



Falling



Falling Safety Advisor Activities

BCFSC Falling Safety Advisors and contractors completed the following activities in 2025:

- 3 Falling Supervisor Certifications
- 12 Faller Certifications
- 15 Trainer Quality Assurance Visits
- 23 Trainer & Trainee Quality Assurance Visits
- 14 Company Reviews
- 325 Faller Visits

For more information on the services offered by the BCFSC falling department, you can reach us toll-free 1-877-741-1060. Check out the [Falling Safety Advocacy Program pamphlet](#) for more information on what services are available, free of charge. 📄



BC Forest Safety

FALLING
Safety Advocacy
Program Information



We No Longer Want to See the Hidden Costs of “Being Strong”

The traditional expectation that fallers should always “be strong” often comes with significant hidden costs. Many forestry workers feel pressure to maintain a stoic exterior, facing challenges alone while suppressing emotions such as fear, sadness, or vulnerability. Over time, this silence can lead to increased stress, anxiety, and even depression.

But strength in our industry has never been about standing alone.

Forestry has always been built on teamwork — watching out for one another in tough conditions, relying on each other for safety, and knowing that no one succeeds on their own. That same mindset must carry over into our mental health. We are in this together and supporting one another is a vital part of doing this work well and going home safe.

One in five Canadians will experience mental health challenges in any given year. Take a moment to consider whether you or someone you work with right now might benefit from the **Connection to Care** supports available. Sometimes the strongest thing we can do is reach out — or notice when someone else might need support and have the courage to check in.

Having the Courage to Care

Caring for yourself or your crew takes courage. It means choosing honesty over silence, connection over isolation, and people over outdated expectations of toughness. Looking out for one another — asking a simple “How are you really doing?” — can make the difference between someone struggling alone and someone getting the help they need.

Let’s be clear: **seeking help is not weakness.** Supporting a teammate, using counselling supports, or talking openly about mental health is an act of strength and professionalism. When one of us has the courage to care, it gives others permission to do the same.

We don’t need to fake tough.
We need to **get real help.**

Talking openly about mental health, using available supports, and standing beside each other through difficult moments makes us safer, healthier, and stronger as a crew and as an industry. Being strong means knowing when to lean on others — and being willing to lend a hand when someone else needs it. **No one should carry this alone. We are stronger together.** 📄