



Forestry Safety Association of Newfoundland and Labrador

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BOISAR Safety Moment



BAY OF ISLANDS
SEARCH & RESCUE
"So that others may live!"

Most readers of the Forest Safety Association's newsletter likely have extensive experience working and travelling in wilderness areas. Despite experience and vigilance, however, unexpected and sometimes dangerous events can occur when spending time in the backcountry. Bay of Islands Search and Rescue (BOISAR) has been tasked numerous times to find people who became lost, or treat and evacuate people who were injured, while taking part in relatively low risk, everyday activities. Whether getting lost while cutting firewood or experiencing a medical emergency while berry picking, events can occur which turn a regular day out into an emergency. To reduce the chance of having your work day or leisure time take a turn for the worst, BOISAR recommends

three important steps that everyone at work or at play in wilderness areas should follow:

Write a trip plan and leave it with a responsible adult. Access trip plans here: <https://adventuresmart.ca/tripplan/tripplan.php>

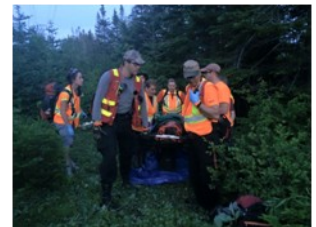
Get appropriate training. (BOISAR offers education sessions for all age groups on various outdoor activities)

Carry the 10+ essentials (below) and learn how to use them.

- Flashlight, batteries
- Fire starting kit (waterproof matches, fire starter)
- Signaling device (whistle, mirror)
- Extra food and water – 1 litre/person

- Extra clothing (for rain, wind, cold)
- Navigational/Communication Aids (maps, compass, GPS, cell phone)
- First Aid Kit (and bug spray)
- Emergency shelter (tarp, rope)
- Knife/Axe
- Sun protection (glasses, sun screen, hat)

For more information, visit www.boisar.org. Also, if you are interested in becoming a member or making a donation to our team contact info@boisar.org



Message from the Executive Director

Summer has finally arrived and thoughts of getting out and enjoying the great outdoors are on everyone's mind. Backyard BBQ'S, lounging by the pool, and going to the cabin are just a few things we like to do when the weather gets nice. It is important that while we enjoy our outdoor activities to keep safety in mind.

In our province water activities are a popular past time and a lot

of fun. When enjoying a trip on the water remember to ALWAYS wear a life jacket or PFD. You should never venture out without one. If you do not have one you can contact your local Canadian Red Cross office and they will lend you one free of charge for a 2 week period.

Always let someone know where you are going and when you will be back.

Take appropriate clothing for your outing. Bring extra clothes in case of weather changes.

Take extra food and water in case you end up becoming stranded.

Take a communication device in case of emergency. Important numbers to have;

RCMP 1800 709 RCMP (7267)

Coastguard 1 800 563-2444



"Nobles Resources 2012 Inc has 34 years experience in the forest industry."

"Many people have been delayed being rescued because searchers could not see them while they watched help go by."

"Employers can receive a 5% Practice refund on their average assessments by meeting their Prime Practice Requirement".

Member Spotlight Nobles Resources 2012 Inc.

In the early 1980's, Noble Resources 2012 Inc. (former Nobles Lumber Yard Ltd.) harvested pulpwood for Abitibi Price Inc. and Bowater Corporation under contract. In 1985, the company was cutting pulpwood through manual harvesting for Corner Brook Pulp and Paper Limited (CBPPL), a part of the Kruger Industrial organization. To remain competitive and continue to be an active force in the forestry industry, their harvesting methods transitioned to include mechanical

harvesting and mulching. Their company encompasses all aspects of pulpwood and saw log harvesting, forwarding and trucking for CBPPL and other local sawmills on the island.

Noble Resources 2012 Inc. has experience in construction as well. Road building, bridge and culvert installation, grading and snow clearing. Remote logging locations and diverse weather conditions are typical when you are in operation twelve months of the year.

This company has held the annual snow clearing contract with the Department of Transportation for Middle Arm, Burlington and Smith's Harbour for the last several years and the Town of Middle Arm has also hired Noble Resources 2012 Inc. to maintain its municipal roads as well.

In 2012, Noble Resources 2012 Inc. was partially involved in the Site Clearing Access Road and Ancillary Areas Contract (CH0048) for the Muskrat

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Message from Executive Director

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Make sure you have your boaters license when operating any motorized watercraft.

Ensure you carry the necessary safety items required by law. Bailer, throw line, anchor, etc...

