



## Shawn Flynn – A Forester and Educator at Heart

Shawn Flynn, one of the original Board members of the BC Forest Safety Council, has dedicated his life to forestry. During his time with BCFSC, he represented woodlots providing a voice small tenure holders across the province. His career spanned four decades, working in various roles ranging from a faller, log truck driver, silviculture worker, specialized forestry trainer and forestry educator.

In the 1980s and 1990s, Shawn worked under contract with the provincial government, teaching forestry on both private and public lands. He implemented programs that focussed on forest management and education. A highlight of his career was training silviculture workers, particularly in First Nations communities, where he taught chainsaw operation, spacing, and business management for spacing contractors.

In 2008, Shawn worked with the Ministry of Education on a pilot project based in Port Alberni. The Alberni District Secondary School (ADSS) Project-Based Learning taught grade nine and ten students to explore natural resource management with academic instruction using fieldwork and outdoor learning as the classroom.



“We built a little one room school and used field work and notebooks to teach the grade nine and ten curriculum out in the field,” Shawn explains.

The students engaged in activities like tree planting, pruning, and road layout, integrating math, biology, and science into their outdoor education. Although the program ended in 2018, its impact



Welcome to the Spring edition of Forest Safety News, covering news about safety topics in forestry. This is YOUR safety newsletter. We look forward to your input and feedback! Email the editor at [editor@bcforestsafe.org](mailto:editor@bcforestsafe.org) or call 1-877-741-1060.

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continues with similar programs in other regions, including a sister project in Campbell River.

Now retired, Shawn runs *Stone Tree Farm*, a Christmas tree farm in Nanoose Bay. He also volunteers two days a week at Nanoose Bay Elementary School, teaching 45-minute classes that focus on forestry, nature and practical skills taught outdoors. He even hosts field trips twice a year where the kids spend the entire day outdoors.

Through his hands-on learning approach, he encourages students to engage with their environment and develop a love for science and the outdoors. Using a practical approach to learning, he wants kids to appreciate a deeper understanding of forestry and the natural world, inspiring the next generation of environmental stewards.

His lessons range from identifying tree species and bird watching to understanding the mechanics of chainsaws, and the importance

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# Harvesting Safety



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of safety gear. “The kids love to see the chainsaw. I never actually run it but we take it all apart so they can see how the mechanics work” says Shawn.

“ We spend hours underneath the trees next to the school all year long through every season. The trees shed different things every day. And when storms go through, we see branches and other parts of the tree we may not have been able to see if they hadn’t blown down. We pick up pinecones and learn about their cones, flowers and buds. It’s something new every lesson. But its not just the trees, it’s the animals, birds, sounds and smells, something the kids would never experience inside a classroom. My goal is to just get them outside and interested in the world around them.”

Shawn’s dedication to education and forestry has left a lasting legacy in the communities he has served. He often runs into his students who are now grown, with their own kids, who tell him how much his teaching gave them a lifelong love of nature, a deep respect for the environment and real-world skills with practical knowledge they use every day in real life. 🌲



## What’s New

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

### **New Course – Legal Requirements for Forestry Blasting**

– This FREE two-hour course reviews legislation and regulations that govern blasting activities in the forest industry. Completion of this training helps certified blasters achieve the six-hour annual training requirement.

### **Webinar: First Aid Regulatory Changes**

– A Forest Industry Perspective – Watch this recorded webinar to learn about the rationale behind the updated First Aid regulations and review key amendments to help employers ensure compliance.

### **First Aid Requirements**

– Are you compliant with the new amendments to the Occupational Health and Safety Regulation relating to occupational first aid that 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**

– Get the full version of the BCFSC FIRS App 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**

– BCFSC’s in-person training calendar is now fully loaded on the BCSFC website. If there’s something you see that you might want delivered directly to your organization, we can help. [Contact the training department](#) to inquire about 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](#)**

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## 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 - The Cache is an online space to share wisdom, experience, information, tools and resources generated by the silviculture community.
- **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. 🚧



# Save the Date for the Interior Safety Conference

## Thursday, May 1st, 2025 in Kamloops, BC

Mark your calendar for the **Interior Safety Conference (ISC)** taking place on Thursday, May 1st, 2025 at the Coast Kamloops Conference Centre, in Kamloops, BC. This annual event is a must-attend for BC forestry professionals, offering a unique opportunity to delve into safety-related issues and learn ways to enhance safety across industry.

