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Ken Higginbotham retires as Chair of the BCFSC



Ken Higginbotham.

Ken Higginbotham shared the news at the end of December 2017 that he had decided to retire as Chair of the BC Forest Safety Council (BCFSC) and as facilitator for both the Coast Harvesting Advisory Group (CHAG) focused on coastal logging safety and the Manufacturing Advisory Group (MAG), focused on sawmill safety across the province.

"I just passed my 72nd birthday and it seems like the right thing for me to do at this point after 43 years in forestry," explained Ken who has been a force in forestry in both Alberta and BC for many years.

"Before I sail into the sunset, though, I wanted to express my thanks for having had the chance to work with industry, WorkSafeBC and the provincial government over the past few years to help support better safety outcomes for all," he said.

Significant strides in safety

"I would like to believe that the forest industry and WorkSafeBC have made significant strides together in improving

safety outcomes for a broad range of workers in our province's forest industry. The 2012 sawmill explosions were a tragic event that industry learned from, stimulating a focus in both harvesting and manufacturing to make workplaces ever more safe," said Ken.

Reflecting back over the last several years, Ken said he has been particularly impressed with the fact that industry and the regulator have been able to effectively collaborate in important ways.

"I certainly hope that this will continue, as we all share one focus: to help get every worker home safe at the end of the day," he said.

Ken became board chair of the BCFSC on October 1, 2015, succeeding Reynold Hert who had been both Chair and CEO of the organization at that time.

"We are still in process of choosing replacements for me as facilitator for MAG and CHAG; and as Chair of the BCFSC. I am confident that excellent processes are in place to get the right people into those roles," said Ken. In the interim, the BCFSC's vice chair, Reid Hedlund, will fulfill chair duties for the BCFSC board of directors. Reid is also chair of the Interior Logging Association and was a member of the Forest Safety Task Force, having chaired the Forest Industry Safety Association from 1999 to 2004. Reid has been a logging owner-operator since 1979.

Industry commitment to safety is strong

"When safety comes first production and outstanding performance will follow. Industry needs to continue its unwavering commitment to reducing fatalities. I am confident that with the continued commitment of industry CEOs to this quest – at both large and small companies as well as at the senior levels of WorkSafeBC – industry will secure

Welcome to the February 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@bcforestsafes.org or call 1-877-741-1060.

continuous improvement in safety and operational performance. Safety really is good business.

"Finally, to everyone I have got to meet and work with over the years: thank you for your commitment to safety and to the genuine friendships that have developed over time. I will cherish them all," said Ken.

Ken has left us in a strong position

"Ken has left us in a much stronger position thanks to his steady, considered, trusted and respectful leadership," said Rob Moonen, BCFSC CEO. "Ken's contributions to furthering safety in forest harvesting and manufacturing in BC are significant in no small part due to his ability to build consensus and develop long-term relationships with key stakeholders and influencers. We wish Ken a wonderful retirement," said Rob.

Since 1974, Ken has had roles in forestry education including as acting assistant professor of Botany at University of North Carolina and assistant professor and associate professor of forestry at University of Alberta. He also served as Assistant Deputy Minister of Forests for the Alberta Government and was subsequently vice president of forestry for Canfor (1995 – 2012) before becoming a consultant to forestry operations for the past five years. Ken has BS/MS degrees in forestry from Utah State University and a Ph.D. in Botany from Duke University. 🌲



Woodlot Licence and Community Forest Agreement Safety Committee finalize new safety resources

The Woodlot Licence and Community Forest Agreement Safety Committee (WLCFASC) has recently developed a set of documents to help support woodlot licensees, community forest agreement holders and other industry members meet their safety due diligence and safety responsibilities.

The documents provide a single page (letter size and 11x17 versions are available) of who is responsible for what and how to ensure that the safety needs and requirements of workers, volunteers,

Keep the Woods Safe
DO YOUR DUE DILIGENCE

Woodlots and community forests are great places for visitors to learn about forest management or hike and ski, and for volunteers to participate in productive projects. However, as a **licence holder**, you may wonder about your **safety responsibilities** for workers, volunteers, visitors and learners. This table describes the liability involved if an injury occurs to a worker, volunteer, visitor or learner.

	WORKSAFEBC COMPENSATION	LIABILITY ISSUES	CAUTION / DUE DILIGENCE
WORKER¹	Eligible for WorkSafeBC compensation.	Worker cannot sue the employer (licensee) for a workplace injury.	An employer's main obligation is to ensure the health and safety of workers at the workplace.
VOLUNTEER²	Not eligible for WorkSafeBC compensation.	The volunteer, if injured on a woodlot or Community Forest Agreement (CFA) area, has the right to sue. The licensee can be held liable if the injury was the result of a malicious act or gross negligence on the part of the licensee.	Workers' Compensation Appeal Decisions have found that cash and "non-cash" payments (e.g. all \$80 pass on board are enough for an individual to be considered a "worker" rather than a volunteer. Courts would look more favourably on a licensee that made efforts to identify and remove hazards.
VISITOR³	Not eligible for WorkSafeBC compensation.	The visitor, if injured on a woodlot or CFA area, has the right to sue. The licensee can be held liable if the injury was the result of a malicious act or gross negligence on the part of the licensee.	Courts would look more favourably on a licensee that made efforts to identify and remove hazards.
LEARNER^{1,2}	May be eligible for WorkSafeBC compensation (as determined through the courts).	If not eligible for WorkSafeBC compensation, the injured person has the right to sue. The licensee can be held liable if the injury was the result of a malicious act or gross negligence on the part of the licensee.	Courts would look more favourably on a licensee that made efforts to identify and remove hazards.

Notes:
1. A licensee, depending on what they are doing and if there is compensation, could be any of the above i.e. a worker, volunteer, visitor or learner.
2. A learner is defined as a worker who, at the time of injury, is an apprentice in a trade, an occupation or a profession, or a person, although not under a contract of service or apprenticeship, who becomes subject to the hazards of an industry for the purpose of undergoing training or preliminary work specified or stipulated by the employer as a preliminary to employment.

BC Forest Safety

Keep the Woods Safe
KNOW YOUR RESPONSIBILITIES

Do you know what your **safety responsibilities** are? According to BC's safety laws, different parties have different roles and responsibilities for work that occurs on a community forest or woodlot licence area. This table summarizes those responsibilities. Be aware that you can have more than one set of responsibilities (e.g. be both owner and the employer).

RESPONSIBILITY	OWNER	PRIME CONTRACTOR	EMPLOYER	SUPERVISOR	WORKER	BOARD MEMBER
Provide and maintain land and premises in safe manner						
Identify and communicate known and foreseeable hazards on worksite as well as equipment and PPE						
Ensure plan is in place to address hazards and is being followed						
Coordinate the safety activities of all companies on worksite to ensure safe operation						
Compile all safety information and share this information with designated supervisors/workers						
Conduct pre-work meeting						
Establish OH&S Policy						
Establish EOP and implementation of EOP						
Educate workers on safety rules and procedures and ensure they understand them						
Conduct safety meetings and follow up communications						
Consult and cooperate with all worker health and safety representatives						
Ensure work is carried out in accordance with established safe work procedures as required by OH&S and regulations						

Note: More resources can be found at: <http://www.bcforestsafety.org/node/2713>

BC Forest Safety

125 professionals attended Construction Initiated Slides Working Group seminars

Three four-hour seminar sessions were presented by the Construction Initiated Slides Working Group (CISWG) in Port McNeill, Campbell River and Nanaimo in November 2017 for professionals involved in assessments, development of plans and supervision for resource road construction, deactivation and reactivation. The objective was to support improved safety outcomes and enhance the understanding of:

- Contributing factors to Construction Initiated Slides (CIS)
- Field indicators relating to potential slope instability
- Road construction plans/maps/designs
- Management practices that aid in the avoidance/elimination of CIS.

The Coast Harvesting Advisory Group (CHAG) helped promote the seminars among their employees and contractors, emphasizing that it was required training. The CISWG was formed in 2014 as a sub working group of CHAG to examine landslides that are caused by road construction activities; and explore how best to support preventing similar incidents in the future.



Excavator in a construction initiated slide.



Pistol butt trees, indicating slope instability.

Following the 2016 release by the CISWG of an information awareness package for road construction crews, supervisors and workers, the safety working group finalized the following materials in 2017:

1. Awareness package for forestry professionals involved in the planning, and development of resource roads
2. Construction Initiated Slides (CIS) awareness video: <https://www.youtube.com/watch?v=wkomehXg16M> and
3. The first in a series of CIS awareness posters:



All of the CISWG information and training materials are accessible via the following link: <http://www.bcforestsafety.org/node/2713>. If you have questions or would like to learn more, please contact Dustin Meierhofer at meierhofer@bcforestsafety.org or call toll-free 1-877-741-1060. 📞

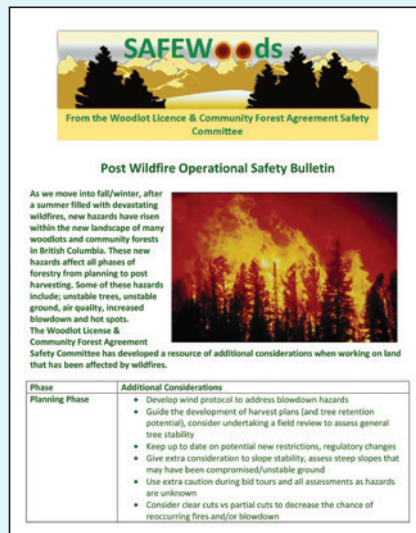
visitors and learners who may be active within woodlots and community forests are properly addressed. Woodlots and community forests are great places for visitors to learn about forest management or hike and ski, and for volunteers to participate in productive projects. However, as a licence holder, one has specific safety responsibilities for workers, volunteers, visitors and learners, and liabilities if an injury occurs.

Another poster identifies the different roles and responsibilities for work that occurs on a community forest or woodlot licence area. One can have more than one set of responsibilities, e.g. one might be both the owner and the employer.

You may view or download the posters at the following links:

Do your due diligence: <https://www.bcforestsafes.org/files/Licensee%20Liabilities%20poster%20lg.pdf>

Know your responsibilities: <https://www.bcforestsafes.org/files/Woodlot%20Safety%20Responsibilities%20lg.pdf>



The WLCFASC has also produced a multi-page post wildfire operational safety bulletin which you may view and download here: <https://www.bcforestsafes.org/files/PostWildfireBulletinWLCFASC.pdf>

FPIInnovations and the BCFSC team up to help improve feller buncher safety



A 2005 feller buncher. Photo courtesy of http://www.ritchiewiki.com/wiki/index.php/Feller_Buncher

FPIInnovations and the BC Forest Safety Council (BCFSC) have teamed up to complete a six-month review and analysis project with the objective to secure practical recommendations for improved feller buncher safety, especially in roll-overs. The funding for this project is being provided by WorkSafeBC.

Feller bunchers have high fire risk

Compared to other mobile industrial machines, forestry's feller bunchers are the most at risk of being damaged or destroyed by fire. This is because these machines work in the midst of airborne forest debris or ground vegetation that falls or is kicked up by the felling saw. Needles, leaves, twigs and chips can become trapped inside the machine's engine, cooling and hydraulic compartments. If this debris is left, possibly also absorbing slow leaking hydraulic oil or diesel fuel, and held near the high

temperatures generated by the machine, the heightened risk of fire is easy to understand. The risk of fire is further increased by these factors during machine roll-overs.

Given several recent serious incidents (see story right), industry wanted to explore more effective ways to improve feller buncher safety in general and in roll-overs specifically with a focus on escape exits and fire suppression systems. Launched last month, the project should wrap up at the end of June 2018.

Recommendations and best practices

The project includes a review of recent feller buncher roll-over incidents regarding egress and fires; looking at different cab designs; egress methods; and, fire suppression systems. Consultation with all the major equipment manufacturers will take place to discuss criteria for design and potential technical improvements, with attention being directed to different roll-over scenarios. Additional consultation with fire suppression system suppliers will also take place. Recommendations will then be developed.

The project report, which will summarize the findings, recommendations for further development and study, and industry best practices, will be shared broadly with industry stakeholders in the second half of this year. A follow-up story will appear in a future edition of Forest Safety News.

Working to make remote mechanized logging safer with a focus on emergency preparedness for egress and response



By Budd Phillips, Manager, Prevention Field Services, WorkSafeBC

On October 18, 2017, a logger was killed in a tragic incident near Mackenzie, in northern B.C. While using a feller buncher to cut timber on a slope, the machine tipped over backwards, leaving the operator no escape route when the machine caught fire. His death was devastating for his family, his community and his coworkers.

While the cause of the incident is still under investigation by WorkSafeBC, the question arises: What can we do now to try to prevent this happening again? That was one of the key issues discussed when WorkSafeBC's Forest Industry Advisory Group met in November 2017 to talk about concrete steps employers can take to make remote mechanized logging safer.

Effective plan must be in place for workers who work alone

First, it's critical that employers have an effective plan in place for those who work alone. The worker must designate a contact person to check in with on a regular, agreed-upon schedule. The worker must always carry a functioning communication device – a satellite phone, cell phone, two-way radio or satellite transceiver – as well as the check-in contact information.

The designated contact must have a copy of the working-alone procedure and any applicable emergency-response plan, contact information, locations and/or maps that may be necessary for a rescue. Every check-in call must be recorded, and if the worker fails to check in, the contact must initiate search procedures as outlined in the plan, be that rendering assistance personally or contacting someone close by who is trained, equipped, and able to assist.

Continued on page 4...



Continued from page 3...

Hazard assessment must include potential roll-overs

Second, employers should consider situations in which their machines have the potential to roll over, and particular hazards that may result. In recent years, the changing landscape of logging operations has meant an increase in the use of steep-slope harvesting equipment. Employers, suppliers, and manufacturers must ensure their mobile equipment meets the requirements outlined in the *Workers Compensation Act* and Parts 16 and 26 of the Occupational Health and Safety Regulation.

That includes ensuring mobile equipment weighing 700 kg or more has a rollover protective structure (ROP), as well as structures that guard against falling, flying or intruding objects or materials. Similarly, any tools carried inside the cab need to be secured so as not to create additional hazards.

Should a roll-over happen, the employer needs to consider: Do they have the equipment necessary to respond in such an emergency? And is it easily accessible and transportable to the work site? During a rescue, minutes saved can potentially save a life.

Alternate means of escape must be available

Third, every piece of mobile equipment must have an alternate means of escape that is clearly marked both inside and outside the cab. The exit must not be located on the same surface as the cab door; be usable at all times; not pose additional hazards; be openable from inside or out without tools when the equipment is in use; and provide a clear opening with dimensions that comply with the relevant ISO Standard.

The employer should test the alternate exit regularly, and train workers to be familiar with its location and operation, as well as ensure they can fit comfortably through it in an emergency — physical fitness or size may be obstacles to a quick escape. If the backup exit is blocked and/or the worker is unable to move, employers must consider what tools could be used to extricate a trapped worker.

The fact that machines are designed to keep hazards out poses a particular challenge: Specialized cutters might be needed to pierce cab windows. And a supplementary fire extinguisher for use by the rescue crew should always be within reach.

Rescue equipment must be easily accessible

Finally, consider where this rescue equipment might be stored; ideally it will be attached to the machine itself for ease of access.

For more information on these prevention measures, please see the following resources:

Working Alone or in Isolation Safe-Work Procedure and Checklist (BC Forest Safety Council): https://www.bcforestsafecouncil.org/files/swp_xWorkingAloneOrInIsolationSafeWorkProcedureAndChecklist.pdf

Working Alone: A Handbook for Small Business (WorkSafeBC): <https://www.worksafebc.com/en/resources/health-safety/books-guides/working-alone-a-handbook-for-small-business?lang=en>

Requirements for Mobile Logging Equipment in B.C. (WorkSafeBC): <https://www.worksafebc.com/en/resources/health-safety/information-sheets/requirements-for-mobile-logging-equipment-in-bc?lang=en>

Steep slope harvesting calculator to be developed

The BC Forest Safety Council (BCFSC) has successfully secured grant funding from WorkSafeBC to work with FPIInnovations to assist industry to develop a calculator tool to determine safe operating limits on steep slopes, based on machine type, weight, winch-assist tension and traction coefficient.

It is estimated that there were about 50 steep slope winch-assist systems operating in forestry in BC last year — a rapid adoption rate given there was just one machine operating in 2014. Safety is the key focus for implementing mechanized harvesting, based on injury rates. Mechanized tree falling had an injury rate of 2.1 compared to manual tree falling at 27.3 in 2016. Caution, however, is critical with any new technology and variable terrain. With experience comes more knowledge as to the factors that lead to loss of traction and stability.

Most of the calculations derive from physics, but values for coefficient of traction must be measured in the field in BC soil conditions. The BCFSC will work with FPIInnovations to support the collection of this data which will then allow for the development of the new tool. Once completed the calculator tool will help machine operators and planners make the best decisions about safe working practices for the specific slope and site conditions where harvesting is planned.

The project runs until September 2018. An update will be shared in a future edition of Forest Safety News.

WorkSafeBC bulletin on fire and explosion hazards of non-bonded fuel hoses

WorkSafe BC | **WorkSafe Bulletin**

Non-bonded fuel hoses create fire and explosion hazards

Since 2014, two workers in B.C. have been seriously injured in flash fires linked to non-bonded fuel hoses (i.e., hoses that cannot dissipate static electricity). In the second incident, the worker's injuries were fatal. This bulletin explains the hazards. It is our aim to ensure that everyone involved in the storage, transportation, delivery, and transfer of fuel understands that fuel hoses must be adequately bonded and should be designed to meet the requirements of UIC Standard CAN/ULC-5612 for dissipating static electricity.

Hydrocarbon fuels like diesel and gasoline are capable of both generating and storing static electricity. A means of dissipating static electricity must be built into any system used for storing, handling, transferring, or dispensing flammable or combustible liquids used as fuel.

Static electricity is created when materials move against each other or when an uncharged object comes near a charged surface. Once generated, static electricity can remain stored on materials or on workers without any obvious indication it's there. In flammable or explosive atmospheres, a discharge of static electricity can become an ignition source, resulting in fires and/or explosions.

Bonding involves connecting all components in a system using a conductive material, usually a wire. Bonding ensures that the static charge remains the same between the materials, preventing potentially dangerous static sparks.

UIC Standard CAN/ULC-5612 provides guidance on the construction and testing of hoses and hose assemblies used for storing, handling, transferring, or dispensing flammable and combustible liquids.

Guidance views of a non-bonded fuel hose (A) and a bonded, UIC-approved fuel hose (B) meet to a fuel nozzle. To reduce the risk of a static spark, the electrically bonded hose and nozzle must create a continuous path for electricity through all parts of the dispensing system. Note that nozzle designs may vary across industries.

WS 2017-13 | WorkSafeBC Prevention Information Line: 604.276.3100 or toll-free 1-888-621-SAFE (7233) | page 1 of 2

Screenshot of WorkSafeBC's 2-page bulletin on non-bonded fuel hoses.

If you have a fuel tank on the back of the crummy or truck; or refuel on worksites, always regularly inspect hoses and ensure that they are bonded to help prevent fire and explosion hazards. To learn more, please see WorkSafeBC's latest safety bulletin here: <https://www.worksafebc.com/en/resources/health-safety/hazard-alerts/non-bonded-fuel-hoses-create-fire-explosion-hazards?lang=en>. Within the pdf on page 2, you can find links to additional resources.



Fatalities and Injuries

10 workers died in forest harvesting and two in manufacturing in 2017

- 30 died at work or as a result of work in harvesting activities in the past three years

Fatalities in harvesting in 2017

December 29, 2017: A log truck driver died near Fort St. James, at about 5 am, when his loaded log truck went off the road after colliding with an unloaded log truck that had spun out on a hill. The resource road conditions were reported as icy at the time. See: <http://www.bcforestsafef.org/node/3059>

November 15, 2017: A log truck driver died near Lake Cowichan when his empty log truck rounded a turn and ran into an area of the road that had been eroded by heavy rains. The truck veered into standing water and was completely submerged. The driver was unable to escape from the cab. See: <http://www.bcforestsafef.org/node/3040>

October 16, 2017: A feller buncher operator died after his machine rolled over and caught fire on the Finlay Forest Service Road, north of Prince George. See: <http://www.bcforestsafef.org/node/3026>

October 13, 2017: A forestry worker died in hospital after his north-bound pickup left the Babine Lake Road, north of Smithers, and rolled over early in the morning. Road conditions were icy. See <http://www.bcforestsafef.org/node/3029>

April 20, 2017: Three workers were killed and two injured when rail cars were being loaded with logs in Woss, Vancouver Island. 10 of the loaded cars rolled about three kilometres down a grade. The loaded cars struck a section crew's vehicle (speeder) carrying five workers who were performing maintenance on the tracks. See: <http://www.bcforestsafef.org/node/2957>

February 16, 2017: A log truck driver died at the scene after his fully loaded log truck left the ice-covered road and rolled over, about 90 km north of Fort St. John. See <http://www.bcforestsafef.org/node/2932>

February 10, 2017: A log truck driver died at the scene of a multi vehicle incident involving three log trucks and a passenger vehicle near Fort St. James. See: <http://www.bcforestsafef.org/node/2928>

February 4, 2017: A certified faller was struck and pinned by a 20-inch- diameter cedar tree that uprooted and fell shortly after the faller had felled an adjacent cedar tree in Woods Lagoon. See <http://www.bcforestsafef.org/node/2919>

Fatalities in manufacturing in 2017

January 30, 2017: A worker was operating a boom boat at a Kelowna sawmill when it suddenly sunk. The operator was later located within the cabin of the sunken boom boat. See <http://www.bcforestsafef.org/node/2914>

January 27, 2017: A maintenance worker died at a Lumby yard (CU714037 – Wooden Post or Pole Manufacture). See <http://www.bcforestsafef.org/node/2916> 🚧

Recent work-related incidents reported to WorkSafeBC

These summaries of selected work-related incidents recently reported to WorkSafeBC may help you to prevent similar incidents.

HARVESTING

Injury Type: Multiple injuries

Core Activity: Cable or hi-lead logging

Location: Vancouver Island/Coastal B.C.

Date of Incident: 2017-Dec

An operator was using a log loader to move a log when the outside of the road failed, causing the machine to roll down a steep bank. The operator was ejected part-way down and the machine came to rest in a gully 200 feet from the road.

Injury Type: Close call

Core Activity: Ground skidding, horse logging, or log loading

Location: Vancouver Island/Coastal B.C.

Date of Incident: 2017-Nov

A log loader was forwarding wood to a roadside. The operator tried to pull a stump out of the ground with the grapple. The grapple slipped off the stump, causing the log loader to roll over. The operator was wearing a seat belt and was not injured.

Injury Type: Fractured ribs, soft tissue injuries

Core Activity: Mechanized tree falling

Location: Vancouver Island/Coastal B.C.

Date of Incident: 2017-Nov

A worker was repositioning a non-tethered feller-buncher machine on a 52 percent slope. The machine slid 15 feet and flipped onto its side. A stump breached the guarding and struck the worker. The worker was taken to hospital by the on-site emergency transport vehicle (ETV).

Injury Type: Lacerated head

Core Activity: Logging road construction or maintenance / Excavator operation

Location: Vancouver Island/Coastal B.C.

Date of Incident: 2017-Nov

A worker operating an excavator was placing rip rap (large rocks) on the bottom side of a resource road. The excavator became unstable and slid about 150 feet down the hill, rolling over twice. It came to rest upside down beside a creek. The operator, who was wearing a seat belt, climbed to the road and was transported to hospital.

Injury Type: Contusions to head

Core Activity: Integrated forest management

Location: Northern B.C.

Date of Incident: 2017-Oct

A log processor, travelling down a slope in a ravine, rolled over and caught fire. The operator was able to release the seat belt and get out of the cab through the rear window emergency exit.

Injury Type: Internal injuries, fractures

Core Activity: Integrated forest management / Log hauling

Location: Northern B.C.

Date of Incident: 2017-Oct

A worker was bucking a log from a loaded log transporter. A portion of the log, which had shifted during transport, struck the worker.

Injury Type: Fatal

Core Activity: Mechanized tree falling

Location: Northern B.C.

Date of Incident: 2017-Oct

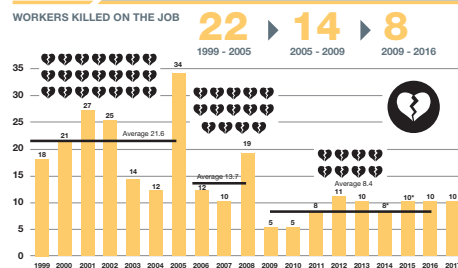
A worker was operating a feller-buncher (harvester used in logging) on a slope, cutting timber at the boundary of a cut block, when the machine fell over backward. A fire ensued and the operator was unable to escape.

Injury Type: Fatal

Core Activity: Integrated forest management

FATALITIES

WORKERS KILLED ON THE JOB



The data (above) for 2016 is based on WorkSafeBC accepted claims and incidents that the BCFSC is aware of that happened in 2016. Please note that this is preliminary harvesting data. *There were 4 fatalities the BCFSC is aware of that occurred in 2014 and 8 fatalities that occurred in 2015. WorkSafeBC tracks fatalities by the year in which they accept the claim. The BCFSC uses the WorkSafeBC data of accepted claims for trends as it is the only long-term data base for comparative purposes.

Location: Northern B.C.

Date of Incident: 2017-Oct

A worker driving a company pickup truck to work on a gravel road lost control of the vehicle. The vehicle left the road, entered a ditch, and rolled over. The driver was ejected from the vehicle. A passing log transporter operator stopped and called 911. The worker received first aid at the scene and was transported to hospital, but later succumbed to his injuries.

Injury Type: Laceration and abrasions to upper body

Core Activity: Log hauling

Location: Northern B.C.

Date of Incident: 2017-Sep

The driver of a logging truck was adjusting the wrappers when he was struck by a 16-foot log that fell off the top of the load.

Injury Type: Laceration to head

Core Activity: Cable or hi-lead logging

Location: Vancouver Island/Coastal B.C.

Date of Incident: 2017-Aug

A young worker throwing a section of small-diameter steel rope (straw line) over a suspended hemlock log lost balance and fell about 15 feet down a steep slope.

MANUFACTURING

Injury Type: Injuries to hand

Core Activity: Sawmill

Location: Northern B.C.

Date of Incident: 2017-Nov

A sawmill worker was clearing a blocked photo eye on a canter line outfeed. The worker locked out and test-started the machine. The worker entered the spline removal area of the canter and saw a piece of wood near the spline remover. The worker reached in to remove the piece of wood and his hand was caught by the still-rotating canter head.

Injury Type: Smoke inhalation (4 workers)

Core Activity: Sawmill

Location: Interior B.C.

Date of Incident: 2017-Nov

A fire broke out from a sawmill's filing room ceiling and spread to two exterior walls of the facility. The mill was evacuated.

Injury Type: Injuries to leg

Core Activity: Sawmill

Location: Lower Mainland

Date of Incident: 2017-Nov

A young worker was crossing over a waste conveyor that was equipped with a small cover to facilitate combustible dust removal with a wheelbarrow. The worker was caught between the conveyor and the cover.

Injury Type: Lacerated hand

Core Activity: Sawmill

Location: Interior B.C.

Date of Incident: 2017-Sep

As a young worker was operating a 12-inch trim saw, one of the worker's hands contacted the rotating blade. 🚧



Talkin' SAFETy with Mike Sexton:

Using a Corrective Action Log (CAL) as a valuable tool



Mike Sexton,
senior safety advisor.

What is a CAL?

A Corrective Action Log (CAL) is a living, working document that tracks things that need to be fixed and/or improved. It is a very important tool for every company to have and to use. A CAL can be in electronic form, or tracked on paper. Some companies even use a White Board (but be careful that items aren't erased by mistake).

Where do I find my CAL?

Every year, the BC Forest Safety Council (BCFSC) will send a CAL back to SEBASE/ISEBASE/IOO companies with the audit success letter, itemizing any deficiencies in the audit. BASE size companies have their CAL included within their audit report.

What good does a CAL do?

Well, to start with, a CAL tracks things that need to be fixed. The CAL from your audit reminds you about the ways to improve your safety systems. And, you can add things to it as you go. A Close Call or Incident Investigation should have Corrective Actions. Put them on your CAL so you remember to do them. A CAL can also be a reminder for upcoming services or preventative maintenance. It might also be a good reminder to do your regular Worker or Site Inspections.

Here is an example of a blank CAL:

Question	Item	Required Corrective Action	Person Responsible	By When	Completion Verified

A CAL is a very important and powerful tool. Please use it to your advantage. Safety is good business!

If you have any questions about the CAL or any other services, please contact any Safety Advisor at toll free **1-800-741-1060** or **1-250-741-1060**. 📞

As far as your next audit goes, it is also important. BASE companies are graded on how much of their CAL from the last audit has been completed. SEBASE and ISEBASE companies are given 1 point out of 24 for submitting their CAL from their last audit. While IOOs don't receive any direct points from their CAL, they will get points they missed the previous audit if they corrected what was missing.

One of industry's shared goals is continuous improvement in safety and CALs allow us to focus on the things that will help us get better at what we do, not only improving safety but performance too.

What else should I do with my CAL?

Posting your CAL for all your workers to see is a great practice. This helps to keep workers informed on what things are being improved or fixed. The more people who are aware of what items are planned to be completed by a certain date, the more likely they will be done on time. Closing the loop with workers on repairs or improvements they feel strongly about is also important and demonstrates safety commitment and shared responsibilities.

You should also use a format that states what the deficiency is, exactly what needs to be done to improve/fix it, who is responsible for the action, a date it will be completed by, and then the actual date it is checked as being completed. This is very important and needs to be specific. "In progress" or "As soon as possible" are not effective terms. A specific person or job title also must be used. Sometimes, if there is no one specifically responsible, a task may not get done because "somebody else was going to do it".

New regulations for steel storage racks



By Martin Ridgway, CRSP,
senior safety advisor.

On January 1, 2018, a new regulation came into effect in BC governing the installation, inspection, use and maintenance of steel storage racks. These regulations (Reg 4.43.1) apply to any steel storage racking (other than retail display) that is:

- 8ft tall or taller, as measured from the floor to the top of the highest shelf level or
- Any height if machinery is used to load or unload the shelving.

In forestry and related workplaces, this is probably most of your heavy duty racking. The regulations have two main areas: proper assembly to help make sure the racking is suitable for what you want to use it for and proper ongoing inspections to help make sure it stays that way. It also covers disassembly for when you want to move or change the layout.

Only qualified people are allowed to install or uninstall racking or parts of racking. There is a guideline associated with the regulation describing what qualified is. An important outcome is that the qualifications required to replace a damaged beam with exactly the same new part may be different and lower than the qualifications required for someone to install a whole new racking system from the ground up. Mixing and matching uprights and beams (and other parts) from different manufacturers just because they fit is not permitted unless both manufacturers permit the combination. Most companies probably will not have a person qualified to assemble racking from scratch but many will have people who either are qualified or soon can become qualified to replace some portions of racking for repairs.

The manufacturer's instructions for loading, unloading and maintaining the racking must be readily available to workers in the workplace, and must be followed. These can often be obtained online or from the supplier of your racking and then kept in your building. Finding who the manufacturer is can often be the first challenge for old racking.

The rated capacity of the racking must be clearly posted near the racking. While it is common to mark the capacity on every beam, if all bays are the same in a row or room, posting the capacity once is sufficient. It becomes more complicated and important if there are different capacities of racking in

the facility / room. Overloading the racking is prohibited, for any combination of bay, level, stack or system.

Any modification to the racking must be done following the manufacturer's or an engineer's instructions. This includes changing the heights or number of horizontal beams.

The racking must have written regular inspections, by a qualified person, at intervals that will prevent the development of unsafe working conditions. The intervals are not specific, but starting with the manufacturer's instructions is a good idea. High traffic, high load weight racking should be inspected more often (and possibly even daily) than the racks used for storing old spare parts that are kept 'just in case' (that might only be inspected a few times a year). All of the racking system must be inspected for wear, corrosion, damage, missing or incompatible parts, and signs of fatigue, which includes measuring any lean or deflection. While each manufacturer has different written specifications, if you can see a dent, it's generally a bad sign. Also if one beam or

other part of the racking is a different paint colour than the rest, that also is usually a bad sign.

The guideline also includes a long description of what a qualified inspector must be able to do. While not trivial, most companies should have an employee who either meets requirements already or who can quickly become able to meet the requirements.

Regular maintenance must be done to address damage, corrosion, missing parts and incompatible parts, all in accordance with the specifications and instructions of the manufacturer or a professional engineer.

There is no statement in the regulation about grandfathering, so if you have racking already, you have new inspection and maintenance requirements at the very least.

For additional information, please consult WorkSafeBC, your local Occupational Safety Officer or the WorkSafeBC web site at: <https://www.worksafebc.com/en/health-safety/tools-machinery-equipment/storage-racks> 🚧

Reminder on BC Timber Sales requirements for SAFE Certification

Any party wishing to bid on a timber sale license must ensure that they meet the appropriate safety requirements as specified in every timber sale license package.

For example:

The licensee must ensure, prior to commencing activities on the cutting authority area, and throughout the term of this licence,

- a. That all individuals, corporations or partnerships who provide direction to workers or contractors on or in relation to the cutting authority, and on or in relation to the area described in Exhibit "A" to the Road Permit issue to the holder of this Licence, are
 - i. certified in the BC Forest Safety Council SAFE Company program as an independent small employer
 - ii. endorsed by the BC Forest Safety Council SAFE Company program as a new entrant to the industry, or
 - iii. certified under another safety certification scheme recognized by the BC Forest Safety Council or BC Timber Sales, or
 - iv. work for an employer who satisfies the qualifications in clauses (i), (ii), and (iii) above, and
- b. That an individual, corporation or partnership does not provide direction on or in relation to the areas described in this paragraph unless the required certification or endorsement referred to in this paragraph is maintained and in good standing.

The licensee will keep a list of the names of employers or parties directing works on the area described above. That list must include:

- i. the names of each employer or firm as it is registered with WorkSafeBC, and
- ii. the certification status of each employer or firm with the BC Forest Safety Council SAFE Company program or other recognized safety certification schemes, and

the Licensee, upon request, will provide a copy of that list to the Timber Sales manager.

If you have any questions, please contact your nearest BCTS area office. 🚧

A New Year's Resolution – not to kill people

By Martin Ridgway

Many of us made New Year's resolutions last month. Lose weight, stop smoking, drink less, be happier are among the common promises made. I made one not to kill people, renewing my commitment to walk the safety talk.

You would think that would be pretty easy to meet, because to the best of my knowledge, I haven't killed anyone in my first 50 years. But it's not that easy. Part of the reason is that the goal, although worthy, has no details or plans. A goal of losing weight for example, does not just magically get met. It has a whole bunch of background behind it, some of which can be general, such as not eating potatoes with all three meals a day and some of which can be very specific such as a certain number of system points per meal and per day. Not killing people has an even more complex process, mostly in the very boring background. How I am not going to kill anyone isn't easy, fun or glamorous:

- I am always going to do an honest walk-around of the truck before I drive it for the day, even if it is stupid-bad weather and I am already late.
- I am always going to ask for an orientation to the site or project that I am going to, even if no one else did and the people on site wanted me working half an hour ago.
- I am always going to stop and speak up about things that hit any of my personal 3 D's of Dumb, Dangerous or Different, even if I end up being wrong or it's only dangerous to me because I don't yet know how to do it right. I am always going to actively help people from rookies to veterans not hurt themselves while respecting that they are the ones actually doing the hard work.
- I am always going to speak up when I screw up. I have no illusions of being perfect and some of what I try won't end up working. Only by reporting, investigating fully and correcting the problems can I avoid repeating the same mistakes again and again.
- I am going to have faith that numbers don't lie. If my goal was to kill someone, it would be easy to measure exactly who that was at the end of the year. Not killing someone is all about probabilities and reducing risk.

Some may say that I am giving all of you reading this a lot of power over me as I expose myself by putting this out there. I prefer to think that I am putting it out there to get your help in meeting my goal. Because I can't help thinking that if we all recommit to walking the safety talk, we can and will save lives. 🚧

Continued on page 8...



SAFE Companies

Continued from page 7...

35 companies converted to SAFE in 2017

A total of 35 companies used a pre-approved conversion process to achieve SAFE Certification in 2017, with the majority of companies (33) coming from the BC Construction Safety Alliance (BCCSA). Of these companies, 25 were small employers and eight were large employers. Two large employers converted to SAFE from Energy Safety Canada (ESC) (formerly Enform).

The conversion process is available to any company with WorkSafeBC Certificate of Recognition (COR) Certification already in place through BCCSA, ESC or SafetyDriven.

These companies may obtain SAFE Certification as long as the company does not:

- Have a forestry aligned WorkSafeBC classification or
- Want a forestry COR certification in addition to their construction, oil and gas or trucking COR certification.

Conversion involves a supervisory person taking an online Forestry Safety Overview course and the employer completing a SAFE Conversion submission that includes

a quality assurance letter from BCCSA, ESC or SafetyDriven. For large employers, the COR auditor needs to complete two to eight additional BASE questions in conjunction with the COR audit. The COR auditor will also need additional training for the BASE questions unless they are already a BC Forest Safety Council certified BASE auditor. Large employer auditor training is available online. See <http://www.bcforestsafesafe.org/node/2388>.

The intent of the conversion program is to help ensure a level playing field for bidding on forestry contracts in BC and support safe outcomes for all industry participants. 🌲



Transportation

The following article by Trish Kohorst is reprinted here with the permission of the Truck Loggers Association. The original article appeared in the Winter 2018 edition of Truck LoggerBC. Please see http://www.tla.ca/sites/default/files/truckloggerbc_winter_2018_final_lores.pdf

Professional Log Truck Driver Competency Program – Created by Log Truck Drivers

As the Professional Log Truck Driver Competency Program is piloted in British Columbia, some important questions are being asked by contractors, log truck drivers and industry associations. For any safety initiative to be successful, the people who are directly affected need to understand why the initiative is taking place, how it will affect them (and what is expected from them) and they need to trust that the initiative is something that is meaningful.

Why did contractors build the program?

Dave Barden, owner of Barden Contracting Ltd., and a member of the Log Truck Technical Advisory Committee (LTTAC) said: "In the late 1980s it became unfashionable and even demeaning to be in the trade industry. Silicon Valley and the Tech World was the way of the future. Couple that with kids watching their Dads come home tired, late and discouraged, and Dads telling their kids 'Go get an education and stay out of the bush,' and it is no wonder that we lost a generation of workers in our Industry."

Barden became involved in 2005-2008 with the log hauling champion, MaryAnne Arcand (now deceased) and numerous others who were concerned about safety, public reputation, and winning back people to the log hauling industry. More recently, LTTAC was formed to focus on these concerns. "There was much skepticism in the industry and the public alike that nothing could or would be done. But with a lot of work from a lot of dedicated people I honestly believe that we can and are accomplishing what we set out to do. We desperately need young, skilled people back in the industry and with this log truck program we have developed I think we can provide a base where someone can be proud once again to say 'I'm a log truck driver,'" said Barden.

Peter Bueckert of J. Bueckert Logging Ltd., and also a member of the LTTAC, was similarly motivated to get involved in the program: "I saw the erosion of the professionalism of the drivers. I felt we needed a consistent message about driver expectations. I know firsthand the knowledge and experience of the people developing the program and with the passion these people have for our industry this program was the best one in the world to make a difference."

What's in the program?

The program is based on the identification of the skills, knowledge and attributes (occupational competencies) that are required to be a successful, safe log hauling professional.

Ron Volansky, Principal of R&A Logging Ltd. based in the Kootenays, worked as a subject matter expert on the development of the training and said: "I tried to have input

that would be understandable across BC as different regions have different challenges and logging language. My goal was to create a program that would recognize workers' capabilities and strengthen the areas that they are weak in; provide the driver with the basic concepts of safety, knowledge and ability to do the task at hand; and, to create documentation that is standard across BC and can be provided to an employer as a transcript of driver qualifications."

How is the program being used?

In addition to providing a training standard for industry to train new drivers, the program is also being used to recognize the competency of experienced drivers or identifying any gaps in knowledge, skills or attributes that may have gone unrecognized.

Bueckert is using the program to train drivers and has been impressed with the results. "Not only does the driver have a solid base of training for our industry; the assessment identifies the gaps and I know where I need to focus my time, making training much more efficient. This will bring the professionalism back into our industry," he said.

Volansky explained: "The trucker competency program will create a tool that can make the hiring process easier. The transcript will provide me with a detailed ability of the worker and eliminate the overlapping of training, because it provides me with documentation of past experience and creates an avenue for me as the employer to continue training the worker."

The standardized tools are currently paper based for the pilot program but will be made available electronically post pilot with training modules. Tools include a competency conversation and a practical assessment tool to measure an individuals' ability to operate

the log truck safely to meet the competency requirements. A safety critical competency conversation and the practical assessment are used to assess experienced log haulers. The assessments are conducted by professional log truck drivers who have been selected through a review process and have successfully completed assessor training.

No action required unless you want to be part of a pilot

There has been significant interest in the program with assessments currently underway in the Kootenays, Northwest Coastal, the Interior and on Vancouver Island. The pilot phase started October 12, 2017 and will continue through October 2018. Contractors, log truck drivers, trainers, assessors and licensees will provide feedback to help shape the final program. While the program is in its early pilot stage—and was developed as a guideline—many are already saying that this guideline could become a benchmark.

If you have questions regarding the program, or would like to participate in a pilot, please contact me at **250-562-3215** or email tkohorst@bcforestsafesafe.org. Trish Kohorst, RFT, is the Transportation Safety Manager for the BC Forest Safety Council and works out of the Prince George office. 📞

Preparing for night shift:

TAG working on organizational strategies to reduce fatigue during night duties

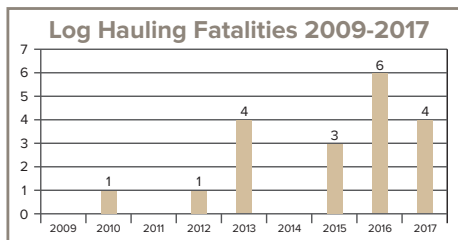
The Trucking and Harvesting Advisory Group (TAG) is in the process of developing best practice guidelines for fatigue management with the objective of reducing the risk of fatigue related incidents. The guidelines are being developed in consultation with experts in fatigue science and the drivers themselves, as well as in context of a review of international practices and other research.

The idea is that all industry members can benefit from the shared knowledge and consider implementation of the practices, tailoring them as needed to best suit their operations.

The following tips are provided to help fight fatigue for all workers and who are preparing for night shifts:

1. Start going to bed and waking earlier – do this when night shifts become imminent due to changing weather conditions. Try doing it in 30 minute increments.
2. Prepare your sleep environment – make your room dark and quiet. Remind loved ones not to disturb you while you are sleeping and turn off your cell phone.
3. Consistent routine – once on the night shift keep your routine consistent even on days off.
4. Strategic caffeine use – have one cup of coffee prior to starting your shift then have another of coffee or caffeinated beverage mid shift.
5. Take a rest – if the chance presents itself while on duty take a 15-20 minute rest.
6. Physical activity – during your shift get up and walk around when you can i.e. truck inspection while waiting in line to get loaded or unloaded.
7. Bright light – getting exposure to bright light can help make your brain more alert. Spend an extra few minutes in the scale shack or turn on the cab light while stopped/waiting to keep yourself alert.
8. Prioritize sleep – get as much sleep as you can, ideally 7-9 hours. 📞

10 log haulers have died in work related incidents in the past two year years



*The above data is current to January 10th 2018. These incidents have been collected by the BCFSC with the help of WorkSafeBC, CVSE, Licensees and media reports.

Four log truck drivers died in work related incidents in 2017, down from six in 2016. The most recent two log truck drivers died while hauling, in November and December 2017 respectively. These incidents occurred in separate regions of the province, one near Lake Cowichan on Vancouver Island and one near Fort St. James in the northern interior.

See: <http://www.princegeorgecitizen.com/news/local-news/logging-truck-driver-killed-near-fort-st-james-1.23137519> (Fort St. James fatality) and <https://www.cheknews.ca/funeral-held-logging-truck-driver-ian-fraser-391335/> (Lake Cowichan fatality). (See the *Fatalities and Injuries* section on page 5 for links to the respective safety alerts for both of these incidents.)

In addition, two members of the public died in two separate incidents in December 2017, after one vehicle crossed into the path of a log truck and another vehicle rear-ended a log truck.

For more information on these incidents, see: Dec 13, 2017: driver killed in head-on collision with logging truck on Highway 3, near Midway in the Kootenays: <http://vancouvernews.com/news/local-news/driver-killed-in-head-on-collision-with-logging-truck-in-the-kootenays>

Dec 14, 2017: logging truck was stopped for other traffic and was rear-ended, 11 kilometres outside of Port McNeill, Vancouver Island, on Highway 19: <https://www.northislandgazette.com/news/one-person-dead-in-logging-truck-collision-2/>

And, in January 2018, the following logging truck incident on public highway, happened 10 kilometres north of Vernon and appeared in media coverage including in CFJC Today Kamloops: <http://cfjctoday.com/article/604215/logging-truck-spills-its-load> 📞



Screenshot of image in CFJC Today Kamloops of a January 8, 2018 logging truck incident 10 kilometres north of Vernon that closed Highway 97 for three hours.

Winter driving tips for truckers and others

Find many resources and additional links to information about safe winter driving here: <http://www.bcforsafesafe.org/node/2456> which include:



10 winter driving tips for BC log haulers: <http://www.bcforsafesafe.org/node/2074>



15 essential winter trucking tips: <https://www.smart-trucking.com/driving-in-snow.html>



8 winter driving preparation tips: https://blog.betiresmart.ca/hubfs/2018%20-%20Winter%20Tire%20Campaign/BeTireSmart_Winter%20Driving%20Tip%20Card_WEB.pdf



Shift into Winter: <https://shiftintowinter.ca/> 📞



Falling

Future faller technology for enhanced safety

- Fallercams: chest or helmet

A quick review of YouTube and Facebook proves that the future has already been embraced by early adopters in the falling community in BC. Videos of hand falling activities are posted regularly, using hard-hat or chest pack cameras and drones.

10 years ago technology did not allow for such relatively accessible and affordable, quality video footage that literally can take one from the preliminary tree assessment through undercuts, wedging to eagle eye view at the top of the tree, capturing every action of the faller and then of the tree as it falls. To have been able to make these kind of videos in the past would have required a professional production crew, costing thousands of dollars for a few minutes of footage.

With all the possibilities that technology offers today and the anecdotal success of individual fallers and companies testing video possibilities, FPInnovations was asked in the last quarter of 2017 to explore the use of cameras and technology to improve safety for manual tree falling.

In collaboration with Iotatel Inc., a Vancouver Island based wireless communications startup company, FPInnovations has considered a large number of different options and technologies that might be feasible and practical in:

1. Allowing users to capture and demonstrate work practices by collecting video to improve training of new and existing fallers
2. Reducing the cost of evaluating fallers and improving the quality of information collected and
3. Livestreaming video to improve the safety performance of falling in general.

Last month a demo was held in Campbell River to explore the possibilities during falling activities thanks to the support of Blue Thunder Contracting, who organized members of their falling crew to film and be filmed on one of their worksites. Representatives from all the major coastal licensees were present as well as representatives from contractors, BC Wildfire Service, WorkSafeBC and the BC Forest Safety Council.

The main goal of the demo was to introduce everyone to the possibilities and provide a venue for facilitated discussions to learn about specific industry and organizational needs. See: <https://www.iotatel.com/fallercam> to learn more about faller cams.

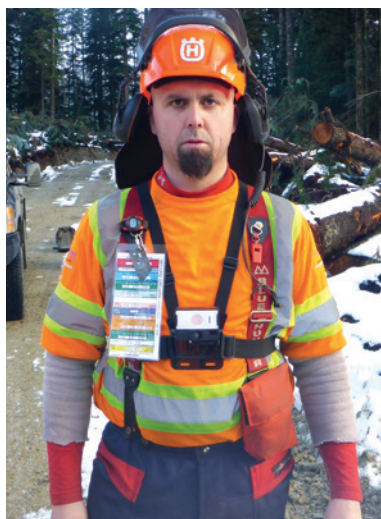
Updates from the demo will be shared and discussed at the March 2018 Falling Technical Advisory Committee meeting, and in future editions of Forest Safety News. 📹



Part of the group of industry representatives who attended a live in-field demo of the latest camera technology in a falling workplace.



The helmet camera.



Steve Venus, of Blue Thunder Contracting demos the chest pack camera.



Industry representatives received a demo on how the cameras and technology work from FPInnovations and Iotatel Inc.

FTAC meeting in December 2017: Updates on projects and 2018 work plans

Topics discussed at the last Falling Technical Advisory Committee (FTAC) meeting in December included:

- continuing to hold the falling manager position open with the future successful candidate being someone who spends 50% of the time in field
- facilitator and chair roles going forward will be decided at next meeting (no quorum at this meeting)
- encouraging the next generation of FTAC members to join
- Streamlined Certified Falling Supervisor (CFS) form
 - » Reduced from five to three pages
 - » Successfully tested with employers
 - » Effective January 1, 2018 for all new applications (see: http://www.bcforestsafesafe.org/files/enrol_xCertifiedFallingSupervisorApplication.pdf)
- CFS quality assurance review
 - » The BCFSC will pilot a revised quality assurance process in 2018 and report back to FTAC at the end of this year. The new process better matches available resources to carry out CFS quality assurance based on the increased demand for CFSs. Initial quality assurance will still be done within the first year after certification but further quality assurance will only be done on a 10% random sample and in response to any invitations or requests from employers.
- WorkSafeBC presented update, recent inspection rates and orders year to date as well as information on a dedicated head falling team, covering the whole province with a focus on new faller training and qualified assistance. This team will work to support WorkSafeBC officers who are not fallers to help ensure there is more consistency in inspections.
- BC Faller Standard update included information that pre-pilot of new faller training program was concluding in December 2017, involving two trainees and two trainers. Pilot is scheduled to proceed by March 1, 2018. iTrak is the technology being used to support the pre-pilot and pilot training reports.
- a phase congestion report currently in development by the Forest Safety Ombudsman, Roger Harris (due first quarter 2018) and an update on activities since the release in 2017 of his Helicopter Emergency Medical Services (HEMS) report. The Union of BC Municipalities (UBCM) endorsed the resolution supporting the report and the topic was scheduled for the Truck Loggers Association annual convention agenda (held last month in Victoria).
- Qualified Assistance information updates included approval on a poster and posting of resources on the BC Forest Safety Council website. 📄

Key falling department numbers for 2017

BC Forest Safety Council falling safety advisors completed the following activities during the year:

29 Fallers Certifications (23 new faller trainees, six challenges)

11 Falling Supervisor Certifications

188 Faller visits

8 Certified Falling Supervisor Quality Assurance visits

21 Certified Falling Supervisor visits

25 Trainer Quality Assurance visits (15 Qualified Supervisor Trainers and 10 Qualified Faller Trainers)

Any faller, falling supervisor, contractor or licensee who would like to receive a confidential site visit to discuss or review any safety aspect of falling, is encouraged to call toll-free **1-877-741-1060** and speak with a falling safety advisor. 📞

All fallers **MUST** have qualified assistance



What is qualified assistance?

The supervisor, employer/contractor, licensee or land owner must make sure that every faller has access to a person or people capable of effectively helping, advising or assisting them. Fallers and buckers must have an effective means to summon qualified assistance. A plan must be in place where the qualified assistance person/people know what is expected of them and be able to respond as needed.

When does a faller need qualified assistance?

Qualified assistance must be readily available to fallers in case of difficulty, emergency or injury, as per OHS Regulation 26.28.

A falling difficulty – no urgent action required e.g. a faller is unsure about how best to handle a hazard tree. The faller has the opportunity to create a no-work zone until qualified assistance is available.


An emergency – urgent action required e.g. a faller is pinned under a log. Qualified assistance could mean machine assist if appropriate or someone who has the skills and PPE to immediately assist and buck him out.

An injury – must have basic first aid coverage readily available to all fallers within a surface travel time (walking) of not more than 10 minutes. OHS Regulation, section 3.18(2).

Bottomline: The supervisor, employer/contractor, licensee or land owner must be able to prove that they have provided the necessary, qualified assistance to comply with the regulation. Still not sure? Call a falling safety advisor at the BC Forest Safety Council at 1.877.741.1060 or call a safety officer at WorkSafeBC at 1.888.621.7233.

For more qualified assistance resources: See www.bcforestsafesafe.org/QA

First published December 2017



Information, including regulations and guideline, as well as a poster (above) on qualified assistance may be viewed, downloaded or ordered: <http://www.bcforestsafesafe.org/QA> and <http://www.bcforestsafesafe.org/node/3046> (poster)



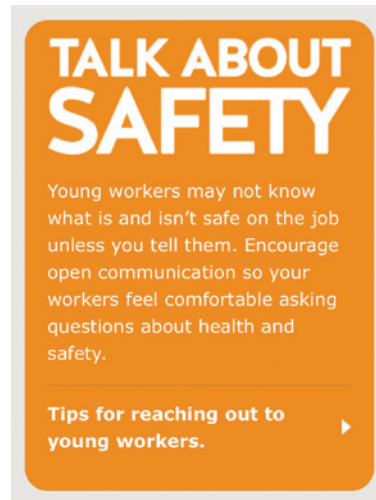
By Gerard Messier,
RPF, CRSP,
BCFSC program
development
manager

Focus on new young workers: what I know now

“What I Know Now” is the title of a new online program from WorkSafeBC that is aimed at helping employers better train and prepare new workers for their jobs. Most supervisors have been in the forest industry for a while and have seen a lot, both good and bad. This project is all about sharing that information with the next generation of workers to help them perform better and avoid mistakes and injuries that have happened in the past.

Take a moment and think about the experienced people in your company. Add up the number of years of experience and you may be surprised at how high that number is. For most operations, that experience is an untapped source of knowledge. A mentoring program may be the best way to share that knowledge. These types of programs do not need to be complicated. Simple ride along programs or work shadowing sessions with experienced workers are effective, especially when coupled with positive reinforcement from supervisors.

For more information on this program, check out the following link: <http://worksafebcwhatiknownow.com/>



As a related project, WorkSafeBC developed resources specifically for young workers, called “Listen to Your Gut”. These resources are motivational and educational. Many young workers know that something may be wrong or out of the ordinary but may not have the confidence or desire to mention

it to their supervisors. They may not know exactly what to say, what to do or who to talk to. The online resources include basic, plain language examples and advice for them to follow. Here’s the link: <http://worksafebcclistentoyourgut.com/>



For forestry specific ideas on how to best prepare new and young workers, check out the following BC Forest Safety Council Monthly Safety Alert: <https://www.bcforestsafesafe.org/node/3030>

Leadership defines success

“A leader is one who knows the way, goes the way, and shows the way.”

– John Maxwell

Forest Supervisor – Module 3 Leadership and Professionalism for Forest Supervisors Participant Manual

v. 1.1

One of the forest supervisor training modules, Leadership and Professionalism, aims to help participants:

1. Capitalize on personal strengths and minimize weaknesses – personal awareness
2. Identify characteristics and roles of leaders – leadership skills
3. Describe professional qualities – professionalism
4. Describe key human resources functions – team building and worker relations

Key is understanding how to be a good leader and what that means in how you communicate with people, balancing directive behaviours with supportive behaviours. In the end leadership is about achieving desired results, performance and behaviours from teams and team members and these can only be achieved when leaders inspire the feelings, attitudes and commitment of individuals and groups to achieve the intended results.

The course covers understanding your own go-to leadership style and how to recognize your team members’ preferred styles. Participants are better able to understand how to effectively motivate and lead diverse teams, using all of the leadership tools of participating, delegating, selling and telling, dependent on the situation, the individual team members – their skills, motivations and personal preferences – and/or the tasks.

Leadership skills are significant as effective leaders are able to facilitate their workers feeling less tension in the workplace, having

a higher morale, feel more empowered and safer when they know that employers and leaders truly care about them and their well-being.

All high performing teams share the following characteristics:

- People trust each other and feel respected.
- Everybody is working toward the same goals.
- Team members know how to accomplish tasks, and their roles and expectations.
- Everyone has a voice, and gets a chance to contribute during discussions.
- Disagreements are managed, and are constructive; viewed as opportunities for problem solving.
- The team makes decisions when there is natural agreement – otherwise decisions are made by supervisors/managers. And decisions are respected.
- Leaders are flexible and make changes to drive results.
- No individual members are more important than the team.

1,833 participants attended BCFSC training sessions in 2017

The BC Forest Safety Council offers industry training that helps support the best health and safety outcomes. The following is a summary table of the courses offered in 2017 and the number of participants who successfully completed each of the courses. 🌲

Type of training	Number of participants to successfully complete the course
Individual Owner Operator	107
Individual Owner Operator Refresher	4
Individual Owner Operator Refresher Online	29
Small Employer Occupational Health and Safety	290
Small Employer Occupational Health and Safety Online	54
Small Employer Occupational Health and Safety Refresher	27
Small Employer Occupational Health and Safety Refresher Online	79
Internal Auditor and Refresher	46
External Auditor	6
External/Internal Auditor Teleconference	215
Forest Safety Overview	64
Basic Incident Investigation	172
Advanced Incident Investigation	38
Forest Supervisor	471
Falling Supervisor	74
Basic Chainsaw Operator	157
Total number of participants:	1,833

- Some actions that support leading and maintaining a safety culture:
- Publish a list of safe actions for your workers
- Reward workers who are great examples of safety
- Create a safety award program in your company
- Recognize safe workers during staff meetings
- Promote safe employees to positions of higher responsibility
- Involve safe employees in orientation of new workers
- Talk about safety at every opportunity
- Be aware of your own behaviour and what you are demonstrating to your workers
- Support employees who want to learn more about safety
- Listen to new ideas
- Thank employees who report near misses, close calls, and hazards
- Follow up with employees who have reported something to let them know what

you have done or are going to do

- Let all employees know the actions you are taking to address a reported unsafe condition
- Where possible, involve employees in inspections and investigations so they can develop better skills at looking for safe conditions
- Cultivate curiosity in your company
- Cultivate taking responsibility
- Post safety messages in your work areas
- Find the people who are especially enthusiastic about safety and give them responsibilities in the safety program
- Organize learning sessions for workers
- Have safety books, videos and resources available in the lunchroom
- Recommend videos or books or other resources to workers.

To learn more about leadership and professionalism means to improving operational and human performance, contact training@bcforestsafes.org or call toll-free 1-877-741-1060. 🌲

SAFETY IS GOOD BUSINESS

Feedback summary from 2017 training sessions is positive

During and after all BC Forest Safety Council training sessions, course participants are encouraged to complete feedback forms to help ensure courses continue to deliver on their intended outcomes. All feedback is reviewed internally and analyzed so that appropriate actions may be considered and implemented to ensure continuous improvement in the learning experience. The trainers and the BCFSC greatly appreciate all feedback. The following is a quick highlight summary of key feedback from courses delivered in 2017.

