

BC Timber Sales: External SAFETY BULLETIN



This bulletin is intended to highlight current and emerging safety issues and provide safety information to BC Timber Sales forest sector clients (agreement holders and contractors).

Drills and emergency preparedness

We need to prepare for a variety of potential, unforeseen incidents or emergencies on our Worksites. This ranges from prevention, preparedness, and our ability to respond! You can prepare by:

- Have an Emergency Response Plan (ERP)!
- Conduct a First Aid Assessment; have the tools and equipment accessible.
- Conduct regular worksite and equipment inspections; consider changing weather conditions.
- Conduct regular tests and drills on your ERP.
- Evaluate the effectiveness of your tests and drills.
- Ensure staff are aware and trained in their responsibilities.

Planning, conducting, and evaluating drills can be tricky. Below are some fantastic resources that will help you complete a successful drill.

- [BCTS - Effective Drills: A Key Component to Emergency Response Plans \[YouTube\]^{NEW}](#)
- [WFCA - A Guide to Effective Emergency Drills for Forestry Operations \(Tesluk\) \[PDF\]](#)



Why is mental health so important?

The workplace can be a positive place that can boost mental health, but it can also be a stressful environment that contributes to mental health issues. Mental health problems are estimated to cost the Canadian economy more than \$50 billion annually and contribute to lost productivity from absenteeism, reduced work performance and turnover.

Risk factors for mental health

- Trauma: traumatic experiences can be any negative experience that profoundly affects a person.
- Physical health: mental and physical health are connected and when your mental health suffers, so does your physical health.
- Social factors: income, education, employment, gender, race, disability, social exclusion and working conditions can all impact mental health.

Common signs and symptoms

- Changes in eating or sleep patterns
- Changes in mood or appearance
- Difficulty coping with stress or concentrating
- Excessive fear, worries, and anxieties
- Isolating and avoiding others

It is important to pay attention to these signs and symptoms with your employees and co-workers so we can offer support or intervene as appropriate.

- [Psychologically Healthy and Safe Workplaces - YouTube](#)



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Avoid an “It won’t happen to me” mindset

Complacency can be hard to avoid, however having a mindset that an incident or injury will not happen to you can put you at high risk of sustaining an injury. Believing you are not susceptible to hazards because you have been doing your job for a long time is a sure-fire way to get injured.

No one can avoid injury from just having experience alone. Ensuring safeguards are in place and consistently following safe work practices will help you avoid injury.

Do not let experience affect your attitude towards taking the correct steps to working safely.

Evaluate your attitude about workplace safety and think about what hazards or work tasks you have become complacent about - then re-evaluate and make your health and safety a priority.

- [4 Ways To Stop Safety Complacency \(YouTube\)](#).



Tick Safety

Working outdoors in spring, summer and fall can expose you to ticks. Ticks are small parasitic organism. They are arachnids, from the same family as spiders, that bite to fasten themselves onto the skin and feed on blood. Ticks live in the fur and feathers of many birds and animals but are also found in trees, underbrush, and your back yard. Tick bites occur most often during early spring to late summer and in areas where there are many wild animals and birds.

In BC, some common tick-borne diseases include Lyme disease, Rocky Mountain spotted fever and Colorado Tick Fever. Lyme disease is a serious and potentially fatal disease if left untreated. Prompt removal of attached ticks (within 24 to 36 hours) can decrease the risk of infection.

Best practices

- If possible, avoid long grass and low bushes;
- Wear light- coloured clothing to help find ticks more easily;
- Wear closed-toed shoes, long sleeve shirts that fit tightly around the wrist, and long-legged pants tucked into your socks or boots when in the woods;
- Use insect repellents containing DEET to repel ticks. Apply to both clothes and skin.
- Check for ticks on and under clothing and pay attention to the armpits, in and around ears, behind knees, areas with body hair, and the navel and groin areas;
- Take a shower shortly after being outdoors;
- Wash clothes promptly and put them in the dryer with heat to help kill any ticks that may remain;
- Carefully remove ticks found attached to the skin. Gently use fine pointed tweezers to grasp head of the tick as close to the skin as possible. Twist and pull slowly to remove the whole tick.



For more information: [BC Centre for Disease Control – Lyme Disease \(webpage\)](#)

Resource Road Safety information:

Resource roads are not built or maintained to the same standards as public highways. The best way to stay safe is drive to the conditions of the road and use your two-way radio control procedures. Videos and additional information on road safety and calling procedures can be found in links below.

- [Resource road safety information \(webpage\)](#)
- [Resource Road Users Safety Guide \(PDF\)](#)
- [Radio Use and Road Calling Procedures \(YouTube\)](#)
- [Safe Use of Trailing - Training Video \(YouTube\)](#).

