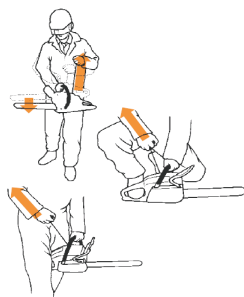




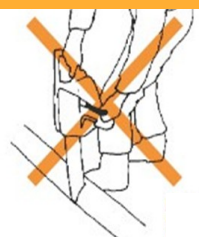
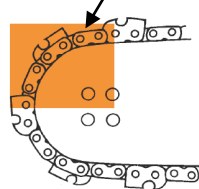
Forestry Safety Association of Newfoundland and Labrador

CHAINSAW SAFETY TIPS

Acceptable Starting Methods



Kickback Zone



Don't back-cut pulling the saw towards yourself. Stand to one side of the cut and keep an escape route open.

The Forestry Safety Association of NL offers chainsaw safety courses in your area. Contact us at 709-640-5007, or ask at your local Forest Management Office.

We're on the Web!
www.nlforestsafety.ca

The invention of the chainsaw has revolutionized the forest industry. It is the most effective tool we can use in the woods but it is also the most dangerous.

Here are a few tips to remember when using your saw. Please share these tips with anyone you know who uses a chainsaw.

1. Always wear appropriate personal protective equipment when using a saw. Chainsaw pants or chaps with calf protection. Chainsaw safety boots with ballistic nylon. Hardhat with side impact protection. Eye, hearing and hand protection.
2. Make sure chain is properly sharpened and correctly tensioned according to manufacturer's specifications.
3. Always do a pre-use check on your saw. Check that the oil port is open. Ensure grooves in bar are free of debris. Make sure bar nose sprocket is free and easily movable. Ensure chain brake is working properly. Check anti-vibration mounts for damage. Ensure chain catcher is in place. Check the rear hand guard for damage. Ensure the start/stop button is functioning correctly. Check that throttle lock button is working. Inspect spark arrestor for damage. Ensure air intake is free of debris.
4. **Never** backsaw or use the kickback zone on the saw.
5. **Never** use a saw without a properly functioning chain brake.
6. **Never** use the saw above your shoulders.
7. Ensure you have two escape routes approximately 45 degrees from the direction of the felling cut.
8. Never operate the saw alone.
9. Focus on the work at hand and avoid using saw when tired or fatigued.
10. **Never** use the saw under the influence of alcohol or illicit / prescription drugs.
11. Always check for hazards before felling a tree. Look for dead or broken tops, lopsided branching patterns, ice or snow build-up on the branches. Consider wind speeds and direction as well.
12. Only start a saw in the appropriate manner. Never drop start the saw while holding the rear hand guard.
13. Always fell a tree down a slope and never up the slope from the operator.
14. Use proper notching techniques when felling trees.
15. Watch for butt bounce once a tree begins to fall.
16. Chainsaws are required to be fitted with a spark arrestor in the forest environment.
17. Chainsaw operators are required to have a fire bag on their person while using a saw.
18. Always obtain an operating permit if cutting during fire season.
19. Always use approved fuel containers when transporting fuel.
20. Refuel on mineral soil and move saw away from fueling area before starting the saw.
21. **Never** cut near power lines. If trees need to be trimmed near lines, NL Power or NL Hydro will be happy remove trees at no charge to you. Remember safety first!
22. Always maintain at least two tree lengths between each operator.
23. Always take first aid materials and a communication device when working in the woods.
24. Always let someone know where you will be and when

you will be back. If you fail to plan, you plan to fail.

25. Always engage the chain brake when saw is not in use.
26. Always ensure you have a good footing before using the saw.
27. Always stand inside of the bend when cutting wood in tension.

You can never be too careful when using a chainsaw. I regret to report that a domestic wood cutter here on the island lost his life during the Victoria Day weekend. He cut his leg with a chainsaw and perished on his way to the hospital. Our thoughts and prayers go out to his family.

