

FOREST SAFETY

MARCH 2026 • Issue 1 / vol. 13 **NEWS**

Supporting Mental Health in BC's Forestry Sector with Connection to Care

For generations, the BC forestry sector has been characterized by unwavering resilience and grit. But over the past several years, that resilience has been tested. Communities across British Columbia continue to feel the impact of mill curtailments, shutdowns, workforce reductions, unstable production schedules and ongoing economic instability across the industry. Amid these pressures, one issue has become impossible to ignore: the urgent need to support the mental health of BC's forestry workers.

Mental health challenges are now the number one cause of disability claims in Canada, and more than 500,000 Canadians are currently unable to work due to mental health related concerns. Yet the gap between struggle and support remains wide. Over 50% of working Canadians experiencing mental health challenges are hesitant to speak up, often due to stigma, fear of job repercussions or the need to keep working through it for a steady paycheque. In forestry, those fears can be even more pronounced.

For workers in harvesting, silviculture, log hauling, manufacturing and wood pellet operations, the hidden demands of day-to-day life and the current state of the economic climate can take a deep emotional toll that is compounded by job insecurity and family stress, rapidly changing work conditions, long hours and physical fatigue, and reduced community health services in affected forestry towns.

These overlapping pressures create a perfect storm for mental health challenges, yet many workers continue to push through without realizing how much they're carrying. Feelings of anxiety, irritability, depression, sleep disruption and emotional exhaustion can indicate that workers may need support, even if they don't fully recognize it themselves. That's why now, more than ever, prioritizing mental health is critically important.

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@bcforestsafesafe.org or call 1-877-741-1060.

What's Inside:

- 1 - 11 **Harvesting Safety**
- 12 **Work-Related Deaths & Injuries**
- 13 **SAFE Companies**
- 14 **Falling**
- 15 - 17 **Transportation Safety**
- 18 - 19 **Manufacturing Safety**
- 20 - 23 **Training**
- 24 - 26 **Health & Wellness**
- 27 **Kid's Corner**

Continued on page 2...



MONDAY - FRIDAY 8AM - 8PM

778-247-2273 (CARE)

Connection to care is a **FREE phone service providing anonymous and confidential support** to BC Forestry workers.



A PARTNERSHIP BETWEEN:

BC ASSOCIATION
of CLINICAL
COUNSELLORS

BC MUNICIPAL
SAFETY Association

BC Forest Safety



Your mental health and wellbeing matters.
ConnectionToCare.ca





Continued from page 1...

Connection to Care: Free, Confidential Help for Every BC Forestry Worker

Recognizing the growing need for accessible support, the BC Forest Safety Council (BCFSC) has partnered with the BC Association of Clinical Counsellors (BCACC) and the BC Municipal Safety Association (BCMSA) to introduce **Connection to Care**, a free, anonymous and confidential mental health call in program available to every forestry worker throughout British Columbia, regardless of their role, experience or sector. Whether someone is worried about job uncertainty, struggling with family pressures, feeling overwhelmed at work or just not feeling like themselves, **Connection to Care** can help.

Connection to Care provides:

- **Accessible support** - call **778-247-2273 (CARE)** to speak with a trained mental health professional. The service is available **Monday to Friday, 8:00am to 8:00pm (PST)**.
- **Immediate access to trained professionals** - support is provided by Registered Clinical Counsellors (RCCs) and graduate level counselling students under clinical supervision.
- **A safe, anonymous, stigma free space** where callers can talk through personal, family or work challenges without judgment with trained professionals.
- **Support before crisis happens** - you do not need to be in crisis to call—early conversations prevent issues from escalating. Sometimes a conversation is all it takes.
- **Guidance and resources** - counsellors can offer next step recommendations, tools and referrals when needed.

BC's forestry workers have always shown exceptional strength but mental health affects everything: decision making, focus, relationships, physical safety and the ability to work productively and safely. When workers feel supported, workplaces become safer, families become stronger and communities become more resilient. The Connection to Care program will ensure forestry workers receive the support they deserve.

