



BC Forest Safety Ombudsperson, Roger Harris, a Leader in

Forestry Safety is Stepping Down at the End of 2023

The BC Forest Safety Ombudsperson is a critical part of the BC Forest Safety Council (BCFSC). As part of their mandate, the Ombudsperson investigates safety concerns and provides recommendations for improvement to industry stakeholders, including employers, workers, governments and regulatory bodies.

The Forest Safety Ombudsperson has become a trusted resource for forestry workers and industry stakeholders alike. The office is committed to providing a safe and confidential environment for the discussion of safety issues by facilitating open and honest dialogue between parties and helping to ensure that all concerns are addressed in an impartial and timely manner.

As the work of Roger Harris in the role of BC Forest Safety Ombudsperson begins to wind down, we wanted to know how Roger has perceived his role and how he will reflect back on his time as Ombudsperson.

Q. Tell us about the history of the BC Forest Safety Ombudsperson position?

In 2005, the number of fatalities in the BC forest industry suddenly ballooned to 45. Both the government at the time and the public said enough is enough and compelled the BC government to make changes to improve safety outcomes for workers and their families.

The government brought together industry players to start to address the unacceptable safety situation within the forest sector. The group included senior leadership of the major licensees, Logging Associations, unions, WSBC, MOF and the silviculture Industry. The intent of meeting was to move beyond tackling safety on a company-by-company basis, but rather approach it collectively as an industry problem.

This decision eventually led to the establishment of the BC Forest Safety Council, an industry association entirely

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

What's Inside:

1 - 8	Harvesting Safety
9	Work-Related Deaths & Injuries
10	SAFE Companies
11 - 12	Falling
13 - 15	Transportation Safety
16 - 19	Manufacturing Safety
20 - 22	Training
23 - 24	Health & Wellness
25	Kid's Corner

focused on improving safety outcomes in the forest sector. But almost immediately there was a challenge. The safety concerns the BCFSC needed to focus on required every party at the table to be able to feel free to candidly raise issues and concerns. The dynamics of the forest industry is that at each level, one group held an economic leverage over one or more of the other groups. This leverage became a barrier to having those open conversations and the Council soon recognized a need to find a way to overcome this problem.

This led to the creation of the BC Forest Safety Ombudsperson – a neutral confidential office, that could be engaged by any of the participants in the Council or the general public to raise issues and concerns in a way that protected their identity. The Ombudsperson was provided the flexibility to utilize a number of tools in addressing concerns between parties including, facilitation, mediation, arbitration or the use of a broader formal report.

Continued from page 1...

Q. How did you become the BC Forest Safety Ombudsperson? What was your interest in it?

The short answer is I was approached by the BCFSC, but suspect my experience in the industry may have played a role in that request. I've worked in the forest sector most of my life on Haida Gwaii, Vancouver Island and along the west coast. I have been an employee in the bargaining unit, worked for the union, a supervisor eventually managing major licensee operations, owned and operated a phase contracting business and been involved in the development of forest policy as the Minister of State for Forest Operations in BC – a 360-degree perspective of the business. I have also experienced the worst side of the industry when my wife's brother was fatally injured, working as a choker man when he was only 18, as well as go through my own recovery from a serious falling accident. So, I have a deep connection to BC forestry and a strong determination to keep safety top of mind – when the opportunity to take on the role was offered it felt like a perfect fit.

Q. Since the inception of this role in 2006, how has industry changed and your role with it?

This is two somewhat different questions. For the first, how has industry changed; from my perspective the changes from 2006 to 2023 have been dynamic. The term I would use is the forest sector has “professionalized” itself. No longer are we in a time when training was ad hoc, where many people got there training by moving from one company to the next, learning a little more each time until they were competent enough to hang onto a job. There now are clear industry wide standards for training, supervision and certification for many of the occupations within the forest industry. Companies must now become Safe Certified in order to even operate in the industry, so this professionalism has captured both occupations and institutions. There has been a cultural shift on the ground where safety is no longer a program but rather a way of doing business and fully incorporated into the daily operation of

the business. Maybe most satisfying is people for the most part feel free to raise and talk about safety issues and that is a dramatic shift from 2006 and speaks well for even greater improvements in safety outcomes for workers and families going forward.

For the Ombudsperson role, as the industry has evolved so has the role of this office. When I first started the single greatest barrier to advancing safety outcomes was the inability for the industry to have an honest conversation with itself. There was a “cone of silence” whether it was licensee, contractors, owner-operators or employees, there was fear that if they raised an issue that there would be repercussions – most people are surprised when I tell them the first item brought to my office was from a major licensee who feared that if they raised a particular safety related issue, the Ministry of Forest would withhold their cutting permits – so this intimidation whether real or perceived existed at every level.

At the start, the office was a gateway for industry complaints which initially were predominantly from workers and contractors. As I worked through them it became apparent that in a few cases mediation or facilitation could work, where the parties did not have concerns around being identified, but that for the majority it was difficult to provide the peace of mind that their identity could be kept private in that process. So, I needed to shift our office into finding a more effective method of responding to issues that also encouraged people to continue to come forward. As a result, I started to use broader subject matter reviews as a tool to raise issues and provide recommendations – in this way I owned the issues, not the individuals or entities that raised them. It had the added benefit of allowing me to bundle issues in way that let people know that their issues were not unique, but in fact were being experienced in every region of the province.

I take a lot of pride in all of the reports this office has put out. The test of any report is both in how many of the recommendations eventually were

adopted and in its ability to survive the test of time. I believe our offices reports have done well on both fronts and been a positive contributor to improving safety outcomes in the industry.

The review “Not Out of the Woods” in 2007 spoke specifically to the need for certification, training and recruitment within our industry, something that is now foundational for the BCFSC and its programs. The “Safe Companies” report was helpful in taking a flagship initiative of the BCFSC and providing guidance on how to improve that process. It also raised the need for WSBC and BCFSC to work out the roles each played when the certifying body is not the regulator. The “Khaira Incident” review shown a light on a very tragic situation, but also brought about the need for the province to pre-qualify companies as a way to sort out the good performers from those like Khaira.

“No Longer the Road Less Travelled” in 2008 and “Helicopter Emergency Medical Services” in 2017 have been the two reports that even today are still being referenced by governments, media and other professional associations as documents that contain valuable insights and recommendations. Both of these reports; one on resource roads the other on emergency medical transportation services have the combined benefit of not only improving safety outcomes for forest workers and their families, but as they continue to be implemented, that benefit also extends to the general public.

Finally, the report on “Phase Congestion” introduced new terminology and understanding to when a worksite shifts from being an integrated and complex worksite to one that is now congested, putting workers at risk. I think this report will have the most lasting impact into how harvesting operations are managed and the need to ensure that the people responsible for managing integrated sights have the training and tools necessary to take on the role.

So, as I look back at what has been accomplished and think about what is about to come, it's probably the reason

Continued on page 3...

Continued from page 2...

why I feel it's time for me to move on. Not because I've outgrown the job but it's time for the next phase to take shape and allow the role to shift with it.

If there has been one dynamic that I was wrong about, it was the speed by which this industry would be able to make a cultural shift – my generation had an acceptability that accidents were inevitable because the nature of the work was dangerous – I thought it would take a generation to shift this culture - I have been impressed and delighted by which the next generation of people employed in this industry have shifted the cultural so quickly and dramatically to one where any accident is now unacceptable.

Q. What do you think the BC Forest Safety Ombudsman role will look like after you?

I think the role of mediator or facilitator or negotiator or whatever you want to call it has changed since I started in this role. Very few inquiries that come through the Office are in need of that.

When I think about the role, I see it shifting, because I see the source of enquiries shifting from a complaint driven model to one where the office is a resource within the BCFSC, when there are internal issues that require a different set of eyes. I also see the public as becoming more involved, so the office needs to have a form and credibility to respond to those enquiries as well.

There still needs to be a place that people can go to when they're having difficulty discussing and resolving issues around the table. There may still be key concerns between operators or licenses and regulators that will require consideration especially when they're not quite sure how to handle or there is a difference of opinion or how they should pursue an item. So, I do see value in maintaining the office.

If it was another individual, I would suggest it be a generalist who can remain impartial with the ability to keep the lens pointed at worker safety, if not that, then perhaps a stable of subject matter experts that the BCFSC can call on to tackle the challenge at hand.

Whatever the outcome, the office needs to have credibility with regulators, industry and the public with the ability to remain impartial and maintain individual confidentiality.

Forestry still remains one of the most dangerous industries in the province. The conditions and environments people work in are much more diverse than any other industry. It continues to need a lot of attention from every organization involved and everyone needs to stay diligent and keep on their toes. There are a lot of learnings to be had from previous problems but there are also new challenges that are being thrown in too. We need to celebrate the successes but also be vigilant to a shifting landscape. The Phase Congestion review is a great example of a problem that never existed in 2006 but emerged as

a result of changing economic forces that influence how forest companies manage inventories in an ever-changing commodity market. Who knows what the next "Phase Congestion" will be; possibly a greater focus on mental health and the forces that influence that; as we peel each layer to get to zero, something new and unthought of will emerge.

This role has been a fabulous opportunity for me. It's allowed me to participate and contribute to something that is very close to my heart. It has allowed me to work for and with so many people who have never wavered in their goal of ensuring everyone gets home every night. It is one of the high points in my career and I'm thankful to have been given a chance just to be part of something that I think is pretty special. 🙏





What's New

Here is the latest on what we have to offer since December 2022. Find direct links to safety alerts, industry-specific resources, industry information and more to download and/or share with employees, industry and safety peers. And make sure to follow us on social media to stay up-to-date with the latest news. Follow us on [Facebook](#), [Instagram](#), [LinkedIn](#) and [Twitter](#).

2023 Training Calendar – Our 2023 Training Calendar is now fully loaded and offers both in-classroom and online courses. We also provide requested training bringing courses directly to your preferred location at a convenient time that works for you.

BCFSC FIRS App – Forest Industry Reporting System is a FREE resource available to all BCFSC Members. [Register for access.](#)

Emergency Extraction Video – On March 15th, check out the latest video on the BCFSC YouTube Channel from the Trucking and Harvesting Advisory Group (TAG). This new video focusses on emergency extraction procedures and how extraction drills could help keep your crews safe.

Small Employer OHS Training – New employers looking to gain their SEBASE or ISEBASE SAFE Companies certification can now access an updated Small Employer Occupational Health and Safety online training course. This new course explains how to build an effective safety program AND how to successfully complete the SAFE Companies audit. [Click here](#) to find out more.

