



## Commemorating 20 Years of Service to Industry

By Rob Moonen

2024 has been an interesting year on a number of fronts. More importantly, it marked BCFSC commemorating 20 years of service to the industry, where a number of FSN stories were shared over the course of the year through the lens of industry and staff reflecting on the forest industry's journey to improving safety.

The first theme shared in these stories related to acknowledging the history of the unacceptable number of injuries and work-related deaths. The second theme that emerged highlighted the efforts of industry pulling together to make dynamic and positive change.

These stories also highlighted that there were no easy solutions for improving industry's safety performance. It came from leadership, the front lines and everywhere in between. It came from each one of you, starting with good safety management systems, good culture — trust, open communication, participative management — right through to training and supervision, supporting work practices and empowerment of workers and contractors. It required a commitment every day, on every block, with the felling of each tree to each load to every production and manufacturing process.

As we look forward to the next 20 years, it's important that we reflect on our journey and not forget why and how we got here and celebrate what we've collectively accomplished. Every person in our industry has a role to play in achieving our collective mission and together, we are making a tangible difference in the lives of forestry workers across British Columbia.

Let's continue to honour the legacy of those who perished and were seriously injured to achieve our goal of ensuring **every forestry worker goes home safe. Every day.**

On behalf of BCFSC, we would like to extend our sincere thanks and appreciation to the countless industry members who generously provide their time, expertise, and our talented and committed staff, contractors and trainers.

We look forward to supporting you during the next phase of our journey. 🌲

Welcome to the Winter 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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# What's New

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

**First Aid Requirements are Now in Effect** – Amendments to the Occupational Health and Safety Regulation relating to occupational first aid took effect November 1, 2024. Visit WorkSafeBC and find information and resources to assist employers in implementing these new requirements.

**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 to manage forms and documents for safety-related paperwork related to SAFE Companies Audit submissions.

**Training Calendar** – Plan your 2025 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 2025. 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.

**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.

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



**Happy Holidays**  
**BC Forest Safety**

Extending you our very best for a **safe, healthy and happy holiday season.**

**BCFSC Holiday Office Hours**

Monday, Dec 23	8am – 4:30pm
Tuesday, Dec 24	8am – 3:00pm
Wednesday, Dec 25	CLOSED
Thursday, Dec 26	CLOSED
Friday, Dec 27	8am – 4:30pm
Monday, Dec 30	8am – 4:30pm
Tuesday, Dec 31	8am – 3:00pm
Monday, Jan 1	CLOSED
Tuesday, Jan 2	8am – 4:30pm
Regular hours resume	

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

## Industry Links

**Shift Into Winter** – Winter is here. Make sure you know what your responsibilities are as an employer and employee when it comes to driving in winter road conditions.

**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. 🇦🇨



## 2025 BC Forestry Conferences & Events

Start planning for 2025 and register for these upcoming forestry-related conferences. 📅

Conference / Event	Dates	Location	Information & Registration
21st Annual BC Natural Resources Forum	Jan. 14 - 16	Prince George, BC	<a href="http://www.bcnaturalresourcesforum.com">www.bcnaturalresourcesforum.com</a>
79th Annual Truck Loggers Association (TLA) Convention	Jan. 15 - 17	Vancouver, BC	<a href="http://www.tla.ca">www.tla.ca</a>
2025 Western Forestry Contractors Association Conference & Trade Show	Jan. 29 - 31	Victoria, BC	<a href="http://www.wfca.ca">www.wfca.ca</a>
2025 Forest Professionals of BC Conference & AGM	Feb 5 – 7	Victoria, BC	<a href="http://www.fpbc.ca/professional-development/continuing-professional-development/annual-forestry-conference">www.fpbc.ca/professional-development/continuing-professional-development/annual-forestry-conference</a>
2025 Council of Forest Industries (COFI) Convention	Apr. 2 - 4	Prince George, BC	<a href="http://www.cofi.org">www.cofi.org</a>
2025 BC First Nations Forestry Conference	Apr. 23 - 25	Penticton, BC	<a href="http://www.forestrycouncil.ca">www.forestrycouncil.ca</a>
2025 Interior Logging (ILA) Conference and AGM	May 1 - 3	Kamloops, BC	<a href="http://www.interiorlogging.org">www.interiorlogging.org</a>
2025 Interior Safety Conference	May 1	Kamloops, BC	<a href="http://www.bcforestsafe.org/news-events/safety-conferences/">www.bcforestsafe.org/news-events/safety-conferences/</a>
8th Annual Indigenous Resource Opportunities Conference	June 18 - 20	Nanaimo, BC	<a href="http://www.bciroc.ca">www.bciroc.ca</a>
2025 Vancouver Island Safety Conference	Oct 25	Nanaimo, BC	<a href="http://www.bcforestsafe.org/news-events/safety-conferences/">www.bcforestsafe.org/news-events/safety-conferences/</a>

## New Occupational First Aid Requirements: Spotlight on Drills

Submitted by WorkSafeBC

On November 1, 2024, significant changes to the Occupational Health and Safety Regulation (OHSR) came into effect regarding the provision of occupational first aid.

Among these changes is the introduction of mandatory first aid drills, a key update that has generated questions from forestry employers.

This article explains how to conduct effective first aid drills under the new requirements.

### OFA challenges in forestry worksites

Forestry worksites are unlike most others in their complexity and mobility:

- **Dynamic operations:** Logging operations and other forestry worksites are constantly moving. A first aid procedure that works in one location may not in another, since each new location may introduce different hazards.
- **Multiple crews and roles:** Forestry operations often involve several parties, including prime

contractors, subcontractors, and licensees, making coordination and communication critical in emergencies.

- **Complex work environments:** In forestry operations, factors like rough terrain, heavy machinery, and remote locations make first aid planning more complicated than static worksites.

With these considerations in mind, first aid procedures must be robust, well-communicated, and regularly practiced to ensure effectiveness.

*Continued on page 4...*



## Written first aid procedures: What's new?

The OHSR required that employers keep up-to-date written first aid procedures prior to the November amendments. However, the updated regulation introduces some new measures:

- **Barriers to first aid:** Employers must now identify any barriers that could hinder the delivery of first aid, such as the distance between workers and first aid supplies.
- **Solutions for overcoming barriers:** Employers must not only identify barriers but also provide clear solutions for overcoming them. This could involve plans for moving injured workers or ensuring quick access to first aid supplies in challenging conditions.

## The new drill requirement

In addition to the changes for written first aid procedures, there is a new requirement for annual first aid drills. Employers must conduct these drills at least once a year to:

- Test the effectiveness of their written first aid procedures.
- Ensure first aid attendants and other relevant personnel can fulfill their roles in an emergency.

Drills are also required whenever there are significant changes to first aid procedures. For example, if the worksite undergoes changes in crew size or operational phases, a new drill may be necessary to ensure that all employees can still respond effectively to an emergency.

## The importance of first aid drills

Conducting regular first aid drills helps employers identify and address potential weaknesses in their emergency response plans—before an actual emergency occurs.

A well-designed drill can reveal deficiencies in:

- **Procedures:** Are your first aid procedures up-to-date and easy to follow under pressure?
- **Equipment:** Is the necessary first aid equipment easily accessible and functional?
- **Training:** Do workers know their roles, and are they adequately trained to respond in an emergency?
- **Communications:** Are all parties—both internal and external—able to communicate effectively during an emergency?

By identifying these gaps, employers can make necessary adjustments, including revising procedures, upgrading equipment, or providing additional training.

## Designing an effective first aid drill

An effective first aid drill should mimic the realities of a forestry worksite as closely as possible. Key elements that need to be tested include:

- **Summoning help:** How quickly and effectively can assistance be called?
- **Accessing supplies:** Are first aid supplies and equipment easy to reach, considering the remote and difficult nature of forestry workplaces?
- **Patient transport:** If the situation requires moving an injured worker, how efficiently can this be done? For instance, if the worker must be carried over rough terrain, the drill should test the crew's ability to do so.
- **Coordination with external agencies:** If the emergency involves outside help (such as a helicopter service or mutual aid from an adjacent operation), this coordination should be tested during the drill.

It's important to note that BC Emergency Health Services (ambulance) should not be contacted for drill purposes. Some private service providers may be willing to participate, but this should be arranged in advance.

## Safety considerations during drills

To ensure drills are effective, they should be conducted in realistic conditions that reflect the challenges workers might face in an actual emergency. For instance:

- If a first aid scenario might involve carrying a stretcher over logging slash, the drill should replicate this condition rather than limiting the exercise to flat, easily accessible terrain.
- If procedures call for assistance from nearby operations due to crew size, then that should also be tested.
- While realism is important, safety during drills is paramount. Employers must ensure that no new hazards are introduced through the drill itself. Some practical steps include:
  - Using training dummies instead of workers for high-risk tasks, such as stretcher carries.
  - Locking out and de-energizing mobile equipment that could pose a risk during the drill.
  - Assigning a drill safety officer whose sole responsibility is to oversee participant safety.

## Post-drill review: Learning and improving

After each drill, a thorough debrief should be conducted to review the drill's findings and identify areas for improvement.

Key points to address include:

- What went well?
- Where were the gaps?
- What changes are necessary?

This review should be shared with first aid attendants, joint health and safety committees, or worker safety representatives, as well as all drill participants. Documenting the drill, including who did what and when, can be valuable in assessing the overall response and implementing future improvements.

## When to conduct additional drills

Drills should be conducted annually and after any significant changes to the worksite.

Changes that might necessitate an additional drill include:

- **New or different crews:** Bringing in a new crew requires a new drill, while downsizing an existing crew could require a fresh drill.
- **Changes in logging phases:** Different phases of work involve different crews with various skill sets who perform distinct types of tasks. These changes can also affect the size of the crew. Different hazards may arise from these changes, which may not be covered by existing first aid procedures.

Even if the changes to the worksite are minor (such as relocating equipment), employers can conduct a simplified drill or tabletop exercise in addition to the required annual drill. Remember, however, that regardless of workplace changes, the OHSR mandates that employers conduct first aid drills at least once per year.

## Compliance and additional resources

For further guidance on these requirements, WorkSafeBC has posted [OHS Guidelines for Part 3: Occupational First Aid](#) on its website, offering additional insights into conducting drills and maintaining first aid readiness.

By implementing thorough, and realistic drills, forestry employers can ensure their crews are well-prepared to respond effectively in the event of a first aid emergency. Regular practice, coupled with continuous improvement, fosters a culture of safety and confidence in the workplace—key elements in keeping everyone safe in the demanding and dynamic environment of forestry operations. 🌲

# Psychological Health and Safety in Forestry

By Alexandra Skinner

Working in forestry can be challenging, not just physically, but psychologically as well. That's why WorkSafeBC is advising forestry employers and workers about the importance of paying attention to psychological health and safety.