Basic and Advanced Incident Investigation sessions

Strengths: concise, good content, materials and instructors

Key learnings: eye-opener re: investigation bias; will be better prepared; will ask better questions and record better reports

Suggestions for improvement: more case studies, less videos

Overall satisfaction ratings from 26 participants (in All): 9 excellent, 16 very good; 1 good

Forest Supervisor Training, module 1: due diligence sessions

Strengths: real life industry examples; valuable information in materials; instructor; open discussions; a good foundation; a lot of information packed into one day

Key learnings: making sure I meet proof of due diligence; communicating more and reinforcing; improving my documentation; good tools to improve my safety program effectiveness

Suggestions for course improvement: tough to balance all the content in keeping it within one day; more hands-on; more getting up and moving about; better manual content to match delivery

Overall satisfaction ratings from 131 participants: 43 excellent, 59 very good and 29 good

Forest Supervisor Training, module 2: communication sessions

Strengths: Good materials and presenter; variety of activities; left with new skills on how to communicate better; great tips

Key learnings: a framework for thought and improvement; how to deal with workers more effectively; communication is more than just talking; lots of tips for listening better, meeting and tailgate tools; asking for feedback to ensure understanding

Suggestions for improvement: a few more micro breaks; didn't find the email section helpful

Overall satisfaction ratings from 118 participants: 34 excellent, 60 very good, 23 good and 1 fair

Forest Supervisor Training, module 3: leadership and professionalism sessions

Strengths: great content, good exercises, good presenter

Key learnings: learned things about myself; new tools for the toolbox; how to maximize people's

Continued on page 14...



Training

Continued from page 13...

strengths; easy methods to improve to be a more effective supervisor; sensitive to team dynamics

Suggestions for improvement: include all slides in booklet; reduce repetition

Overall satisfaction ratings from 111

participants: 37 excellent, 52 very good, 16 good, 6 fair

Falling Supervisor Training

Strengths: instructor to student ratio; great information; well delivered by knowledgeable and experienced trainer; good pace over five days covering a lot of information

Key learnings: better understanding of regulations and requirements; liability as supervisor is serious; how to be a more proactive supervisor; more confidence

Suggestions for improvement: cover a little more on new technologies; a lot of information to cover but still tough taking a week off work to attend

Overall satisfaction ratings from 38

participants: 13 excellent, 23 very good and 2 good

Small Employer OHS and Refresher Training

Strengths: good instruction; great trainers; excellent materials, videos and case studies; very well organized; great discussions; shown where to find more supports tools going forward online

Key learnings: everything needed to be able to complete a SAFE Companies audit and implement a good safety management system for a small company; job safety and safe work procedures; how important safety is and how to implement better procedures

Suggestions for improvement: offer it online; acronyms were confusing; less story-telling; more about the audit, less about general safety

Overall satisfaction ratings from 197

participants: 98 excellent, 83 very good, 15 good and 1 fair 🍏

Upcoming training

If you would like to see how a training course can meet your organization's needs, please let us know. We are committed to working with you to find the right training solution. We may be able to tailor a program to your specific needs and deliver it in a way that is most convenient for your operations.

Basic Incident Investigation training

Feb 22 Nanaimo
Feb 22 Prince George
Mar 12 Castlegar
Mar 19 Kamloops
Mar 22 Langley
Mar 26 Williams Lake
Apr 23 Terrace
Apr 25 Houston
Apr 26 Vernon

Falling Supervisor training

Mar 12 Nanaimo
Apr 9 Campbell River

Forest Supervisor training

Module 1: Due Diligence (1)
Module 2: Communications (2)
Module 3: Leadership & Professionalism (3)

Feb 28 Nanaimo (1)
Mar 1 Nanaimo (2)
Mar 2 Nanaimo (3)
Mar 14 Castlegar (1)
Mar 15 Castlegar (2)
Mar 16 Castlegar (3)
Mar 21 Vernon (1)
Mar 22 Vernon (2)
Mar 23 Vernon (3)
Mar 26 Houston (1)
Mar 27 Houston (2)
Mar 28 Houston (3)
Apr 4 Cranbrook (1)
Apr 5 Cranbrook (2)
Apr 6 Cranbrook (3)
Apr 18 Prince George (1)
Apr 19 Prince George (2)
Apr 20 Prince George (3)

Joint Occupational Health and Safety Committee training

Feb 23 Nanaimo
Feb 23 Prince George
Mar 13 Castlegar
Mar 20 Kamloops
Mar 23 Langley
Mar 27 Williams Lake
Apr 3 Cranbrook
Apr 24 Terrace
Apr 26 Houston
Apr 27 Vernon

Small Employer OHS training & Refresher training

Feb 15 Campbell River
Feb 15 Prince George
Mar 1 Vernon
Mar 1 Williams Lake
Mar 8 Fort St John
Apr 12 Kamloops
Apr 12 Nanaimo
Apr 12 Prince George
Apr 19 Langley

Individual Owner Operator OHS training & Refresher training

Feb 24 Teleconference
Mar 24 Teleconference
Apr 28 Teleconference

View the full 2018 training calendar here: www.bcforestsafesafe.org/fscapps/calendar/calendar.php. Please check back often as course dates may change if there are insufficient participants. All training is offered on a not for profit, cost-recovery basis. Email training@bcforestsafesafe.org or call toll-free 1-877-741-1060 for general information, or email Gary Banys at banys@bcforestsafesafe.org to answer any questions you might have about course content and/or about tailoring courses to meet your company's needs at a location of your choice. 🍏



Health and

Whole body and hand-held tool vibration:

What happens when your machine vibrates



By Dr. Delia Roberts

Many jobs in forestry either use a hand-held tool that vibrates or involve long hours seated on a machine that rumbles and shakes as it moves over rough ground. Research over the past 15 years suggests that the effects of repeated exposure to vibrations are variable from person to person, but if the exposure is high enough, it can contribute to the development of poor health and disease.

Vibration exposure depends on a lot of factors. The size of the vibrations (how much movement takes place) and their intensity (how fast the vibration occurs), combined with the length and regularity of exposure. But other factors such as how hard the surrounding muscles are contracting (tightness of grip, need to balance on an unstable surface), posture (neutral joint position), environmental factors (noise, cold, dampness), the use of tobacco and fatigue can also contribute to the effects of the vibrations.

Holding a tool or control stick that vibrates

When you grip a tool or control stick, the blood flow through your fingers and hand are reduced. The harder you grasp, the more the muscles squeeze the blood vessels and nerves between the layers of muscle, and against bone and the hard surface of the device. If your wrist, elbow and/or shoulder are also in a position

where the muscles are strongly contracted or the joints are compressed, blood vessels and nerves can be even more at risk.

Warning signs to watch out for include white fingers, numbness or tingling, and eventually pain. When the tissues don't receive enough blood they can start to die, nerves are especially sensitive to this, so don't ignore a loss of feeling. If you have some of these symptoms, check your tool to make sure that it is running properly and that it is not vibrating excessively because it needs maintenance. Rubber grips and dampening can help, but be careful as some products such as anti-vibration gloves have been shown to make the situation worse by increasing the force required to grip the tool. When working outdoors, keep your hands, wrists and elbows warm and dry as much as possible, and if you have to work in the rain or snow, stop from time to time to warm these areas. Consulting with an ergonomist is worthwhile, as adjusting your posture can improve blood flow while working. The ergonomist or kinesiologist can also help you with specific stretches or range of movement exercises that you can use regularly to restore circulation to the affected tissues.

Whole body vibration

Running a machine that generates vibrations through the engine or because of traveling on rough ground can be problematic. Some of the effects can be transmitted through the steering wheel or hand control and are similar to those described above. However, when sitting the vibrations are transferred into the spine and if large enough, can contribute to problems with spinal discs. Some research shows that whole body vibration may even contribute to digestive problems and other diseases of the internal organs. When standing, the knee joint is also at risk.

As described above, vibrations cause blood flow to the area to be reduced. Hence, cold, dampness, smoking and dehydration can make these effects worse. The small nerve endings can be damaged because of insufficient blood supply, but they are also affected directly, and this may be more of a problem with whole body vibration. Nerve endings in the joints and muscles are sensitive to pressure, stretch and load, and will respond by activating muscle to support the joint. Vibrations disrupt the ability of these nerves to accurately sense changing loads. Our ability to control movements is impaired, and this can lead to injury.

Fatigue and vibration relationship

Making sure your machine is in good working order is a good idea for many reasons, but can also help keep vibrations to a minimum. Tire quality and running pressure are important for trucks, and vibration reducing seats can help for both drivers and equipment operators, if the seat selected is correctly installed and appropriate for the type of vibration experienced. Fatigue will increase the effects of vibration and excessive vibration will generate more fatigue. Posture is also critical, one study showed that the more awkward the posture, the greater the perceived effect of the vibration. Once again an ergonomist can help to ensure that the joints are held in as optimal a position as possible, thereby reducing the effect of the vibration and lowering the risk of injury or other negative impact from the vibration.

Intermittent movement can be very effective in helping to reduce the effects of vibration. Get out of your machine regularly, using three point contact, and take a moment to adjust your posture and readjust those all-important reflexes that will help your joints stabilize. Walk briskly around the machine, three times. The first is a gentle readjustment to restore blood flow and the nerve muscle communication. Focus on posture and the movement, stability and avoiding ground hazards. The second time should still be slow, but this time adjust your focus to check your machine. The third time is back to a movement focus with a faster walk, to further increase blood flow. If you are concerned about the cultural effect of being seen circling your machine, or there are other hazards present that make it unsafe to be outside of your machine, at the very least raise and lower your legs off the seat, stretch and bend your legs and lift your butt off the seat to allow some blood to return to areas that have been restricted.

We can try to adjust the tools and machinery to reduce vibration, but there is also a lot that you can do through healthy movement practices to reduce the effects of existing vibration on your body.

For more information, see the Canadian Center for Occupational Health and Safety:

https://www.ccohs.ca/oshanswers/phys_agents/vibration/

or the World Health Organization: http://www.who.int/occupational_health/pwh_guidance_no.10_teaching_materials.pdf 🌱

Try taking a 2-minute movement break once every hour to do the following exercises:

- Shake out your hands for 10 seconds
- Pulse your fingers by opening and closing your fists ten times quickly
- Circle your wrists outwards 5 times, inwards 5 times
- Stretch by extending your arms forward at shoulder height, elbows straight and wrists bent. Hold with fingers pointing up for 10 seconds, then pointing down for 10 seconds
- Stretch with arms down at your sides, elbows straight, wrists bent and fingers pointing straight out to the sides. Slowly raise your arms up (keep your shoulders down) until you feel a little bit of buzzing in your wrists. Gently pulse your arms up and down at this level for 10 seconds.
- Roll your shoulders inward for 10 circles and outward for 10 circles
- Press your shoulders down and roll your head to the right slowly, then to the left. Repeat 5 times
- Gently swing your arms up and down and all around 10 times, gradually making the movements larger as pain and flexibility allow.



Your Take on Safety

TimberWest successfully tests new technology to reduce risks in mobile equipment—ground crew interactions

One of the high risk activities for forestry operations involves interactions between mobile equipment and workers on the ground. Proper planning, training, effective two-way communication and safe work procedures are now being further supported by leading technology involving cameras and sensors for machine operators, with warning alarms both inside and outside the cab.

TimberWest is one of BC's industry leaders in seeking and testing engineered solutions to further reduce risks. "We look at every possible way to make our job sites safer," said John Shearing, Contract Manager, South Island Logistics Facility for TimberWest. "So we were eager to try out ScanLink's⁽¹⁾ new proximity sensor technology as it could provide a secondary layer of precaution to the already standardized back-up alarms outfitted on industrial machines."

The licensee chose its South Island Logistics Facility, in Crofton, to pilot the technology. Radio Frequency Identification (RFID) uses electromagnetic fields to automatically identify and track tags attached to objects.

How it works on equipment is that the sensor part is mounted on the equipment and the tags that are going to be scanned are within stickers that are applied inside the hard hats of the ground crew.

The proximity sensor software allows the user to tailor the range of the



A view of the rear camera affixed to the sensor technology. (All photos from www.timberwest.com)

sensor's magnetic field generator which means it can be set to only trigger when an individual is within a designated proximity range. When the sensor is triggered, a distinct alarm will sound both inside and outside of the operator's cab, warning the machine operator and putting the ground crew worker on notice to immediately vacate the area and move to safe ground.

The most active pieces of equipment at the TimberWest site are wheel loaders so the decision was taken to pilot the new safety technology with a CAT 980K wheel loader.

Operator, Doug Scott, of Spuzzum Contracting, was first to trial it. "The thing is I am sitting in a cab about 8 feet above the ground. When you back-up a machine this size the rear window doesn't allow you a full view of what is

on the ground below. While we have clear rules that prevent

ground crew being around the machine, the sensor makes a world of difference in helping make sure there are no mistakes."

Jesse Stromquist, head of Spuzzum Contracting said: "We really got to customize the CAT 980K all thanks to Finning. We decided to add a camera to the sensor, and a screen inside the cab giving the machine operator a real-world view of what was happening behind him."

"The RFID stickers are really great too. We would like more of them on site, because



The radio frequency identification (RFID) stickers are placed inside the hard hat.

as the crew suggested, it makes sense to add the stickers to objects that may be out of the operator's field of vision and cause damage to the machine. The more tools we have in our belt, the better off we are at the end of the day. Now, the RFID stickers not only help us protect our workers, they can also help us avoid damage to items and equipment in the yard."

Feedback from the ground crew on the new system has been extremely positive. "Everyone on site really likes knowing that an extra level of safety has been added to one of the most active and important machines in the yard," said Mr. Shearing. "Our goal at TimberWest is to provide all of our workers with a safe and healthy workplace. With the help of industry

partners and innovative technology, we have taken a proactive step in that direction."

"This technology is a home run," said Jeff Zweig, President & CEO of TimberWest. "With this type of innovation, and others that are emerging, we can expect a step-change improvement in safety performance. There is nothing more gratifying than that. As an organization we are committed to a proactive approach on safety, and will continue to investigate and invest in new technologies that make the workplace a safer place," he said.

TimberWest is currently considering additional applications of the technology. Anyone interested in learning more about the technology may contact Finning or ScanLink. 🌱

Footnote: (1) Manufactured by ScanLink and distributed through Finning, the world's largest Caterpillar distributor headquartered in Vancouver.

ABOUT Forest Safety News

Forest Safety News is published six times a year: February, April, June, August, October and December. All submissions – letters to the editor, safety tips, photos, safety stories, concerns etc. – are welcome. The opinions expressed in the newsletter are not necessarily those of the editor, staff or board of the BC Forest Safety Council. All decisions to publish materials rest with the editor. 12,000 copies of each edition are distributed via mail or email. Additional copies are distributed at industry events.

Subscriptions

If you would like to continue to receive a hard copy or would prefer to receive an electronic copy of this newsletter, please email editor@bcforestsafesafe.org and ask to be added to the print copy or email distribution lists. Email subscriptions are encouraged.

Have a story, letter to the editor, safety tip, ideas or photos? Please send all submissions to:

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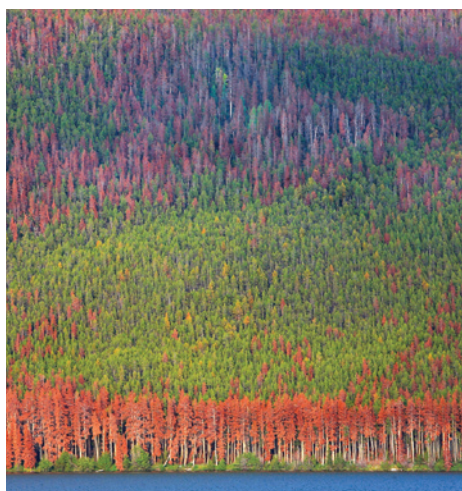


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ABCFP 2018 conference:

Increasing awareness about wildlife/dangerous trees for field workers



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

Left: Gerard Messier, BCFSC program development manager, talks with delegates at the 2018 ABCFP annual conference about the awareness needed around wildfire and insect-kill stands for field workers. The slide image credit for the search and rescue helicopter goes to Canadian Joint Operations Command. *Centre:* the mountain pine beetle killed trees at an interior lake photo was taken by AJ Schroetlin. *Right:* the wildfire boundary flagged trees image is from www.Replant.ca.

The BC Forest Safety Council's program development manager, Gerard Messier RPF, kicked off one of the conference breakfast sessions with a short presentation on the potential hazards posed by wildfire and beetle-kill stands. Gerard used an example of a serious injury – and the 11-hour extraction of that injured field worker in 2016 – to highlight the need for all workers to be trained to anticipate and recognize hazards. He said this was especially important with activities such as recce, surveying and other field work often done by technologists, foresters and field workers, in fire destroyed/damaged and insect killed stands.

"There is a significant threat to health and safety when field work is done in wildfire and insect killed stands. With 1.2 million hectares lost to wildfires last year alone, exposure to hazards in unstable stands is increased," said Gerard.

He said on July 9, 2016, two forestry consultants were out in a stand with beetle-killed trees, with no significant wind. At 9:10 am, one of the workers heard a crack but didn't know from where and took cover as best he could. He was struck by a dead fall pine which injured him and knocked his radio out of his vest pocket. About 500 metres away his colleague was unaware of the incident at the time. The injured worker managed to retrieve his radio and summon his colleague who provided first aid and then went back to their pickup to use a satellite phone to contact emergency services. But, it took till 8:40 pm that night to get the worker to hospital in Prince George. Fortunately, the worker did recover from his serious injuries – several broken bones.

To be able to properly respond to an incident in a remote location, an effective and tested emergency response plan (ERP) is critical,

including an understanding of how long extraction can take, even when a helicopter is able and available to assist with the extraction. Also ask yourself: what if weather makes heli-evacuation impossible?

Please see two related safety alerts: <http://www.bcforestsafesafe.org/node/2825> (forestry consultant serious injury, Aug 2016) and <http://www.bcforestsafesafe.org/node/3065> (working around fire and beetle killed trees, Nov 2017) as well as these website resources: <http://www.bcforestsafesafe.org/node/2585> and a WorkSafeBC video on Every Minute Counts: Emergency Response Planning in Forestry: https://www.youtube.com/watch?time_continue=7&v=oMsiW0AWEws

For more information about wildfire and insect kill tree hazards, please see story on page 4. 📄



ABCFP 2018 annual conference, tradeshow and AGM:

Deputy Minister Sheldon puts safety first & Minister Donaldson thankful no lives lost in 2017 wildfires



Deputy Minister of FLNRORD, Tim Sheldon.

Deputy Minister of Forests, Lands, Natural Resource Operations and Rural Development (FLNRORD), Tim Sheldon moderated a public lecture on “The future of wildfire in BC” at the ABCFP 2018 conference. Dr Scott Stephens, Professor, Wildland Resource Science, University of California, Berkley, shared what BC can learn from California’s recent wildfire experience. During question period Deputy Minister Sheldon was asked if contractors who helped out in the past BC wildfire

season would be considered to support fire suppression activities in the future. He responded: “Yes, but safety has to come first. We have to make sure that people are fit, healthy, capable, and trained to be able to support” before we can consider utilizing their skills on the land base.



Doug Donaldson, Minister of FLNRORD, expressed his gratitude that no lives were lost during the 2017 wildfire season at the 2018 ABCFP conference.

During a luncheon address, Minister of FLNRORD, Doug Donaldson, expressed his sincere appreciation to all for the efforts made in fire response and said: “No lives were lost in response to the 2017 wildfires

and everyone involved all deserve a round of applause for that.”

Health of the people linked to health of the land

He went on to summarize his policy plans consistent with his mandate letter from Premier Horgan, and includes increasing jobs for every cubic metre harvested and expanding BC’s innovation in wood products. In response to wildfires and the insect kill, he said a five-member panel had been formed to review the province’s forest inventory program and ensure it reflects and addresses the latest changes that impact inventory. The panel includes a former academic, three professional foresters and an environmentalist.

He also invited all foresters to help win back public trust, highlighting wildlife management and land use planning, reminding delegates that people want to know and understand what the plans are for their forests in their back yards and that “the health of the people is linked to the health of the land around them.” 🌲

WFCA 2018 annual conference, tradeshow and AGM:

1-year forestry safety advocate report back



Dr. Jordan Tesluk provided the 2018 WFCA conference with an update after one year in his role as the BC Forestry Safety Advocate.

Western Forestry Contractors’ Association (WFCA) executive director, John Betts, explained that the role of the BC Forestry Safety Advocate was created as a pilot to ensure all the great safety information created by the BC Safe Forestry Program was getting out into the field to silviculture and consulting companies. Dr Jordan Tesluk, BC Forestry Safety Advocate, visits forestry operations (by invitation) to spend time talking with workers and sharing safety best practices, information and resource tools.

In the year, Jordan did 21 visits at camps, offices, on the block, at home and via Skype, delivering resources to both silviculture and First Nations forestry operations, adding consulting foresters as well. He conducted interviews in person and held meetings with WorkSafeBC.

Input from field

He said the greatest concerns from the field continued to be around MSIs and driving. Positive shifts include overall

culture and a generally positive assessment that everyone feels part of the same safe system, with improvements such as drills, better communication, better camp conditions, new treatment approaches, improved injury management, and increased disease and hygiene awareness.

Opportunities for further improvement include rectifying persistent gaps in enforcement; resources needed to be made relevant; and overcoming some joint health and safety committee training challenges.

Part of Jordan’s role as advocate is to research issues raised by workers and then bring that back to SAC with recommendations – so a two-way flow of output and input to better inform and resolve emerging safety related issues. For example, when an issue was raised about some practical applications of the joint health and safety committee representative requirements, Jordan met with WorkSafeBC to clarify options and confirm workable solutions. The pilot will continue in 2018. 🌲

WFCA 2018 annual conference, tradeshow and AGM:

Getting injured workers the care they need in the golden hour



Miles Randell, of TEAAM, shares his vision for providing a service to fill the gap in Helicopter Emergency Medical Services in BC.

Miles Randell, of Technical Evacuation Advanced Aero Medical (TEAAM) shared his organization's vision for effective Helicopter Emergency Medical Services (HEMS) in BC.

He said to get a sense of what's missing in BC, he said Alaska, with 760,000 residents, has 31 air ambulance helicopters (one air ambulance for every 24,516 residents) compared to BC where there are 4.6 million residents and just four air ambulance helicopters (one air ambulance helicopter for every 1.15 million residents).

"We can bring the emergency room to the patient in a logging setting," said Miles. Created last year TEAAM is supported by a group of like-minded medical professionals/paramedics highly experienced in pre-hospital retrieval medicine. "We starting to build the model and someone said there is a part missing – industry – and we got passed a copy of the Roger Harris HEMS report, read it twice and realized that what he was advocating was exactly what we were building."

The TEAAM model is built copying the success of Two Bear Air (Whitefish Montana); Westpac Australia; STARS (in Alberta, Saskatchewan and Manitoba) and Air Zermatt Switzerland, which Miles describes as the "top tier operational model undoubtedly the best model in the world, funded by patronage."

He said apart from patient benefits, there are hard bottomline benefits to government

as support can save the healthcare system and WorkSafeBC a lot of money in ensuring timely treatments for patients that impact patient outcomes and long term healthcare and social costs significantly.

Learn more: www.teaam.ca or email miles.randell@teaam.ca.

Update

Rob Moonen, BC Forest Safety Council CEO, also provided an update on the status of Roger's HEMS report, saying that the Union of BC Municipalities (UBCM) had unanimously endorsed it last year and that government was reviewing it carefully, and a response was expected in 2018.

In a March 8, 2018 Black Press article published in several of the media group's publications <https://www.northislandgazette.com/news/health-minister-says-coming-changes-will-make-difference-in-rural-communities/>, Health Minister Adrian Dix acknowledged the BC Forest Safety Ombudsman Report and said he thought the ombudsman had "done a thoughtful report and we need to respond to it – and we will", indicating that improvements were expected in the coming months. 🌲

WFCA 2018 annual conference, tradeshow and AGM:

Taping works in prevention and early treatment of MSIs



Physiotherapists Jared Lalik (left) and Mike McAlanon, of Total Physiotherapy, presented on how best to prevent and treat MSIs in tree planters, and hosted two workshops on how to tape thumbs/wrists/arms, knees and the lower back to help prevent strains becoming injuries and/or prevent a minor injury becoming a more significant one.



One of the taping workshops where delegates where taught how to tape themselves and others.



Robin McCullough, Chair of BC Safe Forestry Program and occupational health and safety coordinator for Brinkman, was a participant in one of the workshops to learn how to tape to help prevent thumb tendonitis. When applied correctly, taping is also a prompt tool to help the wearer self-correct to the right postures to prevent injuries.

Mike McAlanon and Jared Lalik, of Total Physiotherapy, along with Darrell Skinner, of the Okanagan College, shared some findings of research they had recently done and some practical applications to help prevent, and more effectively manage, MSI injuries in tree planters.

See two videos and other support materials here: www.totalphysio.ca. Go to the injury and disability management section and type in: wfca (username) and plant (password).

The Total Physio program covers: before season, during season, and injury management. They built supplemental tools to Dr. Delia Roberts' Fit to Plant work including a 20-minute self-administered work out. Through reverse engineering, using biomechanical analysis of planters at work, they identified 15 injuries and specifically what tree planters were doing to get injured

in those ways, and then found ways to prevent those injuries, and translating those tactics into entertaining videos to inform and educate tree planters on the simple things they can do to keep strong and healthy at work during the season so that they can really enjoy their skiing, surfing and other activities during the off-season, without injury.

Using Facetime, the physiotherapists are able to consult with the planter, first aider and the supervisor to find resolutions that work well for everyone. "Planters want to plant but they also want to make sure they are not getting injuries that will affect them in the off season and from an employer perspective it allows them to give a planter options on what to do," said Mike.

To take the learnings and make them more broadly available, they focused on the prevention aspects of 40% of what they treat in tree planters: generalized lower back pain from all the bending; and, wrist and hand tendonitis.

In addition, the "Efficacy of Prophylactic Taping in Managing Tendonitis of the Thumb in Tree Planters" research project was undertaken for three key reasons:

- Tree planters experience a high incidence of shovel-sided tendonitis, called de Quervain's tenosynovitis
- This condition is most prevalent in the first month of the planting season
- Current treatment strategies include taping, immobilization, education and technique modification and have been effective in allowing planters to continue planting or return to planting quickly.

Continued on page 4...



Continued from page 3...

Darrell explained that the research, done last summer and made possible by a National Science and Engineering Research Council of Canada grant, involved 113 planters from two Windfirm Resources and two Summit Reforestation camps. The results found that a planter who was not taped was 5 times more likely to develop thumb tendonitis than a planter who was taped.

The injury prevention takeaways include:

1. All 1st and 2nd year planters should tape for at least their first three weeks. (Must be Leukotape and watch the video closely for proper application to prevent unintended consequences.)
2. Hydration (maintaining appropriate water-salt balance) is key in prevention of tendonitis.
3. Walk like a cowboy.
4. Include proper stretches throughout the day.

It is very important that you see the videos and other materials for details and implement exactly as directed to ensure the desired outcomes. 🧘

WFCA 2018 annual conference, tradeshow and AGM:

Be aware and recognize the hazards in fire- and beetle-kill blocks

Dean McGeough, RPF, coordinator for the Wildlife Tree Committee (WTC), said it was critical that all silviculture and other forestry workers be aware and prepared for the hazards in fire- and beetle-kill blocks, especially given the recent wildfire season and increasing insect kill hectares across the province.

While the WTC's mandate is the conservation of wildlife habitat trees that 80 BC species depend on, safety is paramount. Some of these trees are expressly protected by law, and safety is expressly dealt with in OHS Reg 26.1.

A dangerous tree is a tree with a hazard when workers are exposed to this hazardous part. Evaluating the "hazard" is done according to WTC specified criteria which is dependent on the type of exposure that a worker's activity creates. Workers

may be doing very low risk activities, low level disturbance activities, or moderate to very high disturbance activities.

For very low risk (VLR) activities, situational awareness is required. These activities include: walking and hiking; surveying & recce; travel by PU, ATV, horse, bike; sample plots and cruising; forest and stream assessments, etc. For VLR activities:

- Look up, around and down
- Consider access and egress
- Look for clues of instability
- Avoid exposure to hazards
- Avoid contact with trees
- Consider weather and season
- Observe wind effects on trees.

For low level disturbance activities, a pre-work assessment by a qualified person is required.

For moderate to very high disturbance activities, a pre work assessment by a certified assessor (two-day course run by the University of Northern BC) is required.

There are five steps to do an assessment:

1. Determine what you are going to do and the activities' level of disturbance
2. Perform a site assessment overview

WFCA 2018 annual conference, tradeshow and AGM: Ticks carry more than just Lyme Disease



Janet Sperling, Entomologist, and Jim Wilson, President and Founder, Canadian Lyme Disease Foundation, at the WFCA annual conference.

Janet Sperling, who studies tick DNA, said that bacteria, from a tick bite, is under diagnosed in Canada and this leads to serious disease because the bacteria affects all the human body's systems. She said it was the tick's protein-rich saliva that allowed the bacteria to get beyond our immune systems.

The only way to avoid Lyme Disease is to avoid tick bites. The high risk time in BC is winter. The ticks spend most of their lives underground and come up for two weeks to find a host. Climate change is impacting seasons too so for different parts of the province tick season varies. BC currently has 20 of Canada's 40 tick species which means there are many bacteria harmful to health, not just Lyme Disease. Entomologists are also seeing some hybrids as a result of migration, e.g. dogs get walked in Saskatchewan, come home to BC, and hybrid ticks occur. Janet's DNA sequencing has found that ticks are different from coast to coast, so if bitten one should be tested for the diseases that are carried within that particular region.

Things to do when out in the woods, and especially in higher risk exposure areas such as fire burned stands:

- Regular tick checks
- Shower at the end of the day
- Use DEET/Icardin repellent (note that you need a higher level of DEET for ticks than for mosquitos)

- Consider using Permethrin treated clothing (very new in Canada and only licensed for mosquitos)
- Wear long pants and sleeves; don't allow ticks to get underneath pants (seal off around boots; no open exposure areas)
- If bitten, take the tick off, keep the sample cool and freeze it when you can. There is no guarantee on whether the tick will be tested, and if a Lyme tick carrier, the blood test is unreliable as it tests for a reaction only
- Take all bites seriously and don't dismiss symptoms as flu or fatigue/age aches and pains. The sooner a course of antibiotics is started the better, with a good prognosis for a full recovery. Late intervention creates longer term health challenges. Learn more here: www.CanLyme.org 🧐

For all the presentations at the 2018 WFCA, please see:

<https://wfca.ca/wsca-annual-conference-tradeshow/conference-2018/>



Dean McGeough.

3. Conduct tree assessment
4. Prescribe appropriate safety management decisions
5. Document and communicate safe work procedures.

Dean said that for fire stands, safety risks include roots burned out. Variables include whether it was a high or low intensity fire, burning green or dead wood and if a year has passed since the fire then a winter may well have taken out all the hazards.

With Mountain Pine Beetle killed stands, trends are that in certain areas one is dealing with 20-year old kills (where it started), and as one moves south one is dealing with more recent dead trees and one needs to understand the difference in dealing with new and old kill trees in terms of hazards and risk.

Dean said that stand history and exposure, age and decadence, battered tops, and canopy structure all provided clues to the hazards but that often wind risk was the biggest hazard and there needed to be recognition that a hazard can be the whole stand not just individual trees.

Thinking about drop zones, if the tree does fall, and being 1.5 times the tree length out of those zones is important too, along with possible domino reaction and always knowing the prevailing wind direction.

The first question to ask is: do you really need to go there? Plan for safety. Use the tree assessment process. Know your Wildlife tree objectives and constraints. Have a plan. Check weather forecast before heading out and establish a wind speed shutdown limit. And, don't just consider access and egress; consider where crew camping and parking areas are located; utilize no work zones; document and communicate so everyone is aware of the hazards.

For more information, please see: <https://www2.gov.bc.ca/gov/content/environment/plants-animals-ecosystems/wildlife/wildlife-habitats/wildlife-tree-committee> and for assessor courses please see: <https://www.unbc.ca/continuing-studies/courses/wildlife-danger-tree-assessor-certificate-forest-harvesting-and-silviculture-module>. 🌲

WorkSafeBC's high risk strategy for forest harvesting 2018-2020 focuses on five areas: falling, hauling, cable yarding, mechanized harvesting and silviculture

WorkSafeBC's 2018-2020 Forestry High Risk Strategy (HRS) is a renewed three-year strategy for prevention activities in harvesting and related operations. The intent of their strategy is to direct focused and impactful inspectional activity in the industry activities that "represent exceptional risk to workers".

These activities typically fall into five areas of timber harvesting:

- Manual tree falling
- Log transportation
- Cable yarding
- Mechanized harvesting
- Silviculture

Silviculture has been included as one of the main focus areas as this sector generates a high volume of serious injuries. In addition, emergency response planning (ERP) has also been identified as a critical target area because of a number of serious ERP failures that have occurred at forestry workplaces.

New: dedicated falling inspection team

(see page 13 to meet the team)

Due to the continuing high injury rate in hand falling, a dedicated inspection team will focus

on employers in this classification unit with high injury rates, a sequence of high risk injuries, and/or poor compliance rates.

Hearing loss prevention, phase congestion and roadside debris will continue to also be integrated into WorkSafeBC officers' inspectional and outreach activities, whenever opportunities arise.

The goals are to continue to raise awareness and promote adherence to best practices and to reduce the serious injury and fatal injury rates in the top risk exposure categories in forestry harvesting.

Industry and Labour Services Manager, Tom Pawlowski, said that given the seasonal nature of forestry work, WorkSafeBC officers in different regions of the province will continue to have the latitude to shift their inspectional focus to reflect seasonal variability.

He said one of the most important things about sustained compliance was that it "requires the commitment and support of on-site employers as well as those parties with higher-level responsibilities related to proper planning and execution of the work. When repeat or high-risk violations occur, officers will review the roles and activities of all worksite parties to ensure their responsibilities are being fulfilled."

Activities (2018–2020)	Details
Inspections: Manual falling	<ul style="list-style-type: none"> • Falling cuts • Danger tree windfall assessment and plans • Unnecessary brushing practices • New faller training programs, new faller safety, and adherence to training requirements • Roadside debris endangering workers • Phase congestion
Mechanized harvesting on steep slopes with a specific focus upon tethered and traction assist machinery	<ul style="list-style-type: none"> • Maintenance work plan and lockout • Three-point-contact procedures • Steep slope assessment plans • Safe operation of traction assist and tethered equipment
Cable yarding	<ul style="list-style-type: none"> • Clearing the turn • Yarding angles • Landing the log
Log transporting	<ul style="list-style-type: none"> • Driving and road assessment • Loading, offloading, and securing of load • Best practices for maintenance work (lockout, access, and egress) • Cab guards (bull boards) and seat belt use • Three-point-contact procedures
Silviculture	<ul style="list-style-type: none"> • ERP elements (as on the next page) • Planning and conducting operation • Driver training and policies • Musculoskeletal injury (MSI) risk assessment • MSI program management • MSI education of workers

Continued on page 6...



Continued from page 5...

Activities (2018–2020)	Details
Emergency response planning (ERP)	<ul style="list-style-type: none">• First aid assessment• Lack of ERP practice and testing• Daily plan for helicopter-only access• ERP review: ERPs properly communicated to workers and service providers, and routinely practised through realistic emergency drills
Hearing loss	<ul style="list-style-type: none">• Measure or review noise levels by location and job role, and assess existing mitigation strategies• Complete hearing conservation program assessments of existing, new, and young workers to identify exposure areas and risk-control opportunities
Other WorkSafeBC Forestry HRS activities, not related to inspections:	
Faller Technical Advisory Committee (FTAC)	<ul style="list-style-type: none">• Act as a point of contact on Forestry HRS manual falling elements with FTAC
Resources for industry	<ul style="list-style-type: none">• Develop and distribute prevention resources designed to create awareness of the Forestry HRS, and awareness and tools for addressing risk and mechanisms of injury in the Forestry HRS focus areas, assisting with compliance with the OHS Regulation
Forest Industry Advisory Group (FIAG)	<ul style="list-style-type: none">• Facilitate two FIAG meetings in support of Forestry HRS content

Related resources:

- Forestry Steep Slope Logging Checklist: <https://www.worksafebc.com/en/resources/health-safety/checklist/forestry-steep-slope-logging-checklist?lang=en>
- Log Transporter Inspection Checklist: <https://www.worksafebc.com/en/resources/health-safety/checklist/log-transporter-inspection-checklist?lang=en>
- Forestry High Risk Strategy Compliance Guide: <https://www.worksafebc.com/en/resources/health-safety/books-guides/forestry-high-risk-strategy-compliance-guide?lang=en>
- Forestry High Risk Strategy overview: <https://www.worksafebc.com/en/resources/about-us/hrs/high-risk-strategy/forestry-overview?lang=en>

WorkSafeBC inspection numbers and key findings in 2017

In 2017, WorkSafeBC carried out 2,721 inspections under the Forestry HRS. Out of these, 1,976 were initiating inspections and 745 were follow-up inspections. A total of 2,727 orders were issued, along with nine warning letters and seven penalties.

Some of the most notable deficiencies systemically observed at forestry operations by WorkSafeBC officers included failure to ensure safe operation of machinery and equipment. Deficiencies around overall planning and conducting of a forestry operation in a manner consistent with safe work practices were frequently documented. It was also found that many forestry employers fail to ensure that workers exposed to noise exceeding exposure limits undergo the required annual hearing tests. 🚩

WorkSafeBC working on hearing loss challenges in forestry

Work-related hearing loss has been identified as a serious issue in the forestry sector and in response, WorkSafeBC is planning on doing some work on the topic to help shape improved outcomes.

“This summer we plan on hiring a masters level student from the UBC occupational hygiene program to do some field work in this area, such as collecting noise levels and information on prevention programs, and will develop some industry specific resources,” said Tom Pawlowski, WorkSafeBC industry and labour services manager.

See WorkSafeBC’s Sound Advice: A Guide to Hearing Loss Prevention Programs document (60 pages, published Dec. 2017): <https://www.worksafebc.com/en/resources/health-safety/books-guides/sound-advice-a-guide-to-hearing-conservation-programs?lang=en>. 📄

Manufacturing HRS focuses on seven key areas

According to WorkSafeBC, the injury rate and serious injury rate in the manufacturing sector are above the provincial injury rate, and the risks that drive serious injuries in this sector are highly fragmented. The top 15 general risks represent 56 percent of all the manufacturing claims, and the top risk (caught in or struck by machinery or conveyors) represents 18 percent of all serious injury claims in manufacturing.

Combustible dust, particularly in sawmills and pellet mills, has been a critical issue over the past several years. However, other fire and explosions hazards may also be present in other manufacturing subsectors. Inspections associated with the Manufacturing High Risk Strategy (HRS) will address fire and explosions hazards, including combustible dust, where appropriate.

The 2018 strategy will address the risks of serious injury from these seven strategic focus areas:

MAG’s SAFE Companies audit 2018

A project team has been set up to build an audit program tailored to best support wood manufacturing entities that will meet SAFE Companies program requirements. The objective is to secure continuous improvement in the safety programs for members of the Manufacturing Advisory Group (MAG).

The project team has already identified 12 required SAFE Management System elements and 15 additional high risk audit elements. The development of audit protocols is currently underway.

It is expected that the new audit will be piloted later this year. Following feedback and revisions, it is anticipated that the final audit will be ready for broad distribution within the manufacturing sector in 2019.

“This was a request brought forward by MAG members and has overwhelming support from manufacturers. They are committed to ensuring safety is a priority and that they have an audit best suited to appropriately address the risks in a manufacturing environment,” said Director of SAFE Companies, Cherie Whelan.

The BC Forest Safety Council became the health and safety association for MAG members on a permanent basis earlier this year, following a trial period. 🌲

1. Safeguarding and lockout
2. Powered tools
3. Hand tools (knives)
4. Material handling (falling objects)
5. Falls from elevation
6. Falls on same level
7. Mobile equipment

Additional risk areas include fires and explosions.

WorkSafeBC Officers will focus on the top 15 classification units that are at risk for serious injury, and evaluate whether the employer:

- Identifies hazards and risks
- Implements effective and compliant controls
- Develops safe work procedures, programs, and policies
- Provides related instruction, training, and supervision
- Conducts effective inspections
- Performs effective accident investigations
- Engages the joint health and safety committee or worker health and safety representative.

MAG tests its injury and incident analytics tool

The Manufacturing Advisory Group (MAG)'s injury and incident analytics dashboard went live in February 2018, with all members planning to be signed up the beginning of March.

Most MAG members have integrated the new system with their own internal incident reporting systems and/or data submission processes. Confidential data sharing agreements are in place between all the member companies.

Supporting the belief that there is no competition in safety and that everyone benefits from the sharing of incident data that can help improve safe performance, save lives and prevent injuries, this step is significant for the BC sawmill industry.

"We can learn on our own, take longer to do it and potentially miss things, or we can choose to learn from each other's experiences. BC's forestry industry believes it performs best when it shares safety experiences. In sharing both incidents and incident reporting we can do better analysis, spot early trends and potentially take more timely and effective action to anticipate and proactively address issues before they become incidents and injuries," said Rob Moonen, CEO of the BC Forest Safety Council.

"These are the early days of data sharing, but it is something other sectors in industry are exploring as well. Several of the industry safety working groups are working on tailored dashboards for incident data to help support incident data to help support better safety outcomes for all workers and overall improved performance for industry," said Rob. 🌲

Manufacturing inspections in 2018

Inspection-based engagements	<ul style="list-style-type: none"> • All locations selected will be inspected at least once by their regional officer. The inspection will focus on the serious injury risks from the seven strategic focus areas that are most applicable to each location • In addition, all locations will have fire and explosion risks evaluated as a part of the inspection • Officers will follow up as needed to assist employers in strengthening their safety management systems to reduce their risks
Combustible dust workplace inspections	<ul style="list-style-type: none"> • All sawmills will receive at least one inspection by the combustible dust team officers
Employer self-evaluations	<ul style="list-style-type: none"> • Locations selected for employer self-evaluations will be engaged by their regional officer starting in Q2 and provided an option to self-evaluate their safety management system in relation to one or more of the serious injury focus areas and their fire and explosion risks
Safeguarding manual distribution	<ul style="list-style-type: none"> • Distribute the revised safeguarding manual (Safeguarding Machinery and Equipment) to employers and industry groups
Safeguarding resource development	<ul style="list-style-type: none"> • Develop and distribute machine- and industry-specific safeguarding safety bulletins • Facilitate at least two industry workshops on safeguarding and lockout
Lockout manual revision	<ul style="list-style-type: none"> • Conduct review of current resource and make revisions to support employers in effective lockout

For more information, please see: <https://www.worksafebc.com/en/about-us/what-we-do/high-risk-strategies/manufacturing>. 🌲

TLA'S 75th convention and trade show 2018: Steep slopes, climbing higher

For a couple of years now the Truck Loggers Association has included a session at the annual convention and trade show on steep slope harvesting. This year a panel: Tyson Lambert of T-MAR Industries; John Ligtenberg, of WorkSafeBC; Ken Dodd of TimberWest; and moderated by Dzhamal Amishev, of FPIInnovations, provided delegates with an on-the-ground perspective of the progress that had been made in BC so far.

Dzhamal said that within the context of known risks and hazards – a very high faller serious injury rate and average age of 58 years – and following the New Zealand (NZ) vision "to have no hand on the chainsaw and no man on the slope", the BC forestry industry had been fast adapters to steep slope machines. He said that there will always be a need for fallers, but in terms of safety, steep slope mechanical harvesting created a safer industry going forward.

Tyson shared his observations from NZ and Chile and the differences between operational machine preferences, emphasizing that "winch assist is going strong and here to stay". He said cameras were certainly a growing trend (they had built 60 so far) and drones were being tested to fly synthetic (as strong as steel) cable faster, safer and more precisely than someone walking the cable out.

John recalled how in August 2013, a licensee approached WorkSafeBC to bring in a piece of equipment from NZ and asked how could they do that? Now there are 40 different manufacturers and models (in less than 5 years in BC.) He said there were 2,000 active fallers in BC with an injury rate of 27.3 compared with the rest of the province rate of 2.21 and a serious injury rate of 11.2. Claims costs for fallers totalled more than \$100 million in the past 15 years. He shared the regulatory framework currently in place that applied to steep slope mechanized harvesting and said to date, the issues they had seen in field related most often to rigging. He said there was recognition that planning and designing blocks needed to also be done slightly differently, but it was the rigging that was really important. A few previous guarding issues had been satisfactorily resolved. He did caution that we still don't have all the answers yet and more work and experience would help inform the best practices for rub trees/catching (we don't know how it impacts tension monitoring); adequate planning and best management practices; anchor stump selection; and, training and operator availability, as well as specific standards for both traction assist (the cable only assists and the machine can work safely without the cable) versus tethered machines (where the machine's stability relies on the cable). "We do need standards for both systems," said John. Other areas of learning include cable tensions and shock loading; 6-point harness and ergonomics impacts (pressure points are currently being worked on) and impacts of used equipment purchases where there will be a gap to fill if operators do not receive new machine manufacturer training, for example.

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Continued from page 7...

The good news is, the identified gaps are all being worked on with many resources either in final development or in progress, for example, checklists from WorkSafeBC and best practice manuals from FPInnovations.

Current resources include:

WorkSafeBC's traction-assist logging equipment inspections checklist: <https://www.worksafebc.com/en/resources/health-safety/checklist/traction-assist-logging-equipment-inspection-checklist?lang=en>; FPInnovations' steep slope materials: <http://steepslopeinitiative.fpinnovations.ca/best-management-practices/guides/>; and BCFSC's steep slope logging resource package: <https://www.bcfestsafe.org/node/1938>.

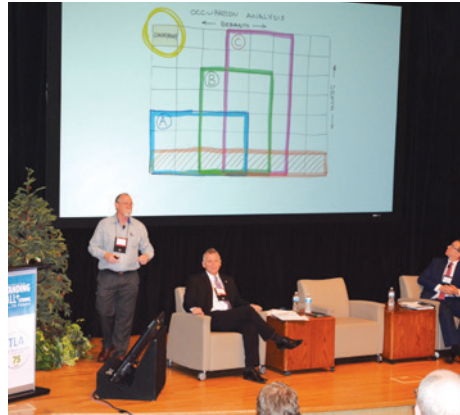
Ken said that in 18 months, TimberWest had gone from one to 10 machines on the land base. He said that the tethered machines from a health and safety perspective were significant – taking people off the hill and putting them in a machine. He said that seven of their contractors are running four different systems and there were good reasons for running each of them. He said some of the operating consistencies across all systems include: rocks are to be avoided; road to road is desirable; decking is critical; uniform slopes (no undulating valleys) are necessary for optimal performance; and use of LIDAR important to identify and plan accordingly. He said falling was not going to be eliminated and “the interface must be managed really well because one can create far more difficulties for fallers if not done well.”

Questions from the audience included need for specific shutdown regulations for rainfall stability (right now best practice is site by site and high degree of variability); absence of seeing any safety alerts in three years from 40 machines in operation – does it mean incidents aren't happening or people just aren't talking about them? What about learning and sharing? Panel members said they were not seeing incidents in field; and, WorkSafeBC is not seeing them. 🗣️



The Steep Slopes – Climbing Higher panel at the 2018 TLA annual conference and trade show in Victoria earlier this year.

TLA'S 75th convention and trade show 2018: Who is going to do the work?



A panel moderated by Vancouver Island University's Paul Mottershead discussed the future forestry labour force. BC Forest Safety Council (BCFSC)'s Director of Training and Program Development, Russel Robertson (standing), explained the development of the organization's virtual Forestry Learning Centre, built on the concept of competency-based training, with each occupation in forestry sharing one band of common competencies (bottom row of the graphic in the photo).

The BC Forest Safety Council's Training and Program Development Director, Russel Robertson, explained why industry had chosen to support a competency-based training system.

He said work had been completed on approximately 35 occupations – that is the initial competency guidelines and assessment tools, and that work would be underway in 2018 to complete the training resources for each of these occupations, subject to government funding. He said the system allows for the maximum transferability of skills and training across occupations, ensuring forestry has safe, qualified workers for the future who have been trained within a defensible system that can prove trainers and assessors are qualified and that participants have appropriately proven their knowledge and skills.

He said contractors were needed to test some of the learning resource materials in field for all of the occupations and anyone interested should contact him at toll-free **1-877-741-1060** or email training@bcforestsafes.org. 🗣️

TLA'S 75th convention and trade show 2018: Where is our safety net?

In a safety session, moderated by the BC Forest Safety Council CEO, Rob Moonen, panelists Miles Randell, of Technical Evacuation Advanced Aero Medical (TEAAM); Roger Harris, BC Forest Safety Ombudsman; and Murray Ritchie, of the First Nations Safety Council of BC, discussed several topical issues including worksite helicopter evacuations; phase congestion safety challenges and aligning the relatively new (established 2015) First Nations Safety Council with First Nations culture and traditions to best support Occupational Health and Safety.

Murray shared that the biggest challenges his organization sees are around prime contractor and phase integration/congestion. On the latter, he said First Nations take it a step further in that their forestry operations not only interact with other logging phases but also with traditional harvesting of food, medicines and traditional living on the same land.

Roger spoke about some of his preliminary observations around phase integration or congestion, saying he was close to finalizing his report which he had done at the request of the BC Forest Safety Council to independently assess the current status for industry.

Miles shared his vision for better supporting workers and anyone else in remote locations get better access to emergency helicopter medical support (see page 3 as he presented on the same topic to the Western Forestry Contractors' Association). 🗣️

Minister's safety moment

“Last but not least: remember to be safe out there – you and your employees,”

said Minister of Forests, Lands, Natural Resource Operations and Rural Development, Doug Donaldson, as he closed his remarks at his first TLA breakfast presentation. 🗣️

Prevent seacans used in forestry operations from exploding!



Earlier this year, there was an explosion which seriously injured a person inside a shipping container. As forestry operations sometimes use shipping containers (seacans) for storage, offices or workshops, it is important to be aware of the hazards. Please see the WorkSafeBC bulletin on preventing explosions in shipping containers: <https://www.worksafebc.com/en/resources/health-safety/hazard-alerts/preventing-explosions-shipping-containers> (published Jan. 2018) and a video: <https://www.youtube.com/watch?v=U2GYL95FL3c>. 📺

Silviculture companies to pilot new app this year for health and safety reporting



A recent meeting of the BC Safe Forestry Program, Strategic Advisory Committee, and guests held in Kelowna earlier this year.

What's in an app? Potentially a whole lot of benefits including time saved reporting, robust analytical tools, and an ability to take the pulse of the silviculture industry's incidents in real time.

Starting this month, thanks to an initiative by the BC Safe Forestry Program, Strategic Advisory Committee, silviculture companies are going to be part of a pilot program to test the ease of use and effectiveness of electronic forms to record injury incidents, investigations and corrective actions.

The ultimate goal of the program is to provide the BC silviculture industry with advanced electronic forms to enhance safety performance. The application is intended to reduce administration, standardise data collection and give participating companies the ability to effectively analyze safety data, and identify areas for improvement to help inform appropriate responses to reduce injuries and incidents. Users will be able to record incidents, investigations and corrective actions on a mobile device.

Recognizing that contractors have a myriad of forms they must fill out when an incident occurs, the project design group's guiding principle is "once only" so that there is one sector-standardized submission process to different licensees and/or WorkSafeBC.

Participating companies remain in control of their data. It is never sent or shared with a licensee, client or WorkSafeBC without the company initiating the transfer.

"We're rolling the app out to a pilot group because we want the forms to work well for all silviculture users. With feedback on usability and performance, particularly in the field, we will be able to create a final product that will meet our sector's needs and be well adopted by the wider Western Forestry Contractors' Association membership," said Robin McCullough, Chair, BC Safe Forestry Program, Strategic Advisory Committee and Brinkman & Associates Reforestation's Occupational Health and Safety Coordinator. 📱



Dave Lehane is new BCFSC Chair

The Board of Directors of the BC Forest Safety Council (BCFSC) is pleased to announce that Dave Lehane has been appointed Chair of the BCFSC, effective March 22, 2018. Dave takes over from Ken Higginbotham, who retired at the end of 2017.

"I am looking forward to supporting both the BCFSC and industry as we work towards the elimination of work-related deaths and serious injuries. We have an obligation to ensure that all forest workers return home safely each day," said Dave. "I believe our industry has an exciting future, built firmly on the cornerstone of safe and healthy workplaces."

Dave retired from the forest industry in 2016, with more than 35 years of diverse experience. From the woods to the mill floor and the boardroom, Dave's experience includes reforestation, harvesting, mill management, fibre supply, government and community relations.

He has held a number senior executive positions including Vice-President of Woodlands for West Fraser and Vice-President of Alberta Operations for Weldwood of Canada. Earlier in his career, he held senior management positions including Woodlands Manager, General Manager and Operations Manager.

He has worked in British Columbia, Alberta and the south-east United States. Dave holds a Bachelor of Science in Forestry and a Masters of Business Administration in International Business. 🎓

New Health & Safety section in Tree Frog Forestry News



Screenshots of a recent edition of Tree Frog Forestry News, a daily email service, and the recently introduced "Health & Safety" section.

The BC Forest Safety Council is pleased to have partnered with Tree Frog Forestry News to introduce a new "Health and Safety" section to help ensure that relevant safety topics stay top of mind with the broadest possible BC forest industry audience. The daily email service covers all topics relevant to the forestry industry from the latest innovation to climate change, company performance, trade, labour, and conferences, etc. — a one-stop shop for all news relevant to the forest industry especially in BC and the greater Pacific North West.

Tree Frog Forestry News has 34,000 unique visitors each month, 72% of whom (in 2017) were from western Canada, 10% from eastern Canada, 12% the USA and 6% international. Readers are from forestry product companies, logging and forestry companies, consulting firms, industry associations, research and education sectors, government and other groups.

Please sign up here for your free subscription to this comprehensive forestry news service: <https://www.treefrogcreative.ca/news/subscribe/> and be sure to share with colleagues. 📧



Work-Related Deaths & Injuries

One direct harvesting, no manufacturing work-related deaths in 2018 year-to-date

- Log truck driver died near Fort St. James
- Two harvesting associated deaths
- One forestry worker died on way to work

There has been one direct harvesting work-related death in 2018 year-to-date (as at March 14, 2018). There have been three other deaths: two associated (members of the public) and a death of a forestry worker while he was driving to work at about 4:30 am.

Direct harvesting work-related death

March 7, 2018: A log truck driver died after logs shifted into the cab when his log truck left the 100 Forest Service Road north of Fort St. James around 6 am and went down a 15-foot embankment. See the safety alert: <https://www.bcforestsafesafe.org/node/3087> and media coverage: <http://cfjctoday.com/article/611787/merritt-man-killed-logging-truck-crash> and <http://www.princegeorgecitizen.com/news/local-news/logging-truck-driver-killed-north-of-fort-st-james-1.23194861>.

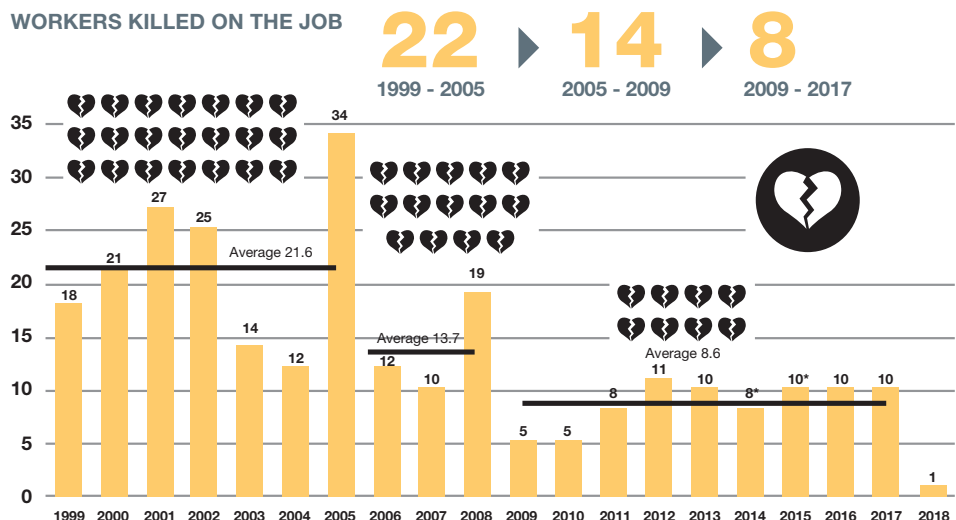
Associated deaths

In the first associated death incident, a logging truck in the passing lane was overtaking a semi, clipped the semi, and swung across highway 97. A member of the public died and a youth was injured; both were in a passenger vehicle travelling in the opposite direction. Media coverage included: <http://www.cbc.ca/news/canada/british-columbia/lac-la-hache-accident-1.4483635>; <https://www.bclocalnews.com/news/logging-truck-jack-knifed-in-fatal-highway-97-crash/>; <https://www.castanet.net/news/BC/216050/Killed-in-truck-crash>; <http://cfjctoday.com/article/604674/rcmp-release-details-fatal-highway-crash> and <https://www.wltribune.com/news/motorist-killed-after-logging-truck-jack-knives-near-lac-la-hache/>

In the second associated death incident, according to police, at approximately 7 p.m. near the 100-km mark of Hwy 16, an eastbound empty logging truck struck a moose before losing control and colliding

WORK-RELATED DEATH CLAIMS

WORKERS KILLED ON THE JOB



The data (above) for 2016 is based on WorkSafeBC accepted claims and incidents that the BCFSC is aware of that happened in 2016. Please note that this is preliminary harvesting data. *There were 4 fatalities the BCFSC is aware of that occurred in 2014 and 8 fatalities that occurred in 2015. WorkSafeBC tracks fatalities by the year in which they accept the claim. The BCFSC uses the WorkSafeBC data of accepted claims for trends as it is the only long-term data base for comparative purposes.

with a federal government SUV travelling in the opposite direction. The victim, a passenger in the vehicle, died at the scene. Media coverage included: <https://www.bclocalnews.com/news/update-prince-rupert-woman-killed-in-logging-truck-collision/>.

Drive to work death

In the drive to work incident, a forestry worker in his 30s lost his life while driving to work on Vancouver Island on Highway 19. Black ice road conditions were being considered as a factor: <https://www.cheknews.ca/fatal-single-vehicle-rollover-near-black-creek-thursday-morning-424210/>. In the news clip, the North Oyster fire chief reminds everyone to slow down. Even with their lights and sirens going to get to the incident site at 4:30 am, vehicles were passing them on the highway, driving too fast for iced road conditions.



Forest Safety News extends sincere condolences to the family, friends and

colleagues of the deceased and our thoughts are with first responders and others directly affected by all of these incidents.

Safe driving tips include:

- always drive for the road conditions
- reduce speed when road conditions and/or visibility are not ideal
- wear your seatbelt
- give yourself extra time and space in winter/spring ice conditions
- dusk and dawn can be peak times for wildlife; and, they are harder to see in reduced light
- secure loads and secure loose items inside the cab/vehicle
- leave the phone alone
- slow down; better late than never.

Other (plywood) forest product manufacturing death

We learn not only from our own industry incidents but from related industry incidents. Here is a recent fatality alert about a plywood plant worker who was responding to a small fire when he came into contact with running equipment that had not been locked out: <http://www.bcforestsafesafe.org/node/3062>.

Recent work-related incidents reported to WorkSafeBC

HARVESTING

Injury Type: Fractured arm
Core Activity: Manual tree falling and bucking
Location: Vancouver Island/Coastal B.C.
Date of Incident: 2018-Feb
 A faller had just finished a backcut and was moving along the escape trail to a safe location when a tree limb (20 feet by 3 inches) fell and struck him. The faller was transported to hospital by a crew boat, then a company vehicle.