You Don't Have to Carry This Alone

Reaching out is not a sign of weakness; it is an act of strength. A simple phone call can make all the difference. If you or someone you work with could benefit from support, please call:

Connection to Care at 778 247 2273 (CARE) | Monday–Friday, 8:00am–8:00pm

Connection to Care is proudly supported by the Truck Loggers Association, Western Forestry Contractors Association, Interior Logging Association, United Steelworkers, Wood Pellet Association of Canada and Council of Forest Industries. 🌲



Celebrating Leadership at BCFSC



Rob Moonen

The BC Forest Safety Council is marking an important moment in its commitment to BC's Forest sector as one chapter closes and another begins. With the upcoming retirement of long time CEO Rob Moonen and the appointment of Cherie Whelan as the organization's next CEO, we reflect on Rob's lasting contributions and look ahead with confidence as the organization moves forward under Cherie's capable leadership.

Rob Moonen will retire effective March 31, 2026, following 16 years of dedicated service to BCFSC, including the last 10 years as CEO. During his tenure, Rob guided the organization through significant growth and transformation. Under his leadership, BCFSC strengthened its role as a trusted voice for health and safety in British Columbia's forest sector, expanded its mandate to include forest products manufacturing and enhanced training and advisory services across the province.

Rob's deep knowledge of forestry, combined with his collaborative leadership style, helped build strong relationships with industry, workers, unions and government. His commitment to continuous improvement and prevention has supported meaningful progress toward eliminating fatalities and serious injuries. Rob leaves behind a solid foundation, a dedicated team and an organization well positioned to continue advancing safety across the sector.

"I extend my sincere gratitude to our Board of Directors, staff, contractors, trainers and industry members for their unwavering support and dedication. It's been an honour to serve and lead this organization and our collective cause over the many years. Every person in our industry has a role to play in achieving our mission and together, we are making a tangible difference in the lives of forestry workers across British Columbia. Together, we have made and will continue to make a significant difference in ensuring every worker goes home safe, every day."

On April 1, 2026, Cherie Whelan will join BCFSC as the new Chief Executive Officer. Cherie brings more than 20 years of experience in the safety sector and a strong connection to the organization, having previously served as Director of SAFE Companies at BCFSC. Most recently, she held the role of CEO with the Newfoundland and Labrador Construction Safety Association.

Rob shared his perspective, stating "Cherie is an exceptional leader and is well respected in our industry. She has a deep understanding of the opportunities and challenges in the forest sector and is well positioned to lead BCFSC into its next chapter."

Cherie is widely recognized for her strategic leadership, collaborative approach and commitment to strengthening safety culture. Her experience spans governance, operations, program development, stakeholder engagement and team leadership. She is known for empowering people, building strong partnerships and keeping safety efforts focused on what industry truly needs.

"I'm genuinely excited to be coming back to the BC Forest Safety Council as CEO," said Cherie. "I've worked with this team before and know how strong the relationships are, how committed the staff are, and how much insight the advisory groups bring to keeping the work focused on what industry really needs. I'm looking forward to working with D'Arcy Henderson and the Board to build on the solid foundation Rob Moonen has created, keep the momentum going, strengthen collaboration, and get after the work of improving safety across British Columbia...with a little energy and enthusiasm along the way!"

BCFSC thanks Rob Moonen for his years of service and leadership and looks forward to the next chapter under Cherie Whelan's guidance as the organization continues its mission to support forestry safety. 🌲



What's New

Here is the latest on what we have to offer since December 2025. 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](#).

Connection to Care – This mental health assistance program is a FREE, anonymous and confidential phone service designed to support forestry workers across British Columbia. **Call 778-247-2273 (CARE), Monday to Friday, 8:00am to 8:00pm (PST)** to speak with a trained mental health professional.

New CEO - On April 1st, Cherie Whelan will join BCFSC as the new Chief Executive Officer. Cherie brings more than 20 years of experience in the safety sector. She was the previous Director of SAFE Companies and most recently, the CEO of the Newfoundland and Labrador Construction Safety Association.

EMAP (Enhanced Maintenance Audit Protocol) – This is a new BASE maintenance audit tool designed for certain qualifying BASE sized companies to help improve Safety Management Systems and increase safety performance. Contact SAFE Companies for more information.

