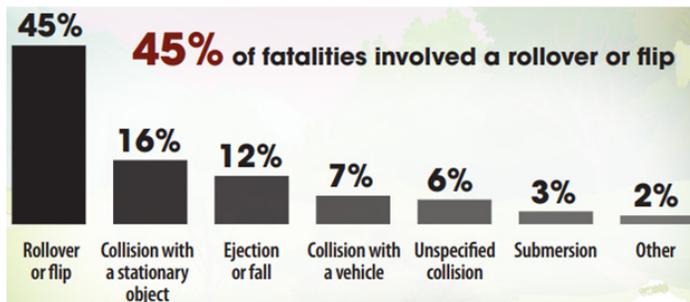




Off-Road Vehicle (ORV) Operator Safety Training

Summer field activities in the forest sector often require the use of off-road vehicles (ORVs) to access remote worksites over a variety of challenging and rugged terrain. While the versatility ORVs offer can greatly enhance operational efficiencies, they pose inherent risks when not operated safely and responsibly. Both All-Terrain Vehicles (ATVs) and Utility Terrain Vehicles (UTVs) require specific training to ensure operators are adequately prepared to meet operational challenges and eliminate hazards.

Training to address these dangers has increased greatly in recent years, however, incidents continue to occur, sometimes with tragic outcomes. Data from Statistics Canada reveals that from 2013 – 2019, on average, 100 ATV related fatalities occur every year across the country. Almost half (45%) of the incidents involved rollover events, and nearly one-third were attributed to not wearing a helmet (33%). Though BC-specific data on forestry worksites is difficult to verify, these trends are relevant based on inherent risks.



Source: Statistics Canada, Canadian Coroner and Medical Examiner Database

To help industry address the challenges associated with reducing ORV incidents, BC Forest Safety Council (BCFSC) has collaborated with industry specialists to develop training that specifically addresses high-risk activities commonly found in forestry workplace settings. The training is a mix of theory and practical lessons to help establish the fundamental skills and knowledge required to safely operate ORV's, while also emphasizing accident prevention and risk management that can be applied in real-world forestry work settings. This allows participants to build a thorough knowledge of safe operating principles, while also providing an understanding of their own capabilities.



Training course options:

- Off-Road Vehicle Knowledge Unit

BCFSC's **FREE** online training course provides foundational knowledge for the safe operation of Off-Road Vehicles in industrial forestry settings. It can be completed as stand-alone training to supplement your own in-house training program, or as a prerequisite to BCFSC's in-person ORV training options.

For course details and enrollment information, go to [BCFSC's Learning Centre](#) to login or create a new account. Once logged in, click the "Enroll Me" button to start your training.

Off-Road Vehicle Safety Training

A one-day, in-person field course that provides essential skills training for safe operation of ORVs in industrial forestry settings.

- Off-Road Vehicle Operator Training

This course is a two-day, in-person field training comprehensive course that focusses on critically important knowledge and skills for high-risk conditions that operators may encounter in industrial forestry settings.

- **In-person Session Scheduling & Enrollment**

These one and two-day courses are typically delivered on request by the external provider Tirion Safety Ltd. (formerly Overland Training Canada). Each session can accommodate up to eight participants.

To register for public sessions (when scheduled) or to learn more about a private group session, contact [Tirion Safety Ltd.](#) 📞

Spring Training Programs for Silviculture Workers

As the winter season comes to an end and breakup approaches, traffic on resource roads throughout the province will be reduced significantly. However, shortly after the snow disappears, silviculture crews will head out to the field to begin reforestation activities. WorkSafeBC's [young or new worker orientation and training regulation](#) (s 3.22-3.25) details an employer's requirements to provide appropriate orientation and training before workers begin work. Returning silviculture workers are likely to come back to workplaces where the hazards have changed and workers new to the industry will be exposed to hazards that they have never experienced before. The BC Forest Safety Council offers training resources specifically designed for silviculture worksites that help to reduce risks and improve worker safety.

Resource Road Driver Training

Spring weather conditions can be extremely hard on resource road infrastructure, subjecting workers to hazards and risks that are unique to this time of the year. Road conditions can be highly variable as the frost driven into the subgrade by winter traffic begins to slowly thaw often resulting in large sinkholes, numerous potholes, and excessive rutting. These conditions can test the skills of even the most experienced drivers, let alone those who are new to driving on resource roads.