Injury Type: Undetermined internal and head injuries
Core Activity: Dry land sort
Location: Vancouver Island/Coastal B.C.
Date of Incident: 2018-Feb
 A front-end loader was carrying a metal sweep for cleaning debris on a dry land sort. The metal sweep fell from the loader's forks to the ground. The loader's front tires rolled over the sweep, causing jarring movement of the loader. The operator, who was not wearing a seat belt, was injured.

Injury Type: Crush injuries
Core Activity: Integrated forest management
Location: Northern B.C.
Date of Incident: 2018-Jan
 A worker was checking the operation of the motor on a feller-buncher. The engine compartment hood (weighing about 1,000 pounds) fell, striking the worker and trapping the worker between the hood and the top of the engine. The worker was treated on site by a Level 3 first aid attendant, then transported by ETV and ambulance to hospital.

Injury Type: Close call
Core Activity: Log hauling
Location: Vancouver Island/Coastal B.C.
Date of Incident: 2018-Jan
 A worker operating a self-loading logging truck unloaded logs at a mill. The worker then left the mill with the self-loader in the fully upright position. The self-loader contacted 25 kV overhead power lines and pulled the lines, transformer, and power pole onto the truck. The worker stayed in the truck's cab until the lines were grounded and a representative of the electrical utility instructed the worker to exit the truck.

Injury Type: Fractured leg
Core Activity: Mechanized tree falling
Location: Lower Mainland
Date of Incident: 2018-Jan

A worker performing maintenance on a feller-buncher fell from the track of the machine to the ground.

Injury Type: Fractured vertebrae
Core Activity: Manual tree falling and bucking
Location: Vancouver Island/Coastal B.C.
Date of Incident: 2017-Dec
 A faller was hand-felling old-growth trees. The faller was struck by a top portion of a small-diameter tree that had been brushed and broken off its base by adjacent falling activities. The faller was attended to by a level 3 first aid attendant, then transported to hospital by helicopter.

MANUFACTURING

Injury Type: Fatal
Core Activity: Veneer or plywood manufacture
Location: Lower Mainland
Date of Incident: 2018-Jan
 A worker removed a metal panel while responding to a fire in a wood chipper. The panel struck and fatally injured the worker.

Injury Type: Injury to hand
Core Activity: Sawmill
Location: Lower Mainland
Date of Incident: 2018-Jan
 A worker was dressing the upper flywheel of a band saw with a fixed grinder. The worker's gloved hand was pulled between the grinding wheel and the flywheel by the grinding wheel.

Injury Type: Amputated fingers
Core Activity: Shake or shingle mill
Location: Lower Mainland
Date of Incident: 2017-Dec
 As a worker tried to adjust the guide on an automatic shake resaw, his sleeve became entangled in a rotating shaft. This resulted in his hand being drawn into the shaft. As he tried to pull his arm away, his other hand was also drawn into the shaft.

Injury Type: Amputated finger
Core Activity: Sawmill
Location: Vancouver Island/Coastal B.C.
Date of Incident: 2017-Dec
 A new worker was clearing debris from the blade area of an up-cut circular trim saw when one of the worker's fingers was injured. 🚒

April 28: Day of Mourning



You may order these stickers by completing the order form: http://www.bcforestsafesafe.org/files/ps_InjuryPreventionResourceOrderForm.pdf

Each year, we remember those who go to work and never return home.

In the weeks coming up to Canada's national day of mourning on April 28, 2018, may each of us take a moment to not only remember all our fallen colleagues but to also focus on one thing that we know we can do, or do better, or, more consistently to help improve our own safety and those around us. May each of us always find the time, the patience, the caring and the courage to do whatever we must do, each and every day, to be safe, stay safe, and create safe places at work for ourselves, our colleagues and our industry.

For more information about local Day of Mourning events being planned in your area – or to list an event you plan on holding – please see: <http://www.dayofmourning.bc.ca/>. To order the posters and decals (below), please see: <http://www.dayofmourning.bc.ca/decals/> 🚒





Falling

Faller supervisor training delivered to TI'azt'en First Nation

Nine members of the TI'azt'en Nation near Fort St. James, BC completed a week of Falling Supervisor Training earlier this year (Jan. 22-26), hosted by BC Forest Safety Council Falling Safety Advisors Jeff Mackenzie and David Adshead.

The session was scheduled at the request of TI'azt'en Nation to enhance the knowledge of their supervisors in supporting workers active in brushing and fall and burn activities. 🌲



The five day falling supervisor training course combines classroom and in-field experience to ensure that supervisors have the best mix of skills to become knowledgeable, trusted supervisors who support safety.



Rushton named lead falling safety advisor

Scott Rushton,
Lead Falling Safety Advisor.

Scott Rushton, Certified Faller, QST, Certified Falling Supervisor, has been appointed Lead Falling Safety Advisor at the BC Forest Safety Council (BCFSC), effective January 29th. In his new role, Scott will liaise and work with the falling community and various stakeholders on injury prevention initiatives and inquiries.

He will ensure the BCFSC continues to provide a high level of support to industry for falling programs and services until a decision is made on the Falling Manager position that remains vacant. Scott will also lead and provide oversight for all the falling programs and ensure that high standards are maintained for faller and faller supervisor certification activities and related processes. He will also play a larger supporting role to the Falling Technical Advisory Committee going forward.

Scott started out in forestry more than 30 years ago as a chokerman, landing man in 1985 with Dougan Logging before moving onto MacMillan

Bloedel / Weyerhaeuser where he was chokerman, landing man, hooktender boom man, hoe operator and faller from 1988 to 2004. From 2004 to 2015 he was a faller / falling supervisor starting with Vernon Ridge Holdings (2004-2006), then Antler Creek Logging (2006-2012) and Black Summit Falling (2012-2015). Scott joined the BCFSC in 2015 as a Falling Safety Advisor.

"I look forward to expanding my role and continuing to support fallers and industry in keeping all fallers safe. We have come a long way but have further to go," said Scott. "I would like to remind all fallers that no safety concern is too small. We are here to help and support fallers in every safety matter – confidentially, and focused on outcomes we can all feel good about. I really encourage fallers and supervisors to also call me and share their ideas on ways to improve our processes."

You may reach Scott toll-free at **1-877-741-1060** (you will be connected to his cell) or direct cell **250-735-2850** and email srushton@bcforestsafecouncil.org 📧

Falling department activities year-to-date

As at March 2, 2018, falling safety advisors had completed the following in-field activities:

- 1 Faller Certification (challenge)**
- 65 Faller visits**
- 3 CFS quality assurance visits**
- 4 CFS visits**

(Note: this summary does not include requested and regularly scheduled training that the falling safety advisors may host or support.) 🌲

REMINDER: Faller and falling supervisor forms updated

FTAC would like to highlight that some trainees who took the falling supervisor training course in the past might not be aware of updates to the forms, and could be using forms that were out of date.

To that end, last month (March 2018) an email was sent by the BCFSC training department to all participants who had previously taken the falling supervisor course. If anyone missed the email, please bookmark this link, as at any time, the current forms may be found here: http://www.bcforestsafecouncil.org/safety_info/forms_templates/fallers.html 📧

WorkSafeBC introduces its falling team to industry

At the Falling Technical Advisory Committee (FTAC) meeting on March 2, 2018, WorkSafeBC introduced the members of its newly formed Forestry High Risk Strategy falling team. The value of a dedicated falling team was recognized when faller certification was first introduced, and finally, with a lot of credit to Terry for running with it, the team will start visits on April 4, 2018.

All the officer members of the team are certified fallers and have many years of production falling between them, across the province. They are all passionate about faller safety.

The key goal and focus of WorkSafeBC's high risk strategy is to reduce serious injuries and fatalities in the top risk activities in forestry harvesting which includes manual tree falling. (See page 5 for more information on the other activities.) In 2017, manual tree falling and bucking generated 452 WorkSafeBC inspection reports, with the top two regulation subsections cited being OHS7.8 (69 reports) and OHS26.24 (40 reports). See the chart below for more information on the top 10 regulation subsections cited.

2017 Manual Tree Falling and Bucking

Inspection Reports CU 7030013

Inspection Type	Number of Reports
Initiating Inspections	382
Follow-up Inspections	70
Total:	452

Top 10 Regulation Subsections Cited

Order Cited	Times Written
OHS7.8	69
OHS26.24	40
OHS8.25	16
OHS26.2	11
OHS3.16	10
OHS26.26	6
OHS8.12	4
OHS4.3	4
OHS3.15	4
OHS26.65	4
All Others	47
Total:	215

According to WorkSafeBC there are 4,514 employers in BC's forestry sector, with an estimated 18,522 workers; an overall injury rate of 5.2 and a serious injury rate of 1.3 (2016 numbers). The team's mandate is for three-years and the success of the team will be measured against how they can best assist industry moving the hand falling CU that has the highest provincial injury rate in 2016 of 27.3 and a serious injury rate of 11.2 down significantly. In the past 15 years, WorkSafeBC claims costs for hand falling has exceed \$100 million.

The team shared some recent examples of inspection reports and the top 10 regulation subsections cited in those reports. An example of an OHS26.24 observation from an actual inspection report: "When falling a tree, the worker did not ensure that the undercut was complete and cleaned out. As evidenced by: there were several stumps with dutchman's observed at the worksite."

In 2018, the inspectional focus by WorkSafeBC for manual fallers will be as follows:

1. Falling cuts
2. Danger tree and windfall assessment and plans
3. Unnecessary brushing practices
4. New faller training locations
5. Roadside debris endangering workers

The four OSOs will have the following geographic area of responsibility:

Dave Bedard, Certified Faller, QST, Forestry OSO – *Southern Interior/Vancouver Island/South and Central Coast*

Chris Miller, Certified Faller, OSO – *Lower Mainland/Vancouver Island/South and Central Coast*

Dean Redknap, Certified Faller, Forestry OSO – *Thompson Okanagan/Central Interior/Wildfire*

Kevin Legros, Certified Faller, Forestry OSO – *Northern Interior/Haida Gwaii/North Coast/Oil & Gas*

Terry Anonson, Team Lead, Provincial and

Budd Phillips, Manager of Interest, Provincial.

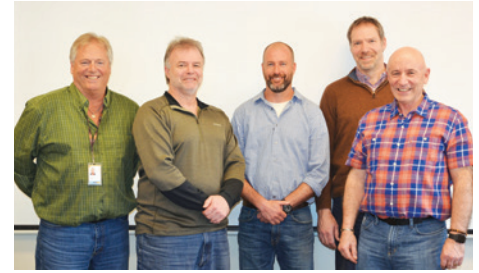
Their focus will be on inspecting, consulting, educating, auditing, and enforcing hand-falling employers, Prime Contractors and land owners.

One of the roles of the task team is to also support other OSOs by mentoring and supporting new and existing officers to promote improved, consistent knowledge and application across BC.

"Our sole purpose is to reduce the injury rate," explained Terry Anonson, WorkSafeBC's Falling Team Lead.

"We are still going to have regular officers doing their regular visits; but part of the role of the team members is engagement. We want to have a dialogue and receive feedback from fallers and industry," said Budd Phillips, WorkSafeBC's Provincial Manager of Interest. "We put together the plan and are now going to be putting boots on the ground to implement. We want to measure quality not quantity. The team will spend the time with the employers, the workers and managements to bring change to sustainable compliance. When we leave we want you to be able to sustain that compliance over time, then we have a greater appreciation that you are managing risk appropriately and looking after your people," Budd said.

What will be different is the falling team members will be spending a lot more time (up to a week) doing a much deeper level of inspection, not just writing up an order, but understanding the issues and factors that affect the faller – looking at every element from the top down and the bottom



The WorkSafeBC falling team members are (from left) Terry Anonson, Provincial Team Lead; Kevin Legros, Certified Faller, Forestry OSO (and a former FTAC member); Dean Redknap, Certified Faller, Forestry OSO; Chris Miller, Certified Faller, Forestry OSO and Budd Phillips, Provincial Manager of Interest for falling and forestry. Missing is Dave Bedard, Certified Faller, Forestry OSO.

up including the faller, faller supervision, contractor, prime contractor and land owner.

Terry committed to FTAC that he will report back regularly to the group on what the team finds in the field and that WorkSafeBC is looking for feedback too after team members have visited falling operations. 🇨🇦

FTAC members to review the competency based new faller learning resources

At the March 2018 Falling Technical Advisory Committee (FTAC) meeting, a number of members expressed concern that FTAC had not yet had the opportunity to review the new faller learning resources that will be used for the pilot phase of the program.

Following the meeting, the BCFSC explored how to put a controlled review in place to allow for FTAC members to review all the content concurrent to the pilot phase and how to effectively manage any feedback that might result during that broader review. To that end, three FTAC members have volunteered (who are not already involved in the development) to review and share their feedback. This feedback will be incorporated along with the feedback received during the pilot phase prior to submitting to WorkSafeBC for final approval in the fall of 2018. WorkSafeBC has reviewed the learning resources and provided approval to the BCFSC to pilot them.

"At the end of the day, this is FTAC's direction, so they must feel 100% comfortable with the process and the final product," said Rob Moonen, BCFSC CEO. "We are all focused on one thing – achieving the best learning resources for faller trainees who will be the future BC falling profession. We want them to have the best learning experience along with the best safety outcomes," said Rob. "It's important to get this right for everyone." 🇨🇦



Talkin' SAFETy with Mike Sexton:

Why do you keep asking me those two questions on the audit?



Mike Sexton,
senior safety advisor.

There are two questions (different versions for different sizes of companies) that we get asked most about when companies complete their annual audit submissions. The first question is:

13. What is the most important hazard in your company? Why?" (ISEBASE/SEBASE companies)

or

8. What is the most important hazard in your job? (IOO companies)

There are two reasons for this question: Firstly, we want all companies to ponder for a bit on what might get them or their workers out there. Unfortunately, we can't prepare for a hazard if we have no idea it is there. Secondly, we want to hear from you as much as we can to help shape better safety outcomes.

The second question is:

14. What could your company be doing to help further reduce industry fatalities and serious injuries? (ISEBASE/SEBASE companies)

or

9. What could you be doing to help further reduce fatalities and serious injuries? (IOO companies)

This question is sometimes interpreted as "What can you do to save the world?" Well, it's not the world, but it is everyone in your world. If you can keep yourself safe, that is the first step. Helping less experienced people recognize hazards, or be more prepared for hazards, is always a good thing. If everyone does their part for a SAFE and productive workplace, everybody wins.

What good do the answers to this question do?

Well, to be honest, we've been asked that a lot. As reviewers of audits, Safety Advisors read all the answers in the audit and discuss them internally at weekly meetings. This

feedback helps keep the BC Forest Safety Council up to date with the realities and challenges that workers, contractors and companies are facing each day. We also (while protecting the privacy of individuals and companies) share some of the general or trending examples during future site visits to help shape possible solutions to safety challenges or create increased awareness of specific operational safety issues.

Recently, we decided it would be good for us to also regularly share a selection of audit question answers back directly with industry. Here are some recent examples:

13. Industry hours and changing site and upset conditions are likely the largest hazard contributing to most injuries in our industry additionally complacency and rushing can be significant contributors.

13. Working in remote locations because communication, transport and access may prohibit or delay emergency aid when necessary.

13. Slips and falls is the single biggest hazard facing our drivers. Normal job routines like getting in/out of the cab, climbing up/down from the loader and just walking around on slippery uneven road surfaces carry hazards that require drivers to maintain 'mind on task' at all times. The hazard increases significantly when drivers are working in mud or winter conditions.

13. The different sites we visit are our company's most important hazard. We are always changing worksites and as contractors we have a responsibility to understand the individual sites safety program and emergency response. We are ultimately responsible for ourselves, but we need to understand how to summon first aid quickly and work in a manner that we are aware of all the hazards around us.

13. The complete lack of consequences for any unsafe driving behaviour. Over the last 8 years I've seen the most aggressive and unsafe driving of my 24 year career and have not even heard of contractor or driver held accountable for their behaviour.

13/8. The roads.

13. Always steep and icy roads, excessive grades with switchbacks with little to no maintenance. Focusing on more regulation and paperwork like this when the major licensees are not made accountable.

13. Our biggest hazard is resource road construction. Many roads are old and not built for tri-drive trucks and b-train log trailer or tri-axle lowbeds. Many roads in this area are not driveable when it rains because of surface material.

14. Ensuring all individuals onsite are competent for their tasks - hiring, onboarding, training, assessing. Creating a dialogue with crew rather than telling them what to do.

14. Continue to vocalize with the tenure holders about the issues surrounding industry work hours, scale hours, financial constraints and decreasing wood and site conditions.

14. The reinforcement of a safety culture with both new (young) and veteran employees. The continual improvement cycle and mentoring of younger and new employees by seasoned staff. Periodic refresher training for all employees to aid in emphasizing the hazards and risks workers are exposed to on a daily basis. Unsafe is unacceptable.

14. Always promote a culture of safety in our encounters with other people in the industry. Report accidents or incidents that could cause harm to other workers in the industry. Always follow Safe Reliable Methods where known hazards exist. Where a unique SRM is developed then share that with other workers in the industry. Be aware of current developments regarding safety and use that information to keep Safety Plan current. Follow the procedures in the Safety Plan!

14. Reporting close calls on road with logging trucks – report to forestry Co.

14. I try to explain that overloading and speeding just to make to (blank) rate is unacceptable. But most refuse to listen so they break their trucks and some crash just so they can make the most money possible.

14/9. Stop work.

14. Promoting safety to workers and to other contractors and clients is one way of helping reduce fatalities and injuries. By following a good safety plan a company or individual can at least maybe have a chance at not causing any serious injuries or fatalities.

14. Take time and listen to our workers on an individual basis.

14. We are very selective who we hire, we don't want seat fillers. We are very proud of our crew and their commitment to safety. We maintain our equipment and make sure our drives have the tools needed to do their job safely.

So please keep answering the questions fully because your input does directly help shape better awareness. Hazard awareness is the first step to effective hazard control. Please don't hesitate to talk about hazards, especially if you're not sure. If you have any questions about our services or your audit, please contact any Safety Advisor at toll-free **1-800-741-1060** or **250-741-1060**. Safety is good business! 🌲

Want to change your company's audit due date?

Each year a few small SAFE Companies request a change to their audit due date. Why? Because it just fits better with their work schedules, their peak production times, or their operational flow.

The good news is, it's really easy to change your audit date provided you follow a couple of simple rules. You may change your regular audit date by submitting a re-certification audit at the time of your choosing in 2018 as long as there is at least six months between your 2017 audit submission date and your 2018 submission date – the date when you upload your audit, email it or ship it (post-marked date).

Regardless of when your audit is due, that date must be when your company and WorkSafeBC account are both active. Keep in mind December is the month when the BC Forest Safety Council receives the highest number of audits. The one month that is not recommended is January, simply because companies would be using content that is from the previous calendar year rather than the current year.

You may upload your audit directly on our website: <http://app.bcforestsafesafe.org/upload/>. If you need to submit a paper copy, we have to scan each page on receipt so please send loose papers without staples, binding, glue or plastic sleeves. And, if you have any questions, please call SAFE Companies toll-free at **1-877-741-1060** or email safeco@bcforestsafesafe.org.

BASE companies: Choosing an internal or external auditor in a maintenance year

In maintenance years, any BASE company has a choice to use either an internal or an external BASE auditor. The decision should be looked at each year as there is no answer that is always best for any company. Every company's situation is different, and things may change year to year.

External auditors offer a wealth of independent experience, while internal auditors are far more readily available. Internal auditors know the company inside-out, but external auditors take far fewer hours of company labour.

Major considerations include:

	Internal Auditor	External Auditor
Pros	<ul style="list-style-type: none"> • Readily available • Reasonably flexible with timing and scheduling • Really knows the company system and its issues from the inside • Recommendations usually can include personnel and timing commitments 	<ul style="list-style-type: none"> • The least interruption of the company's work • The least time spent by the safety person/department • Fresh eyes looking for ways to help reduce risk • Experienced safety professional
Cons	<ul style="list-style-type: none"> • Estimated minimum 80 hours away from regular duties for the auditor per year. Does the company have that time? • Each interview usually takes longer because auditing is not an internal auditor's everyday job and are generally less proficient • Complacency – they may not see some issues as important • Variable experience and quality 	<ul style="list-style-type: none"> • Auditor fees • Requires scheduling well in advance • Recommendations usually don't include personnel and timing suggestions • If done by an external auditor, any internal auditor does not get to count the audit as 1 of their required 2 audits every 3 years

Revised Internal and External BASE 4 auditor training



By Martin Ridgway, CRSP, senior safety advisor.

A revised BASE auditor training program is being piloted by the BC Forest Safety Council, in response to feedback received from course participants.

After completing the BASE 4 auditor training course, some trainees said it was too expensive, took them away from their companies for too long to attend classroom sessions, and did not adequately prepare them to perform a full BASE audit to the necessary standards.

To address these concerns, the delivery model is changing to be mostly online, with classroom work reduced to one day focusing on interviewing and audit preparation. We are also changing to a competency-based model that teaches and evaluates specific skills and knowledge that an auditor needs in order to be successful. Competency is a yes/no system rather than '80% is good enough'. In the same way that it is unacceptable for a pilot not to pass the key skill of 'landing a plane', auditors need to pass all their key skills to be effective.

To determine the skills and knowledge that an auditor needs to have in order to be successful, we worked with a competency specialist and a panel of internal and external BASE auditors last fall for two days to develop an Occupational Analysis Chart for BASE auditing. The panel included both experienced auditors with a perspective on long-term success and newer auditors for an outlook on how the current course was preparing them.

A total of seven units of competency were developed out of this information, six about auditing and one about quality assurance on auditors. These units contain the mandatory items that each auditor must know and be able to demonstrate in order to be successful, for example, planning site and interview sampling; interview skills; and, report writing.

Competency-based training has several standard components. One component is a competency conversation, which is similar

Continued on page 16...



Continued from page 15...

to an oral test or interview. We will be having a competency conversation twice with each student. Once, at the beginning of the process to determine if the student can be granted equivalence for any of the units and once at the end to ensure that the student learned all the necessary knowledge items. As with most courses, the online units will have quizzes throughout to help the student succeed. The in-person day will also give the student practice and evaluation time with a focus on interviewing – a key skill that was not well covered previously.

After the final competency conversation is successfully concluded, the student auditor will then perform a student audit, just as they do currently. However, the instructor or another BCFSC Safety Advisor will shadow the student for at least one day for assistance, coaching and evaluation.

A course description and application process for internal or external BASE auditors: http://bcforestsafesafe.companies/internal_auditors.html

or

http://bcforestsafesafe.companies/external_auditors.html

While the online and classroom sessions are the same for internal and external auditors, the evaluation standards are higher for external auditors and the experience required to qualify for the external auditor course is higher.

If you have further questions please contact me at toll-free **1-877-741-1060** or email ridgway@bcforestsafesafe.org 📧

SAFE audit submissions at the ILA in Kamloops: May 3-5

SAFE Companies in the greater Kamloops area are invited to submit their audit in person. This enables you to have your audit reviewed by a safety advisor, get your results right away, and ask any questions you might have. The audit review process takes about half an hour to 45 minutes, depending on company size and/or how many topics you'd like to discuss or ask questions about.

To book an appointment, please contact Clare Craig at craig@bcforestsafesafe.org or call toll-free **1-877-741-1060**. 📧

Annual real-time SAFE audit reviews for Weyerhaeuser contractors in Princeton



Christopher Pemberton (left) of Corvid Consulting talks with Martin Ridgway, BCFSC senior safety advisor, during his company's audit review at Weyerhaeuser offices in Princeton (photo by Clare Craig).

One of the services that SAFE Companies provides is Real Time Reviews. This is where safety advisors and an admin staff person travel to wherever a group of companies are working together so that we can review their annual audits in real time, face-to-face. Often the area licensee hosts the review space. This interaction gives the contractor an opportunity to speak directly to a safety advisor so that they can get instant feedback on their safety management system. This is an excellent opportunity for our safety advisors to provide support to the contractors on how to make improvements to their safety management systems.

It is also a great opportunity for the licensee to show that they want to help support their Contractors' Safety Management and SAFE Companies audit submission requirements.

In late February, SAFE Companies visited Weyerhaeuser and their contractors in Penticton and Princeton for real time review sessions in the office and in-site field visits. Nearly 40 audits and three days of field visits were completed, with positive reviews. Several companies stated that they had made changes in how they did safety based on the audit feedback. The field portion also acted as a catalyst for solving a safety and operational problem that came to light while a safety advisor was present.

We are very interested in working with licensees or larger Prime Contractors to arrange similar sessions. If you are interested, please call our office toll-free at **1-877-741-1060** or email safeco@bcforestsafesafe.org. 📧



Training

Save the date for the annual Interior Safety Conference: 1st time in Kamloops on May 3

The fourth annual Interior Safety Conference: *Safe Behaviours = \$mart Business* is being held for the first time in Kamloops on May 3, 2018 at the Colombo Lodge <http://www.colombolodge.com/>.

This year's safety conference is being held in partnership with the Interior Logging Association (ILA) annual conference and trade show. It will focus on how practicing safe behaviours at work leads to successful and profitable businesses and the conference will provide practical information and tools for workers, supervisors and managers.

Free for delegates thanks to industry sponsorship

There is no charge for delegates to attend the conference, thanks to generous industry sponsors. Sessions include fatigue management, managing distraction, and safety leadership – topics selected by the conference steering committee made up of industry, WorkSafeBC and the BC Forest Safety Council representatives.

The Interior Safety Conference has previously been hosted in Prince George and Vernon and has been attended by between 75 and 120 delegates.

For more information about the safety conference, please call Gerard Messier at toll-free **1-877-741-1060** or email messier@bcforestsafesafe.org. To register: <https://www.bcf forestsafesafe.org/ISC>. And, for more information about the ILA 2018 conference, please see: <http://www.interiorlogging.org/2018-conference-trade-show>. 📍



Some of the machinery on display, and activities at the 2017 annual ILA conference and trade show.

Upcoming training

If you would like to see how a training course can meet your organization's needs, please let us know. We are committed to working with you to find the right training solution. We may be able to tailor a program to your specific needs and deliver it in a way that is most convenient for your operations.

Basic Incident Investigation training

Apr 23 Terrace
Apr 25 Houston
Apr 26 Vernon
May 7 Parson
May 10 Fort St. John
May 24 Campbell River
May 28 Fort St. James
June 7 Prince George
June 19 Kamloops
June 19 Nanaimo

Falling Supervisor training

Apr 9 Williams Lake
Apr 30 Campbell River
May 28 Prince George

Forest Supervisor training Module 1: Due Diligence (1) Module 2: Communications (2) Module 3: Leadership & Professionalism (3)

Apr 4 Cranbrook (1)
Apr 5 Cranbrook (2)
Apr 6 Cranbrook (3)
Apr 18 Prince George (1)
Apr 19 Prince George (2)
Apr 20 Prince George (3)
May 7 Fort St. John (1)
May 8 Fort St. John (2)
May 9 Fort St. John (3)
May 9 Campbell River (1)
May 10 Campbell River (2)
May 11 Campbell River (3)
May 16 Kamloops (1)
May 17 Kamloops (2)
May 18 Kamloops (3)
May 30 Fort St. James (1)
May 31 Fort St. James (2)
June 1 Fort St. James (3)
June 25 Langley (1)
June 26 Langley (2)
June 27 Langley (3)

Joint Occupational Health and Safety Committee training

Apr 5 Chilliwack
Apr 11 Gibsons
Apr 24 Terrace
Apr 26 Houston
Apr 27 Vernon
May 11 Fort St. John

May 25 Campbell River
May 29 Fort St. James
May 30 Campbell River
June 8 Prince George

Small Employer OHS training & Refresher training

Apr 12 Kamloops
Apr 12 Nanaimo
Apr 12 Prince George
Apr 19 Langley
June 14 Vernon
June 18 Prince George
June 21 Campbell River

Individual Owner Operator OHS training & Refresher training

Apr 28 Teleconference
May 26 Teleconference
June 23 Teleconference

View the full 2018 training calendar here: www.bcf forestsafesafe.org/fscapps/calendar/calendar.php. Please check back often as course dates may change if there are insufficient participants. All training is offered on a not for profit, cost-recovery basis. Email training@bcforestsafesafe.org or call toll-free **1-877-741-1060** for general information, or email Gary Banys at banys@bcforestsafesafe.org to answer any questions you might have about course content and/or about tailoring courses to meet your company's needs at a location of your choice. 📍



Transportation

Countdown to 2020: ELD requirements

Teamsters Canada, the Private Motor Truck of Canada and the Canadian Trucking Alliance have called on the federal and provincial governments to move quickly in the implementation of the electronic logging device (ELD) mandate and all commit to a process that would see a publication of the final rule by June 2018 and the ELD rule enforced in each province by December 2019.

In a press release distributed March 8, 2018, the major groups representing trucking interests across Canada said the safety benefits of ELDs cannot be delayed and that an 18-month transition will allow industry and governments to properly transition to the mandate.

The three groups said in a joint statement: "The majority of carriers and drivers have and will always put safety first. However, ELDs will end the supply chain encouraging and turning a blind-eye to companies and drivers breaking hours of service (HOS) rules to meet shipment needs by falsifying paper log books. By forcing all companies and drivers to obey federal hours of service rules we are making Canada's roads safer. As a result of ELDs, drivers and carriers will be more compliant with HOS regulations, contributing to reduced collisions and other negative activity associated with distracted driving. We are encouraging all levels of government to expedite this regulation through their legislative process by making it a top priority."

In addition to the above, there have been several media articles on the topic recently including:

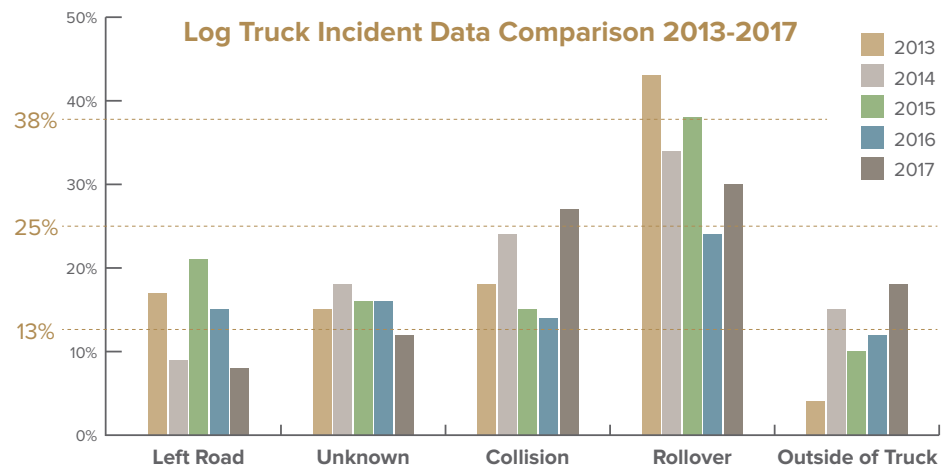
- Canadian ELD mandate to harmonize with US: <https://www.trucknews.com/regulations/canadian-eld-mandate-harmonize-u-s/1003083975/>
- A comparison and links included in this article comparing the Canadian and US ELD requirements: <https://www.geotab.com/blog/transport-canada-eld-mandate/>
- Truck freight rates soar in the US as more stringent rules exacerbate a driver shortage: <https://www.foodbusinessnews.net/articles/11415-truck-rates-soar-amid-new-e-log-regulations>

What are your views on ELDs for log haulers in BC? Better, bad, or different? Email editor@bcforestsafety.org or call toll-free 1-877-741-1060. 📧

TAG data shapes how to achieve improved safety outcomes

The Trucking and Harvesting Advisory Group (TAG) is focused on improving safety outcomes in both the log hauling and harvesting sectors. One of the key inputs TAG relies on to inform the initiatives they undertake is incident data. TAG members collaborate to collect and share log hauling and harvesting incidents from their member organizations and then analyze the data overall. This helps aid in determining key focus areas for improving safety performance within the sectors. In addition, TAG works to continuously improve the data and analysis to better understand the root cause(s). The key is to ensure the data analysis helps shape the best responses to further reduce and prevent injuries and fatalities.

The 2017 TAG member log truck data trends are provided and include a comparison in the type of incidents annually compiled between 2013 and 2017 and monthly comparison between 2016 and 2017. Note that the 'unknown' category represents incomplete data.



40% decrease in log hauling incidents in 2017 over prior year

The Trucking and Harvesting Advisory Group (TAG) data should be viewed in the context of actual logging activity to effectively measure performance.

To this end, consider:

In 2016 there was one incident per 2,182 loads

In 2017 there was one incident per 3,734 loads

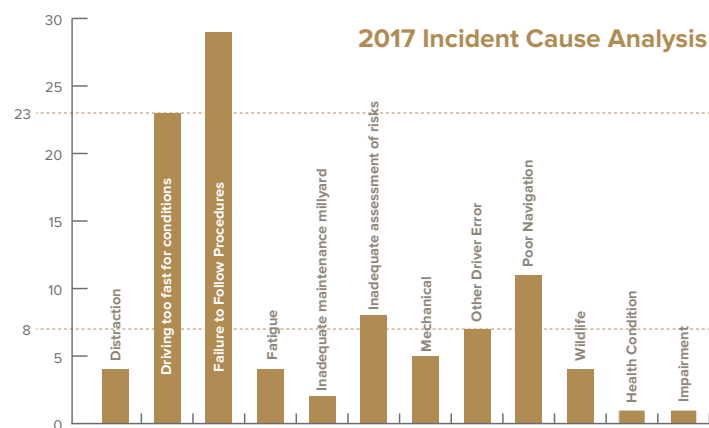
which equates to a 40% decrease in log hauling incidents in 2017 compared to 2016. 📈

Recent log hauling incidents in the media

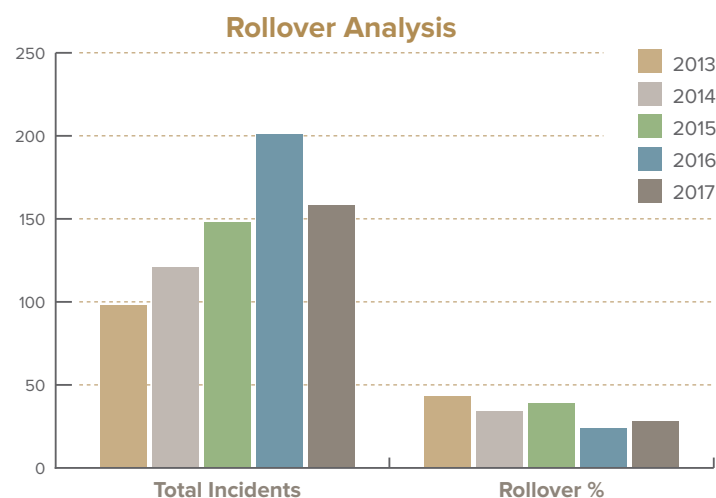
1. Recent incident involving an unloaded log truck and SUV resulted in injuries and Highway 4 closure NEAR Port Alberni: <https://www.ladysmithchronicle.com/news/accident-closes-highway-4-near-coombs-junction/>; <https://vancouverisland.ctvnews.ca/highway-4-reopened-after-crash-between-semi-trailer-suv-1.3819581>; <https://www.cheknews.ca/crash-closes-highway-4-near-coombs-drive-b-c-expects-to-reopen-at-130-p-m-423067/> and <https://www.albernavilleynews.com/news/accident-closes-highway-4-near-coombs-junction/>
2. Single vehicle loaded log truck incident results in 30 homes losing power near Williams Lake: <https://www.wltribune.com/local-news/loaded-logging-truck-plunges-down-steep-embankment/>

Also see page 10. 📖

2017 Tag Log Truck Data Summary

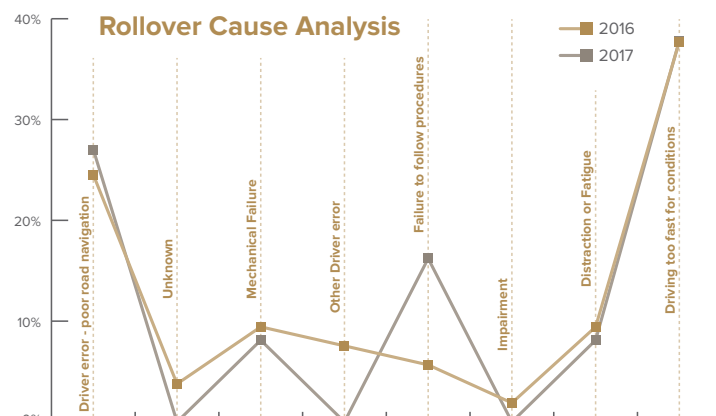


Failure to follow procedures	Driving too fast for conditions
Radio / road calling procedures: 56%	Speed (no other contributing factors noted in the incident description): 55%
Loading/unloading: 27%	Traction (ice or snow contributing factor): 32%
Chain up: 5%	Traction (mud contributing factor): 5%
Lockout: 5%	Traction (rough surface contributing factor): 10%
3 Point Contact: 5%	



Key Points:

2017:	171 incidents compiled	Rollovers: 30%
2016:	201 incidents compiled	Rollovers: 24%
2015:	148 incidents compiled	Rollovers: 39%
2014:	121 incidents compiled	Rollovers: 34%
2013:	98 incidents compiled	Rollovers: 43%



Health and Wellness

Heart health and the forestry worker



By Dr. Delia Roberts

Heart disease is the second most common cause of death in Canada. If you are male you are twice as likely to have a heart attack than a woman. The risk of heart disease increases with age, smoking, lack of exercise, diabetes, being overweight or obese, and dietary factors like drinking more than two servings of alcohol per day, eating salty food and excess consumption of some fats. You can't change your genetics, but even if heart disease runs in your family, making the lifestyle choices described in this article can help keep your heart healthy.

The heart is a fist sized muscular pump that provides the pressure to circulate about six liters of blood through a whopping 100,000 kilometers of blood vessels. The entire volume circulates about once per minute when you are at rest, delivering oxygen, nutrients, hormones and other signals, as well as transporting the body's defense system. Blood also picks up carbon dioxide and other wastes as it circulates around the body. That's a lot of work for one small organ! In order to fuel this amazing pump, we have to keep the heart supplied with an uninterrupted flow of oxygen and fuel. Thus, the heart has its own delivery system, a set of small blood vessels that surround it, called the coronary arteries.

When doctors assess the health of the heart they look at a number of important measures:

Blood pressure refers to how much pressure the heart generates when it contracts to force blood out through the arteries (systolic blood pressure or the top number in a blood pressure reading), as well as how much pressure remains in the blood vessels when the heart is at rest (diastolic blood pressure or the bottom number in a reading). When the large blood vessels exiting the heart are healthy, they are elastic and can expand to receive the blood that is forced out with each beat, keeping pressure lower. When the blood vessels are narrowed due to fat deposits or become rigid with age or disease, the heart has to generate more pressure to force blood into the system. Muscle also needs more blood than fat (think red meat, white fat), so obesity increases pressure the same way blocking the outflow from your garden hose does. High blood pressure is dangerous because it makes the heart work much harder, but also because the extra pressure can destroy the very small, very thin walled blood vessels (called capillaries) where the exchange of material between the cells of the body and the blood supply actually takes place. This is especially dangerous for organs like the kidneys and the brain.

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Health and Wellness

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Heart sounds and EKG or ECG

provide information on how well the heart is functioning as a pump. The heart actually consists of four chambers; two receive blood (atria), and two pump it out to the body (ventricles). At rest, blood flows into the atria. When they are full, they contract to fill the ventricles. As the pressure rises with contraction, the force pushing back towards the atria closes one-way valves so that the blood can't flow backwards (this makes the lub sound). Similarly, when the ventricles relax, blood is prevented from flowing back into the heart by another set of differently shaped valves (the dub sound). When a doctor listens to your heart they can get an idea of the health of your heart by both the rate and sound of your heartbeat. If the valves are damaged or leaky, the flow of blood makes different sounds. An electrocardiogram provides more information on how effectively the heart is beating because it shows the pattern of how the muscle contracts, and whether there are any areas in the muscle of the heart that are not working properly.

Blood tests include the levels of various forms of fats, markers of inflammation, and certain proteins that are released from heart muscle when it has been damaged if a heart attack is suspected. The most commonly done is a lipid profile, which tests for both good cholesterol (high density lipoprotein or HDL) and bad cholesterol (low density and very low density lipoproteins or LDL and VLDL), as well as another form of fat called triglycerides. HDL is responsible for collecting excess cholesterol and delivering it to the liver for disposal while LDL and VLDL carry cholesterol out to the cells in the body where it is needed to make certain hormones and other structures. Triglycerides are a form of fat used for energy and the construction of cell walls as well as cell signaling and other functions. These fats are needed by the body for normal function, but when too

much is present they can be deposited on the inside of blood vessels and restrict blood flow. When this happens in the blood vessels that supply heart muscle or brain it creates very dangerous conditions that can lead to heart attack or stroke.

There are some genetic factors that can lead to problems with the heart, blood vessels and blood lipid levels, but even when these systems are diseased, lifestyle factors can slow down the progression of the illness and greatly reduce the risk of death. If you are lucky enough to have a healthy heart, following these recommendations can keep your heart, and the hearts of the people you love, strong for years to come:

1. Get some exercise. If you drive a truck or a desk or operate a machine you have to sit for long periods at work. This is one of the greatest risks to your health. Take frequent breaks to get up and move, schedule walking meetings and make your social get-togethers activity based. The minimum recommendations for good health are 150 minutes of moderately vigorous activity per week, though you can break it up into 10-minute segments if you don't have time to get out for longer in one go.
2. Stop smoking. Tobacco is deadly – and very addictive. There are lots of great programs to help you quit, so make sure to get help. Start with your family physician, HR at work or on-line resources like <https://www.quitnow.ca/>
3. Limit your alcohol intake to two servings per day or less. People often think that alcohol helps them relax but it actually makes it harder to recover from a hard day at work and get a good night's rest.
4. Find a healthy weight. Carrying a few extra pounds is not a problem if you regularly get exercise, but be cautious of the gradual year-to-year gain. And if you already have a waist that is bigger than your hips your risk of heart disease

is greatly increased. Losing weight and keeping it off is not easy but it can add years to your life. Again, start with your family physician or See the Fit to Log manual for more information on how to achieve and maintain a healthy weight.

5. Increase the number of servings of fresh fruits and vegetables and other high fibre foods in your diet, while reducing the amount of salt and sugar that you eat and drink. One way to do this is to choose fewer processed and pre-packaged foods whenever you can. For fats, make sure that you don't eat more calories than you burn and stay away from anything that contains trans fat (very few products in Canada contain trans fat any longer). The healthiest fats for your heart are the omega-3 polyunsaturated fats (ALA or alpha-linolenic acid, DHA or docosahexaenoic acid and EPA or eicosapentaenoic acid).
6. Manage the stress in your life and get enough sleep. Sounds simple, but life is always full of challenges and things that need to be done before bed. Combining physical activity with socializing is a good way to burn off excess stress, strengthen your heart and manage your weight all in one. It also improves your energy level and the quality of the sleep that you do get. Build some quiet time into your bedtime ritual, it will help you slow down enough to fall asleep.

Heart disease is real, everyone knows someone who has suffered from this life threatening illness. But remember that more often than not, it's preventable. Make a commitment to put into practice at least one of the powerful lifestyle protectors described here. Today.

For more good quality information visit the following websites:

Hypertension Canada:
www.hypertension.ca

Heart and Stroke Foundation:
www.heartandstroke.bc.ca

HealthLinkBC:
www.healthlinkbc.ca

British Hypertension Society:
www.bhsoc.org/

ABOUT Forest Safety News

Forest Safety News is published six times a year: February, April, June, August, October and December. All submissions – letters to the editor, safety tips, photos, safety stories, concerns etc. – are welcome. The opinions expressed in the newsletter are not necessarily those of the editor, staff or board of the BC Forest Safety Council. All decisions to publish materials rest with the editor. 12,000 copies of each edition are distributed via mail or email. Additional copies are distributed at industry events.

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Have a story, letter to the editor, safety tip, ideas or photos?
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Safety is Good Business

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Forest Safety Ombudsman's phase congestion report released: Six considerations for further improvements

Roger Harris.

The BC Forest Safety Ombudsman, Roger Harris, was asked by the BC Forest Safety Council (BCFSC) to conduct an independent review of the state of phase congestion in forestry. He presented his report to the BCFSC program committee and it was discussed by both the committee and the Coast Harvesting Advisory Group (CHAG). The final report may be viewed here along with other

resources already developed to support effective phase management: <http://www.bcforestsafesafe.org/node/2615>

CHAG is in the process of developing an action plan based on their determination of what actions or other support might best achieve continuous improvement in effective phase management.

CHAG will keep industry updated and share any materials developed in due course. 🌲

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

Ken Pedersen's many safety achievements honoured with award



Ken Pedersen with the MaryAnne Arcand Memorial Safety Award, which was presented to him at the Interior Safety Conference in Kamloops in May 2018.

Ken Pedersen, supply manager for Canfor Forest Management Group, received the 1st MaryAnne Arcand Memorial Safety Award at the Interior Safety Conference (ISC) held last month in Kamloops, part of the 60th Interior Logging Association's annual convention and trade show.

Ken was presented with the award by Matt Franks and Steve Mueller, on behalf of the ISC.

Steve explained that the award would be made annually and that nominations would be considered about an individual or group of individuals who had demonstrated outstanding work in improving the health and safety of forestry workers in BC's interior, with a special focus on log hauling and forest worker health – an area that was near and dear to the late MaryAnne Arcand's heart. She died from cancer just over four years ago and is remembered affectionately as bulldozer, "mom", friend and safety champion who gave tirelessly of her time to further safety. MaryAnne was



(From left) Matt Franks and Steve Mueller, present the MaryAnne Arcand Memorial Award to Ken Pedersen.

especially driven to support the safety, health and wellness of log haulers.

Matt and Steve said it was fitting that Ken be the first recipient of the award. Ken is a founding member of the Trucking and Harvesting Advisory Group (TAG) which formed in 2013 and has always been a strong supporter of improving safety within the industry, demonstrated by his leadership with TAG as well as with his employer, Canfor. Ken has not only supported key initiatives through TAG but has also engaged Canfor's senior

Continued on page 2...



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leadership in that support as well. Since 2013, Ken has driven many safety and performance initiatives within Canfor and industry, including:

- Improvement of incident data collection and analysis
- Development of a road marshal/safety compliance officer program
- Implementation of GPS monitoring
- Development of log truck overweight management program
- Support of log truck driver fatigue best practices
- Support of 60 long hauling safety seminars
- Implementation of industry log hauling training standards
- Implementation of log hauling professional assessment and endorsement program for existing drivers
- Participation and endorsement of log securement/loader assist best practices.

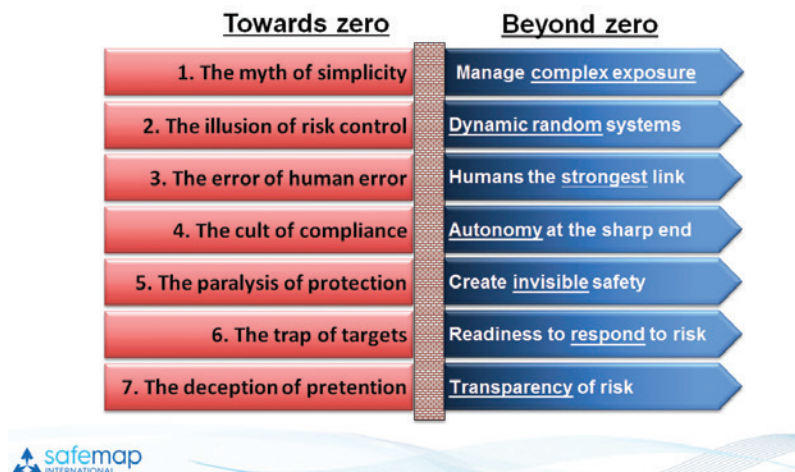
In accepting the award, Ken expressed his appreciation. "Thank you, I appreciate it very much. I have been fortunate to work for a great company like Canfor and have really enjoyed being on TAG." 🙏



Corrie Pitzer.

SAFEmap's Corrie Pitzer challenges conventional safety thinking: Move beyond zero & avoid the 7 delusions of safety doctrine

Corrie Pitzer, President of SAFEmap, delivered his always popular myth-busting session warning of the delusions of how conventional safety management system targets, sayings, measurements, awards and beliefs can potentially blind us to unsafe realities, at the 2018 Interior Safety Conference. One slide that best summarized where we might be and where we need to go is shared below:



Corrie is pragmatic – he emphasizes the need for safety systems, but warns that the complacency and security that they bring, make us all at risk for increasing our exposure to our blindspots – what we don't see we don't measure and everything that we do measure doesn't always matter.

It is always good to be reminded to stay open, aware, see old situations with new eyes and avoid the comfort of repetitive compliance that in itself can put one or an organization at increased risk. Simple example, is traffic crossings. When pedestrians become so complacent that they just expect the system to work, they step out and get crushed by a distracted driver. 🙏

FPIInnovations & BCFSC working together to improve forest industry safety performance

The CEO of the BC Forest Safety Council (BCFSC), Rob Moonen, and the President and CEO of FPIInnovations, Stéphane Renou, announced in April this year that the two organizations have signed a Memorandum of Understanding (MOU) to work collaboratively on enhancing safety performance in the forest industry by sharing leading, innovative scientific and technical applications.

Under the MOU, individual projects and financial support agreements for specific activities will be identified through consultation between the two parties, with FPIInnovations providing research expertise and non-proprietary technical resources or materials to assist the BCFSC in improving or expanding the support it provides to the forest industry to reduce serious injuries and fatalities.

Examples that are currently underway include a steep slope harvesting calculator, feller buncher rollover analysis, fatigue and distraction technologies, a winch-assist harvester best practice manual and body cams for fallers.

"This MOU supports some of our key strategic objectives, namely to link safety and business success in a meaningful way and to improve the distribution and awareness of industry current best practices, guidelines and standards, while improving collaboration with government agencies and other stakeholders. Promoting innovation, science and technical solutions in support of improving safety in the forestry industry is key to long-term success," said Rob.

"This MOU reflects the importance for the forest sector of increasing safety as a key metric of industrial performance and demonstrates the industry's commitment to seek innovative solutions to managing risks. FPIInnovations values this partnership as an opportunity to drive its research and expertise to field practitioners and achieve safer operations for forest workers," said Stéphane. 🙏

Interior Safety Conference a big success in Kamloops, May 2018

A total of 175 participants and speakers were in attendance at the largest Interior Safety Conference yet. Feedback from participants was overwhelmingly positive with appreciation for the diversity of speakers as well as the practical tools and resources that could be taken back into the workplace and applied.

A full wrap-up document on the conference as well as videos of the presentations will be accessible here by the beginning of June 2018: <http://www.bcforestsafesafe.org/ISC>. 🌲



Sexual harassment and the forestry workplace



Robin McCullough.



Dr. Jordan Tesluk.

By Dr. Jordan Tesluk, safety advocate for BC's silviculture sector and independent researcher; and Robin McCullough, Chair, BC Safe Forestry Program, Strategic Advisory Committee, and Brinkman & Associates Reforestation's Occupational Health and Safety Coordinator.

Over recent years, sexual harassment at work has become an increasingly prominent media story. While the **#metoo** movement started in the film industry, sexual harassment affects all workers, and is an important issue for forestry employers to confront and manage. More and more employers are taking progressive steps regarding sexual harassment. The Western Forestry Contractors Association held a conference workshop on the topic; that content is summarized below.

The way that sexual harassment unfolds can be shaped by the conditions of the workplace. In forestry, this can include isolated locations, shared living accommodations, and increasing numbers of women participating in a historically male-dominated industry. Different forestry sectors have unique challenges to face in dealing with harassment. For silviculture employers, this often means

dealing with a high-turnover workforce composed of young people arriving fresh from their first year living away from home among other men and women for the first time in their lives. Isolation in remote camps with shared sleeping and washing facilities creates physical risk factors, and distance from support networks and government agencies creates social risk factors. All of these should be considered by employers as they review their policies.

Indeed, employers must have policies dealing with bullying and harassment in accordance with WCA Policy D3-115-2, and provide training in the prevention of such behaviors. Failure to provide a work environment free of sexual harassment can comprise discrimination under the BC Human Rights Code (and the Canada Human Rights Act for those under federal jurisdiction). The costs of failing to prevent sexual harassment begin with potential impacts that include loss of dignity and respect among staff. Financially, judgments in the Human Rights Tribunal can reach tens of thousands of dollars – on top of legal costs, orders to retrain and rehire, and the shame of failure in the public eye.

Employers can take steps toward preventing sexual harassment at work by considering the **3-S Approach: Sound policy, Safe environment, and Strong response**. Each of these components can help protect all members of the workplace.

Sound policy begins with clear definitions of sexual harassment, including explanations of unacceptable behavior – in language that is meaningful in the culture and context of your workplace. Harassment can include touching, language, joking, social media,

or any sexual-based conduct that leads to unwanted job-related consequences. Sound policy includes training staff members to talk competently and comfortably about sexual harassment. Effective training involves both male and female instructors, and avoids conventional lectures that may lead to reduced worker attention. Patience is often required to teach young workers (or older workers) new concepts, and help them understand the process of cultural change that is part of preventing sexual harassment. While depictions of sexual assault and harassment in the media primarily focus on female victims, men can also be subject to harassment by either women or by other men, and employers need to ensure that all staff feel protected by their policies.

A safe environment means implementing systems through which workers can report harassment without fear of repercussions. This includes having men and women available to receive reports, and multiple ways of filing reports to ensure that no single level of staff can act as a gatekeeper against a grievance. Privacy must be protected for workers, and all reports should ultimately be captured in writing. False reports of harassment are no more common than for other crimes, and policies should never single out false complaints as a concern or warn workers against such actions.

Empower workers to support a safe work place

Employers have experienced positive results by promoting the “Bystander Approach,” which empowers all workers to help create a safe work environment by providing roles for their employees to fulfill beyond that of harasser and harassed. Bystander training focuses on the **5 “Ds”**.

These include taking **DIRECT** action to interrupt situations of harassment in which

Continued on page 4...



Continued from page 3...

intervention can safely and immediately occur. **DISTRACTION** is a tool that can be used to divert attention of a harassing party with a sudden unrelated question or comment, enabling the harassed party to safely exit or find assistance. Bystanders can also **DELEGATE** assistance by bringing in another staff empowered within the company hierarchy to take action. When safe intervention cannot immediately occur, bystanders can **DELAY** action until it is safe, and then file a report or provide direct support to a harassed person. All bystander actions can be strengthened through **DOCUMENTATION**, which may include writing an account of events as soon as possible, or making recordings when appropriate and safe.

A strong response to sexual harassment is the most complicated part of managing this issue. Employers should have clear investigation policies that are different from those used for other safety incidents.

Privacy is a key concern, and neither Safety Committee involvement nor general staff meetings are appropriate for such investigations. From the outset, employers must know when police should be contacted, including any case of sexual assault or criminal harassment (see Criminal Code). Secondly, a neutral outside investigator should be utilized in any situation in which there is a possibility of the case ending up in court or the Human Rights Tribunal. A lawyer may be used as an investigator, but this should not be a company lawyer with prior knowledge of the involved persons.

When collecting evidence in cases of harassment, investigating employers must adhere to principles of fairness, and should make clear notes about not only what information they collect, but also why they collect it. Witnesses must be informed that their information will be kept confidential when possible, but that their identity may not be protected if the case ends up in court. Involved parties should be informed of the potential outcomes of an investigation, and employer actions should not only include potential actions against offenders, but also potential changes to their program to prevent future occurrences. Although the

pressure of dealing with a report may seem daunting, employers are ultimately held to the standard of a reasonable person, and are required to make a judgement on the balance of probabilities in deciding what they believe happened in any investigation they undertake.

Responding to sexual harassment is complicated, and conscientious employers should consider holding workshops on the issue, and review legal literature on the topic for a more detailed explanation of the points covered in this article. The legal landscape is also constantly changing, and a 2017 Supreme Court of Canada case (BC Human Rights Tribunal vs Schrenk) ruled that employers must protect staff from harassment by people outside the workplace, including members of the public or other contractors sharing the workplace. Ultimately, there are two overriding concerns that should guide employers in confronting sexual harassment at work. First, they are responsible for providing a safe work environment free of discrimination or harassment. Second, the steps employers take to achieve this goal will enhance respect and dignity for workers, and enables the employer to become part of a broader positive societal shift. 🌱

Honeywell hard hat recall

On April 24, 2018, a joint product recall by Health Canada, the United States Consumer Product Safety Commission (US CPSC) and Honeywell was issued affecting Fibre-Metal E2 and North Peak A79 hard hats, manufactured in April and May 2016; December 2017; January 2018 for the fibre-metal E2 hard hat and from April 2016 to January 2018 for the North Peak hard hat. These hats are sold in a variety of colours.

The reason for the recall is that the hard hats can fail to protect users from impact, posing a risk of head injury. As of April 11, 2018, Honeywell (the manufacturer) had received no reports of incidents in Canada or in the United States, and no reports of injuries.

Consumers should immediately stop using the recalled hard hats and contact Honeywell to receive a product credit or voucher equal to the purchase price of the recalled hard hat. For more information, call Honeywell toll-free at **1-888-212-6903** from 8:00 a.m. to 5:00 p.m. ET Monday through Friday.

See details here: <http://healthycanadians.gc.ca/recall-alert-rappel-avis/hc-sc/2018/66584r-eng.php>

Thanks to Strategic Natural Resource Consultants Inc. for sharing the recall information. It is estimated the recall affects between 10 to 15% of current hard hats used in BC forestry operations. 🌱

BC Appeal Court decision calls for new trial to clarify duty on forest fire watches

See: <https://www.thelawyersdaily.ca/articles/6291/b-c-appeal-court-decision-clarifies-duty-on-forest-fire-watches-crown>. 🌱

Importance of safety highlighted at COFI convention

One of the sessions at the 2018 COFI convention in Prince George earlier this year included industry CEOs highlighting safety as one of their priorities and how the mills are willing to learn from each other. Please see the article that appeared in Wood Business/Canadian Forest Industries: <https://www.woodbusiness.ca/industry-news/news/cofi-speakers-urge-co-operation-innovation-in-face-of-challenges-4849>. 🌱

Roadside debris survey findings and next steps

A big thank you to the 429 respondents who completed the online survey in a previous edition of Forest Safety News. The results were compiled and shared with the Coast Harvesting Advisory Group (CHAG), the BC Forest Safety Council's Program Committee and with the Falling Technical Advisory Committee.



CHAG will consider the findings and make recommendations on possible future actions to support continuous improvements in further reducing, and better managing, hazardous roadside debris. The aim would be to build on the significant work already completed by a CHAG sub-committee on hazardous roadside debris. To review those materials and share them broadly, please see: <http://www.bcforestsafesafe.org/node/2897>.

Congratulations to our survey draw winner from Campbell River who has received his \$100 Canadian Tire gift card! 🌱

Floods challenge forestry communities while the 2018 wildfire season heats up



Photo from one of the 2017 wildfires, from BC Wildfire Service.

While many in BC are still trying to recover from last year's toughest wildfire season, we are well into the start of the next season. An independent review of the province's handling of last year's floods and wildfires by George Abbott and Chief Maureen Chapman has been completed and was released on May 10, 2018. It contains 108 recommendations. Please see: <http://www.timescolonist.com/b-c-report-on-wildfires-floods-recommends-new-disaster-management-approach-1.23298253> and <https://www.thestar.com/vancouver/2018/05/10/bc-unprepared-under-resourced-for-wildfire-and-flood-threat-review-finds.html> for some media coverage on the report. The full 148-page report is available to read or download here: <https://bcfloodfirereview.ca/wp-content/uploads/2018/05/BC-Flood-and-Wildfire-Review-Addressing-the-New-Normal-21st-Century-Disaster-Management-in-BC-Web.pdf> Recommendations start on page 78.