It is of the utmost importance that an operator wears the appropriate personal protective equipment. We will wear our seatbelts while driving a car and our helmets when we hit the open road on our motorcycles, but fail to protect ourselves while using a saw. We are under the impression that it will not happen to me. That is a fatal mistake that is made too often in this province. This gear was developed to save people's lives and it really works.

If chainsaw accidents were reported in the news it would astound you at the sheer volume of injuries and fatalities that happen each year.

Before you go in the woods stop and take the time to kiss your loved ones before you leave. They are the reason why we practice safety. It is up to you to get back to see them at the end of the day. Do you think they would let you go if you told them you were not going to be safe today?

2018 Health and Safety Conference

FSANL held its Annual Health and Safety Conference on April 11, 2018 at the Corner Brook Civic Center. It was a very informative day full of great presentations.

Royal Newfoundland Constabulary Sergeant Brad Saint gave a presentation on distracted driving and it was definitely a real eye opener for our delegates. The videos used are on YouTube and should be shared with those you love and work with to bring to their attention the importance of this topic.

Lisa Kavanagh from WorkplaceNL spoke about workplace violence and how prevalent it is in this province. Forestry is no different when it comes to violence. We can face an angry customer or member of the general public on our operations. We need to report such instances and learn how we can best protect ourselves and our employees. Interestingly enough workplace violence is not considered when it is co-worker against co-worker.

Tom Welton from Workplace Safety North in Ontario shared their experience in conducting a province wide hazard assessment in the logging and sawmill industries. The information gathered was interesting because the topic of substance abuse was the number one cause for concern amongst workers and management. For more information on this risk assessment visit www.workplacesafetynorth.ca

Dion Newman FSANL executive director spoke about the lock out tag out program project with Burton's Cove Logging and Lumber. It is available on our website www.nlforestsafety.ca

Brad Roberts from NLCSA dispelled some of the misconceptions concerning the COR program.

Dennis Hogan CEO of WorkplaceNL had some good news for our delegates. The injury rate for forestry is at 1.0 per 100 workers. That is an all time low for the industry. It is great to see that injuries are on the decline but we cannot rest until the rate is 0.

Ron Sullivan from St. John Ambulance spoke about mental health first aid and talked about some of the stigma surrounding mental health.

Pat Stamp shared his story of survival after he was involved in a terrible workplace accident. Pat also lost his good friend and co-worker in the accident. Pat and his wife Madonna took us through the incident and the long road of recovery for Pat.

FSANL was also pleased to present our **"2017 Safety Champion Award"** to Burton's Cove Logging and Lumber (BCLL) for their dedication and commitment to the completion of the lock out tag out (LOTO) program for their mill. A video was produced at BCLL that showcases the LOTO program and can be found on our website at; www.nlforestsafety.ca

FSANL also presented appreciation awards to Unifor and Husqvarna Canada for their ongoing support of the Forestry Safety Association. I would like to thank all of our sponsors, presenters and delegates for another great day and looking forward to the 2019 Health and Safety conference.



Business Spotlight The Woodbox

It all began for Roger and Jolene England on a sunny summer afternoon in their own backyard, located in the coastal town of Gillams, NL.



Using the finish carpentry experience that was acquired with building homes, Roger started creating. Using reclaimed pallet wood as well as driftwood, he

began putting together several pieces of work, such as shelves, mirrors and wall art. In her spare time Jolene tried her hand at painting a few signs on



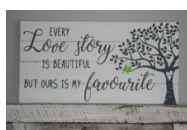
reclaimed wood. They decided to start a Facebook page and added their creations to it. As they continued to create, their following continued to grow.



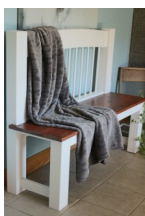
They currently have a webpage at www.thewoodbox.ca where

people can place orders, as well as over 2000 followers on Facebook.