BCFSC Forestry Blasting Program – This program is now available and is designed for individuals involved in blasting operations within forestry environments. The program offers three courses at no cost. Visit our website to [learn more](#).

BCFSC Trainer Course Relaunch – Our FREE Trainer course has been updated with improved visuals and revised content to help supervisors and trainers conduct effective on-the-job and classroom-based training.

Training Calendar – Plan your 2026 safety training. Our in-person training calendar is now fully loaded on the BCFSC website. Take a look and see what's in store for 2026. Is there a course you see that you might want delivered directly to your organization? We also provide requested training bringing courses directly to your preferred location at a convenient time that works for you.

Share Your Manufacturing Safety Innovations – Manufacturing Safety Innovations play a vital role in keeping workplaces safe—and sharing those ideas can make a real difference across the industry. BCFSC is looking to highlight manufacturing safety innovations through eblasts, social media, and the BCFSC website to inspire safer practices on the job.

If you've developed or come across a safety innovation that others could benefit from, we'd love to hear about it! **Submit your idea** by emailing Bill Laturus at blaturus@bcforestsafe.org.

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** – Click on the link to see the latest monthly safety alert from BCFSC
- **Industry Alert** – Click on the link to see the latest industry provided safety alerts
- **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.
- **The Cache - Western Forestry Contractors' Association** – The Cache - 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.

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

Save the Date for the Interior Safety Conference

Thursday, April 30, 2026, in Kamloops, BC

Mark your calendar for the **Interior Safety Conference (ISC)** taking place on Thursday, April 30th, 2026 at the Coast Kamloops Conference Centre, in Kamloops, BC. This annual event is a must-attend for BC forestry professionals, offering a unique opportunity to delve into safety-related issues and learn ways to enhance safety across industry.

The ISC is FREE for anyone who works in any phase of the forest industry from silviculture to harvesting to wood products manufacturing.

This year's theme, **Building Safety Through Shared Experiences**, promises to deliver powerful insights and practical knowledge through a series of compelling presentations by industry experts and speakers.

Featured Speakers

- **Katherine Jones** from Lariat HR Consulting: Katherine will be hosting a session on Mental Health as a Safety System, specifically aimed at supervisors and employers to recognize mental health **concerns and understand their roles in crisis management**.
- **Mike Kay**: A retired trauma paramedic will talk about the importance of understanding your equipment and the initial First Aid treatment for serious injury medivac in remote locations.
- **Chris Miller**: Chris is an Occupational Safety Officer with WorkSafeBC. He will share insights on Prime Contractor regulations in forestry.
- **Darcy Kulai**: A former mill worker will share his life-altering story of being seriously injured on the job while working on the green chain when he was only 20 years old.

Event Highlights

- **Engaging Presentations:** Hear real-life experiences that will help you think about transforming safety in your company.
- **Networking Opportunities:** Connect with fellow professionals and industry leaders.
- **Relevant Safety Information:** Learn about the latest safety practices and innovations.

The ISC is held in conjunction with the Interior Logging Association (ILA) Conference, which is celebrating its **68th Annual AGM and Convention** from April 30 – May 2 in Kamloops, BC. This partnership enhances the value of attending, offering even more opportunities for learning and networking.

Early Bird Registration

Register before **April 1, 2026**, to be automatically entered to win a BCFSC Stanfield and Toque. Spaces are limited, so don't miss out—register early to secure your spot!

Register Online or scan the QR code to access the registration link.



Join us for a day of learning, sharing, and advancing safety in the forest industry. We look forward to seeing you there!

For sponsorship opportunities, contact the BCFSC at conferences@bcforestsafe.org or by phone at 1-877-741-1060. 🇨🇦



BCFSC Safety Awards: Celebrating Safety Leadership

Each year, the BC Forest Safety Council (BCFSC) shines a spotlight on the people who go above and beyond to make forestry operations safer for everyone. The **BCFSC Leadership in Safety Awards** are more than just recognition—they're a celebration of the commitment, innovation and leadership that help shape a stronger safety culture across BC's Forest industry.