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

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

### Featured Speakers

- **Greg Hemminger:** From the Vancouver Island Construction Association, Greg will discuss the ripple effect of substance use in the workplace.
- **Jennifer Irwin:** Jennifer is a safety and mental health professional from WorkSafeBC. She will share a compelling presentation that focusses on Psychological Health and Safety in the workplace.

### Event Highlights

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

The ISC is held in conjunction with the Interior Logging Association (ILA) Conference, which is celebrating its **67th Annual AGM and Convention** from May 1 – 3 in Kamloops, BC. This partnership enhances the value of attending, offering even more opportunities for learning and networking.

### Early Bird Registration

Register before **April 1, 2025**, to be automatically entered to win a BCFSC Stanfield and Toque. Spaces are limited, so don’t miss out—register early to secure your spot!

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

For sponsorship opportunities, contact Tammy Carruthers at [tcarruthers@bcforestsafesafe.org](mailto:tcarruthers@bcforestsafesafe.org) or by phone at 1-877-741-1060. 🚧

# Personal Protective Equipment (PPE) Programs

Although we shouldn't rely on PPE alone to protect us from injuries, it is an important part of safety programs. PPE should be chosen to make sure it offers the best protection available. This article focusses what supervisors and owners should consider when developing a PPE program.

## Components of a good PPE Program:

- 1. Regulation check** – The Occupational Health and Safety Regulation Part 8: Personal Protective Clothing and Equipment should be the first stop when planning a PPE program. There are sections in the Regulations relating to on safety headgear, eye protection, footwear, high visibility apparel and respirators. A list of required PPE supplied by both employers and workers should be included. The regulations also reference the PPE Standards required such as CSA or ANSI).
- 2. Planning** – A thorough hazard identification and risk assessment process is the next step to help identify other ways of protecting workers in addition to using PPE. For example, a safety program with a system of identifying and removing overhead hazards is much more effective than just requiring workers to wear hard hats.
- 3. Selection of appropriate PPE** – The people closest to the work have the most valuable feedback on which types of PPE work best for the tasks at hand. PPE manufacturers can also help narrow down the options. It's important to remember that PPE shouldn't create a hazard to the wearer. For example, if a respirator doesn't fit properly then it won't be able to mitigate the risk and ill-fitting or the wrong safety glasses or gloves could impair a worker's senses.

- 4. Fitting** – Have workers test a variety of equipment and get their opinions on what fits best for the work. With that feedback, you can consider purchasing larger amounts.

- 5. Education and training** – Take the time to do regular training sessions on using PPE. More complex PPE, such as respirators, will require more time and effort compared to simpler items like gloves and/or safety glasses. An important part of PPE training is explaining its limitations.

- 6. Supervisor and management support** – Make it easy for workers to wear PPE. Have it readily available and provide options to replace worn out or damaged items. Consider any barriers that may deter someone from wearing PPE and identify situations when someone may be tempted to take a shortcut and not use PPE correctly. Take all necessary steps to remove these barriers and situations.

- 7. Inspection and maintenance** – Workers are responsible for inspecting their PPE before use and reporting any damage or malfunction to their supervisor or employer. Check the manufacturer's guidance on the type and frequency of maintenance.

- 8. Auditing the program** – Regular checks of how PPE is being used is necessary to ensure it is protecting the workers as planned. If deficiencies are found, go back to planning step and work through the process again to find and implement better PPE.

## Specific PPE Tips:

**Footwear** – Use different types of boots to match the conditions and ensure traction. For example, caulk boots for areas with blowdown, lighter footwear for driving, and boots with protective toes if there is a risk of crush injuries.



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**Hard hats** – Chin straps or other effective means of retention must be used when workers are climbing or working from a height exceeding 3 m (10 ft) or are exposed to high winds or other conditions that may cause loss of the headgear.