In the past few weeks, government has also made announcements about more training through BC Wildfire Service; an agreement to hire contractors on a more sustainable basis; and more funding for certain wildfire area operations. Many regional and local districts

(but not all) have done their bit to work harder at urban interface wildfire prevention planning and there have been many other individual and collective efforts to better prepare and prevent a repeat season, but still many in industry and forestry communities are frustrated and worried that 2018 is setting itself up to be a repeat of 2017.

Add in the significant flooding and slides again this year and it just seems to get more and more challenging. Silviculture operators in fact, through the Western Forestry Contractors Association, have appealed to both BC Timber Sales and the Ministry of Forests, Lands, Natural Resource Operations and Rural Development to extend the planting season as recent conditions have made it impossible to get the planting season underway in some areas. Production pressures like these can lead to increased risk of bad decisions and increased risk of harm and injury.

Things worth repeating:

- Minister has approved additional firefighter contracts for 2018: <http://www.cfbctoday.com/article/619456/additional-firefighters-approved-upcoming-fire-season>
- Don't put off testing the worksite fire-fighting equipment and ensuring proper maintenance and testing of equipment; test your ERP relating to fire as an event; spend the required time each and every time to let hot machines cool down before leaving a work site; make sure all possible sparking or ignition points are properly dealt with.
- Watch temperatures, air quality and hydration levels; have appropriate water sources to cool off and make sure everyone on the crew knows the procedures to shut down safely and not take risks.
- Make sure ATVs meet the new regulatory requirements to help prevent wildfires, with spark arrestors installed year round, or face up to \$100,000 fines. See: <http://www.cbc.ca/news/canada/british-columbia/tough-penalties-for-off-road-vehicles-1.4589182>
- Last year's BC wildfires were so bad they didn't just make locals ill, they impacted the world's weather. See: <http://www.cbc.ca/news/canada/british-columbia/b-c-wildfires-last-summer-triggered-mega-thunderstorm-with-volcano-like-effects-1.4635569> and closer to home they may also be the reason for increased flooding: <https://www.thestar.com/vancouver/2018/05/05/last-summer-wildfires-could-be-causing-floodwaters-to-rise.html>
- Don't assume someone else has notified the appropriate authorities of a wildfire.
 - » Report a wildfire: **1 800 663-5555** or ***5555** on a cell
 - » Fire information line: **1 888 336-7378**
 - » Burn registration line: **1 888 797-1717**
- Talk to friends and family about being fire smart. See <https://www.firesmartcanada.ca/> and <https://www2.gov.bc.ca/assets/gov/public-safety-and-emergency-services/emergency-preparedness-response-recovery/embc/preparedbc/homeowner-firesmart.pdf>. Encourage everyone to respect fire bans, to not throw butts out of vehicle windows anywhere! By helping to educate your communities, your social groups and clubs on the negative impacts of wildfires and how simple steps = prevention, we can significantly reduce human caused fires. 🙏

Workers' Advisers Office & Employers' Advisers Office are here to serve YOU!

Two offices that can help people – and aren't always as well known as they should be – are the BC Workers' Advisers Office and the Employers' Advisers Office.

For workers

The Workers' Advisers Office was established to help workers who are having

problems with Workers' Compensation Board (WCB) claims in BC. It is an independent office and service is free to all workers in BC.

The Workers' Advisers Office team can help you understand Workers Compensation Board (WCB) claim policies and procedures; provide you or anyone else helping you with information about your claim; help you appeal a WCB decision; and, in some cases even represent you during an appeal.

Learn more here: <https://www2.gov.bc.ca/gov/content/employment-business/employment-standards-advice/personal-injury-and-workplace-safety>

For employers

The independent Employers' Advisers Office has been helping employers with workers' compensation since 1974. Learn more here: <https://www2.gov.bc.ca/gov/content/employment-business/employers/employers-advisers-office>. 🙏



2018 Western Conference on Safety

The 23rd annual Western Conference on Safety saw 1,200 attendees, speakers and exhibitors come together for one-and-a-half days of safety, health and wellness presentations.

Dale Walker, vice-president, employer, industry and worker services, at WorkSafeBC, said in opening remarks that the province had come a long way with injury rates overall at an historical low. However, he said occupational disease was a different story, unfortunately. He said the education of contractors and employees was critical in ensuring knowledge of all the safety controls that need to be placed and reminded all attendees that WorkSafeBC was not just a regulator but a major resource of materials and information for employers, workers and unions. He added that a further challenge was that the workplace was changing, with a need to focus on process safety – which WorkSafeBC viewed as an intelligent approach that will work in any complex worksite. And he reminded everyone safety culture was and needed to be “just the way we do things around here”, walking the talk from the top down with committed and proactive supervisors and workers being the backbone of reporting and refusing unsafe work and participating in vibrant, active joint health and safety committees.

Keynote speaker was retired Fort McMurray fire chief, Darby Allen, who guided 88,000 residents to safety without a single incident (other than one MVI in on the highway) during the catastrophic 2016 wildfire event.



Retired Fort McMurray Fire Chief, Darby Allen, shared his first-hand experiences of crisis leadership during the 2016 wildfire and said the successful outcome was in large part due to the safety culture of the city. (Photo from <http://www.thelavagency.com/speakers/darby-allen>.)

“This story is not about me, but about the 1000s of people who came together to show that people can achieve anything,” said Darby.

He recalled how the last week of April 2016 had been fairly unremarkable. There had been four fires; all extinguished; no evacuations; the driest ground conditions;

otherwise not a particularly unusual work week for the season.

That would change within 48 hours. May 1st the call came in that there was a fire burning 15-20 km to the west of the city; May 2, the fire was 1,350 hectares, getting closer, wind in a SE direction; shelter in place; that day there were more aircraft over Fort McMurray trying to put the fire out than in Toronto airspace. May 3rd, dawned a beautiful day; very little smoke in the sky; Darby was driving to work and got **THE** call: the fire has jumped the river – 1,200 feet, unheard of! Mandatory evacuation went into immediate effect for key areas.

“I’ve never seen anything like it. People still ask me how hot was it? I don’t know. Freaking hot. We know aluminum melts at 650°C and Ski-Doo engines were left as pools of molten aluminum,” said Darby.

“People were amazing; I don’t know how they did it. People just did what they had to do. People took some weird stuff with them. Some took their golf clubs; their wife’s golf clubs. Nothing else.”

Darby shared the miracle, “wow”, and human endurance stories along with the simple acts of kindness along the way. Industrial size gas cans exploded and there were no injuries! 105 hospital patients were safely evacuated. And, three men at the water treatment plant realized that if they didn’t stay and keep water flowing, there would be no hope. They didn’t have food at times nor did they have all the right equipment, but they stayed and even put their own building out when it caught on fire.

The evacuation went smoothly. “People were sensible. When one car ran out of gas or broke down; others would help bounce the vehicle off the road, out of the way; pick up the stranded folk; and keep on moving forward.”

“People ask how did we get the word out? We couldn’t go around with a fog horn. We used Facebook and Twitter and it worked really well for us.”

May 4, at first light, Darby was worried; had everyone gotten the message to evacuate? He struggled to drive around in a Honda Civic but was pleased he didn’t see a living soul anywhere. Same day a state of emergency was declared and at 2 am Darby got the call from an official in government finance to say that as director of emergency he now had a \$million budget with no limit. “No-one said no to me once ... no matter what I asked for.” But he was still worried that in some basement a shift worker had fallen asleep, unawares of what was happening. 30,000 had been evacuated north and 50,000 south of Fort McMurray.

A total of 540 municipal fire, industry and provincial fire crew members; 2,161 wildland firefighters and support staff; 71 helicopters; 18 tankers; and 269 pieces of heavy equipment responded. The fire was declared under control on July 5, 2016, having consumed 590,000 hectares.

“They were very difficult conditions, both mentally and physically; and we don’t talk about the mental enough; we need to be comfortable saying we are going to see a counsellor. Five months after the event my wife sat me down and told me I wasn’t ok.”

Reflecting on the events, what Darby realized was that it was all about team. “You need to cherish and appreciate every member, even if you don’t get to hand pick your team.” It takes grit, determination, perseverance and trust. When you trust and your team trusts you, amazing things can happen,” said Darby. He said there were four major factors for success:

- **a safety culture** in the area (from so many working in the oil and gas industry)
- **timely decisions**
- **twinning of highways** – (it had previously be single) meant that it only took 4 to 5 hours to clear evacuees (a drive that regularly takes 30 minutes), but if they had only been single there could have been a potentially very different outcome for many. A suggestion was made to open all the south lanes one way and all the north lanes the other way to move more vehicles faster, and they did that too.
- **actions of people** (e.g. the Tim Horton’s crew coming back first to get up and running and ready for the clean-up crews and first returnees)

What Darby totally under-estimated were pets. After the immediate danger, they fed animals for 20 days; evacuated 1,300 pets with 400 volunteers and 100 vets; and until June 3, fed 225 aquatic creatures that could not be moved.

About leadership, Darby said what he learned about himself was that you do the very best that you can; you have to conquer your own fear and be genuine and humble. He said he was clear in his communications to his team. He told them, “We are in for a challenging day. Do your part and do it well. And be proud of what you are doing.”

He said it was all the little things that mattered too. Like if you take the last cup of coffee you make another pot; and, saying “good morning” to everyone because it’s the little things that can make people go ballistic in a crisis. And, realizing that anyone can tell people good news, but relaying bad news is a true test of any leader. His test was having to tell one of his senior crew members that he could not go to his home and try and save a pet dog.

Darby doesn’t see much difference between crisis leadership and leadership as many qualities are the same; the biggest differences being that there is no time for

long discussions; urgency drives decisions and that is much more stressful because as a leader you wear every decision. It is important to reiterate optimism both verbally and through body language and actions; and most importantly, to remain calm and positive. And, to keep it real. "There were certainly times that were not easy and I felt like I needed a hug."

Allan Kehler presented on managing stress, addictions and mental wellness in the workplace. Author of three books Allan shared his experiences and personal journey to help inspire listeners to be ready to "open the door to listen" to others in our workplaces who need to feel comfortable and safe enough to talk, and be heard.

He said intelligence can drop 15 points when anyone is over-stressed which means poor decisions are made that have can have unsafe performance consequences in the workplace. He said anxiety is trying to control what cannot be controlled and all that we have within our control is how we choose to respond to what we experience – our actions, our thoughts and our decisions. Accepting that is empowering.

He shared some practical stress-relieving progressive muscle relaxation techniques, tensing muscles in different areas of the body for seven seconds and then relaxing – face, shoulders, hands, abdomen, toes and then all muscles together. Learn more at <https://www.outfromtheshadows.ca/>

Bob Vaughn's presentation on safety intervention and communication focused on the importance of effective peer-to-peer communication so that more workers would feel comfortable "in the moment" to have the courage to intervene when they see a co-worker doing something unsafe. Statistically he said only two out of five employees intervene when they observe unsafe actions and conditions in the workplace. The reasons being that they are worried that the person might be defensive or angry, yet when people are asked why they were doing something unsafe, almost 60% said that did not realize they were working unsafely. Survey results have shown that most unsafe behaviours could be stopped if someone would just tell the person – in an effective, non-judgmental, caring way – that they were behaving in an unsafe manner.

Tips to be effective communicators to support safe work, include:

1. seek to understand the other person's point of view
2. focus on facts – what you saw
3. focus on behaviour, not the person
4. never blame
5. tell your own stories using personal examples, demonstrate you care
6. re-inforce positives, far more than you correct.

Mike Harnett, VP Human Factors at Six Safety Systems presented on dead tired: why you need to manage fatigue. She shared a one-page, 15-question form for companies to self-evaluate their fatigue risk management system. Her company's GAP analysis covers 130 questions, but the 15-question sample covers a wide selection of variables that can help determine opportunities for safety improvements related to fatigue.

She explained how our circadian rhythm clock works and how it is influenced by light exposure to the eyes; how all our other body organ clocks are set and run off the master circadian clock in our brain. For these and other reasons, we should not make people adapt to things that are fundamentally incongruous with how our human species is wired – and hope for safe outcomes! We will never become a night species no matter how hard we try. We will always only perform at our best with the right exposure to light and night sleep as a daylight species. And, the impacts go beyond performance; they impact health such as stroke and cardiovascular disorders, digestive disorders, kidney disease, rheumatoid arthritis, fertility problems, various cancers, obesity, hypertension and diabetes. A "ureka" moment for many in the audience was finally understanding that every time they woke up, their bodies and brains had to restart the sleep cycle and for many they never got to go into the most critical and beneficial brain repair modes of Delta and REM sleep – which can impact psychological well-being and short term memory consolidation.

Mike said that performance and safety were impacted by all those getting six hours or less of sleep. This created loss of situational awareness, more time on tasks, under-estimation of risk, reduction in quality performance, flawed logic, hindered visual perception, slower information processing, reduced reaction times, decreased learning ability, etc.

She said that a breathalyzer for fatigue was in development and that driving was one of the highest risk activities when fatigued because incident reconstructions all showed that when drivers have micro-sleeps their muscles relax which causes them to involuntarily push down on the accelerator and speed up. Mike said that organizations needed to have open discussions about fatigue and understand that wakefulness is not something that workers can control.

Learn more at www.sixsafety.com

Tina Varughese, of tWorks, presented "50 shades of beige – communicate with the cross-cultural advantage", throwing out all those politically correct nuances and telling it like it is. Using many examples from her own life and career and that of her family and friends, Tina reminded everyone that one's own culture, outlook and upbringing shapes our expectations on how others behave and they of our behaviour. For example, one

person's limp fish handshake is another's admirably deferential sign of respect; and yet knowing how diverse Canada is, we still all mostly make judgements and incorrect ones at that about others' behaviours. We let ignorance or small world view shape our perception and then we make decisions based on those perceptions – often getting it horribly wrong. From not understanding people with thick accents, to what small-talk people consider usual to talk about. Consider Americans make small talk about the weather, traffic and sports (and Trump), in India small-talk is about Bollywood, politics and cricket. And while a thumbs up is a good thing in many cultures, in others it is incredibly rude and obscene. Making eye contact is critical in many cultures to be seen as trustworthy, yet rude in other cultures, where looking at a chin is an expected sign of respect when one speaks. Crossing legs and pointing toes is liable for a shoe-throwing incident in the Middle East, but polite in others. But, for all the differences we navigate, the reality is the same for all no matter what the culture, language, or mannerisms might be: every worker wants to work safe and go home at the end of the day. "We may have come over on different ships, but we are all in the same boat," said Tina. Safety matters.

For the second year in a row, Dan Demers of CANN/AMM occupational testing services, delivered a comprehensive update on the status of cannabis in the workplace.

In a highly interactive session Dan fielded questions from the audience throughout his presentation and covered everything from the latest preparations that are being sold in higher concentrations, to the latest stats including that 6 out of 10 adolescents will develop addictions.

He gave an update on the latest World Health Organization and Health Canada information on cannabis; covered the realities of what is known about cannabis; what is still unknown; as well as simulated workplace testing results where for example, eight out of nine airline pilots could not land planes successfully up to 24 hours after cannabis use.

Dan said it was important to recognize that cannabis and impairment is highly complex; cannabis substance dependence is real; and cannabis is very different from alcohol – and because of that, what employees do on their own time has to become workplace business.

He talked about current laws and legal precedents that have been set as well as safety sensitive workplaces and the steps employers need to take to respond appropriately. In a nutshell, it must be a fair, confidential process, but never looking to compromise safety of the person or others.

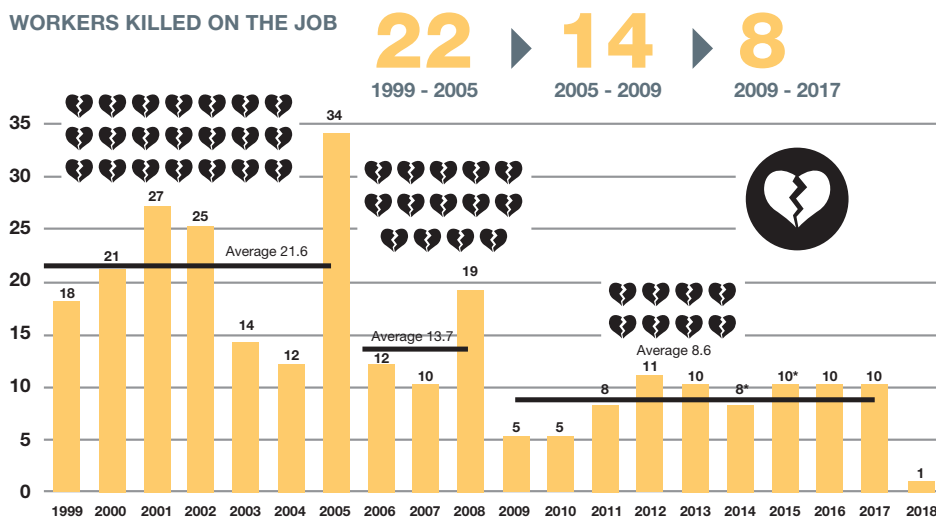
Dan said that fit for duty programs and policies were key. He said where employers go wrong is through inconsistent application; inadequate preventative measures; inappropriate application; or complicit practices. 🍌



Work-Related Deaths & Injuries

WORK-RELATED DEATH CLAIMS

WORKERS KILLED ON THE JOB



The data (left) for 2016 is based on WorkSafeBC accepted claims and incidents that the BCFSC is aware of that happened in 2016. Please note that this is preliminary harvesting data. *There were 4 fatalities the BCFSC is aware of that occurred in 2014 and 8 fatalities that occurred in 2015. WorkSafeBC tracks fatalities by the year in which they accept the claim. The BCFSC uses the WorkSafeBC data of accepted claims for trends as it is the only long-term data base for comparative purposes.

A worker was falling two limb-tied trees. As the front tree started to fall, two limb-tied limbs broke free and struck the worker as he was emerging from underneath a suspended windfall, along the planned escape trail.

Injury Type: Soft tissue injury
Core Activity: Manual tree falling and bucking
Location: Vancouver Island/Coastal B.C.
Date of Incident: 2018-Mar
 A faller moved to a predetermined safe location as a tree being felled started to fall. A limb fell from the canopy and struck the faller.

Injury Type: Concussion
Core Activity: Ground skidding, horse logging, or log loading
Location: Northern B.C.
Date of Incident: 2018-Mar
 A log truck driver was outside the truck cab, adjusting load binders and a log (10 feet long, 7 inches in diameter) that had become dislodged. The driver was struck by a broken section from the log. He was transported by barge and then helicopter to hospital.

Injury Type: Facial injuries, bruising
Core Activity: Log hauling
Location: Vancouver Island/Coastal B.C.
Date of Incident: 2018-Feb
 A loaded highway log transporter lost control on a snowy highway and rolled down an embankment. The driver, who was wearing a seat belt, was injured.

Injury Type: Fractures, bruising
Core Activity: Integrated forest management
Location: Vancouver Island/Coastal B.C.
Date of Incident: 2018-Feb
 A faller was struck by a small-diameter leaning snag that dislodged from a tree being felled. The faller was transported by the company's emergency transport vehicle (ETV), then ambulance, to hospital.

MANUFACTURING

Injury Type: Close call
Core Activity: Pressed board manufacture
Location: Northern B.C.
Date of Incident: 2018-Mar
 At a pellet mill, a spark was detected within the pellet cooler ducting system, followed by an internal deflagration. The deflagration caused a portion of the process ducting to be blown off. 🚒

One direct harvesting, no manufacturing work-related deaths in 2018, year-to-date

As at May 14, 2018, there had been one direct harvesting and no manufacturing work-related deaths in 2018.

March 7, 2018: The driver of a loaded logging truck was fatally injured when the truck left the road and went into the ditch on the 100 Forest Service Road north of Fort St James. The impact caused the logs on the trailer to come forward, crushing the cab. See safety alert: <https://www.bcfestsafe.org/node/3087>.

Another drive to work death

In addition, a second forestry worker has died this year driving to work. A faller died in hospital shortly after his vehicle was struck by another vehicle while he was driving to work near Campbell River in early April 2018: <https://www.mycomoxvalleynow.com/34058/police-waiting-on-reports-in-fatal-campbell-river-crash-investigation/>. We extend our sincere condolences to his young family, friends and colleagues.

As previously reported, in an earlier incident on Highway 19, a forestry worker died in a single vehicle incident. 🚒

Recent work-related incidents reported to WorkSafeBC

Sharing incident information is one way to help prevent similar incidents in the future at your workplace. Please discuss with your crews.

HARVESTING

Injury Type: Multiple fractures (1 worker)
Core Activity: Ground skidding, horse logging, or log loading
Location: Interior B.C.
Date of Incident: 2018-Mar
 As two chokermen at an uphill skyline yarding operation grabbed onto the chokers (length of wire rope for encircling a log), the yarder carriage unintentionally travelled down the skyline. Both workers were lifted about 5.5 metres off the ground and then fell. One chokerman (a young worker) was injured, and was transported to medical aid by the company emergency transportation vehicle (ETV).

Injury Type: Fractured vertebra
Core Activity: Manual tree falling and bucking
Location: Vancouver Island/Coastal B.C.
Date of Incident: 2018-Mar
 While overcoming a falling difficulty, a faller was struck by a cedar tree (7 inches in diameter, 40 feet tall).

Injury Type: Upper body fracture
Core Activity: Manual tree falling and bucking
Location: Vancouver Island/Coastal B.C.
Date of Incident: 2018-Mar



Training

50 trained so far in new Joint Health and Safety Committee (JHSC) training course

After a soft launch in 2017, the BC Forest Safety Council (BCFSC)'s training and development department added Joint Health and Safety Committee (JHSC) training courses as a regular offering on its 2018 training calendar.

As previously mentioned in Forest Safety News, the JHSC training is 8-hours long and meets regulatory requirements. This training course was developed using WorkSafeBC materials and then customized to include specific forestry and wood products manufacturing examples.

In 2018, regularly scheduled courses and requested courses have been delivered in Nanaimo, Prince George, Castlegar,

Kamloops, Chilliwack, Gibsons and Cranbrook, with 50 participants having completed the training.

As part of a BCFSC process to ensure quality training programs meet the needs of industry, participants were asked what they thought the strengths of the course are. Responses included:

- Good information
- Good material
- The instructor taught the course well and reviewed everything
- Lots of information and material
- Bringing into focus the role and responsibility of the JHSC members

- Well structured
- Regulation requirements
- Instructor knowledge
- Real life examples.

Participants were also asked how we could improve this course. Responses included:

- Consider doing the online content prior to the class
- Improve some of the slides
- More videos
- More group work.

The BCFSC will continue to monitor the feedback and make improvements to the course. 🌱

Upcoming training



More than 1,500 seats of training are provided by the BC Forest Safety Council to industry each year on a cost-recovery, not for profit basis. Above is a customized supervisor training session.

If you would like to see how a training course can meet your organization's needs, please let us know. We are committed to working with you to find the right training solution. We may be able to tailor a program to your specific needs and deliver it in a way that is most convenient for your operations. So far this year the training department has organized 20 additional tailored training sessions by request from First Nations Bands, licensees, contractors, and others across the province.

Scheduled training for the next few months (does not include tailored sessions):

Incident Investigation training

June 7 Prince George
July 19 Kamloops
July 19 Nanaimo

Forest Supervisor training

Module 1: Due Diligence (1)

Module 2: Communications (2)

Module 3: Leadership & Professionalism (3)

June 25 Langley (1)
June 26 Langley (2)
June 27 Langley (3)
July 23 Nanaimo (1)
July 24 Nanaimo (2)
July 25 Nanaimo (3)
Sept 12 Campbell River (1)
Sept 13 Campbell River (2)
Sept 14 Campbell River (3)

Joint Occupational Health and Safety Committee training

June 8 Prince George
July 20 Kamloops
July 20 Nanaimo

Small Employer OHS training & Refresher training

June 14 Vernon
June 18 Prince George
June 21 Campbell River
July 26 Nanaimo
Sept 13 Langley
Sept 20 Kamloops
Sept 20 Vernon
Sept 27 Campbell River
Sept 27 Prince George

Individual Owner Operator OHS training & Refresher training

June 23 Teleconference
July 21 Teleconference

View the full 2018 training calendar here: www.bcfestsafe.org/fscapps/calendar/calendar.php. Please check back often as course dates may change if there are insufficient participants. All training is offered on a not for profit, cost-recovery basis. Email training@bcforestsafe.org or call toll-free 1-877-741-1060 for general information, or email Gary Banys at banys@bcforestsafe.org to answer any questions you might have about course content and/or about tailoring courses to meet your company's needs at a location of your choice. 🌱



SAFE Companies program updates, responding to your safety needs

By Cherie Whelan, Director, SAFE Companies



Cherie Whelan.

It's been almost two years since I joined the BC Forest Safety Council, so I have officially had to stop saying that I'm new here! In some ways, I can't believe that it's been that long, and in others it feels like I've been here much longer. This time last year, I was on the tail end of our SAFE Companies Town Halls – 24 Town Halls in a six-week period across the province. I had an opportunity to hear directly from SAFE certified companies in many different regions about what they like and don't like, and what's important to them.

But most importantly, I got to meet with as many of you as possible to hear what I need to focus on to provide the right direction to your SAFE Companies programs. I say your program because the SAFE Companies program really belongs to the forest industry.

I'm a firm believer in accountability, and to that end wanted to provide an update on some of the things that we have built, updated and/or enhanced based on your feedback from our town halls.

1. WorkSafeBC COR policy input

After the town halls were completed, we worked with the SAFE Companies Advisory Committee (SCAC) (<http://www.bcforestsafesafe.org/node/2906>) to review the feedback received from industry. SCAC provided additional input. See what we sent WorkSafeBC based on this consultative process here: <http://www.bcforestsafesafe.org/node/2983>. We anticipate that there might be more opportunities to provide input to WorkSafeBC on what the COR program should look like, and we will keep you updated.

2. SAFE Companies website content refresh

We received feedback that while there was a lot of great information on our website, some things were really hard to find. In response, we reorganized the content from a user perspective and updated many documents to help ensure you find exactly what you are looking for. If you haven't seen it, please check it out at: http://www.bcforestsafesafe.org/safe_companies, and keep the feedback coming for us to ensure meaningful continuous improvement.

3. Increasing use of online training and electronic tools

We received the most feedback on the topic of wanting more online capabilities for SAFE Companies program requirements. In response, we are working on providing employers with more flexibility in how they can meet SAFE Companies requirements such as:

- **Increased online training**

- » *Small Employer Occupational Health & Safety (SEOHS)*

In January 2018, we launched our SEOHS course in an online format. The learning is self-paced, flexible with 24/7 access, interactive and participants get to speak with a Safety Advisor as part of the process. As at the end of April 2018, 118 people had completed this training.

- » *BASE 4 Internal/External Auditor Training*

We are in the final stages of updating our Internal/External Auditor training. Core competencies were identified with internal and external auditors to direct the design and build of the required training and curriculum. The theory component has been built into an online course resulting in reduced class time for the students. A classroom day is planned for the required hands-on activities and some of the assessment activities, and the first one was scheduled for May 23, 2018 in Nanaimo. We'll provide more information on this in a future issue of Forest Safety News.

- **Electronic tools for audit submission**

We have just started a project that will provide employers with the capability to complete their SAFE Companies audits on-line. We are aiming to provide employers with an interactive audit tool that will help them manoeuvre through the audit with guidance and "tips" to help ensure that they submit a complete and successful audit. The focus is on user-friendly and making

Talkin' SAFETy with Mike Sexton:

Can you help me?



Mike Sexton,
senior safety advisor.

This is a question we do not get often enough. The answer is easy: Yes, we can. Call us!

We are your Health and Safety Association, and we are here to help.

SAFE Companies program requirements simpler to meet. This new tool will also allow us to better identify emerging trends and issues in SAFE Companies audit submissions, and help us respond more effectively. We are in the planning stages for this work, and will provide regular updates as work progresses.

- **More face to face interactions**

During the town halls, we received really positive feedback on SAFE Companies' Safety Advisors customer service and support to industry. Overwhelmingly we heard that the most value that our Safety Advisors provide is through face-to-face interactions, like our verification visits. In 2017, we completed 383 Verification Audits, and also started doing Real Time Reviews in addition to our licensee-supported mass submissions for their contractors. A Real Time Review is where we come to a venue in your immediate area and you have the opportunity to bring in your audit submission, sit with a Safety Advisor who will review the submission and provide you with feedback right then and there about your audit. So far in 2018, we have completed 12 Real Time Reviews with 142 SAFE certified companies.

It's been a great couple of years. I'm proud and humbled to be working on your and industry's behalf to implement the changes necessary to eliminate serious injuries and fatalities. Going through the town halls, I got to appreciate firsthand what keeps our industry "up at night", and am so thankful for that opportunity. Please remember, my door is always open. SAFE Companies is committed to listening and supporting you in all things safety. Call me toll-free **1-877-741-1060** or email me at cwhelan@bcforestsafesafe.org.

Just a phone call away

We have Safety Advisors available by phone, toll-free at 1-877-741-1060 Monday to Friday 8:00-5:00. There are one or two safety advisors that take calls in the evening and on weekends too. Worst case scenario, you leave a voicemail and we get back to you as soon as possible.

On-site advocacy

Another service we offer is on-site advocacy. This is where we come to your office or site and go over anything that needs some help – or you just want a second opinion.

This assistance can be diverse, from helping you get ready for your upcoming audit or how to implement a good safe work procedure for a particular work activity, to discussing how best to help you make the move from a small company to a larger one. There is a bigger audit for BASE companies because there is more to deal with as a larger company, but the audit follows the increased responsibilities that

come along with increasing size. These responsibilities are there as a growing company, whether you do the audit or not.

Can someone help me with my audit?

Absolutely! As your Health and Safety Association we are here to help you where we can at no cost to you. Remember though that when it comes to completing your audit, the “Auditor” must be the Company Employee or owner whose training is current, a current External BASE Auditor, or a BCFSC Safety Advisor doing a Site Verification Audit, to be COR (WorkSafeBC’s Certificate of Recognition) eligible.

How does this work?

The first step is to contact us. The easiest way is to call the office and ask to speak to a Safety Advisor. We will discuss what you are looking for and come up with a plan.

If you see your company moving up to BASE, be happy, not nervous! We have done quite a few visits with companies in this situation lately. Each visit takes about two to four hours and includes going over the BASE audit and identifying any gaps in your system. Another possible option is setting up a Gap Analysis audit. This is a “practice run” which gives you a real measurement of where your company is at against the BASE standard.

These visits may be done by a BCFSC Safety Advisor or a student BASE auditor, if any are available, with limited cost to you. There are many possibilities. Bottom line is, when it comes to anything SAFETY, we are here to support you succeed. Please call us at **1-800-741-1060** toll-free or **250-741-1060**.

If you prefer email, email us at safeco@bcforestsafesafe.org. 📧

AgSafe COR to SAFE marks 4th conversion agreement

Similar to the SAFE conversion agreements that the BC Forest Safety Council (BCFSC) entered into in 2017 with the BC Construction Safety Alliance (BCCSA), Energy Safety Canada, and Safety Driven, the BCFSC has finalized an agreement with AgSafe Canada. The agreement allows employers with a valid small companies AgSafe SECOR (Small Employer Certificate of Recognition) to achieve SAFE Certification if they are currently working or intend to work in the forestry sector in BC.

There are exclusions, if the company:

- wants a forestry COR certification in addition to the AgSafe SECOR, or
- has one or more of its classification units (CUs) assigned or aligned with forestry.

In these two cases, the company must follow the usual SAFE certification process. Further, this is a one-way conversion agreement. There is no reverse mechanism to grant AgSafe SECOR to a SAFE Certified company.

All incoming AgSafe contractors will meet the same fee requirements and process as existing SAFE companies and in addition will be required to successfully complete a training course, Forestry Safety Overview, that will orientate them to BC forestry conditions and expectations. The importance of this training is to ensure that all newcomers are well aware of the specific BC forestry hazards and conditions to ensure that they are safe operators and that they do not create new hazards for other phases.

At the end of April 2018, SAFE Companies had issued 45 SAFE conversions, of which 39 were to BC Construction Safety Alliance COR members and six to Energy Safety Canada COR members.

Call Laurel at toll-free **1-877-741-1060** or email laturnus@bcforestsafesafe.org for more information. 📧

How COR incentive payments are determined and what to do if you don’t get your cheque

Financial incentives are an important part of the WorkSafeBC Certificate of Recognition (COR) program. If you’re a COR-certified employer, it is necessary to understand the process and criteria required to be considered by WorkSafeBC for an incentive.

Review your 2017 audit results letter from the BC Forest Safety Council. It will state if the company has been recommended to WorkSafeBC for 2017 COR. WorkSafeBC will issue the 2017 COR incentive cheques in late May/early June 2018. Allow a few weeks for delivery.

To be approved for an incentive by WorkSafeBC, the company must be in good standing with WorkSafeBC. As per WorkSafeBC’s assessment policy AP1-42-4, the company will not be approved for an incentive if, in the previous year, it has:

- Engaged in activity that would cause WorkSafeBC to impose, or consider imposing, an administrative penalty
- Suppressed claims for compensation or a claim cost
- An outstanding balance related to your WorkSafeBC employer account
- Failed to register with WorkSafeBC
- Not reported payroll to WorkSafeBC for the audit year
- Engaged in any misconduct WorkSafeBC considers inconsistent with participation in the COR program.

What to do if you don’t get a cheque?

If your 2017 audit results letter indicates that you are eligible for COR and you do not receive an incentive cheque by the end of June 2018, your WorkSafeBC account will be reconsidered in November 2018. You do not

need to take any immediate action, other than to ensure your account is in good standing.

What if my company didn’t get recommended for COR?

If your 2017 audit results letter says your company was not recommended for 2017 COR, and you believe you should have qualified, please contact Laurel at Laturnus@bcforestsafesafe.org or call toll-free **1-877-741-1060** to review.

How much is the COR incentive?

WorkSafeBC calculates the incentive amount based on the payroll reported for the previous year.

Employer’s reported assessable payroll x (CU base rate / 100) x 10%

Example

Employer ABC Logging Ltd. – CU 703008 Integrated Forest Management

2017 assessable payroll = \$950,000

2017 CU 703008 base rate = \$8.45 per \$100 of assessable payroll

Calculation:

$(10\% \times \text{CU 703008 base rate}) \times \text{assessable payroll}$
 $(10\% \times \$8.45) \times \$950,000 = \$8,027.50$
100

The Return-to-Work (RTW) COR incentive is an additional 5% for employers that achieved this certification prior to 2014. The RTW certification program remains frozen by WorkSafeBC, which means no new employers are eligible for an RTW COR. Employers currently RTW-certified can continue participating in the program until further notice. Auditing requirements remain the same at this time. 📧



Falling

Danger tree blasting: A good tool for fallers to deal with dangerous trees

To support a further reduction in the high injury rate among fallers in BC, WorkSafeBC would like to encourage all licensees and contractors to ensure that they have easy access to qualified faller blasters for their operations.

The importance of fallers having options and tools to effectively manage risk is key. "When a faller stops to assess each falling situation, he needs to know that the saw is not the only method of getting hazardous trees to the ground," said Tim Birkett, a Cranbrook-based WorkSafeBC Safety Officer for 13 years, having previously worked in the forest sector.

The Occupational Health and Safety Regulation Part 26.26(3) states that if conventional methods cannot be safely employed to fall a dangerous tree, blasting or other acceptable methods must be used.

"Blasting dangerous trees is a valuable tool to help effectively manage risks and should not be ignored. It is an excellent low risk method when it is not practical to leave the trees or use mechanical methods due to terrain slope limitations for machines or adjacent work activities that are affected by the danger trees. We need to get to a place where blasting is a practical, efficient and safe alternative in everyone's minds," said Tim.

When confronted with a dangerous tree, jackpot, hang-up, or windthrow stack, a faller must choose the option that secures the best safe outcome for that unique situation:

1. call for qualified assistance (see more information here: <http://www.bcforestsafeg.org/QA>)
2. call for mechanical assist
3. walk away if falling the tree is an unacceptable risk (mark as a no work zone and map the location of the hazard)
4. blast the tree.

To make these options equally available, to keep fallers safe, the land owner, contractor or licensee must be supportive and:



1. provide access to a qualified blaster* (if the faller is not a faller blaster)
2. provide access to the necessary blasting product which includes appropriate transportation to, and storage close to, the falling activities.

(Note: *Only qualified certified faller blasters may blast dangerous trees, or a blaster who is not a faller can blast a tree, provided he has a Certified Faller with him.)

"Without a faller having the tree blasting option available to him, he may feel compelled to do the job knowing in the back of his mind that it is a very hazardous situation to be in. He may feel there are no other alternatives but to fall a tree that shouldn't be hand-felled," said Tim.



A recent dangerous tree blasting course in the Golden area for certified fallers.

Photos submitted.



Dangerous tree blaster trainer Dazy Weymer.

"If fallers are going to use blasting, you need to make it an easy option. If it is going to be a big hassle to get it blasted, they are more likely to take a chance and try falling the tree," said Dave "Dazy" Weymer, of D/T Blasting.

Blasting – done step by step – is simple, safe and effective. The hardest part of the process is the transportation and storage of the explosives near the falling activity. Most agree that more needs to be done by government to simplify the storage part regulations, without compromising safety. "A balance is needed," said Tim.

Earlier this year WorkSafeBC with the support of Canfor (they provided the site for the in-field training), organized four East Kootenay certified fallers to participate in the three-day dangerous tree blasting training course run by Dazy. After completion of the training session, there was all-round recognition that blasting is an important tool to add to the toolbox to help keep fallers safe.

Faller blaster and BC's only dangerous tree blasting trainer, Dazy, has trained more than 100 certified fallers to become certified faller blasters since 2002. During that time, he has come to see how much fallers appreciate the new tool and skills they develop. "Day one of the course in the classroom, fallers look at all the information and feel a bit skeptical or overwhelmed, but by the end of the training in-field they are all very enthusiastic about blasting. It is easy for them to see that blasting is a tool that can help get them home safe every night," said Dazy.

Jeff Mackenzie, certified faller blaster, QST and BCFSC falling safety advisor, has taken the course twice over the years and said blasting is definitely a good tool for fallers to help lower the risk. "It is always better to deal with a hazard from 100 feet away. If you have the powder available, in the right hands, blasting has the potential to save lives," he said.



Prepping trees with the right cut (position and size) for the appropriate blasting material to control the blast and fall of the tree as intended, and documenting everything.

Photos submitted.

To secure blasting certification, certified fallers must successfully complete the course, demonstrate competency in dangerous tree blasting, and achieve a minimum 80% grade on WorkSafeBC's blasting exam. Successful candidates are granted a blaster's ticket that is restricted to two years. The faller is required to get 10 blasts in the two years and is then eligible to rewrite the exam and get a ticket that is good for five years.

The most recent dangerous tree blasting course took place at Columbia Extreme (classroom day) near Parson, BC and the in-field portion on Canfor's TFL-14 CP215 Block SPL0027, which was an isolated and permitted location. Kicking Horse Mountain Resort provided the blasting product Magazine (storage), in close proximity, with the necessary regulatory agreements in place between the resort, the trainer and Natural Resources Canada.

The training participants were certified fallers: Mark Teasdale, Columbia Extreme; Matt Ward, Golden Fire Jumpers; Greg Spence, M&H Logging; Steve Shaw of Shaw Forestry and by invitation on the last field day, Mike Taylor of Sawtooth Tree Services (already a certified avalanche blaster/technician in the winter months).

During training they learned the theory and practical applications of how to blast trees safely, ensuring that blasts are controlled, using the appropriate blasting materials and quantities to achieve the intended outcomes. This includes learning how to make appropriate cuts in the trees, in the right places that best facilitate placement of blasting products to accomplish the goal



Continued on page 14...



Falling

Continued from page 13...

of getting the tree down in a planned way. The fallers also learned how to identify and use blasting products, including appropriate storage and transportation to meet all applicable regulations.

Overall the participants consistently expressed how simple and safe blasting is.

Mike Taylor, of Sawtooth Tree Services, and BCFSC certified faller, said that “the danger tree blasting process is quicker and easier than I thought it might be, and clearly the best method to keep fallers safe when machine-assist is not a viable option.” He is looking forward to using it on a worksite.

Matthew Ward, certified faller and owner of Golden Fire Jumpers, said he was really happy that blasting is an available option. “I’ve been pressuring our local WorkSafeBC office for about 15 years about being able to blow up trees especially in fires because fire weakened trees are the most dangerous to have to fall when machines are not readily available,” said Matthew. “Blasting is very valuable. I was pleasantly surprised by how straight-forward and common sense explosives-handling is,” he added. “The importance of having the blasting option available I think was said best by Dazy during the course that for a long time fallers have been told to consider other options than falling a dangerous tree, but when machines can’t get there the only option to a faller was to grow a bigger set of balls. When machines aren’t available

that puts a lot of pressure on a faller to make decisions he shouldn’t be making to avoid stopping work.”

Matthew said the only hurdle was still around storage – how far away to be able to access it when fallers need it, but he said WorkSafeBC was optimistic that there would be improvements and licensees and landowners would help ensure that access was made available to ensure the safety of fallers.

Mark Teasdale, of Columbia Extreme, echoed those sentiments. “With the support of WorkSafeBC and licensees to enable easy access to explosives, we will create a win-win for everyone. Blasting is a highly valuable tool to have in our toolbox and it gives us a nice way to look at some dynamic falling situations. It is certainly the safest way to approach some falling situations. While we do have the opportunity to do a no work zone when machine assist is not possible, blasting is a great option.”

Dangerous tree blasting course information

For pre-requisites see: http://www.bcforestsafe.org/training/Danger_Tree_Blasting_for_Fallers

For scheduling and current pricing, please contact Dave Weymer at (250) 949-0271 or by email at glmdazy@gmail.com.

Examinations

WorkSafeBC’s 2018 blasting examination schedule: <https://www.worksafebc.com/en/resources/health-safety/information-sheets/blasting-examination-schedule?lang=en>

Videos

Dangerous tree blasting: <https://www.youtube.com/watch?v=870RNYwyULI> (4.52 minutes)

Dangerous tree blasting below road right of way: <https://www.youtube.com/watch?v=3Rwc7vvFPg4> (4.06 minutes)

Other resources

To see the applicable blasting regulation, please see WorkSafeBC’s website: <https://www.worksafebc.com/en/law-policy/occupational-health-safety/searchable-ohs-regulation/ohs-regulation/part-26-forestry-operations?origin>, look for 26.26 section 3

and Blasting Regulations (Part 21): <https://www.worksafebc.com/en/law-policy/occupational-health-safety/searchable-ohs-regulation/ohs-regulation/part-21-blasting-operations#65D35885F8CF422C958C00D57B36B60F>

Previous research

In 2011, Dean McGeough, of Integra Forest Consulting Ltd., and Dazy Weymer, of D/T Blasting, researched and produced a report on dangerous tree blasting in BC: http://www.bcforestsafe.org/files/Falling/State_of_DTB_in_2011_Report.pdf. 📄

Falling supervisor training in Williams Lake

Qualified Supervisor Trainer, Doug Harrison, recently led a requested training session of Falling Supervisor training for BC Wildfire Service near Williams Lake.

A total of 18 participants spent five days learning and practicing the skills required to supervise falling activities including how to develop block falling plans that comply with the Workers Compensation Act and OHS Regulation; control falling activities in the workplace, and document them; safely coordinate phases; manage people and train workers; and inspect and evaluate certified hand fallers to the BC Faller Training Standard. 📄

Photos submitted.



FTAC members review new New Faller Training Program Resources

Three members of the Falling Technical Advisory Committee (FTAC) met in April and May to review, discuss and provide feedback on the competency-based New Faller Training Program resources, instructor guide and lesson plans.

They are certified fallers Dazy Weymer, QST, CFS; Neil Campbell, QST, CFS; and Jack Miller.

They will also report back to the rest of FTAC on their findings after completing their reviews.

Their feedback, along with feedback from subject matter experts who helped develop the content, as well as feedback received during the pilot phase – from trainees, trainers and observers – will be consolidated and reflected in the final draft materials prior to submission to WorkSafeBC for regulatory approval in the fall of 2018.

Update on revised New Faller Training Program roll-out

Roll-out to industry is on track for 2019, with the training pilot having started in May 2018, and on schedule for completion at the end of September.

The pilot consists of two tuition based new faller training pilot courses for eight participants who have successfully secured their own funding for the full course costs of \$27,500 each.

In addition, BC Wildfire Service plans to pilot later this year, details to be determined depending on how fire season shapes up.

Feedback is being gathered at regular intervals during the pilot via interviews and surveys.

The pilot will also provide trainers and participants with access to the new online BC Forest Safety Council Forestry Learning Centre as well as to use iTrak, an easy to use online reporting system that allows trainers and supervisors to complete weekly reports on their new faller trainees.

Apart from the feedback on the training resources themselves, the pilot will also look at the cost-effectiveness of a competency-based system. 🚩

Upgrade training for current Qualified Faller Trainers

Both BC Forest Safety Council (BCFSC) and BC Wildfire Service Qualified Faller Trainers (QFTs) took part in two workshops in April to prepare for the revised new faller training program, resources and processes.

Participants received an introduction to:

- The new competency based system including the faller learning resources, assessment tools, instructor guide and lesson plans
- The BCFSC's online Forestry Learning Centre and
- iTrak, an online safety and compliance reporting system that allows for weekly reports on trainee fallers, for example.

They were then asked to provide feedback on all resources provided. 🚩



Three fallers' deaths have recently appeared in the media

Three fallers, who were not falling at the time, have recently died.

Driving to work

One 39-year old faller was driving to work at about 5 am recently on Vancouver Island Highway 19 near Campbell River when he was involved in a two-vehicle crash that is still under investigation. He was taken to hospital but died shortly afterwards.

Death under investigation

Another 39-year-old faller was at a camp worksite and was found deceased. This incident is also under investigation by authorities.

Illness

Another faller (68 years old) recently died after an illness.

FSN extends sincere condolences to family, friends and colleagues of all three fallers. RIP. 🚩



Transportation

TimberWest contractors pilot fatigue-monitoring technology

Thanks to the participation of TimberWest contractors and their drivers, a fatigue technology research pilot was started in April 2018, with an end goal of informing industry about solutions to improve safety in log hauling operations.

The project will bring together Wolf Lake Logging Ltd., CoastFibre, TimberWest, FPIInnovations and the BC Forest Safety Council (BCFSC) to help test the latest world-leading technological innovations that support improved safety outcomes with regards to fatigue.

Seeing Machines



A Seeing Machines unit is installed into a Vancouver Island log truck.

The “Seeing Machines Fatigue Project”, will run for 60 days and started when TimberWest – as part of its commitment to seek out best

practices and innovation – became aware of the technology being implemented in New Zealand. At the same time, back in Canada, FPIInnovations and the BCFSC had been conducting research into monitoring and assessing log truck driver fatigue, while the forest industry safety working group, Trucking and Harvesting Advisory Group (TAG), had been studying fatigue, the factors that impact fatigue, and the best practices for managing fatigue.

Worker fatigue is a safety risk factor within many industries including forestry, particularly for workers that have long shifts or those working night shifts. Among other safety considerations, increased fatigue levels may lead to micro sleeps and momentary or extended lapses in concentration that can put workers at increased risk of incidents, especially when operating motor vehicles, or heavy equipment.

Several technologies continue to be developed to identify and measure fatigue, and provide fatigue mitigation measures. One technology, Seeing Machines, was identified in FPIInnovations’ research as one of the top three onboard technologies based on six criteria: market readiness, purchase cost, features, data transfer and support, human machine interface, and functionality. Seeing Machines mitigates risk by detecting both fatigue and distraction events and providing real-time, in-cab behaviour intervention, by using face and eye tracking software technologies.

Readibands

In addition to testing the Seeing Machine units, the Wolf Lake Logging and Coast Fibre drivers will also wear Fatigue Science Readibands, a wristband technology that uses bio-mathematical fatigue modelling, to predict fatigue.

Trish Kohorst, BCFSC transportation safety manager and project lead said recent surveys conducted by TAG of 4,000 log truck drivers in BC (in 2015 and 2016) identified fatigue as one of the top three concerns; the other two being road conditions/maintenance (no. 1) and speed (no. 2). As a result of these findings, industry committed to supporting the successful implementation of a driver fatigue management program that includes creating awareness and understanding of the significance of driver fatigue; the implementation of appropriate measures to help prevent potential fatigue related incidents; and, to improve driver health and wellness.

The opportunity to implement this project is largely due to the participants. “A big thank you to Wolf Lake Logging and CoastFibre and their drivers for volunteering to be part of this safety project. Thanks to their participation we will be able to help support better safety outcomes for all log haulers,” said Trish. “And thanks to TimberWest’s continued commitment to safety and leadership in seeking out technological innovation.”

A project wrap-up presentation will be provided following completion of the project. “The user experience and feedback on both technologies will be invaluable in determining the effectiveness and ease of use of the technologies,” said Trish.

To learn more about the technologies, see <https://www.seeingmachines.com/> and <https://www.fatiguescience.com/>. For further information on this project, please contact Trish Kohorst at transport@bcforestsafesafe.org or call toll-free 1-877-741-1060. 📞

Ongoing opportunities for professional development of log truck drivers

Each year, as part of industry’s ongoing commitment to provide opportunities for professional development of log truck drivers, 18 seminars will have taken place by the end of the first week in June. These diverse seminars focus on topics that increase driver knowledge and help support informed choices for improved safety, health and wellness.

The seminars were hosted by various licensees and delivered by subject matter experts, on topics as diverse as brain science and keeping safe (Gary Anaka) <http://www.braincoach.ca/>; fatigue science and increasing health and wellness through fatigue management <https://www.fatiguescience.com/>;

[fatiguescience.com/](https://www.fatiguescience.com/); distracted driving (Drop It and Drive) <http://diad.tirf.ca/>; and, anatomy of a rollover, and your greatest risk (Advantage Fleet Services) <http://advantagefleetservices.com/>.

The seminars were hosted by West Fraser in 100 Mile House and Fraser Lake; Canfor in Vavenby, Mackenzie, Vanderhoof, Houston, Fort St. John, Chetwynd, Cranbrook and Prince George; Weyerhaeuser in Princeton; Cariboo Chilcotin Truckers Compliance Committee in Williams Lake; Tolko in Quesnel and Merritt; Babine Forest Products in Burns Lake; and Conifex in Mackenzie.

The 2018 Log Hauling Survey was distributed at all sessions providing drivers with the opportunity to respond to questions to help inform future industry initiatives and resources that further support safe log hauling. 📊

LTTAC health and wellness initiative for log truck drivers

The Log Truck Technical Advisory Committee (LTTAC) is pleased to announce they will be working with Total Physiotherapy based out of Smithers, to create resources that will support log haulers in reducing ergonomic injuries.

The initial step, compiling a Physical Demands Analysis, was completed in late March, thanks to the support of Groot Bros., of Houston, and Sky View Contracting, of Smithers, who allowed Total Physiotherapy to travel with drivers through the complete log hauling cycle to ensure they had an accurate understanding of the physical demands of log hauling including load securement, chaining

WorkSafeBC receives update on transportation safety initiatives

At the request of WorkSafeBC for an update on industry safety initiatives related to transportation safety, Trish Kohorst, BC Forest Safety Council Transportation Safety Manager, recently presented to the WorkSafeBC's forest industry advisory group which includes prevention, occupational safety, and industry and labour services representatives.

Trish provided an update on the professional log truck driver competency program, fatigue research and resources, as well as the key projects that the industry safety working groups, Trucking and Harvesting Advisory Group (TAG), the Log Truck Technical Advisory Committee (LTTAC), Bulk Haulers Injury Elimination Taskforce (BHIET) and the Marine Forest Safety Advisory Group (MFSAG) are working on.

Trish explained the merits of a competency based program where the knowledge, attributes and skills are evaluated to meet the criteria – no pass or fail; rather an industry developed program that identifies what is needed for a professional log truck driver to safely perform his/her duties.

She said that the program had been initiated by LTTAC (whose membership includes log hauling contractors from across the Province, RCMP, CVSE, WorkSafeBC, FPIInnovations, and ICBC) and further developed with contributions from the subject matter expert group, supported by TAG. So far since 2016/2017, 17 new log truck drivers were trained and 160 drivers have been assessed. Vancouver Island University has also developed curriculum, based on the program's units of competence. In 2018, learning resources are planned for development, but are dependent on securing additional funding. 🌲

Pre-trip inspections assist in preventing serious incidents and provide opportunity for early recognition of unsafe conditions

A new 'Check Your Nuts' information campaign is intended to help remind all drivers about the importance of pre-trip inspections for both safety, operational performance and lower long-term maintenance costs.



Resources will include posters and stickers. The materials will be completed in the next few weeks and accessible via the resource section on the BC Forest Safety Council website: <http://www.bcforestsafecouncil.org/node/2485> as well as on the Resource Order form: http://www.bcforestsafecouncil.org/files/ps_InjuryPreventionResourceOrderForm.pdf 🌲

Fatal collision did not involve two logging trucks

When first reports came out, it was claimed that two logging trucks had been involved in a fatal collision on Highway 97 at the end of March. The two trucks involved were in fact a lumber truck and a chip truck. We are sharing that information here because social media and others perpetuated the error and while the source was corrected, the bad info was already out there and being shared. Our thoughts and condolences are with all those affected by the incident. 🌲



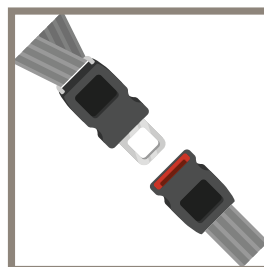
Fatal truck collision closes highway

March 26, 2018

One person was killed Monday morning when two commercial trucks collided on Highway 97 near the Dunkley Lumber sawmill, Quesnel RCMP said.

Buckle up!

The stats just keep confirming the fact that safety belts do save lives. A safety belt could save your life too. Please buckle up and makes sure your loved ones buckle up! Wear your seat belt every time you climb into a piece of equipment, a passenger vehicle, a taxi, crummy or log truck. 🌲



Update on the US experience with ELDs

As Canada's deadline in 2019 for ELDs grows closer, we can learn from some of the experiences south of the border where ELDs have been required for several months already. One of the unintended consequences is that some US commercial drivers are finding there is no space at truck stops; while others are being forced to pull over in areas that are not safe to meet service hour restrictions. See <https://www.trucknews.com/features/little-by-little/> 🌲

up and the long hours spent behind the wheel in the log hauling environment.

The objective is to develop resources that will help drivers, managers and supervisors better prevent injuries by identifying potential injuries earlier and more effectively managing common injuries, as well as adopting actions to help minimize the risk of injuries.

Resources will include exercises specifically tailored to improve strength and fitness to work, showing workers good body positioning, techniques and stretches to minimize the likelihood of strains and other injuries.

The project is expected to continue through 2019 with the first resources becoming available as early as November of 2018. Forest Safety News will update with links as soon as they are available. 🌲



Vitamin D: The new wonder drug



By Dr. Delia Roberts

Nutritional fads come and go, but it looks like the evidence for widespread health benefits of Vitamin D (Vit D) is here to stay. At the very least it is clear that people in poor health often have low blood levels of Vit D, and some studies suggest that higher levels of Vit D can be protective against the development of certain diseases. Let's explore where we get Vit D, how it's used in the body and what we now know about how it might help maintain good health.

Vit D – the sunshine vitamin

By definition, vitamins have to be consumed in the diet. But Vit D is unusual in that we can also synthesize it in our bodies in the presence of UV light. Unfortunately, there are two problems with getting enough sunlight to make all the Vit D we need. Firstly, in Canada, most of the year the sun is so low on the horizon it's hard to get enough UV exposure to make Vit D. Experts estimate that it takes approximately 5–30 minutes of sun exposure between 10 AM and 3 PM at least twice a week to the face, arms, legs, or back without sunscreen to make enough Vit D. Glass and tight-weave clothing block UV light, so it has to be warm enough outside that you'd be willing to wear shorts and a sleeveless top, or go shirtless. Cloud blocks about 50% of the UV light, so it also has to be a clear day, and shade blocks about 60% so you have to stay in direct sunlight. Properly applied sunscreen with an SPF of higher than 8 also blocks enough UV to prevent Vit D synthesis, which brings up the second problem. Exposure to UV light is known to contribute to the development of skin cancer. If you are careful, it is possible to get enough

sun to make Vit D without causing skin damage, but in reality, it's unlikely that with our climate we can get the sun exposure needed to make enough Vit D on a regular basis.

Vit D can be stored

Vitamin D is fat-soluble, which means that it can be stored in the body but also that when taken in from dietary sources, it requires fat to be absorbed. Once again, this raises two points. One, since Vit D can be stored, theoretically, you could make enough Vit D to last you all year long by spending your summer at the beach. One study actually looked at this and determined that in cultures where sunbathing is popular, people can meet their Vit D requirements in this manner. The second point is that people who have trouble absorbing fats, such as in those with inflammatory bowel diseases like Crohn's or Celiac Disease, are at risk for low Vit D levels. Oddly, obese people are also at a higher risk for low Vit D levels because the excess fat just below the skin hoards Vit D and makes it harder for sun generated vitamin to get into the bloodstream.

Dietary sources of Vitamin D

There are only a few foods that are naturally high in Vit D (fatty fish like salmon, tuna and mackerel) and to a lesser extent, beef liver, egg yolks, cheese and some mushrooms. But because of the importance of this vitamin, milk (35–40 IU/100 mL) and margarine (≥530 IU/100 g) are fortified by law in Canada. Some manufacturers also add Vit D to yogurt, orange juice and ready to eat cereals. In spite of this, it's still difficult to obtain the preferred amount of Vit D without supplementation.

Vitamin D in supplements and fortified foods is found in two forms, Vit D2 (ergocalciferol) and D3 (cholecalciferol). They are manufactured by different processes (D2 is derived from irradiated yeast and D3 is from irradiated cholesterol). They differ only in the chemical structure of a side chain, both can be used equally well by the body when taken in normal amounts. Sunlight produces D3 in the body, and mushrooms are the main source of D2.

Whether generated by the body from UV light, eaten in natural or supplemented foods, or consumed as a pill, all Vit D has to go through two further activation steps in the body before becoming biologically active. The first step takes place in the liver,

the second in the kidney which means that people with either liver or kidney disease are at risk for low levels of the active form of Vit D and require special means of meeting their Vit D requirements.

Recommended intakes

Measuring the level of active Vit D in the blood is difficult and very expensive, and is not necessary for most people. Instead, scientists have re-evaluated how much Vit D should be consumed on a daily basis. The recommended daily intake for adults aged 19-70 years as set by the Food and Nutrition Board at the Institute of Medicine at the National Academies and accepted by the Canadian Medical Association is now set at 600 IU. Some scientists though, believe that it is not only safe to consume up to 4000 IU/day, amounts closer to 2000 IU/day are necessary to protect against disease. One way to look at it is to supplement with the recommended 600 IU/day in pill form, and assume that between dietary sources and sun exposure, you will top your Vit D levels up enough to insure good health. Taking Vit D supplements in excess of these amounts has not been shown to improve health and at very high levels Vit D can even be toxic.