In 2008, BCFSC introduced the Leadership in Safety Awards to recognize individuals already driving meaningful safety improvements in the sector, and for more than 15 years these awards have continued to elevate safety leadership and inspire others across the industry.

These awards honour individuals who lead by example, showing that safety isn't just a policy—it's a core value of the work they do. Whether it's through advocacy, innovation or setting a high standard of safety day in and day out, these award winners truly make a difference in the lives of their coworkers and companies.

Nominate a Safety Leader Today

Nominations are open to anyone in forestry. BCFSC encourages peers, employers and workers to recognize those who are making a difference. Winners are announced each fall at the Vancouver Island Safety Conference.

How to Nominate

Simply email us your nomination to info@bcforestsafe.org and include:

- Nominee's name (first and last)
- Nominee's Job Title
- Nominee's location and employer
- Nomination Category (Cary White Award, Forest Safety MVP or Manufacturing Safety MVP)
- The reason for the nomination (please provide as much detail as possible)
- Your name and email address

The deadline for nominations is Tuesday, September 1, 2026.

Award Categories

• Cary White Memorial Award:

This award recognizes an individual who has shown outstanding safety leadership. Someone who consistently goes above and beyond - offering a helping hand, sharing their experience and using their knowledge to support others in reaching their safety goals. This prestigious award is named in memory of Cary White, a passionate safety advocate who left a lasting legacy in the industry.

• Forest Safety Most Valuable Player (MVP) Award:

This award goes to someone who has shown exceptional commitment to safety in forestry harvesting operations, including silviculture, hand falling, mechanized harvesting, road building or log hauling. It could be a worker, supervisor, manager, safety committee member or company owner that has demonstrated strong leadership in making safety a core part of their daily work.

• Manufacturing Safety Most Valuable Player (MVP) Award:

This award recognizes an individual, team or company who show excellence in leadership, training, innovation and best practices in wood products manufacturing.

These awards remind us that safety is a shared responsibility—and that leadership can come from any level, in any role. By recognizing those who lead with integrity and care, we can continue to build a culture where safety is always front and centre. 🌲



2025 Safety Award Winners

Women in Forestry: Leadership, Experience and Impact

Forestry is a challenging and demanding industry with a strong commitment to safety. Today, more women than ever are building meaningful careers across all areas of the forest sector, from harvesting and manufacturing to leadership roles that shape policy and safety regulations, making important contributions at every level.

Women bring diverse perspectives and valuable experience to forestry, helping strengthen workplaces and drive positive change. Their influence can be seen in the field and at decision making tables across the province. As the industry continues to evolve the contributions of women remain essential to its long term success.

BC Forest Safety Council (BCFSC) is proud to recognize the women within our organization for their leadership, expertise and dedication to the forest industry. Their knowledge, commitment and passion play a key

role in strengthening safety culture and supporting workers across British Columbia. One example is Cherie Whelan, BCFSC's new CEO, who was featured in February 2022 as part of a Women in Forestry profile. In that interview, Cherie spoke about the value of strong relationships within the sector and the opportunity to make a meaningful difference by supporting worker safety and well being. Her career reflects a deep commitment to collaboration, leadership and advancing safety outcomes across the forest industry.

In March 2024, BCFSC Felling Manager Marla Guldbranson was also featured as a woman in forestry. Marla is widely recognized as an advocate for safe felling practices and worker safety. Her experience and knowledge have made her a trusted voice in the industry and a mentor to others working in this high risk field.

These examples highlight just some of the many women contributing to forestry in British Columbia and serve as a reminder that leadership comes in many forms and supporting women in forestry strengthens the entire industry.

BCFSC encourages you to register for the Women in Forestry 2026 Virtual Summit. This free event is designed to inspire real action and collaboration and will take place on March 5, 2026 at 11:00am EST and will bring together industry leaders and changemakers to exchange ideas, share stories and explore how inclusion drives innovation.

