

FOREST SAFETY NEWS

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Preparing for the Wildfire Season

As summer approaches, the impact of wildfires across BC weighs heavily on our minds. In the past two years, British Columbia has experienced devastating and lengthy wildfire seasons with hot, dry conditions contributing to significant wildfire events, leaving BC residents on edge and anxiously waiting for what this year will bring.

The concern is understandable, given the province has already observed advanced fire behavior and conditions, specifically in the Interior due to current drought conditions.

Since April, over 300 fires have occurred across BC, creating several evacuation orders and alerts, as well as multiple air quality warnings due to smoky skies in several areas of the province. This activity may be due, in part, to the weather conditions last October, which was one of the driest and warmest on record. The drought conditions in forests were much higher than normal for the late fall, and the elevated drought codes continued to persist and carry over from the fall into spring 2023 in certain regions.

These drought areas became vulnerable to fires. Fine, dry fuels are susceptible to ignition and can spread quickly, even in wet spring conditions, due to gusty winds and a phenomenon known as the spring dip. This is the period after the snow melts and before significant spring rainfall when the moisture content of fuels remains low. These types of fires can burn deeper and for longer periods in areas where drought conditions are occurring.

Although it may be too early to fully predict the extent of the upcoming wildfire season, the BC Wildfire Service notes the extent of any fire season will be dependent mostly upon weather conditions but also in large part to human behaviour. But rest assured, they will be well staffed this year with close to 2,000 wildfire staff and approximately 700 contractors at the ready to fight fires this summer.

We all need to do our part and help reduce the risk of human-caused wildfires by being diligent in our efforts and following the guidelines set out by the BC Wildfire Service. It's essential

to have an Emergency Response Plan in place should a fire occur on your worksite and ensure your crew is properly trained and fully understands the ERP procedures. Practicing them often with various scenarios can help protect yourself,



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

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your crew, and your equipment. The BC Forest Safety Council (BCFSC) has several resources that can help prepare you for such an emergency.

- [Prepared BC | Wildfire Preparedness Guide](#)
- [Safe Work Procedures](#)
- [Emergency Response Planning](#)
- [Safe Work Procedures – Pile Burning](#)
- [Supervisor Resources](#)
- [Stand Tender Training and Assessment](#)
- [Woodlot and Small Tenure Safety Resources](#)

Let's learn from previous wildfire seasons and work together to ensure a safe and healthy summer for all by taking action and being proactive in reducing the risks of wildfires. We all play a part in protecting our communities and the environment. It is up to us to take responsibility for our actions and take the necessary steps to prevent and mitigate wildfires. 🌲



What's New

Here is the latest on what we have to offer since March 2023. 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](#).

New Online Training - Introduction to Dangerous Trees on Forestry Worksites

– Dangerous trees in forestry operations such as harvesting, silviculture and firefighting are high-risk hazards. If you work around dangerous trees - take this FREE course to help you understand the risks.

New Video: ERP Equipment Rollover and Operator Extraction – This video focuses on the importance of including extractions in Emergency Response Plans. It 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.

Operator Safety Training Fact Sheet

– The Wood Pellets Association of Canada (WPAC) and BCFSC have launched an industry-wide initiative that delivers a comprehensive digital e-learning safety training program for plant operators and supervisors across companies. Learn more by reading the Fact Sheet.

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

WorkSafeBC Consultation Requests:

WorkSafeBC's Policy, Regulation and Research Department is requesting feedback on proposed amendments to:

Part 5, Chemical Agents and Biological Agents, sections 5.97 to 5.105, of the Occupational Health and Safety Regulation. Feedback deadline is 4:30pm | Monday, June 19, 2023.

Part 6, Substance Specific Requirements, sections 6.133 to 6.167 – Combustible Dusts, of

the Occupational Health and Safety Regulation.

Feedback submissions should be made by 4:30pm on Thursday, June 8, 2023.

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** – Next Level Safety
- **Industry Alert** – Work Safely Around Powerlines
- **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

BC Wildfire Service – visit BC Wildfire Service website to view the locations and details of all active wildfires in BC and information on fire bans and restrictions across BC.

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. 📄



Ill-fitting PPE for Women Creates Safety Hazards, Leaves Workers Feeling Excluded

Article Source: [OHS Canada](#), By [Todd Humber](#) (April 23, 2023)

There is one simple way to understand the issues facing women when it comes to finding properly fitting personal protective equipment (PPE), according to Lora McMillan, director of special projects at Ledcor Construction.

"I feel that maybe a lot of men haven't tried on women's clothing," she said. "Not to knock it or judge it — and maybe there's people that have — but I'd encourage you to go put on clothing that maybe doesn't fit with the gender you identify."

That's something women have been doing for a long time in the workplace when it comes to PPE, said McMillan. In her industry, construction, only about four per cent of site roles are occupied by women, which means the issue hasn't necessarily received the attention it deserved in the past.

"That's not a lot of people saying, 'Hey, this is not fitting me.' Sometimes, depending on the person, they may just feel 'Okay, well, I can deal with this,'" she said. "Maybe we just need to be louder, a little bit more obvious about saying this does not fit me and these are the reasons why."

McMillan was part of panel discussions during OHS Canada's PPE for Women event, which attracted nearly 900 professionals from across the country. The first panel broke down and identified some of the problems with poorly designed and ill-fitting gear in the workplace.

Issues in policing

Nicole Wetsch, manager of the occupational health and safety section for the Edmonton Police Service, said nearly all the equipment officers use is designed for men.

The most important item — body armour — has been around since the 1970s, but it's only in the last decade that manufacturers started developing body armour specifically for women.

"And that was geared towards the military," said Wetsch. "What that translates to for our female members is a

lot of ergonomic injury. It's not uncommon to see consistent bruising that doesn't go away for them... because they're wearing it 12 hours a day."

Women tend to have wider hips, but most body armour panels are cut in a rectangle shape.

"When they sit in their vehicle, that's digging in to their hips," she said.

Body armour can also be less effective for women because of their breasts, said Wetsch.

"If they happen to be someone with larger breasts, it creates a gap behind the panel," she said, meaning it can be penetrated in some cases in a way that wouldn't happen for men.

The shape of women's bodies can also change, through things like childbirth and menopause, which also alters how equipment fits, said Wetsch. "We have to look at different replacement schedules for our female members."

Issues in oil and gas

Karen Mosca, senior manager of operations at Pembina Pipeline Corporation, highlighted the issue of poorly fitting coveralls for women on job sites.

"The PPE, my coveralls, were hanging down to — I don't know what better word to use — but the crotch is hanging down to my knees," she said. "It just kind of restricts how you can move, and it is quite dangerous. Like, going upstairs, you can get caught on it."

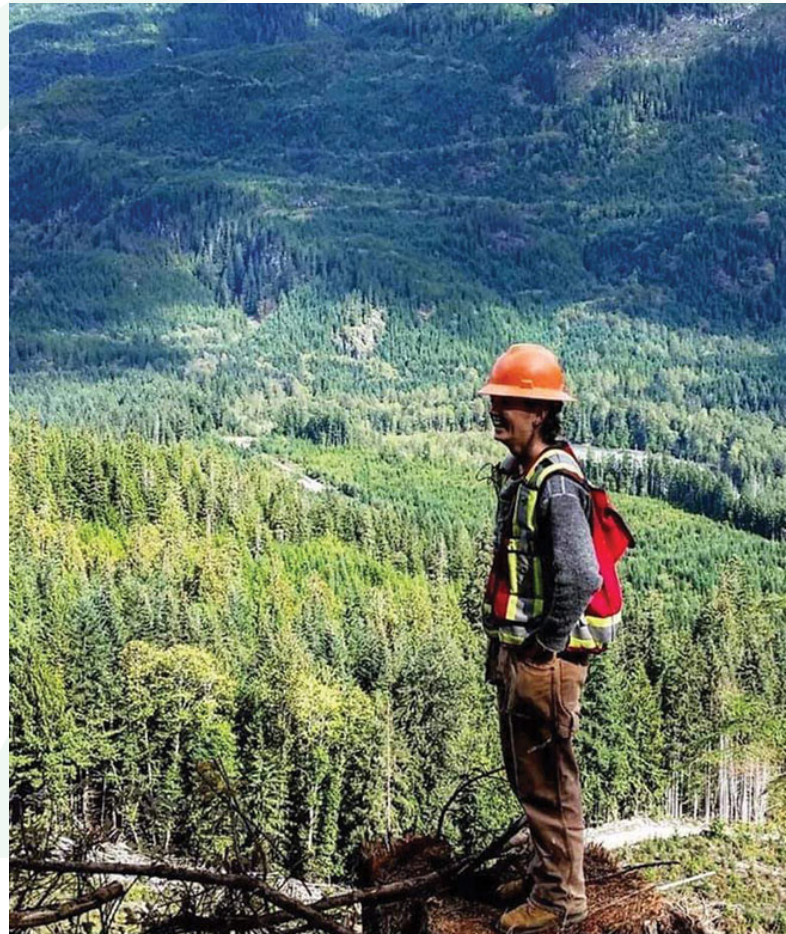
During her first site visit, she had to use electrical tape to wrap the coveralls around her ankles just so she wouldn't trip.

"With our chest and hips, we tend to have to go larger men's sizes. And by doing that, it just throws other parts of the coveralls off," said Mosca. "You have to almost pick — so they're either too loose or they're too tight."

Paula Campkin of Energy Safety Canada, who moderated the first panel discussion, noted that nearly any woman on a worksite could relate to the unique issues of cumbersome safety gear and using a washroom.

"A teeny, tiny porta potty and minus 30C and having to take off our coveralls, and it's definitely a very uncomfortable thing to have to do," said Campkin.

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Campkin also fielded a comment from an attendee and noted that women will often avoid going to the bathroom because of the hassle — which can lead to urinary tract infections — and have even more problems than usual when menstruating.

“It just leads to all kinds of questions, and the clothes that you’re wearing makes such a big impact to those types of issues,” said Campkin.

The bathroom issues resonated with Mosca. “I’ve done that so many times, where I’m tying the arms around my waist just so they don’t touch the floor in the bathroom,” she said.

Fall protection was also an area of concern for her because the harnesses often don’t fit women properly.

“If you were to actually fall, you could injure your pelvic area because they’re loose (and) they’re trying their best to make it fit,” said Mosca. “The list goes on and on.”

Off the rack items

The panelists spent some time discussing the issues of off-the-rack items for visitors, and even for women who wear something slightly different on a certain day under their gear.

At the Edmonton Police Service, Wetsch said members are issued body armour personally — but they have stock equipment for people who are doing things like ride-a-longs with officers that doesn’t always fit properly.

Even something as minor as wearing a different bra can alter the fit of PPE for women, she said.

Mosca said they try and keep all shapes and sizes of PPE in stock, but some particular sizes — like smaller gloves — tend to run out quicker or don’t get restocked.

“When the ladies have to go in, they can’t find them,” she said. “It just becomes more of a hassle than it likely is for the more traditional sizes.”