BCFSC Webinar – If You Want To Change Your Culture, You Need To Change Your Questions. Thursday, March 16, 2022 from 2:00pm – 3:00pm (PST). Register for this valuable webinar on the art of asking versus telling by utilizing open-ended questions. Hosted by facilitator Shannon Overland. Principal Consultant at Dekra Insights.

2023 Interior Safety Conference (ISC) – The ISC returns as part of the Interior Logging Association's Conference. Admission to ISC is free with refreshments and lunch provided. Thursday, May 4th, 2023 from 8:00am to 4:00pm at the Coast Kamloops Hotel and Conference Centre in Kamloops, BC. Visit the BCFSC website to register.

Safety Alerts – Alerts provide timely information on incidents and issues which cause, or result in, serious or fatal injuries. The alerts we send by email and post on our website are intended to raise awareness and educate industry so we can learn from each other's experience and effort. Here are the latest alerts from BCFSC and industry.

- **BCFSC Safety Alert of the Month** – Avalanche Safety
- **Industry Alert** – Close call with Firewood Cutters on Resource Road
- **Manufacturing Weekly Safety Alert** – Click on the link to see the latest weekly alert

To subscribe to our safety alert emails – [Click Here](#)

Industry Links

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

WorkSafeBC Announcements – check here for the latest information on WorkSafeBC policy and regulation updates, resource development, risk advisories and more.

WorkSafeBC Enews – subscribe to Insight; WorkSafeBC's policy, regulation and research division e-Newsletter, Health and Safety Enews, Young Worker Enews and more.

WorkSafe Magazine – WorkSafeBC publishes *WorkSafe Magazine* six times a year to inform, inspire and provide practical tips on a range of topical occupational health and safety matters. It's free to [subscribe](#) and available online. 📄



Prioritizing Safety: How One Contractor Adjusted their Operational Planning and Safety Protocols after a Severe Weather Event

In the wake of severe weather events, it is crucial for companies to review their operational planning and safety protocols to ensure the safety of their workers and equipment. A prime example of such a review comes from SkinnyChicken Enterprises Ltd., a prime road and bridge building contractor for Teal Jones. In December's Forest Safety News, they shared their harrowing experience when their equipment was stranded 40km up a resource road when an atmospheric river wiped out their site access. Thanks to a successful rescue strategy and a week-long operation to get the equipment down the mountain safely, owner Eric Phibbs knew he needed to adjust his operational planning to prevent such incidents from happening again.

Working collaboratively with Teal Jones' Forest Professionals and Professional Biologists, Eric reviewed every area of his operation, including bridge work, road and culvert construction, and water channel management. The aim was to revise pre-work planning strategies to ensure future projects were built with reinforced structures, proper salvage planning, and erosion prevention strategies. New flood risk standards were used with considerations for rising rivers and waterways also taken into account. Revised measures were put in place to ensure safe access to work sites for SkinnyChicken and Teal Jones crews and also to ensure projects remained intact in case similar incidents occurred in the future.

The review process was thorough and comprehensive, with Eric and the Teal Jones Team taking a close look at their operational planning and safety protocols. The result was a set of revised global strategies and protocols with individual work plans that focused on project type. The strategies were tweaked first and foremost with safety in mind, followed by efficiency and regulatory compliance.

An example of the successful implementation of these revised plans came during a bridge replacement project last year, where SkinnyChicken Enterprises received updated drawings based on the revised flood standards from Teal Jones Team. The project also had to

consider the waterways and culverts and planning was required to help eliminate future log jams that can cause incredible damage to bridges and access roads.

Eric's extensive experience working in remote areas of the East Anderson area allowed him to provide critical insights that helped to revise pre-work plans. "I was very accustomed to seeing the impact of the runoff from rivers and waterways had during spring break up, or as we call it, freshet. By sharing my experience, we were able to revise our pre-work plans knowing that my crew would be able to complete the project with reinforced structures that could handle the runoff and leave the structure intact." Eric explains.

"Once the project was underway with the revised plan, we were under a deadline to complete the project. The bridge had been washed out but there was still water everywhere. We knew the window of opportunity could change with a heavy rainfall or a quick rise in temperature that could cause the snow pack to melt faster. The water was already running high. We had to be ready for anything. I purchased a Unimog, an amphibious extreme terrain vehicle, and installed a fully equipped Emergency Transport Vehicle (ETV) Brutus Box. Not only could the Unimog carry the crew across rivers and over the rugged terrain safely but it also kept our medical supplies close at hand at the work site. Just knowing we had a fully equipped transport at the ready to get someone out if an incident occurred was well worth the investment. I knew the guys had peace of mind knowing it was close by at our remote site."

SkinnyChicken Enterprises has completed countless road and bridge building projects with zero injuries. The crew's commitment to safety is an excellent example of a company dedicated to getting their crew home safe, every day. Even with their extensive experience in road, culvert and bridge building, timber salvage, and wildland firefighting, they go into each project knowing there is a unique set challenges they will need face to complete the job safely.

"Because we work in very remote areas where things can change quickly, we go over and above with safety training" says Eric. "Each crew member has been trained with S100 Wildland Firefighting and Occupational First Aid Level 1, with at least three crew members trained at Level 3. Everyone has their WHMIS and Ground Disturbance Training as well."

Because of their solid track record, over the years Teal Jones has recruited Eric to help coordinate and manage Phase Congestion on several projects. His job was to make sure everyone was in the right place and knew what was going on and could safely travel through the site to get where they needed to be.

"We've been doing this for a long time, and we know the risks not just to our guys but to everyone on site. It takes a lot of equipment and people to get these jobs done so Phase Congestion is a big concern on a work site." He explains. "There are a lot of moving pieces with a lot going on, and it takes a lot of coordination and communication to make sure everything is flowing, and everyone is working together."

The collaborative partnership between SkinnyChicken Enterprises and Teal Jones has resulted in a solid working relationship between the two companies. Their flexibility to adjust operational planning and safety protocols due to hazardous conditions has helped them successfully complete road and bridge building projects efficiently and effectively together. By prioritizing safety, the companies have demonstrated their commitment to getting their crews home safely every day, even in the face of severe weather events. The lessons learned from this experience will serve as a valuable resource for forestry companies to follow when faced with similar challenges. 🌲



Weather Events and Worker Safety

BC is experiencing the effects of climate change. Temperatures are increasing, sea levels are rising and variable and extreme weather events are becoming more frequent. Scientists expect these changes to accelerate and intensify in the years and decades ahead. Understanding and managing these risks is necessary to protect BC's workers, tenure holders and infrastructure within the forest sector.

The increased frequency and magnitude of weather events compels Woodlots and Community Forests to re-examine existing safety plans and/or develop new safety plans to address the potential for increased risks to worker safety.

Licence obligations are defined in [Part 2, Division 4, Section 25 of Workers Compensation Act](#). Specifically, Owners, Woodlot Licensees and Community Forest Agreement holders, must provide and maintain the land and premises in a safe manner. The owner must know, control and communicate any health and safety concerns at or near the workplace, that could result in a person being harmed by a condition or use of the workplace.

The owner must also ensure a plan is in place to address the hazards.

Further responsibilities for worker safety are also provided in the following sections of the Workers Compensation Act.

- Section 21: [General Duties of Employers](#)
- Section 22: [General Duties of Workers](#)
- Section 23: [General Duties of Supervisors](#)
- Section 24: [Coordination at Multiple-employer Workplaces](#) (Prime contractor)

Specific bulletins describing these responsibilities have been developed by the Woodlot Licence and Community Forest Association Safety Committee (WLCFASC) and are available on the [association's website](#).

Weather Related Worker Safety Issues and the Development of Safety Bulletins


The WLCFASC will be developing resources to inform and support tenure holders, association members and workers to better understand and address the elevated risks associated with a changing climate and associated weather events.

The following table provides an overview of topics and overall priority:

Weather Event	Priority	Topic
Locally Significant Rainfall	1	Safe work practices as it relates to significant rainfall events, specifically <ul style="list-style-type: none"> • Introduction to rainfall shutdown procedures • Development of rainfall shutdown procedures • Additional management implications of significant rainfall events (e.g., post event road inspections, communication, potential contract considerations and signage)
Wind Events	2	Safe work practices as it relates to significant wind events, specifically <ul style="list-style-type: none"> • Hazard assessment (road edges, block boundaries, partial cuts) • Safe work practices • Management options
Extreme Heat	3	Safe work practices as it relates to extreme heat as well as considerations related to the associated issues of wildfire and smoke.
Extreme Cold and Snowfall	4	Safe work practices as they relate to extreme cold and heavy snow accumulations. Bulletins will include info related to cold weather shutdown protocols and emergency warming.

These resources will be developed on a quarterly basis and made available through the WLCFASC communications channels as well BCFSC's dedicated WLCFASC webpage.

Resource Links:

- [Preliminary strategic climate risk assessment - Province of British Columbia](#)
- [Safety – Federation of BC Woodlot Associations](#)
- [Safety Publications – British Columbia Community Forest Association](#)
- [BCFSC Woodlot Licence and Community Forest Agreement Safety Committee \(WLCFASC\)](#) 



Reducing Risks in BC Forestry: WorkSafeBC's High Risk Strategy in Focus

In October 2022, WorkSafeBC presented an overview of their Forestry High Risk Strategy, a comprehensive approach to reducing serious injury and fatal injury rates in the BC forestry industry, during the annual BCFSC trainers meeting. The strategy focusses on five key areas of forestry operations, and two regional focus areas, that are most prone to high risk and aims at raising awareness and promoting safe practices among workers and employers.

The five high-risk areas in the forestry operations identified by the WorkSafeBC Forestry High Risk Strategy included manual tree falling, log transportation, cable yarding, mechanized harvesting on steep slopes and silviculture. The two regional focus areas are dry land log sorts and shake block cutting. Using injury rate and incident data, WorkSafeBC identified these target areas as high potential to cause injuries with a need for increased focus to identify safe practices are being utilized. Within each area of risk, there is an inspection focus that is tailored to the type of operation.

Manual tree falling, for example, has a focus on the inspection of falling cuts, danger tree windfall assessments, first aid procedures, PPE, hearing tests, bucking and falling procedures, training programs for new fallers and emergency response planning. Log hauling, on the other hand, focuses on safe driving practices, loading and offloading of loads, cab guard use, secure objects, bunks and stakes, three-point contact procedures, and strategies to reduce Musculoskeletal (MSI) injuries.