It is always a good practice to carry navigation equipment such as a GPS with you to find where you are going and also

to let emergency responders know your location in the event you become stranded.

Make sure you have a toolkit and spare spark plugs, starter cord, fuses, and gas line tubing to get you out of a jam.

Always carry signaling devices in the event of an emergency. Many people have been delayed being rescued because searchers could not see them

while they watched help go by.

By making the right preparations we will ensure a great day on the water.



PRIME Rebate Information

Do you like to save money and have a healthier, safer workplace?

Under PRIME, employers can lower their assessments by meeting their PRIME Practice Requirements and by managing their claims costs.

The **PRIME Practice Incentive** rewards employers who have good occupational health and safety and return to work practices in place. Employers can receive a 5% Practice refund on their average assess-

ments by meeting their Prime Practice Requirements.

The **PRIME Experience Incentive** rewards employers based on their claim cost experience. Employers with low claim costs can receive an Experience refund, while employers with high claim costs may receive an Experience charge.

Employer categories are as follows:

NCRR - No Committee or Representative Required.

At each worksite you employ less than 2 workers and pay less than \$48,000 in average assessments.

Small Employer - At each worksite you employ less than 10 workers and pay less than \$48,000 in average assessments.

Medium Employer - At one or more worksite (s) you employ 10 or more workers and pay less than \$48,000 in average assessments.

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Member Spotlight (continued)

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Falls Hydroelectric Generating Facility and Labrador-Island Link in Happy Valley-Goose Bay, NL. In September of 2013, Noble Resources 2012 Inc. was subcontracted by Johnson Construction Ltd. to complete the Reservoir Clearing Project in Labrador and in November 2013, Noble Resources 2012 Inc. began clearing the Transmission Line for Muskrat Falls. Since June of 2014, Noble Resources 2012 Inc. partnered with Springdale Forest Resources Ltd to continue the Transmission Line

clearing from Labrador to the island of Newfoundland. They are currently clearing and building roads at Port Blandford, NL.

Noble Resources 2012 Inc. is a current member of the Canadian Woodlands Forum. They were the recipient of the Newfoundland and Labrador Outstanding Logging Contractor Award for 1999, 2005 and 2006.

Also in 2006, They received the prestigious award of Atlantic Canada's Outstanding Logging Contractor Award at the Canadian Wood-

lands Forum in New Brunswick. Noble Resources 2012 Inc. is also a proud supporter of the Canada's Log-A-Load for Kid's Program.

They have approximately 65 full-time and part-time employees that operate on a year-round basis. They currently cut in excess of 100,000 m³ annually for CBPPL.

Gene Noble is the Operations Manager and Grant Noble is the Equipment Manager for this dynamic company.

Benefits of working with FSANL

FSANL is a not for profit organization dedicated to assist the forest industry with their safety needs.

Forestry companies benefit greatly from working with and doing their safety training with FSANL.

We offer "member rates" to forestry companies on all safety training programs. This is a significant savings as opposed to not being a

member.

We offer assistance in helping you write and maintain your safety program.

FSANL will visit your workplace and help you with deal with safety issues on the jobsite.

Our Board of Directors are made up of representatives from every different aspect of the industry. If

you have a question or issue that you need assistance with we have a professional on our board that can get you the answer to your problem.

FSANL is a member of the National Forestry Safety Associations of Canada and is in touch with what is going on in the forestry sector across the country.

"We offer member rates to forestry companies on all safety training programs."

Summer Safety Quiz

1. When operating motorized watercraft the operator must have a valid pleasure craft operators card?
2. It is the law that you must wear an approved helmet when operating an ATV?
3. A life jacket or PFD must be worn while using personal watercraft?
4. You can receive the same fines and prosecution charges while operating an ATV or personal watercraft under the influence as you would when operating an automobile?
5. It is safe to stand next to a winch cable while the cable is under tension?
6. It is not necessary to let someone know where you are going on an ATV or personal watercraft if you are going for a short trip?

PRIME Rebate Information (continued)

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Large Employer - At one or more worksite (s) you employ 10 or more workers and pay \$48,000 or more in average assessments.

In order to qualify for your Practice Incentive this is what you need to have in place for your employer category.

NCRR -Policy statements and injury reporting system.

Small Employer -Policy statements, injury reporting system, Worker health and Safety rep or designate.

Medium Employer - Policy statements, injury reporting system, OHS

Committee, and a safety program.

Large Employer -Policy statements, injury reporting system, OHS Committee, safety program, and a Early and Safe Return to Work program (ESRTW).