**High-vis clothing** – There are lots of different types of high-vis out there that may not meet the requirements for the work that you do. [This poster](#) will help you determine if your PPE is adequate.

**Ear protection** – Hearing loss is a common injury claim for forestry workers. Make sure hearing protection is readily available and is for hearing loss. Implement training, noise testing, and hearing tests as required.

**Gloves** – Make sure that gloves have sufficient tactile dexterity for the work, otherwise people may be tempted to remove their gloves.

**Respirators** – Ensure that respirators are rated for the hazards present and that workers are properly fit tested. At a minimum, the fit testing must be completed with the individual worker before the first use and at least annually after that. Also, re-test the fit when there is a change to the respirator or the worker's facial features.

## Resources

[PPE Resource Page](#)

[CCOHS - PPE Programs](#)

BCFSC crew talks:

- [PPE Inspections](#)
- [Hard Hats](#)
- [Eye Protection](#)
- [Hearing Protection](#)
- [Safety Footwear](#)
- [Hi-Vis](#) 🚧



## Membership with the BC Forest Safety Council (BCFSC)

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

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

Rate Group	Classification Unit	Description
DR	703002	Brushing and Weeding or Tree Thinning or Spacing
DR	703003	Cable or Hi-Lead Logging
DR	703004	Dry Land Sort
DR	703005	Forest Fire Fighting
DR	703006	Ground Skidding, Horse Logging, or Log Loading
DR	703008	Integrated Forest Management
DR	703009	Log Booming or Marine Log Salvage
DR	703011	Log Processing
DR	703012	Logging Road Construction or Maintenance
DR	703013	Manual Tree Falling and Bucking
DR	703014	Mechanized Tree Falling
DR	703015	Shake Block Cutting
12	703016	Tree Planting and Cone Picking
DR	703019	Helicopter Logging
17	732044	Log Hauling
IS	714022	Sawmill
09	714019	Pressed Board Manufacture (Wood Pellets and MDF)

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

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

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

# Daylight Saving Time is Sunday, March 9, 2025

It's time to *spring forward!* At 2:00am on **Sunday, March 9, 2025**, set your clocks ahead by one hour for the start of Daylight Saving Time (DST). Although DST means more daylight in the evenings, it can also disrupt our sleep patterns and daily routines. We have some tips to help make a smooth transition.

## How DST Affects Sleep

The shift to DST can have a significant impact on our sleep and overall health. DST can:

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

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

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

Even though DST takes time for us to adjust to, it's also worth noting there are numerous benefits of having more daylight in our lives. So, once you're used to the time adjustment, you can enjoy:

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

Daylight Savings is also a great reminder to take care of some important household tasks:

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





# Spring is Near, But Winter Tires Are Still Here

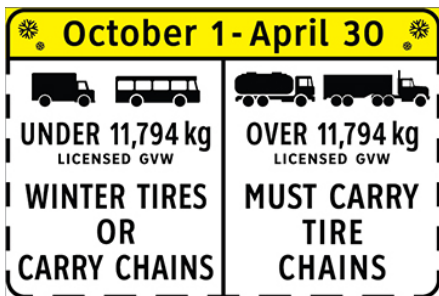
By Michele Fry, BCFSC Communications Director

As I sit here writing this in mid-February with snow still on the ground, I keep checking my weather app for a glimmer of hope that it will melt away and I can start wearing short sleeves again. But Old Man Winter looks like he may hang around for a bit longer and I'm stuck in this itchy sweater for a few more weeks at least.

Hopefully warm spring conditions are just around the corner. But spring doesn't mean sunny, dry conditions. It often brings unpredictable weather conditions that can quickly turn into wet, slick or even, (dare I say it) snowy roads in mere minutes.

## Look for signs

In BC, winter tires or chains are required on [designated BC highways](#) from October 1 to April 30. However, for select highways not located through mountain passes or high snowfall areas, the requirement ends on March 31. But even though some BC roads don't require winter tires, winter tires are still best for safety when temperatures regularly fall below 7°C.