The inspection focus for the remaining high-risk areas include:

- Cable Yarding: clearing the turn, yarding angles, landing the log, cab extraction, safeguarding equipment, equipment maintenance, guyline positioning, workers/supervisors training and phase integration
- Steep Slope Mechanized Harvesting: maintenance plan and lockout, three-point contact procedures, steep slope assessment plans, rollover/tip over controls, cab extraction, lockout procedures, traffic control, safe

operation of traction assist and tethered equipment, phase congestion and ERP planning

- Silviculture: ERP planning, planning and conducting operations, driver training and policies, MSI risk assessment | program management | and education for workers, proper planning and integration of silviculture activities with a focus on road access and emergency evacuation and phase integration
- Dry Land Sorts: procedures for marine operations, ERP planning specifically focusing on safe access, emergency procedures and drills and working in confined spaces, MSI (strains and sprains) reduction, strategies to reduce falls from both elevation and same level
- Shake Block Cutting: ERP planning, MSI reduction (over exertion and repetitive motion), safe work procedures focussing on working with and around airlift operations

To help manage the risk in these key areas, WorkSafeBC officers use principles of the high-risk strategy as a guide during site inspections by applying a back-to-basics inspectional approach to determine a course of action. This process helps them determine the knowledge and capability employers and workers have to identify hazards, assess the risks and implement suitable compliance controls to keep work sites operating safely.

Understanding the gaps in knowledge, expertise and safety protocols amongst employers, supervisors, and workers is an important piece of the process. A good example of assessing risk is learning more about a supervisor's knowledge and expertise using a sliding scale to determine the risk level based on risk factors such as weather conditions, experience, production pressure, site conditions and terrain (ie. a falling operation is likely to have more than 150 risk factors). Health and safety programs and the involvement of the Joint Occupational Health and Safety Committee may also be reviewed as part of the assessment process.

The presentation also provided insights into how companies and workers can use a focus on safety as a starting point when

identifying hazards and developing risk assessments, then ensuring there are good communication strategies in place by proactively putting safety first.

WorkSafeBC's Forestry High Risk Strategy is a good model of a proactive approach to reducing the risks of injury and fatalities in the BC forestry industry. By focusing on high-risk areas and working with employers, supervisors and workers to promote safe practices, the strategy aims to create a safer and more secure work environment for all. 🌲

Workers' Compensation Changes puts Injured Workers First

Courtesy of BC Gov News – Labour Press Release

Amendments to the Workers Compensation Act will better support workers in British Columbia.

These changes will restore fairness for workers injured on the job and their families and bring BC in line with other provinces in providing benefits for injured workers.

"People injured on the job need to know that there is a workers' compensation system that meets their needs," said Harry Bains, Minister of Labour. "With these changes, we're making sure that workers are properly supported when they need it most."

The changes build on improvements to the system this government has been making since 2018. The new amendments make several important changes, including ensuring employers accommodate and re-employ injured workers when they are ready to return and requiring WorkSafeBC to pay interest on delayed benefit payments due to a review or review decision.

Continued on page 7...

Continued from page 6...

In April 2019, the Ministry of Labour launched a review of the workers' compensation system, led by Janet Patterson. Her report, released in August 2020, provided recommendations for system-wide and structural changes to achieve a more effective system for workers.

"Injured workers need somewhere to turn if the Workers' Compensation Board doesn't treat them fairly," said Owen Goodwin, an injured worker. "Making sure there's a fair practices commissioner for workers, a re-employment obligation and protecting our compensation from being eroded by inflation are good steps in the right direction with an important focus on injured workers."

As well, in August 2020, government made important amendments to the Workers Compensation Act that better support injured workers and their families and enhance WorkSafeBC's ability to investigate workplace incidents that result in a worker fatality or serious injury.

Since 2018, WorkSafeBC has also taken an active role to better support workers and treat them with fairness and respect.

Once the legislation passes, WorkSafeBC and the Workers' Compensation Appeal Tribunal will develop the necessary policy and program updates to fully implement the changes.

Review the [Workers Compensation Act amendments](#). 📄

2023 Interior Safety Conference (ISC) Returns as Part of the Interior Logging Association's Conference

The ISC is an annual industry-driven safety conference covering topics of interest to the forest sector as well as a trade show with targeted safety products and services. The ISC is held in partnership with the Interior Logging Association's (ILA) Conference and will be held on May 4, 2023 as part of the 3-day ILA Conference in Kamloops.

Membership with the BC Forest Safety Council (BCFSC)

All companies who pay for their BCFSC contribution through a special assessment collected by WorkSafeBC, can apply to become BCFSC members. By becoming a member, you can nominate Board Members and vote for nominated Board Members to fill vacant roles.

To be eligible for BCFSC membership, companies must belong to one of the following WorkSafeBC Classification Units (CU's):

Rate Group	Classification Unit	Description
GL	703002	Brushing and Weeding or Tree Thinning or Spacing
DR	703003	Cable or Hi-Lead Logging
DR	703004	Dry Land Sort
GL	703005	Forest Fire Fighting
DR	703006	Ground Skidding, Horse Logging, or Log Loading
DR	703008	Integrated Forest Management
DR	703009	Log Booming or Marine Log Salvage
DR	703011	Log Processing
DR	703012	Logging Road Construction or Maintenance
DR	703013	Manual Tree Falling and Bucking
DR	703014	Mechanized Tree Falling
DR	703015	Shake Block Cutting
FW	703016	Tree Planting and Cone Picking
DR	703019	Helicopter Logging
DI	732044	Log Hauling
IA	714022	Sawmill
HV	714019	Pressed Board Manufacture (Wood Pellets and MDF)

Becoming a BCFSC member does not involve any additional effort on your part unless you choose to become more involved.

Board members will be nominated and elected by BCFSC members for two-year terms. Efforts will be made to ensure Board members are qualified to serve on the BCFSC Board of Directors by representing industry sectors and/or having industry skills and experience needed to participate on the Board.

As a BCFSC member in good standing, you will be entitled to attend, speak and vote at the Annual General Meeting, elect the Directors and serve on Board Committees. To apply for membership, email us at: membership@bcforestsafe.org 📧

Thanks to sponsorships from industry, admission to ISC is free with refreshments and lunch provided.

Interior Safety Conference

Date: Thursday, May 4th, 2023 - 8:00am to 4:00pm

Location: [Coast Kamloops Hotel and Conference Centre](#), Kamloops, BC

ISC Conference Registration – visit the [BCFSC website](#) to register today

Coast Kamloops Hotel Booking – book your room under ILA 2023 Delegates

BCFSC staff provides administrative support for the conference. For more information, contact Tammy Carruthers at 1-877-741-1060 or email tcarruthers@bcforestsafe.org

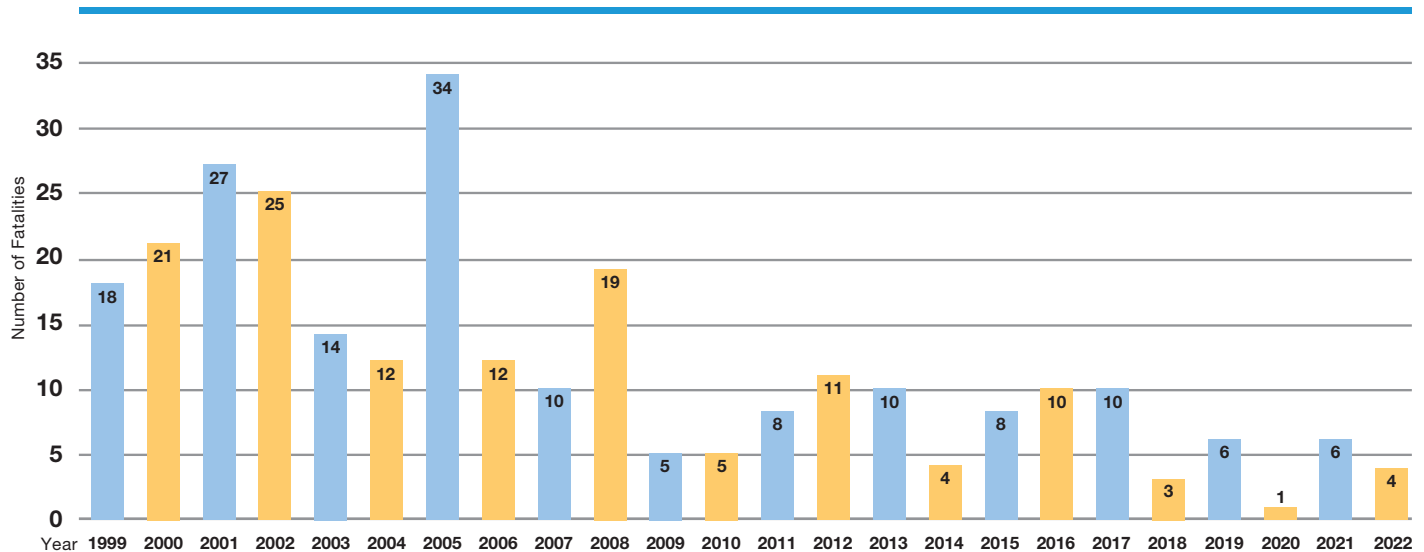
For more information on the **Interior Logging Association's Conference**, May 4 – 6, 2023, visit www.interiorlogging.org 📄



Work-Related Deaths & Injuries



WSBC Accepted Harvesting Work-related Death Claims



This information represents the number of work-related deaths by year in BC, up until February 2023.

FATALITIES

Injury: Fatal (3 workers)

Core Activity: Fixed wing visual flight rule operation / Integrated forestry management
Location: Vancouver Island / Coastal BC
Date of Incident: 2022-Nov

On November 23rd, 2022, a floatplane went down shortly after takeoff and sunk in Strachan Bay, just north of Port Hardy. The pilot and two forestry workers on board were fatally injured.

[Read the BCFCSC Fatality Alert](#)

Recent work-related incidents reported to WorkSafeBC

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

HARVESTING

Injury: Lacerations, fractures

Core Activity: Logging road construction or maintenance / Integrated forest management

Location: Vancouver Island/Coastal BC
Date of Incident: 2022-Nov

A panel of a portable steel bridge (15 metres long) was being transported by an articulating rock truck assisted by an excavator. In preparation for lowering the panel to the ground, the truck driver (worker) climbed up to attach a chain to connect the

bridge panel to the excavator's bucket. The worker lost their balance and fell about 2 metres onto the truck's metal steps.

Injury: Lacerated arm

Core Activity: Cable or hi-lead logging / Integrated forest management

Location: Vancouver Island/Coastal BC
Date of Incident: 2022-Nov

A young worker was using a chainsaw to notch a stump for a guyline (for cable yarding). The chainsaw kicked back, contacting one of the worker's arms. First aid was provided onsite before the worker was transported to hospital.

