



# SAFETY ALERT & BULLETIN OF THE MONTH

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## Preventing Common Injuries

AOM: 2025-02-18

Understanding the types of injuries that could occur on your worksites is valuable information. Most small forestry operations don't have a lot of incidents to analyze, so using province-wide injury statistics to determine the risks can help you develop a solid safety plan. Both the BC Forest Safety Council (BCFSC) and WorkSafeBC are good sources of information:

- [BCFSC Injury Facts Sheets](#)
- [WorkSafeBC Injury Claim Data](#)

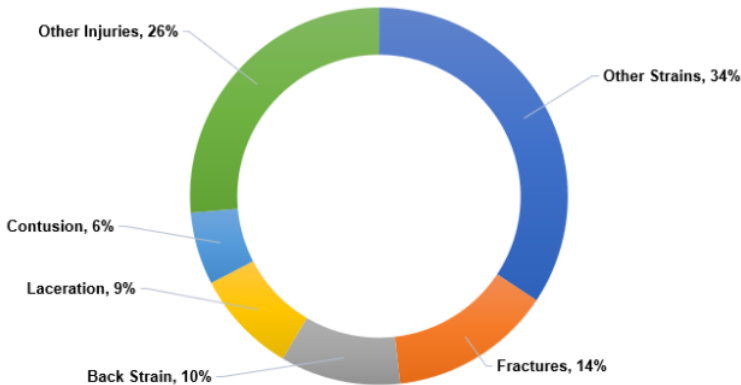
Using injury statistics can assist you in preparing your safety program and determining your first aid needs. Knowing what the common injuries are in your classification unit will give you the knowledge you need when reviewing your safe work procedures (SWPs) and determining if you have the right prevention measures in place. This information is also essential for first aid assessments and deciding on additional first aid services. For example, if strains and sprains are common, ensure you have adequate supplies such as cold packs and stretch bandages.

### More information on common injuries:

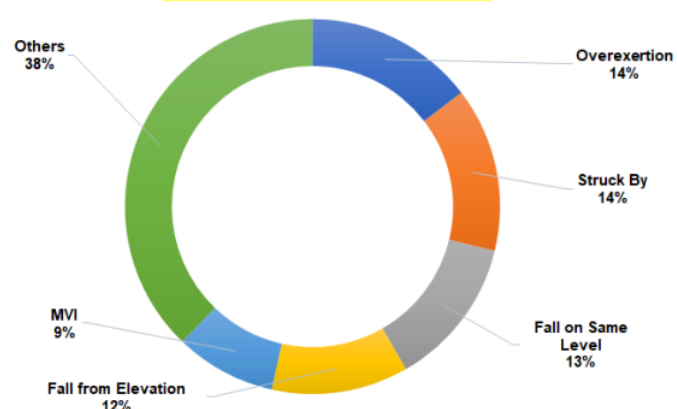
- 1) **General Forestry Injury Trends** – The charts below indicate strains are the most frequent type of injury in the forest sector and are often the result of overexertion. Fractures are also common and can be the result of being struck by an object (tree, log or heavy equipment). Falling, both from a height and tripping/slipping, are also commonplace and can lead to various injuries.

## Harvesting Aggregate Time-loss Claims 2019 - 2023

**Nature of Injury**



**Mechanism of Injury**





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**2) Classification Units (CUs)** – Forestry work is categorized into CUs based on the primary work activity. Specific injury information is available for the type work that you do based on your CU. For example, there are CUs for log hauling, tree planting, cable logging, etc. If you review the injury data in your CU you'll find valuable information such as:

- Manual tree fallers often experience knee injuries, sprains or strains.
- Heavy equipment operator injuries typically occur from falls and overexertion resulting in fractures and strains.
- Most cable logging incidents result from being struck by something or by falling.
- Tree planter injuries are often caused by repetitive motion, but falls are a close second.

**3) Take Action** – Use this data to enhance safety on your worksites. It can help you:

- Determine your first aid supplies needs to deal with the most common types of injuries. Remember to document this in your first aid assessment.
- Plan a first aid drill and practice the treatment of the common types of injuries.
- Improve your new worker orientation to include information on common types of injuries which will help new employees avoid these incidents.
- Provide this information to supervisors which will help guide them when inspecting sites and training workers.

## Resources

[WorkSafeBC Industry Health and Safety Data](#) – including a provincial overview and injury claim costs

[First aid requirements](#) – includes recent updates to training, equipment and the first aid assessment



## BCFSC Latest News & Resources

[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.

[Forest Safety News](#) – read the March issue of the FSN available March 1, 2025



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[FIRS App](#) – The full version of the BCFSC FIRS App is now available to download from your App store. Use the FIRS App manage forms and documents for safety-related paperwork related to SAFE Companies and COR audit forms management.

## **BCFSC Training:**

### **March 20 - 21 | [Forest Supervisor – Due Diligence for Supervisors – Campbell River](#)**

This two-day classroom workshop will equip supervisors with knowledge of their legal responsibilities and how to prove due diligence.

### **March 21 | [Basic Incident Investigation – Kamloops](#)**

This course provides a basic understanding of the methods, tools, and processes needed to conduct an incident investigation.

### **March 26 | [Basic Incident Investigation – Prince George](#)**

This course provides a basic understanding of the methods, tools, and processes needed to conduct an incident investigation.

### **March 27 - 28 | [Forest Supervisor – Due Diligence for Supervisors – Prince George](#)**

This two-day classroom workshop will equip supervisors with knowledge of their legal responsibilities and how to prove due diligence.

### **April 29 – May 2 | [Falling Supervisor – Nelson](#)**

Participants will learn the roles and responsibilities of a falling supervisor and will become familiar with processes used by a falling supervisor to support their due diligence.

### **April 29 – May 2 | [Falling Supervisor – Prince George](#)**

Participants will learn the roles and responsibilities of a falling supervisor and will become familiar with processes used by a falling supervisor to support their due diligence.

### **May 16 | [Basic Incident Investigation – Campbell River](#)**

This course provides a basic understanding of the methods, tools, and processes needed to conduct an incident investigation.

### **May 22 - 23 | [Forest Supervisor – Due Diligence for Supervisors – Kamloops](#)**

This two-day classroom workshop will equip supervisors with knowledge of their legal responsibilities and how to prove due diligence.

### **May 27 – 30 | [Falling Supervisor – Campbell River](#)**

Participants will learn the roles and responsibilities of a falling supervisor and will become familiar with processes used by a falling supervisor to support their due diligence.

**The 2025 training dates are now up on our website.** Refer to the [Training section](#) for more information on upcoming classroom training and costs.

## **Worker Assessment and Training**

Each forestry occupation requires different knowledge and skillsets to perform the job at hand. BCFSC worked with industry to develop competency-based standards, training, and assessment tools to help employers evaluate workers and complete on-the-job training.

Take a look at our [FREE online training and assessment forms](#) for Basic Forest Workers, Yarding, Mechanized Harvesting and Road Building.

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