Real-world implications

Mosca shared the story of what she called a “high potential near miss” that happened to a worker she knows at a different company.

The woman, a welder, was wearing big and baggy coveralls.

“One day, when she was buffing off welds, the grinder kicked back and the buffing wheel got caught up in her loose clothing,” she said. The wheel quickly wrapped tightly into the loose fabric.

“Luckily, it only knocked the wind out of her and she did not get seriously injured,” said Mosca. After that incident she opted for tighter, albeit more uncomfortable, overalls.

That choice, between selecting gear that is effective and gear that is comfortable and possible to work in, is the crux of the issue.

“The thing that makes me most uncomfortable with loose clothing is rotating equipment,” said Mosca. “If she was to get caught into that, it’s not going to let her go.”

Feeling included

McMillan said it’s not just the gear that needs to be addressed — but also the attitudes — to create an environment where all workers feel welcome and included.

Not having the right gear, or feeling like an afterthought in the workplace, can affect the way people do their jobs and how they feel they’re being perceived, she said.

“Almost everywhere you turn, say the washroom, say the personal protective equipment, (sends a message that) you’re kind of just not considered in the industry,” said McMillan. “I think that’s part of what keeps such a low representation of women.”

When you don’t see yourself reflected in the industry — or even nomenclature like “man hoist” and “manpower” — it’s tiny, constant reminders that you’re not a priority, she said.

“Everybody’s talking about the pink tax, and everybody’s talking about the increasing costs, but it’s not really about that, right?”

Instead, it should be viewed as “maybe a little bit of an extra cost for safety” that has the potential to improve the industry, said McMillan.

Visibility and leadership

Wetsch said visibility is critical for women, adding that eight or nine years ago all the safety professionals at the Edmonton Police Service were men. As a result, the issues facing women weren’t being brought up.

“Over time, just with natural attrition, we’ve switched to a more female-centred team,” she said. “We’ve, in that timeframe, also had more females rise into leadership positions with the organization. And these conversations are happening a lot more and the people experiencing the issues feel a lot more comfortable bringing it forward, because they see that representation.”

Mosca noted that not every woman in your workplace will feel comfortable speaking up about the issue. When she started in the industry, and went out to job sites, she was more focused on keeping her head up and making sure she didn’t look intimidated.

Professionals in leadership positions need to be allies to young workers, and other women not comfortable speaking up, and be their voice.

“Then maybe, slowly, they’ll build their own voice,” she said. “And then they can do that for the next generation. So it’s just kind of organic change — like it’s happening — but it’s sometimes not happening quick enough.”

On-Demand Session Links

All of the sessions from the PPE for Women event *Don’t ‘Shrink It and Pink It’ – Real Solutions to Keep All Workers Safe* are [available to watch on demand](#).

Keynote Speaker | Jennifer Teague, CSA Group

CSA Group Report

Identifying the PPE Issues Facing Women and Understanding Consequences

Practical PPE Solutions for Women. 📺

Essential PPE For Forestry Workers

The importance of using the proper PPE & protective clothing in the forestry industry cannot be overstated. Forestry is a high-risk working environment and in terms of the hierarchy of controls, PPE is the last line of defence in the event of an incident after first eliminating, substituting and controlling risk. Various worksites, phase progression, the nature of the roles and environmental factors are only a handful of situations that involve jobs and tasks that can put people at risk of serious injury. If the right PPE is used, it can prevent or greatly reduce the risk of serious injury.

The PPE requirements for forestry workers vary based on the job activity of individual workers. And although there is a minimum requirement for PPE, special job activities may also require the use of additional required PPE such as flotation devices for those working on or near water, respiratory protection where workers are exposed to air contaminants, harnesses for working at elevation and specialised chainsaw pants for those operating chainsaws or other dangerous cutting and sawing equipment.

Employers, supervisors and workers all have responsibilities relating to PPE while on the job. To make sure this equipment protects workers as it should, it is important to know the responsibilities for PPE under the OHS Regulation and related materials.

There are several types of PPE that are vital for forestry workers and due to the high-risk nature of the work, all PPE equipment must meet the required safety standards. Approved PPE is dependant on your role and the task at hand. Check with your company or a WorkSafeBC Prevention Officer to



ensure you and your crew are wearing the proper gear. The key areas for protection include:

- **Head Protection** – should be fitted securely and highly visible in colour
- **Eye and Face Protection** - must be worn when there is a risk of eye or face injuries.
- **Hearing Protection** - is required for when working with or near high noise machinery and is now the highest classification level of PPE because of the risks involved.
- **Hand Protection** - workers must wear gloves when handling sharp objects and materials and operating dangerous machinery.
- **Leg Protection** –must be worn when operating a chainsaw. It must also cover the entire leg, from the upper thigh down to the top of the user's boot.

- **Foot protection** - needs to be waterproof or water resistant, with ankle support and toe protection. Employees using chainsaws must wear boots with cut resistant material.
- **Hi-Vis (High-visibility) Clothing** – reflective clothing such as vests, jackets, shirts, etc. in a highly visible fluorescent colour helps reduce the risk of being hit by vehicles or machinery.

To learn more about Personal Protective Equipment, visit the [BCFSC PPE webpage](#) or contact [WorkSafeBC](#) to find out the PPE requirements you need to keep you safe in your job. 🧯



BCFSC and Artificial Intelligence

By Richard King, Director of Programs and Training

Artificial Intelligence (AI) is everywhere right now, even in forestry. In this article I will outline how BCFSC is incorporating this technology into our work.

People have been using AI (sometimes unknowingly) for many years, from improving our web searches in Google to providing recommendations on Netflix based on what we've watched. Recent advancements in this technology have created new opportunities, but it has also come with plenty of controversy!

Many companies are incorporating AI into their business practices to provide new services and better products. If you use the internet for news and entertainment there is a high chance some of the articles you read were written entirely or almost entirely using an AI tool. Additionally, there are also tools for creating images that are almost indistinguishable from photos. The current AI tools available are just the tip of the iceberg and we will likely see many more as we explore the capabilities of the technology.

At a broad level, Artificial Intelligence is the use of computers systems to perform tasks that normally require human intelligence. It includes the ability of machines to perceive, synthesize, and learn from information. The most recent topic of discussion worldwide is a tool called "generative AI", where users can input a variety of commands and produce new content based on information the AI tool has "learned" or been trained to produce. These tools get better with more input and can further refine content produced with additional user input. Recently, these tools have progressed in such a way that they interact with the user in ways similar to interacting with another human being.

However, the ability for anyone to use the technology and be able to produce high-quality AI-generated content very quickly has raised a lot of questions about job losses, intellectual property rights, and information security. While this article isn't going to delve into detail about these concerns, BCFSC has been paying attention and is currently developing strategies for dealing with this type of technology. Although we don't have all the

answers, we felt it was important to address where we are headed.

In case you were wondering, this article was not written with the direct help of AI.

There are limits to AI tools. [OpenAI](#) states on their ChatGPT application that the tool may provide incorrect information, produce harmful instructions, show bias, and will have limited knowledge of events after a certain point (based on the date the AI-generated information was created). These limitations are part of the reason why BCFSC is making purposeful decisions around using AI tools.

We produce a lot of high-quality information to support forestry companies in developing their safety programs and training. We produce this newsletter, detailed industry reports, monthly safety alerts, hundreds of pages of training, comprehensive resource packages, and crew talk sheets. All of this information is developed with the support of many industry partners and a small internal team. We always strive to make this information more impactful for industry and easier to produce while ensuring we maintain our commitment to quality by using technology safely and effectively. This commitment applies not only to AI, but also social media, online training tools, and other technologies that have both significant opportunities and potential to cause harm.

As we continue to navigate the AI waters and learn how we can use these tools accurately and appropriately, BCFSC is currently using AI in the following ways:

- BCFSC will not publish anything, AI produced or otherwise, that hasn't been reviewed by real-life subject matter experts, either internally or through our industry partners. We believe input from those closest to the work (workers, supervisors and employers) is critical to producing the most effective resources and training.
- **Images and video:** At this point we won't be using AI to create critical imagery or video for our publications or training. We often struggle to get good photos and video of BC forestry workers, but we feel it is vital to show how the work is done

by industry members and will continue to source "real" images for this purpose. However, some of our materials are purchased from stock image companies and we may use AI-generated images for non-critical media from these sources—for example, images of scenery, books, computers, etc.

- **Research:** We may use AI to support research on topics and to provide outlines for some of our writing. An example of this is when people use Wikipedia to get an overall sense of a topic as a kickoff point for a deeper dive into a topic that may include subject matter expert input, trade publications, news articles and academic publications.
- **Editing:** We may use AI to provide editing support (i.e., spelling and grammar checks) for written drafts. Microsoft is currently introducing AI into its Office applications which means some of AI-generated content may be incorporated into our work processes without express action taken by us.
- **Training:** We may use AI to support our training in several ways. We may use AI to assist in developing quizzes, summaries, case studies, and other student activities. We are also exploring using AI tools to make online training more interactive and supportive of the user learning experience.

As we get used to this new and evolving technology, our approach will be adjusted over time. At this point, we are taking a cautious approach to ensure we are providing industry with current and practical resources by taking advantage of technological advances, while at the same time ensuring our information is accurate, safe, and representative of our industry.

Earlier in this article, I noted that it wasn't written with the help of generative AI. However, I did want to test it out and I asked an AI to write a haiku for the BC forest industry. Here is the result:

*Trees reaching skyward,
Industry from forest born,
British Columbia's pride.*

References:

- [Ask a Techspert Blog](#)
- [Wikipedia: Artificial Intelligence](#)
- [OpenAI](#)
- [BC Forest Safety Council](#) 

BC Employer Training Grant program

The Province of British Columbia has recently released a grant for BC Employers to help train new and existing employees. The BC Employer Training Grant program is intended to help build a stronger economy by focusing on a skilled workforce, essential for strong, sustainable and balanced growth. According to the WorkBC webpage, building an agile and resilient workforce—one with the right mix of skills to respond to the evolving demands of the labour market—provides BC enterprises with a strategic competitive advantage for productivity and innovation. Skills development increases participation in the labour market and provides a key to adapting to the changing world of work.

Receive up to \$300,000 for Skills Training

The BC Employer Training Grant provides funding to small, medium and large enterprises to support skills training for their workforces, including prospective new hires as well as upgraded training for existing employees.

The intent of this program is to help British Columbians access the skills training required to adapt to the labour market's changing job requirements, while also encouraging employer involvement in skills training.

The Employer Training Grant helps employers pay for training, which in turn helps employees experience increased job security or move into better jobs.

Employers can apply as often as they need and receive 80% of the cost of training up to \$10,000 per employee, with a maximum annual amount per employer of \$300,000 per fiscal year.

Learn more about the [BC Employer Training Grant program](#).