As our customer base began growing, more and more people started requesting different wood products, such as benches, console tables, shelves and more. The wooden sign portion of our business began expanding as well to the



point that we decided to invest in a professional grade vinyl cutter. This allowed much more detailed and precise paint work, giving professional results. With the business growing, we continued to expand with quality woodworking tools, allowing us to build the many furniture products our clients have requested. We have recently invested in a professional CNC, giving us the opportunity to do very intricate digital woodworking with perfect precision.



We have had the opportunity to build such things as coffee and end tables, sofa tables, kitchen tables, queen beds and more, along with many signs and other home decor. Our business gives people the opportunity to send their ideas to us and have them built to their own liking and with island wide delivery, we can meet the needs of people across our beautiful province.



What began as a hobby has quickly become a full-time position for both of us and as our business continues to grow, our love of what we do only grows deeper. We have found our passion in a renewable resource and are ecstatic that our dreams of being self-employed at something we love are being realized!



“What began as a hobby has quickly become a full-time position for both of us and as our business continues to grow, our love of what we do only grows deeper”.

Message from the Executive Director

Safety, is it really worth it? Is the money a company invests in a safety program providing any benefits? You might ask yourself, “Am I making a difference?”

The answer to these questions are YES! Yes safety is really worth it. Yes the money invested in a safety program provides benefits. Yes you are making a difference!!

Right now in the forestry sector we are at an historic low of 1.0 lost time accidents per 100 employees. We

have seen a reduction of 48% in our lost time accidents between 2008 and 2017. This is great news but our work is not done yet. The goal of FSANL is to get this number down to 0. Absolutely nobody getting hurt, not even a band-aid being used. That is the acceptable number I want to see. I would like to see everyone returning their MCP cards because they don't need them. Working together we can continue to push this number to 0.

It has been really rough stretch in the

province with a serious near miss at Muskrat Falls, an explosion in Mt Pearl and unfortunately 2 workplace fatalities. Our thoughts and prayers go out to those affected by these terrible events.

Please continue to keep safety in the forefront. Look out for each other. Support your safety committees / safety officers and OHS inspectors. By working together we can ensure everyone gets home safe at the end of the day. To me that's definitely worth it!

Words of Wisdom

Summer Safe Driving Tips

There are two things you can bank on when driving summer time: traffic (and lots of it) and a heavy police presence on the roads watching out for drivers who are impaired, distracted, behaving aggressively, or not wearing their seat belts.

Here are some safe driving tips that will help keep you and your family safe.

1. If there is a collision on route, give emergency personnel the space they need. Slow down and move over when passing stopped police, ambulance, fire trucks, or tow trucks with flashing lights on; it's the law and comes with hefty fines.
2. Be patient because there will be traffic. Driving aggressively—speeding and tailgating—will only improve your chances of, at best, getting a ticket and, at worst, causing a collision.
3. Don't drive distracted. Put your phones on "Do Not Disturb," let your passengers select the music, and if you get peckish eat at a rest stop.
4. Budget time on your road trip for at least one rest stop to stretch your legs.
5. Leave a safe distance between you and the car ahead of you.
6. Always signal before you change lanes.
7. Don't drive while under the influence of alcohol or drugs. Always have a designated driver if you've partaken in either.
8. As much as you might plan and prepare to get to where you want to go, don't forget to do the same for the return home.

This summer take care when getting to where you want to go because it's about more than just keeping your car insurance rates low, it's about arriving at your destination safely. - **Cory Chubbs CRSP, Woodlands Safety Manager Corner Brook Pulp & Paper Ltd**

Be Safe!

Now Offering Safety
Training Courses
Province Wide!!!

Programs offered on a continual basis!



**Safety
Is
Good
Business
Plain and
Simple**

Chainsaw Safety Awareness	Fall Protection (1 and 2 day)
Brush Saw Safety awareness	Power Line Hazards
ATV, UTV, Snowmobile, Driver Training	Environmental Awareness
OHS Committee/Representative/ Designate	Safety for Supervisors (2 day)
Transportation of Dangerous Goods	Emergency, Standard, & Wilderness First Aid
WHMIS 2015	Certificate of Recognition (COR)

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We're on the web!
nlforestsafety.ca



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