Some medications can interfere with the absorption or use of Vit D in the body. Steroid medications, high cholesterol drugs or those needed to stop epileptic seizures all lower Vit D levels. If you are taking one of these drugs or one that blocks fat absorption be sure to discuss your Vit D needs with your physician or pharmacist.

Bone health

The best understood function of Vit D is its role in building and maintaining strong bones. It's needed by the body to absorb calcium in the gut, and is responsible for stimulating the healthy development and growth of bone in the immature skeleton. In adults, the actions of Vit D on bone cells maintains bone, adding to areas that are under stress and removing bone from areas that are not loaded. This function also adjusts blood levels of calcium and phosphate as are needed by other areas of the body.

In more recent times, receptors for Vit D have been found on many other cell types in addition to bone cells, and we now know that it plays a role in the normal development and death of many cells as well as in inflammation. This has led to the investigation of the protective role for Vit D in the prevention of cancer (especially colon, prostate, and breast cancers) and a healthy immune system. One large review showed that higher levels of Vit D helped

reduce the number and severity of asthma attacks. It also appears that Vit D is needed for the neuromuscular system, and may be important for the prevention of diseases like Multiple Sclerosis (MS). There is some evidence that low Vit D levels have been associated with increased risk of development of MS and that supplementation may slow the progression of the disease. However, studies that compare the rates of these diseases and others (diabetes and cardiovascular disease have also been investigated) are not conclusive. Sometimes lower Vit D levels are found in populations with higher rates of the disease and higher Vit D levels are found in those with lower rates of the disease, but not all studies show this effect and supplementation does not always prevent the disease. More good quality studies are needed before we can say for sure whether or not Vit D can prevent these diseases, and if the vitamin is protective, what amounts of it are needed for a beneficial effect.

If you aren't sure about whether you should be taking a Vit D supplement, discuss your diet, lifestyle and disease risk with your physician. The science suggests that if you don't get regular exposure to the sun, you should think about using a daily Vit D supplement. 🌞

Good mental health matters as much as physical

Six signs of good mental health are if you feel like **YOU**:

1. Are reaching YOUR POTENTIAL
2. BELONG
3. Make the world a BETTER PLACE
4. DON'T WORRY about what others think of you
5. ENJOY your life
6. Can be knocked down and you will GET BACK UP again, and again.

According to the Canadian Mental Health Association, mental health is more than being happy all the time. It's about feeling good about who you are, having balance in your life, and managing life's highs and lows. Everyone deserves to feel well, and, we all need a support system to lean on.

Forest Safety Ombudsman to brief NDP caucus on HEMS report

The BC Forest Safety Ombudsman, Roger Harris, provided the BC NDP caucus with a briefing on his Helicopter Emergency Medical Services (HEMS) report, on May 16.

Last year, the Union of BC Municipalities voted to support the recommendations contained in the report. Since then several petitions have called on the government to support improved critical care access to remote communities that would benefit workers and all other community members.

You may read the report here: <http://www.bcforestsafe.org/node/2909> 📄

Wildfires require proper safety masks

As part of an access to information request by CBC News, the RCMP acknowledged that during a wildfire review they established that not all officers had been provided with the appropriate masks when they worked the Fort McMurray wildfire in 2016.

They should have all been equipped with 3M half-face masks. Instead officers had paper-filter N95 masks, or didn't wear any, leaving respiratory side effects, coughing spells and shortened lives.

The lesson for all is that if you are exposed to wildfires, do not compromise your or your workers' health and safety by using inappropriate masks.

See the CBC story in full here: <http://www.cbc.ca/news/canada/edmonton/fort-mcmurray-wildfire-rcmp-safety-masks-1.4621705> and WorkSafeBC requirements: <https://www.worksafebc.com/en/health-safety/tools-machinery-equipment/personal-protective-equipment-ppe/types/respiratory-protection> 📄

Tools you can use and share

Canadian Mental Health Association: <https://cmha.ca/>

Man Therapy: <http://mantherapy.org/>

Suicide Prevention Resources from the CMHA: <https://cmha.ca/documents/preventing-suicide>

Excellent video on the effects of depression: <https://vimeo.com/159136856>

The most important thing is to talk. Choose someone you trust and you know will listen; or choose a confidential anonymous hotline to call. Help and crisis line numbers as well as other mental health support near you can be found here: <http://www.crisislines.bc.ca/>

BC crisis lines provide three million minutes of support to people in need each year which means a person connects with a confidential line worker every 2.7 minutes. Support is available 24/7, 365 days a year. You are not alone. 📄

Red Shirt Foundation report on sawmill workplace violence



The foundation formed after a Nanaimo mill shooting in April 2014, when Michael Lunn and Fred McEachern died and Tony Sudar and Earl Kelly were injured, has recently released a report, *Workplace Violence in Sawmills in BC*. See:

<https://www.nanaimobulletin.com/news/red-shirt-foundation-report-on-mill-workplace-violence-released/>. To read the full 154-page report, please see: <http://redshirtfoundation.com/> (scroll down on the homepage for a link to the pdf as well as other useful tools to help support respectful workplaces.) 📄



Your Take on Safety



You're invited to share the wonders of safe forestry careers with high school kids

Every day high school students are developing the attitudes, skills and knowledge (ASK) that will support them as they make decisions about safe, healthy and successful career pathways. Safety is key to helping them develop the right ASK that will last -- in the classroom, on the job, and for life.

LearnSafe allows us to support the next generation of safe forestry workers

Enhancing the safety learnings available to secondary school students in Grades 10-12 in BC is an essential component of getting youth ready for work and keeping them safe. A WorkSafeBC initiative, administered by the Construction Foundation of BC, LearnSafe is relevant to all industries including forestry and wood products manufacturing.

The program speaks to a need, expressed by employers, to more fully engage and inform youth regarding worker and public safety so that they are ready for employment upon graduation.

Focused initially on shop class students, LearnSafe will work with BC's secondary schools to schedule industry-led safety talks in the classroom, with the primary objective of educating students about the importance of safety training and awareness on the job site and why safety is a necessary element to achieving employment in industry.

In addition to delivering the safety talks in schools, online safety courses will be ready to rollout in the 2018/19 school year. Completion of these courses will enable high school students to earn graduation credits while gaining valuable safety training and awareness.

Please join us in telling BC's forestry and products manufacturing story

So far, 12 people have volunteered to step up in their local communities to help support this program. We'd like to invite you to consider joining us.

We are seeking industry representatives who are passionate about safety in the forestry and wood manufacturing sectors to volunteer their time to deliver safety talks. Volunteers will be supported with tools, materials and other information to help ensure that the messaging remains consistent while maintaining enough flexibility to allow for presenters to share their personal worksite and sector experiences.

This is a great opportunity to improve the lives of young people in your community as well as promote the wonders and rewards of a truly sustainable and safe forest industry to the next generation of workers. If you're interested in exploring this opportunity further, or know of a high school that you'd like to approach in your local community to help set up presentations, please contact Gerard Messier at **250-739-5177** or email messier@bcforestsafesafe.org.

ABOUT Forest Safety News

Forest Safety News is published six times a year: February, April, June, August, October and December. All submissions – letters to the editor, safety tips, photos, safety stories, concerns etc. – are welcome. The opinions expressed in the newsletter are not necessarily those of the editor, staff or board of the BC Forest Safety Council. All decisions to publish materials rest with the editor. 12,000 copies of each edition are distributed via mail or email. Additional copies are distributed at industry events.

Subscriptions

If you would like to continue to receive a hard copy or would prefer to receive an electronic copy of this newsletter, please email editor@bcforestsafesafe.org and ask to be added to the print copy or email distribution lists. Email subscriptions are encouraged.

Have a story, letter to the editor, safety tip, ideas or photos? Please send all submissions to:

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FOREST SAFETY News



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Safety is Good Business

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Building a world-class safe pellet industry



Some of the more than 50 delegates who attended the day-long Wood Products Safety Summit 2018 in Prince George earlier this year (June).

The Wood Products Safety Summit 2018 offered more than 50 delegates a day of diverse presentations on safety – with a clear focus on the value of both increased collaboration and process safety.

Held at the Prince George Conference and Civic Centre on June 6, 2018, preceding the two-day BioEconomy Conference, presenters included Scott Bax, chair of the Wood Pellet Association of Canada (WPAC)'s safety committee and senior VP operations, Pinnacle Renewable Energy Inc.; Darrin McCaskill, WorkSafeBC's director of programs, projects and initiatives; Darren Beattie, Conifex's safety manager, on behalf of the Manufacturing Advisory Group; Andy Reimer, a process safety management expert in the oil and gas sector; Alan Quilley, a safety consultant and author; Jay Juvenal, international sales manager CV Technology; and Guy Colonna, division director, of the National Fire Protection Association.

There is one thing above all else that consistently permeated each of the presentations during the safety day and that was simply that process safety management, strong safety culture and high performance in any industry require collaboration, participative management of all stakeholders

and a walk the talk attitude where results prove that many heads are better than one.

More workers going home safe

Kicking the day off, Darrin said that employers, workers and labour had made gains in health and safety performance, and thanks to everyone's hard work "more workers are going home safe than at any time in our history".

He said the multi-faceted forestry industry includes everything from harvesting, transportation, processing and manufacturing to silviculture. He noted that there are many high risk work activities involved in bringing a tree or fibre to market and the sector has seen some darker days. "The prevailing attitude at the time was not if, but when a serious incident would occur."

Darrin said that fast forward to today and we have seen a noticeable change, a new world where employers are actively engaged in health and safety; a robust health and safety association, the BC Forest Safety Council, providing the infrastructure for health and safety and resources; and, there is an industry emphasis on training and supervision. "Clearly, the culture of risk-taking is being replaced by a safety-first approach," he said.

"We know that workers do not need to die or get hurt to cut down a tree or transport logs or manufacture lumber. Overall industry has vastly improved its safety practices; some remarkable achievements have been made and there are fewer injuries and fewer fatalities," said Darrin. "But maybe, just maybe, good is not good enough."

He said this was no time for complacency; one serious injury, or one fatality, is one too many; and, there are new hurdles and new risks that should be seen as challenges, but not barriers to safe and healthy workplaces. These include an aging workforce; an influx of young and inexperienced workers; increasing use of technology and new technologies; and the realities of a "contracted" work environment – the changing relationship between the employer and employee. Darrin gave the example of phase congestion and the challenges in extracting timber and getting it to processing as quickly as possible. He challenged the audience: maybe we need to be doing everything we can to be great, to be world-class, rather than just good.

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

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Continued from page 1...

He went on to discuss the characteristics of world-class organizations, emphasizing that they are not about the rule book, the OHS program, the procedures or the paperwork. Rather, "it is about the doing, the application, the practice, the action of doing and establishing the right culture for healthy and safe performance".

In the months preceding the Nova Scotia Westray mine disaster (an underground explosion at the mine killed 26 miners on May 9, 1992) the company had won a national safety award. On paper, they had a great safety program, but what came out at the inquest is that what was happening in reality was something different – the safety program had never been fully implemented and was not fully operational. The cautionary tale shared in this and many other fatal and injury incidents is that one can be proud of the shiny binder but until safety intent is translated into action, into the "that's how we do things around here", it is just paper.

Darrin said that world-class organizations don't delegate safety to one person; they have an engaged workforce where everyone feels responsible for safety; and it is the way

that they do business, with CEOs and senior managers making their commitment to safety visible to all.

These organizations have operations managers who integrate safety into their business planning, and demonstrate their commitment through actions to address issues quickly and efficiently. Similarly, world-class frontline supervisors and workers know that they can report unsafe conditions without pushback.

These organizations believe in safety and establish themselves as safety leaders. They build relationships with others including the regulator. They take a risk-based approach and seek to identify key hazards and key controls and they actively seek out collaboration and joint problem solving; and are committed to continuous improvement. "Your pellet sector is on this journey," said Darrin, citing combustible dust as an example. He explained that in 2014 the sector had a compliance rate of 40%; then, a little over a year later, 90% compliance, and a year after that 100% compliance. Having addressed the problem of combustible dust management the sector has not stood pat but instead moved on to new challenges

such as ventilation design, syngas and process safety management.

Darrin showed a WorkSafeBC video involving the Arctic Arrowline Power Company in Cranbrook, where an owner shares how his company made safety personal and underwent a significant culture change following a tragic workplace accident. Safety is personal – an employer's story: <https://www.youtube.com/watch?v=x9WthTBEKsw>

The lessons learned include:

1. that it doesn't matter all the good things you did; it's all the things you didn't do that come to the fore
2. It's about connecting with the people that you employ; translating what is in the safety binder into real practice and walking the talk
3. Grab your people; sit down and talk about safety; do safety and make it personal; and hopefully you don't have to learn things the hard way.

Darrin's final challenge to all participants was to "leave here with a commitment to go back to your organization and make safety personal. This is how this sector will continue its journey to world-class."

Chair of WPAC safety committee encourages increased collaboration



WorkSafeBC's Budd Phillips with Wood Pellet Association of Canada's safety committee chair, Scott Bax.

Scott Bax, chair of the Wood Pellet Association of Canada (WPAC)'s safety committee and Senior VP, Operations for Pinnacle Renewable Energy, said he was speaking mostly from personal opinion shaped by more than 20 years in the forestry business as well as a little from both WPAC and Pinnacle perspectives.

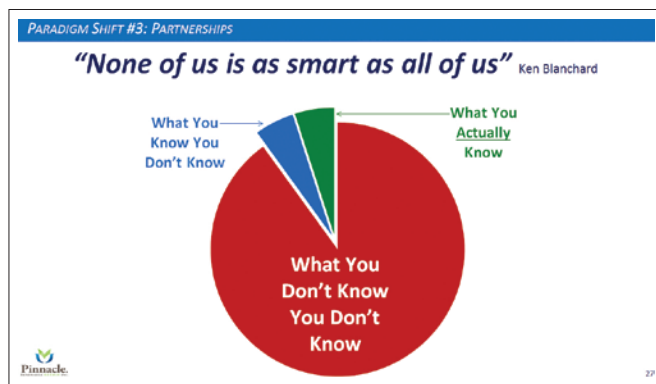
He said that collaboration makes us better as an industry and in search of continuous improvement, we needed to focus on

finding opportunities to learn and one such opportunity was finding where process safety fits in.

"Leading in safety means that we don't compete on safety. Every member of WPAC commits to that. We will share anything with anyone, anytime, anywhere. We can compete on many other things but safety is not proprietary; and I think we can do more," said Scott.

Quoting Ken Blanchard, the internationally acclaimed leadership and management expert, Scott said "none of us is as smart as all of us".

Scott shared many examples of collaboration – from conferences, key groups like the Manufacturing Advisory Group (MAG) and WPAC, the health and safety association – BC Forest Safety Council, regulators – WorkSafeBC, Technical Safety BC and the



Fire Commission; insurers and vendors; and other one-on-one subject-specific experts to crews' feedback and joint occupational health and safety committees, etc.

He said that every stakeholder brings a unique perspective and expertise and it was important to have a willingness to listen respectfully and understand that point of view. Together industry can best increase the pace at which leading practices can be identified and implemented to secure continuous improvement in safety outcomes.

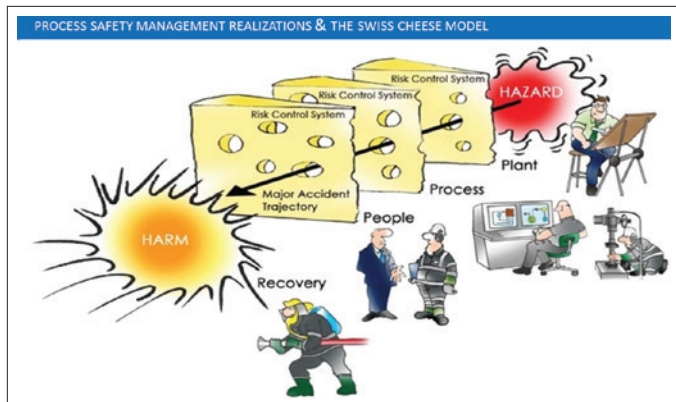
“There are always opportunities to learn,” said Scott, adding that it was important to remain focused on a risk-based approach, recognizing that 20% of the work creates 80% of the risk in wood products manufacturing.

In addition to safety leadership, advanced training, safety culture, investigations, making and keeping safety personal for all workers – process safety management is another tool. “It has the ability to make us better and is a tool that has not been maximized by industry in the past,” said Scott.

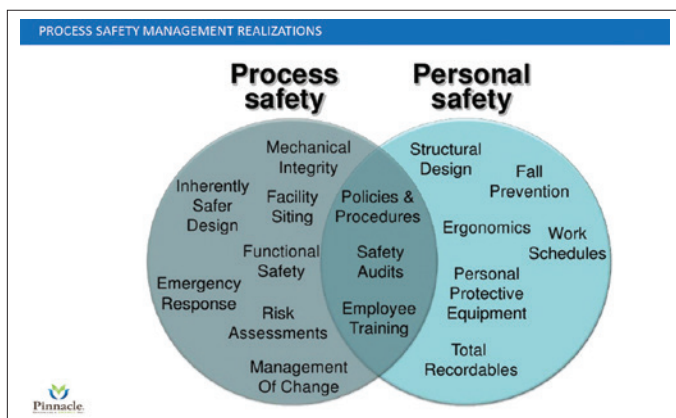
He said Pinnacle had chosen to implement process safety management because it could make their operations safer. WPAC also believes that using process safety management can make a difference and bring more people home safe. Scott says it is not about reinventing the wheel, but rather seeking sustainable execution by building on existing strengths.

“As an association, we are providing access to the tools. We are not being prescriptive to members. They can adapt to use what makes sense and at the timing that works best for their organizations,” said Scott.

He said there was a lot to be learned from the oil and gas industry that could be applied to forest product manufacturing. Below are two slides that summarize process safety.



This diagram depicts a “Swiss cheese” model devised by James Reason. It starts with a hazard (top right) and ends with an incident (bottom left). The holes in the Swiss cheese line up perfectly to allow a hazard to transform into a catastrophic event. Process safety management addresses potential hazards early in the process, optimally at the design stage. It also looks at how people interact with the different systems (e.g. operator training, human machine interface, control designs, alarms, redundancies, etc.).



While personal and process safety differs, some common elements are shared. Personal safety tends to focus on administrative and PPE type solutions, relying heavily on both the worker and the supervisor.

In comparison, process safety starts at the elimination/substitution and engineering hierarchies, with the majority of the responsibility being on management and engineers.

WPAC, working with ACM – process safety management experts (<https://www.acm.ca/>) – have rolled out three modules so far to members: process hazard analysis; management of change; and documentation; with two more modules coming in 2018: investigations, and due diligence.

In summary, Scott said that as an industry, we have opportunities to be better: “Working together means we can be stronger. Collaborate with everyone and collaborate more.” 🌱



Participants at the Wood Products Safety Summit 2018, work through a table discussion exercise during a presentation by process safety expert Dr Andy Reimer.

Building a collaborative industry forum to secure the best safety outcomes

Manufacturing Advisory Group (MAG) member and Conifex’s safety manager, Darren Beattie, provided an update on BC’s new Forest Industry Forum, on behalf of MAG.

He said that the new Forest Industry Forum was a model that allowed for an all-inclusive consultative and collaborative forum between industry, the regulator and labour, with one shared focus: to bring about the best solutions for improved safety outcomes.

Darren shared how the latest forum had come about, going back to the 2012 Lakeland and Babine explosions; subsequent fatality inquests; and then the Macatee Report.

While industry has previously worked with the regulator on safety matters, things had come to a point that there needed to be a process for consultation and collaboration with industry, labour, and the regulator on safety issues. He said the initial forums had become less effective over time because the structure and format of those forums was not designed for collaboration. As a result, he and Matt Franks, another MAG member and Canfor’s safety manager, had been charged by MAG to consult with WorkSafeBC on a process to address a need for sustained collaboration that would allow the building of a strong working relationship between industry, the regulator and labour to fully address emerging issues, risk reduction and compliance.

With better communications, collaboration and shared commitment between the three groups to solve challenges, they have developed a more efficient and effective process built on broad, qualified stakeholder input and engagement that they all believe will lead to improved safety standards and performance.

Continued on page 4...



Continued from page 3...

The framework has evolved away from looking at areas of concern to forming technical working groups – manufacturing and harvesting working groups. Both MAG and WPAC feed into the technical manufacturing working group.

While the groups meet quarterly, they communicate constantly on current and emerging issues.

Darren explained that the participants on the manufacturing side included safety leaders from industry, labour, WorkSafeBC and the BC Forest Safety Council; and that there was equal representation on the harvesting side as well.

In regards to harvesting, the focus is on addressing fatigue, load securement, self-loading truck guarding and phase congestion. On the manufacturing side, the focus is on the Part 12 regulation section review on safeguarding and the conflict between lockout and safeguarding, high risk strategy updates and wood fibre storage.

Darren said the safeguarding technological advancement initiative, undertaken at Conifex, and supported by MAG and WorkSafeBC, had identified conflict within the regulation. The ultimate goal is to enable regulation to be formulated and implemented properly, which requires input,

consultation and shared understanding in the early phases of testing and implementation. “There is an opportunity for industry to give input very early on in the process which is very important,” said Darren.

Meetings have been scheduled for the rest of 2018 including planning for the annual forestry summit as well as a part 12 review of regulations re safeguarding.

“We have one goal,” said Darren. “We are not there to lobby for any specific interests. We are there to find ways to achieve safer outcomes that see everyone go home safe.” 🌲

TimberWest contractors receive safety leadership awards

Earlier this year, TimberWest presented its Safety Leadership awards to three contractors at a safety day event in Nanaimo.

“Our contractors help coordinate the activities of close to 1,000 people out in the woods every day across a variety of terrain and through changing weather conditions. Safe and environmentally responsible outcomes are only possible through their unrelenting focus and commitment to improve,” said Jeff Zweig, President and CEO of TimberWest. “Each of the award winners has contributed in an exceptional way to achieving better safety outcomes. We greatly appreciate their efforts.”

In 2017, TimberWest achieved a below coastal industry average medical incident rate of 2.01 per 200,000 hours worked; a 39% decrease in the medical incident rate year-over-year.

“While we celebrate the accomplishments of 2017, the journey is not over until we achieve zero-harm. And this can only be achieved with the support of our contractors,” said Jeff. “We are pleased to recognize the efforts of three outstanding leaders in safety.”

Learn more here: <https://www.timberwest.com/timberwest-celebrates-outstanding-contractors-with-safety-leadership-and-environmental-leadership-awards/>



TimberWest safety award winners

Denny Pement (centre), of Coastline Forestry Group, received the Crew Safety Champion award; Andrew Johnson (far left), of Wolf Lake Logging, received the Safety Leader in Innovation award; and Paul Henderson (second from right), of TPH Contracting, received the Best Safety Culture award.

In TimberWest's 2017 sustainability report (https://www.timberwest.com/wp-content/uploads/TimberWest-2017-Sustainability-Progress-Report_Web.pdf), safety goals for 2018 include: working towards zero injuries by targeting a further 18% reduction in injury frequency. 🌲

Screenshot of TimberWest's 2017 sustainability report which includes safety goals and objectives.



Recent media coverage of BC wildfires and related topics

According to <https://www2.gov.bc.ca/gov/content/safety/wildfire-status> by July 3, 2018 there were 347 current wildfires, with about 40% human-caused.

Below are some wildfire-related stories:

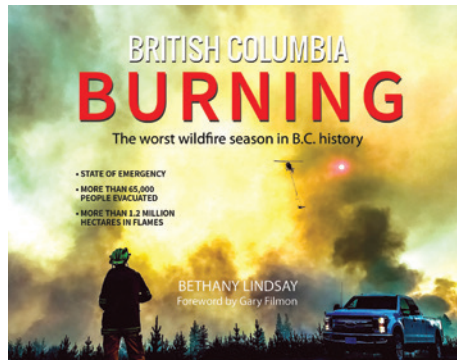
Good advice for Nelson from its fire chief is applicable to all – **have a personal fire plan**: <https://www.nelsonstar.com/news/video-develop-a-personal-wildfire-plan-nelson-fire-chief-says/>

Air quality concerns re wildfires, wood smoke and dust in Northern BC:
<http://www.cbc.ca/news/canada/british-columbia/wildfires-wood-smoke-and-dust-forum-looks-at-air-quality-in-northern-b-c-1.4695071>

First Nations brace for another bad wildfire season and complete annual training:
<https://vancouverisland.ctvnews.ca/b-c-first-nations-brace-for-another-bad-wildfire-season-train-to-battle-flames-1.3962287>

Learning how to trace the origin of a wildfire:
<https://bc.ctvnews.ca/investigators-in-training-learn-how-to-trace-origin-of-a-wildfire-collect-evidence-1.3962791>

A new book, **British Columbia Burning** by journalist Bethany Lindsay, published by MacIntyre Purcell Publishing Inc., and funded by the Governments of Canada and Nova Scotia (106 pages), weaves words and pictures together from the 2017 BC wildfire season. It is full of personal stories and includes interviews with wildfire staff,



affected community members, and others. The book is available online via Amazon for purchase. The book culminates in the anticipated review that has been completed on the floods and wildfires (see the June edition of Forest Safety News, Industry section, page 5 for links to the report by Chief Maureen Chapman and George Abbott): http://www.bcforestsafesafe.org/files/ForestSafetyNewsletter_2018June_Industry.pdf. The question now is how many of the fixes identified will be implemented, when and at what cost? The goal is to ensure our families, communities and forests are effectively protected; human caused fires are significantly reduced/eliminated and we secure meaningful continuous improvement rapidly in effective forest stewardship for wildfire management, to protect livelihoods, communities and support the best safety' health and wellness outcomes for all BC residents.

Resources re BC wildfires

Report a wildfire: 1 800 663-5555 or *5555 on a cell

Fire information line: 1 888 336-7378

Burn registration line: 1 888 797-1717

Twitter: @BCGovFireInfo

Facebook: <https://www.facebook.com/BCForestFireInfo/>

Current wildfire situation:
www.bcwildfire.ca

Evacuation orders and emergency alerts: <https://www.emergencyinfobc.gov.bc.ca/>

Wildfire preparedness:
<https://www.emergencyinfobc.gov.bc.ca/home/wildfire-preparedness/>

Information for residents and evacuees impacted by wildfires:
<https://www.emergencyinfobc.gov.bc.ca/home/information-for-affected-residents-and-evacuees/>

Weather alerts for British Columbia:
<https://weather.gc.ca/warnings>

Air quality advisories:
<https://www2.gov.bc.ca/gov/content/environment/air-land-water/air/air-quality/air-advisories>

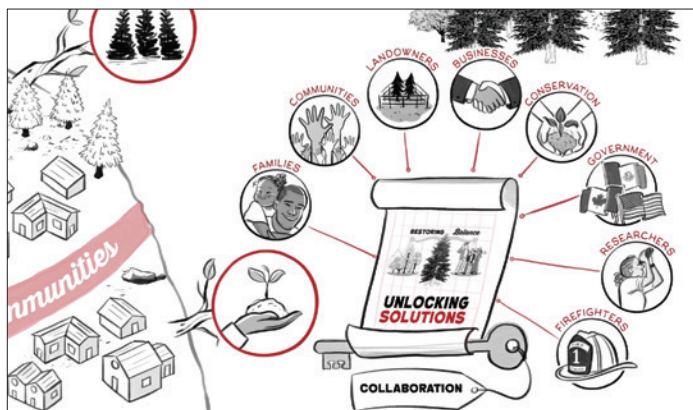
Road/highway closures:
<http://www.drivebc.com>

BC Hydro outages:
<https://www.bchydro.com/safety-outages/power-outages.html>

BC emergency news:
<https://news.gov.bc.ca/> 📱

Building fire resistant landscapes and restoring the balance

The #forestproud Vimeo channel shares a simple video on explaining what effective forest stewardship for wildfire management looks like in building fire resistant landscapes and restoring balance. See: <https://vimeo.com/273568962> 📺



Screenshot from the video.

Call for nominations for annual safety awards

It's that time of the year to consider who you would like to see industry recognize as safety champions – that individual, team, group or organization that personifies what safety leadership, safety excellence, safety caring really means. That go-to person who always makes the right decision based on safety, not anything else first. View and download the 2018 nomination form here: <https://www.bcforestsafesafe.org/AnnualSafetyAwards.html>

Winners will be recognized at the annual Vancouver Island Safety Conference at the end of September in Nanaimo. 📅



Free Vancouver Island Safety Conference on September 29, 2018 in Nanaimo

The 13th annual Vancouver Island Safety Conference will take place at the downtown Vancouver Island Conference Centre in Nanaimo on Saturday September 29 from 8:30 am to 3:30 pm with 10 different speakers covering topics within the theme of "Managing risk – empowering good decisions".

About 400 to 450 delegates attend each year for free, thanks to generous industry sponsorships and donations – from small contractors to large licensees, WorkSafeBC, the BC Forest Safety Council (BCFSC), United Steelworkers, BC Timber Sales and individual support.

Speakers this year include three key notes: the highly entertaining, tell it like it is safety expert and author, Alan Quilley; brain health and wellness presenter, Terry Small; and international management consultant specializing in Occupational Health and Safety, Eldeen Pozniak. Other sessions include WorkSafeBC's Al Johnson on safety performance, FPinnovations' Dzhamal Amishev on new technologies to help

manage risk; Karren Kossey, of Orca Health and Safety, on the top three MSIs in the forest industry, as well as short topical updates from the BCFSC's CEO Rob Moonen, and the Ministry of Labour and/or Employers/Workers Advisor Offices (speaker/s to be confirmed).

So hold the date and bring at least one new or young worker with you for a day full of safety learnings, inspiration, networking, good food and forestry hospitality. With no charge to attend, please consider giving generously to those less fortunate and remember to bring at least one non-perishable food item or cash donation for the Loaves and Fishes foodbank.

For more information, please see: <http://www.bcfestsafe.org/VISC>. Please register here to confirm your spot: <http://www.bcfestsafe.org/fscapps/reg.php> and if you have questions or would like to sponsor/donate to the conference, please contact Gerard Messier or Patty Bergeron at the BCFSC. Call toll-free 1-877-741-1060. 📞

CHAG continues to work on phase congestion

Following the BC Forest Safety Ombudsman's 2018 report on the status of phase congestion in forestry operations, the Coast Harvesting Advisory Group (CHAG) has identified phase congestion as one of its key 2018 priorities. A specific phase congestion CHAG meeting was held to identify actions that CHAG feels can best support continuous improvement in effective and safe phase management.

Broadly, the areas of focus are:

1. Investigate the development of Safe Separation Distances Procedures that could outline recommended minimum distances between phases.
2. Develop resource materials that better define the roles and responsibilities of the owner and prime contractor related to phase management. This includes a review of BC Forest Safety Council (BCFSC)'s current Prime Contractor Guide and Workshop to see if updates are needed.
3. Supervisors are key players in effectively managing phases and safety. A sub-committee has been created to focus on supervision. The committee will call on input and support as needed to explore the following action items:

Action 1: Do research and workload analysis on logging contractor supervisor position. Produce report that details time spent at work and the activities completed within that work day. Report to include comparison with other natural resource operations that are considered world class (Canada and international).

Action 2: Work with logging contractors to develop guidelines that outline the expected job functions and time requirements of a logging supervisor. The goal is to produce a detailed list of what needs to be done on a day-to-day basis and the time it takes to complete.

Action 3: Compare the workload analysis report data with expected job functions of supervisors. Work to develop action items to bridge the gaps, change supervisors' roles to better meet expectations.

4. Having enough approved wood ahead of logging operations creates flexibility that can allow the movement of phases to avoid congestion. CHAG will explore ways to increase this type of operational flexibility.
5. Workers need to feel like they are free to stop work and report to their supervisor when phases become too congested.

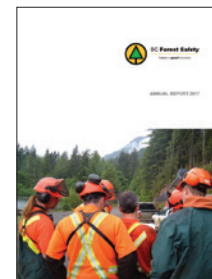
Government's professional reliance report released

The BC Government has released a final report it commissioned on the review of Professional Reliance in our province. See the news release <https://news.gov.bc.ca/releases/2018ENV0053-001306> and the report: https://engage.gov.bc.ca/app/uploads/sites/272/2018/06/Professional_Reliance_Review_Final_Report.pdf 📄

Provincial Government to update Workers Compensation Act in 2019: No material changes; just housekeeping to support ease of use

See announcement here: <https://www2.gov.bc.ca/gov/content/justice/about-bcs-justice-system/legislation-policy/legislation-updates/workers-compensation-act> 📄

BC Forest Safety Council's 2017 annual report



You may view or download the BC Forest Safety Council (BCFSC)'s 2017 annual report here: [https://www.bcfestsafe.org/files/BCFSC Annual Report-2017.pdf](https://www.bcfestsafe.org/files/BCFSC%20Annual%20Report-2017.pdf)

At the most recent BCFSC's annual general meeting in June 2018, the following six directors were elected: Andrew Horahan, Interfor; Stephen Mackie, Canfor; Reid Hedlund, Interior Logging Association (ILA); David Elstone, Truck Loggers Association (TLA); James Gorman, West Fraser; and Chris Stagg, Ministry of Forests, Lands and Natural Resource Operations & Rural Development (FLNRORD).

These directors join Brian Baarda, TimberWest Forest Corp.; John Betts, Western Forestry Contractors' Association (WFCA); and Bob Matters, United Steelworkers Wood Council. 📄

A second sub-committee with contractor, union and licensee representatives will focus on how best to effectively communicate that message to build a culture of it being OK to refuse unsafe work and to stop operations due to high risk conditions.

Forest Safety News will share updates in future editions. 📄



Training

Requested training popularity continues:

Recent incident investigation, JHSC and supervisor sessions held at TI'azt'en First Nation



TI'azt'en Nation recently hosted and held back-to-back training courses. Participants were (back row, from left): Sterling Thomas, Byron Roberts, Steve Mueller (trainer), Don Mattess and Dexter Felix. Front row (from left): Gilbert Felix, Lonny Prince, Lena Alexis, Corey Felix, Evan Mattess, Lance Felix Sr. Absent: Clifton Antole.

BC Forest Safety Council contract trainer, Steve Mueller, recently led back-to-back training at the TI'azt'en Nation in Incident Investigation, Joint Health and Safety Committee, and Supervisor Training.

Carissa Duncan, Employment and Training Coach at TI'azt'en Nation said after the training that it had been a great week. "Participants really learned a lot out of this training," she said.

Overall participants said that training was either excellent or very good. In response to the question what are the strengths of the courses, feedback from participants included:

- understandable and clear
- everything was good
- learning improved skills
- very good trainer who adapts and has fun while staying on topic
- effective transfer of information
- easy to understand
- straight forward
- respectful

In response to the question how could this course be improved, feedback included:

- more video clips
- nothing; good like it is 🌲

Upcoming training

If you would like to see how a training course can meet your organization's needs, please let us know. We are committed to working with you to find the right training solution. We may be able to tailor a program to your specific needs and deliver it in a way that is most convenient for your operations.

Scheduled training for the next few months (does not include tailored sessions):

Internal Auditor Theory BASE 4

Aug 23 Prince George
Oct 4 Vernon

Falling Supervisor training

Oct 1 Prince George
Oct 15 Vernon
Nov 5 Campbell River
Nov 26 Nanaimo

Forest Supervisor training

Module 1: Due Diligence (1)

Module 2: Communications (2)

Module 3: Leadership & Professionalism (3)

Sept 12 Campbell River (1)
Sept 13 Campbell River (2)
Sept 14 Campbell River (3)
Nov 7 Nanaimo (1)
Nov 8 Nanaimo (2)
Nov 9 Nanaimo (3)
Nov 19 Prince George (1)
Nov 20 Prince George (2)
Nov 21 Prince George (3)

Dec 5 Vernon (1)
Dec 6 Vernon (2)
Dec 7 Vernon (3)

Incident Investigation training

Oct 1 Terrace
Oct 3 Houston
Oct 15 Prince George
Oct 18 Campbell River
Oct 25 Langley
Oct 29 Vernon
Nov 5 Williams Lake
Dec 3 Nanaimo
Dec 10 Kamloops

Individual Owner Operator OHS training & Refresher training

Aug 25 Teleconference
Sept 22 Teleconference
Oct 27 Teleconference
Nov 24 Teleconference
Dec 15 Teleconference

Joint Occupational Health and Safety Committee training

Oct 2 Terrace
Oct 4 Houston
Oct 16 Prince George
Oct 19 Campbell River
Oct 26 Langley
Oct 30 Vernon
Nov 6 Williams Lake
Dec 4 Nanaimo
Dec 11 Kamloops

Small Employer OHS training & Refresher training

Sept 13 Langley
Sept 20 Kamloops
Sept 20 Vernon
Sept 27 Campbell River
Sept 27 Prince George
Oct 18 Williams Lake
Nov 22 Langley
Nov 29 Prince George
Nov 29 Vernon
Dec 6 Nanaimo
Dec 13 Kamloops

View the full 2018 training calendar here: www.bcforestsafesafe.org/fscapps/calendar/calendar.php. Please check back often as course dates may change if there are insufficient participants. All training is offered on a not for profit, cost-recovery basis. Email training@bcforestsafesafe.org or call toll-free 1-877-741-1060 for general information, or email Gary Banys at banys@bcforestsafesafe.org to answer any questions you might have about course content and/or about tailoring courses to meet your company's needs at a location of your choice. 🌲

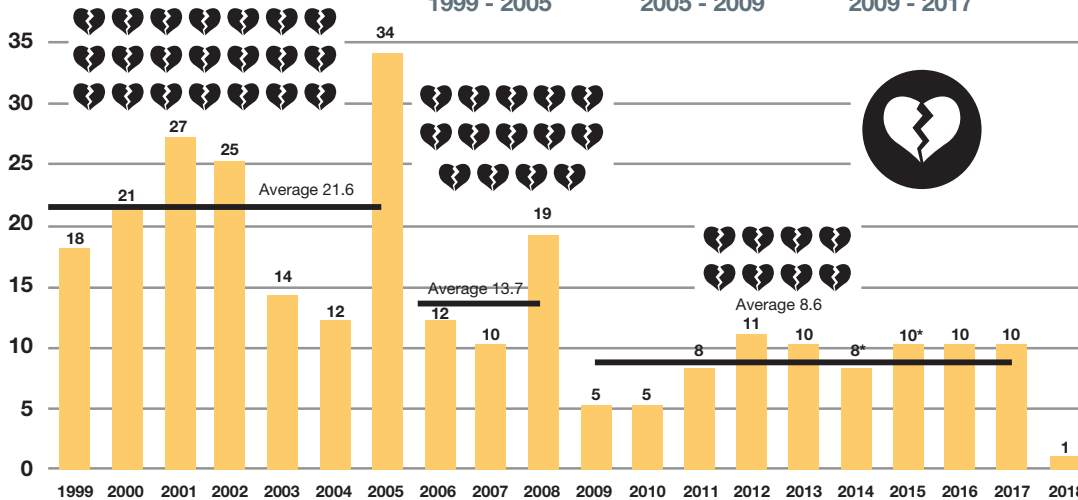


Work-Related Deaths & Injuries

WORK-RELATED DEATH CLAIMS

WORKERS KILLED ON THE JOB

22 ▶ **14** ▶ **8**
1999 - 2005 2005 - 2009 2009 - 2017



The data (left) for 2016 is based on WorkSafeBC accepted claims and incidents that the BCFSC is aware of that happened in 2016. Please note that this is preliminary harvesting data. *There were 4 fatalities the BCFSC is aware of that occurred in 2014 and 8 fatalities that occurred in 2015. WorkSafeBC tracks fatalities by the year in which they accept the claim. The BCFSC uses the WorkSafeBC data of accepted claims for trends as it is the only long-term data base for comparative purposes.

One direct harvesting, no manufacturing work-related deaths in 2018, year-to-date

As at July 12, there had been one direct harvesting and no manufacturing work-related deaths in 2018.

March 7, 2018: The driver of a loaded logging truck was fatally injured when the truck left the road and went into the ditch on the 100 Forest Service Road north of Fort St James. The impact caused the logs on the trailer to come forward, crushing the cab. See safety alert: <https://www.bcforestsafes.org/node/3087>.

Injury rate data now available for 2017 – forest industry continues to make positive progress

WorkSafeBC has recently published injury rate data for 2017. Overall, the forest industry continues to make positive progress. In 2017, the overall harvesting injury rate was 4.7 which is the second lowest injury rate on record. 2009 is the only year with a lower injury rate of 4.2, which was strongly influenced by the 2009 financial crisis and record low harvest volume of 51.7 million m³.

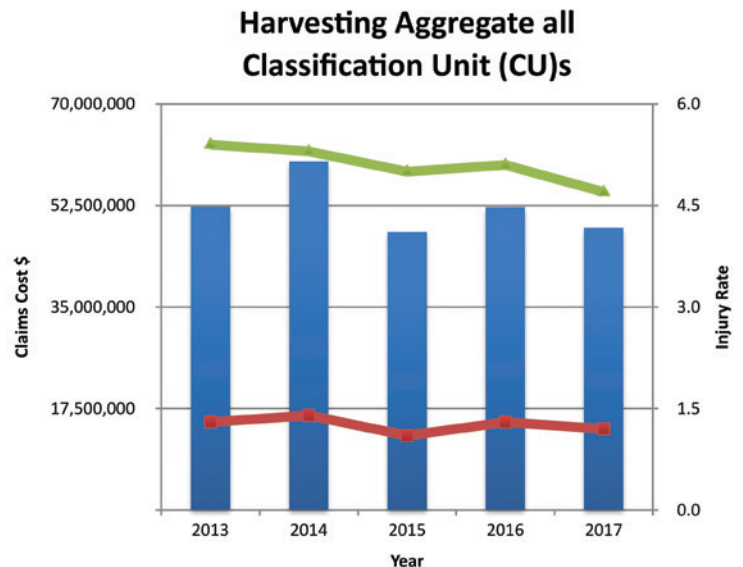
The injury rate for manual tree falling was 22.7 in 2017 and also represents the second lowest injury rate on record behind 2009's rate of 18.8. While still very high, industry's continued focus on manual tree falling is generating positive results. This focus must continue to secure further reductions in injury rates and ensure improved faller safety.

Sawmills, pellet mills and medium-density fibreboard (MDF) also continue to make positive progress with injury rates near or below provincial averages.

While there is still more work to be done, the injury rates demonstrate that industry's commitment and efforts aimed at reducing injuries are having an impact.

Please see https://www.bcforestsafes.org/safety_info/statistics.html for current data for the 2013-2017 years re claims costs, serious injury and injury rates in specific Wood Product Manufacturing and Forest Harvesting Classification Units. Here are a sample of four graphs from harvesting and manufacturing Classification Units (CUs).

■ Claims Cost Paid
■ Serious Injury Rate
■ Injury Rate
Classification Unit = CU



Recent work-related incidents reported to WorkSafeBC

By sharing incident information with your crews and discussing how to prevent similar incidents in your workplace, you help support better safety outcomes.

HARVESTING

Injury Type: Close call

Core Activity: Cable or hi-lead logging

Location: Vancouver Island/Coastal BC

Date of Incident: 2018-Jun

A grapple yarder was travelling over a steel bridge when the sill logs on one end supporting the bridge collapsed. The yarder was able to get over the remaining part of the bridge. No injuries were reported.

Injury Type: Fractured ribs, internal injuries

Core Activity: Manual tree falling and bucking

Location: Vancouver Island/Coastal BC

Date of Incident: 2018-May

A worker was falling a 132-foot cedar tree straight down the hill when a 75-foot limb-tied hemlock fell across the hillside at a 90 degree angle from the direction of the felled cedar tree. The hemlock landed hillside, striking the worker before coming to rest directly above the stump of the cedar tree. The worker was airlifted to the hospital.

OTHER

Injury Type: Leg fractures

Core Activity: Shake block cutting

Location: Vancouver Island/Coastal BC

Date of Incident: 2018-May

A worker was cutting a cedar log when it slid down the hillside, striking the worker. The worker was transported to hospital by Coast Guard helicopter.

Injury Type: Close call

Core Activity: Log hauling / Fin fish farming

Location: Vancouver Island/Coastal BC

Date of Incident: 2018-May

A loaded log transporter and a personal vehicle collided on a resource road. Three workers were in the personal vehicle on their way to work. No injuries occurred.

MANUFACTURING

Injury Type: Close call

Core Activity: Pressed board manufacture

Location: Northern BC

Date of Incident: 2018-Jun

A fire started in the cooler exhaust stack of a pellet mill. An on-site crew worked to extinguish the fire, but called the local fire department when smoke entered an adjacent building. The fire was localized to the exhaust stack only. No injuries occurred.

Injury Type: Multiple fractures

Core Activity: Sawmill

Location: Northern BC

Date of Incident: 2018-May

A worker climbing an extension ladder fell 7 feet to grade.

Injury Type: Amputation injuries to fingers

Core Activity: Shake or shingle mill

Location: Vancouver Island/Coastal BC

Date of Incident: 2018-Apr

A new worker in training was trimming a shingle that was pulled awkwardly into the saw blade. The worker's hand contacted the saw.

Injury Type: Possible smoke inhalation (2 workers)

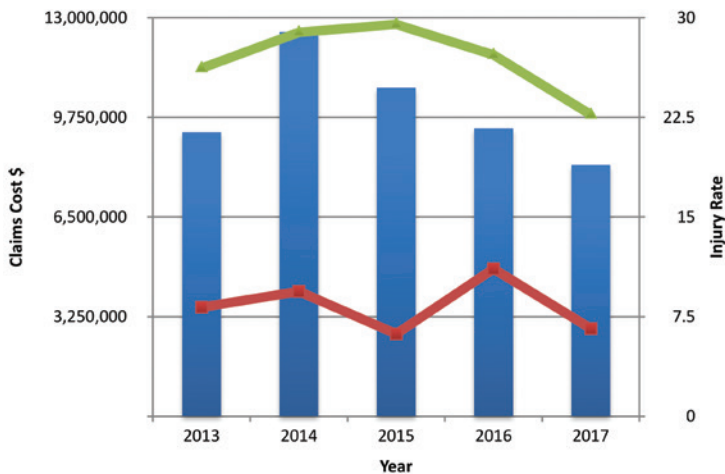
Core Activity: Pressed board manufacture

Location: Northern BC

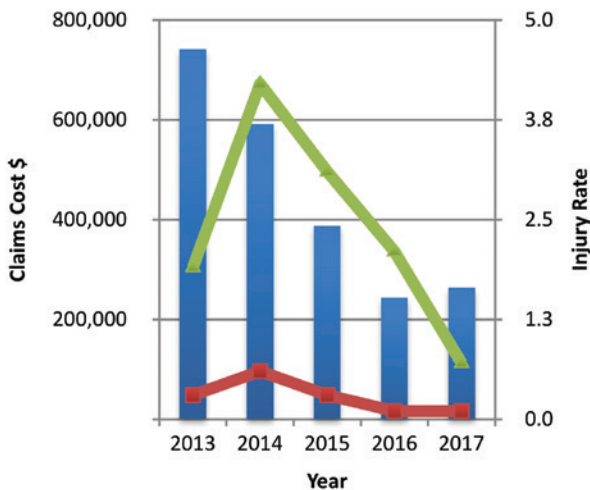
Date of Incident: 2018-Apr

During maintenance activities at a pellet mill, an upset condition in the dryer resulted in sparks exiting the dryer stack to the outside. The wind carried some sparks into the pellet mill facility, resulting in several small smoulders and fires. The fire department attended. 🌲

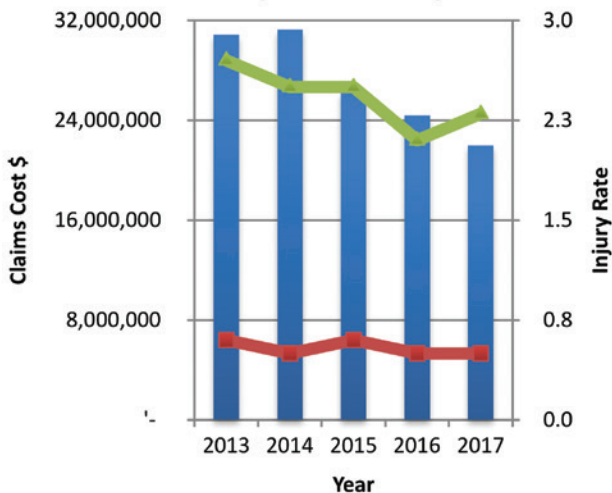
**Manual Tree Falling and Bucking
(CU 703013)**



**Pressed Board Manufacture
(CU 714019)**



**Sawmill
(CU 714022)**





FTAC receives its sub-committee's feedback on revised faller training materials

Two Falling Technical Advisory Committee (FTAC) members, Dazy Weymer and Jack Miller, shared their feedback on the revised new faller training learning resources in both written and oral presentations to the rest of FTAC at the group's June 1, 2018 meeting.

Both fallers, along with Neil Campbell (he couldn't make the meeting), were part of the three-member FTAC sub-committee that volunteered to review the materials. Several other FTAC members have been falling, bucking and training subject matter experts in the development of the learning resource materials.

At an earlier FTAC meeting in March this year, some FTAC members had expressed concern that FTAC had not yet had the opportunity to review the new faller learning resources that will be used for the pilot phase of the program which resulted in the sub-committee being struck to review the materials.

"I wanted to know that the revised faller training materials were really going to be right for industry," said Dazy. To that end, the sub-committee met several times to review the content, discuss their impressions, and give corrections, changes and other feedback to further improve the materials.

He said that after reviewing the materials, they were able to provide input. "I guess one would never be finished if one kept reviewing them over and over again," said Dazy, "but I am comfortable now that I know what is in them and that we've had the opportunity to provide feedback – which we hope will help make them more useful."

In their written report, the sub-committee said:

"Our review of the instructional materials was mainly centred on the learning resources. These are made up of the knowledge requirements for chainsaw operation, bucking and falling. Between the three of us, we identified numerous additions, deletions and corrections to the materials. We were able to incorporate these edits into the document in meetings on May 15 and 16. It is our collective feeling that the learning resources are providing an adequate body of knowledge for trainees to learn about chainsaw operation, bucking and falling."



Fallers Jack Miller and Dazy Weymer after they presented their feedback on the new learning resources for the new faller training program to FTAC.



Rob Moonen, BCFSC CEO, provides an update to FTAC on fatality and injury incidents in industry.

One of the key elements that they believe still needs to be added to the materials is around ergonomics and body positioning – both critical elements in safety and efficiency. “The lesson plans and instructor guide do not specifically guide the instructor here. The statement ‘use appropriate body and hand positions’ is often used. Ongoing quality assurance throughout the pilot process is recommended to achieve the desired consistency in instruction from all QFTs and QSTs. It would be helpful to identify industry best practise regarding appropriate body and hand positions.”

Overall, Dazy said: “Right now I am pretty happy with it.”

Jack said that it was good that the three of them had gone over it. “We made about 100 edits,” he said and added that he felt “the bones were there.” Jack said they all realized a lot of work and hours had gone into the development of the materials, and still with more eyes on the materials, some really important things had been missed, which they had caught in the review. For example in a section on weather considerations, while a good list was provided, a key safety consideration – sunshine – was missing. Similarly in a wildfire section, wind was not discussed which again is a critical safety element to consider.

The FTAC sub-committee will continue to be involved in the process and will be reviewing the materials at least two more times, after successful pilots and feedback from the field as well as after WorkSafeBC reviews.

Looking forward both Dazy and Jack shared that it will continue to be critical to ensure that there is consistency by trainers in delivering the training. The sub-committee felt that it was a simple system once you’ve gone through it a few times; and, that it is very easy to use. “I do think there will be more consistency in training because you have to go through the training in sequence, rather than jumping around as is done currently,” said Dazy.

“In the end, I think it is going to be a really good program,” said Jack.

Overall, the sub-committee wants to make sure that any changes made during the pilots and by WorkSafeBC maintain the intended meaning, are clear and simple to understand.

Rob Moonen, BC Forest Safety Council CEO again emphasized how important it was that everyone – all FTAC members in particular – have a comfort level with the materials. He said that on day 10 of the first pilot (as at June 1, 2018) – the first four trainees with four trainers were in field being trained using the new materials, tools and process. He said feedback from the WorkSafeBC officer observing the training as well as feedback from the trainers had been positive so far. 🍌

Update on new faller training pilot

FTAC also received an update on the status of the first pilot of the new faller training learning resources.

- Pilot started on May 23, 2018 in Northwest Bay
- Four trainees and four trainers
- Trainees range in age from 21-31 years of age and have between three weeks and six years in the forest industry – which means unlearning some bad habits for some and learning all new skills for others or a mix
- Each trainee self-funded their \$27,500 tuition to attend the training
- All four trainees successfully completed the pre-screen testing; results were shared with each of the candidates respectively and with their trainers to support the best learning experience for each one
- All four trainees successfully completed the training (see photo below)
- WorkSafeBC has confirmed that the learning outcomes have been met for all four of the trainees
- All feedback from the trainees and trainers will be considered and applied and tried in the August pilot
- Ongoing improvement work already identified includes thinning text heavy sections, updating pictures, including more videos and removing duplications in lesson plans
- Both Energy Safety Canada (formerly Enform) and BC Wildfire Service will also run pilots later this year
- At the successful completion of the pilots, the revised learning resources – including all feedback – will then be summarized in a final draft which will be submitted to WorkSafeBC for final review and approval for broad roll-out to industry beginning in 2019.



The first New Faller Training Pilot (course #61) took place in Northwest Bay from May 23 – June 24, 2018. Front row (sitting, from left) are Assistant Trainers, Trevor Herron and Wayne Miller; and Lead Trainer, John Jacobsen. Back row (standing, from left) successful participants Zackary Morin, Jerritd Anderson, Tyler Spier and Nicolas Gagnon; and, Assistant Trainer, Pierre Gagnon. 🍌

FTAC determines that ongoing quality assurance is needed for Certified Falling Supervisors

The Certified Falling Supervisor (CFS) designation is an industry-recognized standard which identifies falling supervisors as having the necessary training, skills, and experience to successfully oversee falling operations and demonstrates their commitment to ensuring faller safety.

To date, almost 150 falling supervisors have been certified since the program was introduced.

Based on recommendations from the Falling Technical Advisory Committee (FTAC) that solid supervision skills need to be confirmed over time, ongoing quality assurance (QA)

field visits are required to maintain the CFS designation.

The BC Forest Safety Council (BCFSC) will continue to perform the initial 6-12 month QA evaluations on all new CFSs and will now aim to also perform QA on a random 10% of CFSs each year. There is no fee for a QA visit.

For more information on CFS certification, please visit: <http://www.bcforestsafesafe.org/node/99> and if you have any follow-up questions, please contact a BCFSC falling safety advisor at toll-free 1-877-741-1060 or email faller@bcforestsafesafe.org 🍌



Transportation

Federal laws changing for impaired driving

NEW: Alcohol breath tests are compulsory and no probable cause required

Effective December 18, 2018 (180 days after Royal Assent), police can require a roadside breath test for any driver. Previously police needed reasonable cause that a person had been drinking before they could test. And, drivers who refuse the test face a criminal charge with similar penalties to an impaired driving conviction. In Canada it is a criminal offence to drive with a blood alcohol concentration (BAC) of 0.08, or 80 milligrams of alcohol in 100 millilitres of blood. In BC, the Motor Vehicle Act has authority over and regulates drivers and vehicles on BC roads. If an Approved Screening Device indicates a driver, with care or control of a motor vehicle, has a BAC 0.05 mg/100ml or higher they can be served with an Immediate Roadside Prohibition (IRP).

NEW: Roadside saliva tests for THC, cocaine, meth etc.

Canadian police officers can now use roadside screening devices that test saliva for the presence of cocaine, methamphetamine and THC, the key psychoactive ingredient in cannabis. Police will not be able to use random testing for these; they will still need reasonable suspicion before demanding the test. The process to roll-out these tests will take several months still.

But once in place, drivers with a level of THC between two and five nanograms will face a summary conviction offence with a fine of up to \$1,000. Drivers with a THC level above five nanograms will face mandatory minimum penalties of a \$1,000 fine on a first offence, 30 days' imprisonment on a second offence and 120 days' imprisonment on a third offence. Drivers with a THC level of more than 2.5 nanograms and having a blood alcohol concentration above 50 mg per 100 ml will face the same mandatory minimum penalties.

Drug-impaired driving causing bodily harm carries a maximum penalty of 10 years' imprisonment.

These offences apply for any detectable level of cocaine, methamphetamine, LSD, ketamine and psilocybin. Scientists have advised the government that there is no safe level of these drugs for drivers.

Best advice to stay safe

Always go for ZERO. Always be fit to drive.

Never drink and drive. Never drug and drive!

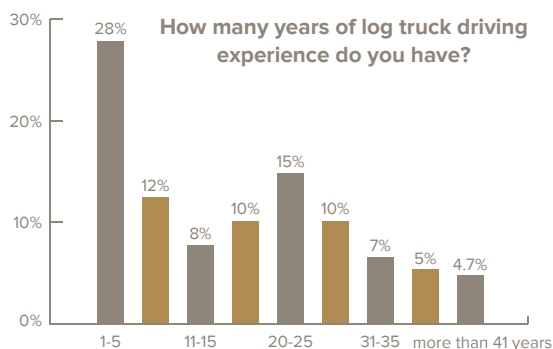
See National Post story here for more details: <https://nationalpost.com/cdn.ampproject.org/c/s/nationalpost.com/news/politics/canadas-impaired-driving-laws-just-got-a-huge-and-controversial-overhaul-heres-what-you-should-know/amp>; Times Colonist: <http://www.timescolonist.com/news/local/breath-test-can-t-be-refused-under-new-drunk-driving-law-1.23355573> and current regulations in BC: <https://www2.gov.bc.ca/gov/content/transportation/driving-and-cycling/road-safety-rules-and-consequences/drug-alcohol>

More than 800 attend 16 safety seminars in Spring 2018

Safety seminars put on by industry licensees this Spring have wrapped up with more than 800 people attending 16 sessions across the province. Topics included Fatigue Awareness Training; Anatomy of a Rollover; Standard of Care; Your Greatest Risk; Drop It and Drive; and Safety and the Brain.

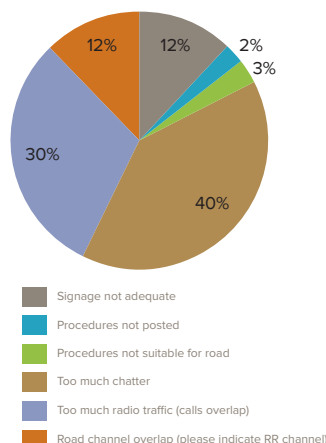
Attendees, primarily log truck drivers, were also invited to participate in a survey to gather information on key safety issues that they face each day. A total of 169 surveys were submitted to date. Thank you to all who participated for sharing your knowledge and experience.

Years of experience driving varies, with the largest group (28%) of survey respondents having less than five years' experience.



Participants indicated that new drivers should have log truck specific driver training, reflecting the importance of ensuring that log truck drivers are trained to an industry standard, whether trained internally or through a training provider. Many of the more experienced drivers also suggested new drivers ride along with other drivers to learn key information such as radio channel use, road km calling and the different hazards associated with highway and resource road driving prior to jumping in the seat solo.

Failure to follow road calling procedures is one of the leading contributing factors to incidents in log hauling. In your opinion, what is the main reason this may be the case?