Some additional details on this program include:

Additional Details:

- Training must result in increased job security or a better job* for a current employee** once training is completed, or a job for an unemployed person.
- The Province will reimburse employers 80% of eligible training costs. The employer must contribute the remaining 20%.
- Employers are eligible to receive up to \$10,000 per participant and up to \$300,000 per fiscal year (April 1 – March 31).
- At the time of application, participants must be unemployed, or employed by the applicant employer.**
- Employers must submit their application on their own behalf, using their Business BCeID. Third parties cannot apply on an employer's behalf.
- Participants must submit their own Participant Information Forms before an application can be submitted. Employers cannot submit these on an employee's behalf.
- If approved, employers (not participants) are to pay for all costs in full and, after training has started, submit a reimbursement claim within 30 days.
- Employee participants must be Canadian citizens, permanent residents, or protected persons under the Immigration and Refugee Protection Act (Canada). Temporary foreign workers, international students, or other temporary residents are ineligible.
- Training cannot be longer than 52 weeks in length. Note that the ETG does not fund diploma or degree programs, in full or in part.

*A "better job" is defined as:

- Increased pay
- Promotion or advancement to another position
- Move from part-time to full-time employment
- Move from temporary/casual/seasonal employment to permanent employment

NOTE: For employers looking to hire workers that have been directly or indirectly impacted by a downturn in the forest sector, the ETG may support training for participants employed by another employer at the time of application. 🌲

Understanding and Reporting Serious Injuries

The [Workers Compensation Act](#) regulates that WorkSafeBC must be notified in the case of a worker's death or a serious injury as well as immediate notification of a major failure or collapse of a structure, equipment, construction support system or excavation, a major release of a hazardous material or other serious mishaps, such as multiple employees requiring first aid treatment.

WorkSafeBC defines 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.

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 are also considered "serious injuries."

[WorkSafeBC](#) requires that all serious incidents and accidents be immediately reported and investigated to ensure a WorkSafeBC prevention officer can respond in order to:

- Attend at the scene to conduct an investigation of the incident and ensure the integrity of the scene
- Offer availability of counseling services, as appropriate
- Undertake an inspection of the workplace to help ensure that workers are protected before work is resumed
- Help ensure that any post-incident response or cleanup is performed in a safe manner
- Provide a referral to compensation services

To help you and your crew understand what a serious injury means and how to report it, BCFSC has developed a Serious Injury Fact Sheet that provides the WorkSafeBC definition of a Serious Injury and what to do in case an incident occurs. Download a copy of the [Serious Injury Fact Sheet](#) from the BCSFC website. 🌲

Upcoming Consultations on proposed amendments to the Occupational Health and Safety Regulation


Part 5 – Chemical Agents and Biological Agents

WorkSafeBC's Policy, Regulation and Research Department is requesting feedback on proposed amendments to Part 5, Chemical Agents and Biological Agents, sections 5.97 to 5.105, of the Occupational Health and Safety Regulation. The amendments are related to emergency planning.

The consultation phase gives stakeholders an opportunity to provide feedback before the proposed amendments are taken to public hearing. All stakeholder feedback is carefully considered and analyzed and provided to WorkSafeBC's Board of Directors as part of their decision-making process.

Proposed regulatory amendments under review:

- **Part 5, Chemical Agents and Biological Agents, sections 5.97 to 5.105**

Feedback will be accepted until 4:30 p.m. on June 19, 2023 and can be provided online, or by email or mail. To view the [proposed regulatory amendments](#) and information on how to provide feedback, visit the [WorkSafeBC webpage](#). 

WorkSafeBC launches updated blasting certification guide for workers handling explosives

Manual reflects B.C.'s new Occupational Health and Safety Regulations for blasters.

Blasting and explosives are important resources in British Columbia's forestry sector, but they can also pose serious risks to workers' health and safety.

In December 2021, [new occupational health and safety regulations](#) went into effect for blasting operations in B.C. As a result of these changes, WorkSafeBC has released a new Blasters' Handbook that follows the latest industry standards. You can access this valuable resource right now on [worksafebc.com](https://www.worksafebc.com).

The updated manual is designed to serve as a study guide for workers who wish to be examined for a WorkSafeBC blasting certificate; it can also be used as a reference for those already working in the industry.

"Since the first handbook was originally released in the 1980s, there have been many changes in blasting technology, as well as in related laws and regulations," says Sonja Kristinsson, Blasting Certification Officer at WorkSafeBC, and lead for the handbook update project.

Forestry sector and explosives

Workers in the forestry sector may use explosives for a variety of reasons, including road construction, to clear paths for pipelines or powerlines, and to control or prevent forest fires. Explosives can also be used to remove dangerous trees and fall

trees in areas that are difficult to access or to remove obstacles such as rocks or stumps.

However, the use of explosives in forestry operations comes with inherent risks and must be done in accordance with strict safety regulations and guidelines. To help reduce injuries, employers should take time to identify the risks present in their operations, evaluate the risks they present, and implement appropriate measures to mitigate or eliminate them. In the last several years, the top three injury claims among blasters and drillers were related to exertion, including strains and sprains, falls, and contact with objects.

What's New?

The updated handbook was a collaborative effort with industry leaders including engineers, explosives manufacturers, employers, government agencies and business associations from across North America. It provides enhanced definitions, requirements, and guidelines for B.C. workers and employers who manage explosives.

WorkSafeBC also added three new chapters to the handbook — including one dedicated to health and safety.

Specific changes include the following:

- Chapter 1 (New): General health and safety requirements - This chapter outlines the responsibilities of both employers and workers in blasting operations.

British Columbia Blasters' Handbook



- Chapter 2 (New): Common injuries and health and safety hazards - This chapter provides information on the most common claims in blasting and drilling, as well as the various types of musculoskeletal injuries that can occur.
- Chapter 10: Blast design - This chapter covers the planning and factors that need to be considered to ensure a safe and effective outcome during a blast.
- Chapter 21: Electronic initiation systems - This chapter offers details on the features, benefits, and risks associated with electronic systems.
- Chapter 22: Remote firing systems - This chapter provides education on remote firing systems and the necessary testing requirements.
- Chapter 23 (New): Avalanche control - This chapter offers guidance on avalanche control techniques and the required safety protocols.

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The latest edition of the handbook features learning objectives at the beginning of each chapter to provide readers with an overview of the knowledge they can gain. Additionally, the appendixes have been updated to include essential information on blast design patterns, trench patterns, blast design calculations, and other relevant topics.

The handbook development team placed equal emphasis on ensuring the handbook's content is accessible and easy to understand. Therefore, the content was written in plain language to help anyone working with explosives comprehend the potential risks, health and safety requirements, and regulations associated with this type of work.

WorkSafeBC My Health & Safety Resources

WorkSafeBC has a [new health and safety resource tool](#) to help identify potential risks and hazards in your workplace.

This tool provides a starting point for identifying basic health and safety requirements in your industry/workplace and generates a report that will provide tailored step-by-step guidance on how to create a healthy and safe workplace specific to your needs.


How Does it Work?

The tool guides you through a series of questions and topics to help you identify hazards and risks that may exist in your workplace. Once completed, you'll receive a report that contains a curated list of:

- Specific requirements for your workplace and those that apply to all workplaces in BC
- Links to relevant sections of the Workers Compensation Act and Occupational Health and Safety Regulation
- Health and safety topics you selected, with links to resources for more information

You can choose to download your report as either an Acrobat PDF or an Excel workbook which will include links to the specific requirements, legislative information and health and safety topics specific to your workplace.

Give it a try and get a tailored health and safety workbook for your workplace.


[WorkSafeBC: My health & safety resources](#) 

Blasting Certification

The Blasting Certification is a requirement for those who want to conduct an industrial blasting operation (other than in a mine) in British Columbia. The revised Blasters' Handbook now aligns with the content in the certification exam, making it easier for those seeking to obtain or renew their certificate.

New blasting certifications are valid for two years, while renewal blasting certifications are valid for up to five years. When a certificate expires, the blaster must write and pass another blasting exam to be recertified.

WorkSafeBC is currently working to revamp the blasting certification exam itself, creating different exams for the diverse types of blasting work. For instance, forestry blasters will soon have a more industry-specific exam. WorkSafeBC is also exploring ways to improve the exam process and including new questions on current blasting tools and techniques, such as electronic systems.

"The revised Blasters' Handbook is an excellent resource for those working in the industry, including blasting company employers, owners, and operators. It contains up-to-date information on industry safety standards, making it a great tool for exam preparation or onboarding new workers to your crew," says Kristinsson. 

2023's Interior Safety Conference

The Interior Safety Conference (ISC) is an annual event that brings together professionals from the BC forest sector to discuss safety-related issues and explore ways to improve safety practices in the industry. This year's conference took place on May 4th at the Coast Kamloops Conference Centre, and was a great success.


We would like to express our sincere gratitude to everyone who joined us at the ISC 2023. We were thrilled to see such a large turnout, and we appreciate the time and effort you took to attend the conference. Your participation made this event a huge success.

The ISC is held in partnership with the Interior Logging Association (ILA) Conference, and we would like to thank the ILA for their support. We would also like to extend our gratitude to our industry sponsors, WorkSafeBC, BCFSC, Canfor, Interfor, Weyerhaeuser, West Fraser, Gorman, and Tolko. Thanks to their generous support, we were able to offer the event free of charge to all attendees.

This year's theme, "Lead From Where You Are," focused on empowering individuals to take ownership of safety in the workplace. We were fortunate to have an excellent lineup of keynote speakers, including former NHL goaltender and mental health advocate, Corey Hirsch, mental health expert, Amenda Kumar from WorkSafeBC, and "the Brain Guy" Terry Small. Their insights and expertise added tremendous value to the conference.

In addition, we were pleased to have presentations from SkinnyChicken Enterprises Ltd. on Phase Congestion as well as BCFSC's Transportation and Northern Safety Director Dustin Meierhofer together with LOTS Group Canada's, Greg Munden with their panel discussion on the opportunities and challenges the forest sector faces on recruitment and training efforts. Their contributions highlighted the importance of safety in the forestry industry and emphasized our shared vision of ensuring that every forestry worker goes home safe, every day.

Looking ahead, we invite those located on or near the coast, to mark their calendars for the 2023 Vancouver Island Safety Conference, which takes place on Saturday, October 28, 2023, at the Vancouver Island Conference Centre in Nanaimo, BC. We hope to see you there.

