



Photo credit: BC Wildfire Service

## Preparing BC Forestry Workers for Wildfires

Last year's wildfire season in BC was the most destructive on record, with 2.8 million hectares burned—more than double any previous year. The fires caused significant disruption to the work and lives of many people in BC, and the impact was felt strongly by those in the forest industry. Evacuations and alerts, oppressive smoke, high heat, area closures, and lack of access to industry critical resources, including helicopters, were among the many challenges faced by the industry.

The influence of El Niño contributed to the warm and dry climate throughout 2023, and this pattern has continued into the spring of 2024. Coupled with below-average precipitation and above-average temperatures expected over the coming months, the prolonged drought conditions are once again setting the stage for a challenging 2024 fire season across the province.

Climate change and disruptive weather patterns like El Niño continue to complicate the situation in the forest industry. Many forestry companies are challenged in the work that they do as

fire seasons begin earlier and become more intense. The forestry industry is forced to adjust its operations, prioritizing fire readiness and resilience. Additionally, workers are regularly confronted with unique and sometimes rapidly changing hazards.

The forestry sector is vital to BC's economy, and its workforce is the backbone of the industry. It's crucial for forestry workers to understand wildfire risks and management to ensure their safety and the safety of forestry operations. Equipping forestry workers with the necessary skills they need to prepare themselves for the prevention, and/or mitigation wildfires is essential. Being trained to understand risks and mitigation strategies will help contribute to the growth and diversification of the forest industry workforce but will also help with restoring our forests and mitigate climate change impacts.

To help forestry workers recognize and wildfire risks, and reduce the risk of health hazards, BCFSC suggests the following resources and training opportunities:

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

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### Resources:

- [Wildfire Preparedness Guide \(PreparedBC\)](#)
- [Dangerous Tree Resources](#)

### Free Training:

- [Introduction to Dangerous Trees](#)
- [Forest Supervisor Training](#)
- [Serious Incident and Fatality Investigation](#)

### Webinar Recordings:

- [Mitigation Strategies for Wildfire Smoke and Other Respiratory Hazards in Wildland Firefighting \(May 1, 2024\)](#)
- [Tips to Successfully Transition into Supervision \(November 30, 2022\)](#)

### Crew Talks:

- [Wildfire Safety While at Work](#)
- [Emergency Response in the Workplace](#)
- [Emergency Evacuation Grab & Go Bags](#) 🗑️



## What's New

Here is the latest on what we have to offer since March 2024. 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](#), and [LinkedIn](#).

### Load Securement Contractor

**Toolboxes** – the Contractor toolboxes are sets of tools and resources that employers and log haul drivers can use to address the risk of injury from load securement activities. There are four Load Securement Toolbox Videos demonstrating various methods to throw wrappers to help reduce shoulder and MSI injuries and two downloadable PDF documents available.

[Toolbox A: Improved Throwing Method C \(Video\)](#)

[Toolbox B: Underhand Throw Using Lead Rope \(Video\)](#)

[Toolbox C: Throw Assist Using a Pole \(Video\)](#)

[Toolbox D: Rotator Saver \(PDF\)](#)

[Toolbox E: Lightweight Wrappers/Tie-downs \(PDF\)](#)

[Toolbox F: Elevated Platform \(Video\)](#)

### **BC Wildfire Service's Mitigation Strategies for Wildfire Smoke and Other Respiratory Hazards in Wildland Firefighting**

– Watch the webinar recording from May 1st featuring Drew Lichty, an Occupational Hygienist at Canada Wildfire, and Steve Lemon, Superintendent of Safety & Wellbeing at BC Wildfire Service discussing the challenges posed by wildfire smoke exposure in the context of wildland firefighting

### Upcoming Industry Conferences

#### **2024 Vancouver Island Safety Conference**

*Bridging Generations in Today's Safety Culture*

Oct 26, 2024 – Nanaimo, BC

**BCFSC's Different Voices Webinar** – for those who missed the webinar in person, the webinar recording is now available. The webinar features Mike Tasker and Rodney Scollard from WorkSafeBC discussing the proposed combustible dust regulations.

**BCFSC FIRS (Forest Industry Reporting System) App** – the full version of the BCFSC FIRS App is now available to download from your App store. Use the FIRS App manage forms and documents for safety-related paperwork related to SAFE Companies Audit submissions.

**Training Calendar** – Plan ahead and secure your spot for our fall 2024 training courses. The BCFSC Training Calendar is now fully loaded and offers both in-classroom and online courses. We also provide requested training bringing courses directly to your preferred location at a convenient time that works for you.

**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** – Preparing for Wildfire Season
- **Industry Alert** – Worker Fatigue and Journey Management
- **Manufacturing Weekly Safety Alert** – Click on the link to see the latest weekly alert

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

### Industry News

Get the latest on industry news from:

**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.

**Tree Frog Forestry News** – daily news with top stories and full news stories on the forest sector in North America and around the world.

**Forest Enhancement Society of BC (FESBC)** – FESBC shares news and information about BC forestry.

**Truck Loggers Association (TLA)** – a monthly newsletter and 1/4ly magazine (Truck Logger BC) offering stories from BC provincial forestry perspectives, information and updates.

**Interior Logging Association** – the ILA insider is a 1/4ly newsletter featuring timber harvesting news, information and updates throughout BC.

**Western Forestry Contractors' Association** – The Cache is an online space to share wisdom, experience, information, tools and resources generated by the silviculture community.

**Wood Pellets Association of Canada (WPAC) News** – read the latest news from WPAC and subscribe to receive the WPAC newsletter.

### Industry Links

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

**Register for RSW's free webinar** Putting the Brakes on Aggressive Driving! Wednesday, June 19, 2024 | 10:00am to 11:00am. [Register today.](#)

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

# How Workplaces Can Prepare for Wildfire Season

If you live and work in BC, it is important to plan and be prepared for wildfires threatening communities, services, and forests, and be ready to evacuate without much notice. Wildfires can spread quickly so you likely will not have much time to get ready if an evacuation is ordered.

Being prepared will not only improve a workplace's response in the event of an emergency, but also will aid in the recovery after a fire.

Your local municipalities and regional districts have a lot of excellent information on how to prepare for the risks of a wildfire and the protocols in place if there is a wildfire in or near the community. So, check their websites for information.

In addition to any local guidelines, also consider the following points.

## Before A Wildfire:

- Prepare an evacuation plan as part of your Emergency Response Plan (ERP) to help avoid confusion and prevent injuries. A thorough evacuation plan should include:
  - Conditions that will activate the plan
  - Chain of command
  - Emergency functions and who will perform them
  - Specific evacuation procedures, including alternative routes, exits, muster points and check-in procedures.
  - Procedures for accounting for on-site personnel, visitors, etc.
  - Required equipment and emergency supply kits
  - Review the plan with workers
- Practice your ERP and ensure all workers know what to do in case of an emergency. Conduct evacuation drills regularly and update plans and procedures based on lessons learned from exercises.
- In addition to your worksite, develop a plan for your home as well. Create a grab-and-go bag and make sure that your family knows what to do even if separated (someone is at work, for example). Have a plan for your pets and livestock.
- Where possible, make a safety zone around your business, worksite, or residence. Remove combustible materials and reduce the volume of vegetation to a minimum around buildings. This will reduce the spread of wildfire and may protect the buildings and equipment within.
- Consider FireSmartBC recommendations for homes and businesses. Frequently mowing grass and replacing vegetation with less flammable species can provide better protection against spreading wildfires.
- For indoor work or homes, consider investing in HEPA (high efficiency particulate air) filters and maintain filters

as instructed by the manufacturer. For outdoor work, implement a respiratory protection program—which may include masks—for workers working in smoky conditions.

## During wildfire season:

- Even if not under an evacuation order, workers may be exposed to both smoke and extreme heat during their regular work. Follow a heat stress prevention program which considers the added stress due to reduced air quality. When it is not possible for workers to spend time in cooler and cleaner air, provide access to cool water and encourage them to drink regularly.
- Prevent human caused wildfires. Understand and follow the current fire restrictions, maintain your equipment, and have sufficient fire suppression equipment ready if something happens.
- Maintain high levels of situational awareness when there are fires in the area. Be aware of fire conditions, including the current fire danger rating and the location of any active forest fires in the region. Monitor your immediate area for changes in weather, including changes in smoke. Keep connected with public notices and communicate regularly with your workers.
- Employers should check in regularly with workers about their mental and physical health. Wildfire and smoke events can be mentally and emotionally challenging. Feeling anxious, stressed, sad, or isolated is not uncommon, but eating well, getting enough sleep, exercising indoors, and staying in contact with friends can help. Remind workers of the supports offered by the organization, like an Employee Assistance Program (EAP), and encourage anyone having trouble coping with stress, anxiety, or depression to seek help. Remember to check in with workers and other people who are in your care or live nearby who may be more vulnerable to poor air quality.

## If there is a need to evacuate:

- There are often two stages of an evacuation notice – an evacuation alert and an evacuation order.
- While the specifics of each may change depending on the jurisdiction you are in, generally, if you are under an evacuation alert, you should be ready to leave on short notice. This is the time where you can double check your evacuation plan, stock up on anything additional that you need, and take care of any livestock that you have.
- Once an evacuation order has been given, you must leave immediately with everything that you need. In most cases you will not be allowed to return to pick up anything you forgot, including pets or other animals.

*Continued on page 4...*



Continued from page 3...

- The evacuation order should include details about check-in points outside of the community, places to stay (such as community centres in neighbouring municipalities), and where to meet for alternate transportation and times for those who cannot leave on their own.
- If you are susceptible to the health effects of wildfire smoke and smoke levels in your community are high, evaluate if it is possible to temporarily re-locate to an area with cleaner air. You may also choose to leave your community before an evacuation order is issued.

- Continue to listen to news updates for information about the fire throughout the evacuation. Only return home when the authorities say it is safe to do so.

**Resources:**

[WorkSafeBC Workplace Evacuation Planning](#)

[BC Government – Wildfire Preparedness](#)

[Canadian Occupational Health and Safety Regulations – Emergency Evacuation Regulations](#)

[WorkSafeBC Emergency Preparedness](#) 

# Forestry Employers Need to Get Ready for New First Aid Requirements

Submitted by WorkSafeBC

We are quickly approaching the date when, on November 1st, 2024, changes to First Aid requirements will come into effect. The amendments were approved by WorkSafeBC’s Board of Directors in April 2023 and the 18-month time-lag in implementation was designed to allow employers and training providers to prepare for the changes. These amendments will apply to all workplaces and industries, but some of the key changes are especially relevant in the forestry sector because of the focus on remote and less-accessible work locations. The requirements for first aid are outlined in Part 3 of the Occupational Health and Safety Regulation. They have seen very few updates over the last 20 years, which has prompted the current overhaul.

Of particular concern was the provision of appropriate emergency transport for injured workers in remote areas. In addition to strengthening the current obligations, the changes will harmonize first aid training and first aid kit requirements with the national standards under CSA (Canadian Standards Association). Harmonizing with the CSA standards is intended to help with labour mobility, allowing qualified workers coming to BC from other provinces to use their first aid certifications obtained elsewhere.