Some of the bigger safety issues identified included:



- Road conditions/maintenance
 - » Whether it be winter or summer, the condition of resource roads affect the safety of log haulers
- Communication
 - » Almost all resource roads are radio assisted, not radio controlled. Conduct radio checks to ensure you are on the correct channel and follow the radio and road use procedures posted. Use radio only for designated use (no chatter)
 - » Ensure any service providers including; lowbed operators, service vehicles and maintenance vehicles have the appropriate channels for the operating area.



One of the fatigue sessions presented by Robert Higdon, of Fatigue Science. This session took place on May 16 with 45 Canfor log haulers in Chetwynd.

TAG bulletin on log securement aims to increase understanding of safety and regulatory requirements

The Trucking & Harvesting Advisory Group (TAG)'s bulletin on the regulatory requirements – both CVSE and WorkSafeBC – related to the securement of logs is intended to assist log truck drivers, supervisors, contractors and managers understand some key requirements of, and differences between, the National Safety Code standard (enforced by CVSE) and WorkSafeBC's requirements for log wrappers and binders. The goal is to aid in improving safety performance.

Driving For Safety

Log wrappers & binders

CVSE: National Safety Code Standard

Longwood: logs longer than 4.9 metres long.

Shortwood: logs shorter than 4.9 metres long.

Tiedown: a combination of securing devices that are attached to one or more anchor points on a vehicle.

Working load limit: the maximum load that may be applied to a component (i.e. tiedowns, connectors, winches and anchor points) of a cargo securement system during normal service determined in accordance with the National Safety Code (NSC) Standard 10, Division 3 and 4 of Part 1.

Minimum Strength of Securement System
The "aggregate working load limit" is the sum of one-half of the working load limit for each end section of a tiedown that is attached to an anchor point.

The aggregate working limit of tiedowns used to secure each stack of logs shall be at least 1/6 of the weight of the stack on framed or flatbed vehicles.

Shortwood or longwood loaded lengthwise
A stack of logs loaded lengthwise on a frame or flatbed vehicle, other than a pole trailer, shall be secured to a vehicle by two or more tiedowns.

For the purposes of cargo securement and NSC Standard 10, hay rack semi-trailers are considered to be pole trailers.

Pole trailers
This applies to logs regardless of the length, transported on pole trailers.
The logs shall be secured by:
one or more tiedowns at each bunk, or
two or more tiedowns used as wrappers that encircle the entire stack of logs at sufficient locations along the stack to secure it effectively.

Where wrappers are used on a stack of logs, the wrappers at the front and rear ends of the stack shall be not less than 3.04 metres apart.

It should be noted that CVSE currently accepts wrappers for the securement of logs on configurations other than pole trailers such as B-trains, Tri and Quad Axle Trailers and Super Bs for both longwood and shortwood applications.

WorkSafeBC requirements

"binder" means a wire, synthetic rope, chain or other device that is secured by a cinch and placed around the logs on a logging truck or trailer to prevent the logs from spilling:

(a) the strain on the binder units, bunk stake lines or stakes must not exceed the load that the unit lines or stakes are designed to bear.

(b) Each binder and attachment must have breaking strength of at least 53 kN (12,000 lbs).

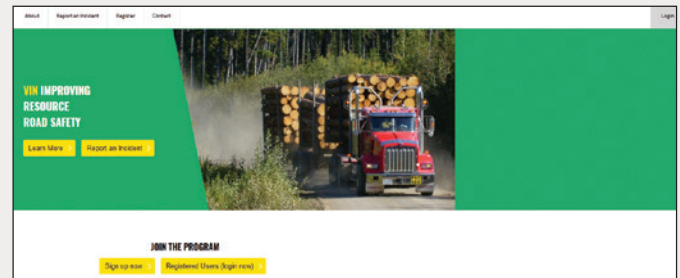
(c) At least two binders must be installed to restrain logs.

This is just a small portion of both NSC standard 10 and WorkSafeBC regulations. For the complete list of the regulations regarding load securement please reference NSC10, & WorkSafeBC Regulations 26.67, 26.68 & 26.69

Safe Driving is Good Business

To view, download or print a copy of "TAG's log wrappers and binders" summary of regulatory requirements, please see: <http://www.bcforestsafes.org/files/Load%20Securement%20Bulletin%20Final.pdf>

VIN program now online



Screenshot of the VIN website at <http://vin.bcforestsafes.org/>.

The Vehicle Identification Number (VIN) program is now available online, providing users with the ability to register their company, update information, add vehicles and users, and register VIN plates. Visit the VIN website at <http://vin.bcforestsafes.org/>

All 663 companies already registered with the program have been incorporated into the new database. In addition, all users will benefit from the easy online usability to file a road safety report, an observation, or an incident/near miss.

VIN has become the standard vehicle identification for many forest licensees and contractors. VIN was developed more than 10 years ago to:

- Improve safety for resource road users
- Increase awareness and improve driving behaviors by resource road users through accountability
- Provide opportunities for incident and near miss reporting to assist in the reduction of transportation related incidents and injuries
- Provide a way to determine the number and type of industrial vehicles utilizing resource roads.

If you have not signed up to join VIN yet, participation is easy and done online:

1. Register
2. Order your plate(s) as per the specifications (see standard below) from your local sign shop
3. Mount your plate(s)
4. Keep your information up to date in VIN online.

If you have questions, please call toll-free **1-877-741-1060** or email vin@bcforestsafes.org.



Details about the VIN plate standard can be found here: <http://vin.bcforestsafes.org/docs/VIN-Standard-2017.pdf> and plates may be ordered from your local sign shop.



Talkin' SAFETy with Mike Sexton:

WHMIS 2015 – it impacts you!



Mike Sexton,
senior safety advisor.

"How does this impact me," you ask.

Well, it is Regulation that all workers are educated in WHMIS. See OHSR 5.6 Worker education:

(1) An employer must ensure that general WHMIS education, as it pertains to the workplace, is provided to workers on the

(a) elements of the WHMIS program,

(b) major hazards of the hazardous products in use in the workplace,

(c) rights and responsibilities of employers and workers, and

(d) content required on labels and SDSs, and the significance of this information.

WHMIS 2015 must be completed by December 1, 2018.

Here are the links to the WorkSafeBC pages for WHMIS 2015:

<https://www.worksafebc.com/en/health-safety/hazards-exposures/whmis>

<https://www.worksafebc.com/en/health-safety/hazards-exposures/whmis/whmis-2015?origin=s&returnurl=https%3A%2F%2Fwww.worksafebc.com%2Fen%2Fsearch%23q%3DWHMIS%25202015%26sort%3Drelevancy%26f%3Alanguage-facet%3D%5BEnglish%5D>

Please also review the OHSR Part 5 Sections 5.5-5.7

Here is the link to the Canadian Centre for Occupational Health and Safety for potential training:

http://www.ccohs.ca/products/courses/whmis_workers/

WHMIS Pictograms
Workplace Hazardous Materials Information System
2015

Flame Flammable Self-Reactives Pyrophoric Self-Heating In Contact with Water, Emits Flammable Gases Organic Peroxide	Flame over Circle Oxidizer
Skull and Crossbones Acute Toxicity (fatal or toxic)	Exploding Bomb Explosive* Self-Reactives (severe) Organic Peroxide (severe)
Biohazardous Biohazardous Infectious Materials	Gas Cylinder Gas Under Pressure
Health Hazard Carcinogenicity Respiratory Sensitization Reproductive Toxicity Specific Target Organ Toxicity Germ Cell Mutagenicity Aspiration Hazard	Corrosion Serious Eye Damage Skin Corrosion Corrosive to Metals
A GHS pictogram appropriate for the hazard Physical Hazards Not Otherwise Classified Health Hazards Not Otherwise Classified	Exclamation Mark Irritation (skin or eyes) Skin Sensitization Acute Toxicity (harmful) Specific Target Organ Toxicity (drowsiness or dizziness, or respiratory irritation) Hazardous to the Ozone Layer*
	Environment Aquatic Toxicity*

NOTE: No pictogram is assigned to some hazard classes e.g., Combustible Dusts and Simple Asphyxiants, and some less severe hazard categories.
*Not required by WHMIS, but may be used.

CCOHS.ca
Canadian Centre for Occupational Health and Safety
1-800-668-4284
WHMIS.org

COR is easy to get if you've got SAFE, are trained and in good standing

And, on another subject, COR (WorkSafeBC's Certificate of Recognition) is easy to get! All you need to do is have up-to-date Auditor training (or have an External BASE Auditor), be in good standing with WorkSafeBC, and complete a successful SAFE Companies audit. If all of these are in place, you should be COR eligible.

For small companies (under 20 people), training is so easy now. It is online and available 24/7/365, as long as you get enrolled.

You may download free WHMIS posters here:
http://www.ccohs.ca/products/posters/pdfs/WHMIS_2015.pdf

Call **1-877-741-1060** and asked to be enrolled in the course. It takes approximately 14 hours of online review, submitting a Corrective Action Log (CAL), which is explained during the training, then having a short conversation with a Safety Advisor to complete it.

If you aren't sure, please ask. All the safety advisors are here to help with any questions you might have. 🌱

Revised BASE auditor training successfully piloted

- **Class-time reduced by two-thirds**
- **Saves time and money**
- **Delivers superior learning experience with greater flexibility**



By Martin Ridgway, CRSP,
senior safety advisor.

Since the start of SAFE Companies, BASE auditor training has always been done fully in-person with three days for internal auditors and five days for external auditors. There was no credit given for students with prior auditing experience, which was particularly hard on external auditor candidates with strong auditing backgrounds. It was also recognized that a three day classroom experience often meant five days and four nights away from work and home once travel was included. For these reasons, late in 2017, we started to look at changing how the course was delivered.

Fast forward six months and we are pleased to announce that the first group of BASE auditors has successfully completed the revised pilot course. The course now consists of several modules of online learning followed by a one day in-person group workshop. The online modules cover various technical aspects of auditing in general, SAFE Companies auditing and the BASE audit tool. External auditors have more modules to complete than internal auditors, since they have additional issues to be aware of such as conflict of interest and various techniques to help lead towards different auditors uniformly scoring different companies every year, every time.

Saving time and money

Due to the reduced in-class duration, the course fee has been significantly reduced. It is now \$500 (plus GST) instead of \$900 (or \$1400 for external students). The one day in-person workshop also reduces the add-on costs for participants re accommodation as well as time away from work and home.

The students were not pre-screened, other than the normal BASE auditor application package, an ability to connect to online learning and fit the one-day workshop into their schedule. The nine person class had seven internal auditors and two external auditors and covered a wide range of company sizes and student backgrounds. Even though the external students did come with some prior experience, they took all the modules in order to give full feedback. With full roll-out, students would be able to

challenge specific modules to have their prior learning recognized.

The workshop focussed on interview skills and the practical decisions needed to plan for the specific student audit that was going to be the next step in each auditor's path. Each student had to do some substantial homework and prepare interview scripts to use in their company. The scripts are needed because the audit tool is written in technical/safety language that is almost never used in the actual workplace. A key function of an auditor is to act as a translator between the technical audit words of "How has the company clearly communicated how to provide first aid services and how to summon first aid services for each work site?" and the real worksite concept of "If Bob over there slices his hand open really bad on that metal band, what's the plan to help him?" The actual hazard (the band in this case) and the injury type (the cut hand) have to match the real issues to get a good interview response. For each company, these can be very different, so the auditor needs to spend time, in advance, to get their exact words right.

Continuous improvement commitment

A good hour of the pilot workshop was also used to collect feedback about the online materials and the workshop contents. This did cut into some of the planned audit scoping activities that later students will be doing, but was very worthwhile and has already been used to tune up the course materials to fix access and continuity bugs. The online materials now also work on an iPad, while sitting at an airport, according to one student.

The written test for BASE auditors used to take three to five hours at the end of the course. It consisted of several multiple choice, short answer and long essay questions about safety situations in an imaginary logging company. Many students have said that they felt their brains leaving them as soon as a written test was put in front of them, and quite a few of their test scores supported that. The other issue about the test was that 80% was a pass. This could allow a student with really poor scheduling skills or a complete failure to understand confidentiality in interviews to pass. To help address this, as well as align with the competency-based training, the written exam has been replaced with a competency conversation. A trained assessor sits down with the student, either in-person or via video-conference, and uses

a script that matches the key competencies of good auditors that were mapped out last year. Video conferences worked well as long as the student had a high speed internet connection. Minor drop-outs due to Wi-Fi issues were quickly corrected. The assessors have the freedom to rephrase and dig deeper into questionable responses in order to determine if the student has or has not met the key competencies. This flexibility is a big improvement over the fixed words and marking of a written test.

The day after the last competency conversation was completed, the students' results were all compared to check for systemic issues. If all nine students had said the same 'wrong' item, the problem was likely to do with the materials or the delivery rather than the students. While there were a couple of items that more than one student did not succeed at, there was nothing systemic, so the course material was considered acceptable.

Most students had some competencies that they were not yet successful at. A major benefit of the competency-based model is that the students were told the areas that they had to work on and then they went away to cover only those gaps. Very short communications, and only on the gap areas, were used to confirm that the students were now fully competent. This is similar to students under the old method having to get 100% to pass.

Before the pilot started, the competency conversations were tested on several existing external and internal auditors. The new students did better on average than the average of the control group of certified auditors, showing that at least for the theory of auditing, the new program should deliver more effective auditors. We hope to see confirmation of that soon when the student audit reports come in over the remaining months of the year.

Competency conversations will also be available for students wishing to challenge modules. If they are competent already based on the standard, there is no need to have them go through redundant modules.

Getting improved outputs to better help companies

While the content of the training did not really change, the emphasis on auditors' abilities to create meaningful recommendations to help companies reduce the risk of industry injuries and fatalities really seemed to be highlighted. The depth and breadth of responses in the competency conversations impressed both of the assessors.

We will continue to monitor feedback throughout the delivery of the course in its enhanced format and will adapt as new needs are identified. 🌱



Be handy about protecting your fingers, hands, wrists and elbows



By Dr. Delia Roberts

What do a steering wheel and stick shift have in common with a shovel, chainsaw, levers/joystick or a computer? Whichever set of controls we work with, we interface with the world around us through our fingers, hands and wrists. And although each action may be small, the total sum of all of the movements performed in a day can create a lot of stress. If you've been working at any of these jobs for more than a few years, you'll be familiar with what can begin as stiffness, progress to tingling and numbness, and on to burning or stabbing pain that can prevent you from being able to complete even the most basic daily activities. In fact, hand, wrist and elbow injuries are very common in forestry, ranging from about 10% to more than 20% depending on the job.

Posture is important

Muscles are attached to bone by tendons – a stringy slippery connective tissue that is very strong when resisting tensile force in the direction of the fibres that make up the tendon. There isn't a whole lot of muscle in fingers, wrists, or over the elbow, so the tendons tend to run over bony structures. Blood vessels and nerves often pass under the muscles, and pressure on the connective tissue can transfer over to cause problems with blood flow and nerve signals. Since the whole skeleton is linked together, poor neck and back posture affects the way the arm hangs in the shoulder joint, which changes the way the muscles run across the elbow, and so on down into the hand. Problems can also arise if any one joint sits at an odd angle or rests against a hard object for extended periods of time.

Sometimes poor postures are simply a result of bad habits and inattention, but

there are situations where the tool you use, or the way you have to sit or stand to work forces you into awkward movements. It is worth consulting with an ergonomist or even getting a co-worker to snap a few photos of your posture while working. Learn how to correct your body position to keep your shoulders, elbows and wrists in neutral. It will help to relieve the pressure on your tendons, nerves and blood vessels. Sometimes a better tool or rearrangement of your work environment is possible, but even if you can't make those kinds of changes there is a lot that you can do to reduce your risk of injury. There are some good resources in the Fit to Work programs or through your closest BC Forest Safety Council representative. Even if your work environment doesn't have the best ergonomic design, by maintaining a strong core, adjusting your posture regularly throughout the day, and dealing with small problems before they get big, you can go a long way to preventing injury to your joints and reduce your pain if you've already been hurt.

May the force be with you

One of the factors that contributes to your risk of injury is the amount of force that is required to do the job, as well as the predictability of the force. Factors like handgrips that are slippery, too large, or too small, increase the amount of force required to control the tool. If the tool itself is heavy it has to be gripped harder, and efforts to try and rest the weight of the tool on a work surface or your leg can lead to awkward postures or a lot of pressure on your tissues. Very strong muscle contractions also do this, reducing the amount of blood delivered to the working tissues and preventing them from being restored as you work.

The working environment can also cause problems. If it's very warm, sweaty hands increase the need for a tighter grip. When it's very cold, less blood is supplied to your hands and it's harder to tell how hard you are gripping. Vibrations in power tools also reduce our ability to adjust the amount of force required to grip appropriately for the job, and if it's very dusty, grit on your hands can cause you to change your grip. Any time the resistance changes suddenly, the

unexpected increase or loss of force can also transfer into your tissues, as it does when hitting a rock with your shovel, or missing a step that forces you beyond your usual range of motion.

The right size tools and grips matter

You can reduce these kinds of risk factors by making sure that your tools are the right size for your hands, and using rubber handles or other non-slip surfaces. Gloves that fit well can keep your hands warm, help reduce the amount of force required to grip, and protect your hands from grit and friction blisters. If the tool is very heavy, think about a harness to help you transfer some of the load from your hands and arms into the larger muscles of your body, but be aware of how it changes the posture of your back. Trading a hand injury for a back injury is not a good deal.

Most of us are very one-side dominant. If you are used to using just one hand, it can feel very awkward to switch over to the non-dominant side. But taking the time to learn to use both hands at a task is well worth the brief period of reduced productivity. When you can work well with both hands (ambidextrously), you reduce the wear and tear to half the usual amount. Even occasionally switching out your leading side can help, as a change in force can often be as good as a reduction.

Restoration is key

Forestry workers are used to hard work, so finding ways to restore your muscles, tendons and joints is essential. Stay hydrated; water is needed for all the reactions that supply energy and remove wastes, it's also critical for lubrication of your tissues and joints. Stabilize your blood sugar; stay away from sweets and keep the fat content of your daytime meals and snacks to about 30% so that you can digest your food, and provide your nerves, muscles and immune system with the fuel that they need. Following this kind of diet can speed up your reflexes by up to 15%; studies have shown that it cuts your risk of injury almost in half. Get enough sleep; the long hours in the bush are well-known to lead to sleep deprivation. Fatigue accumulates too, so night after night of being short on sleep can significantly raise your risk of injury – almost as much as coming to work drunk.

Splinting or taping a sore finger, wrist or elbow can also give damaged tissues a

break. In some cases you may want to restrict movement to allow for healing, but be careful as you may unknowingly shift the load such that you end up injuring the joint that takes on the burden. Even just using a splint at night can make a difference as many of us sleep in a position that places stress on our joints. Keeping a neutral posture overnight provides the joint and surrounding tissues with a better chance of recovering. Off the shelf drugstore splints are the most economical, but be careful as they may not fit correctly, or be appropriate for your injury. It's better to at least consult with a trained specialist to make sure that your choice of treatment has a good chance of solving the problem and won't cause further harm.

Smoking is a strong enough contributor to tendon injuries that it needs a special mention here. The material that tendons are made up of is very hard to repair. Smoking has a strong negative effect on their strength and resilience and slows down the production of new collagen, a key element in their structure. It's also pretty much guaranteed to cause cancer, so if you smoke, stop. There are lots of good programs out there, and you will need support to kick the habit. Check in with your union representative and/or employer, see your physician or get on the Internet and get started with stopping, today.

Carpal tunnel syndrome

The carpal tunnel is a narrow channel created by the bones of the wrist (carpals) and a rigid band of ligament in the inside of your wrist. It provides protection for an important nerve that carries sensations from the palm and fingers (except the pinky) and stimulates the muscles of the thumb. The tendons that flex your fingers also pass through the carpal tunnel. When the sheath becomes inflamed it swells and puts pressure on the nerve, causing the characteristic symptoms of numbness and weakness in the thumb and fingers (except the pinky). It's important to deal with carpal tunnel syndrome as soon as possible, as if the nerve is compressed for a long time it can be permanently damaged. Check with your physician and a physiotherapist that specializes in hands, if caught early, a program of stretching and corrective exercises that include the neck and shoulder, all the way down to the wrist and fingers can prevent the disease from progressing.

Stretching and rehab exercise

Stretching and range of motion exercises can easily be used to interrupt the cycle of overuse, fatigue, and irritation that can lead to swelling and even more tissue damage. Taking even a short break once every hour or two to shake out your hands and wrists, move them through your range of motion and gently stretch any areas that are tight is a great way to restore blood flow and help prevent repetitive strain injuries. Make sure that you start from a position of neutral posture, and that the movements do not increase pain. Most people are familiar with wrist circles, and stretching your hands by pressing them into prayer position, or holding your arm straight out in front and using your other hand to pull your (straight) fingers back. Fingers can point up or down, palm facing away or towards you. Detailed information on these stretches can be found in the Fit to Work programs. Here are a few more ideas that address the wrists and joints of your fingers.

- Nerve flossing. Stand straight with your arms down by your sides, palms facing your thighs, spine in neutral and shoulders down, head facing forward. Flex your wrists as far as you can so that your fingers point straight out to the sides. Gradually raise your arms up to the side, keeping your shoulders down and your hands strongly flexed, just until you start to feel a little tingling or burning in your fingers. Gently pulse your arms up and down a little to increase the stretch for 10 seconds and then relax. Repeat twice.
- Start with your wrist in neutral, rest your hand on a hard surface on its side, fingers together. Bend your fingers at the first joint as shown in the photos, being careful to keep your wrist in neutral. Then bend at the second finger joint, and finally close the fingers in as shown below. Make sure to exaggerate each movement to create a slight stretch and hold each position for a count of five. 🧘



Start position.



Wrist not in neutral. Incorrect position.



Stretching wrist extensors position.



Stretching finger extensor tendons.



Stretching finger extensor tendons.



Keeping cool and knowing when it's too hot to work!

The Canadian Centre for Occupational Health and Safety (CCOHS) has recently promoted its "working in the heat" infographic to share on social media and online.

Working in the Heat

Employers can take measures to protect workers from heat stress disorders by avoiding heavy exertion tasks, extreme heat, sun exposure, and high humidity when possible.

- Provide plenty of water.** Workers should drink a cup every 15 to 20 minutes, thirsty or not, and avoid caffeine and alcohol.
- Provide breaks to rest and cool off,** preferably in a cool area, in the shade or in air-conditioned buildings or vehicles.
- Set up shade structures.** Umbrellas, buildings, and trees can also shield workers from the rays of the sun. Note: you can still get sunburn on a cloudy day.
- Make sure outdoor workers wear light, loose-fitting clothing, UV-rated sunglasses and a wide-brim hat.** Provide sunscreen with a sun protection factor (SPF) of at least 30 and UVA/UVB protection, and allow workers to re-apply every 2 hours and after sweating.
- Gradually increase work load and heat exposure** to give workers time to adjust to working in the heat.
- Schedule less strenuous tasks between 11am-4pm** when the sun's rays are strongest.
- Be aware that protective clothing** or personal protective equipment may increase the risk of heat-related illnesses.
- Provide education and training about heat-related illnesses.** People are generally unable to notice their own heat stress-related symptoms and depend on their co-worker's ability to recognize these symptoms and seek timely first aid and medical help.

When is hot too hot?

Legislation is not always specific about the acceptable range for temperature conditions at work, especially when working outdoors. In some cases, for specific circumstances, the Threshold Limit Values for heat stress from the American Conference of Governmental Industrial Hygienists have been formally adopted as occupational exposure limits in some jurisdictions, while others use them as guidelines.

As the temperature or heat burden increases, workers may feel:

- Increased irritability
- Loss of concentration and ability to do mental tasks
- Loss of ability to do skilled tasks or heavy work

heat exhaustion

- nausea
- headache
- heavy sweating
- cold, pale, moist skin
- muscle cramps
- dizziness
- weakness
- fatigue

heat stroke

- nausea
- hot, dry skin
- loss of consciousness
- confusion
- strange behaviour
- high body temperature
- headache

First Aid Steps:

- Move** to a cooler, shaded location.
- Remove** as much clothing as possible (including socks and shoes).
- Cool** down by applying cool wet cloths or ice to the head, face or neck. Spray with cool water.
- Drink** water, clear juice or a sports drink.
- Provide** medical aid if the person does not start to feel better.
- Stay** with the person until help arrives.

Call 911 immediately
This is a medical emergency. Stay with the person until help arrives.

CCOHS.ca
Canadian Centre for Occupational Health and Safety

You may view and download the infographic here: [http://www.ccohs.ca/products/posters/working_heat/?utm_source=SilverpopMailing&utm_medium=email&utm_campaign=Liaison%20May%202018%20EN%20\(1\)&utm_content](http://www.ccohs.ca/products/posters/working_heat/?utm_source=SilverpopMailing&utm_medium=email&utm_campaign=Liaison%20May%202018%20EN%20(1)&utm_content)

One in seven Canadian men has prostate cancer

Read some first-hand experiences of men here in the Vancouver Sun along with the tests for prostate cancer and the choices of treatment: <http://vancouversun.com/news/local-news/part-1-prostate-series>
Don't wait! Early detection = your best response. 🍏

BY THE NUMBERS Canadian prostate cancer statistics as of 2017

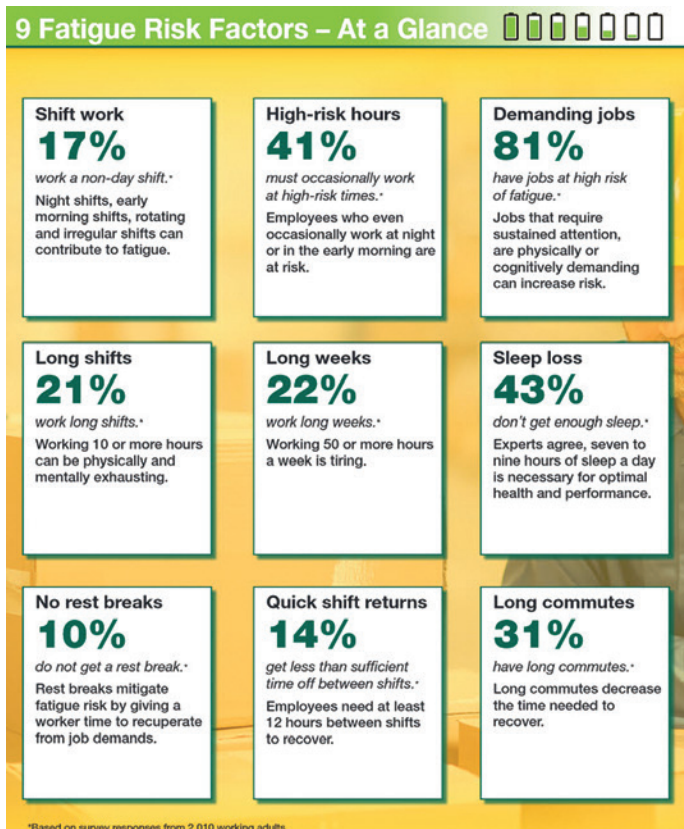
- 1 in 7** → Canadian men who will be diagnosed with prostate cancer in their lifetime.
- 21%** → Percentage of all new cancers in men that are prostate cancer.
- 21,300** → Men diagnosed in 2017 with prostate cancer in Canada.
- 4,100** → Estimate of number of Canadian men killed by prostate cancer in 2017.
- 3.3%** → The annual drop in prostate cancer deaths since 2001 thanks to improved testing and better treatments.

FATIGUE news:

1. US National Safety Council (NSC) survey finds 90% of employers negatively impacted by employee fatigue

According to the report released in June 2018, 13% of workplace injuries in the United States, across all industries, can be attributed to fatigue. Read more on the Occupational Health and Safety website: <https://ohsonline.com/articles/2018/06/18/nsc-survey-finds-90-percent-of-employers-negatively-impacted-by-employee-fatigue.aspx>

One needs to register an email address to be sent a link to read the NSC report parts 1 and 2 (a third part is due in fall 2018) here: <https://www.nsc.org/work-safety/safety-topics/fatigue/survey-report>. The first part focuses on causes and consequences of fatigue and the second one focuses on employer practices.



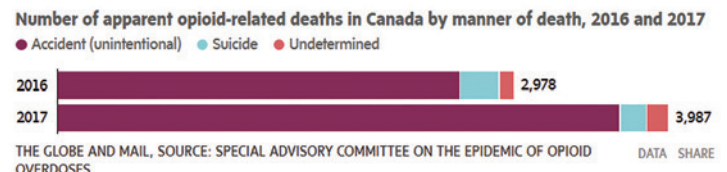
Screenshot from page 4 of the report into research of more than 2,000 working adults in the USA, part of the latest fatigue study by the US National Safety Council.

2. Reducing fatigue may involve more exercise

In a study published in the Scandinavian Journal of Public Health, based on research and analysis of almost 10,500 Danish workers, findings included that older workers experience more fatigue but these effects can be mitigated with interventions targeting the physical health of an aging workforce. Read more here: <https://www.medicalnewsbulletin.com/exercise-may-answer-combat-work-related-fatigue/>

Nearly 4,000 Canadians died in 2017 as a result of opioids

The Government of Canada released data in June 2018 indicating a 34% increase in deaths in Canada in 2017 over 2016 as a result of opioids. 90% of these 2017 deaths were unintentional and 70% were related to one opioid – fentanyl.



Screenshot of the Globe and Mail's chart based on the Government of Canada's data from the special advisory committee on the epidemic of opioid overdoses.

Read the Globe and Mail story here: <https://www.theglobeandmail.com/canada/article-nearly-4000-canadians-died-as-a-result-of-opioids-in-2017-government/>. For access to information, resources and support, see the BC Government resources at <https://www2.gov.bc.ca/gov/content/overdose> which includes:

- Lethal drugs are circulating: <https://www2.gov.bc.ca/gov/content/overdose/lethal-drugs-are-circulating>
- Reducing stigma: <https://www2.gov.bc.ca/gov/content/overdose/reducing-stigma>
- Where can I get a naloxone kit: <https://www2.gov.bc.ca/gov/content/overdose/where-can-i-get-a-naloxone-kit>
- What you need to know: <https://www2.gov.bc.ca/gov/content/overdose/what-you-need-to-know>
- Talking to youth: <https://www2.gov.bc.ca/gov/content/overdose/talking-to-youth>
- How the Province is responding: <https://www2.gov.bc.ca/gov/content/overdose/how-the-province-is-responding>
- Mobile response team: <https://www2.gov.bc.ca/gov/content/overdose/mobile-response-team>

Reason for a little optimism in BC's opioid crisis

2018 opioid death numbers are showing a reduction between 12% and 23% over monthly stats for 2017 in BC, according to this Canadian Press story via News 1130: <http://www.news1130.com/2018/06/26/b-c-s-illicit-overdose-deaths-decreasing-almost-every-month-this-year/>



Your Take on Safety

First Woss forestry fundamentals program successfully completed

The 12-week Vancouver Island University program, based on curriculum competencies developed by industry through the BC Forest Safety Council, was attended by 12 students and ran from April 16 to July 6 at the old Woss School.

Dazy Weymer was the key instructor. Program content was designed to provide new forestry workers with the foundational skills and knowledge required to work safely, productively and sustainably in a harvesting environment.

The project was sponsored and supported by the Vancouver Island North Training and Attraction Society (VINTAS), whose founding members include the Town of Port McNeill, the Woss Residents Association, 'Namgis First Nation, Regional District of Mount Waddington, North Island College, School District #85, Community Futures of Mount Waddington, Western Forest Products, North Vancouver Island Aboriginal Training Society and North Island Employment Foundation Society.

Students participating in the first Fundamentals of Forestry course run by VIU in Woss.



"The program was a great success," said Paul Mottershead, Associate Dean, Trades and Applied Technology, Vancouver Island University (VIU), after the well-attended graduation on July 6, 2018.

He said that VIU plans on meeting with all the parties involved over the next few weeks to learn what worked well, and what can be improved. "Our plan is to make the needed changes and then formally put the program proposal through a process of approval at VIU. This will include taking the proposal through to Curriculum Committee and then Senate approval at VIU," explained Paul.

"We are hoping this is completed in the fall of 2018, and are then able to offer two more classes in 2019 in Woss." In an initial survey of the students, Woss was one thing they did not want changed as they felt it was an ideal location to learn and be part of the culture in the logging industry.

VIU has also received funding from the Ministry of Advanced Education and Skills Training (AEST) to work with three other institutions in the province in developing a similar forestry program that can be adapted to the other regions of the province. "We plan

to start working with these institutions over the next few months. The key to success will be adapting this program into a similar program that meets industry's needs in those regions. As we know, forest harvesting operations may look different in different regions and it is important that the program has this flexibility built into it. It is also important that we can tie in the standards and guidelines that the BC Forest Safety Council has built along with industry. This will provide a standardized approach and consistency with assessment

which I feel is important to have the credibility and recognition of the industry," said Paul.

Dazy Weymer, industry veteran and trainer who instructed the students for the duration of their three-month course, said he was encouraged by what came out of the course. "Most of the students have jobs and industry has some up and coming employees that look like they'll be good loggers."

As a pilot course, "we have learned a few things and should be able to make further improvements as we do more of them. For one thing, it would be good to see more involvement from logging contractors," said Dazy.

From a content perspective, students learn about the hazards they could encounter and how to mitigate them, along with some of the skills that will make them useful in industry. "More importantly, it gives us the opportunity to instill a sense of how important it has become to industry to do things the proper and safe way," he said.

Till now, the only industry occupation with standardized training has been falling. Truck driving is moving that way. "This course is a good start on standardizing basic training for all of logging," said Dazy.

"The industry needs new, young workers. This course will get them in there, safely, efficiently and cost effectively," said Dazy.

"At Western, we have a longstanding commitment towards attracting and training the next generation for rewarding employment opportunities in the forestry industry. We are pleased to extend this commitment by supporting the Fundamentals of Forestry program. Our support included fully funding tuition for half of the participants as well as providing hands-on experience for students at our logging camps," said Jennifer Foster, Vice President, Human Resources, Western Forest Products. "To date, 10 of the 12 program participants have already embarked on their careers including seven who have joined Western and three who have been hired by our contractors. Programs such as these are essential to ensure those entering the industry have a well-rounded skillset that enables them to operate safely."

For a video on the program, please see: <https://www.facebook.com/ForestryFriendlyCommunities/videos/455056341635703/UzpfST10Njc1OTA5NTgyMDY0Mjo0MDM2ODA4ODAxMjgONjl/>

ABOUT Forest Safety News

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If you would like to continue to receive a hard copy or would prefer to receive an electronic copy of this newsletter, please email editor@bcforestsafesafe.org and ask to be added to the print copy or email distribution lists. Email subscriptions are encouraged.

Have a story, letter to the editor, safety tip, ideas or photos? Please send all submissions to:

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FOREST SAFETY News



October 2018
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Safety is Good Business

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State of Emergency in BC:

SAFE Companies audit due dates extended for those directly affected by wildfires



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

THANK YOU

To all industry, BC Wildfire Service, national and international crews who worked to help put out the fires: **THANK YOU!**

Many operations as well as auditors (internal and external) were directly affected by work shut-downs and evacuations related to the wildfires; or were actively participating in firefighting efforts.

As a result, the BC Forest Safety Council made the decision to extend SAFE Companies audit due dates to September 26, 2018 to give companies additional time to complete their audits. Operations that were not impacted by the fires were asked

to still complete audits by their original due dates so that SAFE Companies staff would be able to serve those who might need extra help when the state of emergency was over. The plan at the time of going to print was that if the state of emergency was extended beyond the second extension (September 12, 2018), audit due dates would be adjusted accordingly. If you need to talk to us about your audit submission, please email us at safeco@bcforestsafesafe.org or call toll-free 1-877-741-1060. 🌲

A Nanaimo area forestry worker and a water tank driver, Darrell Drake, died from a medical emergency while supporting local firefighting efforts on the Nanaimo Lakes wildfire (above). Forest Safety News extends sincere condolences to his family, friends and colleagues and appreciation to all industry workers, volunteers and BC Wildfire staff and contractors who answer the call to fight fires each year. Photos of the Nanaimo Lakes wildfire (above) courtesy of Clare Craig.



WorkSafeBC has issued a new risk advisory: Exposure to ash during logging operations after wildfires

Workers conducting forest harvesting activities can be exposed to ash particulates and increased levels of ash dust during work activities following wildfires. The 2-page risk advisory issued late August 2018 provides the steps employers must take to assess the risk to workers and provides the following guidance as to how wood ash/dust exposure may be reduced by:

- Educating workers on the hazards of wood ash and how exposure can be prevented
- Providing face- and handwashing facilities to remove ash/dust from workers' skin
- Providing personal eyewash units
- Ensuring that vehicle and equipment cabs are properly sealed (door and window seals are present and in good condition) and operated with the windows closed and cab air filtration systems in place

Workers should also consider the use of respiratory protection and disposable coveralls for workers who spend most of their time outside of vehicles.

For the full risk advisory, please see: <https://www.worksafebc.com/en/resources/health-safety/risk-advisory/exposure-ash-logging-operations-wildfires?lang=en> and for more information on how WorkSafeBC identified this risk, see www.worksafebc.com/emergingrisks. 🚫

Recent incidents involving powerlines:

STOP work and call BC Hydro!



Visit www.bchydro.com/safetytraining for free online or in person training about electrical safety.

In their most recent (August 2018) public safety update document, BC Hydro lists a total of 36 safety incidents across all industries,

three of which are related to forestry/tree work as follows:

- A non-utility arborist was trimming a tree when he lost control of it and it fell on a high voltage line, breaking the line
- A crew was called to a tree on wire with customers out. A tree had hit the line and knocked it off of its insulator. A feller-buncher was working close by and may have caused the incident
- A crew found three spans of neutral down in a logging area.

In forestry settings it may be the first aid attendant who is first on scene where a downed powerline might be involved. Knowing what to do and what not to do could save your life and others' lives.

BC Hydro provides free electrical safety awareness training both online and in person for workers, first responders and members of the public who may have interaction with their facilities. For more information please see: www.bchydro.com/safetytraining. 🚫

Government announces next phase of forestry contractor sustainability review – facilitating solutions

A former BC premier and provincial government cabinet minister, Dan Miller, has been hired by the provincial government as the independent, third-party facilitator for the next stage of the logging contractor sustainability review. See the press release here: <https://news.gov.bc.ca/releases/2018FLNR0237-001612>

The initial contractor sustainability report, drafted by George Abbott, earlier this year made 13 recommendations. These included making better use of technology, improving communications and information-sharing, and ensuring best practices for setting contractors' rates of pay and dispute resolution mechanisms.

Miller is scheduled to report back to the Ministry of Forests, Lands, Natural Resource Operations and Rural Development before the end of October 2018. 🚫

Check out WorkSafeBC's bulletin on blade guard replacement for table saws

Employers are responsible for ensuring all saws are equipped with effective safeguarding.

View or download the 2-page PDF bulletin here: <https://www.worksafebc.com/en/resources/health-safety/hazard-alerts/blade-guard-replacement-options-table-saws?lang=en> 🚫

Screenshot of the recent WorkSafeBC health and safety bulletin on blade guard replacement options for table saws.



New Record: More than 3,000 companies SAFE certified

Reflection of how far industry travelled on its safety journey

As at the beginning of September this year a total of 3,012 forestry operations had successfully completed SAFE Certification. Previously the record for the total number of SAFE Certified companies was just over 2,900 this time last year. Before that, it has hovered between 2,500 and 2,700 each year. The new record is due in part to the Ministry of Forests, Lands, Natural Resource Operations and Rural Development's requirement (effective April 1, 2017) for all contractors who want to bid on infield forestry work contracts to be SAFE Certified.

The other reason for the record number is that fewer numbers of companies are coming off the SAFE Certification list. In the past well over 100 companies came off the list on June 30 each year, for either not submitting their annual maintenance audit on time or because they just chose to not recertify as they were no longer working in forestry settings in BC.

"I believe we will continue to see the number of SAFE Certified companies grow over time," said Cherie Whelan, Director SAFE Companies. "Our commitment is to be responsive to the needs of forestry operations and make all our processes less paper-intensive, simpler and easier to use. The new technology options that are currently in development will be available to companies in 2019 and further enhance our service and response platforms. I think these continuous improvement measures will make it even easier for companies to not only maintain SAFE but to support improved safety performance with less time spent on paperwork." 🚫



Wildfire season update: 2,017 fires as at August 30, 2018

By the numbers, according to data released by the BC Wildfire Service:

Current Statistics

Aug 30, 2018	TOTAL	Coa	NW	PG	Kam	SE	Car
New Lighting-Caused Fires	3	1	0	1	0	0	1
New Human-Caused Fires	1	1	0	0	0	0	0
Total Fires to Date (current fiscal year)	2,017	279	154	436	417	426	305
Total Area Burned (Ha.) (current fiscal year)	1,281,203	162,641	815,196	149,673	51,711	52,438	49,544

Coa = Coastal
NW = Northwest
PG = Prince George
Kam = Kamloops
SE = Southeast
Car = Cariboo

New fires are those that were discovered on Aug 29, 2018.

The current fiscal year is from April 1, 2018 to March 31, 2019.

Wildfire Averages

The current 10-year average*, taken from 2007 to 2016, is 1,692 fires, 42.7% caused by people and 57.3% caused by lightning.

The following table shows the number and percentage of person and lightning-caused fires for last year and the 10 preceding years.

Year	Total Fires	Total Hectares	Total Cost (millions)	Average Hectares per Fire	Person Caused	Person Caused (%)	Lightning Caused	Lightning Caused (%)
2017**	1,353	1,216,053	\$568.0	898.8	552	(40.8%)	773	(57.1%)
2016	1,050	100,366	\$129.0	95.6	564	(53.7%)	486	(46.3%)
2015	1,858	280,605	\$277.0	204.9	617	(33.2%)	1,237	(66.6%)
2014	1,481	369,168	\$297.9	249.3	664	(44.8%)	817	(55.2%)
2013	1,861	18,298	\$122.2	9.8	564	(30.3%)	1,297	(69.7%)
2012	1,649	102,122	\$133.6	61.9	708	(42.9%)	941	(57.1%)
2011	653	12,604	\$53.5	19.3	444	(68%)	209	(32%)
2010	1,672	337,149	\$212.2	201.6	680	(40.7%)	992	(59.3%)
2009	3,064	247,419	\$382.1	80.8	881	(28.8%)	2,183	(71.2%)
2008	2,023	13,240	\$82.1	6.5	848	(41.9%)	1,175	(58.1%)
2007	1,606	29,440	\$98.8	18.3	687	(42.8%)	919	(57.2%)
Average*	1,692	151,041		94.8	666	(42.7%)	1,026	(57.3%)

* The average does not include the most recent year.

** Figures for the most recent fire season are preliminary estimates.

Media coverage of the 2018 wildfire season has included stories of anger, frustration, fear, thankfulness, determination, illness, unquantified short and long term health effects, tourism, carbon and economic impacts. A diverse sample of stories follow:

August 29, 2018: <https://www.cbc.ca/news/canada/british-columbia/emotions-running-hot-in-areas-ravaged-by-b-c-wildfires-1.4802263>

August 26, 2018: <https://vancouver.sun.com/opinion/op-ed/anthony-britneff-ministers-forest-panel-should-embrace-these-reforms>

August 23, 2018: <https://vancouver.sun.com/news/local-news/b-c-wildfires-2018-prime-minister-visits-wildfire-crews-as-hundreds-of-blazes-burn>

BC Wildfire smoke crosses Canada and Ireland: <https://globalnews.ca/news/4406758/bc-wildfire-smoke-canada-ireland/>, while Seattle and Portland struggle with smoke from BC wildfires: <https://vancouver.sun.com/pmn/travel-pmn/wildfire-smoke-blots-out-mountains-skylines-across-us-west/wcm/65fa437b-8556-451a-aa59-86f0a42d4c74>

August 22, 2018: <https://www.myprincegeorgenow.com/82464/more-resources-needed-to-make-bc-communities-fireproof-bcafn-chief/>

Mental health concerns and impacts: <https://www.cbc.ca/news/canada/british-columbia/forest-fires-smoke-mental-health-1.4792195> and <https://vancouver.sun.com/news/local-news/mental-health-a-concern-as-wildfire-smoke-continues-to-choke-province>

Forest fuel work needed to slow wildfires says premier Horgan: <https://www.vernonmorningstar.com/news/forest-fuel-work-needed-to-slow-wildfires-b-c-premier-says/>

Medical issues surge: https://vancouver.sun.com/news/local-news/wildfires-2018-medical-issues-surge-as-air-quality-advisory-becomes-longest-on-record?video_autoplay=true

August 20, 2018: <https://www.timescolonist.com/smoke-from-b-c-wildfires-prompts-air-quality-advisories-across-western-canada-1.23405804> and <https://www.opb.org/news/article/wildfire-smoke-oregon-washington-california-northwest-emergency-room-visits/>

Fires negatively impact watersheds, quality of water: https://www.huffingtonpost.ca/2018/08/19/british-columbia-wildfires-water-supply_a_23505054/

Experts' concerns: <https://www.theglobeandmail.com/canada/british-columbia/article-bc-wildfires-renew-experts-concern-over-hectares-of-dead-or-dying/>

More fires burning now than in 2017 record-breaking season: <https://globalnews.ca/news/4384377/b-c-wildfire-update-monday/>

Grim future: <https://www.theweathernetwork.com/news/articles/british-columbia-wildfires-grim-future-stagnant-weather-climate-change-factor/110199>

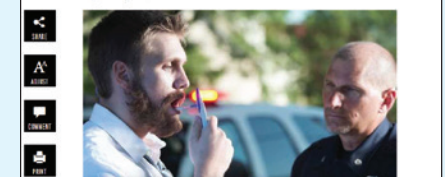
What do you think? How do we prevent fires and promote safer, healthier outcomes for all in industry and our communities? Share your thoughts: editor@bcforestsafes.org or call toll-free 1-877-741-1060. 📞

The early days of legalized marijuana may prove to be a bumpy ride

Roadside drug-detection device to face B.C. court challenge

Two leading Vancouver-based roadside prohibition lawyers say new government-approved THC testing device will be ineffective, while company points to its 10-year history in other jurisdictions around the world.

BEHEAD WATCH Updated August 28, 2018



Screenshot of recent Vancouver Sun story on potential drug-detection device challenges.

A recent Vancouver Sun story has two BC lawyers making the argument that the proposed system of road-side testing is not what it should be, while the manufacturer of the testing equipment refutes their claims: <https://vancouver.sun.com/news/local-news/roadside-drug-detection-device-to-face-court-challenge> 📞



Work-Related Deaths & Injuries

Two work-related deaths in harvesting; none in manufacturing, year-to-date

WORK-RELATED DEATH CLAIMS

WORKERS KILLED ON THE JOB

22

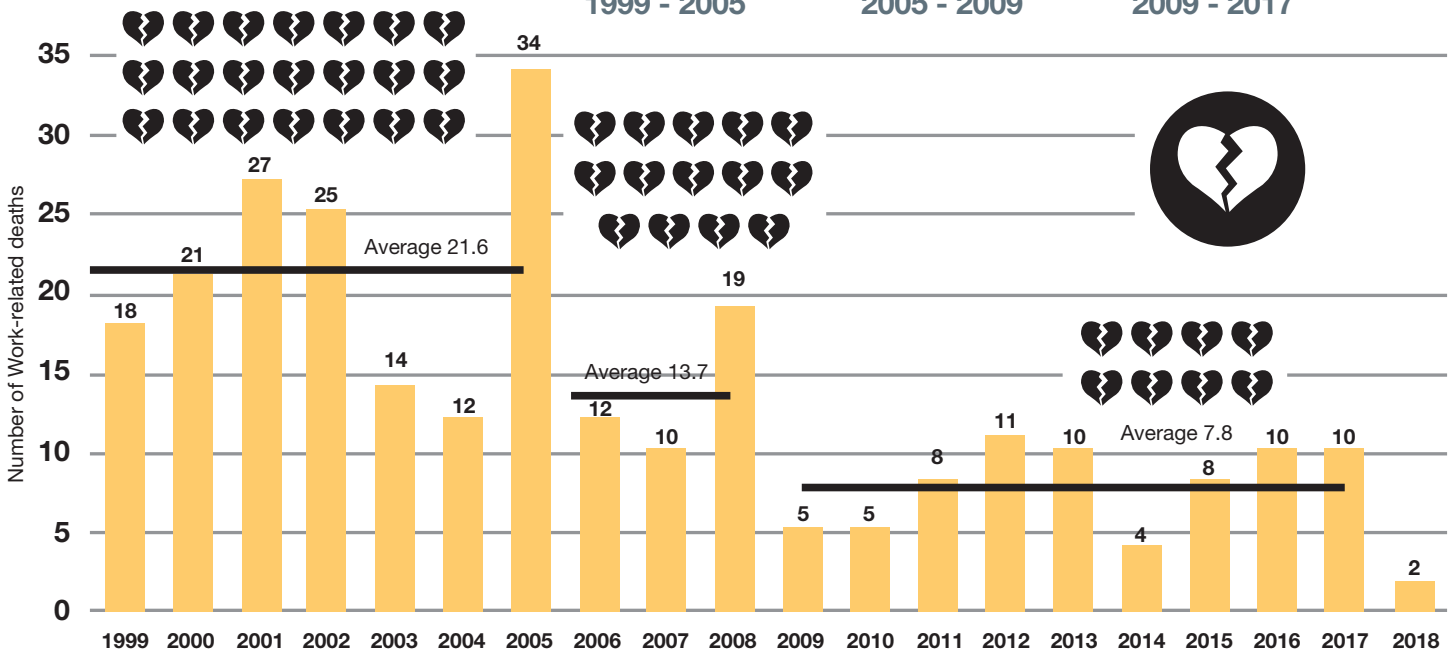
1999 - 2005

14

2005 - 2009

8

2009 - 2017



This information represents the number of work-related deaths by year of occurrence in forest harvesting in BC, up till September 5, 2018.

There have been two work-related deaths in harvesting this year and none in manufacturing, as at September 5, 2018.

August 28, 2018: The driver of a loaded logging truck was fatally injured when his truck over turned on a forest service road in the Cranbrook/Fort Steele area. See safety alert: <https://www.bcforestsafesafe.org/node/3182>

March 7, 2018: The driver of a loaded logging truck was fatally injured when the truck left the road and went into the ditch on the 100 Forest Service Road north of Fort St James. The impact caused the logs on the trailer to come forward, crushing the cab. See safety alert: <https://www.bcforestsafesafe.org/node/3087>.

Five natural cause deaths

There have been five deaths of forestry workers attributed to natural causes in the past year. Please see page 15 for health and wellness information.

We extend our sincere condolences to all the families, friends and colleagues of the deceased.

As we head into colder, wetter, icy conditions for many operations, remember we are entering our highest risk months for two of our highest risk forestry operational areas – log hauling in the interior and falling on the coast.

Make good decisions for you and your crews, and stay safe. No haul or tree is worth a life – not yours or anyone else's!

Work-related deaths in log hauling in BC (2013-2018 YTD)

- 18 fatalities
- Represents 40% of total number of fatalities in harvesting
- 53% of fatalities occur in the first quarter (Q1) of the respective years
- 80% of fatalities occurred in Q1 and the fourth quarter (Q4)
- 80% of these fatalities occurred in the Interior

Recent work-related incidents reported to WorkSafeBC

HARVESTING

Injury Type: Fractured ribs, soft tissue injuries
Core Activity: Manual tree falling and bucking
Location: Interior B.C.

Date of Incident: 2018-Aug

A faller was struck by a hung-up dead Jack pine tree (12 inches in diameter).

Injury Type: Close call

Core Activity: Logging road construction or maintenance

Location: Vancouver Island/Coastal B.C.

Date of Incident: 2018-Jul

During road construction blasting work, fly rock from a quarry struck nearby machinery. Workers in the vicinity took cover under the machinery to avoid being struck. No injuries were reported.

Injury Type: Multiple fractures

Core Activity: Ground skidding or log loading / Integrated forest management

Location: Northern B.C.

Date of Incident: 2018-Jul

A worker was conducting maintenance on a grapple skidder when it rolled backwards over the edge of a landing, causing the worker to fall off the top step. The worker was treated at the site by a Level 1 first aid attendant and transported to hospital by helicopter.

Injury Type: Soreness

Core Activity: Log hauling

Location: Lower Mainland

Date of Incident: 2018-Jul

A worker was driving a loaded log transporter on a highway. The transporter failed to navigate a sharp corner and flipped onto the driver's side, remaining on the highway.

Injury Type: Fractured leg

Core Activity: Manual tree falling and bucking

Location: Vancouver Island/Coastal B.C.

Date of Incident: 2018-Jul

A faller was struck by the top of a danger tree that fell after it was brushed by another falling tree.

Injury Type: Fractured leg

Core Activity: Log towing

Location: Lower Mainland

Date of Incident: 2018-Jul

A worker was standing on a log boom being moved into position against a stationary boom. The worker jumped from the moving boom to the stationary boom and lost his balance. The worker fell backward into the water but was able to pull himself onto the stationary boom.

Injury Type: Leg injury

Core Activity: Tree planting or cone picking

Location: Interior B.C.

Date of Incident: 2018-May

A worker in a tent heard a bear outside. The worker exited the tent with a shovel and tried to return to the main camp. When the worker reached the road, the bear charged and struck the worker. The worker used the shovel for defence and the bear retreated.

Injury Type: Multiple fractures, internal injuries

Core Activity: Manual tree falling and bucking

Location: Lower Mainland

Date of Incident: 2018-Jul

A worker felled a dangerous tree in a helicopter logging site. The falling tree struck a tree that had already been felled as well as an old wind-fallen tree. The worker was struck by debris from the wind-fallen tree. The worker was evacuated by helicopter.

Injury Type: Fractured wrists

Core Activity: Cable or hi-lead logging

Location: Interior B.C.

Date of Incident: 2018-Jun

As a turn of logs was being yarded at a downhill yarding logging operation, a young worker was struck by a piece of debris that was thrown by the running lines. The worker received first aid on site and was transported to hospital by emergency transportation vehicle (ETV).

MANUFACTURING

Injury Type: Lacerated wrist

Core Activity: Sawmill

Location: Lower Mainland

Date of Incident: 2018-Aug

A worker was injured while operating a powered hand-held grinder.

Injury Type: Amputated fingers

Core Activity: Sawmill

Location: Northern B.C.

Date of Incident: 2018-Aug

A new and young worker was injured while using a trim saw.

Injury Type: Soreness

Core Activity: Wood chip mill

Location: Vancouver Island/Coastal B.C.

Date of Incident: 2018-Jul

The operator of a hydraulic log loader fell 1.5 metres off the tracks and was found by a co-worker on the ground, unresponsive.

Injury Type: Crush injuries to hand

Core Activity: Wooden post or pole manufacture

Location: Interior B.C.

Date of Incident: 2018-Jul

A young worker was injured while clearing a jam on the feed conveyor drive assembly of a post peeler.

Injury Type: Amputated fingers

Core Activity: Shake or shingle mill

Location: Vancouver Island/Coastal B.C.

Date of Incident: 2018-Jul

A young worker's hand contacted a head saw in a mill.

Injury Type: Upper body injury, contusions

Core Activity: Sawmill

Location: Northern B.C.

Date of Incident: 2018-Jun

A worker walking out from the front of a building at a sawmill inadvertently stepped into the path of an oncoming forklift, which struck the worker.

Injury Type: Close call

Core Activity: Hog fuel transport / Sawmill

Location: Interior B.C.

Date of Incident: 2018-Jun

During a load delivery, the raised trailer of a hog fuel carrier contacted an energized 25 kV overhead power line. Upon contact, two tires exploded (through pyrolysis). The driver exited the vehicle without injury.

Injury Type: Close call

Core Activity: Veneer or plywood manufacture

Location: Interior B.C.

Date of Incident: 2018-May

A worker was performing hot work on a glue-mixing tank located in the glue room of a plywood plant when a fire occurred. The fire was contained inside a dust collection duct on the tank and was extinguished by plant workers and the fire department.

Injury Type: Close call

Core Activity: Sawmill

Location: Interior B.C.

Date of Incident: 2018-Apr

A worker was performing hot work on equipment inside a filing room at a sawmill. Sparks generated by the hot work entered a space between a plywood wall and a structural I-beam and caused a fire within the plywood wall. The fire was extinguished by sawmill workers and the fire department. 🔥

Work-related deaths in manual tree falling in BC (2013-2018 YTD)

- 8 fatalities
- Represents 20% of total fatalities in harvesting
- 56% of fatalities occur in the third quarter (Q3)
- 78% of fatalities occur in Q3/Q4
- 100% occurred on the Coast



Talkin' SAFETy with Mike Sexton:

Reflecting on seven years of safety progress



Mike Sexton,
senior safety advisor.

At the time of the publishing of this Forest Safety News, I am no longer with the BC Forest Safety Council (BCFSC), as I've taken on a position in our industry with a large SAFE Certified company. But before I moved on I wanted to reflect on safety and what I have witnessed in the almost seven years I have worked at the BCFSC.

What has changed?

Well, lots! The audits have gotten more streamlined for efficiency and effectiveness.

They pack no less punch but cause a lot less stress for companies (mostly!). Version 4 for BASE has been a success. Version 3 for SEBASE, ISEBASE, and IOO have been tinkered with and improved to reduce redundancies.

Auditor training for all levels of audits has become increasingly available online to cut down on costs and travel for SAFE Companies. This also allows for consistency of delivery and the amount of material delivered.

Less people get us confused with WorkSafeBC now. Part of this is because of the increase in Site Verifications we've accomplished. When I started at the BCFSC, we had a goal of around 150 site visits. Now the target is 350 and we have exceeded that in both of the last two years, and expect to again this year.

And the help is getting better!

We have a Safety Advisor on call every working day of the year to help you out over the phone. And we have some Safety Advisors that will take calls in the evening and on weekends to accommodate companies that don't have phone access during the day, all in the name of Quality Service!

And Safety Advisors are going through regular training to stay up on important subjects. But we don't know everything. When we don't, we do our best to find the information needed and get back to you as soon as possible.

What are the new goals?

NOTHING! The goal will always be the **elimination of all fatalities and serious injuries**. This must and can, or should I say **WILL** happen!

We all are starting to realize that no job is worth getting hurt for, or worse, killed. Working safely also drastically improves efficiency, which in turn improves a company's bottom line. And, high morale is a good thing to have too. Nobody getting hurt makes everyone happier! So everyone, please keep your eyes on the goal. Healthy, safe and happy workplaces for everyone!

I bid you adieu, ciao, arreviadirci, aloha, or goodbye. Take care, Mike.

Forest Safety News wishes Mike every success in his new role back in industry. Future SAFETy columns will be written by different safety advisors on a rotation basis to address some of their in-field observations, shared safety learnings, tips and answers to the questions they get asked about the most during verification audits and advocacy visits. 🍷

BCFSC has sent off feedback to WorkSafeBC on their proposed changes to COR

The BC Forest Safety Council (BCFSC) has reviewed the proposed changes and provided a summary of the top five major changes below. The changes are extensive, so we have only focused on the material highlights.

Please read the full documents for a complete picture at:

<https://www.worksafebc.com/en/law-policy/public-hearings-consultations/current-public-hearings-and-consultations/proposed-policy-amendments-practice-materials-regarding-cor-program>. WorkSafeBC released these proposed changes to the COR program for 60-day public consultation, ending October 01, 2018.