Managing psychological health and safety in the workplace is as important as managing physical health and safety. A psychologically healthy and safe workplace prevents harm to workers' mental health and promotes mental well-being. While many factors outside the workplace can affect mental health, it is an employer's responsibility to address the factors that are within the control, responsibility, or influence of the workplace.

Psychological health and safety involves how people interact with each other daily, how working conditions and management practices are structured, and how decisions are made and communicated.

## Understanding psychological health and safety in the forestry sector

In the forestry sector, workers face unique psychological challenges, including financial stress from an unstable market, job instability, social isolation, and the impact of climate change and severe weather conditions. Additionally, the high-risk nature of the industry, with 695 serious injuries and 43 fatalities in the past five years, means forestry leaders and colleagues often provide grief and bereavement support.

"There is a lot of grief and stress for forestry workers to cope with, and some might turn to unhealthy coping tools like drinking or other forms of self-medication," said Amenda Kumar, manager of consultation and education services at WorkSafeBC.

A survey by Deloitte showed that each week, about 500,000 people in Canada miss work due to psychological health issues, leading to an annual economic cost of at least \$50 billion and indirect costs related to lost productivity as high as \$6 billion.

In addition to lost productivity, psychological ill health can cost employers through burnout, staff turnover, and workers' compensation claims.

## Building a foundation for psychological health and safety

These three principles help to create, support, promote, and maintain a psychologically healthy and safe workplace:

1. Show leadership commitment.
2. Develop supportive managers and supervisors.
3. Ensure worker participation.

Many employers already operate according to these principles, which are outlined in detail in WorkSafeBC's [framework for success](#). Those who effectively promote psychological health and safety have greater productivity and employee engagement. Their workers experience less conflict and higher morale and are less likely to leave.

## Start with a risk assessment

The approach to managing psychological health and safety is similar to the approach for managing risks to physical health and safety: understand the risks, implement safety measures, communicate safety information, and monitor measures for effectiveness.

*Step 1: Identify psychosocial hazards in your workplace, such as:*

- Unclear job expectations.

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- High or low job demands.
- Toleration of disrespectful behaviour.
- Lack of harassment prevention policies.
- Exposure to violence or trauma.
- Inadequate support for psychological health.

Consult workers, possibly through anonymous surveys, to assess risks at each location. Prioritize the highest risks and involve safety committees or workers.

#### *Step 2: Implement Controls, including:*

- Developing a psychological health and safety policy.
- Preventing and responding to harassment and violence.
- Encouraging open communication.
- Addressing mental well-being in return-to-work plans.
- Providing peer support programs.

#### *Step 3: Communicate Safety Information*

- Ensure workers are aware of your psychological risk management program.
- Train managers, supervisors, and workers on control measures.
- Establish a process for reporting psychosocial hazards.
- Inform workers about filing mental health condition claims.

#### *Step 4: Monitor and Update*

- Regularly monitor and improve control measures.
- Identify new risks with changing work conditions.
- Include psychosocial hazards in safety inspections.

Early intervention is key to preventing injuries, both physical and psychological. By following these steps, employers can create a supportive work environment that addresses both physical and psychological health needs.



### **Creating a culture of psychological health and safety**

Work is central to mental health. For many, work is a primary source of well-being and community that is critical to financial and emotional security. While a psychologically healthy and safe workplace can protect and enrich mental health, the inverse is also true: a psychologically unhealthy or unsafe workplace can contribute to or cause poor mental health.

“It can be difficult to overcome the stigma associated with psychological health,” says Kumar. “Workers might feel ashamed and hesitant to seek help. It often seems easier to explain a physical injury like a broken arm than to speak up about psychological stressors in the workplace that are impacting someone’s ability to work.”

Challenging the stigma starts with leadership from employers and fostering a culture that encourages seeking help and ensures workers are connected to available social support.

### **Prevention is a joint responsibility**

It is important to note that psychological injuries can be prevented and treated effectively. For employers, early awareness, access to resources and support, and appropriate and timely response can greatly reduce the impact of symptoms, promote mental well-being, and help people remain at work.

WorkSafeBC’s role as a regulator is to lead employers in promoting and supporting psychological health and safety in the workplace—through training and education, by involving workers in the discussion of risks and solutions, and by preventing psychological injuries—just as we work to prevent physical injuries.

For more information, visit [WorkSafeBC](https://www.worksafebc.com). 



# 17th Annual Vancouver Island Safety Conference Highlights

The 17th Annual Vancouver Island Safety Conference (VISC) took place on October 26, 2024 in Nanaimo, BC, attracting over 295 forestry professionals. This year's theme, "*Bridging Generations in Today's Safety Culture.*" featured three keynote speakers, and several industry presentations that were aimed at enhancing and improving safety practices in the forestry sector to help us all meet our collective goal of **every forestry worker goes home safe. Every day.**

Eldeen Pozniak kicked off the conference with her presentation, "*Young & Reckless, Fact or Fiction,*" addressing communication challenges across generations. She emphasized the importance of meaningful dialogue that respects the strengths and values of different age groups.

Next, Tim Page-Bottorff inspired attendees to embrace mistakes as learning opportunities during his presentation "*Embrace Errors – Don't Hide Them*". He discussed the tendency to hide errors due to embarrassment, shame and fear and provided strategies for supervisors to foster a culture of trust using the **REAL** acronym: **Respect, Empathy, Acceptance, and Less** — encouraging less talk, anger, and judgment while promoting active listening.

The day concluded with **Tom Wilson**, who shared his gripping story of surviving an "unsurvivable" plane crash in his presentation, "*Moments of Impact.*" His powerful story focussed on risk tolerance, behavioral influences and decision-making when it comes to the difference between bravery and courage when speaking up when something isn't right.



Additional presentations were provided by **Will Dirksen** from WorkSafeBC, who discussed new first aid regulations for the forestry industry and used an analogy that first aid can be thought of as a team sport that requires practice, working together and strategizing to be ready for any "play" or scenario that comes your way. **Patrick McDonald** from Superior Glove emphasized hand safety using his musical talent to impress upon the importance of Hand Safety and protecting your hands using glove protection that meets the task at "hand, and **Angelina Robinson** from Road Safety at Work gave a presentation that reminded attendees that traffic accidents are the leading cause of workplace fatalities and stressed the employer's responsibility to ensure workers are safe when driving for work.

The VISC Steering Committee extends its thanks to all volunteers and sponsors who made this conference possible. A comprehensive conference wrap-up will be available on the BCFSC website in early December. 🌱



## SAVE THE DATE

### VISC 2025

### Saturday, October 25th

at the Vancouver Island Conference Centre

# BCFSC Celebrates Leadership in Forestry Safety with the 2024 Leadership in Safety Awards

On October 26, 2024, the **2024 Leadership in Safety Awards** were presented at the Vancouver Island Safety Conference, honouring exceptional contributions to safety in the forestry industry. These awards recognize individuals, crews, and companies that have made significant strides in workplace safety, reinforcing the goal of ensuring every worker returns home safely.

This year, three outstanding individuals were celebrated:

- **Bill Bolton** received the **2024 Cary White Memorial Lifetime Achievement Award** for his unwavering advocacy for faller safety. As a former Faller Manager and senior advisor for the BC Forest Safety Council, Bill played a crucial role in developing key safety programs, including Faller Certification and New Faller Training. His dedication and passion have greatly impacted the industry.
- **Toby Jeffreys**, Area Supervisor at Interfor's Adams Lake Division, was awarded the **Forest Safety MVP Award**. Toby is recognized for his leadership in fostering a strong safety culture and mentoring young workers. His proactive approach to safety and effective communication have made him a respected figure in the field.
- **Chris Fowler**, Safety Coordinator at Canoe Forest Products (CFP), a division of the Gorman Group, received the **MVP Award for Wood Products Manufacturing**. Under Chris's leadership, CFP has achieved significant safety improvements, reducing injury rates and setting industry benchmarks. His commitment to proactive safety measures and transparent reporting has created a safer work environment not just for CFP, but for the entire Gorman Group organization.

Congratulations to all the award recipients for their remarkable contributions to forestry safety! 🎉





# WorkSafeBC Reminder:

## First Aid Requirements are Now in Effect

Amendments to the Occupational Health and Safety Regulation relating to occupational first aid took effect November 1, 2024. The new regulations require employers to review and update their first aid procedures to comply with the new regulations and ensure injured workers can receive prompt and appropriate treatment and, if needed, be transported to medical aid without delay.

To determine the first aid needs of your workplace, first you'll need to do a [workplace assessment](#). Then review the findings and take the necessary steps to put effective first aid procedures in place. To assist employers in implementing these new requirements, the following resources are available:

[Backgrounder: Occupational First Aid Regulatory Changes](#)

[Changes to Occupational First Aid Requirements: Frequently Asked Questions](#)

[Workplace First Aid \(video series\)](#)

See the amended sections of the [OHS Regulation](#) and the corresponding [OHS Guidelines](#). The preliminary guidelines listed below are posted for a 60-day period during which time stakeholders can comment and request revisions.

*First aid guidelines:* The following guidelines accompany regulatory amendments to the OHS Regulation that are effective November 1, 2024. These are new and revised guidelines which align with the new regulatory provisions. 🗣️

<a href="#">G3.15(c) Proof of certification</a>	December 30, 2024
<a href="#">G3.15-2 Registered nurses working for health authorities</a>	December 30, 2024
<a href="#">G3.15-3 EMA licence holders working as first aid attendants</a>	December 30, 2024
<a href="#">G3.16 First aid assessment</a>	December 30, 2024
<a href="#">G3.16(1) Minimum requirements for first aid equipment</a>	December 30, 2024
<a href="#">G3.16(3) Reviewing first aid assessments</a>	December 30, 2024
<a href="#">G3.16(3.1) Involving workers in first aid assessment</a>	December 30, 2024
<a href="#">G3.17 Developing and implementing first aid procedures</a>	December 30, 2024
<a href="#">G3.17(2) Communicating first aid procedures to workers</a>	December 30, 2024
<a href="#">G3.17(4) Drills</a>	December 30, 2024
<a href="#">G3.17.1 Air transportation</a>	December 30, 2024
<a href="#">G3.21(3) First aid attendant responsibilities — Options for discharging responsibilities for care</a>	December 30, 2024

## New Customized Recovery and Return-to-Work Program Launched on November 1

WorkSafeBC has made changes to the structure of the occupational rehabilitation programs, known as OR1, OR2, and ASTD. The revamp will address existing service gaps and enhance the experience for both providers and our clients.