The Experience Incentive works by comparing an employers PRIME claim costs to their expected range of injury costs.

To succeed under PRIME follow these tips.

- Prevent injuries before they happen.

- Know and meet all the PRIME

practice requirements that apply to your organization.

- Answer all questions in your Annual Employer Statement package.

- Submit Annual Employer Statements by February 28.

- Submit OHS committee meeting minutes on time, if required.

- Manage claims effectively so that PRIME costs are as low as possible.

- Participate in all available early and safe return to work options.

For more information on PRIME contact FSANL or WorkplaceNL directly.

“Submit
Annual
Employer
Statements
by February
28.”

Early and Safe Return to Work Tips

Recovering at work following a workplace injury

It's everyone responsibility to prevent workplace injuries. If a workplace injury does occur, it's important for both workers and employers to help the recovery at work process.

Having an injured worker return to safe and productive work as soon as is medically possible is beneficial to all workplace parties. The worker maintains their workplace connection, both income and social ties, while recovering. Employers reduce claim costs and retain the skilled worker.

Staying in touch

Regular communication between the workplace parties is critical to helping an injured worker recover at work. Employers should keep in contact with the employee, particularly 24-48 hours after the initial incident, and to receive updates on the injured worker's status.

Employees should provide their employer with regular updates following each doctor's visit. The doctor will complete a Physician's Report (Form 8/10) that an injured worker should give to their employer, within the next working day, after each doctor's visit. This information allows the employer to identify suitable job duties for the injured worker to complete without aggravating the injury.

Returning to work

WorkplaceNL's early and safe return to work (ESRTW) program enables an injured worker to recover in the workplace following an injury or to return to the workplace in a safe and timely manner. Going back to work may involve making changes to an employee's job duties and/or reducing their hours of work.

Finding the right duties

An injured worker and employer must work together to maintain the injured worker in their pre-injury job. This could mean modified hours and/or duties. For example, decreasing the amount or frequency of lifting an injured worker does, or temporarily moving them to office duties while they recover.

The employer needs to work with the injured worker to identify suitable employment that is within their physical capabilities if modifying work duties or hours is not possible. This occurs even while the worker is receiving active medical treatment for a workplace injury.

A formal job description, if it exists, can be helpful in speeding up the return-to-work process. It allows employers to know the duties that the injured person is required to do on a daily basis.

Documenting the plan

The employer completes an early and safe return to work plan once suitable job duties have been identified for the injured worker's abilities. This ESRTW plan is submitted to WorkplaceNL within five days of the injury. It outlines the agreed upon schedule and progression of duties. If any change occurs to this plan, notify WorkplaceNL.

The Employer Form 7 and ESRTW plan can be submitted on WorkplaceNL's *connect* web service. To register for an account click on the *connect* icon at workplacenl.ca.

WorkplaceNL can help

WorkplaceNL can help you to identify suitable duties for an injured worker or develop a return-to-work plan. For more information, visit workplacenl.ca or call 1.800.563.9000

Now Offering
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Wide!!!

Programs offered on a continual basis!

Contact us to book your seat in the following courses.

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Is
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Business
Plain And
Simple**

Chainsaw Safety Awareness

Brush Saw Safety Awareness

Power Line Hazard

OHS Committee Training

Safety for Supervisors (2 day)

Certificate of Recognition (COR)

Fall Protection (2 day)

Emergency, Standard, and Wilderness
First Aid

ATV, UTV, & Snowmobile Training

Environmental Awareness

WHMIS 2015

Transportation of Dangerous Goods

Quiz Rules and Details

The quiz is open to residents of Newfoundland and Labrador **only**. There is only one entry per person permitted. Only entries with all questions answered correctly will be entered in the draw. **Entries must be received by Sept 30 2016**. The winner will receive a certificate for one free registration from one of the following FSANL training courses, ATV, UTV, snowmobile, or chainsaw safety. Entries may be sent to executivedirector@fsanl.ca. Good luck!!!

Words of Wisdom

Failing to look for Hidden Hazards

"At many jobsites, work conditions are constantly changing. Sometimes new, unexpected hazards develop. Always be alert for changes in the environment. Hidden hazards include spilled liquids that could cause slips and falls; out-of-place objects that can be tripped over; etc. If you see it, you own it—Control the hazard and report it!"

-Brad Roberts

Newfoundland and Labrador Construction Safety Association



**Don't forget to wear the proper
safety equipment for the job!**

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