



SAFETY ALERT & BULLETIN OF THE MONTH

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Preparing for Hot Summer Work

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With the hot weather upon us, now is a good time to think about how to prepare for working safely in the heat.

Hot Weather Safety Best Practices:

- Our bodies can adapt to hot weather but it's best to ease into working in the heat. In time you will be able to work hard in the heat with a lower core temperature and heart rate. Take frequent cooling breaks during the first few days of hot weather and allow yourself to adjust.
- If you have not previously acclimatized to a hot worksite, a recommended acclimatization schedule is no more than 20% heat exposure on the first day and increasing by no more than 20% the following days until you are well adjusted to the conditions. [The National Institute for Occupational Health and Safety \(NIOHS\) offers additional information on acclimatization.](#)
- More focus on your personal health is required when you work in the heat. This includes drinking plenty of fluids, eating a healthy diet, getting adequate sleep and taking cooling breaks.
- Look for signs of heat-related illnesses such as cramps, heat exhaustion and heat stroke. Heat stroke is a medical emergency and is potentially life threatening. [Learn more about the risks from the BCFSC Heat-related Illness Safety Alert \(2019\).](#)





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- Use all the cooling equipment that is available to you. Check the condition of your air conditioner before hot weather arrives. Wear loose fitting and light coloured clothing when working outside. Consider using specially designed cooling hats, vests or bandanas to help keep your core temperature down.



Additional Resources:

- [WorkSafeBC Heat Stress Resources](#)
- [Fit to Log – Maintaining Hydration](#)

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BCFSC Bulletin - News and Updates

BCFSC Latest News & Resources

[June Forest Safety News](#) – summer edition

[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.

[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. Learn more.



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BCFSC Training:

Upcoming Classroom Training

September 21 | [Forest Supervisor Due Diligence – Campbell River](#)

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

September 21 | [Forest Supervisor Communication – Kamloops](#)

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

September 22 | [Basic Incident Investigation – Prince George](#)

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

September 22 | [Forest Supervisor Leadership and Professionalism – Kamloops](#)

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

September 26 | [Falling Supervisor – Prince George](#)

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

September 29 | [Basic Incident Investigation – Campbell River](#)

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

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

Online Training

Worker Assessment and Training

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

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