Effective November 1, 2024, WorkSafeBC enhanced the structure of the occupational rehabilitation (OR) programs with a new service, the Customized Recovery and Return-to-Work Program. The new service will transition from the existing OR1, OR2, and ASTD streams toward a single integrated service in areas that currently offer OR2 services, where the provider will assess and build a program customized for the individual worker. The new program will offer the

same clinical supports as the previous OR2 and ASTD programs, including physiotherapists, occupational therapists, kinesiologists, clinical counsellors and physicians.

The OR1 program will continue to exist as it does today but will operate only in rural or more remote communities.

The Customized Recovery and Return-to-Work Program will enhance a worker's experience and ensure they get a more tailored and timely approach to their care.

Learn more about the new program by visiting WorkSafeBC's webpage: [Customized Recovery and Return-to-Work Program](#). 🗣️

## Wearing Earplugs Correctly: Proper Use of Hearing Protection is Essential for Preventing Noise-induced Hearing Loss

In the Fall issue of WorkSafe Magazine, a focus on the proper use and fit of hearing protection was featured, providing insights into the appropriate style and fit of hearing protection for specific work environments. [Read the full article](#) and find out if your hearing protection meets the recommendations for preventing long-term hearing loss. 🗣️



# Work-Related Deaths & Injuries



For 2024 year-to-date, there has been one work-related death in the BC forestry industry. We extend our deepest condolences to the family and friends of the deceased and our sympathies to all those affected by this tragic incident.

## FATALITIES

**Injury:** Fatal

**Core Activity:** Float Plane Incident

**Location:** Vancouver Island BC

**Date of Incident:** Oct 2024

On October 2nd, a forestry worker was fatally injured when the float plane they were in overturned during landing in an area northeast of Port Hardy, BC.

[Read the BCFSC Fatality Alert](#)

## 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:** Bruises, lacerations

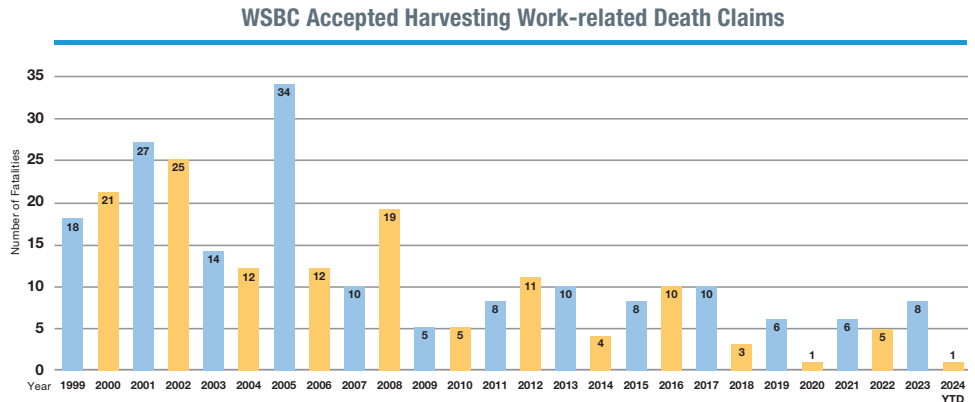
**Core Activity:** Log hauling

**Location:** Vancouver Island/Coastal BC

**Date of Incident:** Aug 2024

A loaded log transporter descending a steep resource road (grades ranging from 18 to 24 percent) failed to make a turn at the end of the descent.

The transporter left the road, spilled its load, and came to rest in small standing timber about 20 metres off the road. The operator was able to walk out of the cab on their own.



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

## MANUFACTURING

**Injury:** Close call

**Core Activity:** Pressed Wood Product Manufacture

**Location:** Interior BC

**Date of Incident:** Aug 2024

A fire event occurred in a cooling bin in a pellet plant. The automatic deluge activated, and team members deployed firehoses as a secondary precaution. No machinery was damaged, and no workers were injured.

**Injury:** Close call

**Core Activity:** Sawmill

**Location:** Interior BC

**Date of Incident:** July 2024

A fire occurred in the sawbox of a #2 edger due to a seized bearing on the arbor shaft. Workers extinguished the fire with hoses and extinguishers within 15 minutes. No injuries were reported.

**Injury:** Close call

**Core Activity:** Pressed Wood Product Manufacture

**Location:** Northern BC

**Date of Incident:** Aug 2024

Restarting a fibre dryer at a wood pellet plant after a three-day maintenance shutdown, a worker observed sparks and smoke escaping from a ventilation stack. The worker started a ventilation fan in the system to vent the smoke, and a deflagration occurred in the

ducting. No wood fuel, gas fuel, or heat had been introduced into the system during the restarting process.

**Injury:** Close call

**Core Activity:** Sawmill

**Location:** Lower Mainland

**Date of Incident:** June 2024

A worker was on an extension ladder repairing the drive chain for a conveyor when they fell to grade (about 4 feet).

## TRANSPORTATION

**Injury:** Multiple injuries

**Core Activity:** Wooden component manufacture

**Location:** Lower Mainland

**Date of Incident:** Feb 2024

A worker was on a ladder tarping down the load on a tractor-trailer unit when they fell to the ground.

## INCIDENT FINDINGS

The summary of findings from a [2021 incident investigation](#) into a 2021 fatality involving a service contractor at a wood products manufacturing facility has now been posted on WorkSafeBC's website.

The summary of findings from a [2021 incident investigation](#) into an incident involving a firefighter being seriously injured during controlled burnoff has now been posted on WorkSafeBC's website. 🚒



# New First Aid Regulation Changes and Your SAFE Companies Audit:

As part of the upcoming regulatory changes effective November 1, 2024, companies must demonstrate compliance with new first aid assessment reporting requirements in their 2025 SAFE Companies audit.

For those companies who have already submitted their 2024 audit, the reporting changes will only be required for all first aid assessments completed on and after November 1, 2024 and will be submitted with your 2025 SAFE Companies audit.

The BCFSC FIRS App (Forest Industry Reporting System) is now equipped with First Aid Forms to help you manage your First Aid documentation for your audit.

**Continuing Practices:** The process of completing a First Aid Assessment form has not drastically changed.

1. Complete a First Aid Assessment for every worksite, in writing, with a copy on hand or using the BCFSC FIRS App (Forest Industry Reporting System) which is also now equipped with First Aid Assessment Forms to help you manage your First Aid documentation for your audit.
2. Reassess whenever there is a change at the worksite (e.g., phase change, additional workers).
3. Understand your company's hazard rating (HIGH, MODERATE, LOW) based on work tasks and processes as outlined in your WorkSafeBC assessment letter. Keep in mind there may be variable ratings based on your work areas. *For instance: a log hauling company may experience HIGH hazard rating for log hauling activities, MODERATE hazard rating for shop work and LOW hazard rating for their office work.*
4. Record the actual worker count at the worksite on the day of the assessment.
5. Identify work tasks, injury types and barriers to first aid that may delay or prevent the transporting of an injured worker(s) (such as bridge crossings, delayed railway crossings, etc.) on all First Aid Assessment forms.

## New Reporting Changes:

**1. Surface Travel Time:** Define whether your worksite is less than 30 or more than 30 surface travel minutes from the nearest ambulance station. For a map of BC ambulance stations, visit: [APBC Station Map](#).

## 2. Assess Accessibility:

- Determine if your worksite is “less accessible” based on the following criteria:
  - **Group 1 Areas:** Backcountry accessible only by ATV/sleds, steep/slippy slopes, resource roads not accessible to ambulances, rough terrain, high risk of natural hazards.
  - **Group 2 Areas:** Confined spaces, underground work, areas only accessible by ladders/scaffolds, drowning hazards, hazardous atmospheres.
- If your worksite meets any of these criteria, it is considered “less accessible.”



## Establish First Aid Coverage:

- Determine your minimum first aid coverage requirements based on the maximum worker count and the worksite class (1, 2, 3, or 4) as identified by WorkSafeBC. Most small employers would be considered Class 4 with a HIGH hazard rating.

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

Column 1 Workers present	Column 2 Low hazard rating	Column 3 Moderate hazard rating	Column 4 High hazard rating
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>
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>
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> <li>• Emergency transportation for one injured worker</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> <li>• Emergency transportation for one injured worker</li> </ul>

For detailed information, refer to the WorkSafeBC First Aid Minimum Coverage tables: [WorkSafeBC First Aid Minimum Coverage](#).

Continued on page 12...



Continued from page 11...

## Supplemental kit supplies

Current Kit Name	New CSA Kit Name	Additional Supplies*
Personal	→ Personal (CSA Type 1 – personal)	Upgrade to CSA Type 1 – personal
Basic	→ Personal (CSA Type 1 – personal)	Add 6 adhesive bandages, 1 compress/pressure dressing with ties, 4 hand cleaning towelette, forceps, and content list
Level 1	→ Basic Kit (CSA Type 2 basic - medium)	Add 14 gauze pads, 2 abdominal pads, 2 triangle bandages, 26 wound cleaning towelettes, 12 hand cleaning towelette, 2 pairs gloves, 1 biohazard bag, and content list
Level 2	→ Intermediate (CSA Type 3 intermediate - medium)	Add 24 gauze pads, 8 non-adherent dressing, 2 elastic support/compression bandage, 2 sets eye dressing pad and eye shield, 2 cold pack, 26 wound cleaning towelettes, 12 hand cleaning towelette, 2 packages of glucose tablets, 2 pairs gloves, 3 biohazard bags, 1 padded splint, 1 emergency blankets, and contents list
Level 3	→ Advanced (CSA Type 3 intermediate – medium + oxygen therapy kit)	Add 24 gauze pads, 8 non-adherent dressing, 2 elastic support/compression bandage, 2 sets eye dressing pad and eye shield, 2 cold pack, 26 wound cleaning towelettes, 12 hand cleaning towelette, 2 packages of glucose tablets, 2 pairs gloves, 3 biohazard bags, 1 padded splint, 1 emergency blankets, and contents list

- Types of injuries not typical to your CU.
- Barriers that could limit or delay access to first aid.
- Equipment necessary for safe rescue from less accessible areas (e.g., helicopter, boats, ETVs).
- Known barriers affecting BCEHS response time or transport to a hospital.

Keep in mind these site-specific procedures are NOT your general first aid instructions. These are site procedures associated with accessing injured workers. An example could be: If a helicopter evacuation is necessary, confirm that your spine board and cage will fit in the responding helicopter. Also, consider transportation challenges, such as carrying an injured worker over steep terrain or through heavy debris, to the roadside or heli-pad.

