



Forestry Safety Association of Newfoundland and Labrador Newsletter

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5th Annual Forestry Health and Safety Conference

Wednesday, April 20, 2016

Glynmill Inn

1 Cobb Lane

Corner Brook, NL

8:00 am – 4:00 pm

You can register online at:
nlforestsafety.ca

Register Early
Limited seating available!!!

FSANL was established in 2009 to promote all aspects of occupational health and safety and return-to-work in the Newfoundland and Labrador forestry industry.

The Visibility Effect

Make it High-Visibility *Jackets and Vests*

It is required by legislation that when working on or near a site with mobile heavy equipment or moving vehicles to wear High Visibility

Safety Apparel (HVSA). There are two classes of material that determine how much of the body is covered.

Class 1 covers only a portion of the body as a basic harness. These are usually

brightly coloured and used on smaller job sites where visibility isn't obscured by the background such as warehouse workers, or Shipping/receiving workers. The stripes on Class 1 HVSA are

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HVSA Class 2 Jacket

*There Are Two Types
within the HVSA
Classes, and Two
Levels within the
Type.*

*Type 1 Level 1 HVSA
is 1 inch reflective
stripe on 1 inch
fluorescent material.*

*Type 2 Level 1 HVSA
is 2 inch reflective
stripe on 1 inch
fluorescent material.*

*Type 2 Level 2 HVSA
is 2 inch reflective
stripe on 2 inch
fluorescent material.*

The Visibility Effect

(Continued from page 1)

made up of fluorescent material and is used in brighter working conditions.

Class 1 HVSA gives the lowest amount of coverage, but has good visibility.

Class 2 HVSA cover the entire upper torso and includes bib-style overalls.

Class 2 HSVA is used on jobs such as those involved in heavy traffic, mobile heavy equipment, and poor visibility conditions. Class 2 HVSA provides full body coverage and the best visibility.

Message From The Executive Director

Spring is in the air and we are all anticipating the point where we can forget about old man winter and enjoy the renewing of the earth with the spring flowers and budding trees. Thanks to "Daylight Savings Time" our clocks have moved ahead 1 hour and our days are getting longer. Many of us are counting down the days to salmon season and dreaming about hooking that elusive Atlantic salmon. Others are looking forward to lying in the sun and soaking up some rays.

Before this happens we have to endure spring. It is a time that can be deceiving when working in the forest. When you turn off the pavement in the early

morning the mud is usually frozen or at least very stiff. As the day goes on the hard ground turns to mud and can be very slick for driving and walking. Caution must be taken when working in these conditions. Equipment and vehicles can slide on the mud on slightly uneven surfaces. It makes stopping a vehicle a challenge as well. We need to keep in mind that we need to drive slowly in these conditions to maintain control of our vehicles. Deep ruts form in the road and can cause damage to the undercarriage of vehicles and can also guide a vehicle off the road if care is not taken.

The mornings seem lovely

this time of year and we need to remember to dress for the season and not the day. It may be warm when you leave for work but conditions and temperatures change very quickly. Don't be caught without adequate clothing. Dress in layers and be sure to take water resistant clothing with you when preparing for work. The old adage says...

"It is better to have and not need, than to need and not have". You can always put on more clothes if you have it with you.

As you work this spring remember to keep safety first and foremost in mind.

(Cont'd on page 3)

Message From The Executive Director

(Cont'd from page 2)

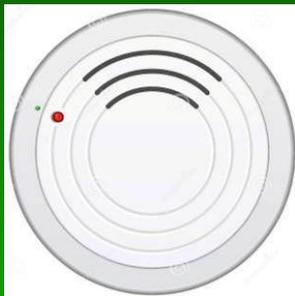
If you are returning to work after being off during the winter please take the time to familiarize yourself with the safety procedures on your worksite. We all know that when we return to work after being off for an extended period of time it takes a few days to get our heads in the game.

Take time to inspect all your PPE and replace anything that is damaged. Ask your supervisor if there is anything you need to be aware of or any changes to work procedures while you were off. All returning employees should have a worksite orientation to refresh your memory on safe work practices.

Remember that safety is everyone's responsibility and only **you** can ensure that you work safe.

"It is better to have and not need, than to need and not have"

With the times rolling ahead, now is a good time to check your Fire and CO Detectors. Remember to replace the battery, and if they are more than 10 years old, they should be replaced as soon as possible for safety's sake.