Injury: Fractures in upper body

Core Activity: Manual tree falling and bucking / Logging road construction or maintenance

Location: Vancouver Island/Coastal BC
Date of Incident: 2022-Nov

A faller was falling timber within a road right-of-way. While cutting trees inside a jackpot, the faller was struck by the end of a cut tree.

Injury: Laceration to leg

Industry: Construction, Forestry

Core Activity: Site surface preparation / Manual tree falling and bucking

Location: Interior BC
Date of Incident: 2022-Oct

A worker was using a chainsaw to trim and buck fallen trees when the saw inadvertently contacted one of their legs.

Injury: Injuries to upper and lower body (1 worker)

Industry: Wildfire

Core Activity: Forest fire fighting (helicopter)

Location: Northern BC
Date of Incident: 2022-Sep

Workers were observing helicopter water-bucket operations on the edge of a wildfire. Rotorwash from the helicopter reached the surface, causing a tree to fall and strike a worker.

MANUFACTURING

Injury: Injuries to leg (1 worker)

Core Activity: Sawmill

Location: Lower Mainland

Date of Incident: 2022-Dec

A worker was performing maintenance on a ring debarker when another worker opened a pneumatic valve that activated the ring centring rolls, injuring the first worker.

TRANSPORTATION

Injury: Lacerations

Core Activity: Chip hauling / Sawmill

Location: Northern BC

Date of Incident: 2022-Dec

In preparation for loading the trailers of a chip truck, a worker had to open the tarps. As the worker tried to open the tarps, they were struck by a piece of ice.

Injury: Contusions, abrasions

Core Activity: Log hauling

Location: Vancouver Island/Coastal BC

Date of Incident: 2022-Sep

A loaded log transporter travelling on a resource road entered a shallow ditch. When the operator tried to drive back onto the road, the truck and trailer rolled onto the passenger side, spilling the load. 🚚



Submit Your Audit Every Year

By Mike Sexton, SAFE Companies Manager

Every year your annual SAFE Companies audit must be submitted by the anniversary of your Certification Audit and any subsequent Recertification Audit **must be submitted on or before the recertification audit date.**

There is a little flexibility within the two maintenance years, but if your due date is between January 1 - June 30 of a given year, your Maintenance Audit must be received no later than June 30th of that same given year. If your audit due date is between July 1 - December 31, then audit submission can be received up until December 31st for **maintenance years only**. We recommend sticking as close as possible to your audit due date to avoid processing delays.

Over the years, BCFSC has provided all companies with reminder emails of their audit due date well before the due date comes into view. Reminders are sent months in advance with a follow-up a month before the audit due date. Although these are welcome reminders, we recommend setting up your own internal reminder processes and discourage relying on just the BCFSC due date reminders in the event that BCFSC reminders are not received. There are many factors that could hinder the receipt of an audit reminder such as software updates, technology security features, outdated contact information, emails delivered to junk mail folders and more which could affect email reminder delivery. In order to avoid the pressure of scrambling to submit your audit and the anxiety it may cause to be removed from the SAFE list, setting a regular reminder for yourself using a calendar app or the like may help ease the stress.

Audits must be fully completed when they are submitted. Every question must be answered either by submitting documentation to answer the question, answering it directly on the form, or checking the box for Not Applicable (as long as it is truly Not Applicable). Please note: I/SEBASE Question 15 is a Prework or Initial Safety Meeting (whatever term you use). It is required in the audit and legislation and/or regulation. The documentation for this question can come in many forms: emails, text, maps, contracts or full documented Pre-work or Initial Safety Meeting(s).

If you have any questions about your audit, contact SAFE Companies at 1.877.741.1060 or via email at safeco@bcforestsafesafe.org. 🌲



BC Forest Safety

Company Submission (Complete all questions on this page)

Check one box in each of the following questions 15-22 on this and next page

15 - Pre-work planning	
<input type="checkbox"/>	Submit one filled-out pre-work or block plan.
----- OR -----	
<input type="checkbox"/>	Submit a blank pre-work if the company usually uses pre-work plans, but did not work during the past 12 months.
----- OR -----	
<input type="checkbox"/>	The company is not directly involved in an activity requiring formal pre-works.



Incident Reporting – It's Your Responsibility

When a serious injury occurs on the worksite, it is an employer's responsibility to report the injury to WorkSafeBC immediately.

Workers Compensation Act Part 2 Division 10 Section 68 – Immediate notice of certain accidents states an employer must immediately notify the Board of the occurrence of any accident that:

- a) resulted in serious injury to or the death of a worker,
- b) involved a major structural failure or collapse of a building, bridge, tower, crane, hoist, temporary construction support system or excavation,
- c) involved the major release of a hazardous substance,
- d) involved a fire or explosion that had a potential for causing serious injury to a worker, or
- e) was an incident required by regulation to be reported.

This raises the question as to what is considered a serious injury. WorkSafeBC identifies a serious injury as any injury that can reasonably be expected at the time of the incident to endanger life or cause permanent injury. Serious injuries include both traumatic injuries that are life threatening or that result in a loss of consciousness, and incidents such as chemical exposures, heat stress, and cold stress which are likely to result in a life-threatening condition or cause permanent injury or significant physical impairment.

Traumatic injuries that should be considered "serious injuries" include:

- Major fractures or crush injuries, such as
 - » A fracture of the skull, spine, or pelvis
 - » Multiple, open, or compound fractures, or fractures to major bones such as the humerus, fibula or tibia, or radius or ulna
 - » Crushing injuries to the trunk, head or neck, or multiple crush injuries

- An amputation, at the time of the accident, of an arm or leg or amputation of a major part of a hand or foot
- Penetrating injuries to eye, head, neck, chest, abdomen, or groin
- An accident that caused significant respiratory compromise, or punctured lung
- Circulatory shock (i.e., internal hemorrhage) or injury to any internal organ
- Lacerations that cause severe hemorrhages
- All burns that meet the rapid transport criteria of the Occupational First Aid Training Manual, including
 - » Third degree burns to more than 2% of the body surface
 - » Third degree burns to the face, head, or neck
 - » Burns of any degree with complications
- An asphyxiation or poisoning resulting in a partial or total loss of physical control (i.e., loss of consciousness of a worker in a confined space) or a respiratory rate of fewer than 10 breaths per minute or severe dyspnea (difficult or laboured breathing)
- Decompression illness, or lung over-pressurization during or after a dive or any incident of near drowning
- Traumatic injury which is likely to result in a loss of
 - » Sight
 - » Hearing
 - » Touch

Injuries that require a critical intervention such as CPR, artificial ventilation or control of hemorrhaging or treatment beyond First Aid, such as the intervention of Emergency Health Services personnel (e.g. transportation to further medical attention), a physician and subsequent surgery, or admittance to an intensive care unit should also be considered "serious injuries."

Section 68 identifies **an** employer, not **the** employer. This means the responsibility is shared with other employers on site who are aware of the accident, and it becomes especially relevant if the injured worker is also an employer and unable to report the accident.

Workers Compensation Act Part 2 Division 4 Section 30 - Responsibility when obligations apply to more than one person:

- 1) This section applies if one or more OHS provisions or provisions of the regulations impose the same obligation on more than one person.
- 2) If one of the persons, subject to the obligation, complies with the applicable provision, the other persons, subject to the obligation, are relieved of that obligation only during the time when:
 - a) simultaneous compliance by more than one person would result in unnecessary duplication of effort and expense, and
 - b) the health and safety of persons at the workplace is not put at risk by compliance by only one person.

In some instances when a serious incident occurs, the injured worker may walk off the work site on their own impulse and the seriousness of the injury is not fully known at that time. If the injury is later determined to be serious, it still must be immediately reported.

But the requirement to immediately report a serious injury or fatality is separate from the requirement to report injuries for claims purposes. **Filing a Form 7 will not satisfy the obligation to immediately report a serious injury or fatality.** Failure to immediately notify WorkSafeBC of a serious injury or fatality will be considered a breach of section 68 of the Act and may result in an administrative penalty.

To report a serious incident or fatality, phone 604.276.3100 (Lower Mainland) or 1.888.621.7233 (1.888.621.SAFE) (24 hours a day, 7 days a week). 📞

REMINDER – Changes Coming in March for New Faller Trainees

In the December 2022 edition of Forest Safety News, we identified changes taking place for new BCFSC faller trainees in their '180-day' work period beginning March 1, 2023. These changes were also shared by email and consist of:

- Faller Trainee Weekly Training and Progress Reports are required to be completed by a BCFSC certified faller.
- Completed reports must be received by BCFSC within two-months of the end of the reporting period identified on the report.

For example, if the report is dated the week of January 6-10, 2023, the report must be submitted no later than March 10, 2023. Reports will not be accepted if they are not submitted within the two-month timeframe.

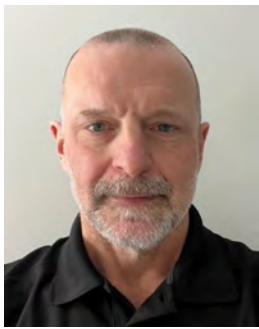
If you have any questions regarding these changes, please contact the Falling Department toll free 1.877.741.1060. 📞

New Faller Training

The fall 2022 session of the New Faller Training course took place in the Shawnigan Lake area from October 7 – November 9, 2022. Thank you to Chris Carswell from Mosaic Forest Products and Jason LaRush of Sunset Logging Ltd. for supplying the timber and their ongoing support of the program. 🙏



Left to right: Trainers John Jacobsen and Wayne Miller; Trainees Joshua Wacey, Cody van Werkhoven, and Marc-yvan Larouche; Trainer Mike Davidson.



Dorian Dereshkevich Takes on the Role of BCFSC Manager of Transportation and Northern Safety

BCFSC is pleased to welcome Dorian Dereshkevich as Manager of Transportation and Northern Safety. Dorian has over 25 years experience in forest operations, safety performance and contractor/client relations. Prior to this new role, Dorian worked as the General Manager of Forestry Operations for Sasuchan Development Corporation and also worked for Canfor as Operations Superintendent, FP Innovations Coordinator, a Log Rate Analyst and Field Operations

Coordinator. He holds a Bachelor of Science in Forestry and is a Registered Professional Forester.

"We are very happy to have Dorian join BCFSC. His extensive experience in forest operations will be an asset in further improving transportation safety within the province." Dustin Meierhofer, BCFSC Transportation and Northern Safety Director".