BCFSC Safety Advisors can advise you on meeting your First Aid Regulation requirements for your SAFE Company Certification. Contact us with any questions you may have at 1.877.741.1060. 📞

- Inventory your First Aid Kit(s) to ensure they meet new requirements based on the Supplemental First Aid Kit Supplies list. Kits must be updated by November 1, 2024.

### Document First Aid Procedures:

- Site-specific procedures must be documented and should address:
  - Risks and hazards unique to the worksite.
  - Risks and hazards not typical to your CU.

# Top Recommendations from BC Forest Safety Council (BCFSC) Safety Advisors

BCFSC Safety Advisors help forestry employers and employees achieve their safety goals. By visiting worksites, we offer invaluable insights and practical guidance to implement effective safety procedures and maintain safe work practices. This not only ensures compliance with SAFE Certification audit requirements but also fosters a culture of safety, minimizes risks, and enhances the well-being of everyone on site.

Here are some of the top recommendations from recent site visits to help keep your workplace safe and efficient.

- Complete Your Emergency Response Drill: Ensure you are performing regular Emergency Response Drills. As of November 1, 2024, a First Aid Drill is mandatory.
- Conduct Proper Incident Investigations: Always end investigations with Fundamental Recommendations to prevent future occurrences. These should include procedural changes. If procedures aren't altered, the results won't change.
- Check Your Emergency Escape Hatches: In an emergency, if the door is blocked, you don't want to find that an escape hatch is rusted shut. Regularly inspect these hatches.
- Document First Aid Assessments Correctly: Every worksite must have a documented First Aid Assessment. This requirement changes on November 1, 2024, so ensure you have the latest form and instructions.
- Regular Worker Assessments: Assess all workers and supervisors for competency regularly, based on risk. These assessments should be performed by someone competent in this task.
- Conduct Site Inspections: Complete inspections for any site you work at for 30 days or more, including shops and offices. If there are significant changes, redo the inspection.
- Include Lockout in Safe Work Procedures: Lockout procedures must be included in equipment or truck Safe Work Procedures. Gravity should always be considered as a factor.

Our safety advisors are available to come to your worksite and assist you in your safe work procedures. Give us a call at 1.877.741.1060 or reach out by email [safeco@bcforestsafeco.org](mailto:safeco@bcforestsafeco.org) to arrange your site visit today. 📞



# Falling



## Reminder: New Weekly Training Progress Reports

In the June edition of Forest Safety News, the BCFCSC introduced a new Weekly Training and Progress Report document. The old Weekly Progress Report document will continue to be accepted until December 31, 2024. Starting January 1, 2025, we will only accept the updated document. 📄

**Faller Trainee Weekly Training And Progress Report**

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

Report is:  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/Okanagan  Omineca/Skeena  Kootenays  Cariboo

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

Diameter:  6 - 12"  12 - 18"  18 - 24"  24 - 36"  Over 36"

Harvesting Method:  Cable  Hoe Chuck  Heli  RW  Skid  Other

Industry:  Forestry/Production  Oil and Gas  BCWS  Other

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 80 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.org](mailto:faller@bcforestsafe.org)
- Fax to the BCFCSC Nanaimo office: (250) 741-1068

Questions? Contact the BC Forest Safety Council toll-free at 1-877-741-1090 or by email at [faller@bcforestsafe.org](mailto:faller@bcforestsafe.org)

Weekly Training and Progress Report V6 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

Comment:

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:	Meeting BCFTS	More training required	Observations:	Meeting BCFTS	More training required
PPE	<input type="checkbox"/>	<input type="checkbox"/>	Manchecks and qualified assistance	<input type="checkbox"/>	<input type="checkbox"/>
Physical and mental well being	<input type="checkbox"/>	<input type="checkbox"/>	Plan, construct, and use escape routes	<input type="checkbox"/>	<input type="checkbox"/>
Control falling area (signage)	<input type="checkbox"/>	<input type="checkbox"/>	Body position and chainsaw handling	<input type="checkbox"/>	<input type="checkbox"/>
Axe, wedges, chainsaw	<input type="checkbox"/>	<input type="checkbox"/>	Undercuts and backcuts (stumps)	<input type="checkbox"/>	<input type="checkbox"/>
Transportation and staging Area	<input type="checkbox"/>	<input type="checkbox"/>	Wedging	<input type="checkbox"/>	<input type="checkbox"/>
Access and egress trails	<input type="checkbox"/>	<input type="checkbox"/>	Bucking (assessment and SWP)	<input type="checkbox"/>	<input type="checkbox"/>
Hazards in the work area, multi-tree planning and tree assessments	<input type="checkbox"/>	<input type="checkbox"/>	Limbing, taping and brushing out	<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	<input type="checkbox"/> Not worked on	<input type="checkbox"/> Discussed	<input type="checkbox"/> Observed	<input type="checkbox"/> More training required
Backcut First	<input type="checkbox"/> Not worked on	<input type="checkbox"/> Discussed	<input type="checkbox"/> Observed	<input type="checkbox"/> More training required
Heavy Leaner	<input type="checkbox"/> Not worked on	<input type="checkbox"/> Discussed	<input type="checkbox"/> Observed	<input type="checkbox"/> More training required
Short Stubby	<input type="checkbox"/> Not worked on	<input type="checkbox"/> Discussed	<input type="checkbox"/> Observed	<input type="checkbox"/> More training required
Upslope Falling	<input type="checkbox"/> Not worked on	<input type="checkbox"/> Discussed	<input type="checkbox"/> Observed	<input type="checkbox"/> More training required
Re-Fall Cut-up Tree	<input type="checkbox"/> Not worked on	<input type="checkbox"/> Discussed	<input type="checkbox"/> Observed	<input type="checkbox"/> More training required
Danger Trees	<input type="checkbox"/> Not worked on	<input type="checkbox"/> Discussed	<input type="checkbox"/> Observed	<input type="checkbox"/> More training required

Comment:

Weekly Training and Progress Report V6 Apr 2024 Page 2 of 4

**Faller Trainee Weekly Training And Progress Report**

Designated High-Risk Violations: Hand Falling or Bucking

Ask the trainee to recite 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/Domino 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 wedging 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 upset 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 V6 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 affirming 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 V6 Apr 2024 Page 4 of 4

# Terry Anonson Retires from FTAC

During the September meeting of FTAC, Terry Anonson announced his retirement from the Falling Technical Advisory Committee after starting as a member in early 2007. Terry reflects on his career with FTAC below, as a faller, falling supervisor and WorkSafeBC officer.

“Every once in a while, it’s good to reflect back on why we are here and who we represent. Basically, it all started in 2003, 21 years ago, when all industry bull buckers were in Campbell River to attend the first QST course. There was a whole pile of industry leaders, falling leaders that didn’t want to go to the QST course, we weren’t sure about certification, we weren’t sure about the new regulation, but we had to go because the regulation was being enacted and we had to get our crews certified. It was an interesting time and a humbling time where we had to actually go to class and school for a whole week. We had to do presentations, we had to write a test, and we had to do our evaluation. Some of those individuals became Board officers, some became instructors, but most all of them became FTAC members and represented FTAC in the early years.

I also reflect back on all the work we did with the DACUM committee for Falling Supervisors and how much work was done to develop supervisor training and certification. Early industry meetings with a lot of people and a lot of nay sayers, continuing to push back. There were some very vocal meetings, with some very colorful people attending. It was very early on that the BCFSC realized that we needed an industry committee to really make things work, so that’s kind of how FTAC was formed.

Industry Training development with WFP and Dean McGeough, endorsed by the BCFSC. Competency-based system work with the approved

administrators and the FTAC committee. I look back on all that and it’s really important that everyone in the room recognizes that you represent all that work. You represent the hard and difficult times we had implementing faller certification. You represent a lot of people that sat in these chairs that are no longer with us or have gone other ways. And you represent a pretty noble group of workers in terms of fallers and this group is very important to industry.

It’s been a good ride, and I have enjoyed FTAC and met a lot of good friends. Thank you!”

Co-Chair Dazy Weymer shared his thoughts on Terry’s time with FTAC and in industry.” Terry and I started early together in our falling careers and have been largely and fairly intertwined over the years, both as falling supervisors

and unfortunately having to deal with fatalities, supporting each other through those difficult times.

I always thought there are two safety programs - one that we all work towards is to keep stuff from happening and the one that we kind of struggle with is to keep stuff from sticking to people. There is that balance between checking to see if you are following regulation and checking to see if you’re being safe and I think that Terry has always done a real god job of working through that and keeping his eyes on the goalpost that we’re all trying to come home at the end of the day. He is going to be missed here for sure.”

On behalf of FTAC and the BC Forest Safety Council, we wish Terry all the best in his future endeavours! 🙌



**THANK YOU  
FOR YOUR  
DEDICATION**  
*Happy Retirement*





# Falling Forms Updated to Reflect Changes to Occupational First Aid

As most everyone is aware, changes to Occupational First Aid took place November 1, 2024. BCFSC has ensured all falling documentation that includes, or refers to, first aid has been updated to reflect the changes to regulation. The Falling Safety Plan document, which was introduced last year, includes the Emergency Response Plan and First Aid Site Assessment, as well as other documentation required before starting work. We encourage you to review this document and determine if it's a good fit for your worksite to help consolidate multiple documents into one in your worksite binder.

Please check our [website](#) to ensure you have the most up to date documentation. 🚧

## New Faller Training

The fall session of BCFSC's New Faller Training (NFT) took place in the Ladysmith area from September 26 – October 28, 2024. A big thank you to Mark Bowater from Mosaic Forest Products and Shawn Nicholson from Kaatza Group for supplying the timber and their ongoing support of the program. 🚧

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

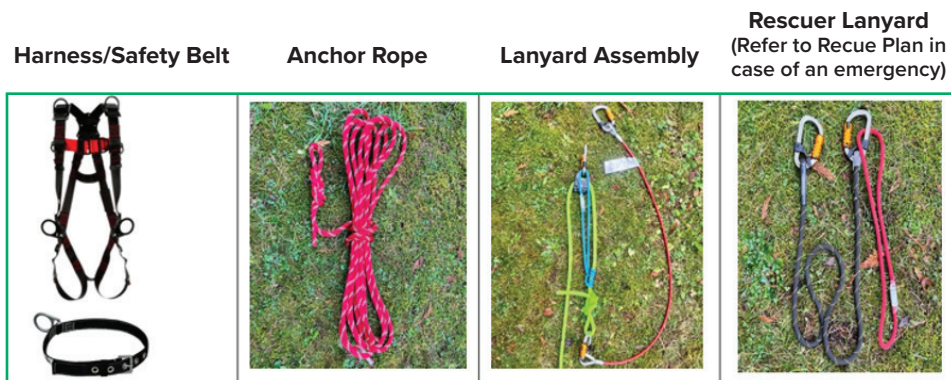
Front row, left to right: Trainees Adam Thomas, Steve Neville, and Levi Trant.