Training courses such as First Aid, Fall Protection, ATV, UTV, & Snowmobile Training and more are at discount when you become a member of the FSANL.





Safety Is The Best Practice

When it comes to work, nothing is more important than the well-being of yourself and your co-workers.

When working, you should always practice safe working habits.

A few of these safe practices include but are not limited to:

- Wear appropriate apparel and PPE for the job.
- Be aware of all workplace hazards
- Keep up-to-date on safe work practices for the work being done.
- Make sure all equipment and tools are in good working order.
- Ensure appropriate first aid supplies are on site for work being done.
- Make sure everyone knows all emergency response procedures, and marshalling points are known and clearly marked.

Good house keeping helps prevent workplace accidents.

Any near miss must be reported to the supervisor so it can be investigated and measures put in place to prevent a future accident from occurring.

FSANL Safety Quiz

1. What is the safe distance that a person or equipment must maintain from energized lines if you cannot obtain a permit from the power utility?
2. At what working height is fall protection required under provincial legislation? Federal Legislation?
3. Does a confined space certificate from Alberta allow a worker to work in a confined space in Newfoundland and Labrador under provincial legislation?
4. True or false. It is ok to use a chainsaw above shoulder height?
5. In the safety field what does "TLV" stand for

See Page 6 for Rules and Details

Safety Message From NLLPA

The Newfoundland & Labrador Lumber Producers Association (NLLPA) has partnered with the Forestry Safety Association of Newfoundland & Labrador (FSANL) to develop and implement strategies to create a positive shift towards accident prevention, with the aim of significantly reducing

human, social and economic loss that results from workplace accidents and injuries in the forest products sector. FSANL is the Link between the NLLPA and the forest products sector in providing for a safer work environment and in the long run a more profitable industry. Lowering

the frequency and severity of workplace injuries and accidents and improving the competitive advantage of the industry continues to be a mandate of the NLLPA

-Gloria Saunders, Manager



Contractor of The Year

We here at FSANL would like to extend our congratulations to Northwest Forest Resources Limited (NWFR) in winning the contractor of the year for the third consecutive year with Corner Brook Pulp & Paper.

The Management Team behind the outstanding success this year are: Craig Reid, Trevor Reid, Chad Reid, Dave Reid, Wallace Budgell and Chris Curnew.

Craig and Trevor are the owners of NWFR. Craig is in charge of the general day-to-day business functions. Trevor and Chad are in charge of mechanical repair and maintenance. Dave and Chris look after and manage

the field layout. Wallace Budgell is the company's night supervisor.

Together with the rest of the staff, NWFR has managed to uphold above average performances during the season of 2015. They had an Occupational Safety and Health Administration (OSHA) rate of 0; meaning no reported workplace injuries, attended all Operational meetings, completing an exceptionally thorough monthly inspection of environmental hazards, passed all three OHS inspections with an average of 99%, and many other amazing safety feats.

NWFR is a company that excels in efficiency, having a

high equipment utilization of 83%, a staggering 13% more effective than the expected rate of 75% set by CBPPL.

Along with all of these amazing feats, NWFR is not only business minded, but community minded as well. They have been involved with the Log a Load for Kids hockey tournament hosted by Canadian Forestry Institute. The fundraiser is in support of the Janeway Miracle Network. NWFR has won the tournament five consecutive years as the top fundraiser.

We here at FSANL would again like to extend our congratulations to Northwest Forest Resources Limited on a job well done.

“NWFR is not only business minded, but community minded as well.”



Now Offering
Safety Training
Courses Province
Wide!!!

**Safety
Is
Good
Business
Plain And
Simple**



Programs offered on a continual basis!

Contact us to book your seat in the following courses.

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

Words of Wisdom

Make Eye-Contact

Safety Tip For Being Around Heavy Equipment This Season

“With the weather conditions this winter, make sure that you always make eye contact with heavy equipment operators. Never assume he/she sees you! Make sure they know you are in the area. Don’t try to pass behind without them being aware of your presence there! It is always a risk to even attempt to cross behind heavy equipment with out making eye contact and with these weather conditions the risks are even higher!”

-Terrance Fudge

*Burton’s Cove Logging and
Lumber Ltd.*

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 May 31 2016. Draw date is June 1 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 nlforestrysafety@gmail.com.



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

We’re on the web!
nlforestsafety.ca

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