Dorian will be based in the Prince George office working closely with industry partners on developing transportation safety initiatives and

focussing on forestry safety in BC.

"I'm excited to join the BCFSC team and look forward to working with industry partners to build upon the strategic priorities of the organization and continue to enhance new and existing programs in order reduce injuries within the forestry sector." Dorian Dereshkevich, Manager of Transportation and Northern Safety.

Please join us in welcoming Dorian to the BCFSC Team. 🙌

TAG is Releasing a Mobile Equipment Extraction Video Using Extraction Scenarios that Could Help Save Lives

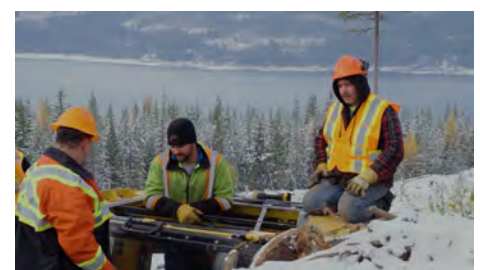
Steep slope harvesting is expanding in BC and given this, the risk of equipment roll-over, particularly feller bunchers, can be high and the consequences deadly. An effective Emergency Response Plan is critical to work site safety. These plans rely on solid communication strategies, having the right equipment on site and regularly practiced drills.

WorkSafeBC recently amended the OHS Regulation Part 16 - Mobile Equipment which sets out the legal requirements for mobile equipment in forestry operations. These amendments effect harvesting operations using a feller buncher, a timber harvester or a timber processor with a significant risk of rollover or tip over when operating on a sloped forest worksite other than a road or landing. The Regulation requires this equipment to have a powered cutting

tool attached to the inside of the cab capable of cutting through steel guard bars and polycarbonate windows in a timely manner to provide an emergency means of escape for the operator.

Working with a BC logging contractor, the Trucking and Harvesting Advisory Group (TAG) has developed an Emergency Response Plan - Extraction Drill Video to raise awareness of this safety issue and stress the importance of including extractions in Emergency Response Plans. The video will be available March 15th and features a logging crew conducting an emergency extraction drill. It demonstrates the process and tools used for a crew-initiated extraction as well as a self-extraction done by the operator inside an over-turned cab and discusses the insights learned by the owner, the crew and the operator during the exercise.

To view the video, visit the [BCFSC YouTube channel](#) on March 15th and learn more about how extraction drills could help keep your crews safe. 🙌



Trucking and Harvesting Advisory Group (TAG) Releases Two New Safety Videos to Promote Safe Work Practices for Log Haulers

The Trucking and Harvesting Advisory Group (TAG) has been at the forefront of promoting safety and best practices in log hauling. Recently, TAG released two informative safety videos on the [BC Forest Safety Council's \(BCFSC\) YouTube channel](#). These videos were developed with the leadership and support of TAG and the Log Truck Technical Advisory Committee (LTTAC). They provide, and provide valuable insights into safe work procedures for load securement and lift strap inspections.

LOADER ASSIST PROCEDURE VIDEO

Back and shoulder injuries are common risks log haul drivers face when throwing wrappers. By using a log loader to place the wrappers, the risks of injuries are significantly reduced. However, it is important to assess and manage the risks the loader assist process presents. This video explains risk assessment criteria and demonstrates an effective loader assist safe work procedure.

MOLLY / LIFT STRAP SAFETY INSPECTION VIDEO

A failed lift strap can pose a significant risk to a driver and their equipment. If a lift strap fails while unloading or loading a trailer, it can lead to substantial risks of injury and damage to expensive equipment. Regular lift strap inspections can help reduce both risks. This video demonstrates a process for inspecting lift straps and identifies what the driver needs to watch for so they can have the lift strap replaced before it fails.

These videos are valuable resources for log haulers and were produced in partnership with Canfor, Gorman Group, Conifex, Interfor, Mosaic, Tolko, West Fraser, Weyerhaeuser, the Sinclair Group and BCFSC with special thanks to LTTAC and the LOTS Group. The ongoing collaborative efforts of these organizations shows their dedication to promoting a culture of safety and their commitment to reducing the risk of incidents and injuries. 🚚



Electronic Logging Devices (ELDs) will Make BC Roads Safer

The latest National Safety Code (NSC) Bulletin from the Ministry of Transportation and Infrastructure replaces the NSC Bulletin 01-2021 and provides updated information on the use of ELDs in British Columbia. Effective August 1, 2023, Division 37 of the Motor Vehicle Act Regulations (MVAR) will be repealed and replaced with an updated and restructured Division that implements a provincial ELD mandate that effectively mirrors the federal ELD mandate.

Overview

On June 12, 2021, updates to the federal Commercial Vehicle Drivers Hours of Service Regulations (CVDHOSR) came into force. These changes made it mandatory for commercial motor vehicle drivers who cross provincial/territorial borders to use ELDs to record their hours of service (HOS). By mutual agreement, all provinces and territories began enforcing this mandate on January 1, 2023.

Continued on page 14...

Continued from page 13...

On February 9, 2023, the B.C. Government approved new orders that implement and support the enforcement of a provincial ELD mandate. These orders were approved and were deposited on February 13, 2023, with the following in force dates:

- In force on February 13, 2023:
 - Order #3: Use of Electronic Devices While Driving Regulation
- In force on August 1, 2023:
 - Order #1: Motor Vehicle Act Regulations (MVAR) to repeal and replace Division 37
 - Order #2: Violation Ticket Administration and Fines Regulation (VTAFR)
 - Order #4: Motor Vehicle Fees Regulation

As is the case under the federal ELD mandate, BC's new regulations will require all ELDs to be certified by an accredited certification body under CVDHOSR section 79.1 to be considered compliant with BC's regulations. A list of certified devices is maintained by Transport Canada.

Along with introducing a provincial ELD mandate, repealing and replacing MVAR division 37 allowed the opportunity to restructure and modernize the division, ensuring consistency with current drafting standards. The underlying hours of service requirements remain unchanged.

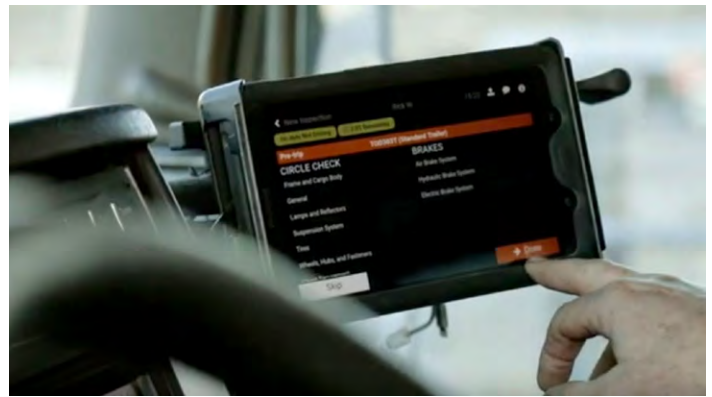
Intended ELD Exemptions

As part of the provincial ELD mandate, the CVSE Director has the authority to issue exemptions from the requirement to use an ELD if the Director "considers it desirable for the purposes of more effectively promoting and securing road safety".

While ELD exemptions will not be officially issued until August 1, 2023, when the new regulation comes into force, there is a list of the ELD exemptions that the CVSE Director is currently intending to issue. These intended ELD exemptions are subject to change. Read the [full National Safety Code Bulletin](#) for more information on these exemptions. Any changes prior to August 1, 2023 will be published as an update to the bulletin.

For vehicles that operate across provincial and territorial borders, the only applicable ELD exemptions are those defined in CVDHOSR section 77 (1) and 77 (3).

If there are other ELD exemptions that you believe should be considered, please submit a written request (NSC@gov.bc.ca Attn: NSC Manager) including detailed



information on the reasons for your request as well as how the exemption would help more effectively promote and secure road safety.

Unless the driver is exempt from HOS requirements or is eligible to use a local time record, an exemption from an ELD means the driver will be required to complete a record of duty status (known as a daily log under the current regulation) but may do so without requiring the use of an ELD.

Transitioning from paper daily logs to ELDs

Carriers who have to use ELDs under the provincial mandate are strongly encouraged to move forward with selecting, purchasing and installing ELDs to ensure they have adequate time to train drivers and dispatchers.

Compliance Circular 03-17 remains in effect and provides guidelines for continued use of paper daily logs/records of duty status (RODS) while a carrier is testing, or a driver is being trained on the use of an electronic method of recording HOS.

CVSE will be updating the Carrier Safety Guide and all other NSC materials to reflect the new regulations as well as the provincial and federal ELD mandates.

CVSE will also be working with industry partners, including the BC Trucking Association, to schedule information sessions on the provincial ELD mandate and the restructuring of MVAR Division 37. If you are interested in hosting one of these sessions, please submit a written request (NSC@gov.bc.ca Attn: NSC Manager).

If you have any additional questions about the use of ELDs in BC or the upcoming changes to MVAR Division 37, contact the NSC program office at NSC@gov.bc.ca or 250.952.0576.

Read the [full National Safety Code Bulletin](#) with links to additional resources and information from the BC Ministry of Transportation and Infrastructure. 🚚



Manufacturing Safety Advisory Groups

BCFSC works closely with industry safety groups and advisory committees to create resources and develop industry training to help keep workers safe.

We recognize the invaluable support these advisory groups provide and why it is so critical to have committee chairs leading the charge.

"One of BCFSC's key beliefs is that injury prevention is most effective when the overall industry owns and leads the change."

Industry advisory groups are fundamental in supporting this belief and are the backbone of BCFSC's programs and business plans. The chairs of the advisory groups play a critical role and provide leadership in the planning, organization, and operation of the activities. Without the leadership, guidance, time, and expertise that the chairs and members provide, industry would not benefit from the many programs and initiatives that support injury reduction and improved safety performance."

We would like to thank all of the industry advisory groups and chairs for their leadership on issues and their continued commitment to ongoing collaboration across industry. We truly believe that this level of commitment will be what drives our industry's safety performance to the next level."
- Rob Moonen – BCFSC CEO

BCFSC would like to acknowledge the exiting chairpersons for two of our advisory groups, MAG and WPAC, and welcome the new chairpersons stepping into these positions.

Manufacturing Advisory Group (MAG)

MAG helps support industry to achieve continuous improvement in safety performance. The core goal is to achieve workplace environments free of injuries, incidents and near misses.

Previous Chair: David Murray (2019-2022)

David Murray has participated in the Manufacturing Advisory Group (MAG) since its inception and for the past three years he has skillfully chaired the initiatives delivered by this advisory group.