# Falling Technical Advisory Committee (FTAC)

At the September 20th FTAC meeting, Rob Shambrook and Devin Miller of Western Forest Products (WFP) gave a presentation on the safe work procedure that they have developed for Fall Restraint. Rob and Devin, along with industry subject matter experts, fallers, and a WorkSafeBC representative have been working on this safe work procedure internally for WFP since March 2023, keeping it simple so that the practice is easy to duplicate and sustainable within their operations.

The system that has been developed is different from climbing as the restraint system is on the fallers' back. It is a 2-person system where the partner is relaying the faller down the slope with no slack, using a tree as the anchor. Listed below are the components of the system.



## The components of this system include:

- Waterproof Storage Bag
- Safety Belt/Harness x 2
- Rope – 11 mm Static Kernmantle – 100 ft. – RED x 1
- Rope – 11 mm Static Kernmantle – 33 ft. – GREEN x 1
- Prusik Loop – 8 mm – 25 in. – RED x 1
- Prusik Loop – 8 mm – 25 in. – GREEN x 1
- Carabiners (w/ keepers) – Self Closing/Self Locking x 5
- Pulley, Prusik Minding – x 1
- Lanyard, Jane – 150 cm x 1 – BLACK
- Lanyard, Cable x 1 – RED

The system meets CSA Standard; however, it does require a variance from WorkSafeBC. Fallers who initially tried the system were skeptical, however once trying the system were very impressed. They found that the system was very easy and did not inhibit their movement.

If anyone would like additional information on this system and safe work procedure, please reach out to Rob Shambrook at [rshambrook@westernforest.com](mailto:rshambrook@westernforest.com).



Devin Miller of Western Forest Products and Chris Miller, WSBC OSO, demonstrating the fall restraint system developed by WFP. 🇨🇦



## BC Forest Industry Pilots Automated Load Securement System

The motion of throwing and securing log load wrappers can cause considerable stress on drivers' shoulders and overexertion-related musculoskeletal injuries are quite common among log truck operators. FPIInnovations, in collaboration with the Load Securement Working Group (LSWG - a subcommittee of the Log Truck Technical Advisory Committee that focuses on initiatives that reduce the risk of injuries to log truck operators), is conducting a multi-phase research project looking to reduce or eliminate injuries due to securing loads. To eliminate the injuries related to load securement, industry is looking at automated load securement as a potential viable option. Exte, a manufacturing company based in Sweden currently produces an automated load securement system called the Com 90. This system is currently being utilized internationally but has never been tested in Canadian forestry operations. To address this Tolko, FPIInnovations and the BC Forest Safety Council have initiated a pilot to test the Exte Com 90 within central BC.

### Objectives of the pilot:

- Ensure Exte Com 90 meets BC regulatory requirements.
- Study implementation of the Exte Com 90 automated load securement system in a BC log hauling environment.
- Conduct an analysis of the effectiveness of the system, including overall improvements to safety, load securement, and cost to benefit ratio.
- Explore the possible adaptations of this system for log BC log hauling operations.



### The Com 90 system includes:

- Bunks with telescoping stakes.
- Lashing arms.
- In-cab display.
- System remote.
- Hydraulic components.



Safety specific aspects of the system include automatic lashing arms, in-cab system monitoring, constant load securement pressure, and remote-control options. The system has been designed to address multiple safety issues including risks to the driver of manual load securement activities to better containment of the load during transport.

These components were shipped from Sweden and received in Quesnel mid summer with the install being completed on the truck and new peerless quad axle trailer shortly thereafter. Hauling was initiated in late August and has been active ever since. As of October 4th, the system has been utilized to move 2500 tonnes of short wood over 60 separate trips which includes loads from the bush and mill transfers. So far, the system has worked well with overall performance meeting general expectations. The pilot is planned to run until the spring of 2025 at which time a full evaluation of the system and associated report will be released. In the meantime, wood will continue to be moved to ensure the system is fully tested in all operating conditions experienced within BC's northern interior. If you are interested in any further information related to the pilot, please contact [transport@bcforestsafe.org](mailto:transport@bcforestsafe.org). 📧



# Professional Log Truck Driver Mentorship – Funding Opportunities Still Exist!

Injury rates for the log transportation sector continue to show significant improvements relative to historical numbers. This trend supported by the efforts of subject matter experts that comprise the Log Truck Technical Advisory Group (LTTAC), the Wood Fiber Hauling Safety Group (WFHSG) and the Trucking and Harvesting Advisory Group (TAG) is paying dividends. These groups, whose members include contractors, regulators, non-profits and licensees, have been instrumental in guiding the development of initiatives to reduce injuries and fatalities as well as supporting projects to improve the health and safety of log truck drivers.

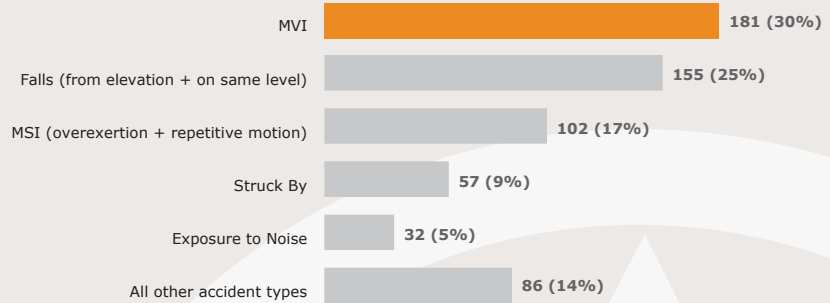


One initiative that has had significant benefit has been the development of the [Professional Industry Driver Training Program \(PID\)](#). The training focuses on the specialized skills, knowledge and attributes required of a Professional Log Truck Driver operating in the province of British Columbia and standardizes the level of training and assessments required of new drivers entering the industry.

However, despite the continued improvements, log transportation remains a leading contributor to accident claims within the forestry sector. The average age of current drivers continues to increase and operating conditions become more difficult with worksites farther away and in more challenging terrain. Despite current economic challenges facing the industry, continual training and mentorship of new log truck drivers is essential to sustain both the workforce and safety performance of the log transportation sector.

## CU 732044 – Log Hauling Top 5 Accident Types

Accident Type



- MVI is the top accident type which accounts for 30% of all time-loss claims.
- Falls (from elevation + on same level) is the second biggest accident type which accounts for about 25% of all time-loss claims.

Therefore, the BC Forest Safety Council is offering funding opportunities targeting the mentorship of new, or experienced, class 1 drivers to the log transportation sector. Mentorship consists of a target of 160 hours of one-on-one training in which new drivers work under the direction and guidance of an experienced mentor driver. Candidates are identified by the potential employer and vetted for suitability through an interview and assessment process prior to acceptance into the program.

If you are interested in learning more about this Professional Log Truck Driver Mentorship Training opportunity 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. 📞



# Ensuring Worker Safety During Wind Events

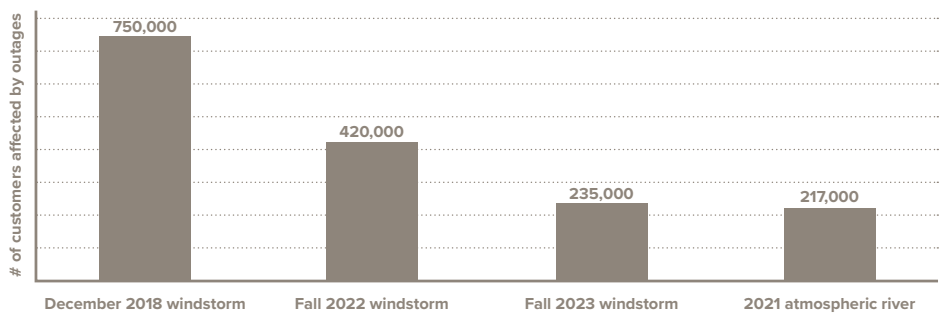
The frequency and magnitude of fall and winter storms characterized by heavy rainfall and high winds seem to be increasing. A recent BC Hydro survey finds that 3 in 5 British Columbians say the worst fall/winter storm they have ever experienced has been within the past 5 years. BC Hydro data shows that severe weather events in the last 3 to 5 years have led to some of the most damaging storms in BC Hydro’s history.

BC’s forest health aerial surveys show that the area of windthrown timber in 2021 (12,600+ ha) was 3 times the average over the last decade.

Wind events pose significant risks to people working on and traveling to and from woodlots and community forests. This bulletin provides licensees, managers and workers with guidance and resources they can use to plan and conduct operations that minimize risk of injury to workers during those events.

## Understand the lay of the land

- It’s impossible to predict exactly where big winds will touch down. But history and topography may provide clues. What have you and other locals experienced? Is there evidence of recent or historic windthrow in or around your tenure? Which stands, sites and topographical features are most



exposed to the usual flow of storm weather? Use that information to gain a macro-level sense of where risks are likely to be greatest.

## Take advantage of proven tools

- BC researchers and foresters have developed high-quality windthrow risk assessment tools (see links to resources below). Use those tools to build a working-scale map showing relative windthrow risk.
- Use that knowledge to plan treatments (e.g., planting species, thinning density, harvest timing to limit canopy height differences) that can help reduce windthrow risk potential.

## Be prepared

- Even if you haven’t been able to apply those treatments, use assessment results to understand where you and your crew shouldn’t be when there’s a storm on the way.

- Identify (or build) muster areas where there’s no risk of someone being struck by falling trees, or rocks dislodged by falling trees. Tell your crew about those areas. Identify them on the logging plan map.
- Equip vehicles with tools (e.g., power saw, tow strap) and train operators to deal with minor windthrow incidents that could prevent exit from an area.
- Avoid parking vehicles near hazardous trees or overhead hazards.
- As part of normal road inspections or when roads are re-activated, evaluate risks along routes crews will use to get to muster areas, and routes they will use if they must leave the area entirely. On both sides of those roads, identify and deal with trees that are at risk of toppling or breaking off in a storm.

*Continued on page 20...*



Continued from page 19...