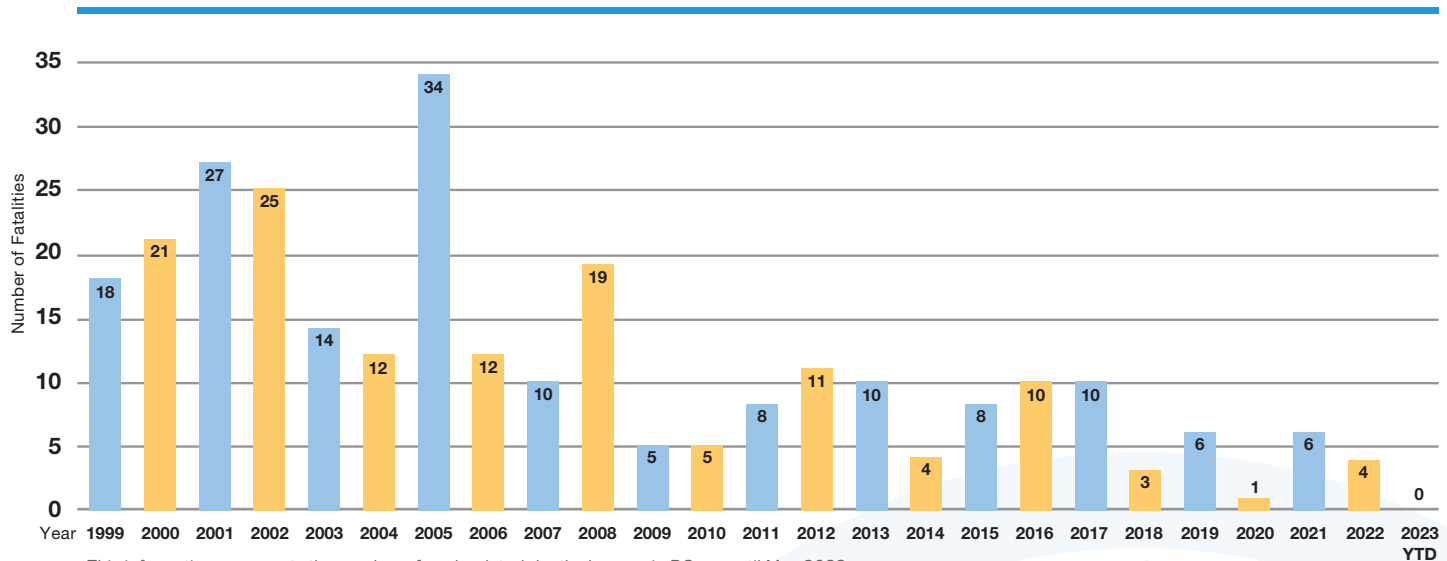
Once again, we would like to express our sincere thanks to everyone who made the ISC 2023 possible. Your dedication to safety in the forestry industry is truly inspiring, and we look forward to continuing this important conversation in the years to come. 





For 2023 year-to-date, there have been no work-related deaths in the BC forestry industry.

WSBC Accepted Harvesting Work-related Death Claims



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

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: Lacerated arm
Core Activity: Manual tree falling and bucking / Integrated forest management / Helicopter logging
Location: Vancouver Island/Coastal BC
Date of Incident: 2023-Apr
A faller was falling trees in a heli-logging setting. While cutting underbrush along a steep, slippery slope, the faller lost their footing and fell, contacting the saw chain. First aid was provided at the incident scene before the faller was transported to hospital by helicopter.

Injury: Close call
Core Activity: Cable or hi-lead logging
Location: Vancouver Island/Coastal BC
Date of Incident: 2023-Mar
As a grapple yarder was being repositioned on a lowbed, the boom and gantry assembly crashed to the ground. None of the nearby workers were injured.

Injury: Close call
Core Activity: Integrated forest management
Location: Northern BC
Date of Incident: 2023-Mar
The roof of a large, six-bay garage collapsed. The garage was being used as a service and repair shop by a log transport firm. It is suspected that the structural failure was caused by excessive buildup of snow and ice. No workers were in the building at the time of the incident.

Injury: Concussion (1 worker)
Core Activity: Cable or hi-lead logging / Integrated forest management
Location: Vancouver Island/Coastal BC
Date of Incident: 2023-Mar
On a cutblock cable yarding operation, a hooktender choked a few logs by the top, cleared the area, and radioed the yarder

operator to "go ahead easy." The logs being lifted crossed at the end, pinching a small-diameter log that was not secured. This log was lifted with the choked logs, then swung loose, striking the hooktender.

Injury: Multiple fractures (1 worker)
Core Activity: Integrated forest management / Excavation work
Location: Interior BC
Date of Incident: 2023-Feb
On a radio-controlled resource road, a pickup truck and a lowbed hauling an excavator were approaching each other. It is reported that the pickup truck was on the wrong radio channel and the pickup driver (a worker) was unaware that the lowbed was approaching until both vehicles were in sight of each other. The pickup and the lowbed collided. The driver of the pickup was freed from the wreckage by emergency services.

Injury: Close call
Core Activity: Vegetation management / Integrated forest management / Electric utilities
Location: Interior BC
Date of Incident: 2023-Feb
Selective tree removal was being conducted

Continued on page 11...

Work-Related Deaths & Injuries

Continued from page 10...

HARVESTING CON'T

adjacent to a highway and power line. A track-mounted feller buncher (a forestry machine that cuts trees and lays them down) slipped down a 20-foot sloped bank adjacent to a public roadway and came to rest on its side, in the ditch. There were no injuries to workers.

Injury: Close call

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

Location: Lower Mainland

Date of Incident: 2023-Jan

A road grader backed into a pullout on the low side of a forest service road to allow a flatbed truck and trailer to pass. When the operator tried to move the grader forward, the engine stalled and the conventional brakes did not work. The grader rolled backward, and its rear tires slipped over the edge of the bank before the operator was able to engage the emergency brakes. The equipment slid backwards down a steep timbered slope and came to rest about 60 metres down the bank. The equipment remained upright, and the operator was not injured.

MANUFACTURING

Injury: Injuries to fingers

Core Activity: Sawmill

Location: Vancouver Island/Coastal BC

Date of Incident: 2023-Apr

A worker was feeding an edger when one hand was caught between a running roller and a sprocket.

Injury: Exposure to carbon monoxide (3 workers)

Core Activity: Sawmill

Location: Northern BC

Date of Incident: 2023-Mar

Two workers were installing a fresh-air vent in a motor control centre room for two natural-gas-powered wood-drying kilns. The two workers were exposed to carbon monoxide. A third worker, who assisted in the rescue of these workers, was also exposed to carbon monoxide.

Injury: Close call

Core Activity: Sawmill

Location: Northern BC

Date of Incident: 2023-Feb

A fire occurred around the large saw box area of a sawmill. The fire was extinguished with the assistance of the fire department and the mill's fire suppression system. No injuries were reported; the employer is investigating the cause of the fire.

Injury: Close call

Core Activity: Sawmill

Location: Interior BC

Date of Incident: 2023-Jan

A half-ton chain hoist failed while workers were hoisting a replacement band saw blade for the 10-inch canter. The below-the-hook lifting attachment (cradle) supporting the blade fell about 10 feet into the canter enclosure and onto the saw equipment below. No workers were in proximity to the saw cradle during the lift, and no injuries were reported.

Injury: Possible smoke inhalation (1 worker)

Core Activity: Sawmill

Location: Northern BC

Date of Incident: 2022-Dec

A young worker observed smoke coming from a band saw where no one was working. The saw caught fire and workers attempted to extinguish the fire with fire extinguishers but were unable to. The fire department attended and put out the fire. The young worker experienced symptoms of smoke inhalation.

TRANSPORTATION

Injury: Multiple fractures

Core Activity: Integrated forest management

Location: Northern BC

Date of Incident: 2023-Mar

A mechanic was underneath the front end of a semi-truck, lowering it down with a bottle jack. The ground was oily and dirty, and the bottle jack and a jack stand that was in place both slipped out. The vehicle chassis contacted the worker.

Injury: Close call

Core Activity: Chip hauling

Location: Lower Mainland

Date of Incident: 2023-Feb

A semi-truck with empty chip trailers entered a private road belonging to a railroad company. It became stuck when the trailer wheels entered the slope of a ditch, leaving the truck and trailers stopped on the rail lines. The driver exited the truck to install tire chains, then saw a train coming down the tracks and stood away from the vehicle. The train pushed the truck and trailers about 100 feet down the tracks. 🚚



Dale Miller Logging: Preserving a Legacy of Safety

Founded by Dale Miller, his brother Kim, and Jock Sorrenson, Dale Miller Logging (now known as Kim Miller Logging) has been a prominent figure in the North Thompson Valley of Clearwater, BC for over 30 years and is a trusted Prime Contractor for Interfor. With a focus on Integrated Forest Management and Logging Road Construction and Maintenance, the company has established a strong reputation for its unwavering commitment to safety. Dale Miller's dedication to safety left a lasting impact on the industry, leading to the creation of the prestigious Dale Miller Safety Award by Interfor in 2021. Today, under the leadership of Kim Miller along with Dale's son Derek and Kim's son Morgan, the company continues to prioritize safety, honoring Dale's legacy and ensuring the well-being of its crew.

When Dale Miller passed away in 2020 he left behind a significant safety legacy. In recognition of his contributions, Interfor introduced the Dale Miller Safety Award the following year. The award acknowledges companies that uphold a safety-centric culture, ensuring the well-being of Interfor's contractors and employees each day and celebrates contractors who exhibit exemplary Safety Performance and Safety Culture, much like Dale Miller did throughout his three decades of service. It serves as a reminder of the paramount importance of safety within the industry and pays tribute to Dale's enduring commitment.

The Dale Miller Memorial Safety Award:

Crafted by Jesse Toso of Toso Wood Gallery in Vancouver, BC, the Dale Miller Memorial Safety Award is a symbol of Dale's unwavering dedication to safety. Carved out of a single piece of Cedar, the award features a hard hat and safety gloves, representing the core safety values Dale instilled in his company. The first presentation of this memorial trophy was awarded May 2021 to Kim Miller Logging (formerly Dale Miller Logging) who was rightfully awarded it for their continued commitment to outstanding Safety Culture and Performance.

Continued on page 13...



Continued from page 12...

Throughout the years, the Miller family have taken significant measures to prioritize the safety of their crew. One legendary safety measure they introduced was the monthly “Breakfast with the Millers.” This tradition continues today, with Kim Miller leading the charge in maintaining safety and fostering strong relationships within the company. These breakfast meetings, held at the local hotel, serve as a platform for open dialogue, ensuring that safety remains at the forefront of every operation and reinforcing the tight-knit nature of the company. They are a great example of how collaboration can help build a strong safety culture and keep everyone on track to get home safely every day. 🌲



In-person Audit Reviews a Big Success at the Interior Logging Association Conference in Kamloops

By Mike Sexton, SAFE Companies Manager

During the ILA Conference in Kamloops from May 4 to 6, SAFE Companies Safety Advisors, Lisa Banner and Jerry Kirouac, and Quality Assurance Administrator, Michelle Maltesen, conducted 12 real-time audit reviews, resulting in a significant success.

Participants who took advantage of this opportunity had their audits promptly reviewed by a BCFSC Safety Advisor, receiving immediate results. The process was efficient and provided an excellent platform for participants to seek important clarifications and receive valuable feedback from BCFSC audit experts. Each audit review lasted between 30 to 45 minutes, proving to be a worthwhile investment of time for both the reviewer and the reviewee.

