

HIGH-RISK ACTIVITIES

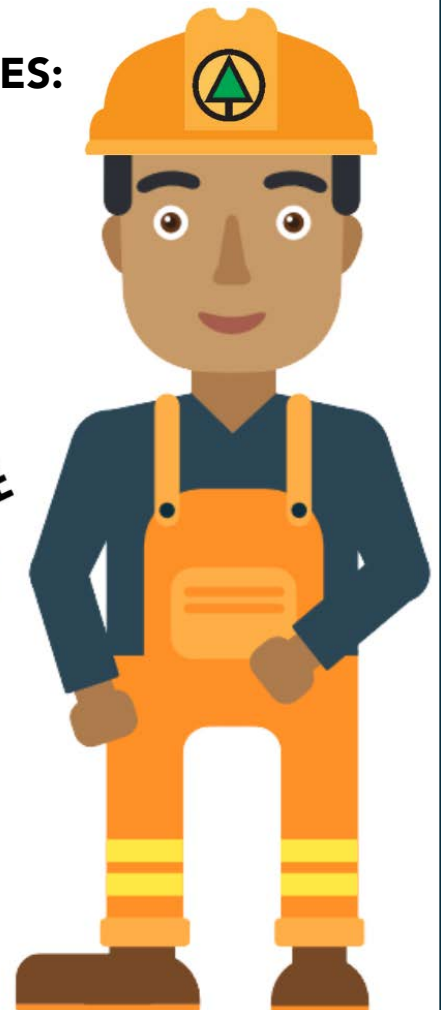
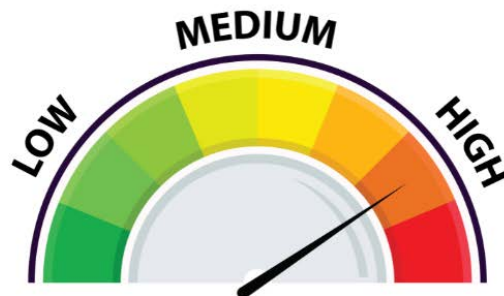
Safety in the workplace should always be a top priority. To reduce risks and prevent accidents, safety protocols should be closely followed including wearing the correct protective gear for the task at hand.

Open, effective communication is also essential. Feeling incapable or impaired can lead to injury so it is critical to speak up immediately.

And make sure you are properly prepared. Always take extra precautions when tackling high-risk tasks to ensure a safe environment.

KEY TAKEAWAYS FOR HIGH-RISK ACTIVITIES:

- ENERGY ISOLATION
- PERMIT TO WORK
- FALL PREVENTION
- FIT TO WORK
- SAFE DRIVING



BC Forest Safety

Safety is good business

HIGH-RISK ACTIVITIES



ENERGY ISOLATION

Work involving energy sources such as electricity, hydraulics, pneumatics, chemicals or gravity must adhere to proper lockout/tagout (LOTO) procedures. This will ensure the equipment is completely isolated from energy sources before performing maintenance or repairs.

- **Lockout/Isolation:** Make sure all energy sources are disconnected and safely blocked before starting work.
- **Verification:** Verify lockout was performed correctly. Follow your operational procedures for double verification.

PERMIT TO WORK (PTW)

For any tasks requiring a permit (e.g., confined space entry, hot work, hazardous materials), follow to the correct permit-to-work procedure(s):

- **Ensure a Permit is Acquired:** Never begin work without an appropriate permit and approvals.
- **Follow Permit Requirements:** Comply with all safety and operational guidelines outlined in the permit. Complete all relevant sections accurately and avoid rushing through the process. Overlooking a step could result in severe consequences.

FALL PREVENTION

Work at height, including the use of ladders and stairs, involves fall risks. Preventative measures must be in place:

- **Proper Equipment:** Utilize the correct fall protection equipment, work platforms and ladders.
- **3-Point Contact:** Always maintain three points of contact (two hands, one foot or two feet, one hand) when climbing up or down.

FIT TO WORK

Physical and mental impairments (due to fatigue, illness, or substance use) can significantly increase the risk of accidents:

- **Report Impairments:** If you feel unfit to work due to physical or mental factors, report it to your supervisor immediately.
- **Stay Focussed:** Ensure you are physically and mentally prepared to perform the work.

SAFE DRIVING

Driving is a significant risk factor in many industries. Prior planning and awareness are essential for road safety:

- **Plan Your Trip:** Always plan your route, considering road conditions, weather and potential hazards.
- **Drive Defensively:** Stay alert and anticipate potential hazards. Adapt your driving to road and weather conditions.
- **No Distractions:** Avoid using cell phones or other distractions while driving.
- **Pre-Trip Inspection:** Conduct a thorough vehicle check to ensure it is in safe working condition before leaving.

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