### Plan work accordingly

- Find a weather resource that provides reliable forecasts. Check forecasts and alerts daily, especially during storm season. If a storm might be on the way, watch the weather and be ready to respond. Use a weather app with radar imagery that shows how storms are tracking.
- Your best plan may be to suspend all work or some work types until the storm has passed. For example, layout crews, hand-fallers and tree planters are at greater risk than people in ROPS-equipped machines.
- Another option may be to move crews from moderate and high-risk areas to low-risk areas (based on your risk assessment / inventory).
- At your pre-work meeting, explain the plan and make sure everyone is clear.
- If the plan is to evacuate crews if the storm picks up, remind them they need to leave the bush before they're at risk. As a rule of thumb, manual crews should leave the bush if they see or hear trees falling or tops/branches breaking off.
- Have reliable communications. If you decide it's safe to keep working, increase check-in frequency. If you suspend work, check to make sure everyone arrives safely at the muster area.

### After the storm

- Assess the area to determine if the wind has de-stabilized trees or rocks. Remove those risks and/or adjust your work plan before allowing crews to work in those areas. Crews working in windthrown areas must be properly trained and equipped for the higher risk work site conditions.
- Debrief after the event. What worked? What didn't? Use what you learn to be even better prepared for the next big wind event.

### Resources

- [Introduction to Dangerous Trees on Forestry Worksites – The BC Forest Safety Council](#)
- [UBC FRST 557 Forest Operations Module Lecture 5c Windthrow](#)
- [BCTS Windthrow Management Standard Operating Procedure](#)
- [Windthrow Management Manual for Coastal British Columbia](#)
- [Silviculture and stand management training – Module 5.3 Windthrow](#)
- [BCFSC Safety Alert](#) 🚩



Photo Credit: The Canadian Press





## Different Voices Webinar: First Aid: The Latest Updates for BC's Occupational First Aid Regulations

The Different Voices webinar which took place on Thursday, September 26, 2024, provided clarity on the first aid regulation amendments and shared the new resources now available through WorkSafeBC. The webinar's focus was specific to employers in wood products manufacturing.

It was presented by Kim Stubbs and Laddie MacKinnon, from WorkSafeBC. They reviewed the regulation amendment on occupational first aid that came into effect November 1st, and shared what employers across BC will need to know to update their current first aid program to ensure compliance.

You can access the webinar recording on the BCFSC YouTube Channel. <https://youtu.be/7w43776po1g> 🎧

## MAG Safety Innovation Share Features Interfor's PVC Strip Curtains to Assist with Lockout Zone Safety

MAG understands the critical role safety innovations have within industry. Sharing these advancements and improvements are key to ensuring a safe workplace. We'd like to highlight the recent innovation received from Interfor's Adams Lake Division.

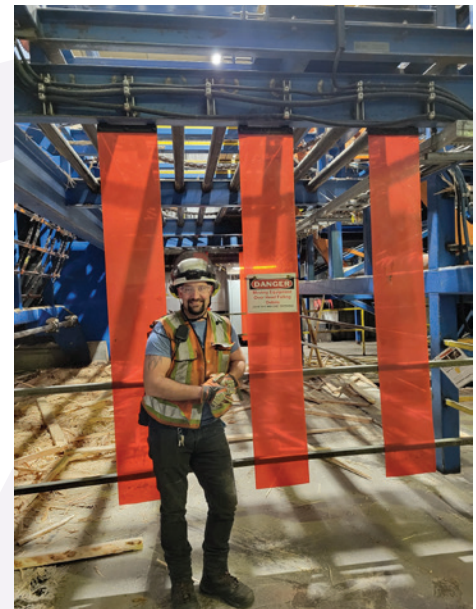
This innovative idea addressed the issue of workers inadvertently entering lockout areas that may be exposed due to the removal of gates or guards during maintenance or cleanup activities. Even though these areas were locked out by other employees, accessing them without proper lockout procedures can pose a significant risk. To mitigate this, these areas have been designated as "lockout traps," and a comprehensive plan has been developed to monitor when guards, gates, or doors are left open.

Interfor's safety committee tackled the challenge of maintaining secure and restricted lockout zones while allowing safe access for workers. They proposed a simple cost-effective solution that adds an extra layer of control to minimize risk exposure. They developed customizable red PVC strip curtains as hazard indicators to mount when barriers are removed. These "LOCKOUT ZONE SAFETY CURTAINS" signal barrier removal and facilitate safe and unrestricted access during lockout tasks.

This innovative safety measure was developed by the Interfor Adams Lake Division's Joint Occupational Health and Safety Committee and was championed by Kyle Schumi, sawmill chargehand and safety committee co-chair.

To learn more about this innovation, [download the PDF](#).

BCFSC would like to share manufacturing safety innovations to promote safety in the workplace. To submit your safety innovation email Bill Laturnus at [blaturnus@bcforestsafe.org](mailto:blaturnus@bcforestsafe.org). 🎧



Kyle Schumi, Chargehand  
Interfor, Adams Lake

## MAG Q3 - Interfor Tour



In September, the MAG members met for their quarterly meeting/workshop in Nelson BC.

Following the meeting, the group had the opportunity to tour the Interfor Castlegar sawmill where they learned about several innovative techniques Interfor is using in their daily operations.

A standout highlight was observing how the red PVC strip curtains, featured in the *Safety Innovation* article, were effectively utilized to separate machinery to enhance the lockout safety zones.

The group also learned how the mill is utilizing AI technology in their pedestrian interface areas, where both pedestrians and mobile equipment operate. Interfor has installed strategically placed cameras to detect pedestrians and trigger alarms to alert mobile equipment operators of a pedestrian crossing in the area.

A special thanks to Interfor and their Adams Lake team for sharing their on-site safety initiatives and providing us with an insightful glimpse into their lumber facility. 🌲

## MAG Q3 Workshop: Psychological Safety in the Workplace

In the recent Q3 workshop, MAG members attended a workshop session which focussed on psychological safety in the workplace. The workshop was hosted by by Dr. Rafael Chiuzi, an accomplished Organizational Psychologist, published author and highly regarded speaker, including as a TEDx speaker.

During the session, the group learned that Psychological Safety as defined by Amy Edmondson, is *a belief that one will not be punished or humiliated for speaking up with ideas, questions, concerns or mistakes and that the team is safe for interpersonal risk-taking.*

The workshop focused on generating actionable ideas to promote psychological safety within work crews. The intent is to foster an atmosphere where individuals feel secure in expressing themselves without fear of negative repercussions. The session included engaging interactive exercises, discussions and skill-building activities. Participants were encouraged to explore effective strategies to cultivate open communication, trust and mutual

respect among team members with the goal of empowering individuals to engage freely and share their ideas without the fear of judgment, ultimately enhancing innovation and resilience within the team dynamic.



### Key Workshop Topics:

- Understanding Psychological Safety
- Establishing Trust and Transparency
- Encouraging Open Communication

- Promoting Empathy and Understanding
- Creating a Supportive Environment for Taking Risks

This workshop was a valuable opportunity for MAG members to deepen their understanding of psychological safety and its critical role in cultivating a collaborative and innovative workplace. 🌲

Organizations with higher PS levels have witnessed a **significant positive impact on**

 <p><b>Team Performance</b> Abror (2017)</p>	 <p><b>Team Efficacy</b> Walumbwa (2004)</p>
 <p><b>Team Creativity</b> Madjar &amp; Ortiz-Walters (2009)</p>	 <p><b>Team Confidence</b> Gibson (2000) Gully (2002)</p>
 <p><b>Team Learning</b> Edmondson (1999) Wong (2010)</p>	 <p><b>Leader Inclusiveness</b> Hirak, Peng, Carmeli, &amp; Schaubroeck (2012)</p>
 <p><b>Team Synergy</b> Donaldson (2011)</p>	 <p><b>Knowledge Creation</b> Choo, Linderman, &amp; Schroeder (2007)</p>

## Combustible Dust and Critical Control Management Workshops – October 8th and 10th


In early October, Kayleigh Rayner Brown, MASC, P.Eng. from Jensen Hughes hosted two workshops to review the proposed combustible dust regulations and process safety critical control management. The workshop was tailored for site safety personnel, maintenance and production superintendents and supervisors, cleanup supervisors and JOHSC worker representatives.

Participants gained valuable insights from the workshop, including:

- An understanding of the key expectations outlined in the proposed regulations
- The requirements for Qualified Persons
- Guidance on evaluating and formulating next steps for their facilities

For those interested in workshop resources, please click on the following links:

- [Workshop Presentation](#)
- [Word Document Download: Self-Assessment for Proposed Combustible Dust Regulations](#)

If you or your organization have any questions regarding the proposed regulations, contact Bill Laturnus, Senior Safety Advisor for Manufacturing, at [blaturnus@bcforestsafesafe.org](mailto:blaturnus@bcforestsafesafe.org). 

## Return-to-Work for Supervisors Workshop – October 23, 2024


On October 23, 2024, a Return-to-Work workshop was held in Prince George led by WorkSafeBC Consultation and Education Services Managers Teresa Cheung, M.Sc., JD, and Elise Kobylanski.

This workshop was designed specifically for industry supervisors and emphasized the critical role they play in the Return-to-Work (RTW) process. It focussed on a supervisor's role as it relates to their responsibilities under the Bill 41, Return-to-Work Regulations.

Participants learned how to create suitable work offers and the importance of effective communication in influencing the duration and costs of claims. The workshop also equipped supervisors with practical tools and strategies to proactively support their team members during their recovery.

This session was an invaluable opportunity for supervisors to enhance their understanding of the RTW process and to foster a supportive work environment for their teams.

Workshop resources:

- [Supporting Workers with Common Physical Injuries](#)
- [Supporting Psychological Injuries](#)
- [Return-to-Work Support Strategies for Psychological Injuries](#)
- [Word Document Download: Modified Work Offer to Support Recovery and Rehabilitation](#) 

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## Webinar Recap: Bowtie Analysis of Combustible Wood Dust in Ventilation Systems


On October 28, 2024, Kayleigh Rayner Brown, MASC, P.Eng. from Jensen Hughes hosted a webinar and presented a summary of the outcomes of the in-person Bowtie analysis workshop held in June 2024. This analysis focussed on the hazards associated with combustible wood dust in ventilation systems, evaluating potential ignition scenarios and identifying strategies to enhance safety controls.

The webinar was targeted at site maintenance supervisors, safety personnel and staff responsible for maintaining ventilation system controls, as well as those involved in company safety management systems.

Key takeaways for operations included effective methods for managing process dust hazards and integrating these strategies into existing safety management systems. The bowtie framework can be tailored and

validated for each specific operation to make sure it fits your operational systems.