With the world returning to pre-COVID levels, SAFE Companies has plans to expand the number of audit reviews throughout 2023 and into 2024. If you would like to inquire about a real-time audit review for your company, contact SAFE Companies at 1-877-741-1060 or email SAFECo@bcforestsafesafe.org. 🌲





Jack Miller Retires From FTAC

During the March meeting of FTAC, Scott Rushton announced Jack Miller's retirement from the Falling Technical Advisory Committee after many years as a dedicated member, working tirelessly for faller safety. Jack was one of the founding members of FTAC and worked on sub-committees within the committee, most recently on changes to the BC Faller Training Standard.

Dazy Weymer shared his appreciation and saluted Jack as a fellow founding member of FTAC. "I first met Jack through the FTAC a bunch of years ago and have looked forward to our get togethers ever since."

Dazy goes on to say, "The most important function of the FTAC group is to keep the development of faller safety initiatives in the hands of the fallers. The people who are doing the job and know what will work for them and what won't. If you haven't been a faller, you can't possibly understand what is involved. And if a faller goes a long stretch without falling fairly steadily, they lose touch with some of the realities of the job."

One big strength of Jack being on the FTAC was that he was always a faller. Not off and on amongst other things. That's what he did for a living, and he was always fully in touch with the gig. He never lost focus on the realities of the job.

Jack's most significant contribution to the FTAC though was his heart. Jack has always truly cared about the welfare of his fellow workers. We attended a whole lot of FTAC meetings over the years and sat on a number of sub-committees together. He always spoke politely and calmly but made his convictions heard, and they always made sense from the perspective of a faller. That's what I love about Jack. He's going to be missed at the meetings. And I'm going to miss our Coast Bastion breakfasts."

Rob Shambrook described Jack as a very safe, conscientious faller. "When I started with Western Forest Products in 1990, Jack was the Safety Representative and he retired from that role. He was devoted to his job, truly believing in safety and making a difference. He was incredibly consistent in his role as the safety rep, ensuring that nothing was overlooked."

Rob went on to add that faller safety was paramount with Jack. He was always looking out for other fallers and the importance of safety was vital to him.

On behalf of FTAC and the BC Forest Safety Council, we wish Jack all the best in his future endeavours! 🌲



FTAC members surround Jack Miller at the March 10th meeting.

Hazard Identification Research Update – Seeing Safely

During the March 10th FTAC Meeting, Ron Corbeil, Madison Elliott and Dominik Roeser provided an update on the work they have been doing on hazard identification and developing an online training course to better educate individuals on the identification of hazards.

Madison Elliott, Cognitive Science PhD, presented on how human vision actually works and how to become an 'expert' at identifying hazards. In groups, Madison had FTAC members put their learning into practice. She asked members to identify certain objects on the screen. Once these random objects were identified, she explained the process of how our brains are trained to look for specific objects and provided strategies the group could adopt to help them more quickly identify them.

Dominik Roeser, Associate Professor, Forest & Wildfire Operations at UBC, gave a high-level overview of the Seeing Safely training course that has been developed so far. Although the site had not officially been launched at the time of the meeting, Dominic does intend for it to be available in 2023. BCFSC will circulate the training site information once it becomes available. 📺





Update on Professional Industry Driver Training Programs

Last fall, BC Forest Safety Council's Transportation Safety team continued its partnership with local colleges, students and hauling contractors to help develop committed and capable new drivers, ready to take on rewarding truck driving jobs in the forest industry. In fact, some are already hard at work in their new careers.

In September 2022, the College of New Caledonia announced plans to expand their initial Professional Industry Driver Training Program of 12 students in Vanderhoof to include 50 more seats at their Quesnel, Burns Lake, Mackenzie and Prince George campuses. Around the same time, Okanagan College in Vernon launched a similar program with eight students, making for a total of 70 professional driver training seats.

Each 24-week program, funded by the Government of Canada and BC's Project Based Labour Market Training initiative, provided students with Mandatory Entry-Level Training (MELT) necessary for a Class 1 licence plus essential skills, forestry-focussed driver training and industry certificates (e.g., WHMIS, TDG). But the most compelling part of the program is the 160 hours of behind-the-wheel mentoring experience that students receive.

"The mentoring portion has been the most valuable asset to the entire program. It's been excellent to get experience on a variety of trucks and trailers. I feel I have the confidence required to drive truck" says Jason, who just completed his mentorship with Keis Trucking Ltd in Quesnel.

"My mentor says I am ready to take on a job hauling logs. But I also know I have lots to learn, and I am looking forward to that. The mentorship is the



essential core of the whole program," says Steffen, who mentored with Northern Road Service hauling logs in Vanderhoof.

Cheryl, another Vanderhoof student, wrote, *"My mentorship is going very well with M4. Ian is a fantastic mentor, I'm so grateful for this opportunity!"* Cheryl has since completed her mentorship and started work with M4 Enterprises hauling wood fibre.

The Vanderhoof, Quesnel and Vernon programs are nearing completion. Students have completed all required training, including the MELT program, and passed their Class 1 driver's exam. Nearly all the students are busy doing their mentorship or have already completed it. Each one is looking forward to starting a job hauling logs, chips and other forestry products.

A VERY BIG thanks to the contractors and mentors in the Vanderhoof, Quesnel and Vernon areas who stepped up to the plate and gave these students valuable behind-the-wheel insights, guidance and experience.

The Burns Lake, Mackenzie and Prince George programs are underway. Students are busy completing the MELT program. By early June, they will have their Class 1 licences and be ready for mentorships. If you are a professional driver or a contractor who is interested in helping train the next generation of professional drivers for the forest industry, please call Dorian Dereshkevich at 250-562-3215. 🌲

BCFSC ORV Operator Training Course

Operation of Off-road Vehicles (ORVs) is statistically one of the highest risk activities forestry workers can face when completing field-related job duties. Incidents related to the use of these machines have potential for serious injuries and/or death. The increasing use of UTV's (side-by-sides) as well as technological advances of modern ORVs has improved safety but also introduced some new hazards that can place workers at risk. Forest industry subject matter experts identified the need to update and enhance available resources to address the increased risk exposure and current training.

BC Forest Safety Council (BCFSC), in collaboration with forest industry members and Overland Training Canada (OTC), has developed a comprehensive training program that focusses on high-risk activities associated with ORV operation. The program has been developed to provide progressive training for participants including:


- Relevant regulations associated with operating ORVs on crown land.
- General characteristics of most ORVs.
- Basic safety considerations.
- Recommended pre-trip controls.
- Operating skills.
- Terrain and load variations.
- Braking & emergency stops.
- Navigating rough and complex terrain.
- Proper loading / unloading and load securement techniques.
- Trailer towing techniques.
- Emergency repairs & machine recovery.



The new ORV Operator course follows the same format as the existing BCFSC Resource Road Driver Training program with one and two-day options available to fit the needs of the participants. The in-field courses are supported by a printed manual and an online knowledge unit. The one-day course will focus on comprehensive knowledge required to adequately prepare for safe operation of ORVs and is suitable for all skill levels. Lesson plans build upon baseline knowledge requirements to operate various machines and provide advancement in skill development as the course progresses. The two-day course focuses on higher risk activities associated with operating the machines and has a greater emphasis on time spent riding and demonstrating competency to the certified instructor.

The activities in each of the one or two day courses vary and can include activities such as loading / unloading and securing machines, hooking up and trailer towing techniques as well as repairs and recovery of machines are the primary focus depending on which course is taken.

Learn more about the course by checking out the BCFSC [course catalogue](#), or contact BC Forest Safety Council's Transportation Safety team at 250-562-3215 or via email at transport.admin@bcforestsafesafe.org.

For details on upcoming ORV course dates and details on how to schedule training, contact OTC at 604-902-3331 or info@overlandtrainingcanada.com. 

Antilock Braking Systems

– National Performance Data

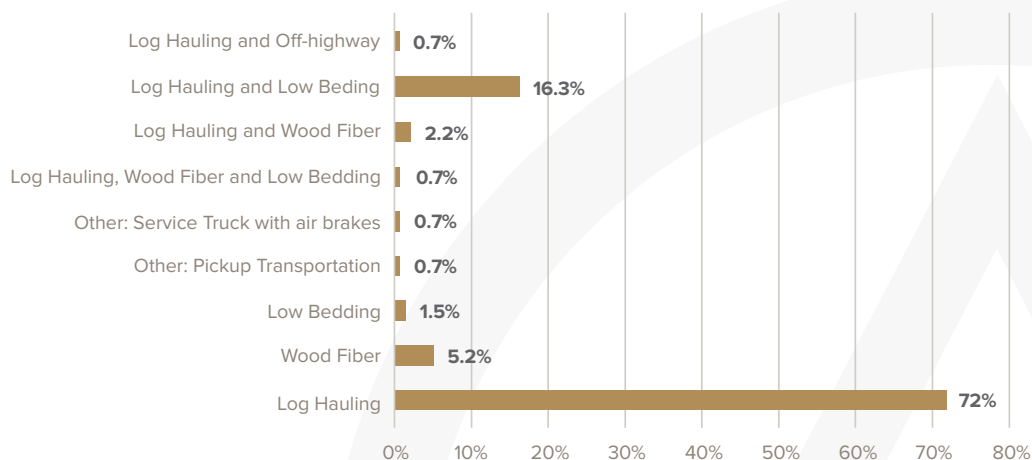
The forest industry continues to focus heavily on safety performance and has taken some further steps toward their objective of improving both worker and public safety. An area of continued effort is Anti-lock Braking System (ABS) performance within log trucks.

The benefits of Anti-lock Braking Systems (ABS) on heavy commercial vehicles have been well documented and assist in reducing stopping distances in low traction conditions while maintaining directional control. The intent of these systems is to provide a higher level of safety for both the operator and the public when compared to traditional braking systems. These systems perform adequately well on typical commercial highway transport vehicles, however, they do have performance issues off-highway with users reporting continuous and critical system failures. Most end users believe that malfunctioning ABS systems are more hazardous than non-ABS systems and action is required to improve system performance and functionality.