If you drive for work, make sure you consider the weather conditions in your pre-trip inspection and take precautions to prepare yourself and your vehicle for changing road conditions. Road Safety at Work offers a comprehensive list of Safe Driving tips and resources for drivers as well as employers and supervisors.

[Safe Winter Driving](#)

[Employer and Supervisor Tools](#)

[Commercial Drivers](#)

[What Workers Need to Know](#)

[Shift Into Winter – Winter Driving Safety Alliance](#) 

# WorkSafeBC Updates:

## New Regulatory Changes to Emergency Procedures for Hazardous Substances Effective February 3, 2025

WorkSafeBC has updated regulations and guidelines for emergency procedures involving hazardous substances. These updates enhance clarity and further reduce risks to workers in incidents involving hazardous substances. Key focus areas include:

- Emergency Planning Requirements
- Worker Participation
- Inventory of Hazardous Substances
- Risk Assessments
- Emergency Response Plan, Procedures, and Notification
- Training and Drills

Take some time and read through the changes to ensure your safety program meets these new requirements and prepares you for emergencies involving hazardous substances, such as spills, fires caused by or containing hazardous materials, or natural disasters causing spills or other hazardous conditions.

### Available WorkSafeBC Resources:

- [Backgrounder: Emergency Procedures for Hazardous Substances](#)
- Updated Sections: [OHS Regulation 5.97 to 5.104](#) and the new [Guidelines](#)
- [Emergency Planning and Response](#) – how do the new requirements fit in your plans?
- [Emergency Planning for Hazardous Substances - Modifiable Templates](#)

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## OHS Guidelines

The following preliminary issue guidelines are important to February 3, 2025 regulatory amendments. These new and revised guidelines are posted on the WorkSafeBC website for a 60-day preliminary period during which time the stakeholder community can comment and request revisions. If you have questions or comments, please email [regpraconsult@worksafebc.com](mailto:regpraconsult@worksafebc.com).

### Emergency Planning Guidelines – April 4, 2025

- [G5.97-1 Application of emergency planning regulation](#)
- [G5.97-2 Reasonably foreseeable emergencies](#)
- [G5.99-1 Inventory of hazardous substances](#)
- [G5.100 Risk assessments hazardous substances](#)
- [G5.101-1 Emergency response plans](#)
- [G5.102-1 Emergency procedures — Protection and notification](#)
- [G5.102-2 Notifying emergency response agencies](#)
- [G5.103 Emergency procedures — Safe work](#)
- [G5.104 Training and drills](#) 🚧

## WorkSafeBC's average base premium rate unchanged in 2025

WorkSafeBC's sound financial position has enabled improvements in the workers' compensation system for injured workers, while keeping rates stable for employers.

In 2025, employers will see no change to the average base premium rate from WorkSafeBC. For the eighth consecutive year, WorkSafeBC has set the average base rate at 1.55 percent of assessable payroll (or \$1.55 per \$100 of payroll).

Read more by visiting [WorkSafeBC's website](#). 🚧

# OHS advisor: New support for employers and workers

WorkSafeBC has created a new occupational health and safety (OHS) advisor role to expand services for employers and workers.

OHS advisors will assist employers and workers in understanding their requirements under the *Workers Compensation Act* and the Occupational Health and Safety Regulation and guide them to available tools and resources designed to assist in the development and maintenance of effective health and safety policies and programs.

An OHS advisor can offer guidance and advice on identifying hazards, assessing risks, and implementing compliant health and safety controls in your workplace. They can also help you prepare for new regulatory requirements. OHS advisors are there to provide support and guidance, and unlike WorkSafeBC prevention officers, they do not conduct workplace inspections or issue orders.

OHS advisors can also work with you on foundational health and safety management systems, including joint health and safety committees, health and safety programs, and worker training and orientation. They can also demonstrate how to use WorkSafeBC's health and safety online tools and resources.

After meeting with you, the OHS advisor will provide you with a summary of the engagement and links to key resources and services.

If you have any questions or would like to speak to an OHS advisor, call the WorkSafeBC [Prevention Information Line](#). 🚧