Under the amended regulation, a workplace that is further than 30 minutes travel time by an ambulance under normal travel conditions, will be classified as a “remote workplace”. A workplace that cannot be reached by an ambulance travelling by land, or a workplace where EHS ambulance attendants cannot safely access, will be classified as a “less-accessible” workplace. There are many factors that will make a workplace less-accessible and include things like rough or steep terrain, or places where an injured worker would be carried for a significant distance. Clearly, a cutblock where a stretcher would need to be carried through logging slash would be less-accessible. Along these lines, many forestry operations will be deemed both “remote” and “less-accessible.” In the language of the new regulation, those would be Class 4 workplaces. This is significant because workplace classification will determine how many first aid attendants are required at a particular operation; and what level of certification they must have. The minimum requirements, based on industry hazard rating and workplace class, are outlined in Schedule 3-A of the Regulation (excerpt from Schedule 3-A shown here for illustration purposes).

Another key piece for identifying the appropriate minimum levels of first aid is the hazard rating assigned to industry and its classification units (CUs). Most forestry CUs, such as Logging Road Construction, Manual Tree Falling, or Cable Yarding, etc. fall under the High Hazard Rating, based on the nature and extent of the risks and hazards involved. The assigned Hazard Rating can be found in the Assessment Rate Notification that WorkSafeBC sends to all employers every year in November. All three factors: the hazard rating, the class of workplace (reflecting whether it is remote and how accessible), and the number of workers present will determine the minimum first aid services that can be looked up in Schedule 3-A.

**Table 3-4  
Minimum Requirements – Class 4 Workplaces**

Item	Column 1 Workers present	Column 2 Low hazard rating	Column 3 Moderate hazard rating	Column 4 High hazard rating
1	2 – 5	<ul style="list-style-type: none"> <li>• Basic first aid kit</li> <li>• Basic first aid attendant</li> </ul>	<ul style="list-style-type: none"> <li>• Basic first aid kit</li> <li>• Basic first aid attendant (transport)</li> </ul>	<ul style="list-style-type: none"> <li>• Intermediate first aid kit</li> <li>• Intermediate first aid attendant (transport)</li> </ul>
2	6 – 9	<ul style="list-style-type: none"> <li>• Basic first aid kit</li> <li>• Basic first aid attendant</li> </ul>	<ul style="list-style-type: none"> <li>• Basic first aid kit</li> <li>• Basic first aid attendant (transport)</li> </ul>	<ul style="list-style-type: none"> <li>• Intermediate first aid kit</li> <li>• Intermediate first aid attendant (transport)</li> <li>• Emergency transportation for one injured worker</li> </ul>
3	10 – 19	<ul style="list-style-type: none"> <li>• Basic first aid kit</li> <li>• Basic first aid attendant (transport)</li> </ul>	<ul style="list-style-type: none"> <li>• Intermediate first aid kit</li> <li>• Intermediate first aid attendant (transport)</li> </ul>	<ul style="list-style-type: none"> <li>• Advanced first aid kit</li> <li>• Basic first aid attendant (transport)</li> <li>• Advanced first aid attendant</li> </ul>

It is important to note that Schedule 3-A lists only the “minimum levels” of First Aid and it is only meant to be a starting point for employers assessing what they will actually need to have in place depending on the hazards and conditions specific to their operation. In some cases, based on the risk assessment, these minimum levels from the Schedule may be adequate, but in other situations, additional first aid attendants and higher levels of certification may be required to properly respond to a first aid emergency. A requirement to conduct a formal risk assessment has existed before, but starting in November, this assessment will need to be written down and available for inspection. The written assessment must document both the minimum first aid services as per Schedule 3-A and any additional equipment, supplies, first aid attendants, and other services that are necessary to ensure that injured workers can have prompt access to first aid and prompt transport to medical treatment. To assist and guide employers through the assessment process, a First Aid Assessment Tool will be available in a pdf format in June and a digital version will be posted on WorkSafeBC’s website in September.

Another point worth noting is that under the new requirements, the written first aid assessment must be prepared, reviewed, and updated in consultation with the joint committee, where one is required, or the worker health and safety representative. But even in small workplaces that do not have a joint committee or a designated worker representative, workers should still be involved in the assessment process and their input can be obtained at the monthly safety meetings, tailgate crew talks, or pre-job meetings.

The assessment will need to consider the number of workers present, their location, the types of risks and hazards that they may be exposed to, and the types of injuries likely to occur. Additionally, any potential barriers to first aid being provided will need to be identified, along with solutions. The assessment must be reviewed and updated every year and whenever there’s a significant change in the operations affecting the validity of the assessment.

Also under the new provisions, the employer will be required to conduct practical drills for first aid emergencies at least once each year and whenever the procedures change, such as when entering a different logging phase, moving to a significantly different operating area, and requiring a different type of response. Further, the employer will need to ensure that these drills validate the effectiveness of first aid procedures and that the first aid attendants and other workers, who might be called upon to assist, are capable of fulfilling their roles. A first aid drill should include realistic mock scenarios that can identify any gaps in skills, capability, response times, and any shortcomings in equipment. Gaps or deficiencies identified through a drill will need to result in changes and improvements to procedures. Above all, these drills will help the participants better understand their responsibilities in an emergency and better prepare them for the real thing.

As mentioned before, the amended regulation will harmonize first aid training and first aid kit requirements with the CSA standards, which raises questions about how a transition to the new system will happen. Currently, first aid attendants are trained and certified as OFA Level 1, 2, or 3. This will be replaced by training in Basic, Intermediate, and Advanced level certification. Of note is that the existing five-day Level 2 training course will be replaced by a two-day Intermediate course under the CSA system. This change in course duration and content was taken into consideration in the design of the revised Schedule 3-A. There will be corresponding changes to the first aid kit requirements.

To alleviate pressure and uncertainty, WorkSafeBC is implementing a number of transition measures:

- The certification of first aid attendants who hold valid OFA Level 1, 2, and 3 certificates will continue to be recognized until the date of their expiry (up to November 1, 2027) and those certificates will be accepted as equivalent to Basic, Intermediate, and Advanced certification under the new system.
- Valid OFA Level 1, 2, and 3 certificates that expire between July 2 and October 31, 2024, will be accepted as valid until November 1, 2024.
- Employers wishing to utilize first aid attendants holding the new Basic, Intermediate, or Advanced certificates prior to November 1, 2024 will be able to do so, if all other requirements of the amended first aid regulation are also implemented, including all required elements of the newly revised Schedule 3-A, a written first aid risk assessment, and written first aid procedures;
- Employers may continue to use existing first aid kit contents, recognizing that they are mostly the same as the new CSA-aligned kit contents – they will only have to supplement existing kits with any items that are “net new” under the amended guidelines; there is no expectation for employers to dispose of existing first aid supplies that are essentially the same (other than, let’s say small changes in dimensions of bandages, etc.). Employers will be expected to replace first aid supplies and kits with CSA-aligned supplies as supplies are replenished or when purchasing new kits.

While the changes coming into effect on November 1st are extensive, they are expected to result in better outcomes for injured workers and more certainty for employers knowing that their first aid provisions and emergency protocols are suitable for the business operations.

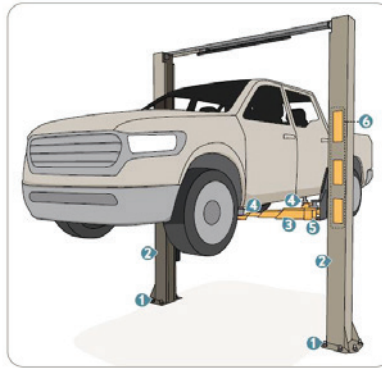
While this article captures key elements of the changing regulation, a very comprehensive guideline to the new requirements will be posted on WorkSafeBC’s website towards the end of May. Employers, first aid attendants, and all workers who will be affected by these amendments, are encouraged to review the guideline to help prepare for the upcoming changes. 🌱

# WorkSafeBC Updates

## WorkSafeBC Managing the Risks of Two-post Automotive Lifts

WorkSafeBC has released a bulletin explaining how to manage the risks of two-post automotive lifts, which can fail during use, and workers can be seriously injured by falling vehicles.

There are many causes of two-post automotive lift failures. The WorkSafeBC Bulletin on [managing the risks of two-post automotive lifts](#) outlines some of these causes and explains key ways to manage risk to keep workers safe. Learn more about managing risk by visiting [WorkSafeBC's dedicated webpage](#). 🚧



A vehicle on a two-post automotive lift. Key parts include:

1 Anchor bolts	5 Lifting points (on vehicle)
2 Support posts	6 Swing-arm restraint
3 Swing arm	Warning labels

## Board of Directors Decision - Time Limits for Filing a Mental Disorder Claim

On February 6, 2024, WorkSafeBC's Board of Directors approved amendments to policy on time limits for [filing a mental disorder claim](#). The amendments apply to all decisions, including appellate decisions, made on or after May 1, 2024. 🚧

## Enhancing Health & Safety Culture and Performance

WorkSafeBC has created resources specific to enhancing a workplace's health and safety culture and the proactive management of health and safety. Health and safety are intrinsically linked to performance and by building a strong health and safety culture, you will have a positive impact on your workers, your bottom line and public perception.

Learn more by [visiting the webpage](#). 🚧

## WorkSafeBC Magazine Spring 2024

[WorkSafeBC's Spring Issue](#) feature articles:

- Staying connected after an injury: Gilda's remarkable journey
- Safety training fills a gap in wood pellet industry
- Changes coming to workplace first aid requirements
- Controlling the risk of welding fume exposures
- Protecting your workers from the risk of fatigue 🚧

## Introducing WorkSafeBC's Engagement Hub

WorkSafeBC has launched an Engagement Hub to learn about WorkSafeBC initiatives, projects, and proposals and share feedback on them. Visit the [Engagement Hub](#) to learn about what's happening and how to get involved. The hub will be regularly updated as engagements progress and new ones are launched. 🚧

## WorkSafeBC Consultations

### Current Consultations

[Public consultation on the Permanent Disability Evaluation Schedule — Range of Motion Method and Disabilities of the Spine](#)

**Consultation Deadline: June 7, 2024**

[Proposed amendments to policy on average earnings in Chapter 9 of the Rehabilitation Services & Claims Manual](#)

**Consultation Deadline: June 28, 2024**



# 20 Years of Forestry Safety

By Dazy Weymer

I started out in the logging industry in the late 1960s. The Industrial, Wood and Allied Workers (IWA) was a strong union by then and workers were treated respectfully, however there was very little structure and few standards for the training of new workers or for logging supervision in those days. Some of the more experienced loggers naturally assumed responsibility for looking out for the new guys on the crew. Others maybe not so much. Often enough new workers were left to learn from their own mistakes which is a real poor strategy in a dangerous occupation. I was fortunate in having a few good mentors which made me one of the lucky ones.

