, your workplace health and safety committee, or your health and safety representative. The goal is to develop a plan that will continually improve or maintain the quality of working life, health and the well-being of workers including their physical, psycho-social, organizational and economic growth.

## Benefits of a CWHS Program?

### Improved:

- creativity
- employee co-operation
- employee engagement
- employee retention
- morale and employee satisfaction
- productivity
- recruitment

### Reduced:

- absenteeism
- employee turnover
- grievances
- health costs
- medical leave, disability and work time lost
- workplace injuries and incidents

## Components of a CWHS Program?

A Comprehensive Workplace Health and Safety Program has four main components which can overlap and cross over into various areas.

1. Occupational health and safety
2. Psycho-social work environment
3. Wellness promotion
4. Social responsibility

### 1. Occupational health and safety

Occupational health and safety is considered the physical work environment. It addresses the hazards and risks of the physical environment to help reduce physical work-related injury, illness and disability by reducing physical hazards.

### 2. Psychosocial work environment

The psychosocial environment covers both the workplace culture and how work is organized.

Workplace culture is defined as the attitudes, values and beliefs that guide workplace behaviors and influence the work environment on a daily basis and factors that affect the interaction between people, their work, and the organization.

Organization of work includes work expectations including individual workload demands, quality of work, communication, control and influence over the work, distribution of workload, clarity of role, organizational support and change management.

### 3. Workplace health promotion (Wellness / Well-being)

Wellness programs provide a proactive approach to healthy living for all employees at the workplace and cover a broad range of well-being issues including healthy and active living, lifestyle, mental well-being and immunization programs.

Typically a wellness program is implemented through employee needs assessments and is a worker's choice to participate in the program.

### 4. Social Responsibility

Some companies consider Company Social Responsibility and involvement in the community important to the overall well-being of the company, it's employees and how they are established within the community.

Some companies have built their social responsibility programs supporting local charity events, sponsoring an employee team, allowing family members to attend employer sponsored vaccination clinics or encouraging employees to volunteer in the community.

## Resources:

To help you build a Comprehensive Workplace Health and Safety Program, visit some of these websites for more information.

- Canadian Centre for Occupational Health and Safety (CCOHS) - [Healthy Minds@Work](#)
- The Mental Health Commission of Canada's - [National Standard of Canada for Psychological Health and Safety in the Workplace](#)

In our next issue of Forest Safety News – we'll cover Workplace Burnout and how to identify the beginning stages and the conditions creating burnout. 🧠



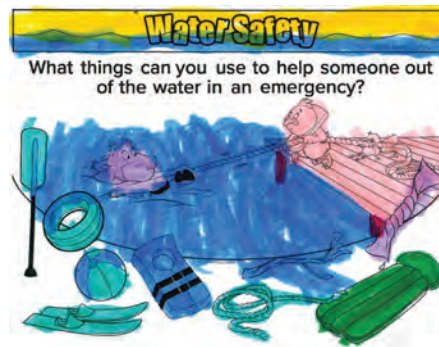


# Kid's Corner



Thanks to everyone who entered our June Water Safety Colouring Contest. Congratulations to **Evyn, age 6**, whose name was picked from our random draw. Evyn wins the DRIVEN Toy Logging Truck and we will be sending a special gift to everyone else just for entering!

For our fall issue, spot the kitchen safety hazards and colour the picture. 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:

- Circle the kitchen hazards and colour the picture or send us your own kitchen safety 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@bcforestsafesafe.org](mailto:editor@bcforestsafesafe.org)
- Submit your entry by 4pm, Tuesday, Nov 1, 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 December 2022 issue of the Forest Safety News. 🌲

## Circle 6 Safety Hazards



## Just for Fun

Shawn Flynn, a former BCFSC board member, shared a photo sent from a forester friend of a fully loaded haul from her garden.



## ABOUT Forest Safety News

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