BCFSC encourages you to register for the [Women in Forestry 2026 Virtual Summit](#), taking place on March 5, 2026, at 11:00 a.m. EST. This free event will bring together industry leaders and changemakers to share insights, exchange stories and explore how inclusion fuels innovation. 🌱



WOMEN IN FORESTRY  **FEMMES EN FORESTERIE**

WOMEN IN FORESTRY

VIRTUAL SUMMIT

Join us March 5, 2026

[REGISTER NOW](#)

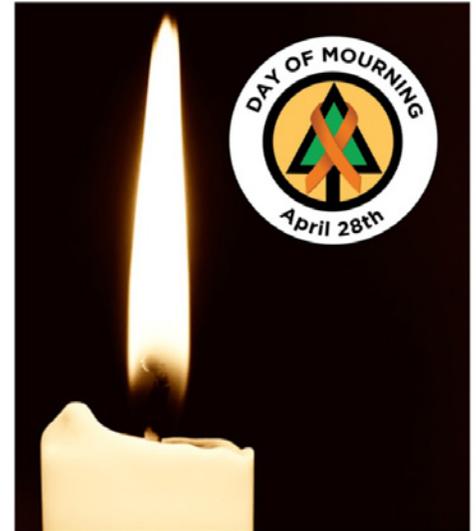
Day of Mourning: Remembering, Reflecting and Renewing Our Commitment to Safety

Every year on April 28, workers, families, employers and communities come together to observe the National Day of Mourning and remember those who have lost their lives to work-related incidents or occupational diseases.

In BC's Forest sector, the impact of serious incidents is felt deeply by families, coworkers and communities. In 2025, 138 BC workers died from a workplace injury or disease including seven fatalities in forestry. The Day of Mourning reminds us that behind every statistic is a person whose life was changed forever and loved ones who continue to carry that loss.

Preventing injuries and fatalities requires a shared commitment to working safely, even when pressures or distractions exist. On April 28th, take time to reflect, talk with your crew and stay committed to safe work practices. The most meaningful way to honour those we have lost is to ensure that every worker goes home safe – every day.

BC Forest Safety Council has several resources to help you observe this important day. Visit our [Day of Mourning resource page](#) to download materials and take part in this important day of remembrance. Or visit the [Day of Mourning website](#) to find a ceremony in your community. 🕯️



Membership with the BC Forest Safety Council (BCFSC)

All companies who pay for their BCFSC contribution through a special assessment collected by WorkSafeBC, can apply to become BCFSC members. By becoming a member, you can nominate Board Members and vote for nominated Board Members to fill vacant roles.

To be eligible for BCFSC membership, companies must belong to one of the following WorkSafeBC Classification Units (CU's):

Rate Group	Classification Unit	Description
DR	703002	Brushing and Weeding or Tree Thinning or Spacing
DR	703003	Cable or Hi-Lead Logging
DR	703004	Dry Land Sort
DR	703005	Forest Fire Fighting
DR	703006	Ground Skidding, Horse Logging, or Log Loading
DR	703008	Integrated Forest Management
DR	703009	Log Booming or Marine Log Salvage
DR	703011	Log Processing
DR	703012	Logging Road Construction or Maintenance
DR	703013	Manual Tree Falling and Bucking
DR	703014	Mechanized Tree Falling
DR	703015	Shake Block Cutting
12	703016	Tree Planting and Cone Picking
DR	703019	Helicopter Logging
16	732044	Log Hauling
IS	714022	Sawmill
09	714019	Pressed Board Manufacture (Wood Pellets and MDF)

Becoming a BCFSC member does not involve any additional effort on your part unless you choose to become more involved.

Board members will be nominated and elected by BCFSC members for two-year terms. Efforts will be made to ensure Board members are qualified to serve on the BCFSC Board of Directors by representing industry sectors and/or having industry skills and experience needed to participate on the Board.

As a BCFSC member in good standing, you will be entitled to attend, speak and vote at the Annual General Meeting, elect the Directors and serve on Board Committees. To apply for membership, email us at: membership@bcforestsafesafe.org 🕯️

Daylight Saving Time is Sunday, March 8, 2026

It's time to *spring forward*! At 2:00am on **Sunday, March 8, 2026**, set your clocks ahead by one hour for the start of Daylight Saving Time (DST). Although DST means more daylight in the evenings, it can also disrupt our sleep patterns and daily routines. Here are some tips to help you make a smooth transition.