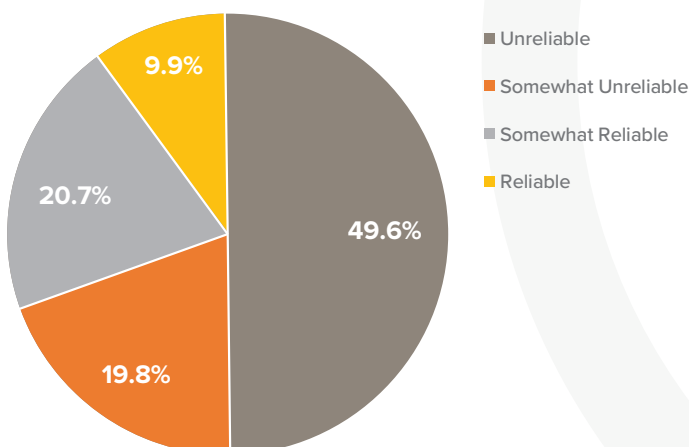
To better understand the issue from a national level, industry members conducted a survey of over 150 carriers operating commercial vehicles within Canada's forest sector. The results of the survey were consistent with a provincial survey previously conducted on this issue; ABS is currently extremely unreliable and is a serious safety risk. The survey results will be used to further discussions with provincial and federal regulators as well as ABS manufacturers. 🚚

The following is an excerpt from the survey:

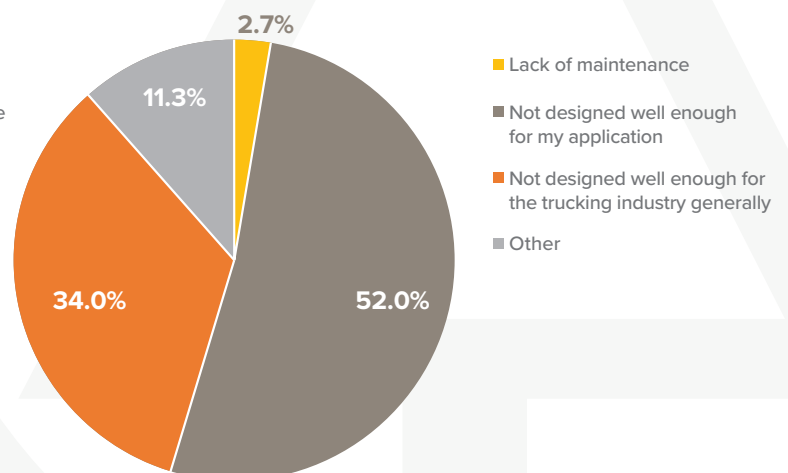
Type of Transport Operation



How reliable is ABS on your truck and trailers?



What is the most common root cause of ABS issues?



Summer Safety on Resource Roads

With the arrival of summer, many people embark on road trips and use resource roads for various recreational activities. This increased activity means it is crucial to be cautious and prepared for potential hazards like inexperienced drivers, industrial traffic, wildlife encounters and poor road conditions.

Chris Walker from Overland Training Canada, BCFSC's training partner for Resource Road Driving Safety, recently spoke with CBC's Carolina de Ryk on Daybreak North about staying safe on resource roads. [Listen to what Chris had to share with CBC about safety concerns on resource roads](#) (starts at 1:27:00).

Driving on resource roads requires skills and knowledge unique from those needed for community roads or highway travel. Individuals unfamiliar with the specific challenges of resource roads may require extra caution and patience. Sharing the road responsibly, diligently following road safety procedures and being alert for unexpected situations can help ensure a safer journey for everyone.

The risk of wildlife-vehicle collisions is particularly high where human travel corridors intersect with animal travel routes and tend to peak in May, June, November, and December. Given the quick and unpredictable behavior of animals, drivers need to be attentive and ready to react appropriately to avoid collisions. There are strategies for preventing these incidents when drivers are better prepared to avoid or respond to a potential collision with wildlife.

- Watch for the road signs – these road signs are installed where there are high wildlife use areas.
- Reduce speed – reducing speed gives drivers the ability to steer away from objects on the roadway, reduces stopping distance, and decreases the force of an impact.



- Drive defensively – drivers and passengers should actively watch for wildlife on the road, movement, shining eyes, or flickering lights or unexpected movement from cars ahead of you.
- Use your vehicle – keep your vehicle maintained (windshield clean and crack free, and lights in good working order), wear your seatbelt, and use your high beams when safe to do so.

Washouts and landslides also occur in late spring and early summer due to heavy rains and freshet. They can cause sections of the road to become unstable or impassable which is why it is important to stay informed of weather forecasts, road advisories and any potential closures before setting out.

Resource roads can be riddled with road imperfections such as potholes, loose gravel or uneven surfaces which can make driving challenging, especially for inexperienced drivers. It is crucial to adjust speed, maintain a safe distance from other vehicles and drive cautiously to prevent accidents or damage to the vehicle. To better prepare yourself for resource roads, watch the BCFSC Resource Road Driving Safety video and learn about Radio Calling on Resource Roads.

If you drive to work, drive for work, or have employees who drive for work, take the time to review your safe driving policies, ensure your crews are well trained and use available resources to help you stay safe on the road this summer. Here are some valuable resources to assist with resource road driving safety.

Driver Training

Video - [Resource Road Driver Training](#)

Courses:

- [Resource Road Driver Knowledge Unit](#) (online)
- [Resource Road Safety Training](#) (1 day)
- [Resource Road Driver Training](#) (2 day)

Safety Resources and Videos:

[Work Here, Play Here, Stay Safe Here](#)

[Radio Use and Road Calling](#)

[Off Road Vehicles – BCFSC Resource Road Safety Guide](#)

[BC Government Resource Road Safety](#)

[Road Safety at Work](#) 🇨🇦



Applied Innovation Grant from WorkSafeBC Awarded for Research Project Focussing on Inherently Safer Design (ISD) in Mobile Equipment Risk Reduction in BC Sawmills and Warehouse Operations

Mobile Equipment (ME) is a paramount concern for high-risk industries like sawmills and warehouse operations. There is a significant need for companies using ME in daily operations to integrate a range of safety measures, including administrative and engineering controls, as well as Inherently Safer Design (ISD), to help reduce the risk of ME. This can be a daunting task to determine what needs to be done on site and whether there are additional budgetary requirements needed to administer safety changes.

ME operators require proper skills and training for operating safely on a worksite. But there are site factors they cannot control that can create high risk situations for site workers working in and around ME. The ME-pedestrian interface (where ME and personnel interact) can lead to struck-by incidents. Additionally, over the years there has also been significant increases in Musculoskeletal Injuries (MSIs) claims from ME operators due to the repetitive nature of driving techniques, ergonomic hazards and mechanical hazards such as constant exposure to engine vibration.

There is a need to identify new ways to reduce ME risk in sawmills and general warehouse operations across BC by evaluating how processes and worksites can be redesigned or reconfigured, rather than only relying on add-on equipment and procedures.

A project team of industry experts and academic researchers led by Kayleigh Rayner Brown of Obex Risk Ltd., applied for an Applied Innovation research grant from WorkSafeBC. This grant (formerly known as Innovation at Work) supports research projects that solve workplace problems and include projects that develop or apply knowledge and insights to address workplace health and safety issues and/or engage in knowledge transfer and exchange (KTE) activities.

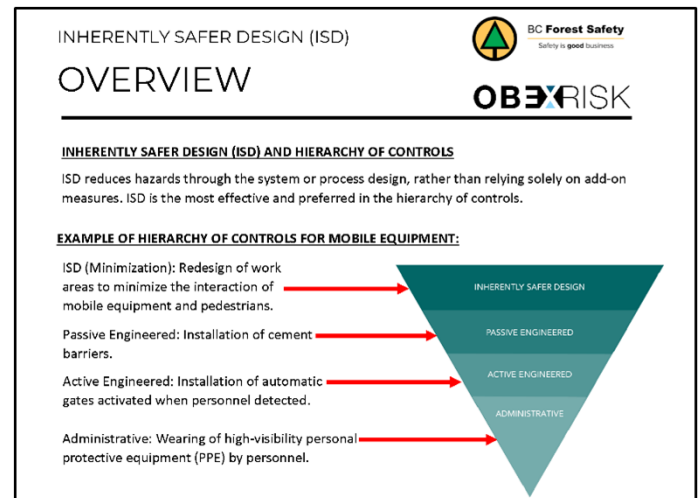
The team was awarded a \$43,000 Applied Innovation Research Grant by WorkSafeBC for this research project

aimed at reducing ME hazards in sawmills and warehouses by integrating ISD into their operations. The project will identify how ISD can be used as a best practise in this sector and to investigate innovations, insights and new approaches for managing ME risk in BC sawmills and warehouse operations. The research from this study will provide integrated solutions for industry to easily adopt into their current operations and help reduce ME hazards without having to completely alter or inhibit companies from adapting operations due to exorbitant adjustment costs to operations.

The project involves bow tie analysis, a tool that has been successfully implemented in the wood pellet industry during the critical control management (CCM) project as part of WorkSafeBC's Process Safety Initiative. The project also involves ISD workshops, an approach used in the oil and gas industry that is being adapted in innovative ways for ME and other high hazard applications.

The project outcomes will include guidance and tools for identifying ME-pedestrian interface hazards and developing risk reduction strategies that can be integrated into a company's Safety Management System within sawmills and warehouse operations. Some of the key areas of focus will research key opportunities for ISD, as well as options for passive engineering, active engineering, and administrative safety measures such as:

- Redesign pedestrian workspace to reduce ME traffic. (ISD)
- Implement grade separation (e.g., pedestrians use elevated paths and are separated from ME (ISD)



- Improved site layout planning and traffic engineering changes for sites (ISD) Install barriers or guardrails between ME and pedestrians if the same route must be used. (Passive engineering)
- Install motion warning devices on forklifts. (Administrative with active engineering component)
- Implement collision avoidance and guidance for onsite driving procedures. (Administrative)
- Implement safe work procedures to reduce injuries caused by powered industrial trucks such as pallet jacks and forklifts. (Administrative)
- Establish Operator and Worker Training to address ME-pedestrian interface risk. (Administrative)

The research results will support sawmills and general warehousing personnel, including frontline personnel, supervisors, managers, and decision-makers at these operations. This research will also support ME safety in other sectors, including the general trucking industry, as well as wood pellet production. Research results will be broadly shared and communicated, including to companies supported by Safety Driven, as well as the Wood Pellet

Continued on page 21...

Association of Canada. This research also directly supports WorkSafeBC's Manufacturing High Risk Strategy. The ISD research project is an important step forward in reducing high-risk ME hazards in sawmills and warehouse operations. By developing practical and effective strategies for integrating ISD into these operations, the project team hopes to make these workplaces safer for everyone involved.

The ISD project is led by a research team made up of industry experts and academics with expertise in safety protocol integration, hazard identification and risk management for high-risk industries. The team includes:

Ms. Kayleigh Rayner Brown, MSc, P.Eng., is Director of Obex Risk Ltd. in Halifax, Nova Scotia. She holds a Master of Applied Science (Dalhousie University) in chemical engineering, specializing in process safety, ISD, and hazard analysis. Kayleigh has played an integral role in enhancing process safety in wood pellet production as project technical lead in two

previously funded WorkSafeBC Innovation at Work projects. Kayleigh has previous key experience in hazard analysis workshop facilitation, ISD research, stakeholder engagement, and project management.

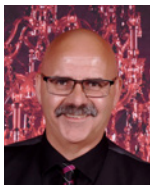
Dr. Paul Amyotte, P.Eng. a Professor of Chemical Engineering in the Department of Process Engineering and Applied Science at Dalhousie University. Dr. Amyotte is a recognized expert in the field of ISD and has an extensive record of authorship in ISD, process safety, and dust explosion research.

Mr. Bill Laturnus is a Senior Safety Advisor, Manufacturing at the British Columbia Forest Safety Council (BCFSC). Bill has extensive experience in sawmill operations, and as a proponent of ISD, supports the incorporation of practical applications of ISD at sawmill worksites. Bill has recently conducted key safety activities focusing on risk reduction of the ME-pedestrian interface with the Manufacturing Advisory Group (MAG). Bill also has 10 years of experience auditing SMSs in forest products manufacturing.

