



SAFETY ALERT & BULLETIN OF THE MONTH

PLEASE SHARE THIS INFORMATION

Health and Wellness

AOM: 2022-10-19

The health part of “health and safety” can often be overlooked. However, prioritizing health is critical to help forestry workers keep injury and illness free. If someone misses work due to sickness, a mental health issue or an injury, the result is the same: suffering and harm to the worker and lost productivity and morale for the business.

Including health and wellness in your safety program is a good way to start prioritizing health in your company. Read the tips below for some guidance on improving health and wellness at your workplace.



Review the following best practices and resources:

- Start small – Conduct crew safety talks with health-related topics, remind workers to wash hands (especially during cold and flu season) and encourage everyone to get up and move several times a day, especially those seated in a machine or at a desk.
- Provide opportunities for your workers to look after their medical and health needs. Attending appointments with medical professionals is especially important as you get older and/or if you have a medical condition. Simple tests can help identify health problems early on when they are easier to treat.
- Most of us will deal with a mental health challenge in our lifetime or will have to help someone else with mental health challenges. Get to know your co-workers, take the time to listen, have meaningful conversations and be there to support



SAFETY ALERT & BULLETIN OF THE MONTH

them. If your organization has an Employee and Family Assistance Program (EFAP), use it and direct others to use it. There are also many resources available on BCFSC's [Mental Health Resource Page](#).

- There are a lot of helpful tools and websites relating to better physical and mental health. Find reputable sources of information to learn more but don't rely entirely on the internet. It takes a team to improve health so get family, friends, counsellors and medical professionals involved.
- Look after your health and you'll see benefits in all areas of your life. Increased energy, less pain and more focus to enjoy the things that make you happy. It can be hard work but changing and/or maintaining a healthy lifestyle both physically and mentally is well worth it.

Resources:

- [BCFSC Mental Health Resources](#)
- [Health Awareness Resources](#)
- [Fit to Work Programs](#)



Prepared by: Gerard Messier RPF, CRSP



SAFETY ALERT & BULLETIN OF THE MONTH

BCFSC Bulletin - News and Updates

BCFSC Latest News & Resources

[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.

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

[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.

[BCFSC FIRS App](#) - Forest Industry Reporting System is a FREE resource available to all BCFSC Members. Learn more.

BCFSC Training:

Upcoming Classroom Training

November 3 - 4 | [Small Employer OHS – Nanaimo](#)

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

November 3 or 4 | [Small Employer OHS Refresher – Nanaimo](#)

This course provides a refresher for ISEBASE/SEBASE internal auditors.

November 14 - 18 | [Falling Supervisor – Campbell River](#)

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

November 16 | [Basic Incident Investigation – Prince George](#)

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

November 17 - 18 | [Forest Supervisor Due Diligence – Prince George](#)

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

November 24 - 25 | [Small Employer OHS – Prince George](#)

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



SAFETY ALERT & BULLETIN OF THE MONTH

November 24 or 25 | [Small Employer OHS Refresher – Prince George](#)

This course provides a refresher for ISEBASE/SEBASE internal auditors.

November 24 | [Forest Supervisor Due Diligence – Campbell River](#)

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

December 1 | [Forest Supervisor Communication – Prince George](#)

This one-day classroom workshop will help supervisors and managers improve their communication skills at work.

December 2 | [Basic Incident Investigation – Campbell River](#)

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

December 2 | [Forest Supervisor Leadership and Professionalism – Prince George](#)

This one-day classroom workshop will help participants understand their strengths and weaknesses, and to recognize how their personal style impacts the workers they supervise.

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

Online Training

Forest Safety Overview – This free online training course provides an overview of the forest industry to help ensure new entrants to the sector meet the safety expectations and norms of the forest industry. Click here for the enrollment form: [Forest Safety Overview Enrollment Form](#)

Wood Products Manufacturing Supervisor Training Program – 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](#)

Worker Assessment and Training

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

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