How DST Affects Sleep

DST can have a significant impact on our sleep and overall health:

- **Disrupt Sleep Patterns:** The one-hour loss of sleep can throw off your circadian rhythm, leading to grogginess and reduced sleep quality.
- **Impact Health:** Studies have shown that DST can increase the risk of heart attacks, mood swings, and even car accidents due to sleep deprivation.
- **Require Time to Adjust:** It can take several days for your body to adjust to the new schedule, especially if you're a night owl. Give yourself time to adjust.

If Daylight Saving Time is leaving you feeling tired and out of sorts, here are some tips to help manage your fatigue:

1. **Gradual Adjustment:** Start shifting your bedtime and wake-up time by 10-15 minutes earlier a few days before the time change
2. **Morning Light Exposure:** Spend time outside in the morning light to help reset your circadian rhythm
3. **Consistent Sleep Schedule:** Stick to a regular sleep schedule, even on weekends, to help your body adjust more easily
4. **Limit Stimulants:** Avoid caffeine and heavy meals close to bedtime to improve sleep quality
5. **Short Naps:** If you feel very tired, take short naps (20-30 minutes) in the early afternoon to boost your energy without affecting nighttime sleep
6. **Exercise Regularly:** Engage in regular physical activity, but avoid vigorous exercise close to bedtime
7. **Prioritize Sleep Hygiene:** Create a relaxing bedtime routine and keep your sleep environment cool, dark, and quiet
8. **Limit Evening Screen Time:** Reduce exposure to screens before bedtime to improve sleep quality.

Even though DST takes time to adjust to, there are also numerous benefits of having more daylight.

1. **Improved Mood and Mental Health:** Exposure to natural light boosts serotonin levels, which helps improve mood and reduce the risk of depression.
2. **Better Sleep:** Natural daylight helps regulate our circadian rhythms, leading to better sleep quality and overall health.
3. **Increased Productivity:** Natural light can enhance concentration and productivity, making it easier to stay focused and alert.
4. **Enhanced Vitamin D Production:** Sunlight is a natural source of vitamin D, which is essential for bone health and immune function.
5. **Reduced Stress and Anxiety:** Spending time in natural light can help lower stress levels and promote a sense of calm and well-being.

When you set your clocks ahead this year, take care of some important household tasks at the same time:

- **Change Batteries in Smoke Detectors:** Ensure your smoke detectors and carbon monoxide detectors are functioning properly by replacing their batteries.
- **Check Emergency Supplies:** Review your emergency kit and replace any expired items.
- **Test Home Safety Devices:** Test your home security systems and other safety devices to ensure they are in working order. 🚨



WorkSafeBC Updates:

WorkSafeBC's Average Base Premium Rate Unchanged in 2026

In 2026, WorkSafeBC is returning an estimated \$570 million of surplus funds to employers by pricing premium rates below system costs.

BC employers will see no change to the average base premium rate from WorkSafeBC in 2026. For the ninth consecutive year, WorkSafeBC has set the average base rate at \$1.55 per \$100 of assessable payroll.

Each year, the costs in some industries go up, some go down, and others stay the same. In 2026, 39% percent of employers in BC will experience a decrease in their industry base rate, 47% will see their industry base rate increase, and 14% will see no change.

Given the economic uncertainties facing the province, WorkSafeBC made changes to the maximum increases and decreases in 2026 rates for BC industries, which have normally been capped at 20%. For 2026, rate increases were capped at 10%, while rate decreases were allowed to reach up to approximately 40%. This change is intended to provide greater rate stability for BC employers during challenging economic times.

Read more details on the WorkSafeBC Website. 

WorkSafeBC Board of Directors Approve Amendments to the Occupational Health and Safety Regulation and the Prevention Manual

At its November 2025 meeting, WorkSafeBC's Board of Directors approved amendments to the Occupational Health and Safety Regulation and the *Prevention Manual*.