Companies also varied in how much concern they had for their crews well-being. Safety, at that point, had at least become something crews could safely talk about without the risk of getting fired, but there was still a culture in which the guys who were considered to be the top-notch loggers were the guys who ran the fastest and got the most timber on the ground, or the most wood to the water. "Safety first as long as it doesn't get in the way of production" was a commonly quoted sentiment. That and, "it's a dangerous business. People are going to get hurt." And unfortunately it was an attitude that often did get people hurt or killed.

There were slow improvements over the next 30 plus years, in part through pressure from WCB, which was slowly making hurting people more and more expensive, but more so I think because of changing social values. Public sentiment towards the logging industry was gradually changing. By the early 2000's, the news media was getting involved and the pressure on government and WCB to do something about it was building. The industry

was told, enough of the tough guys in a tough industry BS. Quit hurting and killing people or we're going to shut you down.

A group of industry and worker organizations were pulled together to figure something out and a result of that in 2004, was the formation of the BC Forest Safety Council (BCFSC).

The pace of change in the forest industry safety culture began to speed up and that pace of change was thrown into overdrive by the horrendous year we had in 2005 when 43 industry workers lost their lives.

A big focus for the newly formed BCFSC, and one I've been involved in, was to develop standardized work practices along with a certification system for hand fallers, and standardized training for new fallers. Prior to that time, faller training had been largely left to the discretion of employers and, by that point, while some employers were doing a very good job training new fallers, the faller training standards across the industry were still all over the map.

Good quality supervision has come to the forefront in safety. While the focus has been heavily directed at faller supervision with training, support, and certification, the BCFSC has also developed training by way of courses and videos for all forestry phases. Work has been done and continues to be done on emergency response training and videos.

Culture change can be a tough uphill push and a long slow process. For a lot of my logging career, safety and productivity were seen as contradictory objectives. How much do you give'er shit to get things done and how much should you slow down and be safe?

The working culture the industry is shifting to, is the model of steady productivity without interruptions. The new approach is to take the time to do things the right way every time and avoid having those screw-ups that interfere with productivity. Those screw-ups for a faller can range from getting your saw stuck and losing productivity while you go get another saw to cut yours out, to serious accidents which, while being hugely traumatic to everyone involved, are also massively expensive. With this approach, safety does not conflict with productivity. Working safely is the simply the best business model. There is getting to be a solid belief amongst loggers that we should be able to log without hurting and killing people and there is a lot of effort put into achieving that goal. A good part of that shift in culture can be credited to a collaboration between the BCFSC staff and the advisory groups who work with them.

Because culture change comes slowly it can be frustratingly hard to see. It can help to think back 5, 10, or 20 years and see how far we have come since then. Together we have moved the dial on safety significantly in the last 20 years, and the BCFSC has played a big role in that movement, in part because of our involvement. Obviously, there is still lots to be done. You can help. The purpose of the BCFSC is to help the forest industry work successfully and profitably, without hurting people. The BCFSC can keep on helping us improve things in the future, but it's up to us loggers to work with and support the council. Drop in and see them. Give them a call or shoot them an email. Or better yet, get involved with one of the advisory groups. 📞



# Spotlight on Safety: Nominate a Champion of Safety from your Organization

In the forest sector, safety leaders are the unsung heroes that help get us all home safe, every day. Safety leaders guide us through the complexities of workplace safety with unwavering dedication and innovation. The Leadership in Safety Awards helps shine a light on these individuals and gives them the recognition they truly deserve.

BCFSC is calling for nominations for the esteemed Leadership in Safety Award to honour those who have made outstanding contributions to safety in our industry.

The award winners will be honored in person at the upcoming Vancouver Island Safety Conference on Saturday, October 26th in Nanaimo, BC.

Don't miss this opportunity to nominate a deserving candidate who has exemplified outstanding safety leadership or accomplishments in one of three categories: harvesting, manufacturing, and a lifetime achievement in forestry.

## Award Categories

### 1. Cary White Memorial Award

This special award is presented to someone who has demonstrated an unwavering commitment to improving safety awareness, expanding safety knowledge, developing safety skills at ground level and building a lasting culture of safety among BC's forestry workers. It is someone who goes the extra mile to help others reach their safety goals with a helping hand, proven experience and knowledge.

### 2. Forest Safety Most Valuable Player (MVP)

This award recognizes an individual or group that has made a notable contribution to forest industry safety within their operation or company.

The MVP could be a worker whose idea resulted in improvements to workplace safety, a supervisor who communicated regularly with their crew spearheading safe work procedures, a crew that found a way to work more safely and productively, a manager who demonstrated commitment to worker safety, a committee that achieved safety improvements through persistent efforts to seek changes, or a company that has demonstrated leadership in integrating health & safety into their business practices.

### 3. Manufacturing Safety Most Valuable Player (MVP)

This award recognizes an individual or group that has made a notable contribution to wood products manufacturing safety within their operation or company.

The MVP could be a worker whose idea resulted in improvements to workplace safety, a supervisor who communicated regularly with their crew spearheading safe work procedures, a crew that found a way to work more safely and productively, a manager who demonstrated commitment to worker safety, a committee that achieved safety improvements through persistent efforts to seek changes, or a company that has demonstrated leadership in integrating health & safety into their business practices.

Let's celebrate those who make our workplaces safer. Nominate your safety leader today and let their exemplary efforts be recognized and applauded by their peers across the industry.

To nominate, simply send an email to [info@bcforestsafesafe.org](mailto:info@bcforestsafesafe.org) with the following details:

- Nominee's full name
- Nominee's job title
- Nominee's workplace and employer
- Chosen nomination category (Cary White Award or MVP)
- A comprehensive explanation of your nomination reasons (the more details, the better)
- Your contact information (name and email address)

## Nomination Deadline:

**September 24, 2024**

## Honoring Past Safety Leaders

Take a moment to read about the previous winners of the Leadership in Safety Awards. These trailblazers have set the bar high with their remarkable safety achievements. Their stories inspire us and remind us that dedicated safety leadership can help us meet our objective ... to get every forestry worker home safe – every day. 🙌



# 2024 Interior Safety Conference – Safety at Work: Inside and Out

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 9th at the Coast Kamloops Conference Centre, and was a great success.

Thank you to everyone who joined us at this year's ISC. We were thrilled to see such a large turnout, 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, "Safety at Work: Inside and Out" focused on empowering individuals to take ownership of safety for themselves and in the workplace. We were fortunate to have an excellent lineup of keynote speakers:

Justin Brien, mental health advocate: Justin openly shared his struggles with substance use and mental health struggles encouraging the audience to let go of the stigma around mental health.

Steve Donahue, a bestselling author and motivational speaker: Steve gave us a gripping tale of his odyssey across the Sahara Desert. He gave his personal insights on how to succeed through constantly shifting situations with story-based tools that battle disruption, inspire transformation and drive engagement.

Leanne Pozzobon was our special guest speaker: Leanne shared her personal story about the loss of her son Ty who took his own life after suffering multiple concussions in the rodeo arena as a professional bull rider. Leanne educated us on "The Invisible Injury", how to recognize the signs and symptoms and understand the underlying mental health challenges that shadow these injuries.

In addition, we were pleased to have presentations from Will Dirksen from WorkSafeBC who gave a presentation on the upcoming First Aid changes coming into effect November 1, 2024. BCFSC's Transportation and Northern Safety Manager, Dorian Dereshkevich shared the work he has been working on with TAG on Emergency Response Planning. Elise and Teresa Cheung from WorkSafeBC also gave a presentation on the Return-to-Work amendments to Bill 41. All three of these presentations are available to download and share with your crew.

- [WorkSafeBC First Aid Presentation](#)
- [Return to Work - Bill 41 Overview](#)
- [BCFSC ERP Presentation](#)

Looking ahead, we invite those located on or near the coast, to mark their calendars for the 2024 Vancouver Island Safety Conference, which takes place on Saturday, October 26, 2024, 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 2024 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. 🌲



## Save the Date

### Vancouver Island Safety Conference *Bridging Generations in Today's Safety Culture*

**Saturday, October 26, 2024** at the Vancouver Island  
Conference Centre in Nanaimo, BC.

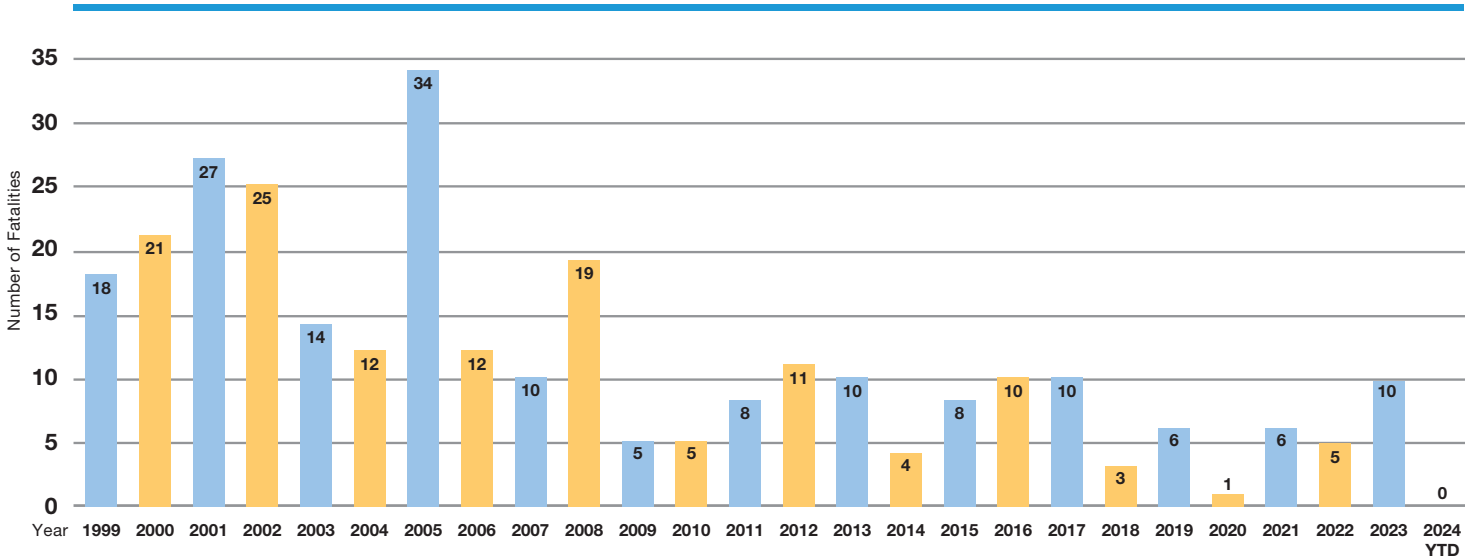
Registration and conference details available soon.



# Work-Related Deaths & Injuries



## WSBC Accepted Harvesting Work-related Death Claims



This information represents the number of work-related deaths by year in BC, up until June 2024.

For 2024 year-to-date, there have been no work-related deaths in the BC forestry industry.