Ms. Jacqueline Morrison is a manager in OHS Consultation & Education Services at WorkSafeBC. Having worked in warehousing and transportation for many years and having served on several workplace road safety initiatives, she has a special interest in addressing the risk of ME and pedestrian struck-bys. The most effective way to control workplace risk is through safer design to eliminate, isolate or reduce the risk to workers. She is supporting the project by identifying participants for the workshops, sharing subject matter expertise and will support the communication of any learnings to industry, employers, and workers on how to control this risk more effectively through inherently safer design.

Mrs. Megan Martin, Senior Manager, Credentialing Services, Prevention Services Division provided project support as a co-applicant. Megan has transitioned roles and Jacqueline has since joined the project team. The researchers thank Megan for her support. 🌱

Manufacturing Welcomes Newest MAG Auditor



BC Forest Safety Council welcomes Russ Brackenbury, the newest auditor to be trained to conduct MAG audits.

Russ has worked in the forest industry for 31+ years, with just over 30 years at Downie Timber in Revelstoke. He held several positions at Downie, including Production Manager, finishing his career as the Safety Manager.

Russ was also the Chaplain for the Revelstoke Fire Rescue teams. He explains *"there is a very large sign on the overhead doors of the firehall that says, **'Everyone comes home'** and I very much believe the forest industry needs to continue working toward this goal."* This is truly a testament to Russ' passion for safety.

Over the years, Russ has continued to grow and learn and challenge himself to ensure he could provide the best service and information to his employers and workers in those workplaces.

Russ recently retired from Downie and is currently conducting BASE and MAG audits. In addition to conducting MAG Audits, he is also a mobile drug tester for DriverCheck in his area. He describes himself as a humble safety geek who is empathetic toward those in need and advocates to solve issues fairly – realizing the issues are not always the people.

Russ lives in Revelstoke and is an avid camper and fisherman and takes to the road at every available opportunity. 🌱

MAG Auditor and Safety Advocate, Nicole Brandson, Featured in the Williams Lake Tribune



(Laureen Carruthers photo)

Nicole Brandson, MAG Auditor and Safety Advocate was featured in the March 23rd issue of The Williams Lake Tribune. The feature gave an in-depth look into Niki's dedication to safety and her challenges and successes in building a career as a safety leader in industries predominantly made up of men. Niki is a strong supporter of women leading the charge in safety roles and continues to advocate for young women entering the workforce and building their careers in key safety positions.

Read the full article in [The Williams Lake Tribune](#). 🌱

WPAC Launches Free Online Interactive Operator Safety Training Platform

By Fahimeh Yazdan Panah, Director of Research and Technical Development, Wood Pellet Association of Canada

Operator safety training for wood pellet manufacturers has officially risen to the next level. Safety training is now available anytime, anywhere – and it's as easy as 1, 2, 3 – thanks to a new online platform that delivers a free, comprehensive, digital e-learning, safety training program for plant operators and supervisors across companies.

Developed by a team of safety specialists, WPAC and the BC Forest Safety Council, the online training system includes videos, industry resources and built-in knowledge assessments. Funding was provided by WorkSafe BC. Before launching the platform, the system was tested by pellet plant operators from British Columbia and Nova Scotia.

“An informative introduction for new operators in training and a valuable refresher for experienced operators as well,” says Cody Braun, Plant Operator at the Premium Pellet plant in Vanderhoof, B.C.

“The pellet industry can really benefit from this new Operator Training – with its interactive media and video, it gives new operators a thorough overview of pellet processing and plant controls. Combined with an in-house training program, it will not only make more knowledgeable plant operators, but ultimately reduce the time required to train new operators and ensure all the key topics are covered,” says Julie Griffiths, Quality, Sustainability, and Environmental Program Coordinator at Shaw Renewables' NB and NS plants.

As pellet manufacturers know, plant operators are at the controls of the facility and play a key role in ensuring their own safety and the safety of their co-workers. User feedback is very important to success as we continue to refine this innovative learning platform. We strongly encourage anyone using the training to submit their input at the end of each module or email me directly at fahimeh@pellet.org.

“The Operator Competency program is another example of the pellet industry working together collaboratively to share knowledge and best practices between companies, enabling the industry to develop the best programs possible to support their people to build a strong safety culture,” says Michael Fantillo, Production Supervisor at Premium Pellet.

IT'S AS EASY AS 1, 2, 3

Step 1 Go to the website www.wpaclearning.com or [Click here](#)

Step 2 Create an account

Step 3 You will automatically be directed to your Dashboard where you can select from a variety of courses, complete testing and get your certificate.

Modules Covered:

PLANT OPERATORS HEALTH AND SAFETY TRAINING

- Risk and Risk Control
- Workplace Attributes
- Human Factors
- Legislation, Regulations and Standards
- Health and Safety for Plant Operators
- Upset Conditions
- Process Safety Management
- Plant Operations
- Combustible Dust and Gas

PROFESSIONAL SKILLS FOR SUPERVISORS

- Cornerstones of Effective Supervision
- Orientation, Training and Skills Development
- Leadership and Professionalism
- Communication Skills for Supervisors
- Due Diligence
- Hazard Identification, Inspection and Investigation

For more information, read the [Fact Sheet](#). 




Photo: WPAC

Sold Out Human Factors Workshops Highlight Pellet Sector Commitment to Safety

The fully booked free workshops on Human Factors highlight the pellet sector's commitment to continuous learning and adopting new and better ways to make our industry safer.

The first workshop on Human and Organizational Performance for Critical Controls, hosted in Kelowna by the Wood Pellet Association of Canada (WPAC), was led by WorkSafeBC facilitators Jenny Colman MSc., CRSP (Human Factors Specialist, Risk Analysis Unit) and Jennifer Fung P.Eng, CRSP (Sr. Engineer (Chemical), OHS Practice and Engineering Support).

A key outcome from the workshop for participants included a practical tool for evaluating critical controls, understanding how critical controls can be influenced by worker actions, and optimizing systems to help ensure that critical controls that involve human input are more reliable.

Another free workshop is being hosted on May 31 in Prince George. While this workshop is fully booked, should there be additional demand, the opportunity to host another workshop will be explored. For more information, contact Fahimeh Yazdan Panah, Director of Research and Technical Development, Wood Pellet Association of Canada, email fahimeh@pellet.org or call (778) 990-2656. 

WPAC Updates its One-Stop Safety Resource for Pellet Producers

by Fahimeh Yazdan Panah


The Wood Pellet Association of Canada's (WPAC) improved One-Stop Safety Resource, created last year, has been updated with the latest safety information to include:

- The 2023 safety plan
- New video: Innovating Our Way to a Safer Better Product
- Updates on belt dryer project including final report, fact sheet and key takeaways
- Final report on deflagration isolation
- Video: 15-minute safety huddle Inherently Safer Design

The compendium reflects our sector's commitment to safety and to implementing new ways to be safer every day. The safety initiatives are the result of industry-wide participation, leadership and input. WPAC's safety committee is the key driver behind most of these initiatives.

In a recent interview with Julie Griffiths, newly appointed chair of the WPAC Safety Committee, says that through the WPAC Safety Committee industry can address challenges and opportunities together, rather than just reinventing the "safety wheel" at each company. Through the committee, members are building new safety initiatives from the ground-up while participating in pilots and accessing vital information along the way.

"Let's keep it real: there are no shortcuts to safety. If you aren't already on the committee, then get on board, or get someone on your team to join," says Griffiths. "One hour a month is a small commitment for the extensive safety knowledge and resources that you'll take away from the committee."

The One-Stop Safety Resource is a living document and regularly updated so make a point of checking back. You can find it on [WPAC's website](#). 

Fahimeh Yazdan Panah, Ph.D., is the director of research and technical development for the Wood Pellet Association of Canada.

Understanding Audit Processes for Combustible Dust

Combustible Dust Safety should always be a top priority as it can pose a serious hazard in both sawmills and wood pellet manufacturers putting worker safety and overall operations and facilities at risk of a serious injury or incident. Proper safety measures are a necessary component of a company's safety management system, and an audit of those processes can help identify areas of improvement and help reduce the hazards of Combustible Dust. In a recent episode of the Dust Safety Science Podcast, titled *Understanding Audit Processes for Combustible Dust (DSS217)*, Bill Laturnus, BCFSC's Senior Safety Advisor for Manufacturing Safety, joined Dr. Chris Cloney to discuss the audit process for combustible dust safety and the importance of the [WPAC \(Wood Pellet Association of Canada\) Audit Tool](#).

[Download this episode](#) or go to the Dust Safety Science website and listen from there. 





Falling Supervisor Course Gets an Update

BCFSC has been working with industry subject matter experts and the Falling Supervisor Course instructors to update the five-day course, moving to a blended approach, combining online learning with classroom and in-field instruction.

Participants start with completing 12 hours of online training before attending the in-person portion of the course which is now four days consisting of two days of classroom work and two days in the field. Course updates include new documentation pertaining to faller supervision, supervising to the risk as well as meaningful faller inspections to name a few.

Falling Supervisor instructors said in almost every course, there is always an ask from participants for more time in the field. By providing required online learning that must be completed prior to the in-person course start date, instructors are able to spend more time in the field applying the learnings.

The updated Falling Supervisor Course will be piloted in June in Campbell River, with any identified changes being adjusted before the next course in September.

If you are interested in enrolling in the Falling Supervisor course, please visit our [website](#). We encourage you to enrol sooner rather than later to secure your spot. 📞



Worker Assessments and Resources: A Good Foundation for Road Building Occupations

Operating heavy equipment requires continuous focus on safety and productivity, and companies who conduct road building operations face some of the biggest challenges the elements can offer up. BCFSC's worker assessments and training resources help provide workers with an understanding of equipment capabilities as well as the environment and conditions in which the machines operate.

Completing worker assessments is an important part of maintaining a safe and successful operation. One-on-one worker assessments ensure there are no gaps in the knowledge, skills and attributes each worker (equipment operator) needs to perform their job effectively and efficiently. The assessment process is designed for:

- New Workers (or new to the role) - who benefit from the guidance and experience they gain; and
- Experienced Equipment Operators - who can demonstrate their skills and knowledge against an industry-developed standard.

For the road building phase of forestry within the occupations listed below, supervisors can follow the step-by-step assessment process:

- Rock Drill Operator
- Articulated Rock Truck Operator
- Excavator Operator
- Wheel Loader Operator
- Grader Operator
- Dozer Operator
- Backhoe Operator



Photo Credit: North Island Rockpro Inc.

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How Supervisors use the assessment process for their road building crew:

Step 1. Use the equipment-specific assessment documents and resources to lead a competency conversation with a machine operator.

Step 2. Conduct a practical assessment to evaluate the operator in a variety of situations to determine if they can consistently perform the skill components of their job in a safe and effective manner.

Step 3. Complete the process by either signing off on the worker's competency or developing a plan to address any knowledge and skill gaps.