To listen to the recorded webinar, please [click here](#).

For those interested in booking a ventilation bowtie validation for your operation or company, reach out to Bill Laturnus at [blaturnus@bcforestsafesafe.org](mailto:blaturnus@bcforestsafesafe.org). 



# New Report Provides Overview of Bow-Tie Analysis of Working at Heights in Wood Products Manufacturing

By Gordon Murray and Kayleigh Rayner Brown, MAsc, P.Eng.

The Wood Pellet Association of Canada (WPAC) recently hosted a 15-minute safety huddle on the outcomes of a project applying bow-tie analysis to assess working at heights hazards. The Manufacturing Advisory Group of the BC Forest Safety Council sponsored the work.

Working at heights in wood pellet plants and sawmills poses a risk to workers performing routine and non-routine maintenance, completing rail car loading, and entering and exiting large mobile equipment. These tasks present the risk of falls, which can lead to injuries, fatalities and business interruption.

A bow-tie analysis workshop was undertaken to evaluate working at heights hazards, the safeguards in place, and identify gaps and trends to enhance safety. Opportunities for improvement include worker and supervisor training, safety culture and hazard awareness, as well as reducing reliance on procedural controls.

Fall protection systems and rescue plans were identified as key safety measures.



Photo: Trey Hurst, courtesy naturallywood.com

Companies should review their programs to ensure aspects such as inspections, equipment type, field-level risk assessments and training are adequate. Companies should also consider how the work area or job process could be redesigned to eliminate working at

heights. For example, can catwalks or platforms with guardrails be used instead?

Read the full technical report, *Bow Tie Analysis of Working at Heights in Wood Products Manufacturing*, which details the workshop's outcomes, and [watch the safety huddle recording](#). 🎧



## WPAC's October Safety Hero: Corinne Nendick, Plant Leadhand at Drax Princeton

Congratulations to Corinne Nendick, Plant Leadhand at Drax's Princeton facility, for being recognized as the latest Wood Pellet Association of Canada Safety Hero for her outstanding contributions to making the workplace safer and better for her colleagues.

Read more about Corinne's well-deserved nomination by visiting WPAC's website. Do you know a safety hero? Nominate someone today online [here](#). 🎧



## Webinar on First Aid Regulatory Change Webinar

On October 10th, BC Forest Safety hosted a webinar on the first aid regulatory changes that came into effect on November 1st. The webinar was presented by Darcy Moshenko and Troy Lockhart from WorkSafeBC. Darcy is a Registered Professional Forester (RPF) with over 30 years of experience in the forest industry in a variety of sectors including forest operations research, fibre procurement, resource roads and bridges and forest stewardship. Darcy is currently an Industry and Program Specialist at WorkSafeBC with a focus on forest industry health and safety. Troy is also an RPF who has worked in Northeast BC for 29 years and has a strong background in oil and gas and the forest industry. Troy is a prevention officer with WorkSafeBC.

Troy and Darcy's presentation covered the reasons for the first aid regulation changes, discussed how the changes would affect the forest industry, and provided useful advice for forestry companies to adapt to the change.

Key changes introduced in the November amendments are:

1. Introduction of workplace class which is defined by location and accessibility.
2. Written first aid assessment to be conducted in consultation with joint committees or worker representatives.
3. Changes to minimum levels of first aid and the addition of additional first aid requirements to account for worksite specific needs.
4. New requirements within written first aid procedure.
5. Annual first aid drills.
6. Changes to first aid equipment and credentials.

- [Webinar Recording](#)
- [Webinar Slides](#)
- [Webinar Q&A](#)
- [Quick Links to WorkSafeBC Resources for Regulatory Changes](#)

The [WorkSafeBC First Aid web page](#) is the best location for employers to find general resources to support them through these changes. There are videos, forms, explanations of the regulation, and instructions on how to conduct first aid assessments and procedures.

BCFSC has also developed a list of industry resources specific to the forest sector here. [Click here.](#) 📄



## BCFSC Introduces Two Blaster Training Courses

Blasters in BC are required to maintain their knowledge and skills through specific training programs. Before obtaining blasting certification, blasters must complete 8 hours of formal blasting education. Once certified, they are required to undertake 6 hours of training annually to keep their skills sharp.

To assist forestry blasters in meeting these requirements, the BC Forest Safety Council (BCFSC) is offering two free online training courses. These courses provide the flexibility to learn at your pace and convenience on a mobile device or computer, and can be completed in manageable chunks to suit your schedule. Participants will receive a digital record of completion to document their training progress.



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Course Offerings:

## 1. Blasting Hazards and Safety (1 hour)

- This course covers the fundamentals of identifying and controlling hazards, with a focus on specific risks such as:
  - **Flyrock:** Understanding common causes and mitigation strategies
  - **Overhead Hazards:** Addressing issues like high rock cuts and unstable debris
  - **Ground Hazards:** Identifying rock voids, misfired explosives, and unstable muck piles
  - **Environmental Hazards:** Managing risks from toxic vapors, lighting, high winds, and heavy rainfall

## 2. Legal Requirements for Forestry Blasting (2 hours)

- This newly introduced course outlines the federal and provincial agencies involved in forestry blasting in BC, along with the regulations they enforce. To make the material engaging, the course features a series of videos that follow two blasters through their workday, illustrating how they comply with legal requirements. Key topics include:
  - **Storage:** Best practices for magazines, security, and record-keeping



- **Transportation:** Guidelines for loading, placarding, and transporting explosives
- **Explosive Use:** Procedures for drilling, loading holes, securing sites, and firing
- **After the Blast:** Protocols for handling misfires and conducting post-blast inspections

For those interested in exploring additional training options that qualify for the 6 hours of continuing education, visit [WorkSafeBC](#) to see more suggested training options.

BCFSC will continue to expand blasting training opportunities in the future. Stay tuned to BCFSC's training webpages, social media and publications in 2025 for more updates on upcoming training sessions. 📢

## No Increase to Course Fees for Third Consecutive Year

In support of the forest industry, the BC Forest Safety Council (BCFSC) is maintaining its 2025 training course fees at 2022 levels. Fees have remained consistent for the third consecutive year and the purpose of this decision is to offer relief to industry members potentially grappling with rising costs.

We are maintaining the high quality of our training programs while not passing on additional costs to participants by continuing to pursue operational efficiencies and cutting

costs where appropriate. We are not cutting areas that we know are important to the success of these courses, such as high-quality instructors and excellent course materials.

By maintaining course fees at 2022 levels, the Council wants to ensure that essential safety training remains

accessible to all. As the industry navigates challenging economic times, our decision to prioritize affordability and quality ensures we are doing our part to support a safer, more resilient forestry sector.

For more information on available courses and to register, visit the [BCFSC course catalogue](#). 📢







## Protein Intake for Health and Longevity

By Dr. Delia Roberts

Protein intake is a popular topic these days. It seems that everyone from celebrity personalities to health care professionals have something to say about the benefits of consuming a high protein diet. None of us want to miss out on an easy health fix, but there are also reports of negative effects from high protein diets. Add in that the cost of most high protein foods have skyrocketed, and it becomes important to think about the ‘what,’ ‘when’ and ‘why’ of how much protein you really need for good health.

### What is a protein?

Protein is an important part of our dietary needs. It makes up one of the major biological macromolecules along with carbohydrates and fats. It consists of smaller parts called amino acids which are the fundamental building blocks for proteins. Our bodies can make some amino acids, but others, known as essential amino acids, need to come from our diet. Animal proteins contain all the essential amino acids, but most plant proteins have only some of them. However, by eating a variety of plant-based foods, we can get all the essential amino acids we need because different plants are rich in different ones. (Refer to Table 1).

When we eat protein, our digestive system breaks it down into amino acids, which are then used throughout the body. Muscles are the largest protein-based tissue, but proteins also help control pretty much every body process, making protein essential for good health and function. If we eat more protein than we need for building tissues, enzymes and other molecules, the extra amino acids can be used for energy, and any extra energy is stored as fat.

### How much protein do we need to eat?

The Canadian recommendation for protein intake for adults is to consume 0.8/kg body weight/day. Based on data from a survey conducted in Canada in 2015, most Canadians meet this minimum standard, but there are also many people who do not get enough protein to meet their health needs. The likelihood of insufficient protein intake increases from just 3% in 19–30-year-olds to as much as 8% in women over the age of 70 years. There is also strong evidence that the basic level of protein intake is not enough, particularly for people over 40 years old. It is likely that many Canadians could improve their health by eating more protein.

Much of the interest in increasing protein intake arose because people generally lose around 1% of muscle mass and about 3% of strength, every year beyond middle age. The loss of muscle accelerates further later in life which can eventually lead to frailty, and all the complications that come along with muscle weakness and not being able to move well enough to perform daily activities. Fortunately though, many studies have shown this loss of muscle mass and function can be reduced by eating more protein.

### What are the concerns about eating more protein?

While consuming more protein is beneficial for retaining muscle and strength, there are concerns that have been raised about eating more than the Recommended Dietary Allowance of 0.8 g protein/kg/day. Studies of large groups of people found that the consumption of higher levels of protein was linked to increased risk of obesity, diabetes, cardiovascular disease and some cancers. But, when researchers looked at the type of protein being eaten, it was the intake of animal proteins (especially red and processed meats) that was linked with the likelihood of developing and dying from these diseases.

Additional studies have shown that a higher level of plant protein intake can have the opposite effect and lower the risk of cardiovascular disease, diabetes and cancer. In fact, replacing just 3% of calories from either animal or dairy protein, carbs or fats with plant-based protein has been shown to reduce the chances of developing these diseases significantly. This means that for someone eating around 2000 calories per day, replacing just 60 calories a day normally eaten from animal protein, carbohydrates or fats with a plant-based protein, can lower the risk of disease by up to 50%. For example, swapping out one egg or 1/2 strips of bacon for a 1/4 cup of lentils every day could significantly improve your chances of healthy aging, better mobility, vitality and mental health, and lower the need for health services.