David has been a champion of the use of leading indicators such as Serious Injury and Fatality Reporting (SIFp), industry-wide sharing of Best In Class Practices, Lockout Verification, Mobile Pedestrian Interface and Supervisor Training. David's commitment to promoting safety culture and his dedication to ensuring every worker gets home safe every day has been recognized throughout BC and Canada with safety results that are proven to significantly reduce incident risks for workers.

David's leadership during the COVID pandemic was critical in promoting best practices for COVID controls shared across the MAG companies.

David was also the 2022 recipient of BCFSC's MVP Award in Wood Products Manufacturing where he was recognized as a safety leader at the Vancouver Island Safety Conference last October.

"David has been an effective Chair in promoting collaboration and the use of Leading Indicators throughout the Sawmill Industry. We thank David and welcome Scott Wynn to the chair role as we continue our journey to reach our goal that 'Every Worker

gets Home Safe Every Day' "
- Dave Lehane, BCFSC Board Chair & MAG Group Facilitator

"It's been an honour serving as the MAG chairperson for the past few years amidst the pandemic. Our goal was to ensure our employees were able to safely work in our mills during COVID, while continuing to progress the wood product manufacturing safety agenda focused on inherent industry risks. I think we achieved this objective, and I am excited to see where Scott Wynn will take our group as the new Chairperson."
- David Murray Exiting Chair, HR Safety and Environment Manager – Gorman Group

New 2023 MAG Chair: Scott Wynn



Scott Wynn will be taking on the role as the new Chairperson of MAG. He is currently working as an Occupational Health and Safety Specialist for Tolko Industries Ltd. supporting the lumber, veneer and plywood sector.

Scott was born in Kamloops and raised in Sorrento BC. He resides in Williams Lake with his wife of 12 years and enjoys all BC has to offer in the outdoors. His educational background includes a Certificate of Occupational Health and Safety and an Associate Certificate, Occupational Health and Safety Practitioner from BCIT. He also

Continued on page 16...

holds a Gold Seal Certification from the Canadian Construction Association as a Construction Safety Coordinator.

Scott began his career in Adams Lake with Interfor as a Safety Charge Hand and then transitioned to Safety Coordinator for Interfor's Kootenay Operations. He worked with Interfor for eight years working with great mentors like David Murray. Since joining Tolko in 2015, Scott has continued to devote his efforts to improving safety in wood products manufacturing.

As the new chair of the MAG committee, Scott's goals are to continue to focus on the practical side of safety.

"This will be important as we are heading into a period of market difficulties. Efficient, economical and practical solutions will be key.

We need to understand the needs of the workplace and help workers and site management teams achieve their goals. Improving safety performance by providing practical and relevant resources is how we best support them in the near term. A good example of this currently is the free Wood Manufacturing Supervisor Training program provided in partnership by MAG and BCFSC."

Wood Pellets Association of Canada Safety Committee (WPAC)

The WPAC Safety Committee is dedicated to improving the pellet industry's collective environment, health, safety, and sustainability performance; to create a reputation with regulatory authorities and the public as an industry that is highly effective at managing environment, health, safety and sustainability; and to learn and share best practices regarding the environment, health, safety, and sustainability.

Previous Chair: (2014-2022) Scott Bax CEO - Peak Renewables

Scott has worked across the forest products industry in diverse leadership roles including forest management and harvest operations, mill operations and residual based renewable energy products (aka, wood pellets) for over two decades. He is currently the CEO at Peak Renewables and prior to that, was the Chief Operating Officer at Pinnacle Renewable Energy (now Drax).

He was Chair of the WPAC Safety Committee for nine years and in this role, he was dedicated to striving for safe wood pellet plants by improving better safety processes and reducing hazards and risks to industry workers. A leader in pellet safety and operations, Scott was recognized as one of the Top 36 Most Influential Leaders in the Biomass Industry in 2016. He is also a BCFSC Board Member.

2023 New Chair: Julie Griffiths MSc, P. Geo - Shaw Renewables



Julie Griffiths will be taking on the role as the new Chairperson of WPAC. She currently works as a Quality, Sustainability, and Environmental Program Coordinator for Shaw Renewables and is responsible for quality and sustainability programs, certifications, environmental and greenhouse gas reporting, and various process control/standardization projects.

Julie grew up in Moncton, New Brunswick and became interested in the forest industry while working with the Environmental Science Field School at Dalhousie University in Nova Scotia. She has an Advanced Major in Earth Sciences and a Master of Science from Dalhousie University. Julie and her family reside in Fletchers Lake, Nova Scotia and enjoy travelling and all things nature.

Throughout her career with Shaw, Julie has embraced safety as the #1 priority. It has been at the forefront of everything in her daily work life from conducting job risk assessments, identifying near misses and hazards, and attending safety committees and toolbox safety meetings.

As her career progressed, her interests in the wood pellet industry grew and she began to transition to Shaw Renewables in 2015. In 2022, Julie became the Chair of the Dust and Fire Management Team for Shaw Renewables, which is committed to a goal of zero fires through continuous fire prevention improvements. Over the years, she has worked with the WPAC team on a variety of projects and fully embraces the safety committee's goal to put the industry at the front line of safety by improving on the industry's collective safety performance. When the opportunity arose, she was keen to take on the role as the Safety Committee Chair.

One of Julie's objectives as Chair will be to engage committee members to participate and share safety learnings. *"The pellet industry is still relatively new, so we need to grow our safety culture, together. I would like to see more engagement from industry and to make sure everyone is aware of the great work that the committee does. Safety is never finished, we don't just walk across the finish line, and say "ok, we did it", it's about continuous improvements and the best way to do this in a newer industry is through shared knowledge."*

Gordon Murray, Executive Director of the Wood Pellet Association of Canada addressed the change.

“Scott Bax has stepped down as chair of WPAC’s safety committee after nine years at the helm. This is an astonishingly long tenure for a volunteer position. Scott made an enormous impact by leading the safety committee’s establishment, identifying key priorities and driving enthusiasm across the Canadian pellet sector. I have the greatest respect for the job he did and I’m glad he will continue to participate as a committee member.

We’re fortunate now to have Julie Griffiths of Shaw Renewables taking on the chair role. Shaw has a great reputation as a safety leader amongst Maritime producers. She’ll bring a vast knowledge and

enthusiasm to the WPAC safety committee. We’re looking forward to her leadership and give her our strong support.”

As the past Chair of the WPAC Safety Committee, Scott Bax had some inspiring words for the new Chair.

I would like to welcome Julie Griffiths as the committee’s new Chair. Julie is an amazing person who has been regularly involved in the committee. She brings a tremendous wealth of knowledge and network to the role and a passion for people and safety. I had the amazing opportunity to Chair the Safety Committee for the last nine years. In our early days, we quickly found we needed focus on improved alignment with the regulators and collaborate on paths forward to safe outcomes each and every day. We chose to

*set clear goals, focus on member engagement, work collaboratively with regulators and to grow our knowledge through the involvement and expertise of others. Above and beyond, **we agreed we would not compete on safety. We agreed, together we could achieve more.***

As the Safety Committee moves forward through 2023 and beyond, we will see it continue to accomplish great things that make our industry safer each and every day through resource development and sharing insights. Please join me in welcoming Julie to her new role.

Read more about Julie’s philosophy on safety leadership and her new role as WPAC Safety Committee Chair in her interview in [Canadian BioMass Magazine](#). 🌱

Weekly Shares on Manufacturing Safety Support a Strong Safety Culture

Every Tuesday and Thursday, BCFSC sends subscribers two safety resources to help workers stay safe on the job. On Tuesdays, the BCFSC sends out a Crew Talk with safety-related information to help support a short (five minutes or less) safety conversation at the beginning of meetings, pre-job/shift meetings and/or JOHSC meetings.

Every Thursday, BCFSC sends out a Manufacturing Safety Alert that provides information on recent incidents and industry best practices in forest products manufacturing.

If you haven’t done so already, BCFSC encourages you to subscribe to these weekly safety shares to keep current with the latest industry information and safety topics to help build a strong foundation of safety culture in your organization.

To subscribe to the weekly Manufacturing Safety Crew Talk and Safety Alert, visit the BCFSC website.



We also welcome all incident or near miss submissions. If you have an incident you’d like to share, please forward the information to Bill.Laturnus@bcforestsafe.org. BCFSC will review and remove all identifying information to protect the privacy of the worker and the company.

Download the [BCFSC Crew Talks](#)

Read the [Manufacturing Safety Alerts](#) 🌱

WorkSafeBC's Strategy to Promote Safe Working Environments in the Wood Products Manufacturing Industry

WorkSafeBC's Wood Products Manufacturing High Risk Strategy was developed to reduce the risk of serious injuries in the wood products manufacturing industry. This strategy was created using injury data from BC wood products manufacturing operations to identify the most significant risks to workers. The data revealed machine safeguarding, powered tools, hand tools, material handling, falls, mobile equipment, combustible dust, and musculoskeletal injuries (MSI) to be the highest risk factors.

During their presentation to the BCFSC trainers last October, in addition to the WorkSafeBC overview on the Forestry High Risk Strategy, they also provided an overview of the Wood Products Manufacturing High Risk Strategy specific to the Occupational Health and Safety Regulation section 10.12 - Working with Energized Equipment as it relates to sawmills. This overview shed light on the importance of critical controls in working with energized equipment. WorkSafeBC explained that their approach involves working with employers and employees to identify hazards, assess risks and implement suitable and compliant control measures. This includes communicating critical control measures to workers and monitoring their effectiveness. This works begins with employers assessing their critical control strategies by focusing on:

- Safeguarding and lockout inspections have a greater focus on traditional lockout situations as well as normal operations safeguarding.
- In circumstances where energized equipment is required to complete a task, it is imperative that employers can demonstrate why, what, and when the energy is required.
- The risk assessment and procedure will dictate how workers can perform the task safely.
- The critical controls for these situations are:
 - Identification of tasks requiring removal of safeguards
 - Identification of tasks requiring energy to troubleshoot, clean, or maintain equipment
 - Identification of energy sources required to be energized vs those to be locked out
 - Risk assessment of the tasks requiring energy
 - Safe work procedures developed for the tasks
 - Training and competency assessments of the workers in energized work procedures
 - Authorization process prior to completing work in an energized environment
 - Monitoring and supervision

WorkSafeBC has developed a series of self-evaluation tools to help manufacturers identify, control, and manage specific risk areas. These resources include self-evaluation tools, manuals, and guides for safeguarding and lockout, combustible dust, falls from elevation, Musculoskeletal injury, mobile equipment, and slips, trips, and falls and others. Employers, joint health and safety committees, and anyone operating machinery and equipment can access these valuable tools and resources by visiting the WorkSafeBC website.

