



# SAFETY ALERT & BULLETIN OF THE MONTH

PLEASE SHARE THIS INFORMATION

## Prioritizing Health in Your Safety Program

AOM: 2024-03-15

In forestry, safety is always a top priority, but health and wellness are equally important. Promote healthy living in your safety programs and crew talks. Talk about the significance of health and wellness by sharing some ideas on how to stay healthy:

1. **Regular Medical Visits:** Regular check-ups can catch minor health issues before they escalate. Monitoring blood pressure, cholesterol and blood sugar levels is essential.
2. **Manage Risk Factors:** Counteract sedentary lifestyles, poor diets (excessive saturated fats, salt and sugars) and tobacco or vape use. Find ways to mitigate stress as chronic stress affects both mental and physical health.
3. **Recognize Early Warning Signs:** Seek medical attention for symptoms like chest pain, shortness of breath, unexplained fatigue, vision changes, dizziness or severe headaches.
4. **Ergonomics:** Whether driving a truck, operating equipment or sitting at a desk, prioritize ergonomic improvements by setting up work areas to prevent stress, strain and repetitive movements.
5. **Combat Fatigue:** All workers, not just shift workers, should understand fatigue and sleep management. Simple steps in bedtime routines can greatly improve sleep quality.
6. **Return-to-Work Plans:** After extended time off due to injury or serious illness, implement gradual return-to-work plans. Modify duties and schedules for a successful transition back to work.
7. **Emergency Preparedness:** Medical emergencies can happen at work so it's important to be prepared. Involve your entire team, not just designated first aiders, in emergency drills that focus on responding to medical incidents to ensure everyone understands their roles and duties.





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## Additional Resources

[BCFSC Health Awareness Resources](#)

[BCFSC Crew Talk - Cardiovascular Health](#)

[BCFSC Fit to Work Resources](#)

[Healthy Living – Heart and Stroke Foundation](#)



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## **BCFSC Latest News & Resources**

**[March 2024 Update to Occupational First Aid Regulatory Change](#)** - WorkSafeBC invites stakeholders to submit their feedback on [First Aid Draft OHS Guidelines for Part 3: Occupational First Aid](#) via email to [regpraconsult@worksafebc.com](mailto:regpraconsult@worksafebc.com). Feedback will be accepted until April 2nd.

**[Video: Emergency Response Plan – Operator Extraction and Steep Slope Rescue Drill](#)**

This video is the second in a series highlighting the importance of emergency response planning in forestry operations, particularly on steep slopes.

**[March 2024 - Forest Safety News](#)** – Read the latest issue of the FSN.

**[Interior Safety Conference](#)** – Thursday, May 9<sup>th</sup>, 2024 at the Coast Kamloops Hotel & Conference Centre in Kamloops, BC. Register before April 1, 2024 for your chance to win a BCFSC Stanfield and Toque.

*The ISC is held in partnership with the Interior Logging Association (ILA) Conference which is celebrating its 66<sup>th</sup> Annual AGM and Convention from May 9 – 11 in Kamloops, BC.*

**[Online Training for Forest Supervisors](#)** – We offer six FREE online Forest Supervisor training courses.

**[Updated FIRS App](#)** - The second phase of the FIRS App is now ready and allows contractors to use FIRS to create, report and submit reports for injuries, near misses, hazards, harassment, property damage and wildlife encounters. The update also includes managing equipment logs and meeting minutes. Visit the FIRS webpage for more information.

## **BCFSC Training:**

### **Upcoming Classroom Training**

**April 5 | [Basic Incident Investigation – Kamloops](#)**

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



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## **April 16 - 19 | [Falling Supervisor – Campbell River](#)**

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

## **April 25 - 26 | [Forest Supervisor – Due Diligence for Forest Supervisors – Campbell River](#)**

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

## **April 26 | [Basic Incident Investigation – Prince George](#)**

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

## **April 30 – May 3 | [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.

## **May 3 | [Basic Incident Investigation – Campbell River](#)**

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

## **May 8 | [Basic Incident Investigation – Nelson](#)**

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

## **May 9 – 10 | [Forest Supervisor – Due Diligence for Forest Supervisors – Nelson](#)**

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

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

## **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.

Take a look at our [FREE online training and assessment forms](#) for Basic Forest Workers, Yarding, Mechanized Harvesting and Road Building.

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