### 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:** Fracture  
**Core Activity:** Integrated forest management  
**Location:** Vancouver Island/Coastal BC  
**Date of Incident:** Feb 2024  
 A grapple yarder operator was clearing lines after a road change. As they tight-lined, the slack puller cable broke at the termination point. The operator boomed down to re-thread the cable in the boom, then walked out onto the backstop adjacent to the boom and started threading the cable. The cable became hung-up on the drum, and as the operator pulled it free, the operator fell about 10 feet and landed on the grapple below.

**Injury:** Contusions and abrasions  
**Core Activity:** Field work services  
**Location:** Interior BC  
**Date of Incident:** Feb 2024  
 A young worker was standing at the side of a landing as a skidder pulling logs was passing. A tree from the other side of the landing swept across behind the skidder load and knocked down the worker.

#### MANUFACTURING

**Injury:** Injuries to hand  
**Core Activity:** Sawmill  
**Location:** Lower Mainland  
**Date of Incident:** March 2024  
 A young worker was attempting to clear lumber on a transfer deck. The worker stumbled and as they tried to break their fall, they inadvertently put their hand in an exposed chain socket. The drive chain's guarding was on a hinge that had been left open, perhaps from earlier maintenance or cleaning activities.

**Injury:** Close call  
**Core Activity:** Sawmill  
**Location:** Northern BC  
**Date of Incident:** March 2024  
 Three workers were moving an electric motor (weighing about 2,000 pounds) using a chain hoist attached to an overhead gantry system. The gantry collapsed and fell to the floor, narrowly missing the three workers.

**Injury:** Close call  
**Core Activity:** Sawmill  
**Location:** Northern BC  
**Date of Incident:** Feb 2024  
 A fire occurred in a sawmill filing room, damaging the walls and some parts of the electrical system.

**Injury:** Injury to finger  
**Core Activity:** Sawmill  
**Location:** Northern BC  
**Date of Incident:** Jan 2024  
 A worker was trying to unjam a chain at the front end of the sorter bins when one of their fingers was pinched between the chain and the sprocket. 🚨



## Use the BCFSC FIRS App and Streamline Your Audit Submission

The BCFSC Forest Industry Reporting System, aka the FIRS App, is a forms management mobile application tool designed for forestry sector small employers and contractors to help manage their SAFE Companies audit requirements. This innovative tool is now fully operational and is available at no cost to all SAFE Certified Companies.

The BCFSC FIRS App helps streamline the paperwork and administrative tasks required for audit submissions. It offers a user-friendly mobile interface with features that not only helps facilitate document and safety records management, but also help with the maintenance of SAFE Companies and COR Certification. FIRS allows reports to be generated offline and can automatically queue submissions once connectivity is restored. The app also comes with a desktop dashboard for administrators to gather uploaded app submissions to generate reports and document bundles.

The primary uses of the BCFSC FIRS App:

- **Streamlines Audit Processes:** Ensures adherence to SAFE Companies Audit protocols.
- **Simplifies Record-Keeping:** Automates the storage of SAFE Companies forms for easy audit documentation.
- **Accessible Work Procedures:** Provides field access to company Safe Work Procedures, online and offline.
- **Effortless Reporting:** Facilitates the submission of records and reports to clients and stakeholders.
- **Workflow Automation:** Streamlines work management through automated workflows.
- **In-Field Documentation:** Enables photo documentation directly from the field.
- **Task Management:** Manages role-based tasks and document access efficiently.

- **Training and Compliance:** Tracks training, orientations, and observations for workforce development.
- **Audit Assistance:** Offers guidance and tips for successful audit completion.
- **PDF Support:** Allows for document saving in PDF format for convenience and compatibility.

These additional features are designed to assist with generating a more efficient, organized and compliant safety management system.

- **Automated Notifications:** Keeps you updated with system-generated alerts.
- **Voice-to-Text:** Offers talk-to-text capability to minimize manual typing.
- **Task Alerts:** Provides notifications for impending tasks and deadlines.
- **Offline Functionality:** Supports offline data entry with auto-sync when reconnected to the internet.

Getting Started with the BCFSC FIRS App:

The BCFSC FIRS App is available for download on both Android and iOS devices through the App Store.

1. Simply search for 'BCFSC FIRS' and install the app for free.
2. To begin using the app, a FIRS account is required. For enhanced security, the BCFSC will verify your SAFE Certified Company status upon receiving your registration request at [FIRS@bcforestsafecorp.com](mailto:FIRS@bcforestsafecorp.com).
3. Once your registration is reviewed and approved by the BCFSC, your account will be set up, and you will receive an invitation email.
4. Follow the instructions provided to activate your FIRS account with your registration details.

For further questions or information about the BCFSC FIRS App, visit the [FIRS webpage](#) or email us at [FIRS@bcforestsafecorp.com](mailto:FIRS@bcforestsafecorp.com)

## Reminder: Year-end Audit Due Date is Changing to Nov 30th

BCFSC would like to remind companies whose audits have previously been submitted in December to adjust their timelines to submit their year-end audit by November 30th. This means that all audits normally submitted in December will now need to be completed (last day of data collection for BASE) by November 30th.

This updated year-end audit due date was adjusted last February in consultation with the SAFE Companies Advisory Committee and BCFSC Program Committee.

The new audit due date will benefit employers and BCFSC by:

1. Providing employers that normally submit an audit in December with additional time to achieve a successful audit result and be eligible for the COR incentive.
2. Reducing pressure on external auditors to complete audits in December.
3. Allowing BCFSC staff to schedule site visits earlier in the year which will benefit injury reduction with workers.
4. Alleviating the significant audit review surge in January and February providing BCFSC staff with an opportunity to focus on preparing the COR incentive forecast for WorkSafeBC.

2024 will be a transition year as employers and auditors adjust to accommodate the November 30th due date. New Certifications or vital Re-certifications to reacquire SAFE Certification in December will continue to be accepted. If you have questions, email SAFE Companies or for more information, visit the BCFSC website. 📍





# Falling



# Faller Trainee Weekly Training and Progress Reports Updates

Tracking and supporting the progress of faller trainees after they have completed their initial 30 days of one-on-one training is an important advocacy role for the BCFCSC. One of the key tools used for tracking the progression of training is the Faller Trainee Weekly Training and Progress Report document. After the initial 30 days of training, trainees are required to submit a minimum of 20 approved reports before being signed off to apply to challenge for faller certification. The reports are based on the BC Faller Training Standard and follow a hybrid competency model that is intended to capture the progression of the trainee's competence in knowledge, skills, and attributes as they gain experience over time.

The BCFCSC, along with the support of members from the Falling Technical Advisory Committee, has created and piloted an updated version of the Weekly Training and Progress Report document that will soon be implemented into the program and replace the current version being used. The transition into the new document will take place throughout the year. We will continue to accept the old document until December 31, 2024.

The goal of the updated document is to have the trainers capture the evidence that was observed during the week of training, note any deficiencies observed, determine the level of risk posed by any observed deficiencies, and document any extra training or corrective actions that may be required.

The updated document has been posted on the BCFCSC website. We encourage you to use this new form moving forward.

If you have any questions, please contact a member of the BCFCSC Falling Department. 📞

**Faller Trainee Weekly Training And Progress Report**

BCFCSC Office Use Only | Date Received: | Report Number: | Number of Accepted Reports on File: |

Report to:  Approved  Not Approved  Not Approved in last 5 Reports

Comment: |

Verifier Name: | Verifier Signature: | Date Reviewed: |

Trainee Name: | Employer Name: |

Employer Contact Information: | Phone: | Email: |

Trainer Name: | Trainer's BCFCSC Faller ID #: |

Date Range of Training Report: | Start: | End: | Year: |

Nearest Town: | Block #: | Number of Days Worked: |

Geographical Location:  South/Mid Coast  North Coast/Haida Gwaii  Vancouver Island  Peace  Thompson/Klanagan  Omineca/Sleena  Kootenays  Cariboo

Timber Type:  Old Growth  Second Growth  Slope:  Less than 30%  30-60%  Over 60%

Diameter:  0-12"  12-18"  18-24"  24-36"  Over 36"

Harvesting Method:  Cable  Hoe Chuck  Heli  RW  Skid  Other  If other, please explain: |

Industry:  Forestry/Production  Oil and Gas  BCWS  Other  If other, please explain: |

Description of weekly falling and training plan: |

Is this week's training a new or different: Timber type or terrain:  Yes  No Harvesting method:  Yes  No Please explain: |

The person supervising a trainee must evaluate the trainee's work on a weekly basis and keep records of all inspections.

- A minimum of 20 approved reports within a 2 year time period is required by BCFCSC. The total reports must indicate that a minimum of 50 days of training took place and that it was in a forestry/production type setting.
- The last 5 reports MUST indicate the trainee worked on and is consistently meeting ALL parts of the BCFTS.
- After having 20 approved training reports on file, the trainee may request that their trainer complete the Supervisor/Trainer Declaration on page 4 indicating that the trainee is ready to challenge for faller certification.
- The BCFCSC will arrange a minimum of 3 quality assurance visits during the training. These visits are intended to monitor training progression and offer support as needed to the trainer and trainee.
- The reports are to be completed by the trainer, signed, and dated and by both the trainer and trainee.
- Submitted incomplete reports may be returned for correction or possibly disqualified, at the discretion of the BCFCSC verifier.
- Only fallers certified with the BCFCSC are permitted to complete and sign the report as the trainer.
- Training reports must be submitted to the BCFCSC within 2 months of the work taking place or will not be accepted.
- A copy of completed weekly reports can be submitted to the BC Forest Safety Council by either:
  - Email: [faller@bcforestsafe.ca](mailto:faller@bcforestsafe.ca)
  - Fax to the BCFCSC Nanaimo office: (250) 741-1068

Questions? Contact the BC Forest Safety Council toll-free at 1-877-741-1060 or by email at [faller@bcforestsafe.ca](mailto:faller@bcforestsafe.ca)

Weekly Training and Progress Report V8 Apr 2024 | Page 1 of 4

**Faller Trainee Weekly Training And Progress Report**

Trainees must consistently demonstrate knowledge of the following:

ERP  Onsite First Aid  Falling Plan  Alternate Falling Means  Qualified Assistance  Man-Checks

Comments: |

Observations during this report: Only mark the sections that were observed or discussed during this week. Refer to the BCFTS guidance document for the standards required to mark meeting for each section.

Observations:

Observations:	Meeting BCFTS	Yes/No	Comments	Meeting BCFTS	Yes/No	Comments
Physical and mental well being	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>	
Control falling area (signage)	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>	
Axe, wedges, chainsaw	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>	
Transportation and staging area	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>	
Access and egress trails	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>	
Hazards in the work area, multi-tree planning and tree assessments	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>	

Comments: |

Special Falling Techniques:

Trainers must discuss the SWP and/or have the trainee demonstrate each special falling technique in time intervals appropriate to the risk. It is not expected that every special falling technique will be demonstrated each week. Refer to the BCFTS guidance document to reference the acceptable standard for each.