Table 1. Plant food combinations to provide all essential amino acids

Food 1	Food 2	Example Breakfast	Example Lunch	Example Dinner
Nuts or seeds	Any grain	Chopped nuts or hemp seed sprinkled on oatmeal	Nut butter on whole wheat bread	Sate sauce and chopped peanuts over whole wheat pasta
Lentils or beans	Any grain	Breakfast bean burrito on whole wheat wrap	Hummus on whole wheat bread	Spiced lentils or beans on rice or quinoa
Nuts or seeds	Beans or lentils	Nut butter breakfast bars (see recipe)	Lentil salad sprinkled with chopped almonds	Bean and nut loaf
Corn	Beans or lentils	Corn and bean burrito	Bean salad with corn	Corn bread with vegetarian chili

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Scientists and doctors also used to think that eating too much protein could damage the kidneys because when amino acids are broken down they release nitrogen, which is then excreted in the urine as urea. It was thought that this could damage the delicate tissues within the kidneys that clear waste from the blood. Thus, a low protein diet was recommended for people with kidney disease, and we still see comments about high protein intake leading to kidney disease in healthy people in the popular press today. However, recent studies examining protein intake and chronic kidney disease show that a higher intake of protein was linked with a lower risk of kidney disease and mortality, especially when the dietary proteins came from plants or fish and seafood.

### How can you increase your protein intake?

Following the Canadian recommendations for daily protein intake, a person weighing around 70 kg (155 lb) would need to eat about 55 g of protein every day (about 9 eggs), and a person weighing around 90 kg (200 lb) would need to eat 75 g (1½ chicken breasts). The optimal level of protein consumption is now thought to be double that amount at 1.5-1.6 g/kg/day. That’s quite a bit of protein to eat! In reality, very few people have the time or inclination to measure out their meals by weight and calculate exactly how much protein they are consuming. It’s also gets tricky with timing. Most people in the western world eat most of their daily protein at dinner, but some studies have shown that it is better for your health to consume protein in smaller amounts of around 20 – 30 g spread out over the day. The latest research doesn’t support this finding. Instead, when all the data is pooled and re-examined, it seems that the timing and amount of protein consumed doesn’t seem to matter as long as enough protein is consumed. Confusing right? So it might be better to take a simpler approach of just trying to add some extra protein to each meal and snack (especially from plant-based foods or fish) to get the health boost you want.

Table 2 provides some easy suggestions for increasing protein intake. Adding a few lentils or beans to any soup, stew or casserole won’t affect the taste but can add a health boost from plant-based

protein. Pureed beans or tofu added to sauces act as a thickener and give a richness that you’d think comes from butter or cream. You can even add them to baked goods - you’ll never know they’re there! Try increasing the protein content of muffins or quick breads by adding a cup of dry milk powder and substituting out some of the oil with extra egg whites or Greek yogurt. Top your salad with a tin of tuna or salmon or mash the tinned fish with a bit of yogurt, lemon juice and some spices to make an excellent sandwich or wrap filling. Cooked beans also make a delicious sandwich spread. Hummus is a good source of protein or make your own version by blending beans with a dollop of tahini or peanut butter, roasted peppers,

oregano and smoked paprika. Replace the peppers with roasted eggplant and the spices with cumin, coriander and garlic, or be creative and come up with your own favourite flavours. The beans in these spreads eaten together with whole grain bread or a wrap can make your meal full of high-quality protein! Have you ever tried quinoa instead of rice at dinner? It adds 8 g of protein instead of 4 g. For breakfast, topping your oats with a tablespoon of hemp, chia seed or chopped nuts adds around 5 g protein, simple, easy and delicious. Fruit and Greek yogurt also make excellent cereal bowls or toppings for pancakes! It doesn’t take much to add a little extra protein to your meals, but the benefits can be significant.

Table 2. Easy dietary sources of protein.

Cooked Food	Quantity	Calories	Protein (g)	Carbs (g)	Fibre (g)	Fat (g)	Amount to equal 20 g protein (cups)
Lentils	1 cup	230	18	40	16	1	1.1
Beans (black, navy, red, garbanzo)	1 cup	230 - 280	15	41	15	1	1.3
Tofu (firm)	1 cup	205	25	3	3	13	0.8
Whole egg (boiled, chopped)	1 cup	210	17	2	0	14	1.2
Egg white	1 cup	120	27	2	0	0	0.7
Milk powder (dry)	1/2 cup	120	12	18	0	0	1.7
Chicken breast (chopped)	1 cup	230	43	0	0	5	0.5
Beef	3/4 cup	520	64	0	0	27	0.3
Salmon	1 cup	470	50	0	0	28	0.4
Tuna	1 cup	180	39	0	0	1	0.5
Cottage Cheese (1%)	1 cup	160	28	6	0	0	0.7
Plain Greek yogurt (2%)	1 cup	165	20	9	0	6	1.0

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Plant-based proteins are inexpensive and, with a bit of creativity, can bring an extra dose of good health to your meals. You don't need to supplement with expensive protein powders or worry about the exact amount and distribution of protein intake during the day. It's more likely that you'll stick with this healthy dietary change if you take a simpler approach of just adding in a protein rich food to each meal or snack. There are lots to choose from and the health benefits are huge. Give it a try!

## For more information

<https://www.healthline.com/nutrition/14-ways-to-increase-protein-intake>

<https://www.medicalnewstoday.com/articles/321522#vegan-high-protein-foods>

<https://food-guide.canada.ca/en/cooking-skills/cooking-plant-based-protein-foods>

<https://www.chhs.colostate.edu/krnc/monthly-blog/plant-based-protein-a-simple-guide-to-getting-enough/>

## Recipes

### Protein Bar Muffins

**Choose your flours:** In total you'll need 3 cups of dry ingredients. Make it simple and use 1 cup of oats and 2 cups of whole wheat flour or get creative and substitute up to 1 cup of the flour with a mix of bran, cooked quinoa and nutrient dense wheat germ, ground flax seed, chia and/or hemp seeds. Seeds and whole grains will increase the protein content of your muffins.

Mix in 1 cup dry milk powder, and 1½ teaspoons each of baking soda and powder, 1 tablespoon cinnamon.

If you like raisins or walnuts in your muffins, stir in ½ cup now, coating them with the dry ingredients.

If you use granulated sugar or sugar substitute, mix in the equivalent of ¼ cup dry sweetener. This makes a muffin that is not too sweet, so if you like it sweeter use up to ½ cup. You can also substitute in maple syrup or honey, using about ¾ the amount that would for a dry sugar, but add the liquid sweetener to the wet ingredients in the next step.

For the wet ingredients:

You'll need a total of 3 cups of wet ingredients. For flavour and nutrient density, about half of this volume should be some kind of stewed fruit like applesauce, rhubarb that has been simmered down over low heat until most of the liquid has evaporated, squash, pumpkin, mashed bananas, grated carrot or zucchini or any other excess fruit/vegetable you want to use up. For protein, about ¾ cup of your wet volume should be eggs or egg whites, and the remaining ¾ cup could be Greek yogurt. If you like, substitute in about ½ cup pureed, cooked white beans, or pureed cottage cheese or tofu for some of the yogurt or fruit. Stir all your wet ingredients together. The texture should be loose so depending on the amount of moisture in your fruit/vegetable puree you may need to adjust the mixture slightly by adding a little more yogurt or an extra bit of a grain.

That's it, other than flavour and spice. Depending on your choice of fruit or vegetable puree you can add other spices like nutmeg, allspice, grated orange or lemon rind, ginger, vanilla or even a bit of pepper as you like. Pre-mix them into the dry and wet portions to get an even distribution without having to overmix the batter.

Fold the wet ingredients into the dry, mixing just enough to moisten everything. Spoon into muffin tins lined with paper or prepared by wiping them with a bit of oil.

Bake in 375F oven for 20 minutes or until tops are firm to touch and a toothpick comes out clean.

### Stretched Burgers

- 1 lb lean hamburger or chicken/turkey burger
- 1 onion finely chopped
- 2 cloves garlic finely chopped
- ½ cup uncooked lentils
- ½ cup uncooked quinoa
- 1 egg lightly beaten
- 1 tablespoon each cumin, coriander, chili powder
- ½ cup quick cooking oats

Pre-cook your lentils as follows. In a medium saucepan sauté the onion and garlic in a bit of olive oil. If desired, you can add finely chopped mushrooms, cauliflower, or eggplant for flavour and added nutrients. When the onion is soft, stir in the cumin and coriander and heat until the spices are fragrant. Then add the lentils, quinoa and 2 cups of broth of your choice. Cover and simmer for 20-30 minutes until the lentils are soft and all the liquid has evaporated, it should be quite dry. Cool.

Mix all the ingredients together thoroughly so that the meat is evenly distributed. If the mixture is wet add a little more oats and let it sit for a few minutes to absorb the liquid.

Cover a baking sheet with parchment paper and use a large spoon to shape the burgers onto the sheet with a bit of space between them. Broil for about 10 minutes, then flip carefully and broil another 5-10 minutes until nicely browned.

### Super Protein Soup

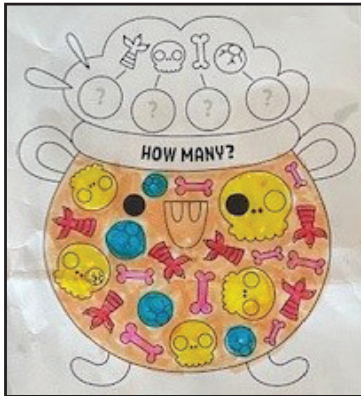
- 1 chopped onion
- 2 cloves of minced garlic
- 2 inches of freshly grated ginger
- 6 cups of cubed squash, yams, pumpkin or carrots
- 1 tsp each ground cumin and curry powder
- 1 tsp red chili paste or to taste
- ½ to 1 cup red lentils
- ½ to 1 cup quinoa or barley
- Salt and pepper

Add a bit of oil to a large pot and sauté the onion, garlic, curry and cumin until the onion is soft. Add the remaining ingredients and water or broth to cover. Simmer for 30 minutes until the vegetables are soft and the lentils are cooked. Puree with an immersion blender and serve with a salad and a chunk of bread for a nutritious meal 🍴





Thanks to everyone who entered our September Colouring Contest. Congratulations to **Hayden, age 5**, who was picked from our random draw. Hayden wins the DRIVEN Toy Logging Truck and we will be sending a special gift to everyone else just for entering!



For our winter issue, colour the penguin or send us a picture of your own winter artwork and enter to win a DRIVEN Toy Logging Truck. Ask an adult to email us a photo of your artwork with your first name and age and we'll put your name into the draw.



### 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, February 7, 2025.
- 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 March 2025 issue of the Forest Safety News. 🌲

## ABOUT Forest Safety News

**Forest Safety News** is published 4 times per year, in March, June, September and December.

The opinions expressed in the newsletter are not necessarily those of the editor, staff or board of the BC Forest Safety Council. All decisions to publish materials rest with the editor. 7,500 copies of each edition are distributed via email.

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Have a story, letter to the editor, safety tip, ideas or photos? Please send submissions to:

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