The BCFSC has sent a summary submission of feedback from the forest industry to WorkSafeBC. To ensure industry's views on the changes were accurately reflected, we conducted a survey of all SAFE Certified companies, asking for input on the changes. We then reviewed that feedback with our SAFE Companies Advisory Committee before summarizing feedback into our final submission to WorkSafeBC. To view the feedback summary and what was sent to WorkSafeBC, please see http://www.bcfscsafe.org/content-program-safeco/program-safeco-31-cor_rebate.htm.

We also encouraged our advisory groups and SAFE Companies to provide their own input directly to WorkSafeBC through their website.

The five major proposed changes are:

1. External Certification Audits for all companies, regardless of size

Current requirement: Only BASE size companies (20 or more workers) require an external certification audit every three years.

Proposed new requirement: All sizes of companies would now require an external audit every three years to increase the confidence that certified companies meet all requirements. This means all companies will require an external auditor for certification / recertification audits.

The effect: Would be similar to expanding the successful verification audit program to all SAFE Companies. There would be a process allowing companies needing SAFE Certification to work before an auditor could be arranged.

2. Focused Maintenance Audits

Current requirement: Every audit, every year is essentially the same.

Proposed new option: Companies would be given the choice to audit only their Corrective Action Log from the previous external audit.

The effect: Would significantly reduce the effort required for a maintenance audit, allowing the company to focus on improving safety.

3. External Auditors provided and paid for by the certifying partner, the BCFSC

Current requirement: External auditors are paid by the company they are auditing, in a free-market system.

Proposed new requirement: External auditors would be selected and paid by the BCFSC to reduce the perceived potential conflict of interest caused by auditors being paid by the employers they are auditing. There may be user fees for larger audits, but it is understood that to be feasible there would be a zero user-cost increase to any employer (compared to the current system.)

The effect: Would reduce the perception of conflict of interest of auditors being paid to give favorable reports.

4. Single COR audit standard for all size companies

Current requirement: There are four distinct audit tools depending on the size of a company.

Proposed new requirement: There would be one audit tool. To remove the issue of a step between SEBASE and BASE Companies, there would be a single audit tool with a spectrum of interpretation depending on the size, risk and complexity of the employer's work activities.

The effect: This is expected to particularly benefit the companies that are at the smaller end of the BASE spectrum. It will also remove a barrier to a company successfully growing from 19 to 21 people.

5. Certificate date changes from audit date to the date QA is completed

Current Requirement: The date of a COR certificate is the date the auditor finishes collecting data (BASE) or the date that the company submits the audit package (non-BASE).

Proposed new requirement: The date of a COR certificate would be the date that Quality Assurance (QA) is completed by the BCFSC, to standardize certification information for all employers.

The Effect: This will result in audits performed in November and December NOT being eligible for the COR incentive in the year they were performed, but delayed a year.

As you can see, there are some significant changes to the program which will result in changes to companies who want to participate in the COR program, and to the BCFSC, as a Certifying Partner for WorkSafeBC's COR program. We will continue to monitor the changes and keep you up to date on any new developments and any actions that may be required by companies. 📢

New handbook for JHSCs from WorkSafeBC

Joint Health and Safety Committees (JHSCs) play a key role in workplace health and safety, and can assist employers with reducing injuries and disease in workplaces.


WorkSafeBC has recently published a Handbook for Joint Health and Safety Committees to support effective joint committees in the province.

Content of the 72-page handbook includes detailed information in the following categories:

Role and scope of joint committees; committee meetings; activities; recommendations; records and statistics; effective communication; annual committee evaluation; education and training; resources and support, as well as templates to copy and tailor to your specific needs.

Page 20 of the document provides details on how employers are required to respond to formal recommendations from the committee and provides this usual hierarchy of controls diagram – from most effective to least effective:

Hierarchy of controls from most effective to least effective

	1. Elimination	<ul style="list-style-type: none">• Eliminate human interaction from the process• Eliminate pinch points• Automate material handling
	2. Substitution	<ul style="list-style-type: none">• Replace a hazardous product, process, or piece of equipment with one that is less hazardous
	3. Engineering controls	<ul style="list-style-type: none">• Mechanical hard stops• Guards• Interlocked guards• Presence-sensing devices• Two-hand controls
	4. Awareness controls	<ul style="list-style-type: none">• Warning signs and labels• Lights, beacons, and strobes• Computer warnings• "Restricted Space" painted on floor• Bleepers• Horns and sirens
	5. Administrative controls	<ul style="list-style-type: none">• Safe work procedures• Equipment inspections• Training• Lockout
	6. Personal protective equipment (PPE)	<ul style="list-style-type: none">• Safety eyewear and face shields• Hearing protection• Gloves• Respirators

📎 See the appendices for a sample committee recommendation.

On page 36, there is a useful link to WorkSafeBC's OHS mobile app, available for iOS and Android, allowing you to be able to review and search the Workers Compensation act, OHS regulations, guidelines, policies and standards, on your phone or other handheld. You may download the app via the WorkSafeBC website or from the iTunes or Google Play app sites.



Please see: <https://www.worksafebc.com/en/resources/health-safety/books-guides/handbook-for-joint-health-and-safety-committees-bk160?lang=en> to view, download and print the complete JHSC handbook. 📄

Tips for preparing your audit for the December rush

December is traditionally one of the busiest times for audit submissions. The BC Forest Safety Council estimates that between November 1 and December 31, we will receive over 800 maintenance audits for review with the bulk arriving after December 15, 2018.

Here are some things to keep in mind to meet your deadline:

1. The deadline to have the annual maintenance audit sent in via email, upload, mail or courier stamp is on or before December 31, 2018. The official date is the date you send it, rather than the date we receive it. If this is a recertification year, your audit is due on or before the expiry date on your SAFE certificate.
2. Don't wait until the last minute. While it can only take a few hours to put together a good SEBASE audit, you may not realize that one critical piece of paper is 12 hours away until you start to put it together.

3. Call us if you feel you are stuck, toll-free at **1-877-741-1060** from 0800-1700 Monday to Friday and ask to speak to a safety advisor about your audit question or email safeco@bcforestsafesafe.org. We can also send forms and documents to your email address faster than by mail.
4. Send it electronically if you are able to. This is faster and cheaper for you as well as being tracked in case there are questions about when you sent it. All companies are encouraged to upload directly on our website. While we accept emails (only for files that are smaller than 10MB), uploads are preferred. Follow the instructions on the second page of the audit package:
 - upload directly: <http://app.bcfestsafe.org/upload/>
 - e-mail to audit@bcforestsafesafe.org (only for files under 10MB)
 - give each file a logical name, including your company name such as 'ABC Logging SEBASE 2018' and 'ABC Logging question 3'.
5. If you have to send it physically, we recommend using a tracked method, such

as a courier, or via one of Canada Post's tracking methods in order to provide proof of when it was sent.

6. Your last audit's success letter has your Corrective Action Log pre-started for this year. If you do not have this in your company files, we can re-send it to you if you call us toll-free at **1-877-741-1060**.
7. First in, first out. A company that sends in their audit at the end of November, before the rush, gets their results back much faster than a company that submits on December 31. The same is true for advice. Calling in November gives you more time on the phone AND more time to follow through with the advice that is given.
8. Offices (and advice lines) are closed for Christmas and Boxing Day on Tuesday and Wednesday December 25 and 26, 2018. Electronic submissions and emails will be accepted until midnight on Monday December 31, 2018.
9. Some post offices and couriers close early (or will not be open) on December 31. Check service hours with your local outlet. 📍



Transportation

Preparing for winter driving

Whether you are hauling logs, driving to and from the bush to operate a machine or conducting forest management activities, preparing for winter driving conditions is a must.

Winter tires

Tires marked with a mountain/ snowflake symbol on the sidewall offer the best traction on snow and ice and in cold weather and are therefore recommended.

Tires marked with an M+S are compliant with current highway regulatory requirements and offer better traction than summer tires, but are less effective than mountain/snowflake tires in severe winter conditions.

Legally, winter tires must have a tread at least 3.5 mm deep. Check for wear before installing the tires and check tire pressure frequently, as it decreases in cold weather.

Studded tires

Studded tires provide superior grip and traction on icy roads. Stopping distance can be reduced by 15-20% and traction on icy and compact snow is improved. If you are using studded tires, you should have them on all four wheels for even traction. If using studded tires on the front of the vehicle they MUST be used on the back of the vehicle as well.

Stopping distances

Rain, slush, snow, ice and cold temperatures are all part of winter driving. Stopping your vehicle in these conditions can be challenging, as your tires have less traction on cold and often slippery road surfaces. For example, if you're driving on a set of all-season tires on a rain-covered road at 80 km/h, you'll need twice the distance to stop than you would when driving at 50 km/h. Not surprisingly, snow and ice covered roads create even longer stopping distances.

Chains

When tire chains may be necessary for safety, don't wait until it is too late! If in doubt, chain up! Especially on resource roads where traction can change significantly with industrial use and volume of commercial traffic.

Chain up in a safe location

Always remember to chain up in a safe place and to communicate effectively to other resource road users. If unable to move to a safe place, use triangles to warn other drivers. A fairly recent incident occurred when a log truck, being chained up, was struck by another vehicle resulting in a log truck driver fatality.

Chaining up requires increased physical exertion

Keeping healthy is always important but especially when your work requires sudden increased physical exertion. Know your heart health by having regular medical check-ups. Talk to your doctor about exercise and cardio-strength building activities that best meet your health, work and lifestyle. Remember to keep it simple: Don't smoke; eliminate/reduce alcohol consumption; sleep better; eat smaller meals more frequently made up of more non-processed foods – fresh vegetables, fruits, whole grain carbs; and always keep well hydrated, with water.

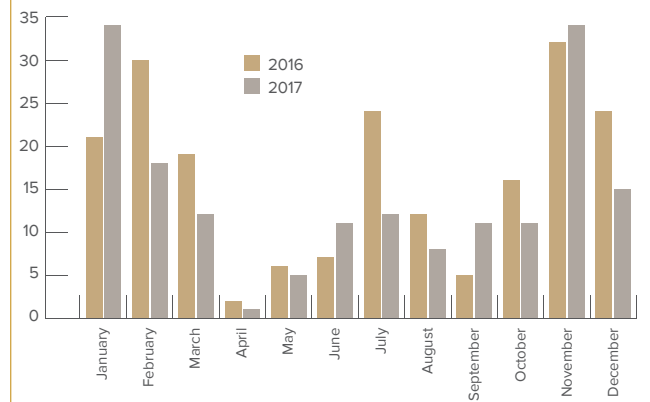
There are consistently more incidents in the winter months than in the summer months.

Winter months = highest risk of incidents

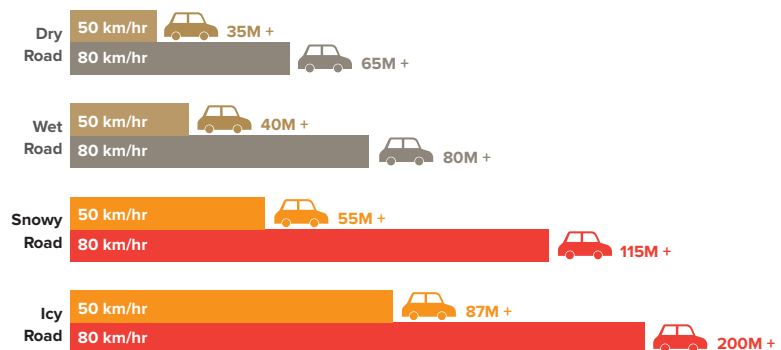
Year after year, incident data provided by log hauling contractors to the Trucking and Harvesting Advisory Group (TAG) shows increased incidents throughout the winter months. This is not surprising given the challenging conditions, but making the decision to drive to the conditions and chain up where required can reduce the risk of an incident.

There is a safe speed for every load and road condition, including not going at all! 🚧

The Trucking and Harvesting Advisory Group (TAG) data on log hauling incidents in BC by month 2016-2017



Passenger Vehicle with All-Season Tires: Approximate Stopping Distances in Metres



(Note: this table assumes consistent reaction times).

Source: ICBC Unsafe Speed Fact Sheet www.icbc.com, Forensic Dynamics.

Winterizing your safety plan

The Shift into Winter driving safety alliance has released updated information for all commercial carriers in all industries on "winterizing your safety plan".

The 6-page brochure includes employer responsibilities, dispatch/supervisor duties, drivers' responsibilities, proper vehicle preparation and maintenance, pre-trip inspections as well as the roll of joint health and safety committees or worker representatives.

To learn more, visit www.shiftintowinter.ca. The 2018 campaign resources will be posted here: <https://shiftintowinter.ca/campaign-resources/> 🚧



Commutes put workers at higher risk of fatigue-related MVIs

The BC Forest Safety Council's transportation and northern safety manager, Trish Kohorst, recently attended a Fatigue in Transportation Forum (end of June 2018) to learn about the latest developments, information and tools to assist industry in better preventing and managing workplace fatigue. The key objective is to support policies, training, programs and tools that help prevent the impacts of fatigue on workplace performance and safety.

Trish said that Dr Imelda Wong, of the National Institute for Occupational Safety and Health (NIOSH), focused her presentation on nonstandard schedules and commuting motor vehicle incidents.

Commuting increases the risk of fatigue-related incidents

"In the forest industry, nonstandard schedules, such as early mornings and long work hours, rotating and irregular shifts are the norm for some sectors. Whether operating equipment, planting trees, or supervising workers, it is important that company owners, supervisors and workers understand that driving to and from the worksite is a critical time for potential fatigue-related motor vehicle incidents (MVIs)," said Trish. Forestry is not alone. A total of 25% of all Canadians work nonstandard schedules.

She said that Dr Wong explained that there is an increased risk of drowsy driving and MVI risk when working nonstandard schedules (outside regular 9-to-5 hours). Dr Wong shared some of the whys; factors that increase risk; and some things that industries and individuals may consider in providing solutions that are appropriate to their workplaces*:

Why?

- Commuting is a routine activity resulting in less vigilance and attention

- Drivers are more easily distracted during commuting, and are often focused on thoughts of work / life demands.

What factors increase the risk?

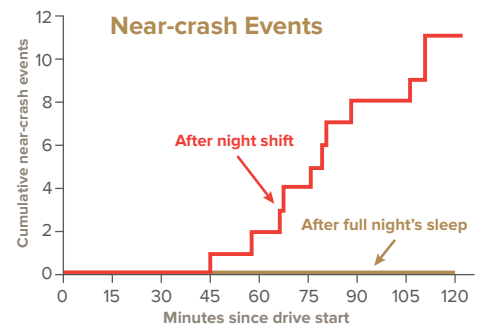
- Length of commute (distance and time)
- Time of day (e.g. early morning and late nights)
- Age: - 25-34 years of age
- Men older than 55 have a greater risk for fatal MVIs
- Sleep problems (sleep disorders, impaired sleep)
- Night shifts
- Extended work hours / how long you have been awake
- Work stress / time pressure.

What can be done?

- Provide appropriate resources for workers (group transportation, training)
- Improved shift scheduling (duty duration, start times)
- Obtain regular sufficient (minimum seven hours recommended) quality sleep
- Use in-vehicle monitoring / sensors to make drivers aware when they are becoming drowsy
- Pair workers to help keep each other vigilant.

Dr Wong also shared that in a recent closed-track study (Lee 2016, see *Near-crash Events* figure), researchers found that after workers obtained a full night's sleep (i.e. eight hours), there were no near-crash events (i.e. deviation from laneway). However, after a full night shift, the first near-crash event happened after only 45 minutes. In addition, almost half the study participants were required to stop the experiment because they were too drowsy

to drive safely. Those who completed the two-hour driving test were removed from the track every 15 minutes for additional tests. This change in tasks – between driving and additional tests – kept drivers alert longer than if they were allowed to continue driving without stops. Therefore, the results may be overestimated, and a near-crash event may occur earlier under "real-life" situations. Also, it was a closed track so there were no influences of traffic volume or related distractions, etc.



Time to near-crash event after a night shift and after a full night's sleep. Adapted from: Lee ML, Howard ME, Horrey WJ, Liang Y, Anderson C, Shreeve MS, O'Brien CS, Czeisler CA. High risk of near-crash driving events following night-shift work. *Proceedings of the National Academy of Sciences*. 2016 Jan 5; 113 (1): 176-81

"The Trucking and Harvesting Advisory Group will be provided with all the latest information presented at the conference to consider if and how it might best be used to inform industry-wide safer driving practices regarding fatigue," said Trish.

(Footnote: *Dr Wong credited other research papers supporting her analysis, namely work done by Elfering, Brosschot, Grebner, Gold, Di Milia, Scott, Swanson, Kirkcaldy, Barger, Charbotel, Hours, Chiron, Carter, Lee, Zepf, and Akerstedt.)

MFSAG materials finalized for marine operators carrying forestry workers

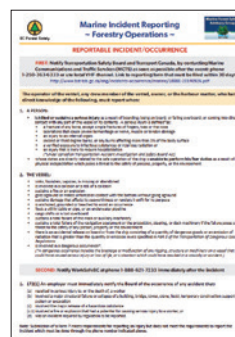
The Marine Forestry Safety Advisory Group (MFSAG) has finalized two documents and a sticker to help support better safety outcomes when forestry workers are transported by marine vessels to and from forestry operations.

The group was formed following the Lasqueti Daughters incident (foundering and abandonment of self-propelled barge at Sutil Point, British Columbia on 14 March 2015 (see Transportation Safety Board report: <http://www.tsb.gc.ca/eng/rapports-reports/marine/2015/m15p0035/m15p0035.pdf>). The focus of the group is to support the prevention of fatalities and injuries to forestry workers being transported to worksites by marine vessels.

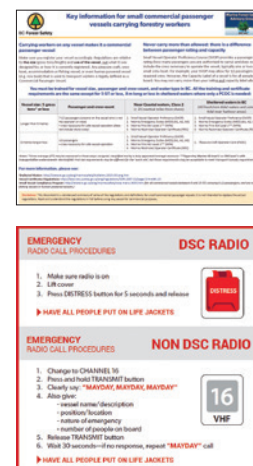
The latest tools developed by the group include a two-page Marine Incident Reporting summary sheet; a one-page summary sheet of key information for all marine vessels transporting forestry workers; and a sticker for

quick reinforcement for any captain, crew or passenger members who might need support to operate a radio system to send a distress signal in a worst-case scenario.

All vessels that carry workers on waterways must be licensed as commercial vehicles and meet all the regulatory requirements for operational, crew and passenger safety. Learn more by reviewing the summary documents and applicable regulations (there are links in the documents).



To view and download the 2-page reportable incident/occurrence procedure document, see: https://www.bcforestsafesafe.org/files/ps_MarineIncidentReporting.pdf



To view and download they key information for small commercial passenger vessels carrying forestry workers document, please see: https://www.bcforestsafesafe.org/files/ps_KeyInformationForSmallCommercial.pdf

To view and download the sticker see: https://www.bcforestsafesafe.org/files/ps_MarineEmergencyRadioCallProcedureSticker.png

If you are a marine operator and would like to order the sticker, please complete the order form here:

https://www.bcforestsafesafe.org/files/ps_InjuryPreventionResourceOrderForm.pdf



Falling



ERP testing turns plans into workable actions

By Scott Ruston,
Lead Falling Safety Advisor.

It's never a bad time to review the Emergency Response Plan (ERP) and first aid plans for the worksite. It can often get taken for granted – assuming that proper procedures are in place and that everyone knows what to do in the case of an emergency. Running emergency evacuation drills are a great way to test your ERP, and to make sure there are back-up plans when something the plan relies on is not available or workable due to weather or mechanical breakdowns, for example.

Apart from keeping everyone safe and ensuring the best response when something does go wrong, ERPs help ensure that WorkSafeBC requirements are also met. These first aid requirements are in regulation:

3.16 Basic requirements

(1) The employer must provide for each workplace such equipment, supplies, facilities, first aid attendants and services as are adequate and appropriate for:

(a) promptly rendering first aid to workers if they suffer an injury at work, and

(b) transporting injured workers to medical treatment.

As we move out of the warmer dry weather and into fall, we become more prone to adverse weather conditions that may hinder the ability to properly initiate the ERP. In many remote locations air transportation is commonly used as the primary source of evacuation for medical emergencies. WorkSafeBC has specific regulations to be mindful of regarding air transportation, as follows:

3.17.1 Air transportation

If air transportation is the primary or only method for transporting an injured worker, all of the following requirements must be met:

(a) before the start of operations in a workplace, arrangements must be made with an air service to ensure that an appropriate aircraft is reasonably available to the workplace during those operations

(b) the arrangements in paragraph (a) must include procedures for

(i) the employer to determine the availability of appropriate aircraft before the start of each work day, and

(ii) the air service to notify the employer if an appropriate aircraft ceases to be available

(c) a system must be provided that enables the pilot of the aircraft and the first aid attendant attending to an injured worker to communicate at all times when the aircraft is in transit to the location of the injured worker and during transport of the injured worker to medical treatment.

3.18 Communication and availability

(1) The employer must provide an effective means for

(a) communication between the first aid attendant and the workers served, and

(b) the first aid attendant to call for assistance.

(2) The employer must not assign, and the first aid attendant must not undertake, employment activities that will interfere with the attendant's ability to receive and respond to a request for first aid.

Satellite phones are often the most common means of emergency communication in areas without cell service. It's been proven that they cannot always be a 100% reliable source of communication. There are other satellite texting devices on the market now that may be better suited for your ERP needs. If you are using a satellite device as your primary emergency communicator, be sure to test it daily.

Also make sure that qualified assistance is in place. See: <http://www.bcforestsafe.org/QA>

It's never the right decision to go to work if you're at all uncertain whether your ERP will work or not. Stay safe and make good decisions. 🚧



Update on new faller training pilots

John Jacobsen, QST (left) leads a pre-work meeting ahead of a day of piloting the new faller training materials in the first pilot run in Northwest Bay earlier this year. The second pilot was postponed due to heat and wildfire shutdowns. It started on September 5, 2018 in Holberg (North Vancouver Island) before final review by WorkSafeBC, and roll-out of the revised new faller training materials to industry in 2019. The Falling Technical Advisory Committee (FTAC) sub-committee will continue to be involved in the process and will be reviewing the resources one more time before submission to WorkSafeBC. 🚧



Falling Safety Advisor, David Adshead, refelling a cut up tree scenario in a tall stump as part of a faller field evaluation.



Falling safety advisors provide diverse support to fallers and contractors

The BC Forest Safety Council (BCFSC)'s three Falling Safety Advisors (FSAs) have diverse days, weeks and months in-field. Since the beginning of the year, FSAs have conducted over 200 in-field visits across the Province providing support to fallers and contractors.

One day they may be testing fallercams; another day doing an advocacy visit to support a faller who has been issued an WorkSafeBC order for faller performance upgrade training; another, carry out quality assurance of Qualified Falling Trainers and Certified Falling Supervisors, watch falling supervisors coach new fallers and provide additional support and tools.

They also help train basic chainsaw and faller supervision courses; and share best practices that they see across the province at falling operations, bringing back critical information to the BCFSC on the key concerns and opportunities to better help support fallers and faller safety to get everyone home safe.

All the services above – and more – are provided free of charge. Please call toll-free **1-877-741-1060** to ask to speak to a falling safety advisor.

Here are a few photos from recent field visits. 📷

Falling Safety Advisor, Jeff Mackenzie, points out a hazard tree during a falling supervisor course.



(Two photos above): Lead Falling Safety Advisor, Scott Rushton (not in photos), doing QST quality assurance on Doug Harrison.



Introducing a **NEW SERIES**, Supervisor Talk:

Tools and ideas to support supervisors



By Gerard Messier,
RPF, CRSP

This article is the first in a series, discussing the challenges that supervisors face and some potential solutions or efficiencies that exist, understanding that one size does not fit all. Every supervisor's work situation is unique but hopefully this series will uncover some new tools and ideas to support current supervisors and also help attract high performing workers into supervisor roles.

A supervisor shortage is a looming crisis in many industries; supervisors are spread too thin and the work demands keep increasing. Many workers look at their supervisors and are not motivated to take on those roles with that extra work and responsibility that comes with the title. This is not an easy situation to address but over the next few months, I am going to unpack some of the challenges and discuss efficient ways to fulfill all the responsibilities of supervisors.

I will also dive into some of the thorny areas of supervision such as discipline, alcohol and drugs at work, and building up teamwork and morale.

In order to find best practices and good ideas, I've looked both inside and outside of the forest industry. High-performing supervisors are developed in many industries such as aviation, oil and gas and emergency service sectors. I'll tap into some of their processes for how they are doing that. I'll share some of my personal experiences too and I hope to get feedback from supervisors out there about what has worked for them and what tactics have blown up in their faces.

To start off, I am going to talk about building a strong workplace culture.

“Dear Supy,

My crew is lazy! They don't know how good they have it with town jobs all the time and easy blocks. Every time I go out there, they are complaining, morale is down and the quality of the work is poor.

”

Help!

Wally Woodsman

Well Wally,

Step 1: take a good look at yourself and the type of attitude you bring to work. How do you present yourself at work? If the answer is “not great” then that can definitely rub off on your crew. Start polishing up your attitude. Don't be a fake but do have enthusiasm for the work that needs to be done and be a positive, optimistic influence on everyone.

Step 2: get the facts. Find out if the crew really does have something legit to complain about. Spend time on the project to observe and talk with your crew one on one to get the story on how things have been going. It may be that there are some small fixes that can be done to improve the worksite and attitudes. If problems can't be fixed right away, come up with a plan and timeline to fix them and let the crew know that steps are being taken to fix things. Caution: set realistic goals for these solutions; nothing lowers morale like not carrying through on promises.

Step 3: If everything is going fine with the work itself, then it's time to look at the people and personalities in the crew. Have you set yourself up for failure by grouping the wrong people together? Some people just won't get along together and changing how you mix up your crew can fix some of those issues. Maybe some workers have been doing the same job for many years and need a change. Perhaps you can move them to a different piece of equipment or get them to help you out with some of your supervisor responsibilities for a welcome change of pace. On the other hand, think about if you have been challenging and changing things up too much for a group that just likes consistency and no big changes at work.

Keep in mind that there is rarely an answer or tactic that works in all situations. However, there are always benefits to communication and getting to know your crew better. What starts out as a casual “how's it going” check-in with a worker can turn into a gold mine of opportunities to improve things at work. Embrace that part of the supervisor role. You need to be a communicator and a problem solver to do the job well. Talk with other supervisors, most are happy to share war stories about challenging situations and how they were eventually resolved.

As a supervisor, it's easy to think that it is all up to you to make the right decision and make sure production targets are met. However, if things are starting to go sideways, don't suffer in silence. Talk to your crew first – ask them for what they think the problems are and what will work better. Also be sure that you talk with your manager or owner of the company. Talk with them regularly, when things are going well and when problems occur. If you are a one person owner and supervisor type operation, build a good working relationship with your contract manager. They have a big interest in helping you succeed so use them as a resource to get you the information you need to make decisions and also ask them for some flexibility when the going gets tough. Again, good communication is your best tactic in these situations.

Next time on supervisor talk: What is a good leader anyway? Do supervisors need to be good leaders?

Talk among yourselves and email me your stories and ideas at Messier@bcforestsafesafe.org 🌲

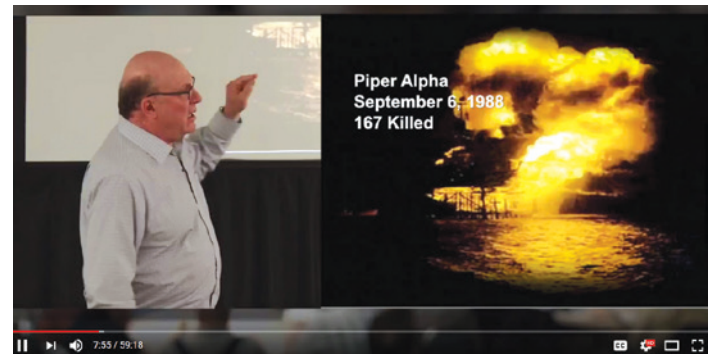
YouTube hits

Check out these two great videos from the 2018 Interior Safety Conference in Kamloops, if you haven't seen them already.

The first one is a heartfelt message from Tiffany Simard who lost her husband to a workplace incident: <https://www.youtube.com/watch?v=2DJywhLLCr8>



The second is a captivating presentation by Corrie Pitzer which will really make you think about safety programs and if they are leading to the outcomes that we want: <https://www.youtube.com/watch?v=1mwGSpCbpxU>



Upcoming training

If you would like to see how a training course can meet your organization's needs, please let us know. We are committed to working with you to find the right training solution. We may be able to tailor a program to your specific needs and deliver it in a way that is most convenient for your operations.

Scheduled training for the next few months (does not include tailored sessions):

Internal Auditor Theory BASE 4

Oct 3 Vernon
Oct 4 Vernon

Felling Supervisor training

Oct 1 Prince George
Oct 15 Vernon
Nov 5 Campbell River
Nov 26 Nanaimo

Forest Supervisor training

Module 1: Due Diligence (1)

Module 2: Communications (2)

Module 3: Leadership & Professionalism (3)

Nov 7 Nanaimo (1)
Nov 8 Nanaimo (2)
Nov 9 Nanaimo (3)

Nov 19 Prince George (1)
Nov 20 Prince George (2)
Nov 21 Prince George (3)
Dec 5 Vernon (1)
Dec 6 Vernon (2)
Dec 7 Vernon (3)

Incident Investigation training

Oct 1 Terrace
Oct 3 Houston
Oct 15 Prince George
Oct 18 Campbell River
Oct 25 Langley
Oct 29 Vernon
Nov 5 Williams Lake
Dec 3 Nanaimo
Dec 10 Kamloops

Individual Owner Operator OHS training & Refresher training

Oct 27 Teleconference
Nov 24 Teleconference
Dec 15 Teleconference

Joint Occupational Health and Safety Committee training

Oct 2 Terrace
Oct 4 Houston
Oct 16 Prince George
Oct 19 Campbell River
Oct 26 Langley

Oct 30 Vernon
Nov 6 Williams Lake
Dec 4 Nanaimo
Dec 11 Kamloops

Small Employer OHS training & Refresher training

Oct 18 Williams Lake
Nov 22 Langley
Nov 29 Prince George
Nov 29 Vernon
Dec 6 Nanaimo
Dec 13 Kamloops

View the full 2018 training calendar here: www.bcforestsafesafe.org/fscapps/calendar/calendar.php. Please check back often as course dates may change if there are insufficient participants. All training is offered on a not for profit, cost-recovery basis. Email training@bcforestsafesafe.org or call toll-free 1-877-741-1060 for general information, or email Gary Banys at banys@bcforestsafesafe.org to answer any questions you might have about course content and/or about tailoring courses to meet your company's needs at a location of your choice. 🌲



How what's in your sandwich can influence the decisions you make



By Dr. Delia Roberts

Most of us think about food in terms of satisfying hunger, adding to the fun of getting together with friends and family, and maybe, to either increase health or at least avoid disease. But have you considered how what you eat can impact the very way you think?

Every decision we make affects how good we are at our jobs, how well we behave in relationships, and what level of risk exposure we accept. So making sure that we provide our brains with the fuel needed to power up good decisions is one of the most effective ways to protect ourselves and ensure a long, safe, productive and enjoyable life.

Getting good information

Unfortunately, knowing what to eat isn't quite as simple as we were once led to believe. The good old Canada Food Guide has been questioned, and it seems that nearly every day there is an announcement of some food having magically beneficial properties. What we used to think of as 'scientifically-proven' may not have been true after all. It can all be a bit overwhelming, and leave you without the information that you need to feed yourself and your family. Here are a few basic rules you can use to help make sure that your brain gets the energy it needs, along with a little bit of background to show you why you can have faith in these recommendations.

Reaction times best when blood sugar is stable

Your brain only makes up about 2% of your body weight, but consumes about 20% of your daily energy needs. Of this, about 2/3 of the energy consumed goes towards neural signaling, and 1/3 to keeping the tissue healthy. Making sure this energy supply is maintained is so important that there is a very tightly controlled chemical and hormonal system to preserve the supply of glucose to your brain at all costs – including suppressing the immune system and breaking down muscle and other important molecules in your blood.

Tests with fallers, haulers, tree planters and other groups show that every measure of cognitive function including memory, reaction time, alertness and mood are better when blood sugar is stable. That means no highs or lows, which is best done by eating small amounts of food low in free sugars every 2-3 hours when you need your brain to be working at its best. The evidence comes from practical studies done in small numbers, but it's consistent across groups.

Ketosis effects on humans are still not all known

Newer research has shown that saturated fats and blood lipid levels do not actually cause heart disease. There is also quite a bit of evidence that high fat, low carbohydrate diets can improve weight loss and some of the health problems that are seen in obese people like type II diabetes and lipid profiles. There are also studies that show that ketosis is helpful for neurodegenerative diseases like Parkinson's and even Alzheimer's. But these findings don't necessarily translate into good health for the average person. First of all, it takes about four days of a very strict restriction of carbs to get into ketosis. During this time your brain is deprived of glucose but hasn't yet adapted to burn ketones, so moodiness, poor attention and slowing of reflexes are problematic. Stress hormones are also elevated and the immune system is suppressed. These symptoms go away if you stay in ketosis, but the diet limits many foods that are full of vitamins, minerals, and other healthful compounds not the least of which is fibre, absolutely essential for gut health. And the studies that show the positive effects of the ketogenic diet are often done on animals, partly because it's very hard for people to stick with the diet. Currently, we don't know what the long-term effects are in humans, or even what the short-term effects are on mental function.

Digestion time depends on what you ate

When you work hard your muscle burns fuel at a very high rate. Keeping both muscle and your brain supplied with enough fuel can be time limited. It's a bit like the difference between how much fuel is in the cache and how much is currently being fed into your engine! When the fat content of a meal is more than about 30%, the fat has to be emulsified before it can be digested, so the valve at the bottom of your stomach

closes until the fat can get broken down into little droplets and mixed with water and enzymes. It also takes time to break down fats that are already stored in your body, so any time you need energy to do something fast or powerful, you have to rely on carbs. The one exception to this rule is medium chain triglycerides or MCT, found primarily in coconut oil. These smaller fats can be absorbed and used much faster than other types of fat.

Tip: Check the label of your favorite granola bar or snack for the percentage (%) of calories from fat. If this exceeds 30% then it will take 3-4 hours to digest and absorb this meal.

Energy balance and inflammation

Many of the dietary factors that we know cause diseases are not simply due to eating either carbs or fats. Rather, they come from the inflammation that results from eating more than is needed for body functions, especially when the excess calories come from highly processed foods. Whether it's sugars or fatty foods, highly processed, cooked foods have a tendency to increase the level of inflammation in the body. Whole foods that are high in fibre, low in calories and nutrient-rich have a tendency to lower inflammation. And finally, people who are obese have higher levels of inflammation that are lowered if they lose weight.

Packing your lunch

If you pull all this information together there are a few clear messages.

Choose whole foods that are less processed and eat them in amounts that are in balance with your energy needs. Don't skip breakfast, and split your meals so that you eat smaller amounts more frequently when you are at work. High fibre foods that balance fats (less than 30%), complex carbs (high in fibre) and proteins (20% range) for a steady supply of fuel for your brain, will keep you alert and making good decisions all day long.

For breakfast, eggs and leaner meats with whole grain toast or cooked cereal (rolled oats, 7-grain, buckwheat) are good choices. Greek style unsweetened yogurt with fresh or frozen chopped fruit will also provide protein, fat, and carbs in the right amounts to start your day. Snack on cottage cheese, fresh veggies with humus, and whole fruit, or just a few nuts mixed with flaked coconut and a bit of dried fruit. Left over dinner can be hard to eat in the field, but sandwiches work any time. Choose from a variety of whole grain breads, bagels, buns or wraps. Add a thin smear of mustard, mayo, chutney, or humus for flavor, then pile on the veggies, beginning with the drier ones like lettuce or spinach, and finishing with moisture containing cucumber or tomato slices. Mix it up with peppers, zucchini, sprouts and thin strips of avocado, and then add your protein. Left-over chicken, turkey or thin sliced red

meats are a better choice than commercially prepared lunchmeat. It's less expensive and will keep the amount of salt and nitrites in your diet much lower. Tuna or salmon, beans mashed with spices or cooked eggs are also good. Cut your sandwich in half or even thirds and wrap separately to help you spread out your food intake across the day.

Time well spent

It takes a bit more time to make your lunch from scratch, but the payback is there in helping to keep your energy level high throughout the day. You'll concentrate better, react quicker to unexpected events, and even your mood will be more stable, something that is sure to be appreciated by your co-workers! Your immune system will be stronger and the levels of disease-causing chemical signals in your body will be lower. And best of all, it starts you on the path of making good decisions in every aspect of your life. So much goodness to be found in a simple sandwich! 🍷



Never ignore your health

Over the past year or so, we have seen the loss to families of five forestry workers involved in different occupations have who died on the job as a result of natural causes.

Please take care of you! If not for you, then consider doing it for the people who love you and want to grow older with you.

Three things that make a difference in everyone's health: Losing extra kilos by eating healthy, balanced meals and snacks and limiting food intake to meet your physical output; giving up smoking; and reducing alcoholic drink consumption.

Canadian Heart and Stroke have developed a quick risk assessment tool you can use online to test your risk factors for heart attacks and strokes. Please see: <http://www.heartandstroke.ca/> for good, simple advice; and for the assessment, see: <http://www.heartandstroke.ca/get-healthy>



Small changes will add years to your life. Start today! 🍷

Men's health focus in November

Whether it's November <https://ca.movember.com/> or any other health and wellness initiative, November is a good month for men – and their significant others – to help all the men in their lives take a serious health status check.

When last did you see your doctor? A year ago? Five years ago? 10 years ago? Don't remember? Quit stalling. Preventative visits to check blood pressure, heart, lungs, prostate, blood and urine screens – are all painless measures that can potentially save your life. In health as in life, you don't know what you don't know. Information is power and health awareness, early on = much better outcomes. Treatments have advanced so much in all medical fields that the earlier anything is caught or anticipated, the better the prognosis. Quality of life in your well-deserved retirement years, takes a little bit of effort now, starting with regular doctor's visits and your own increased awareness of your body and changes to it.

Some quick health checks that could save your life

Testicular cancer is the most common cancer in men 15-39 years of age

Did you know in Canada, testicular cancer strikes the young most? It is the most common cancer in men between 15 (yes, 15) and 39 years of age. Share these self-test tools with your kids and grandkids too: <https://ca.movember.com/mens-health/testicular-cancer> and consider signing up for the email health reminders accessible via the link above.

Simple blood test for prostate cancer saves lives

A simple blood test (PSA) for prostate cancer does save lives. In Canada, if detected early, there is a 98% chance of survival beyond 5 years. If detected late, this is reduced to 26%. Learn more here, and book that appointment today: <https://ca.movember.com/mens-health/prostate-cancer>. For more resources, see Prostate Cancer Canada: <http://prostatecancer.ca/Prostate-Cancer>.

Mental health is part of the total package

Whether it's stress related to work, change, money, health, home, relationships, fires, or depression, or a bit of everything, mental and emotional well-being is critical. If you ever feel you can't or don't want to talk to those closest to you, know you are not alone. There are many resources available to support you in your health recovery. Learn more here: <https://ca.movember.com/mens-health/mental-health>; <http://mantherapy.org/> and at the Canadian Mental Health Association <https://cmha.ca/>.

If you or someone you love is having a mental/emotional crisis, call 911 or go to your nearest hospital. If you just need to talk to a qualified stranger who will never judge you, or say the wrong thing, but be a good listener, call 310 Mental Health Support Line (province wide), a 24-hour crisis help line. Call **310-6789** (no area code required) or **1-800-SUICIDE** (1-800-784-2433). See www.crisislines.bc.ca 🍷

All's well that ends well for Tolko log truck driver after heart incident



Read his heart-warming story here: <https://meadowlakenow.com/article/613340/truck-driver-revived-tolko-employees-may-returns-work> 🍷

Screenshot from the Meadow Lake NOW (August 23, 2018 edition) about a Tolko log truck driver who got a second chance at life thanks to the quick action of coworkers.



Your Take on Safety

Western Forest Products and Island Timberlands employees successfully complete log truck driver training program



A number of local Woss area dignitaries, VIU staff and forestry licensee and contractor representatives attended the graduation ceremony for newly qualified log truck drivers.



Earlier this year 11 Western Forest Products employees celebrated their graduation from a log truck driver program putting them one step closer toward pursuing their new careers with the forestry firm, while another VIU student secured a permanent position with Island Timberlands after completing the program.

The seven-week training program, fully funded by Western for their employees and developed with Vancouver Island University's (VIU) School of Applied Trades and Technology, included nine former Englewood train employees.

Balance of classroom teaching and in-field mentorship = success

"It was a steep learning curve," said participant Robin Kenny. "The VIU instructor was excellent. He was experienced, knowledgeable and patient. A critical piece of my success was the time I spent working with a mentor. Allowing the flexibility to spend extra time with an experienced driver if needed helped solidify my learning and increase my confidence. Hosting the program directly in the operations made a huge difference."

The training was based on safety and technical competencies that were developed by the BC Forest Safety Council's Log Truck Technical Advisory Committee.

Ted Dillman, VIU Chair of Forest Fundamentals and Driver Training, spoke at the graduation celebration in July in Woss and praised Western for its safety focus.

"In decades of teaching truck driving, I have never had a chance to work with a company like Western. They really put a focus on safety

first and this is so important particularly when you are training new drivers," said Ted. "If a driver wasn't quite ready, they immediately put them through more training and mentoring until they were. And so far this has resulted in a 100 percent pass rate and very happy, excited and safe graduates."

Participants in the program received three weeks of classroom learning and four to six weeks of mentoring with experienced log truck drivers followed by a final evaluation by a third party assessor.

Another participant was Chris Robinson, who had applied for his Class 1 training with VIU and was interested in becoming a log truck driver. "Choosing VIU for my class 1 Driver training and specializing in logging trucks was one of the best decisions I've made. I was in search of a new career and attended an information night on the logging industry at VIU. I was fortunate enough to meet some instructors who set me in the right path to apply for my Class 1. The trainers taught us what it takes to be a safe, skilled driver. After I passed, I enrolled in the specialty of logging trucks," said Chris.

Island Timberlands agreed to provide mentorship support to Chris. "They start off with the basics and through the course they expand into the greater scope of becoming a professional log truck driver," says Chris. At the completion of his training Island Timberlands hired Chris as a full time driver.

"The VIU team was very helpful in helping me find a fantastic job placement near my home, and after meeting the company's requirements and safety tests, I was very lucky to have a job offer," said Chris. He added that he was able to build his confidence, set goals, and find a great career doing something he loves to do. 🌲

ABOUT Forest Safety News

Forest Safety News is published six times a year: February, April, June, August, October and December. All submissions – letters to the editor, safety tips, photos, safety stories, concerns etc. – are welcome. The opinions expressed in the newsletter are not necessarily those of the editor, staff or board of the BC Forest Safety Council. All decisions to publish materials rest with the editor. 12,000 copies of each edition are distributed via mail or email. Additional copies are distributed at industry events.

Subscriptions

If you would like to continue to receive a hard copy or would prefer to receive an electronic copy of this newsletter, please email editor@bcforestsafesafe.org and ask to be added to the print copy or email distribution lists. Email subscriptions are encouraged.

Have a story, letter to the editor, safety tip, ideas or photos? Please send all submissions to:

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FOREST SAFETY News



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Safety is Good Business

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354 industry delegates attended the 13th annual VISC in Nanaimo



The 2018 Vancouver Island Safety Conference (VISC) was a huge success, based on the feedback received from delegates who completed an online survey at the end of the day. Here is a 20-page pdf wrap-up newsletter summarizing the presentations and activities at the conference: <http://www.bcforestsafesafe.org/files/VISC2018WrapUp.pdf>

Each year, the free, day-long safety conference is made possible by the generous support of industry sponsors and volunteers who give freely of their time, money, expertise and services.



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



Happy Holidays!

The BC Forest Safety Council wishes you and your family a safe and wonderful holiday season.

**Our offices will be open from
8 am to 5 pm on:**

Monday December 24
Thursday December 27
Friday December 28
Monday December 31
Wednesday January 2

Our offices will be closed on:

Tuesday December 25
Wednesday December 26
Tuesday January 1

Call toll-free: **1-877-741-1060**
Website: www.bcforestsafesafe.org
Email: info@bcforestsafesafe.org

Upload SAFE audits here:
<http://app.bcforestsafesafe.org/upload/>

or email SAFE audits
(if they are small files) to:
audits@bcforestsafesafe.org



Continued on page 2...

Continued from page 1...



BC's Honourable Minister of Labour, Harry Bains.

This year delegates also heard from BC's Minister of Labour, the Honourable Harry Bains. He said that safety is not only his personal passion but also his number one priority as Minister. He is committed to making BC's workplaces the safest in Canada.

Videos of the presentations will be posted here on the BC Forest Safety Council's YouTube channel: <https://www.youtube.com/user/BCForestSafety>



Sample of pages from the 20-page pdf wrap-up newsletter accessible here: <http://www.bcforestsafe.org/files/VISC2018WrapUp.pdf>

Annual safety awards: All 2018 BC wildfire response crews, John Bulcock and Ron Corbeil recognized at VISC

Please see page 11 of the Vancouver Island Safety Conference (VISC) wrap-up newsletter here, honouring all the safety efforts of everyone who participated in the 2018 wildfire firefighting season; John Bulcock and Ron Corbeil: <http://www.bcforestsafe.org/files/VISC2018WrapUp.pdf>

John was unable to receive his award at the ceremony due to prior travel plans. 🙏



Timber poaching is a growing problem on Vancouver Island Crown land

- Many of the old-growth trees are being felled unsafely too



Magnificent trees that are hundreds of years old are being poached by timber thieves, sometimes just to turn a quick buck by reducing old-growth Douglas fir to firewood.

Screenshot from a Vancouver Sun story on night thefts of old-growth trees for firewood.

According to officials in the Ministry of Forests, Lands, Natural Resource Operations and Rural Development's compliance and enforcement branch, thefts of old-growth timber on crown land is on the increase on Vancouver Island. They note that in many instances the trees are not being felled safely either.

Read more here:

<https://vancouversun.com/news/crime/timber-poaching-a-growing-problem-on-vancouver-island> 📰

Canadian Government supports innovation in better aerial wildfire fighting technology

- Almost \$3.4 million repayable investment to firm best known for the retired Mars Bombers
- Funding supports Coulson Aviation's pioneering conversion of a Boeing 737 into a dual-purpose aerial firefighting tanker and passenger aircraft

Canadians will benefit from a stronger aerospace industry and better aerial firefighting technology thanks in part to a new investment in a British Columbian firm specializing in firefighting aircraft.



Coulson created the first Fireliner, a converted Boeing 737-300 aircraft, in 2017. Derek Heyes Photo

Screenshot from SKIES magazine. (Photo by Derek Heyes.)

Read more here: https://www.skiesmag.com/press-releases/coulson-aviation-to-receives-3-4-million-loan-for-firefighting-innovation/?fbclid=IwAR3-MN-cNMIza38oLRKx89fiweaP5xbcu3T3ndz_ZK3lxOUz-sXT4fWQOiQ

Vancouver Island company outfitting six Boeing 737s to fight wildfires

Port Alberni's Coulson Group has added six Boeing 737-300s to its fleet, joining its Hercules C-130s and Sikorsky S-63 helicopters in the fight against wildfires.

GORDON MCINTYRE Updated: October 30, 2018



One of the Boeing 737s purchased and retrofitted to fight wildfires by Port Alberni's Coulson Group of Companies during a test flight this year. GORDON MCINTYRE / PMS

A half-dozen Boeing jets bought by a Port Alberni company last year will still be ferrying passengers after they've been retrofitted by the family-owned firm, but the planes will also be putting out wildfires.

Screenshot from the Vancouver Sun.

And here: <https://vancouversun.com/news/local-news/vancouver-island-company-outfitting-six-boeing-737s-to-fight-wildfires> 📰

Next edition, February 2019:

Update on the status of Helicopter Emergency Medical Services (HEMS), the Squamish-based Technical Evacuation Advance Aero Medical (TEAAM) service and a recent forestry worker extraction, and the Western Forestry Contractors Association proposal for a HEMS industrial ambulance service pilot for the south west coast and interior region. 📰



Work-Related Deaths & Injuries

Three work-related deaths in harvesting; none in manufacturing, year-to-date

There have been three work-related deaths in harvesting this year and none in manufacturing, as at November 14, 2018.

September 20, 2018: On a resource road, a worker was repairing the front steering of his 1-ton truck when he was struck by the truck. See safety alert: <http://www.bcforestsafesafe.org/node/3195>

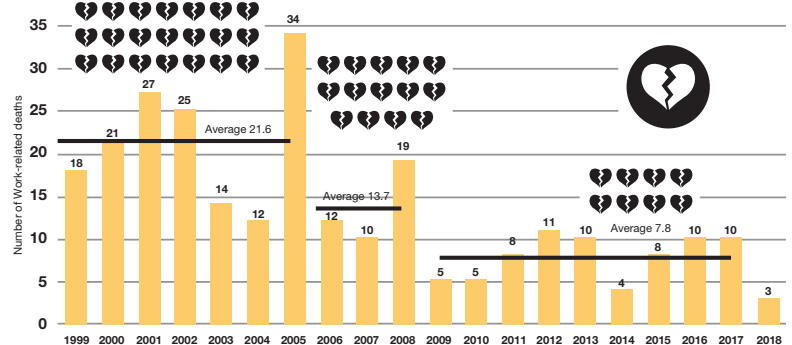
August 28, 2018: A log truck driver was fatally injured when the log truck he was driving overturned on a resource road in the Cranbrook area. See safety alert: <http://www.bcforestsafesafe.org/node/3182>

March 7, 2018: The driver of a loaded logging truck was fatally injured when the truck left the road and went into the ditch on the 100 Forest Service Road north of Fort St James. The impact caused the logs on the trailer to come forward, crushing the cab. See safety alert: <https://www.bcforestsafesafe.org/node/3087>.

WORK-RELATED DEATH CLAIMS

WORKERS KILLED ON THE JOB

22 14 8 3
1999 - 2005 2005 - 2009 2009 - 2017 2018



This information represents the number of work-related deaths by year of occurrence in forest harvesting in BC, up till November 14, 2018.

Recent work-related incidents reported to WorkSafeBC

The more we share and learn from other's incidents, the better we become at preventing similar incidents at our operations and ensuring better outcomes for ourselves, our crews and our industry.

HARVESTING

Injury Type: Fractured vertebra, head laceration
Core Activity: Manual tree falling and bucking
Location: Lower Mainland
Date of Incident: 2018-Oct

While falling a bigleaf maple tree, a worker was struck by a dead Douglas fir danger tree located directly behind the maple tree. The danger tree fell toward the maple when the maple fell. The worker was airlifted to hospital by helicopter.

Injury Type: Upper body fracture
Core Activity: Logging road construction or maintenance
Location: Interior B.C.
Date of Incident: 2018-Oct

A worker was removing chains from a grader in the dark and had parked a crew vehicle nearby so the lights could be used to light the work area. The standard transmission vehicle was left in neutral with the engine running and no parking brake applied. The vehicle rolled forward, pinning the worker against the grader. The worker was freed by a co-worker.

Injury Type: Fatal
Core Activity: Manual tree falling and bucking / Outdoor sport tour
Location: Interior B.C.
Date of Incident: 2018-Oct
A faller was struck by a portion of the tree he was falling. The faller succumbed to his injuries.

Injury Type: Concussion
Core Activity: Ground skidding, horse logging, or log loading
Location: Northern B.C.
Date of Incident: 2018-Sep

While a log truck stake extension (part of the bunk assembly) was being tensioned, tension was lost and the extension fell. The extension struck a young worker.

Injury Type: Fatal
Core Activity: Integrated forest management
Location: Northern B.C.
Date of Incident: 2018-Sep
On a resource road, a worker was repairing the front steering of his 1-ton truck when he was struck by the truck.

Injury Type: Fatal
Core Activity: Log hauling
Location: Interior B.C.
Date of Incident: 2018-Aug
A log transporter operating on a forest service road lost control and the vehicle came to rest on the driver's side, adjacent to the roadway. The driver sustained fatal injuries.

Injury Type: Injury to head
Core Activity: Forest fire fighting
Location: Vancouver Island/Coastal B.C.
Date of Incident: 2018-Aug
A young worker slipped and fell while traversing a rocky slope. A tree branch knocked off the worker's hard hat and the worker's head hit the ground.

Injury Type: Fatal (1 worker)
Core Activity: Architectural drafting or design / Log hauling
Location: Northern B.C.
Date of Incident: 2018-Aug
A worker driving on a public highway was fatally injured when the worker's vehicle collided with a logging truck.

MANUFACTURING

Injury Type: Partial amputation of fingers
Core Activity: Sawmill
Location: Interior B.C.
Date of Incident: 2018-Sep
A worker was removing a jam in a planer. The top head was still rotating and contacted the worker's hand.

Injury Type: Crush injuries to upper body
Core Activity: Veneer or plywood manufacture
Location: Lower Mainland
Date of Incident: 2018-Sep

A forklift carrying sheets of plywood was making a 90-degree turn in reverse near a worker at a plywood-strapping station. About 22 sheets of 3/4-inch plywood slid from the top of the load, pinning the worker between the sheets and a stack of plywood.

Injury Type: Laceration to upper body
Core Activity: Shake or shingle mill
Location: Lower Mainland
Date of Incident: 2018-Sep
A worker changed a 44-inch saw blade on a shingle saw machine. When the worker started the machine, the blade came off the saw and struck the worker.

Injury Type: Amputated fingers
Core Activity: Wooden component manufacture
Location: Northern B.C.
Date of Incident: 2018-Sep
A worker operating a chop saw (jump-up saw) to cut a board contacted the rotating blade.

Injury Type: Close call
Core Activity: Wood chip mill
Location: Lower Mainland
Date of Incident: 2018-Sep
A fire broke out in a wood waste pile at a recycling centre. Workers helped fight the fire from their equipment cabs and first responders attended the scene. No injuries were reported.

Injury Type: Crush injuries to fingers
Core Activity: Sawmill
Location: Vancouver Island/Coastal B.C.
Date of Incident: 2018-Sep
A welder was using a come-along and shackle while performing maintenance work on a bearing of a tail drum. The shackle failed, crushing the worker's fingers between the bearing and drum.

Injury Type: Exposure to fire extinguishing agent (5 workers)
Core Activity: Sawmill
Location: Lower Mainland
Date of Incident: 2018-Aug
A worker was operating a loader in a chip barge loading area. The worker stopped the loader and disembarked, and the loader then caught fire. The fire was extinguished by on-site workers (two of whom were young workers), and the fire department attended and foamed the area.



WorkSafeBC launches new online Notice of Project submission process

To address employer feedback and aging technology, WorkSafeBC has upgraded its Notice of Project (NOP) online submission process and it will be accessible to all employers before the end of this year (2018).

While there will be a grace period for employers to use the old forms, at some point in the future the old Notice of Project form will be retired.

In the past, there was just one form for the different types of notices of project required by regulation; the form timed-out after 30 minutes; and it was harder to use. The new forms are now customized for each of the six required notices – two of which are needed for certain forestry projects (see red oval highlights below for forestry projects expected to last more than five working days; and aircraft operations (forestry)). The other four new forms are for construction, diving, underground workings, and asbestos, lead or other similar exposure work activity.

Submit a Notice of Project form

Before starting work activity on certain projects, owners, prime contractors, and/or employers are required by the Occupational Health and Safety Regulation to send us written notice. You can do this online with our Notice of Project (NOP) form. How much notice we require depends on the type of project you're planning.

Type of project	Notice required
Construction (OHS Regulation 20.2)	At least 24 hours
Asbestos, lead or other similar exposure work activity (OHS Regulation 20.2.1 (1))	At least 48 hours (as of May 1, 2017)
Forestry projects expected to last more than 5 working days (OHS Regulation 26.4)	At least 24 hours but not more than 30 days
Diving (OHS Regulation 24.9(1)(a) to (f))	At least 24 hours
Aircraft operations (forestry) (OHS Regulation 29.16)	At least 2 weeks
Underground workings (OHS Regulation 22.6)	At least 30 days

The Occupational Health and Safety Regulation requires that WorkSafeBC be notified of certain types of projects *before* they begin.

With the new forms, employers will be able to complete a customized form for each type of project that only asks relevant questions and includes help text using common industry language. In addition, if an employer submits more than one form during the same online session, some information will be pre-filled. Location entries will also be faster, offering valid address matches as you type, or a geo-location (identified by the longitude and latitude) can be used where no valid street address exists.

Users will be able to upload supplementary documentation at the time of NOP submission. For NOPs regarding asbestos, lead or similar exposure work activity, supplementary documentation is required and must be uploaded in order to submit the NOP and receive a confirmation.

Please note that employers will still need to contact WorkSafeBC's Prevention Support Services in writing to update an NOP if the project information significantly changes after submission.

For the full announcement, please see: <https://www.worksafebc.com/en/about-us/news-events/announcements/2018/October/changes-online-notice-project-submission-process>

What the regulations say

26.4 Notice of project

(1) This section

(a) applies to a workplace in a forestry operation where the work is expected to last more than 5 working days, but

(b) does not apply where the work is limited to

- (i) timber cruising,
- (ii) forestry road or cutblock layout, or
- (iii) surveying.

(2) Not more than 30 days and not fewer than 24 hours before the start of work at a workplace, the owner for whom the work is being done must ensure that a notice of project is provided to the nearest Board office.

(3) If it is necessary to do immediate work in order to prevent injury to workers or damage to property, work on the project may commence immediately, and the owner for whom the work is being done must ensure that a notice of project is provided to the nearest Board office at the earliest possible time.

(4) A notice of project under subsection (2) or (3) must be provided in a form and manner acceptable to the Board.

[Enacted by B.C. Reg. 20/2008, effective May 1, 2008.]

29.16 Notification

(1) The owner, or the person engaged by the owner to be the prime contractor, must give notice to the Board at least 2 weeks before commencing any operation involving aerial transport of logs or other products made of wood.

(2) The notice must provide the

- (a) name of the principal contractor and of the person responsible for the operation,
- (b) location, scheduled start date and expected duration of the operation, and
- (c) type of logging activity to be done. 📍



My company has just grown to over 20 workers...what do I do now?



By Lisa Banner, RPF,
safety advisor.

Let's first review the SEBASE criteria:

In order for a company to be categorized as SEBASE the employee count, including dependant contractors, must be between 6 and 19.

The SEBASE submission document is intended for companies with:

1. An average size in its operating* months for the year of 19.99 or less.
2. A peak size for any month of the year of 24 or less.

(*an operating month is any month that the company is at least 25% of its peak size. Companies at a 19.99 average and 24 peak may still use this package.)

Now let's have a look at the most common questions companies ask:

What is my first step?

Contact the BC Forest Safety Council and talk with a Safety Advisor who will then work with your company to create a plan for success. Things that will be discussed include:

- Current activity – does the company have a busy season
- Timeline for certification
- Company's Classification Unit(s) and which of them want certification
- Resources – time, auditor, safety person, safety program.

What is my timeline to submit a BASE Audit?

The Company's timeline to have a BASE audit conducted depends on a few factors:

- activity of company i.e. a BASE Audit must be conducted during the busy season when operating at a minimum of 70% peak capacity
- If the company's SAFE Certification will expire before the company has enough work to audit in which case careful planning with our office will be essential to avoid any business impacts.

Timelines are also based on the needs, capabilities and requirements of the company and should be discussed with a Safety Advisor.

Do I have to hire an external auditor?