Pushing / Limb-Tied	Not worked on	Discussed	Observed	More training required
Backcut First	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Heavy Limber	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Short Stubby	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Upslope Falling	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Re-Fall Cut-up Tree	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Danger Trees	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Comments: |

Weekly Training and Progress Report V8 Apr 2024 | Page 2 of 4

**Faller Trainee Weekly Training And Progress Report**

Disregarded High-Risk Violations: Hazard Falling or Bucking. Ask the trainee to rectify the High-Risk Violations. Check boxes of all that the trainee answers correctly.

<input type="checkbox"/> Failing to prepare safe/appropriate escape route(s)	<input type="checkbox"/> Excess pushing/Dominio Falling
<input type="checkbox"/> Failing to use pre-determined escape route(s)	<input type="checkbox"/> Brushing of standing trees where brushing can be avoided
<input type="checkbox"/> Failing to use proper falling procedures (acceptable stumps and ending tools immediately available)	<input type="checkbox"/> Leaving partially cut trees, unless done in accordance with the OHS regulations
<input type="checkbox"/> Failing to fall danger trees progressively	<input type="checkbox"/> Working within two tree lengths of a tree being felled

Deficiencies observed and Corrective Actions required:

Trainer to document any deficiencies or unsafe conditions that were observed that required the training to stop for a teaching moment or demonstration from the trainer.

High Risk Violations Observed Automatically Default to a Risk Rating of High and Require a Follow Up.

1  Knowledge  Procedures  Equipment Risk Rating:  Low  Med  High

Deficiency: |

Corrective Action: | Follow up Required:  Yes  No

2  Knowledge  Procedures  Equipment Risk Rating:  Low  Med  High

Deficiency: |

Corrective Action: | Follow up Required:  Yes  No

3  Knowledge  Procedures  Equipment Risk Rating:  Low  Med  High

Deficiency: |

Corrective Action: | Follow up Required:  Yes  No

4  Knowledge  Procedures  Equipment Risk Rating:  Low  Med  High

Deficiency: |

Corrective Action: | Follow up Required:  Yes  No

Weekly Training and Progress Report V8 Apr 2024 | Page 3 of 4

**Faller Trainee Weekly Training And Progress Report**

Trainer Final Comments: |

BCFCSC Trainer Signature: | Date: |

Trainee Signature: | Date: |

Supervisor/Trainer Declaration:

Complete the section below ONLY after:

- Trainee has submitted a minimum of 20 faller trainee weekly training and progress reports that have been approved by the BCFCSC Verifier.
- The BCFCSC has completed a minimum of 3 quality assurance visits and all identified gap training has been completed.
- Trainer is ready to recommend the trainee for faller certification.

I attest that the trainee's falling activity meets the standard acceptable to WorkSafeBC and has demonstrated the competence necessary for certification. By recommending the trainee as ready to challenge the BC Forest Safety Council faller certification, I understand that I am confirming the trainee is consistently meeting all parts of the BC Faller Training Standard.

Trainer Name: | Trainee Name: |

Trainer Signature: | Date: |

Weekly Training and Progress Report V8 Apr 2024 | Page 4 of 4

# FTAC

The March 8th FTAC meeting was focused on Emergency Response Planning (ERP) and how the regulatory changes to Part 3 of the Occupational Health and Safety (OHS) Regulation as well as helicopter support affect the ERP. FTAC invited speakers from WorkSafeBC, Ascent Helicopters and Silva Management Services to speak and present on Emergency Response Planning.



Gordon Craigie, the representative from WorkSafeBC, spoke to the regulatory changes to First Aid. He was able to provide a handout with information on the changes coming into effect November 1, 2024. The changes come as WorkSafeBC looks to align training and equipment requirements across Canada, specifically CSA Z1210-17, first aid training, and CSA Z1220-17, first aid kits. The CSA aligned first aid training will be available starting in June of this year.

Gordon identified four key planning considerations when determining the level of first aid required at the worksite: 1. Number of workers on site 2. Hazard rating assigned to the industry 3. Is the workplace remote and 4. Is the workplace less accessible.

Pierre Gagnon, Trent Lemke, and Sara Andrews presented on behalf of Ascent Helicopters, providing a company overview and a comprehensive review of their fleet of helicopters. The calls have increased significantly in the

last 5 years for Ascent as another service on Vancouver Island closed. The group commented that it has been very eye opening to see how much support the sector needed with Emergency Response Planning. Ascent is currently included on 20 ERPs in the sector, seeing the operator’s challenges, locations and the need for more fulsome ERPs in those locations as well as the need for more helicopter companies to be included on the ERPs.

Ascent was able to share their “Call Out Request Form” with the group. This form was created so companies would know what information was required by the helicopter company when calling for helicopter support.

Ascent also went on to speak about the requirement for emergency response drills. They highly encourage companies to include helicopter support methods in their ERP drills. This could simply be a call to the office during the drill, ensuring the helicopter company has all the details they require regarding the work location, type of helicopter required and any other pertinent details.

WorkSafeBC representative Gordon Craigie also reminded the group that OHS Regulation requires evacuation drills are performed and documented and that officers will be asking about drills when on site.

Barry Manfield from Silva Management Services Ltd. spoke on ERPs, specifically risk assessments and rescue planning for manual tree falling operations. Risk is the likelihood or probability, and the potential severity that a hazard may lead to injury or disease. A risk assessment must take into consideration the difficulty of rescue and evacuation when developing your ERP. Barry went on to identify numerous items that should be considered when completing an ERP assessment:

• Slope/terrain	• Working alone situations
• Timber type	• Severity of the injury
• Danger trees	• Heli landing sites prepped
• Ground cover/debris	• Distance to pick up spot
• Elevation/aspect	• Distance to hospital
• Weather	• Access & egress paths
• Season/time of year	• Transportation of injured worker
• First Aid attendants’ availability	• Road conditions
• Road conditions	• Rescue equipment
• Injured person location & how to move them	• Hospital accessibility (open?)

WorkSafeBC has developed a resource “Emergency Response Planning: 12 Tips for an Effective Emergency Response Plan”. These tips can better prepare you and your crew for an emergency situation. 📄

*Continued on page 14...*

Call Out Request Form provided by Ascent Helicopters

# ASCENT

HELICOPTERS LTD.

## FOREST INDUSTRY CALL OUT REQUEST FORM

HELI CALL SIGN	_____
PILOT NAME	_____
HOIST TECH	_____
CHARTER TICKET #	_____

DATE _____	TIME _____
REQUESTED BY (Name) _____	
CONTACT PHONE # _____	SAT PHONE? YES NO _____
COMPANY NAME _____	
TYPE OF CALL:	TRANSPORTATION      EXTRACTION
IF EXTRACTION: IS PATIENT PACKAGED?	YES NO _____
HELI TYPE REQUIRED:	BH212    BH206    MD902    OTHER: _____
TYPE OF LANDING ZONE:	HELIPAD      LOG YARD      OTHER: _____
EST SIZE	_____
EST SLOPE	_____
HAZARDS (blasting, yarders, etc):	_____
	_____
GPS COORDINATES FOR LANDING ZONE:	_____
RADIO FREQUENCY BEING MONITORED:	_____
ADDITIONAL SUPPLIES NEEDED?	_____
	_____
<b>FLIGHT DETAILS:</b>	
BCAS MEETING POINT	_____
PX DETAILS:	_____
PATIENT CONDITION	_____
AMBULATORY?	YES NO _____
STRETCHER	YES NO _____
PATIENT NAME & WEIGHT:	_____
FA ATTENDANT NAME & WEIGHT:	_____

<b>RESPONSE DETAILS</b>	
ETA OF LAUNCH FROM HANGAR	_____
ETA FOR ARRIVAL TO SCENE	_____
	_____
DOES CONTACT NEED CALL BACK FOR ETA CONFIRMATION?	YES NO _____
	_____
	_____
	_____



# Validation Session on Faller Practical Field Assessment

Assessors from the three approved administrators, the BC Forest Safety Council (BCFSC), the BC Wildfire Service (BCWS), and the Canadian Association of Geophysical Contractors (CAGC) as well as a representative from WorkSafeBC, attended two validation sessions to review and discuss the new Faller Practical Field Assessment. The Faller Practical Field Assessment is used to assess individuals to the BC Faller Training Standard in a competency-based model, looking at knowledge, skills, and attributes. The document is currently being used by the BCFSC and the BCWS, with the CAGC planning to implement it in the foreseeable future.

The validation sessions were conducted to ensure that each approved administrator and WorkSafeBC had the opportunity to provide feedback, identify potential duplication, suggest changes to streamline the document, seek and provide clarification, and come to a consensus on the content of the document and how it is used. Having the 3 approved administrators along with WorkSafeBC working together will go a long way in improving the alignment of the 3 approved faller training and certification programs.

Feedback was collected and documented during the two sessions and the group plans to meet again to finalize the suggested changes. It is anticipated that additional changes may be required as the document is used throughout the year. 🙏



Session at Campbell River Airport



Session in Nelson, BC

## New Faller Training

The spring session of BCFSC's New Faller Training (NFT) took place in the Comox Lake area from March 14 – April 15, 2024. A big thank you to Ian Emery from Mosaic Forest Products and Aaron Jones of Klaus Posselt Logging Ltd. for supplying the timber and their ongoing support of the program. 🙏



Back row, left to right: Trainers Wade Schalm, Jim Lindsay, Zach Burleson, and John Jacobsen.

Front row, left to right: Trainees Beau Smith, Joel Hunt, William McKellar, and Suzanne Villeneuve.



## Resource Road Driver Internal Training – PROGRAM UPDATE

In 2021 the BC Forest Safety Council (BCFSC) collaborated with industry and Subject Matter Experts to update the highly successful Resource Road Driver Training Program (RRDT). Program updates focused on ensuring course content was aligned with current forest industry needs and operational conditions. An important improvement to the program was the development of the Resource Road Driver Internal Trainer program (RRDIT).

This three-day “train-the-trainer” style course supports companies that meet the required pre-requisites, including adequately qualified internal trainer(s) who have the necessary knowledge, skills, and experience, to deliver Resource Road Driver Training using BCFSC materials. The program assists companies in delivering industry leading training to their employees while also developing internal training capacity and expertise within their operation. This capability also provides a cost-effective means to schedule training with increased flexibility as the need arises.

Since its initial development, the RRDIT course has been successfully piloted and refined to test and measure program outcomes to ensure internal trainers are adequately prepared to successfully deliver course materials. The course is designed to be interactive and promotes learning through participation and hands-on practical learning activities, group discussions and presentations.

To ensure consistency, internal training course materials have been developed using the same content as external resource road driver training delivered by BCFSC third-party franchise

trainers. The course is comprehensive, and all topics are covered in full, however the timing of individual lessons may vary based upon training venue limitations and available equipment. A typical course outline would look similar to the following:



### Day 1 Topics:

- Course Introduction & program history.
- Regulations related to light trucks.
- Blind spots.
- Pre-Trip Inspection.
- Emergency repairs – tire change, battery boosting.
- Emergency maneuvers.
- Vehicle dynamics & characteristics of light trucks.
- Driving techniques for safe operation on resource roads.
- Radio use and resource road procedures.
- Driving strategies for deactivated roads (theory).