The Wood Products Manufacturing High Risk Strategy is a crucial step towards promoting a safer working environment in the wood products manufacturing industry. By working with employers and employees to identify hazards, assess risks, and implement these critical controls measures, WorkSafeBC can help reduce the risk of serious and ensure the health and safety of all workers. 🌱



Safety Training 2023

In-person and online courses can help grow or refresh your safety knowledge

For over 17 years, BC Forest Safety Council has supported the ongoing development of confident, competent and well-trained forestry workers, where safety is integrated into every action, process and decision.

We now offer more than 50 courses to workers and companies in harvesting and wood products manufacturing.

BCFSC training courses help companies large and small ensure safety knowledge is at the forefront of daily operations. Our qualified classroom and in-field instructors bring decades of forest industry experience and knowledge to the table. Our online courses have been developed with industry partners and subject matter experts to deliver robust content tailored to worker safety in various occupational classifications from general forestry to supervisor training.

As a not-for-profit organization, our course fees are based on cost-recovery to help keep training costs affordable and we also deliver many courses at no charge.

BCFSC training includes a wide offering of:

- in-person training (classroom, in-field and requested training)
- online courses
- blended courses combining online and in-person training

Here is a glimpse of the BCFSC industry-developed training courses that will help improve and enhance workplace safety for your crew.

In-Person Training Options:

Our in-person training is offered in various locations all over the province and provides the benefit of interacting with other forestry workers and providing shared experiences. This enhances the course content as only in-person training can.

Requested Training: If scheduled BCFSC sessions don't mesh with your calendar or location, we also offer requested group/company training and can deliver the courses you want, at dates and locations that fit your needs.

Some popular in-person courses include:

- Forest Supervisor Due Diligence
- Forest Supervisor Communication
- Forest Supervisor Leadership
- Incident Investigation (basic)
- Joint Health & Safety Committee
- Small Employer OHS (initial, refresher)

Other courses such as Resource Road Safety and Driver Training and Basic Chainsaw Operator are offered through external training providers.

Online Training Options:

Our online training provides the convenience of accessing courses at any time and completing them at your own pace. Some of the benefits include:

- Self-enrollment and self-paced completion
- Courses in general forestry, harvesting, hauling, manufacturing, and more.
- 35+ courses, most free of charge

Blended Training Options:

BCFSC's blended courses combine online and in-person training which allows course participants to get a thorough knowledge base by completing the online portion of the course before participating in the classroom or in-field sessions where the practical components are taught.

Current blended courses:

- BASE 4 Internal Auditor Training
- Resource Road Driver Training (knowledge unit online, in-field course offered through Overland Training Canada)
- New Faller Training

Coming Soon:

- ATV/ORV Training is being piloted in April 2023
- Basic Incident Investigation blended online/virtual training is being piloted in March 2023
- Dangerous Tree Awareness online course anticipated Q1 2023

Visit our [website](#) to explore available BCFSC course options for BC Forestry workers or go to our filterable [Course Catalogue](#) for course descriptions and information. 🌲



Small Employer Occupational Health and Safety Online Training is Now Available

By Gerard Messier, RFP, BCFSC Program Development Manager

New employers looking to gain their SEBASE or ISEBASE SAFE Companies certification can now access an updated Small Employer Occupational Health and Safety (OHS) online training course. This new course explains how to build an effective safety program AND how to successfully complete the SAFE Companies audit.

Online learning allows 24/7 access to the course wherever you are. All you require is a good internet connection, a device with audio capabilities and enough time to participate in the training. This new online course offers foundational OHS training and features updated content with new OHS regulations and an updated course appearance to provide a better learning experience for participants.

The course has been designed to be more visually appealing to help keep learners engaged. It includes videos and interactive quizzes to help reinforce important concepts as well as narrated slides to help reduce the amount of reading time required for text-based information which should aid in reducing screen and learner fatigue. There is also a feature that tracks a participant's progress and remembers where they left off.

BCFSC SAFE Companies Advisors were actively involved in the development of the course content and contributed tips that will make passing the audit easier. The course includes a realistic forestry case study that features a company investigating a near miss incident and receiving advice from a SAFE Companies Advisor. The outcome of the case study showcases how a BCFSC Safety Advisor can assist companies with improving their safety programs with a focus on worker safety.

This new course was designed with the intent of providing participants with a step-by-step guide to follow for audit requirements with the end result of completing an audit submission. The training helps participants evaluate their current safety program, identify any gaps and provides resources (procedures, forms, policies) to help fill those gaps.

The cost of the new Small Employer Occupational Health and Safety Online Training is \$100 + GST and is accessible by completing an enrollment form located on the Small Employer Occupational Health and Safety webpage.

BCFSC has also scheduled some classroom-based sessions in 2023 which includes in-person instruction, training materials, refreshments and lunch. The cost is \$357 + GST. Visit the Small Employer Occupational Health and Safety course page for dates and locations of the in-class training sessions. 📍



BC Forest Safety

BCFSC FREE WEBINAR

"If You Want To Change Your Culture, You Need To Change Your Questions"

The art of asking versus telling.



Hosted by: Shannon Overland, MA, CEC, ACC
DEKRA Strategic Consulting

Thursday, March 16, 2023
2:00-3:00 PT



Register Today

Utilizing open-ended questions is not as easy as you may think. Engagement - specifically how we ask questions - is critical to building the trust, psychological safety, relationships and accountability necessary for culture change.

BCFSC is hosting a free webinar intended for forest workers/supervisors in leadership positions. Join us for this presentation by Shannon Overland from DEKRA Strategic Consulting where she will help set you on a path to creating conversations that matter and will give you a clear outlook on how to create a culture of connection.

**Thursday, March 16, 2023
2:00-3:00 PT**

Register today

Shannon Overland, MA, CEC, ACC
Principal consultant, DEKRA Strategic Consulting

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

Closing Gaps in Safety Knowledge Through Worker Training and Assessment

By Gary Banys, BCFSC Training Logistics Coordinator

Completing individual worker assessments is an important part of a safe and successful forestry operation. One-on-one worker assessments are necessary to ensure there are no gaps in the knowledge, skills and attributes each worker requires to do their job safely and productively.

Forestry occupations require different knowledge and skillsets to perform the job at hand. Through industry collaboration, BCFSC has developed valuable resources to help employers evaluate and train their workers in a variety of occupations. These [free assessment tools and training materials](#) will benefit all workers and help make workplaces safer. Here are three examples of what BCFSC has to offer:

Basic Forest Worker Training and Assessment

Forest workers need to have knowledge of BC's forest industry, including: worksites, risks and hazards, regulatory requirements and standards required to help keep themselves and others safe on the job.

- BCFSC has a Basic Forest Worker Assessment that includes a competency conversation to support a supervisor and a worker in discussing personal and worksite safety. This can be used for onboarding new workers, or gauging understanding of current employees.

To address knowledge gaps identified by a worker assessment, or to simply provide introductory training to workers, there are two options available for training:

- Free online training in our [Learning Centre](#). This option will result in a Record of Completion being issued by BCFSC.
- Employers can download any of the 12 free [Learning Resources](#) to augment on-the-job training programs.

Light Truck Driver Training and Assessment

Driving on resource roads requires skills and knowledge unique from operating on other roads. It is critical that resource road users understand and follow resource road safety rules.

Supervisors can use the [Light Truck Driver assessment](#) as a competency check of knowledge for workers who operate pick-up trucks while at work.

Light truck drivers who require training can enrol in hands-on Resource Road Safety/Driver training through a 1-day

or 2-day in-person session. Professional instructors offer training throughout the province.

Prior to attending in-person training, the online Resource Road Driver Knowledge Unit course must first be completed. This course is free and is also available to employers who choose to provide on-the-job driver training internally, based on their operational needs and the knowledge level of their workers.

Visit the Resource Road Safety [web page](#) to learn more.

Quotes from course participants:

"I felt safe despite my inexperience"

"I feel more confident on the road after taking this training"

"Good refresher for long time drivers"

"Great course, very helpful in terms of forestry work"

"The trainer made sure the driver was feeling confident and comfortable. Took the time to teach and was very patient"


Marine-based Forestry Operations – Operator Assessments

Marine-based forestry operations have added safety challenges and risk factors requiring additional considerations for employer and worker safety. Operators of small passenger vessels transporting forest workers carry a great deal of responsibility for ensuring their safe transport.

Supervisors can use the following assessments as a competency check of knowledge for their workers:

- [Small Passenger Vessel Operator \(crew boat\)](#)
- [Boom Boat Operator](#)

While BCFSC does not offer training for marine based forestry occupations, helpful resources are available, including the [Marine Passenger Safety Guide](#) and [Key information for small commercial passenger vessels carrying forestry workers](#).

Look for an overview of worker training and assessments for other forestry occupations in the June issue of Forest Safety News. For more information about worker assessments and training, contact us at training@bcforestsafesafe.org. 



Feeling anxious? You're not alone.

By Dr. Delia Roberts

Anxiety and related disorders are one of the most common types of mental health challenges. More than 30% of people will suffer from anxiety severe enough to have a large, negative impact on their work and relationships at some point in their lives. However, anxiety disorders are often under-diagnosed and even when recognized, 40% of people receive no treatment. People with anxiety disorders have also have higher rates of other mental and physical ailments that may not be treated appropriately. This means that many people who could be living happier, healthier lives are not getting the help that they need. If you, or someone you know suffers from constant fear and anxiety, this article is for you.

Everyone has things that they are anxious and worry about. A small amount of nervousness can help us pay attention to things that are important. But when these worries expand to overwhelming feelings of fear, dread, avoidance and constant uneasiness, it's time to get some help. Left untreated, anxiety disorders have negative impacts on health and get in the way of day-to-day life. They can severely impair one's ability to work, relate to others and function well in all aspects of life.

The causes of anxiety disorders are not known, but rates are higher in people with certain chronic health issues like cardiovascular disease, thyroid problems, obesity and a family history of anxiety. It is also common for people with anxiety disorders to suffer from other mental health issues, like PTSD and depression. Suicide rates are twice as high in those with anxiety disorders so it's very important to seek medical help if you are struggling with anxiety.

Types of Anxiety Disorders

There are a number of different types of anxiety disorders. Some of the main

classifications and their key screening questions are:

Generalized Anxiety Disorder (GAD). In GAD people worry excessively about a wide range of things like family, work, health and money.