Yes, a BASE company is required to hire an external auditor to conduct all certification and recertification audits. We recommend that companies solicit several bids and review each auditor's qualifications and experience prior to hiring to ensure that the auditor has the necessary experience and competency to audit the client operations.

External auditors contact information is listed on our website at: <http://www.bcforestsafesafe.org/files/ExternalAuditorStatedExperienceMatrix.pdf>

Do I have to hire an external auditor every year?

No, a BASE company is not required to hire an external auditor every year. The company has the option of having a permanent employee, who is active in their company's business operations and has knowledge of their safety program participate in Internal Auditor Training. This training will provide the employee with the skills to be able to conduct an Internal BASE Audit in the two maintenance years of each cycle.

Do I have to have a Joint Occupational Health and Safety Committee?

If your workplace has 20 or more workers, you legally need a Joint Health and Safety

Committee. This includes any workplace where there are 20 or more workers employed at the workplace for longer than a month.

See <http://www.bcforestsafesafe.org/node/3041> for training options and see <https://www.worksafebc.com/en/resources/health-safety/books-guides/handbook-for-joint-health-and-safety-committees-bk160?lang=en> for a WorkSafeBC Handbook for Joint Health and Safety Committees.

How do I know if my Safety Program will meet the requirements of a BASE audit?

One of the first things I tell companies is to download the BASE 4 Audit submission from the website: http://www.bcforestsafesafe.org/files/frm_xBASE4AuditSubmission.docx. This is a great place to start as you can review each question and compare it directly to your current Occupational Health and Safety program (OHS). Reviewing the BASE 4 Audit submission may identify gaps as well as revisions required to the company's OHS program in order to be successful. We suggest this review process be done in advance of the planned external audit as we want the company to have enough preparation time to be successful.

Another option that may be available is a Gap Analysis conducted on site by a BC Forest Safety Council (BCFSC) Safety Advisor. The Safety Advisor conducting the Gap Analysis will use the same BASE 4 audit tool that will be used during the company's External Certification audit. This Gap Analysis will provide the company with recommendations and continuous improvement suggestions to address prior External Certification Audit. A Gap Analysis is an effective tool in preparation of a BASE Audit.

What if I fail my BASE Audit?

If the company is not successful, they may be eligible for a Limited Scope Audit (LSA).

Limited Scope Eligibility includes:

- the company receives an overall OHS score of 70% to 79%, regardless of question or element scores, OR
- the company receives an overall Injury Management Return to Work score of 70% to 79% with no element less than 50%, OR
- the company receives a score on any OHS question less than 50%, regardless of overall score, OR
- found evidence of an uncertified faller manually falling tree for, or on behalf of, the company during the scope of the audit, OR
- any combination of the above.

If the company is eligible, there are two Limited Scope Options:

- 1. Fast LSA:** This process is managed by the auditor and all actions and reports must be completed and incorporated into the final audit report due in 14 days of the last date of onsite activities. This is designed for very fast and very small technical difficulties.
- 2. Formal LSA:** This process gives the company 90 days after the closure of the audit report Quality Assurance (QA) and involves the BCFSC in the active management of the corrective action process.

Both of these options provide the company with the opportunity to address the required deficiencies and to be successful in achieving the SAFE Certification of a BASE sized company.

Over the last 12 years of SAFE Companies, many companies have successfully transitioned from SEBASE to BASE. Some did use a Limited Scope Audit, but all were ultimately successful and now have stronger safety and business systems that fit their new larger and more complex operations. Some companies have contracted as business cycles changed and have deliberately kept the BASE systems operating simply because they are more effective. 🧠



Reminder: first aid kit requirements have changed

By Martin Ridgway, CRSP, senior safety advisor.

On September 6th, WorkSafeBC updated Guideline G3.16 on Basic Requirements to meet Schedule 3-A.

This changes the requirements for what is in each First Aid kit, but does not change what kit is required in each circumstance. It is also important to note that the requirements are generic minimums. Forestry and other industries with high risk activities may often have additional supplies and services available based on company needs. For example, a level 2 or 3 kit only requires one blanket. Many attendants prefer multiple blankets so that they can be used under or around a person instead of just over them.

Key new items in the kits include, but are not limited to:

- Windlass style tourniquet
- Quick straps (a.k.a zap straps or fracture straps)
- A digital pulse oximeter with every oxygen kit

Companies or attendants can upgrade their old kits to the new standard by adding the extra items. Please note that there is no phase-in or grandfathering of old kit contents mentioned in the guideline.

The guideline containing the new inventory lists for personal, basic, level 1, level 2, level 3, oxygen kits, dressing stations and first aid rooms along with ETVs, industrial ambulances and mobile treatment centres can be found several pages down in the following link: <https://www.worksafebc.com/en/law-policy/occupational-health-safety/searchable-ohs-regulation/ohs-guidelines/guidelines-part-03#998F33D891434F2D915491565A68E1F9>

First aid attendant training requirements also changed in September. The new training, among other topics, covers how to use the new equipment. As with all equipment, only properly trained individuals should use first aid supplies and equipment and use it only in accordance with their training. Improper use of first aid supplies and equipment can cause serious harm. 🧠



Transportation

Make the right decisions during adverse road conditions

For many in the province, you have already been dealing with adverse driving conditions for many weeks. Others are just beginning to experience their first freeze-thaws. Keeping safe requires making the right decisions every time regarding adverse road conditions. Please consider the following information.

It doesn't matter what you drive. All drivers are at risk during adverse road and/or weather conditions, as this recent incident involving sawmill employees reminds us: <https://vancouversun.com/news/local-news/four-seriously-injured-in-prince-george-area-bus-crash-12-others-stable>

General good tips for drivers

- Drive at the appropriate speed for the conditions and unknown hazards
- Know your route and pay special attention to low visibility curves and blind hills
- When using the radio to transmit critical road safety hazards, like road blockages, confirm that road users have heard the message. Ask them to stop in a safe location and warn other traffic until the blockage can be cleared. Post safety triangles or flares to warn traffic of potential road safety issues as soon as possible
- Regularly inspect and maintain vehicles. Make sure important safety equipment like cab guards, wrappers, tires and brakes are all in good condition

Tips for supervisors, contractors and licensees

- Establish mandatory chain up locations when road conditions are icy, including signage and a pullout location to put on chains

- Develop a plan for timely resource road inspections and maintenance
- Use the draft resource road maintenance guideline as a reference:
- https://www.bcforestsafes.org/files/gde_resourceRoadMaintenance-pilot.pdf

Benefits of chaining up for log haulers

- Reduces likelihood of truck incidents
- Assists in improving traction by roughening the road surface
- Sets a good example and eliminates peer pressure between drivers.

Always chain up before it's too late

- When you feel tire chains may be necessary for traction and safety – don't wait until it's too late
- Not safe? Don't go! If conditions are treacherous, wait for conditions to improve.



Protect yourself – follow safe work practices

- Follow company health and safety policies and practices
- Wear warm, waterproof, slip-resistant footwear and a compliant high-visibility garment
- Have multiple sets of gloves, waterproof clothing and a small kneeling tarp
- Use a headlamp at night or in low-light conditions.

Handling tire chains

Handling tire chains is a common mechanism of injury for logging truck drivers. Two common types of injuries associated with handling chains are lower back injuries and shoulder injuries. It is important to maintain proper lifting, carrying and reaching techniques when handling tire chains:

- Get close to the tires to minimize overextending your reach
- Stay balanced – keep feet at shoulder width when crouching.

Chain up location

- Stop in a designated chain up area if there is one available and if you can get there safely. If you can't, find an accessible pull-out. Avoid chaining up at the side of the road if possible
- Secure your truck – apply the parking brake and turn off the engine
- Activate hazard lights – make sure they're working and clear of mud and snow
- Use suitable non-slip wheel chocks to help secure the truck and trailer.

See <https://shiftintowinter.ca/employer-and-supervisor-tools/winterizing-your-safety-plan/> for more information. 📄

WINTER DRIVING SAFETY

- Chain up
- Wear your seatbelt
- Slow down — drive to conditions
- Share the road
- Rest if you're tired — don't drive fatigued

LIVES DEPEND ON IT

Update on log hauling safety performance

The following information was shared by WorkSafeBC with BC Forest Safety Council trainers at a recent annual train the trainer session. Log hauling is one of five high risk areas in forestry that forms part of WorkSafeBC's forestry high risk strategy inspectional focus from 2018-2020.

In Q1-Q3 2018, WorkSafeBC officers have focused their inspections on the following elements of log transportation:

- Driving and road assessment
- Loading, offloading, and securing of load
- Best practices for maintenance work (lockout, access, and egress)
- Cab guards (bull boards) and seat belt use
- Three-point contact procedures.

The top five sections of the OHSR cited in orders during these inspections were:

- OHSR 16.35 – Securing tools and equipment
- OHSR 26.66(3) – Bunks and stakes (extensions and stake lines)
- OHSR 26.65(8) – Cab guard (markings and identification)
- OHSR 26.65(5) – Cab guard (record results of inspections before shift)
- OHSR 26.71.2(2) – Daily log.

In terms of claims summaries, WorkSafeBC shared the following information:

Claims Summaries (CU732044 Log Hauling)

Injury Prevention	2013	2014	2015	2016	2017	2018 YTD
# Time-loss Claims	126	128	119	133	136	74
# Person Years	2,179	2,103	2,183	2,204	2,314	0
Injury Rate	5.8	6.1	5.5	6.0	5.9	
Claim Summary						
# Serious Injury Claims	32	36	27	39	45	17
Serious Injury Rate	1.5	1.7	1.2	1.8	1.9	

In terms of claims over the past five years (2013-2017), motor vehicle incidents, overexertion, fall on same level, fall from elevation and struck by were the leading types of incidents that led to claims in the log hauling CU.

Claims Summaries (CU732044 Log Hauling)

Year Range: 2013 - 2017

Accident Type	Count	%	Source of Injury	Count	%
MVI	211	31.3	Vehicles	298	44.1
Overexertion	108	16.0	Working Surfaces	110	16.3
Fall on Same Level	76	11.3	Hand Tools	72	10.7
Fall from Elevation	75	11.1	Bodily Motion	35	5.2
Struck By	68	10.1	Trees, Plants	31	4.6
Exposure to Noise	29	4.3	Noise	29	4.3
Caught In	24	3.6	Metal Items	25	3.7
Struck Against	22	3.3	Miscellaneous	17	2.5
Involuntary Motion	20	3.0	Machines	13	1.9
Other Bodily Motion	14	2.1	Mineral Items	11	1.6
Others	28	4.1	Others	34	5.0
Total	675	100.0	Total	675	100.0

Claims Summaries (CU732044 Log Hauling)

Year Range: 2013 - 2017

Nature of Injury	Count	%	Body Part	Count	%
Other Strains	252	37.3	Shoulders	89	13.2
Fractures	118	17.5	Other	83	12.3
Back Strain	71	10.5	Back	80	11.9
Contusion	59	8.7	Wrist, Fingers & Hand	68	10.1
Concussion	49	7.3	Other Head	49	7.3
Laceration	32	4.7	Knee	42	6.2
Hearing Loss	29	4.3	Face & Ears	38	5.6
Dislocation	12	1.8	Chest	36	5.3
Abrasion	7	1.0	Ankle, Toe & Feet	34	5.0
Tendinitis, Tenosynovitis	7	1.0	Other Lower Extremity	26	3.9
Others	39	5.8	Others	130	19.3
Total	675	100.0	Total	675	100.0

Seeing Machines project update – measuring fatigue in log truck drivers

Earlier this year (April 2018), TimberWest initiated an evaluation of Seeing Machines, an in-cab fatigue and distraction monitoring and intervention system. Two of the company's log truck driver contractors volunteered to participate in the study managed by the BC Forest Safety Council's

transportation department. FPIInnovations took the lead in evaluating the fatigue monitoring technology.

The Seeing Machines system alerts drivers in real-time through an audible alarm and seat vibration when fatigue is detected (and audible alarm when distractions are detected). Additionally managers are alerted about driver fatigue in real-time if cellular connection with the device is established, or once the unit enters cellular range. Using Readiband wrist wearable devices, sleep and fatigue data was also collected to see if there was a correlation between fatigue events and predictive fatigue levels.

The results

Distracted driving events were observed in almost all of the drivers that participated in the study. Some restricted behaviours (cell phone use, no seat belt) were also observed. Vehicle lane departure was observed during some distraction and fatigue events.

Some improvement was observed between baseline and active fatigue management periods. The glance away/distraction duration was considerably reduced during active fatigue management. Reduction in glance away duration was likely due to in-cab alerts.

Continued on page 10...



Transportation

Continued from page 9...

System overly sensitive

Driver survey feedback indicates that they consider the system to be too sensitive because of the frequency of false positive alerts. This belief is supported by the Readiband data. However, drivers thought the system was effective in managing fatigue and distraction. Feedback was also solicited from the two contractor principals. Both contractors support this system, however, successful implementation would require industry-wide implementation and they believed that some tweaking would also be required for the system to be adopted in logging operations.

Industry recognizes that driver fatigue can be a factor in motor vehicle incidents. One option to consider when implementing a fatigue management program is to have access to valid metrics using onboard technologies that alert drivers and fleet managers when the system detects driver

fatigue. By incorporating knowledge of fatigue management strategies, companies and drivers could implement appropriate measures to reduce the risk of fatigue-related motor vehicle incidents.

Technology like Seeing Machines could play an important role in fatigue and distraction management by creating awareness of driver behaviours. In-cab alerts have the potential to reduce the risk of incidents where fatigue or distraction are contributing factors. Seeing Machines seems promising as a tool for improving safety in the log hauling sector, provided barriers to driver acceptability are addressed.

Next steps

The next steps include working with Seeing Machines to eliminate false positive alerts for distraction events which would address drivers' concerns and improve their acceptance of the system. Discussion and

awareness regarding driver fatigue and distraction needs to continue in consultation with industry, fleet owners and drivers to develop strategies that reduce the risk of fatigue- and distraction-related incidents. Technology can be a key component of a safety program but is not the complete solution in managing fatigue and distraction within the log hauling sector. Other components include education, training, best practice schedule planning, supervision, fatigue management systems covering policies and procedures, workplace culture, health, nutrition and hydration, and other support tools and solutions.

The study was conducted in 12 hour day shift operations. To better understand the effectiveness of Seeing Machines technology, a trial is being considered in other BC log hauling operations where there are longer duty hours and night shift operations. 🚚

Kindness is a valuable driving skill to help keep everyone safe

There is always a lot of social media and other media coverage over road rage incidents.

Here's a look at kindness – a skill that can help keep us cool, focused on driving, and safe! The following content is printed with the approval of the author, a long haul trucker, Al Goodhall, of www.truckingacrosscanada.blogspot.com.

Kindness isn't something we would normally discuss as a required 'skill' when it comes to driving. We discuss road rage a great deal, however, and recognize that anger sitting firmly in the mind of a driver is not something that leads to the skillful operation of a motor vehicle.

So, we are well aware that anger is a detriment to road safety and actively discuss its negative effects but we rarely, if ever, talk about kindness as a skill to be taught, which will enhance road safety.

Maybe teaching kindness is too much to ask. Perhaps talking about it is enough to get us to consciously include it as part of our daily lives. What would that look like out on the road? An example of this is the friction that exists today between the driving public and commercial vehicles, specifically logging trucks. Based on media accounts, we're well aware that in collisions between light vehicles and commercial transports, the result in many cases is those in the light vehicle are more often seriously injured or killed.

The big problem we face on all our roadways is a prevailing 'me first' attitude on the part of drivers. In a world where kindness, compassion, and courtesy guide how we interact with our fellow man, fault should not be a factor. Our responsibility is to keep others safe. Period.

To be kind as a driver is to adopt defensive driving skills and to put them into play 100% of the time when behind the wheel. This requires a great deal of introspection and self-accountability on the part of every person that holds a driver's licence. It's not an option. It is our moral obligation.

Obedying traffic laws and developing habits that leave ample space for other road users to make a mistake without killing themselves is a generous act. Bringing patience to your driving experience is the first step in becoming a kind and courteous driver. Putting time on the back burner of your mind is a necessity. If you are always in haste as a driver, a fatal mistake is always waiting in the wings.

Impatience is a sure way to elevate the level of risk to those around you and to yourself. Putting aside all your distractions, including thoughts of anything but driving, is an act of generosity and kindness.

As long as we are asked to eliminate road deaths and road violence by simply following the rules, we can't ignore our emotions and how they play out on our roadways and in our neighborhoods. Yes, kindness is a skill, and something we need to teach. 🚚



Falling

Employers can ask certified fallers to hold valid dangerous tree assessor certificates to work on their job sites

After Forest Safety News received information from a faller about concerns around some employers requiring certified fallers to hold valid dangerous tree assessor certificates; and another faller being written up by WorkSafeBC for leaving a tree, we asked the subject matter experts to clarify the situation.

Dean McGeough, coordinator of the Wildlife Tree Committee (WTC), explained that “the challenge is keeping to the regulations for context and application.” Key too is the fact that the Wildlife Dangerous Tree Assessor’s (WDTA) Course is the standard of care in BC for assessing possible dangerous trees.

He said that assessments are required in BC when, as per OHS Regulation 26.11(1b), a dangerous tree is encountered in a workplace and a faller chooses not to fall the tree. A faller is required to manage their quarter, and they do so as per their experience (qualified to determine their order of business), but they cannot bi-pass a dangerous tree while working (OHS Reg 26.26(1a)).

“For example, there is a tree with a widowmaker above a tree they just felled. They must remove the tree’s widowmaker (they will typically fall the tree) before bucking the felled tree. If it is unsafe to fall the tree with the widowmaker, then as per OHS regulation 26.26 (3) they can have the Dangerous Tree (DT) removed by other means (blasting, machine assist, second faller’s assistance, install a No Work Zone (NWZ), etc).

“Now, when the falling phase (hand or mechanical) is complete and the next phase is moving in (in an ideal world) and there are suspect trees within or along the boundary (trees with noticeable hazards) then a DT Assessment must be made to determine whether the suspect tree(s) is safe or dangerous for the workers,” said Dean.

“For example, a bear den tree is planned for retention. The experienced and qualified faller was sure it was safe to fall within

reach of this tree, but now that falling is complete someone must ensure it is safe for the yarding crew to work near this tree. The regulations require that a certified WDT Assessor makes this assessment (following all the steps, including communication and documentation) and sets out the safety plan for keeping this tree (OHS Reg 26.11(1b) and 26.11(2)) OR the tree must be felled (OHS Reg 26.11(1a)),” he added.

Dazy Weymer, seasoned certified faller and trainer agreed it is all about regulation and definition of dangerous tree. “As I see it there are two separate types of dangerous tree. Or at least, the use of the term ‘dangerous tree’. In the one case it describes a tree that will pose a risk to people that will be near it (along roads, in or around logging sites, etc.)”

“To make the determination that such a tree is safe or not, the assessor needs to be a certified Wildlife Dangerous Tree Assessor so that his decision can be legally defended,” said Dazy.

“The second use of the term, ‘dangerous tree’, would be a tree that may or may not be a hazard if left alone but would be dangerous to fall. Any faller can decide that a tree is too dangerous to fall, and then you can move onto getting a second opinion from qualified assistance, blasting, machine assist, etc., or ribbon the tree out of the area,” he said. “In many cases a tree will meet both these definitions.”

WorkSafeBC’s Terry Anonson also said an accurate shared understanding of dangerous tree is important and said everyone should stop calling dangerous trees “snags” as it isn’t helpful.

“Regulation 26.11 stands by itself and is not in the hand falling regulation. 26.26 is the hand falling regulation and covers all dangerous trees,” said Terry. Both sets of regulations apply at all times.

“If a faller is working an active quarter, he is not there to leave a tree. 26.11 only applies to trees that are being left that pose a foreseeable risk to the faller or others.

So if a faller is going to leave a tree that has dangerous tree indicators and poses a risk to him, a co-worker or anyone else’s safety, the faller needs to escalate that situation to his supervisor to have the tree properly assessed by a certified Wildlife Dangerous Tree Assessor,” said Terry.

“Keeping a faller safe is paramount,” he said.

So what is the bottomline?

If a faller does not have the training and certification to assess a questionable tree to leave it to the standard of care required in BC – the WDTA certificate – then he cannot leave the tree at his discretion, whether planned retention or unplanned retention. The tree must either be fallen, or reported to supervision and properly assessed by a qualified WDT assessor.

Similarly, a faller should never fall a tree that he feels is unsafe to fall and no officer or supervisor has the authority to make a faller fall a tree that he feels is unsafe, no matter what. Rather, Qualified Assistance is required.

If you have an issue you’d like to discuss confidentially, please call any of our falling safety advisors at toll-free **1-877-741-1060**; or if you would like Forest Safety News to report on any issue, please email editor@bcforestsafesafe.org.

Links to Dangerous Tree OHSR

26.1 Definition of dangerous tree: <https://www.worksafebc.com/en/law-policy/occupational-health-safety/searchable-ohs-regulation/ohs-regulation/part-26-forestry-operations#SectionNumber:26.1>

26.11: General requirements, dangerous trees: <https://www.worksafebc.com/en/law-policy/occupational-health-safety/searchable-ohs-regulation/ohs-regulation/part-26-forestry-operations#SectionNumber:26.11>

26.26: Falling dangerous trees: <https://www.worksafebc.com/en/law-policy/occupational-health-safety/searchable-ohs-regulation/ohs-regulation/part-26-forestry-operations#SectionNumber:26.26> 📄



Falling

Q1-Q3 2018 manual falling inspectional focus by WorkSafeBC

At a recent BC Forest Safety Council (BCFSC) train the trainer session in October, WorkSafeBC provided an update on officer inspections of falling operations, specific to the forestry high risk strategy.

Forestry High Risk Strategy (HRS) manual falling inspection focus:

- Falling cuts
- Dangerous tree windfall assessment and plans
- Unnecessary brushing practices
- New faller training programs, new faller safety, and adherence to training requirements
- Roadside debris endangering workers
- Phase congestion.

The top five sections of the OHSR cited in orders in Q1-Q3 2018 in manual falling and bucking were:

- OHSR 7.8(1)(b) – Hearing tests
- OHSR 26.2(2) – Planning and conducting a forestry operation
- OHSR 26.24(5)(b) – Responsibility for falling and bucking (undercut)
- OHSR 26.24(5)(c) – Responsibility for falling and bucking (sufficient holding wood)
- OHSR 26.22.1(2) – Falling supervisors for forestry operations.

The new (in 2018) WorkSafeBC hand falling team in the same period – Q1-Q3 2018, initiated 123 inspections, which included six new faller training sites.

The WorkSafeBC falling team's top five sections of the OHSR cited were:

- OHSR 7.8(1)(b) – Hearing tests
- OHSR 26.2(2) – Planning and conducting a forestry operation
- OHSR 26.24(5)(b) – Responsibility for falling and bucking (undercut)
- OHSR 26.22.1(2) – Falling supervisors for forestry operations
- OHSR 26.26(1)(a) – Falling dangerous trees.

Claims Summaries

(CU703013 Manual Tree Falling and Bucking)

Injury Prevention	2013	2014	2015	2016	2017	2018 YTD
# Time-loss Claims	131	141	134	127	107	67
# Person Years	500	488	454	465	471	0
Injury Rate	26.2	28.9	29.5	27.3	22.7	
Claim Summary						
# Serious Injury Claims	41	46	28	52	31	18
Serious Injury Rate	8.2	9.4	6.2	11.2	6.6	

Claims Summaries

(CU703013 Manual Tree Falling and Bucking)

Year Range: 2013 - 2017

Accident Type	Count	%	Source of Injury	Count	%
Struck By	230	33.4	Trees, Plants	224	32.6
Fall from Elevation	110	16.0	Working Surfaces	119	17.3
Fall on Same Level	97	14.1	Power Tools	109	15.8
Overexertion	69	10.0	Bodily Motion	84	12.2
Involuntary Motion	36	5.2	Miscellaneous	32	4.7
Exposure to Noise	32	4.7	Noise	32	4.7
Other Bodily Motion	26	3.8	Logs, Tree Products	24	3.5
Struck Against	25	3.6	Mineral Items	15	2.2
Repetitive Motion	22	3.2	Vehicles	13	1.9
Caught In	10	1.5	Hand Tools	12	1.7
Others	31	4.5	Others	24	3.5
Total	688	100.0	Total	688	100.0

Claims Summaries

(CU703013 Manual Tree Falling and Bucking)

Year Range: 2013 - 2017

Nature of Injury	Count	%	Body Part	Count	%
Other Strains	218	31.7	Knee	115	16.7
Fractures	124	18.0	Wrist, Fingers & Hand	81	11.8
Laceration	102	14.8	Back	73	10.6
Contusion	59	8.6	Shoulders	57	8.3
Back Strain	57	8.3	Other Lower Extremity	57	8.3
Hearing Loss	32	4.7	Ankle, Toe & Feet	52	7.6
Concussion	15	2.2	Face & Ears	48	7.0
Abrasion	12	1.7	Other	40	5.8
Tendinitis, Tenosynovitis	12	1.7	Chest	38	5.5
Dislocation	8	1.2	Other Upper Extremity	32	4.7
Others	49	7.1	Others	95	13.8
Total	688	100.0	Total	688	100.0

(Please note: for more information on other CUs within the forestry high risk strategy, please see the training and transportation sections.) 🚧

WorkSafeBC issues 2018 bulletin for fallers on summoning qualified assistance

The 3-page bulletin covers the potential hazards hand fallers might face, the qualified assistance that must be available and the means to summon such assistance, in all work situations. The bulletin summarizes the information and then provides links to all the underlying regulations as well as links to additional information resources. Please see: <https://www.worksafebc.com/en/resources/health-safety/hazard-alerts/safety-information-fallers-summering-qualified-assistance-ws-2018-13?lang=en>. For additional qualified assistance information, please see: <http://bcforestsafes.org/QA> 🚧



New Faller Training Pilot course completed in Holberg



Four trainees have successfully completed the second New Faller Training Pilot course in Holberg, which ran from September 5 to October 7, 2018. The trainees are (back row, from left) Jeremy Stoward, Morgan Soderquist, Shawn Wheatley and Pat Brobeck. Front row are the trainers (from left) Wayne Miller, Pierre Gagnon, Trevor Herron and John Jacobsen. 🌲

Falling Supervisor Course at Weyerhaeuser Princeton

Trainer John Jacobsen and BC Forest Safety Council falling safety advisor, David Adshead, recently did a two-day specialized Falling Supervisor course for Weyerhaeuser Princeton, in late October 2018.



Topics covered included general guidance for both licensee and contractors around hand falling supervision; responsibilities with regards to planning for hand falling and equipment in the same block; providing adequate qualified assistance; and ensuring all appropriate required documentation is completed. 🌲

The application of qualified assistance can lead to misinterpretation

Recent reports from the field suggested that it might be acceptable for fallers to work alone in separate cutblocks while being designated qualified assistance (QA) for each other (within 10 mins flying time by helicopter). While the theory might meet regulatory intent in a perfect world, reality is not perfect. The likelihood of having a helicopter fail mechanically, be grounded by bad weather, or each faller be at the furthest opposite points of each of their cutblocks outside of the 10 minute window would not meet the regulatory intent of QA. There has to be certainty with QA being reliably available for all fallers. QA within 10 minutes is the regulatory requirement. Best practice is faster, and closer.

Ask questions and plan ahead

What could go wrong? If there is bad weather, a sudden change in winds, a mechanical issue, a broken radio ... What is Plan B and has it been tested? Stay safe! 🌲

What to do if WorkSafeBC orders are written up against you as a faller?

First, consider the order(s) carefully when you have cooled off. Step back and look at the situation objectively. Ask a trusted fellow faller and/or supervisor to discuss them with you, or discuss confidentially with a BC Forest Safety Council falling safety advisor.

Ask yourself if another faller got the same orders what would you want to know about the situation to understand whether or not the orders were/are appropriate? Write a list – why and why not. Wait 24 hours. If you still feel that they are totally unjustified, wrongly applied/interpreted and you've talked them through with someone else you trust, then don't hesitate to follow the WorkSafeBC provisions for asking for those orders to be reviewed.

On the bottom of any orders written by WorkSafeBC, is the following direction:

Right to a Review of Orders

Any employer, worker, owner, supplier, union or a member of a deceased worker's family directly affected may, within 90 calendar days of the delivery date of this report, in writing, request the Review Division of WorkSafeBC to conduct a review of an order, or the non-issuance of an order, in this report by contacting the Review Division. Employers requiring assistance may contact the Employers' Advisers at 1-800-925-2233.

Reviews can take a few days up to several weeks depending on factors such as the nature of the orders, the circumstances, availability of people to interview to determine if there was human or procedural error or a greater potential for different interpretations of the application of the regulation in the individual circumstance.

WorkSafeBC has this challenge process in place to ensure that the system works as intended, is reliable, trusted and accountable. Remember, officers are humans too and we all make mistakes. The Employers' Advisers office comes highly recommended for the assistance they are able to provide in helping employers successfully challenge WorkSafeBC orders. They have a good success rate for the orders they recognize/agree should be challenged. 🌲



Training

Supervisor Talk #2

Good leaders and supervisors are not born; they are taught



By Gerard Messier,
RPF, CRSP

In the last edition, I promised to write an article that answers the questions: What is a good leader anyway? Do supervisors need to be good leaders?

“Dear Supy,

I think that I would make a good supervisor but I wouldn't describe myself as a natural leader. I know my job well and I'm good with the crew but I'm not confident that I would make a good supervisor. What should I do?

Paul Potential ”

Let's look at this a more closely. What are some characteristics and skills of good supervisors and leaders?

Characteristics of good supervisors and leaders

- Honest
- Accountable
- Decisive
- Determined
- Motivator
- Understanding
- Good listener
- Organized
- Disciplined
- Sense of humour
- Trustworthy
- Professional
- Respectful
- Doesn't play favorites
- Knowledgeable
- Problem solver.

Skills of good supervisors and leaders

- Sets timelines and objectives, and clarifies expectations
- Plans and organizes work in advance
- Identifies job priorities
- Determines methods of evaluation and checks work
- Trains the employee how to do a specific task
- Closely supervises progress, and monitors and evaluates performance
- Listens and provides support and encouragement
- Asks for suggestions or input
- Explains why
- Encourages self-reliant problem-solving
- Encourages teamwork
- Involves the other person in decision-making.

I think that we can all agree that if we had supervisors with all these characteristics and skills, it would be a pretty well run operation. It's important to have both the personal characteristics and the skills to be a good leader and supervisor. You can know the job inside and out and have a lot of knowledge about what needs to be done, but if you can't motivate and support workers, the results are going to be poor. Similarly, you can be the best motivator and communicator, but if you don't know exactly what needs to be done, you won't be able to give good instructions or guidance.

Some of the things in the lists above are personality traits and some of them are skills, and I think that both can be taught. Sure, some of them may not be comfortable for you at the start but with practice, you can mold yourself into a leader. I think there are quite a few “supervisors in the rough” out there that have great potential but they hold themselves back because they don't see themselves as natural leaders

or knowledgeable enough. If you aspire to be a supervisor but think that you may be lacking in some areas, build a plan to develop yourself and get to where you need to be. Here are some ideas and resources to help get you there:

Mentorship – Identify a senior person that you think has the skills and characteristics that you want to develop. Ask them to sit down for a coffee and ask a few questions. Quite a few experienced supervisors are happy to share their knowledge and provide advice on specific situations or areas that you can work on. Make it an ongoing thing and your confidence and knowledge levels will soar.

Take some training – the BC Forest Safety Council (BCFSC) offers a one day leadership training course for supervisors and it is always run with another day of communications training. This is not a coincidence; good leaders are also good communicators.

Check out the Wildland Fire Leadership webpage for book and movie suggestions and other resources to help you learn about being a leader. Not just for firefighters, this webpage has good information for all supervisors. <https://www.fireleadership.gov/toolbox/toolbox.html>

Competency guidelines – If you need more knowledge about a particular job in the industry, the BCFSC is working on developing guidelines and training courses to help. Yarding, log truck driving, mechanized harvesting, road building and silviculture jobs will eventually all have guidelines showing the skills and knowledge workers need to be competent in a particular job.

That's it for now, next time we'll discuss impairment, being mentally and physically fit for work, and what that means for you and the workers you supervise. Email your stories and ideas to Messier@bcforestsafesafe.org 🌲

Upcoming changes or new courses in 2019

Forest Supervisor Training

Look for an updated Forest Supervisor Training course next year. The training materials in Module 1 – Due Diligence have been updated and improved to provide better tools to help supervisors be more efficient at work. The course length has been increased from one to two days to better cover all the responsibilities and roles of forest supervisors. More information will be available in early 2019.

Serious Incident and Fatality Investigation training

The Serious Incident and Fatality Investigation training is online, free and ready for anyone to use. If you want to improve your investigation skills and learn about what to do when a serious incident happens on your worksite, check it out. This course replaces the Advanced Incident Investigation classroom course. For more information, please see: <http://www.bcfscsafe.org/node/3179> 🌲

Annual train the trainers session: WorkSafeBC update on safety performance and emerging issues



BC Forest Safety Council training course trainers receive an update from WorkSafeBC's Darcy Moshenko and Terry Anonson.

Over the course of two days in late October 2018, BC Forest Safety Council trainers came together for their annual train the trainer session – an opportunity for trainers to receive updates on industry performance, discussion on sections of the Regulation, and emerging issues.

WorkSafeBC's Darcy Moshenko and Terry Anonson provided updates on WorkSafeBC activities including updates on WorkSafeBC's forestry high risk strategy, claims summaries, planning and conducting a forestry operation, phase integration/congestion, workplace impairment and ash exposure.

Look, Observe, See was a running theme through the presentation, with Darcy reminding everyone that research, external to WorkSafeBC, tells us that our eyes only see approximately 10% of what we are looking at due to how our brains function, so we have to focus and consciously seek out hazards to really see them.

Darcy reviewed the definitions of the *Workers Compensation Act (The Act)*, the Occupational Health and Safety Regulation (OHSR), the standards, the policies and guidelines structure – and which are enforceable and which are not.

The Act and OHSR are enforceable, and standards may be enforceable but only those standards that are written into *The Act* or OHSR. Policies clarify obligations of employers, supervisors and workers under specific sections of *The Act* and OHSR. Workplace parties cannot be written up for contravening policy provisions; however, if the employer has not followed the policy, it would be strong evidence that the party has contravened the related section of *The Act* or OHSR and may result in orders and penalties.

And, guidelines are not enforceable alone but can be referenced with *The Act* and/or OHSR. Guidelines are issued to assist with accurate interpretation of *The Act* and OHSR.

It is important to understand that collectively all of the above are in place to prevent workplace fatalities and serious injuries. The ultimate goal is the safety of workers, and creating and sustaining safe workplaces.

Did you know there is prescriptive OHS regulation and performance based regulation?

- Prescriptive regulation sets the exact method of compliance that must be met
- Performance base regulation sets out a result that a workplace must attain without specific direction on how to attain the result

Standards related to the OHSR outline specifications and performance criteria for specific types of equipment and machinery which may be external standards or internal WorkSafeBC standards. These standards are only enforceable if the OHSR references a specific standard.

Forestry High Risk Strategy 2018-2020

Darcy explained that WorkSafeBC's renewed forestry high risk strategy was intended to focus on the industry segments representing

exceptional risk to workers and to ensure that officers execute impactful inspections in these areas: manual tree falling, log transportation, cable yarding, mechanized harvesting and silviculture, with the goal to reduce serious injury and fatal injury rates.

When executing inspections on these areas, WorkSafeBC officers also focus on responsibilities of the owner, employer, supervisors and workers.

Overall, from Q1 to Q3 2018, the top five sections of the OHSR cited in orders for all of the forestry high risk strategy areas (namely manual falling and bucking, log transportation, cable yarding, silviculture, and mechanized harvesting) were as follows:

- OHSR 7.8(1)(b) – Hearing tests
- OHSR 26.2(2) – Planning and conducting a forestry operation
- OHSR 16.35 – Securing tools and equipment
- OHSR 3.16(1)(a) – Basic requirements (Occupational First Aid)
- OHSR 3.17(1) – First aid procedures

It is estimated that only 27% of forestry workers get regular hearing tests

Lack of hearing tests was the leading order cited for several classification units (CUs). It is important for all forestry employers regardless of CU to:

- Measure or review noise levels by location and job role, and assess existing mitigation strategies and
- Complete hearing conservation program assessments of existing, new, and young workers to identify exposure areas and risk control opportunities.

For mechanized harvesting on steep slopes with a specific focus on tethered and traction assist machinery, inspectional focus was on:

- maintenance plan and lockout
- three-point contact procedures
- steep slope assessment plans
- safe operation of traction assist and tethered equipment.

The top five sections of the OHSR cited in orders for mechanized harvesting were:

- OHSR 26.11(1) – Dangerous trees
- OHSR 16.17(1)(d) – Escape from cab
- OHSR 3.17(1) – First aid procedures
- OHSR 3.16(1)(b) – Basic requirements (transporting injured workers to medical treatment)
- OHSR 26.4(2) – Notice of project.

For cable yarding, inspection focus was on:

- clearing the turn
- yarding angles and
- landing the log.

The top five sections of the OHSR cited in orders for cable yarding were:

- OHSR 7.8(1)(b) – Hearing tests
- OHSR 4.9(1) – Inspection and maintenance records

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Training

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- OHSR 26.56(2) – Work area arrangement
- OHSR 4.3(1)(a) – Safe machinery and equipment
- OHSR 3.16(1)(a) – Basic requirements (Occupational First Aid).

In silviculture, the focus of inspections were on:

- Emergency Response Plan elements
- Planning and conducting operations
- Driver training and policies
- Musculoskeletal injury (MSI) risk assessment
- MSI program management
- MSI education of workers.

The top five sections of the OHSR cited in silviculture inspections in the Q1-Q3 2018 period were:

- OHSR 3.17(1) – First Aid procedures
- OHSR 3.16(4) – First Aid equipment, supplies, and facilities
- OHSR 5.38(2) – Handling and securing cylinders
- OHSR 3.16(1)(a) – Basic requirements (Occupational First Aid)
- OHSR 3.16(1)(b) – Basic requirements (transporting injured workers to medical treatment).

The claims summaries shared by Darcy covered 14 active forestry classification units and two transportation CUs for log towing and log hauling.

Injury Prevention	2013	2014	2015	2016	2017	2018 YTD
# Time-loss Claims	1,007	969	903	945	905	695
# Person Years	18,770	18,251	18,235	18,550	19,263	0
Injury Rate	5.4	5.3	5.0	5.1	4.7	
Claim Summary						
# Time-loss Claims	1,007	969	903	945	905	695
Serious Injury Rate	1.3	1.4	1.1	1.3	1.2	

Claims Summaries for All Forestry CUs – Year Range: 2013 - 2017

Accident Type	Count	%	Source of Injury	Count	%
Struck By	863	17.1	Working Surfaces	853	16.9
Overexertion	776	15.4	Vehicles	781	15.5
Fall from Elevation	720	14.3	Trees, plants	752	14.9
Fall on Same Level	615	12.2	Bodily Motion	603	12.0
MVI	449	8.9	Hand Tools	348	6.9
Involuntary motion	218	4.3	Machines	322	6.4
Repetitive Motion	203	4.0	Power Tools	242	4.8
Exposure to Noise	197	3.9	Metal items	223	4.4
Struck Against	195	3.9	Noise	199	3.9
Other Bodily Motion	175	3.5	Miscellaneous	178	3.5
Others	633	12.5	Others	543	10.8
Accident Type	5,044	100.0	Total	5,044	100.0

Emergency Response Planning (ERP) issues identified included:

- First aid assessment
- Lack of ERP practice and testing
- Daily plan for helicopter-only access
- ERP review: ERPs properly communicated to workers and service providers, and routinely practiced through realistic emergency drills.

Industry needs to work on planning and conducting a forestry operation

Terry spent some time talking about planning and conducting a forestry operation as per OHSR Sec. 26.2 because it was a common order across all the high risk strategy classification units, specifically section (4) of the regulation below.

OHSR Sec. 26.2 Planning and conducting a forestry operation

- (1) The owner of a forestry operation must ensure that all activities of the forestry operation are both planned and conducted in a manner consistent with this Regulation and with safe work practices acceptable to the Board.
- (2) Every person who has knowledge and control of any particular activity in a forestry operation must ensure that the activity is both planned and conducted in a manner consistent with this Regulation and with safe work practices acceptable to the Board.

- (3) The planning required under this section must
 - (a) include identification of any work activities or conditions at the workplace where there is a known or reasonably foreseeable risk to workers,
 - (b) be completed before work commences on the relevant activity, and
 - (c) be documented at the time of planning.

(4) If, after any planning referred to in subsection (3), there is a change in the workplace circumstances, including the work activities and the conditions of the workplace, and the change poses or creates a known or reasonably foreseeable risk to workers that was not previously identified, then

- (a) the plan must be amended to identify and address the risk and provide for the health and safety of the workers at the workplace, and
- (b) the amendment must be documented as soon as is practicable.

"We don't see change managed well.

There needs to be better anticipation and understanding about how changes can create new risks," said Terry. "One must ask the question of each change – has risk been created; how did you mitigate it; and how did you communicate and document it?"

This section of the Regulation allows flexibility and that's a good thing "if used properly, will save a lot of lives," said Terry.

Multi-generation workforce impacts effective communication

They also shared the following video on the importance of effective communications in forestry workplaces: <https://www.youtube.com/watch?v=IYz1psQMQc>

(Note: please also see the falling and transportation sections respectively for information related to manual tree falling and bucking; and log hauling inspection findings.)

OHSR is not changing to address legalized marijuana

The impact of legalized consumer sales of marijuana has not affected WorkSafeBC's Occupational Health and Safety Regulation. Sections 4.19 and 4.20 already adequately cover the need for workers to disclose if they are impaired or unfit for work, supervisors need to ensure workers are fit to work and effectively managed, with employers removing impaired workers for the worksite so that they do not cause harm to themselves or others.

"It's business as usual," said Darcy. No worker can be impaired for whatever reason.

Nature of Injury	Count	%	Body Part	Count	%
Other Strains	1,696	33.6	Wrist, Fingers & Hand	716	14.2
Fractures	701	13.9	Back	638	12.6
Back Strain	590	11.7	Knee	532	10.5
Contusion	453	9.0	Shoulders	489	9.7
Laceration	444	8.8	Ankle, Toe & Feet	424	8.4
Concussion	207	4.1	Other	353	7.0
Hearing Loss	200	4.0	Face & Ears	281	5.6
Tendinitis, Tenosynovitis	133	2.6	Other Lower Extremity	279	5.5
Abrasion	128	2.5	Chest	226	4.5
Dislocation	95	1.9	Other Head	212	4.2
Others	397	7.9	Others	894	17.7
Total	5,044	100.0	Total	5,044	100.0

All workers must be fit for work and all workers and employers need to consider the effects of prescription and non-prescription drugs, and fatigue, as potential sources of impairment.

Ash exposure focus after wildfire activity

Continued vigilance and greater awareness is needed around the potential risk for ash exposure to workers following wildfire activity. WorkSafeBC's position is that following wildfires forestry activities and workers are exposed to ash with potentially negative health effects.

Short term health effects:

- Eye, nose, and throat irritation
- Coughing and allergic reactions.

Long-term health effects:

- Lung disease
- Chronic obstructive pulmonary disease (COPD).

Employers must perform regular site walk-throughs looking for signs of exposure, including:

- Black residue on workers' hand and/or clothing
- Black deposits on workers' tools and equipment
- Black deposits in workers' vehicles
- Workers showing signs of eye, nose, or throat irritation.

Employers are ultimately responsible for ensuring safety procedures and practices are in place to control the risk and if any worker exhibits signs or reports symptoms of exposure, the employer must investigate and assess the potential for exposure. 🌿

YouTube hit worth sharing



Nutrition and hydration play a huge role in how we perform and make decisions at work. Watch

Dr. Delia Robert's video for more information: <https://www.youtube.com/watch?v=1fXkKzYLCUM> 🌿

Annual train the trainers session:

BCFSC CEO pays tribute to trainers for role in improving industry safety

BC Forest Safety Council (BCFSC) CEO, Rob Moonen, thanked all the BCFSC trainers for the very important role they play in reducing injuries in industry.

"You are often the first face that anyone coming into our industry sees when they sign up for training to become a SAFE Certified company," said Rob.

A trainer agreed and said that trainees do see the trainers as members of the BCFSC and interact with them accordingly.

Rob said that trainers sharing feedback from the field during the training sessions was critical to the BCFSC continuing to be responsive in addressing emerging safety issues.

He also shared the current year-to-date fatality data. Three fatalities in harvesting and none in manufacturing. Two were log haulers and one was a worker working underneath his truck. Rob referenced a fourth fatality that had not been assigned to the falling certification unit.

A trainer shared that often people in industry don't understand how some fatalities are counted and some are not. "We share those safety alerts because we can all still learn from the circumstances to help prevent similar incidents even when those incidents are not attached to the classification units that pay into our organization," explained Rob. Because of how incidents impact the WorkSafeBC rates that employers pay, correctly attributing fatalities and other incidents to the right classification units is key to the fairness, accuracy and sustainability of the workers and employers insurance system in BC. Because rates vary so much based on numerous factors, it is critical that each incident be accurately attributed to the underlying classification unit so that the risk of that particular activity is properly accounted for.

Rob said that while everyone could pat themselves on the back for achieving the second lowest fatality rate on record in 2017 (outside of 2009), one cannot say this is the beginning of a new trend, yet. And he cautioned more work was still needed to be

done. He said that both log hauling and manual tree falling remained industry's two highest risk activities.

Russ Robertson, the BCFSC's Director of



Russ Robertson explains the competency-based training system to the trainers. The red blocks at the bottom represent the core curriculum modules that are shared across all forestry related occupations.

training and program development, provided an update on the competency based training model as well as the progress made on four successful competency-based training pilots: two new faller training course pilots; one fundamentals of forestry course pilot with Vancouver Island University (VIU) and Western Forest Products, and one log truck driver training pilot with VIU and Western Forest Products. In addition, 280 log truck drivers have gone through a new pilot competency assessment process and assessors continue to be identified and trained.

The BCFSC was directed by industry to develop and complete curriculum and training resources for 37 forestry occupations over the next two years, following a competency-based model. It is planned that these training modules will be provided to recognized training facilities (who have already been consulted and new ones will be added over time) to use in delivering the courses to a specified, consistent standard to help ensure industry has consistently qualified, competent, safe workers to fill an increasing need (up to 1,000 workers per year) across the industry in the next seven to 10 years. 🌿

Upcoming training

If you would like to see how a training course can meet your organization's needs, please let us know. We are committed to working with you to find the right training solution. We may be able to tailor a program to your specific needs and deliver it in a way that is most convenient for your operations.

Scheduled training for the next few months (does not include tailored sessions):

Forest Supervisor training

Module 1: Due Diligence (1)

Module 2: Communications (2)

Module 3: Leadership & Professionalism (3)

Dec 5 Vernon (1)
Dec 6 Vernon (2)
Dec 7 Vernon (3)

Incident Investigation training

Dec 3 Nanaimo
Dec 10 Kamloops

Individual Owner Operator OHS training & Refresher training

Dec 15 Teleconference
Jan 26 Teleconference

Joint Occupational Health and Safety Committee training

Dec 4 Nanaimo
Dec 11 Kamloops

Small Employer OHS training & Refresher training

Dec 6 Nanaimo
Dec 13 Kamloops
Jan 10 Langley
Feb 7 Campbell River

View the 2019 training calendar here: www.bcforestsafes.org/fscapps/calendar/calendar.php. Please check back often as course dates may change if there are insufficient participants. All training is offered on a not-for-profit, cost-recovery basis. Email training@bcforestsafes.org or call toll-free 1-877-741-1060 for general information, or email Gary Banys at banys@bcforestsafes.org to answer any questions you might have about course content and/or about tailoring courses to meet your company's needs at a location of your choice. 🌿



Knee maintenance for forestry workers



By Dr. Delia Roberts

Whether your work is field-based, in a machine, or at a desk, healthy knees seem hard to come by in the forest industry. Days of walking on uneven, unstable terrain, and carrying heavy and unbalanced loads take their toll and leave most of us with aching joints. Here are some tips on managing your knees and how to keep 'em functional for years to come.

Prevent knee injuries for pain-free retirement years

Knees are one of the most frequently injured joints, and in later years are very prone to further deterioration and painful osteoarthritis (OA). To understand why, it helps to consider that the joint has to both allow a lot of movement and support the body's weight. The forces inside the joint range from two to three times body weight during walking, up to an estimated seven to eight times body weight during running, and may even be higher with jumping. If you think about how many steps you take a day, and multiply that times your body weight including gear, the numbers are astounding. Especially when you realize that all that holds this structure together are the connective tissue ligaments and tendons. In comparison, other weight-bearing joints like the hip and ankle have more tightly structured bony projections to increase joint stability. That the knee has no bony supports makes the actions of the muscles that surround the knee critical. If the reflexes are working properly, as soon as the loads on the joint begin to increase, very sensitive sensors signal to the muscles to contract and shorten in order to stabilize the joint and help carry the load. Unfortunately, pain, swelling and vibration can impair the reflexes, either slowing them down or sometimes even making the wrong muscle contract at the wrong time to inadvertently increase the forces rather than decrease them.

Posture impacts the load on the knees

Another aspect of the joint that can create higher than normal loads is posture. Even

Knees have two functions:

1. Allow a lot of movement
2. Carry your body weight

Total loads on your knees:

- > 2 to 3 times body weight just walking
- > up to 7 to 8 times body weight when running and even more jumping

very small shifts in the alignment of the bones can create uneven loading inside the knee. Often, the shift is towards the inside of the joint, and because the force that would normally be distributed evenly across the whole knee is now directed towards one area, the cartilage and even bone can be damaged.

Cartilage is the smooth slippery material that lines the joint and allows the bones to glide over one another during movement. It's an amazing material, capable of withstanding very high forces, yet able to cushion repeated and heavy loads. In fact, in order for cartilage to remain healthy, it has to undergo cycles of compression and release, as this is the only way it can circulate joint fluid through the cells.

When the joint is not loaded regularly and appropriately the cartilage dies, this is why sedentary people develop OA – but it also explains why previous damage to a ligament or poor posture can also lead



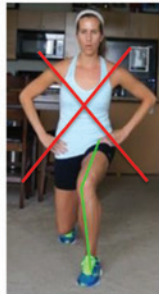
Fit to Log



Knee Stability

In addition to reducing knee injuries, supporting the knee joint with a strong core and neutral pelvis will reduce chronic knee pain.

1. Align your spine and activate your core.
2. Place your hands in your back pockets. With your weight even on both feet the muscle at the top of your hip should be soft. A shift to the right or left, should make the glute med on that same side tighten up. If it's not contracting, poke it until it does.
3. Tie elastic banding around your knees and do a half squat while pressing outward against the banding. Imagine you are doing this exercise when stepping down out of the truck or before walking through slash to activate your glutes.
4. Step forward into a lunge, the knee should stay in line with the center of the hip and foot, and not drop inward. The greater the load (as when carrying a planting bag, a saw, or landing a jump) the more important this is.



5. These exercises will build control of your knees at the hip. Work up to 3 x 15 reps each side, 3 days/week.

a) Stand in a balanced stance with a neutral spine and activated core. Step one foot out to the side while using the glute med to control the supporting knee. Do not let it fall inward (valgus). Add elastic banding around your ankles for resistance.

b) Clam walks, this can be done in boots while waiting for your ride. Add elastic banding for more resistance. Step sideways as shown in #3 above. Focus on controlling the pelvis and knee to stay in neutral.

c) Single leg ¼ or ½ squats. Stand sideways (shoulder touching a wall) with the inside leg pressed slightly into the wall for more glute activation. Do not hike your inside hip, keep perfect posture.

Footnote: See this poster for info on how to have a neutral spine and how to activate your core: http://www.bcfestsafe.org/files/ps_BackUpYourBack.pdf

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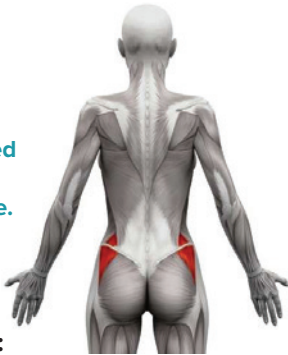
to degeneration of the cartilage and the development of OA. If the forces exerted on the cartilage are not directed along the lines of the cells, they are damaged and eventually disappear.

Now that you understand how a healthy knee works, here are tips for keeping yours functioning for years to come:

1. Get regular exercise. Walking or riding a bike are ideal ways to refresh your cartilage by increasing the circulation of joint fluid. Maintaining a healthy body weight will also make a huge difference in keeping the load on your knees positive and not destructive. Remember that the force exerted on the cartilage is 2-3 times your body weight. With every step.
2. Make sure that your posture and

Explanation of terms/reminders:

The glute med/s are the muscles marked in red in the diagram beside.



How to find a neutral spine:

1. Stand tall as though a string is pulling out the top of your head.
2. Look straight ahead (don't drop or raise your chin).
3. Keep your shoulders and chest relaxed, just lengthen through your spine.
4. Put one hand on the back of your neck to check that your neck is lined up with your spine (if your head is forward, the knobby 7th vertebra will stick out. Correct this by pushing your chin straight back with the other hand until the vertebrae all line up).

How to activate your core:

1. Tighten your belly by drawing your lower abdomen in and up very slightly.
2. Make sure your upper body is still relaxed, only your lower belly is tight.
3. Tighten the pelvic floor (lift your testicles slightly to activate this core muscle) and hold for a count of 10, then do 10 contractions in a row.

alignment are good. This begins with healthy feet in good boots and moves upward through your hip into your back. (See Fit to Log, Back up your Back poster here: http://www.bcforestsafesafe.org/files/ps_BackUpYourBack.pdf) In fact, the greatest predictor of knee injuries is the alignment of the hip. (see item 3).

3. Use the exercises provided in the poster (link below; screenshot on page 18) to wake up the muscles that support the knee. More than 50 high quality research studies have shown that doing these simple movements can decrease pain (including reducing the need for pain medications) and restore function in all people – right from the first signs of knee pain through to those who are waiting for joint replacement surgery. Even 10 minutes, two or three times a week will produce good results. To download the poster: http://www.bcforestsafesafe.org/files/ps_KneeStabilityPoster.pdf
4. See a physiotherapist that specializes in knees. Sometimes, knee pain can be caused by other imbalances. Spending a couple of hours with a professional who is trained to examine the way you move and who understands how to establish neutral posture and correctly activate the supporting muscles can go a long way to achieving pain free movement. 🙌

Keep moving this holiday season

Having a wonderful, safe holiday season requires discipline. Indulge, but in moderation, and no matter what, keep moving – go for walks in the snow or rain, climb that hill, stroll that neighbourhood; walk the dog, explore a new park. Keep moving, and enjoy. 🙌

One air to breathe

As 2018 comes to a close, and announcements in October saw some mills temporarily closed due to lack of logs and/or lumber prices, others moved into rotating strike positions with a focus on collective bargaining agreements; one cannot ignore the increasing pressures – worry about lost jobs, lay-offs, further stressed bottom-lines and increased production pressures, that result in an additional cost to both the mental and physical well-being of people. One culprit that impacts wood scarcity and messes with allowable annual cuts and proper sustainable forest management is of course, wildfires and wildfire response. Some 2018 media headlines have challenged all of us to properly consider and address climate change and also to better spend money on the appropriate prevention side of wildfire management so that industries like forestry, cattle ranching, fruit farms/wineries, tourism and other operators can survive but prosper

Fit to work trumps everything

October 17, 2018 might have been the big day for legalized marijuana sales in Canada, but for safety sensitive workplaces like forestry, it was just another business day – safety first!

Why? Because fit to work means zero tolerance for any kind of impairment, whether achieved by legal or illegal means. There can be no compromise.

Every worker has to be fit for work; every supervisor has to ensure every crew member is fit for work. Every workplace needs a fit to work, drug and alcohol policy, and needs to make sure all workers are aware of it, understand it and value why it is important to uphold the policy to keep themselves safe and be surrounded by colleagues who are all fit to work – not impaired by fatigue, by emotional stress, by alcohol or any form of drugs – whether prescription, legal or otherwise.

Here is a safety alert that the BC Forest Safety Council issued on October 18 to remind employers and workers of their obligations and responsibilities and to provide additional links to sample policies and other tools that can be used in the workplace, and how best to support workers who need help: <http://www.bcforestsafesafe.org/node/3198> 🙌



through the next 50 years and sustain employment and economic contributions to our communities and our province. A little less talked about is on the health and wellness side – the total cost of mental, emotional and physical ailments as a result of continued wildfire smoke exposures, firefighting, evacuations, and the long-term healthcare costs. And finally, an increasing concern by several industry observers that a “new normal” is being discussed as somehow making this all ok, when it isn't. As industry publications and upcoming industry conferences continue to cover stories on the need for better fireproofing, a reader sent in this link to a recent video posted by the Vernon Morning Star on what we were breathing during wildfire season. We have one air to breathe: <https://www.vernonmorningstar.com/news/video-a-close-up-look-at-what-you-were-breathing-during-the-wildfire-season/> 🙌



Your Take on Safety

Time to tell us what you think

And, stand a chance to win a gift card!

Did you know:

- **Forest Safety News has been produced for five years**
- **That's 30 editions, either 16 or 20 pages each**
- **One person works on FSN as part of their role at the BC Forest Safety Council (BCFSC)**
- **All other contributions are from industry volunteer writers/photographers**
- **Every BCFSC department provides input, content and approves their area's respective content**
- **Complete the survey for a chance to win one of three \$100, \$75 and \$50 gift cards**

Forest Safety News was introduced five years ago as a means to share regular safety-related information with SAFE certified companies and workers in the forestry industry. While we receive anecdotal feedback regularly from readers, it is time to measure what people think and respond accordingly.

It's time for you to tell us what you think and what you'd like to see in future editions. Please follow this link to an online survey:

<http://bcforestsafesafe.org/node/3219>.

The survey will take you about 10 minutes to complete, longer if you would like to share any detailed comments. We encourage all feedback.

Know that your opinions will help shape how, what and when we communicate with you in future.

The ultimate shared goal of course is to help support continuous improvement in safety knowledge and performance, and to reflect our industry's social license to operate sustainably safe, innovative and respected companies in an industry we are all proud to be employed in. Because, every worker deserves to go home safe at the end of each day.

A summary of feedback received will be shared in a future edition of Forest Safety News and winners of the gift cards will be emailed or called directly via the contact details provided at the end of the survey.

Please note that all responses will remain anonymous and confidential regardless of whether you choose to enter into the draw or not. The link to enter the draw is completely separate from the survey content.

Thank you for taking the time to help shape future Forest Safety News editions. 🌲



Covers (from left) of the first edition of Forest Safety News in February 2014, April 2015, June 2016, August 2017 and October 2018.

ABOUT Forest Safety News

Forest Safety News is published six times a year: February, April, June, August, October and December. All submissions – letters to the editor, safety tips, photos, safety stories, concerns etc. – are welcome. The opinions expressed in the newsletter are not necessarily those of the editor, staff or board of the BC Forest Safety Council. All decisions to publish materials rest with the editor. 12,000 copies of each edition are distributed via mail or email. Additional copies are distributed at industry events.

Subscriptions

If you would like to continue to receive a hard copy or would prefer to receive an electronic copy of this newsletter, please email editor@bcforestsafesafe.org and ask to be added to the print copy or email distribution lists. Email subscriptions are encouraged.

Have a story, letter to the editor, safety tip, ideas or photos? Please send all submissions to:

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