### Day 2 Topics:

- Vehicle recovery.
- Trailer towing and securement.
- Equipment loading and cargo securement.
- Driving strategies for deactivated roads (practical).

### Day 3 Topics:

- Peer presentations.
- RRST & RRDT teaching tasks & techniques.
- Participant evaluations.
- Course feedback.

If you are interested in learning more about the Resource Road Internal Training Program for your own company needs, please contact the BC Forest Safety Council Transportation Department at [transport.admin@bcforestsafe.org](mailto:transport.admin@bcforestsafe.org) or 250-562-3215. 📞





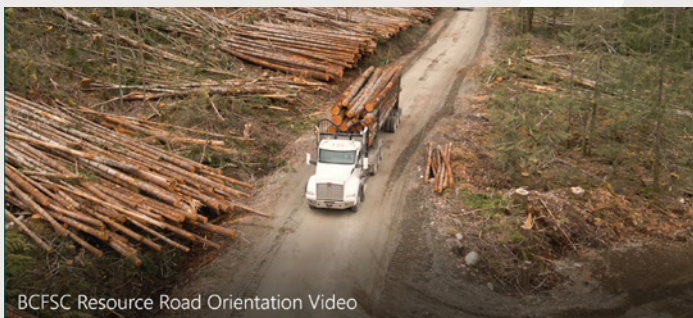
## Resource Road Safety – A Reminder to Stay Safe this Summer and Understand the Risks

The BCFSC resource road safety video was developed as a collective message by forest industry partners to inform the public and recreational resource road users on the complexities of driving on resource roads and how to follow resource road safety rules.

The video showcases the importance of using resource roads safely. With over 620,000 kms of resource roads across BC used by both industry and recreational users, resource road incidents continue to occur causing great concern for both industrial and public users.

Travelling on resource roads can pose various risks and though there may not be active logging in the area, other industrial users such as oil & mining exploration, silviculture and other members of the public may be using these roads. Given this varied use, all resource road users should exercise caution and expect the unexpected.

Watch the 10-minute [Resource Road Safety - Work Here, Play Here, Stay Safe Here](#) video featuring Gord Judson, a 45-year veteran log truck driver, discussing his personal account involving a tragic incident with a recreational road user. His moving and impactful narrative provides invaluable insight into the potential hazards related to driving on resource roads. Judson's narrative transitions from his heart-wrenching experience to highlighting the safety measures required for driving safely on resource roads and provides step-by-step instructions to aid users in reaching their destination safely.



BCFSC Resource Road Orientation Video

Watch the [Resource Road Safety - Work Here, Play Here, Stay Safe Here](#) video on BCFSC's YouTube Channel.

### RESOURCE ROAD SAFETY RESOURCES

[BCFSC Resource Road Safety](#)

[Government of BC – Resource Road Safety](#)

[Overlanding Training Canada](#) 🇨🇦

## Commercial Vehicle Safety & Enforcement Update

### Over-height Regulations, Speed Limiters and In-Cab Warning Devices

Commercial vehicle infrastructure crashes cause damage, stop the movement of people and goods and increase safety risks for everyone on the road. The ministry is implementing measures to further deter these incidents, and to respond with stronger enforcement when they occur.

#### Overview

On December 14, 2023, orders were deposited that bring in new and higher fines for offences related to over-height vehicles, and that implement and support the enforcement of a speed limiter mandate for heavy commercial vehicles, as well as an in-cab warning device mandate for certain commercial vehicles with dump boxes. The resulting amendments have the following in-force dates:

- Effective December 14, 2023 (re: new over-height vehicle regulations, offences and fines):
  - Order No. 718-2023 (a): Commercial Transport Regulations (CTR) amendments
  - Order No. 719-2023 (a): Violation Ticket Administration and Fines Regulation (VTAFR) amendments
- Effective April 5, 2024 (re: speed limiters):
  - Order No. 720-2023 (b): Motor Vehicle Act Regulations (MVAR) amendments
  - Order No. 720-2023 (c): VTAFR amendments
- Effective June 1, 2024 (re: in-cab warning device):
  - Order No. 718-2023 (b): MVAR amendments
  - Order No. 719-2023 (b): VTAFR amendments

The orders may be viewed in the appendices to this bulletin, or on the [BC Laws website](#). These enhanced safety measures are in addition to the Highway Infrastructure Crash Progressive

Enforcement Framework is detailed in [NSC Compliance Circular 05-2023](#).

Read the full [CVSE Bulletin on Over-height Regulations, Speed Limiters and in-cab Warning Devices](#). 🇨🇦





## Return-to-Work Workshop in Prince George

On April 22nd, industry members attended a Return-to-Work (RTW) Workshop in Prince George, BC. Over 18 participants turned out to learn more about the new amendments made to Bill 41.

The workshop was led by Teresa Cheung and Elise Kobylanski, Client Service Managers from WorkSafeBC who specialize in RTW Consultation and Education Services. They work closely with employers to bring about sustainable changes in return-to-work practices, aiming to minimize the impact of disability on both employees and employers.

The workshop titled “Strategies for Successful RTW: Collaboration and Early Rehabilitation,” shed light on the best practices for a successful RTW program. It also emphasized the importance of Early Active Rehabilitation for achieving favourable RTW results. Teresa and Elise, also highlighted the need for effective collaboration and communication in the RTW process, noting the significant impact of teamwork in reducing disability-related time off and promoting a healthy work environment.

Participants gained insights into their roles with the new Return to Work: Duty to Cooperate and Duty to Maintain Employment amendments that came into effect January 1, 2024. Both the Duty to Cooperate and Duty to Maintain Employment establish legal obligations for BOTH workers and employers to collaborate in facilitating the worker’s return to work and maintaining the employment of the injured worker. Non-compliance with the amendments to Bill 41 can have serious consequences.

Supporting workers in their recovery at work following an injury is good for both workers and employers. By helping them stay on the job as they recover, employers retain skilled workers and reduce both their recruitment and training costs. And for workers, being able to perform some duties while recovering helps keeps them connected to their workplace, co-workers, and regular routines, and can prevent long-lasting disability.

For questions about the RTW process, contact the dedicated Return to Work Consultation and Education Services Support Line. This free service is

operated by a dedicated team of RTW Specialists, offering guidance, educational materials, and resources aimed at improving RTW outcomes.

### Contact Information:

- **Phone** (Lower Mainland): 604-279-8155
- **Toll-free:** 1-877-633-6233
- **Email:** [RTW-CES@worksafebc.com](mailto:RTW-CES@worksafebc.com)

BCFSC has also developed a useful Duty to Cooperate Crew Talk that is applicable for all sectors to help explain the new legislation.

[Click here to download.](#) 📄



## Best Wishes to Tom Welton, Director, Health and Safety Services and Education Programs at Workplace Safety North, Ontario

We extend our best wishes to Tom Welton from Workplace Safety North on his retirement. Tom has been a valuable partner in our quarterly Wood Products Manufacturing Cross Country Safety Shares. These sessions bring the industry together to address safety initiatives effectively.

As Tom Welton steps into the well-deserved next chapter of his life, it’s a moment to reflect on and celebrate his extraordinary contributions, particularly in the realm of safety culture. Tom, through his unwavering commitment

and innovative approaches, has been instrumental in not just setting standards but in nurturing a culture where safety is woven into the very fabric of the workplace. As we wish Tom a happy and fulfilling retirement, we do so knowing that the seeds he has sown will continue to grow, fostering safe environments where people can thrive. Tom, may your retirement be filled with the same joy and passion you’ve brought to your work. Here’s to new adventures and continued impact, in whatever form they may take. 🌱

## Safety Innovation – from Gorman Brothers

The Manufacturing Advisory Group (MAG) appreciates receiving safety innovations from industry to share. We'd like to highlight the recent innovation we received from Gorman Bros. This innovation addressed the issue of workers forgetting to lockout the air, the only lockout process required in this particular area, and would go straight up the ladder to a platform above. This resulted in violations in a routine lockout.

One of Gorman's millwrights developed a device that blocks off a section of the ladder preventing workers from accessing the platform. When the air is turned off, the cylinder retracts which in turn removes the *Lockout Required* sign from the ladder allowing the employee to access the platform. The cylinder has been set to a very low pressure to ensure there are no pinch points. If the sign hits a hand, it comes to a full stop.

This manufacturing safety innovation was developed by Steve Guderyan, a West Kelowna Gorman Bros millwright. A big thank you to Steve for this innovative safety idea and thanks to Garrett Brisbourne, Safety Coordinator with the Gorman Group for sharing the idea with industry.

[Click here](#) to read more about this manufacturing safety innovation.

If you have a safety innovation to share, submit it to Bill Laturnus, BCFSC Manufacturing Safety Advisor so we can share your idea with industry and continue to promote safety in the workplace. Email: [blaturnus@bcforestsafe.org](mailto:blaturnus@bcforestsafe.org) 




Garrett Brisbourne (L) and Steve Guderyan (R)

## Canfor Tour

In March, the MAG team met for their quarterly meeting at Canfor in Radium Hot Springs, BC. The session included a guided tour of the sawmill which gave the group a chance to see Canfor's effective Nudge marketing strategy firsthand.



The signage strategy is designed to encourage positive behaviors and safety reminders using straightforward yet impactful messaging using effective signposts. The signage is strategically placed throughout the mill to help reinforce safety measures.

The visit also provided MAG members an opportunity to learn about Canfor's hand safety program. A special thanks to Canfor for sharing their on-site safety initiatives and offering us a glimpse behind the scenes of their lumber facility. 

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## Wood Products Manufacturing Cross Country Share April 4th - Humidity Dome

The latest Manufacturing Safety Share featured a presentation by Daniel Ruzic EHS Superintendent, BC Interior Operation with Interfor at Adam's Lake Mill and Zach Jolicoeur from Resolute Forest Products.

During Daniel's presentation, he shared Interfor's innovative use of a humidity dome during the 2023 Forest Fires in Adams Lake. He explained how the humidity dome disperses water over a large area, helping to reduce heat to avoid ignition. The humidity dome is effectively a humidity bubble that releases vapor into the atmosphere.

During Zach's presentation, he shared Resolute's fire safety plan and key safety initiatives within their woodlands operation.

For further details on Interfor's unique wildfire and Resolute's fire safety plan, listen to the presentation recording on the BCFSC YouTube Channel.

[BCFSC YouTube Video: Wood Products Manufacturing Safety Share](#) 


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## Wood Pellet Association of Canada's Safety Hero Award

Every day, WPAC members and their coworkers work tirelessly to ensure leading safety practices are implemented and embraced. To recognize this steadfast commitment, the Wood Pellet Association of Canada is launching its Safety Hero Award.