- During the past month have you felt anxious and worried most of the time?
- Are you frequently tense and having trouble sleeping?

Social Anxiety Disorder (SAD) is when the worries are centered around social situations. This can be more generalized (like being anxious about going to a party) or more specific (like panic when faced with speaking in front of a group of people).

- Does fear of embarrassment cause you to avoid doing things or speaking with people?
- Is being embarrassed or looking stupid among your worst fears?

Panic Disorder is characterized by sudden overwhelming feelings of fear and panic. There are usually physical symptoms like racing and/or pounding heartbeats, sweating, and difficulty breathing.

- Do you have repeated sudden episodes of intense fear or discomfort?
- Have you worried about a subsequent attack over the month following a panic attack, or significantly changed your behavior to avoid the panic trigger?

Phobias are disorders where a fear becomes constant and grows way out of proportion to the event or thing. Avoidance of the trigger can take over other life behaviors.

- Do you have fears that are so strong that you change your behavior to avoid the triggers?
- Is the level of fear excessive for the level of risk of harm?

Treatments for Anxiety Disorders

The first step in getting help is to undergo an evaluation by a medical health provider that should include a physical examination and blood work. It's important to rule out any underlying medical conditions or reactions to medications that might be causing the anxiety. Education about anxiety disorders can also be helpful and informative for making the choice of treatment together with a health care provider. Treatment choices include pharmacological (drugs) and psychological (counseling) options as well as important lifestyle behaviors such as exercise and getting enough sleep. Which to use depends on the type of anxiety disorder, the individual situation, access to and acceptance of psychotherapy, and level of response to treatment.

Two of the most popular psychological approaches that have been shown to be effective for treating anxiety disorders are cognitive behavioral therapy (CBT) and mindfulness-based cognitive therapy (MBCT). These types of physiological treatments teach specific methods to separate out feelings and emotions from behaviors. Learning how to interrupt the fear cycle without engaging in the anxiety driven behaviors can be very powerful in overcoming anxiety disorders. Gradual repeated exposure to the thing or situation that causes the fear and anxiety is also a useful technique to lower the fear to a more realistic and appropriate level. EMDR treatments have been shown to be effective as well, especially in cases where an underlying trauma contributes to the anxiety disorder. Most people experience significant improvement in symptoms following 12-20 weeks of weekly sessions. However, if access to a therapist is limited due to geographical access or financial situation, group therapy, virtual guided, on-line programs and even self-help books have all been shown to be helpful.

There are many different medications that can be used to effectively treat anxiety disorders. Some work better than others for specific types of anxiety disorders

Continued on page 23...

and in certain people, so sometimes it takes a couple of trials to find the best one. The most frequently used are the selective serotonin receptor inhibitors (SSRIs) or similar drugs that were initially developed as antidepressants, but which are also effective at lowering anxiety levels. These drugs can take up to 8-12 weeks to become effective because they take time to reach high enough levels in the body. Some side effects can be expected, including headaches, irritability, gastrointestinal complaints, drowsiness, or insomnia, sexual dysfunction, weight gain and a transient increase in anxiety. However, when dosages are started at a low level and gradually increased to reach therapeutic levels, when they do occur most of the side effects are short lived. Some SSRI's can also cause increased risk of gastrointestinal bleeding when taken with the common pain medication, non-steroidal anti-inflammatories (NSAIDs). In some cases, the SSRI's can also cause lowered bone density and risk of fractures, especially in the elderly. In adolescents there may also be an increased risk of suicide. Thus it is important to work with a health care provider to monitor both the effectiveness of the treatment and the side effects, especially during the first few months of starting a medication. It's also very important not to stop abruptly as sudden withdrawal can cause strong negative effects. The course of medication is usually one to two years, followed by a gradual weaning from the drug.

There are other classes of medications in addition to the serotonin reuptake inhibitors that can be used to treat anxiety disorders. For example, unlike SSRI's which take time to become effective, the anti-anxiety drugs called benzodiazepines are effective immediately. However, benzodiazepines are sedating and some people develop a tolerance so that they require higher and higher doses to be effective. They also have the potential to become addictive. Thus, these other classes of drugs are usually only prescribed for immediate, short duration relief from overwhelming anxiety, or when serotonin reuptake inhibitors are not working.

The search for new drugs that can be used to more effectively treat anxiety disorders and which act without side

effects continues. As our understanding of how neurochemicals act to produce emotions like fear grows, scientists are investigating different ways to affect the levels of these neurochemicals, and hence the level of anxiety a person feels. Another approach is to examine the effects of other known drugs on emotions, and then investigate their use in lowering anxiety. Some promising areas of research include studying molecules like GABA and various neuropeptides, glutamate and endocannabinoids (CBD and THC), psychedelics and plant derived phytochemicals. But to date, no new treatments have emerged as clearly being beneficial. Part of the reason is that there isn't a lot of research being done in the area, and part is because when considering the use of new drugs, it is important to have appropriate studies that include control groups where neither the participants nor the investigators know which treatment they are receiving (double blinded), and where the studies are long enough to ensure that the drugs can be safely used for the duration of the treatment. The individualized nature of anxiety treatment also makes it harder to find consistently beneficial results in a study that includes mixed groups of people.

Pharmacological and psychological treatments can also be combined. Neither treatment alone, or in combination has shown to be more effective in all cases. The best choice depends on the individual situation, access to resources and other health and lifestyle factors – and may change over time as underlying psychological and health components arise.

Lifestyle Factors

There are some lifestyle factors that can also help reduce anxiety levels. These include the basic things like getting enough sleep, eating a healthy diet (including limiting caffeine and alcohol consumption) and getting regular exercise, preferably out of doors with exposure to green spaces and fresh air. Social connections are also very important and the use of some type of meditation can also help. See past editions of FSN for more information on these and other healthy lifestyle topics.

We live in a rapidly changing world, so it's not surprising that most people have plenty to worry about. But when these fears become overwhelming and expand beyond the ups and downs of day-to-day life, it's time to reach out for help. There are treatments that can help us regain perspective, so that we can manage our lives effectively, including working productively and engaging with friends and family in a positive way. For more information see your health care provider, social services or HR manager or check out the resources below.

Additional Resources

Anxiety Canada <https://www.anxietycanada.com/>

Health Link BC <https://www.healthlinkbc.ca/health-topics/anxiety>

NIH Infographic <https://www.nlm.nih.gov/health/publications/so-stressed-out-infographic>

Apps:

<https://www.anxietycanada.com/resources/mindshift-cbt/> (free)

<https://www.headspace.com/> (requires subscription)

<https://www.calm.com/> (requires subscription)

Programs (require referral from your health care provider)

<https://bouncebackbc.ca/> (free self-paced program with virtual or phone support)

<https://cbtskills.ca/> (virtual CBT skills groups with different themes)

<https://www.bcalm.ca/> (BC Association of Living Mindfully courses to be paid for by MSP) 🌱

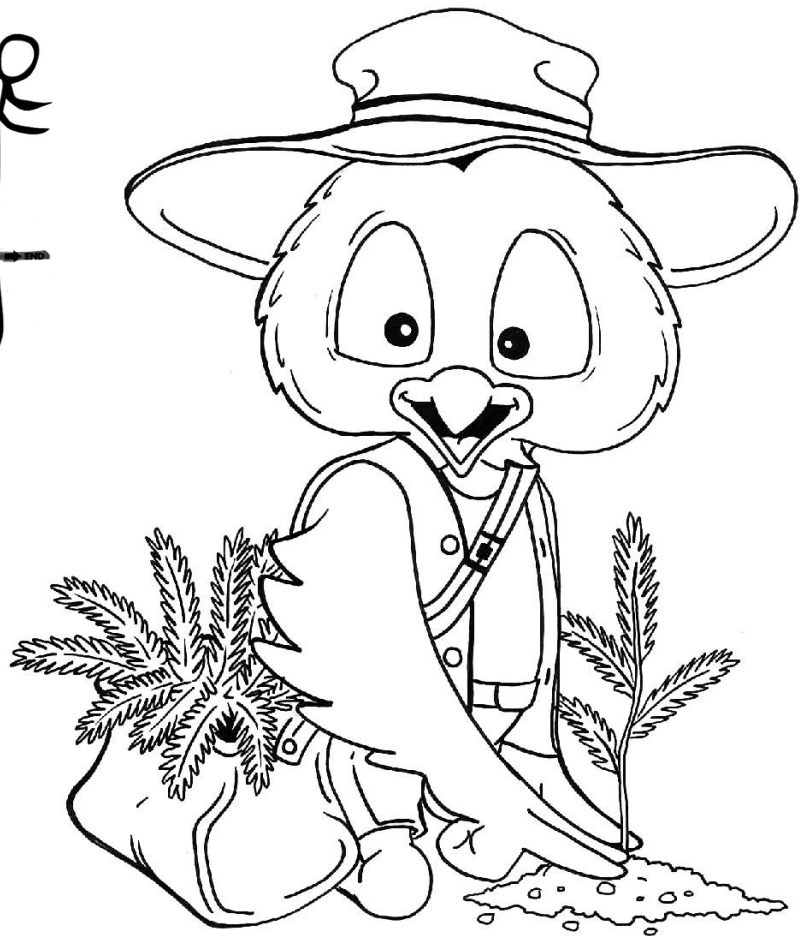


Kid's Corner



Thanks to everyone who entered our December Colouring Contest. Congratulations to **Evra, age 11**, whose name was picked from our random draw. Evra wins the DRIVEN Toy Logging Truck and we will be sending a special gift to everyone else just for entering!

As an added bonus, Evra also sent some artwork she drew herself. Thanks for sharing those with us!



Ollie's Woodlot Adventures - courtesy of The Federation of British Columbia Woodlot Associations (FBCWA)

For our spring issue, colour Ollie from Ollie's Woodlot Adventures courtesy of the Federation of British Columbia Woodlot Associations (FBCWA) or send us a picture of your own artwork and enter to win a DRIVEN Toy Logging Truck. Have your mom or dad, grandma or grandpa or guardian email us a photo of your artwork with your first name and age and we'll put your name into the draw.



How to Enter:

- Colour the picture or send us your own drawing.
- Have an adult take a picture of your artwork and email it with your name, age and your mom/dad's email address to editor@bcforestsafesafe.org
- Submit your entry by 4pm, Wednesday, May 3, 2023.
- Kids aged 3 – 12 are eligible.
- All entries will be put into a random draw to win the toy logging truck. The winner will be contacted via their parent's email address and the winning entry will be featured in the June 2023 issue of the Forest Safety News. 🌲

ABOUT Forest Safety News

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