Photo Credit: Mark Ponting – Ponting Contracting

BCFSC can help bridge the gaps with our free online training. Go to our [Learning Centre](#) for a list of available courses. Alternatively, employers can supplement existing internal on-the-job training programs by downloading our free [Learning Resources](#) specific to the road building sector of BC's forest industry. 🌲



Photo Credit: North Island Rockpro Inc.

Hiring Summer Students?

If you are hiring summer students this year, take a look at the free online training, resources and assessment checklists BCFSC has to offer to help with your orientation.

- [Free Online Training](#)
- [Forest Safety Worker Training and Assessments](#)
- [Basic Forest Worker](#)
- [Resource Road Driver Knowledge Unit](#)
- [Introduction to Dangerous Trees on Forestry Worksites](#) 🌲



Replant.ca



Movement is Medicine

By Dr. Delia Roberts

It's official! The benefits of regular physical activity for every aspect of health and longevity have now been fully recognized. If you want to live a longer, healthier, more productive life do this one thing: *Reduce the amount of time that you spend each day in sedentary situations where you don't move (as in watching TV, computer work and driving).* Here's the why and how to make it possible, even for those who work in occupations where their days are spent sitting in a machine or behind a desk.

Physical activity has been strongly associated with an overall reduction in the likelihood of dying *for any reason*. The risk of developing cardiovascular disease and hypertension is lower, as are metabolic diseases like obesity and type 2 diabetes. Several types of cancers, osteoporosis and mental health disorders like anxiety, depression and dementia are also all lowered with increased physical activity. Furthermore, if you already have any of these diseases, physical activity can help slow the progression. And it's not just disease prevention or reducing the impact of illness already in process, it's the very quality of the life you live every day that is positively affected. The association between physical activity habits and health is so strong that activity levels are now considered one of the key indicators of health. Physical activity has been added to the 'vital signs' in the same way as blood pressure or sugar levels are used as health markers. And all this attention has brought in new resources, with the exercise professional becoming an important part of the healthcare team. So, while the stresses of life may seem more demanding than ever, there is hope that we can all find a way to use this truly powerful health tool.

One of the most important changes in the new recommendations for physical activity is the way that we define exercise; *movement is the key*, not 'working

out' or going to the gym. Incorporating movement throughout your day might just be more helpful than setting a fixed time to exercise and being sedentary the rest of the day.

In October 2020, the Canadian Society for Exercise Physiology, the Public Health Agency of Canada, Queen's University and ParticipACTION released a toolkit designed to help Canadians look at exercise differently than in the past. The title of the new recommendations: *"Canadian 24-Hour Movement Guidelines: An Integration of Physical Activity, Sedentary Behaviour, and Sleep"*, indicates the direction these health experts are taking.

The new prescription is designed to cross age, gender, and cultural and socioeconomic boundaries, and is applicable year-round. For people who are not limited by a condition that may require medical clearance or modification of some activities, the recommendation is to participate in a range of physical activities including weight bearing and *non-weight bearing movements that engage large muscle groups. (*Non-weight bearing means activities where body weight is supported such as swimming, rowing/paddling, cycling or seated exercises.) Movement should be incorporated through work and play, including but not limited to, sports, recreational activities, transportation (walking or biking to work or to run errands), household activities and job tasks. The previously recommended guidelines of a weekly minimum of 150 minutes of moderate to vigorous physical activity, with two-strengthening sessions, still stands. However, the new recommendations now recognize that light physical activities, including standing, can also help maintain health in place of more vigorous activity when you are in a situation where you can't do more intense exercises.

Instead of looking at exercise as a separately scheduled part of your day, the new model takes a more inclusive approach. It emphasizes that minimizing the amount of time spent sitting or lying down without moving (except when sleeping) is crucial for health. Specifically, screen time should be limited to a maximum of three hours per day and total sedentary time, other than sleep, be capped at eight hours/day. The idea is to break up time periods of non-movement with even brief periods of movement - as often as possible.

The recommendations also place an emphasis on sleep. Yes, the physical activity guidelines now also include practicing good sleep hygiene as a significant contributor to health! This means getting seven to nine hours of good-quality sleep on a regular basis, going to bed and waking-up at similar times each day.

But what if your work consists of 12+ hours in a truck or machine, behind a desk or on a radio?

For health practitioners and scientists, these recommendations provide a great solution to widespread health problems. Unfortunately, there are many jobs in forestry where the whole operation would come to a halt if you took a movement break. And it doesn't get much better before or after work - with family commitments, household chores and the need for a little down time to just chill. The reality is, it's going to take a serious change in perspective to adopt these new guidelines. But, if you want to live a long and fulfilling life, with good physical and mental health, then these conversations need to start. We need to work towards ways of adopting these essential lifestyle habits of movement and sleep quality.

Twenty years ago, no one would have believed that the scale schedule could be changed to allow healthier hours of work, or that physiotherapists would visit planting camps and mills. Today, we recognize that in order to keep people working well, they need to be healthy, and part of that responsibility lies with the

Continued on page 27...

employer and the constraints of the job. It will cost in terms of operational efficiency, site layout and profits to allow people in jobs like equipment operators and haulers to safely take regular 5-10 minute movement breaks, but there are ways to make this happen. And the rewards are far greater than the costs.

How to Begin

1. As long as it is safe to do so, look for opportunities to get out of your truck whenever it's parked. Likewise, anytime there is a lull in the operation, get out of your machine, or away from your desk. You can talk on your phone while moving and work on your computer while standing.
2. Talk to your employer about creating a safe zone at the landing and scales where you can descend and shake out your legs. Even if you must stay at your machine, climbing in and out, doing a walk around, squatting down and standing up, and bending and reaching are all good ways to get moving. Get into the habit of moving as much as you can, instead of the habit of moving as little as possible.
3. If you can't physically get out of your machine, then shift your body, raise and lower your arms, do shoulder circles and tap your feet. Isometric contractions can also be used, push, pull, squeeze and resist with your legs, arms, torso, feet, hands and head. Rhythmic contraction and relaxation, even in place will get your blood circulating and help muscle strengthen. It's easy to keep a length of elastic banding, a strap or even a couple of small weights in your truck or machine to Activity help with these kinds of movements.
4. Contact your primary health care practitioner and ask for a referral to a kinesiologist. They are trained to prescribe movement and help you find a way to integrate it into your life. They can provide guidance on how to move safely and in ways that you might actually enjoy. There are also new programs available to offer ongoing support. Your primary health care provider can help connect you with the resources you need.



5. Get the Health and Wellness/ Safety Committee involved. Can you negotiate with your employer for activity breaks? Plan your day to give yourself time for movement breaks, knowing that every minute spent moving will lower health care costs and reduce the risk of injury and incident by keeping you more alert, improving balance, agility and strength. Figure out how much one strained knee, shoulder or back costs. Perhaps movement breaks can be accounted for as a budget item as an investment to offset injury costs. After all, moving will help make you strong enough not to strain one of these joints which is a cost benefit in the long run.
6. Make your meetings active. One-on-one discussions lend themselves well to walking meetings, but even morning tailgate job hazard assessments can incorporate squats and lunges while standing in place. You'll actually listen better while swinging your arms – as long as everyone fully engages. Take judgment out of the picture. If people hesitate due to embarrassment, they may not listen attentively while moving.
7. Engage your community. Making physical activity a way for your family and friends to spend time together might be quite different from watching your favourite TV show or playing a board or video game. But when you consider the impact on your and your family's health, it's worth the effort. Ping-Pong, shuffleboard, foosball and frisbee are all great games that involve low intensity movement that everyone can play.

It's going to take time and money to incorporate movement into work and play. We need a cultural shift for the way we view many of the jobs in forestry, and our leisure time. So do a cost benefit analysis and compare a life with a chronic illness, medication and disability (or even premature death) to a healthy engaged lifestyle and it becomes a much simpler decision.

For more information:

[Exercise is Medicine Canada](#)

[23 and 1/2 hours: What is the single best thing we can do for our health?](#)

[24-hour Movement Guidelines](#) 🏃



Kid's Corner



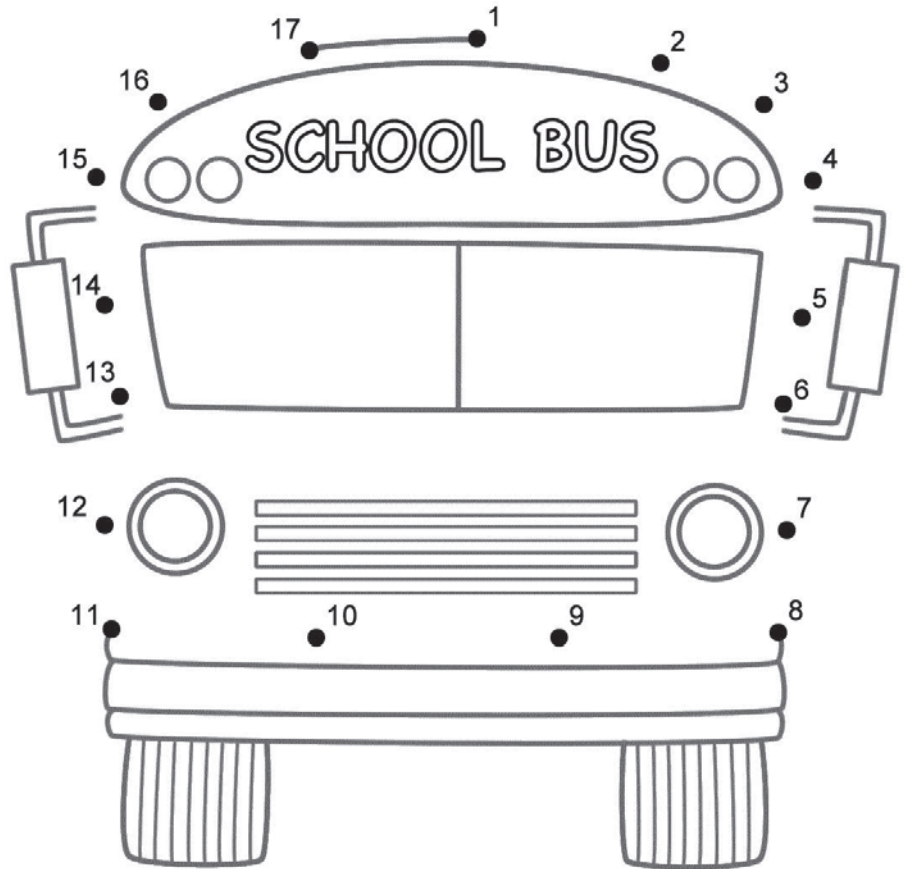
Thanks to everyone who entered our March Colouring Contest. Congratulations to **Theo, age 3**, whose name was picked from our random draw. Theo wins the DRIVEN Toy Logging Truck and we will be sending a special gift to everyone else just for entering!



For our fall issue, connect the dots on the School Bus and then colour it 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.



Back to School



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, August 2, 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 September 2023 issue of the Forest Safety News. 🌲

ABOUT Forest Safety News

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