We are looking for nominations from you that recognize individuals in your operations who are making their facilities safer and keeping their employees and coworkers safe. Our Safety Hero Award poster can be [downloaded](#), printed,

and posted in your plant lunchroom and distributed through your own networks.

Every two months WPAC will celebrate the Safety Heroes among us who are making a difference to their company, coworkers, families, and communities with their commitment to safety. Winners will be profiled in WPAC's quarterly newsletter and will receive a \$50 Tim Hortons gift card. Please email your nomination(s) to Gord Murray: [gord@pellet.org](mailto:gord@pellet.org) 



## BCFSC Improves Both Faller Safety and Airport Safety

Regional airports in BC play a crucial role in connecting communities, supporting local economies and facilitating emergency services. Ensuring the safety and efficiency of their air operations is essential, and one critical aspect is maintaining clear sightlines and airspace surrounding the runway. Pilots rely on clear sightlines during take-off and landing, and airport staff need unobstructed views to safely manage aircraft movements and monitor runways.

For some airports, encroaching development is the challenge but in the case of the City of Campbell River Airport (YBL), it's all about maintaining and improving safety by reducing *encroaching forest growth*. Building heights can be planned to ensure they stay below the regulatory threshold set by Transport Canada, but when a forest surrounds the airport, trees must be managed to ensure they don't grow too tall.

When it was learned that YBL needed select tree and brush removal adjacent to the runway areas, a connection was made between City Airport Manager Dennis Brodie and BC Forest Safety Council (BCFSC) course trainer John Jacobsen. A plan emerged that saw the Falling Supervisor course being hosted at the Campbell River Airport, and it has proven to be a win-win for safety.

BCFSC requires standing timber in a forested setting during two field days of training, where various manual tree-falling-related activities are demonstrated. In his role as an experienced tree faller and trainer, John worked with Dennis to develop a falling safety plan that allowed course participants to spend the field days

in areas in need of improved sightlines for approaching aircraft outside the fences at the airport.

The City of Campbell River receives tree falling and bucking services provided at no charge, alongside a small amount of merchantable timber, and the BCFSC receives a field site to train in. The result proved so successful that BCFSC returned for another two sessions of falling supervisor training at YBL, the most recent taking place in April 2024.

Kermit Dahl, Campbell River Mayor, said "Campbell River has a deep connection with the coastal forest industry, and this partnership with BCFSC supports that work while also furthering the City's commitment to fiscal responsibility."

For BCFSC, the convenience of the location is a key benefit. But it isn't the only one. Most of the time, manual tree fallers are found working in active logging areas but because of the unique setting of the airport property, trainers and participants alike were able to experience a more unique workplace setting that broadened their safety knowledge and experience.

"At YBL, where the coast connects, we're focused on providing safe, quick and convenient connections between the Strathcona and Discovery Islands region of Northern Vancouver Island and the rest of the world. This partnership gives forestry workers in



the field the safety training they need, while simultaneously advancing aircraft safety," said Airport Manager Dennis Brodie.

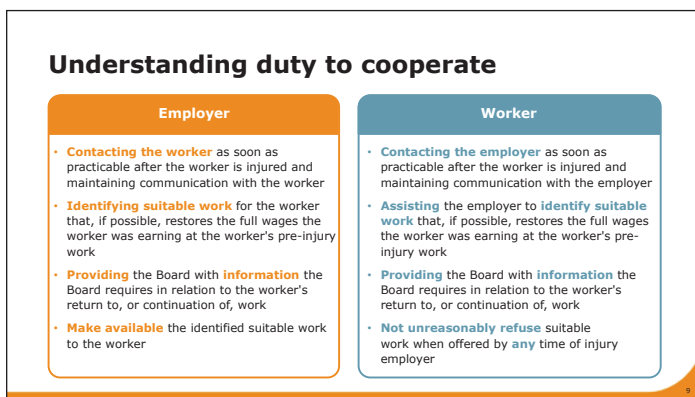
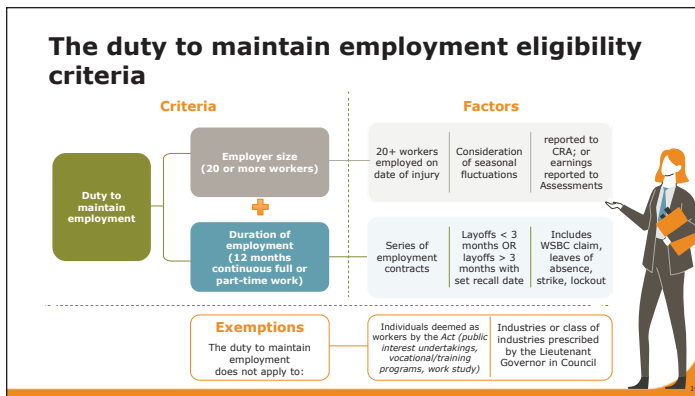
"It's been a great experience working with Dennis and his staff as they have been very supportive of our training," added trainer John Jacobsen. "The site offered so close to town has been beneficial in allowing less time travelling and more time for the participants to practice their skills in faller supervision."

BCFSC thanks the City of Campbell River and the Campbell River Airport for their support of our training programs and looks forward to partnering with them again in the future. 🌲



# Bill 41 and Forestry Workplaces

Are you aware that Bill-41: Workers Compensation Act, came into effect in January 2024? Bill-41 establishes legal duties for employers to maintain employment opportunities for injured workers, and for employers and workers to cooperate in the process of returning to and continuing work after injuries. WorkSafeBC has various resources outlining the changes including a [downloadable webinar presentation](#) that should help explain the employer, worker and WorkSafeBC requirements.



BCFSC asked Jordan Tesluk, Forestry Safety Advocate for the BC SAFE Forestry Program, and SAFE Companies External Auditor to explore what this means for forestry workplaces.

Jordan indicated the amendments apply to all industries, but forestry workplaces have some common challenges that may require additional adjustments for some employers.

He also highlighted the following should be taken into consideration based on his research:

- WorkSafeBC has explained that workers who are invited or expected to be rehired on an annual or seasonal rotation such as tree planters and wildland fire fighters will be considered continuously employed, which means the employer has a duty to maintain employment.
- Seasonal operators who maintain a minimal crew or employers limited to administrative activities throughout much of the year, will be expected to maintain employment for injured workers if they employ 20 or more workers through their main periods of productive activity.
- Penalties against employers that do not fulfill their duty can include payment of wages and potential administrative penalties.
- Workers are obligated to accept suitable and productive work that is within their functional abilities, to maintain contact with their employer, and to provide WorkSafeBC with information as required.
- New administrative processes, documents and policies may be required to support the new duties.

For further information or questions on Bill-41, contact WorkSafeBC:

If you have any questions or concerns about a worker's return-to-work, or a return-to-work plan lasts longer than anticipated or if the worker isn't making progress toward their pre-injury level of duties, contact WorkSafeBC's [Claims Call Centre](#).

For general questions related to return-to-work planning, consultation, and support, please call the [Return to Work Consultation and Education Services Support Line](#).

For more information on how the changes apply to forestry workplaces, and how to prepare at your workplace, contact us at [thompson@bcforestsafesafe.org](mailto:thompson@bcforestsafesafe.org) to request a Bulletin with all of Jordan's Bill-41 research. 📄

# BCFSC Safety Alerts

## Keep Industry Informed

BCFSC's [Safety Alerts](#) are a great resource for anyone wishing to stay informed and proactive about the forest industry and its safety standards. By reading and sharing safety alerts, you can contribute to the safety culture in your workplace.

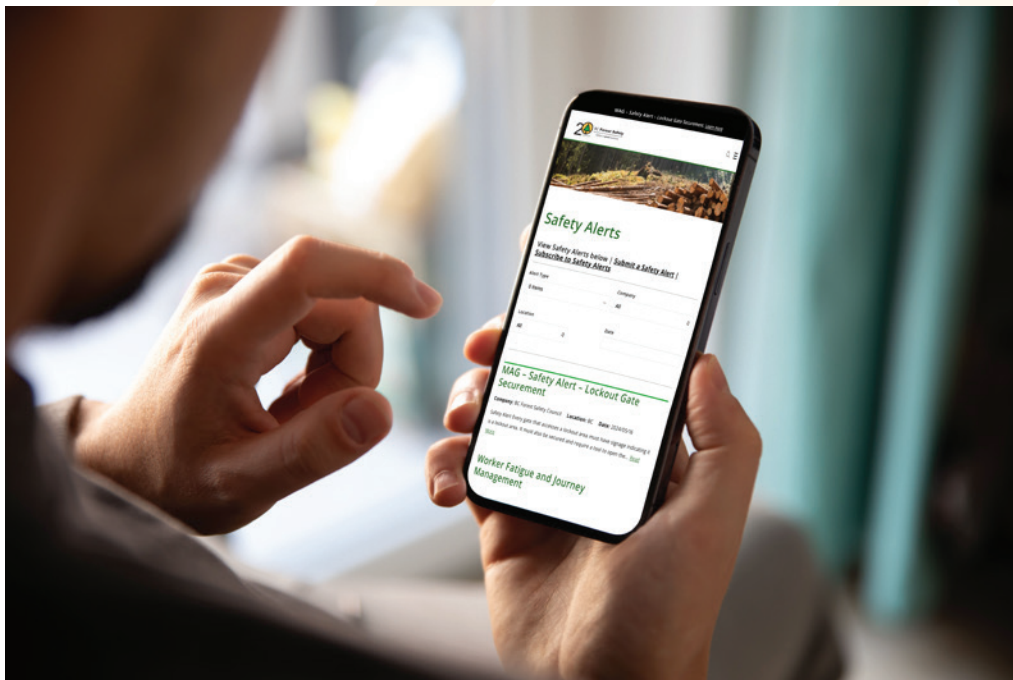
Workers and companies are invited to voluntarily submit information about incidents, close calls, safety innovations and safety topics that can help improve safety for all workers. The alerts are brief overviews describing the incident or topic and what can be learned from the matter at hand. Safety alerts on workplace incidents do not include details that identify the source but instead focus on key learnings and recommendations.

The BCFSC Safety Alerts web page allows users to view, submit, and subscribe to any of the alert types that are available. Alerts can be filtered by type, company, location and date. The categories of alert types on BCFSC's web site include:

- **Monthly Safety Alerts:** Provide a monthly overview of a relevant and timely safety topic or issue and offers practical tips and guidance to improve safety.
- **MAG Safety Alerts:** These alerts are issued by the Manufacturing Advisory Group (MAG), a sub-committee of the BCFSC that represents the wood manufacturing sector and provides information and advice on safety issues and incidents that occurred in the sector.
- **Industry Alerts:** Submitted by workers and companies who want to share their safety experiences and learnings with industry. Industry-submitted alerts provide details and recommendations on how to prevent or mitigate similar incidents.
- **Fatality Alerts:** Notify the industry of a fatality that occurred in the forest sector and provides preliminary information and resources to support safety.

To access safety alerts, visit the [Safety Alert](#) web page. You can also [subscribe to our safety alerts](#) to receive them by email. To submit an alert topic or incident, you can visit our [alert submission page](#) to find instructions.