The amendments relate to [Combustible Dusts](#) and [Standards Updates](#). Strikethrough versions of the amendments with explanatory notes can be accessed below. Deletions in the regulatory amendments are identified with a and additions are in bold text and highlighted in yellow.

- Part 6, Substance Specific Requirements, Combustible Dusts; [Approved amendments with explanatory notes](#)

These amendments will come into effect on January 4, 2027.

- Parts 8 and 31, Standards Updates; [Approved amendments with explanatory notes](#)

These amendments will come into effect on April 1, 2026.

The above amendments were posted on WorkSafeBC's website for feedback during the public hearing process. Click on the links to review the feedback for [Combustible Dusts](#) and [Standards Updates](#). 

WorkSafeBC Board of Directors Decisions

On November 14, 2025, WorkSafeBC's Board of Directors revised policies relating to three key areas.

Mental disorders

The policy revisions change the definition of significant work-related stressor and provide guidance on the limits of the labour relations exclusion in the Rehabilitation Services & Claims Manual, Volume II concerning mental disorder claims under section 135 of the Workers Compensation Act.

The revised policies apply to all decisions, including appellate decisions, made on or after March 2, 2026.

Click on the links to review the complete [resolution](#) and a [summary of the key changes](#).

Duration of benefits (retirement age)

Concerning retirement date determinations under section 201 of the Workers Compensation Act, the policy revisions add a reference to the general evidence policies and reword the guidance for workers who are 63 years of age and older on the date of injury to more closely match the policy for workers under 63 in the Rehabilitation Services & Claims Manual, Volume II.

The revised policies apply to all decisions, including appellate decisions, made on or after February 1, 2026.

Click on the links to review the complete [resolution](#) and a [summary of the key changes](#).

Commutations

The primary change made to the revised policy on commutations in the Rehabilitation Services & Claims Manual, Volume II was to increase the monetary threshold for when periodic payments for permanent disability benefits can be automatically commuted to a lump sum payment from \$200 to \$350.

The revised policy applies to all decisions made on or after February 1, 2026.

Click on the link to review the complete [resolution](#). 

WorkSafeBC has Redesigned the Online Injury Reporting Experience

When someone is injured at work, the injury must be reported to WorkSafeBC. For many, reporting an injury marks their very first interaction with WorkSafeBC, often during one of the most stressful moments of their lives.

WorkSafeBC's new online reporting form is designed to support workers at the very beginning of a claim throughout the entire claim process. It makes injury reporting easier and more convenient and you can report your injury online 24 hours a day, 7 days a week.

[How to Report an Injury and What to Expect](#) will explain how it works. 📺

WorkSafeBC has Released Two New Videos that Animate the Claims Journey

Two new animated videos, one for employers and one for workers, outline what to expect after an injury occurs at work and the responsibility of employers and workers to collaborate for a safe return to work.

Watch, share and learn how staying connected to the workplace helps support recovery.

[Worker Video](#) | [Employer Video](#) 📺

Employers in BC are Required to Support Workers' Injury Claims

Under the *Workers Compensation Act*, employers must not discourage or prevent a worker from reporting a workplace injury or illness, filing or maintaining a compensation claim, or receiving compensation. [Understand your responsibilities as an employer](#) when workers are injured. 📺

Fast File & Pay - New Verification Options Added

Starting December 2025, new account verification options were added to the Fast File & Pay application to report payroll, including the option to select and answer a security question from a provided list.

If you only need to make a payment, you still need the WorkSafeBC account number.

Visit worksafebc.com/reportandpay to learn more and explore additional ways to report payroll and pay premiums. 📺

Payroll Reporting and Premium Payment Have Moved Online

In January 2026, WorkSafeBC's payroll reporting and premium payment forms moved online. With this change, you will no longer need to submit paper forms through the mail, and will be able to enjoy faster, more convenient service by reporting and paying through your online services account at worksafebc.com/onlineservices.

To help you stay on top of deadlines, you'll receive an email notification when it's time to report, so ensure your email address is up-to-date.

To learn more about the digital delivery of assessments-related documents, visit worksafebc.com/onlinedocuments. 📺