As the season progresses, large industrial traffic such as logging trucks and lowbeds will commence operating, adding new hazards that silviculture crews need to be aware of. Resource roads are not constructed and maintained to the same standards as public highways. They are commonly single lane roads with gravel running surfaces and reduced lines of sight.

The BC Forest Safety Council's [Resource Road Driver Training Program](#) has been designed with a focus on developing the skills and knowledge required to safely operate light trucks on resource roads. The program has several options available that provide flexibility to suit the requirements of employers and their workers.

- [Resource Road Driver Knowledge Unit](#)
 - » **Free** online learning module that prepares participants for field training activities. Also suitable as a stand-alone course to introduce workers to resource road hazards or support employers established internal driver training programs.
- [Resource Road Safety Training \(1 day\)](#)
 - » One-day field training course with focus on basic safety and decision-making skills required for resource road driving.
- [Resource Road Driver Training \(2 day\)](#)
 - » Two-day enhanced field training that included more comprehensive



lessons and techniques that participants can use when driving on resource roads.

- [Resource Road Driver Internal Training/Train-the-Trainer](#)
 - » Three-day training option that allows employers to develop internal training capacity and expertise.

For more information, please contact our Transportation and Northern Safety Program at 1-250-562-3215 or email at transport.admin@bcforestsafes.org.

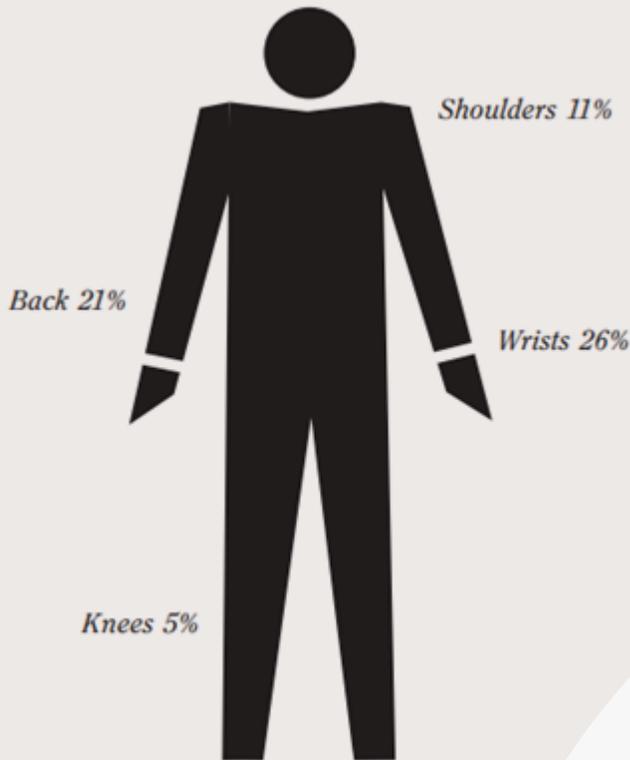
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Tree Planter Fitness & Injury Prevention

Tree planting is an extremely physically and mentally demanding job. Soft tissue and repetitive strain injuries to muscles, tendons and ligaments are very common, particularly at the beginning of the planting season.



Most frequent injured body parts for tree planters
(Source: WorkSafeBC).

Avoiding injury is possible if managed correctly. Arriving for work in good physical condition and maintaining a balanced diet is a great start. Setting realistic targets for the initial pace of work and expected productivity outcomes will also help. Don't try to hit the ground running, but rather increase the pace slowly as your body adapts.

The BC Forest Safety Council has worked with subject matter experts to develop a series of videos that focus on [Tree Planter Fitness and Injury Prevention](#). The videos describe common causes of injuries as well as preventative measures, techniques and best practices workers can use to reduce the potential for injury. For example, biomechanical imperatives required for planting such as:

Choosing the correct shovel length, or



Using the correct shovel grip.



The videos are a great resource for new and returning planters to review prior to arriving at work as part of preparation for the physical challenges of the job. The videos are available on the Council's website, and free of charge. 📺