Also, be sure to follow BCFSC on Facebook, Instagram, LinkedIn and YouTube for the latest news and updates on forest safety. 🌲





## Wildfire Smoke and Your Health

By Dr. Delia Roberts

With BC bracing for another record setting wildfire season, it is very likely that summer will be filled with smoke filled skies over much of the province. Wildfire smoke contains several components that are harmful to health including the poisonous gases ozone and nitrogen oxide, but it is the fine particulates that are the most worrisome. Known as PM2.5, these particulates are so small that they can remain airborne for a long time. Because of this they can travel very long distances and may even be present in high enough concentrations to cause health problems when smoke is not visible.

The health consequences of short and long-term wildfire smoke exposure are not yet fully understood. Much of the information is based on monitoring the effects of general air pollution, but there have also been a few studies

that specifically looked at smoke exposure in wildland firefighters. We do know that due to their small size, PM2.5 are easily carried into the lungs during breathing. There they can cause inflammation of the cells lining the respiratory tract and even pass through the delicate tissues of the lung into the bloodstream. In this way the particulates can be carried throughout the body where they may also irritate the lining of the blood vessels, including those that supply the heart with blood. There is even some evidence that PM2.5 can pass into the brain and nervous system. One interesting study that looked at data from the popular puzzle game *Lumosity* found that players experienced a drop in performance with short-term wildfire smoke exposure (Cleland et al 2022).

People can be more or less sensitive to wildfire smoke. Conditions like asthma and other respiratory diseases make lung tissue more reactive and thus more susceptible to problems from smoke inhalation. Children and infants, pregnant people, seniors and smokers may also experience problems at lower levels of PM2.5 due to the way their lungs function. Similarly, those with other health issues such as heart disease, cancer, diabetes, and Alzheimer's may have a higher level of risk for health complications when exposed to wildfire smoke. Reports of increased rates of heart attack and stroke and worsening of other existing health conditions with wildfire smoke are widespread. One recent study examined data on fires, weather, and land use in Mexico, USA and Canada from 2001 to 2021. This information was georeferenced along with reports of wildfire smoke particulates and the number of deaths in the USA. The findings indicate that there is a direct relationship between mortality rate and increased levels of PM2.5. The study predicts that climate-induced smoke PM2.5 could lead to an increase in the range of 50-75% increase in excess deaths per year in the USA (Qiu et al 2024).

The composition of wildfire smoke can vary somewhat depending on the type of fuel being burned. For example, if the fire crosses into urban areas, levels of toxic gases may increase. This factor, combined with varying sensitivities to smoke make it important to monitor the appearance of symptoms in order to assess the health risk. The first signs of health problems with wildfire smoke are the relatively mild symptoms of



Continued on page 24...



irritated eyes, nose and throat. There may be increased mucous production and or a mild cough. As exposure progresses, symptoms may include headaches and a temporary decrease in lung function including the ability to exchange oxygen and carbon dioxide, or clear viruses and bacteria from the respiratory tract. This may cause breathing difficulties and an increase in susceptibility to infections including flus, colds and bronchitis. More severe symptoms that require immediate medical attention include dizziness, a severe cough, chest pains, shortness of breath or wheezing (including asthma attacks) and heart palpitations (irregular heartbeat) which may signal a heart attack. If you have a pre-existing medical condition that places you at high risk with wildfire smoke exposure, it's a good idea to discuss a plan with your primary health care provider. You may need additional medications and they can help you determine what other assistance you may need.

In spite of the pervasiveness of smoke you can do some things to protect your health during wildfire season. The Air Quality and Health Index is a measure of how much of a health risk is caused by the pollutants in the air including PM2.5 and some of the gases that affect health. Reported as the AQHI, the scale ranges from 1-10 where levels 1-3 represent healthy air quality that we normally experience in British Columbia. At levels 4-6 the air quality is diminished but most people will not experience any symptoms. However, those with more sensitive lungs or other health issues may need to restrict outdoor activities. When the scale reaches 7-10 even those with healthy lung function will experience symptoms and outdoor activity should be kept to a minimum. The highest level is AQHI10+ which poses a serious health risk. At this maximum level on the scale, the air quality may continue to get worse but is not reflected in the AQHI score as the scale doesn't go any higher. You can get an idea of

the health risk from wildfire smoke by checking the [current AQHI rating for your area](#). But because the monitoring stations are very widespread, and the PM2.5 can travel long distances, the closest AQHI may not reflect the actual level of health risk at your location. As a result it's very important to be aware of the symptoms of exposure to wildfire smoke and to modify behaviour accordingly.

Ways to reduce your risk of health complications with when the AQHI is high are to stay indoors and restrict fresh air flow into the building by closing the windows and doors. Using a good quality air filter like a HEPA filter in your furnace or fan can also help. Although many air filtering devices are expensive, simple plans to build a very effective home-made filtering fan are widely available. Using a mask may also help, but for a mask or respirator to be effective they must be properly fitted with no air leaks and a NIOSH certified N95 or equivalent filter. Keep in mind that masks and respirators help to filter out the PM2.5 but they do not filter out the poisonous gases in wildfire smoke. Although it's very important to limit smoke exposure, don't forgo your daily exercise as being active can help provide protection against many diseases including reducing anxiety. Instead of going outside, move your walking route to places like indoor malls or ice-skating arenas, or use an indoor bike or rowing machine. Limiting yourself to indoor exercise might even provide an opportunity to begin a strength program if you have access to a gym, or even a calisthenics routine in your living room. Use elastic banding, a backpack loaded with rocks, or 4 litre jugs filled with water to increase the resistance and work up a sweat.

Wildfire has become an expected part of summers in much of North America. With the severe drought conditions and warmer weather experienced here in British Columbia we know that it is

very likely that the fires this year will be devastating. Protect yourself and your family by preparing at home and in the workplace as much as possible.

### For more information about wildfire smoke and your health:

Government of Canada Weather: [Weather Wildfire Smoke and Air Quality Information](#)

BC Centre for Disease Control: [Wildfire Smoke and Air Quality Fact Sheets](#)

BC Centre for Disease Control: [Home-made Air Filter Instructions](#)

### Sources:

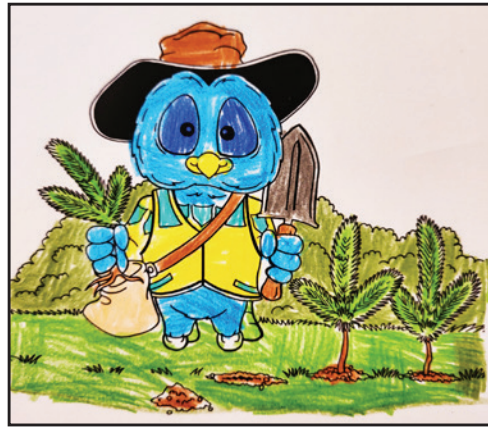
Cleland SE, Wyatt LH, Wei L, Paul N, Serre ML, West JJ, Henderson SB, Rappold AG. Short-Term Exposure to Wildfire Smoke and PM2.5 and Cognitive Performance in a Brain-Training Game: A Longitudinal Study of U.S. Adults. *Environ Health Perspect.* 2022 Jun;130(6):67005. doi: 10.1289/EHP10498. Epub 2022 Jun 14

Qiu M, Li J, Gould CF, et al. Mortality Burden from Wildfire Smoke Under Climate Change. [Working Paper 32307](#) National Bureau of Economic Research. Cambridge, MA. April 2024. 🌱



Thanks to everyone who entered our March Colouring Contest.

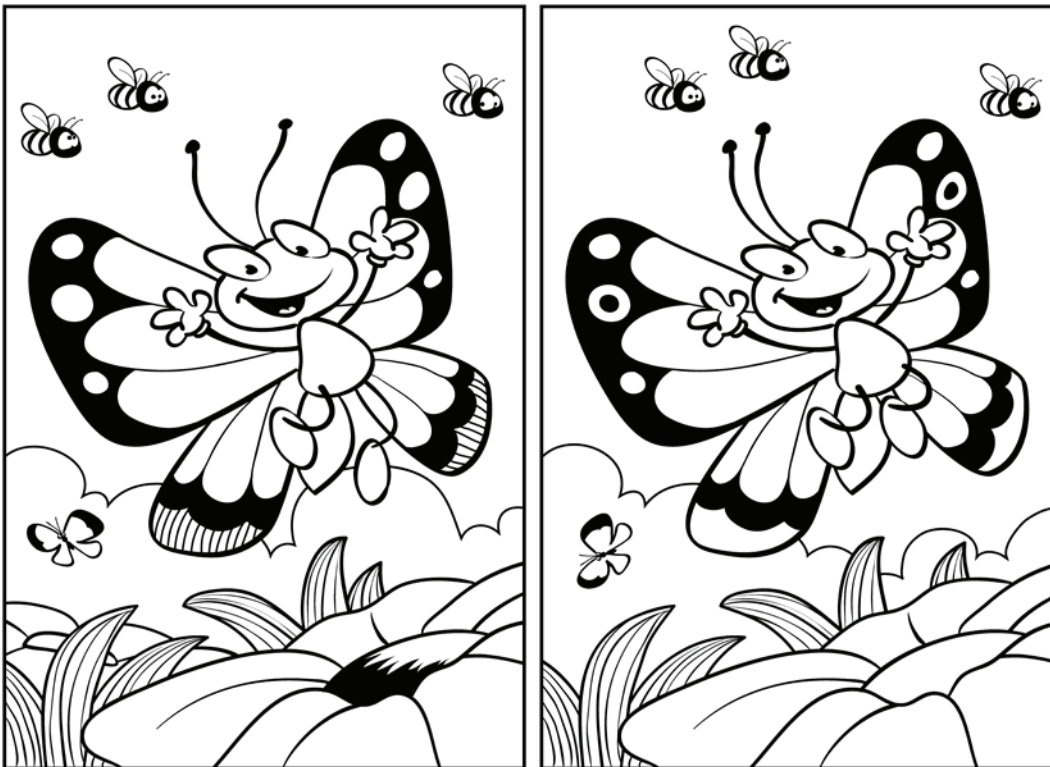
Congratulations to **Jacob, age 7**, whose name was picked from our random draw. Jacob wins the DRIVEN Toy Logging Truck and we will be sending a special gift to everyone else just for entering!



For our summer issue, try and spot ten differences on the butterfly and then colour it, or send us a picture of your own artwork, and you will be entered in our contest 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.



## Find 10 differences



1. Left side bees - eye direction switched | 2. Antennae | 3. Foot is higher | 4. No Stripes on wings | 5. Wing dots | 6. Smaller cloud | 7. White Flower centre | 8. Small butterfly turned | 9. Missing Small flower left side | 10. Small leaf separated | BONUS: Bees moved to middle

### 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@bcforestsafe.org](mailto:editor@bcforestsafe.org)
- Submit your entry by 4pm, Friday, August 6, 2024.
- 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 2024 issue of the Forest Safety News. 🌲

## ABOUT Forest Safety News

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