



UPCOMING
EVENTS

- National Forestry Week
September 19-25, 2021
- FSANL Conference Sep-
tember 23, 2021

INSIDE THIS ISSUE:

Fire Prevention Tips	2
Safety Moment	3
Message from the Executive Director	4
Course Listings	4



Forestry Safety Association of Newfoundland and Labrador

2021 FSANL Health and Safety Conference
Corner Brook Civic Center
Thursday September 23, 2021
9:00 am –4:30 pm



Originally we had decided to a half day virtual conference but with restrictions loosening with the covid-19 pandemic we decided to go back to our usual full day in person event. It will also be a blended version with the option for people to attend virtually if they wish or to switch the conference to a completely virtual version if covid forces us to.

As usual, those in attendance will be treated to a hot lunch and everyone will get to experience the great lineup of presentations for the day.

We will still be wearing masks inside the building with social distancing of course. If you're itching to get out and socialize with members of the industry in a safe and controlled manner book now as seating is limited due to social distancing requirements.

The cost to attend in person is \$60 and to attend virtually is \$25. To book your seat email di-on.newman@fsanl.ca or call (709)388-0374.

Fire Prevention Tips

As we have witnessed from the fire in Fort McMurray and most recently Lytton British Columbia, fire can devastate a community. We have witnessed entire city blocks being reduced to nothing. We need to have a plan in place to deal with these extreme fire emergencies. Planning is the key to prevent things like this from happening.

People living in forested areas need to be aware of the wildfire threat and ways they can take action to make their home and community become "FireSmart."

The following tips will help you to reduce the risk of your home property from the ravages of a wildfire;

1. Remove debris such as leaves, twigs and needles from around the house and under decks.
2. Keep lawns mowed and irrigated.
3. Enclose decks with non-combustible materials to discourage the collection of debris and embers.
4. Keep firewood piles and other items stacked at least 10 meters from the house, especially during wildfire season.
5. Ensure a clean, fire-resistant roof and clean eaves.
6. Enclose soffit and vents to ensure embers cannot enter.
7. Ensure trees and shrubs are pruned, branches do not contact the home and they are not connected to the surrounding forest - minimum 3 meters between it and the forest.
8. Don't forget to consider any buildings or fences within 10 meters of the home and take steps to FireSmart them as well.

For more information on becoming a FireSmart Community see the following link:

<https://www.firesmartcanada.ca/>



SAFETY MOMENT

Can my overall health affect my eyesight?

Absolutely! We know as we age our eyesight changes and a lot of us require contact lenses or glasses. When we consider eye damage we readily think about foreign objects, chemicals etc. A lot of people do not consider age, heredity, diabetes, obesity, high blood pressure or genetic defects. If we have any issues with our vision, we are encouraged to see a doctor or ophthalmologist to properly care for our vision.



Diabetic Retinopathy – High blood sugars for long periods can damage the blood vessels of the retina and usually happens in both eyes. Symptoms include, spots or floaters, blurry vision, decreased color vision, and vision loss. If left untreated it can cause bleeding of the eye, retinal damage, glaucoma and even blindness.

Glaucoma – Is damage to the optic nerve caused by pressure to the eye brought on by diabetes and aging, eye injury and heredity. Glaucoma left untreated can result in blindness. Symptoms of glaucoma include eye pain, blurry vision, eye redness, bad headache, sudden change in vision, nausea/vomiting, seeing halos around lighting. If caught early medical attention can reduce the effects of glaucoma.



Macular Degeneration – Is caused by aging and causes the center of the retina to deteriorate leaving people with blind spots in their field of view and blurred vision. Heredity, age, obesity, smoking and high blood pressure contribute to macular degeneration. There are two different forms. The wet form causes blindness quickly. Blood vessels allow blood to flow into the eye causing blindness. The dry form causes loss of sight at a slower rate. Waste from the cells build up on the retina. Symptoms include distortion of vision, blind spots, need for more light to see, increasing sensitivity to glare, decline in vision.

Cataracts – The clear lens in our eye becomes cloudy as we age. Symptoms of cataracts are Gradual decrease in vision, your glasses will not correct any vision changes, blurry vision, seeing double, poor night vision and loss of color distinction. Usually corrected by surgery. To lessen the development of cataracts do not smoke, manage diabetes, avoid eye injuries, and limit UV exposure.



If you have any concern about your eyesight do not hesitate to see an ophthalmologist. Once you start losing your sight you may not be able to get it back again.

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We're on the web!
www.nlforestsafety.ca
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 and Twitter**



Now Offering Safety Training Courses Province Wide!!!

FSANL would like to thank WorkplaceNL for their continued support and look forward to working with them to reduce injuries in the forest industry.



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
- Emergency, Standard, Wilderness First Aid
- Fall Protection (1 or 2 day)
- Confined Space
- Lock out/tag out
- Environmental Awareness
- ATV, UTV, & Snowmobile Training

Message from the Executive Director

Summer has finally arrived and we are all glad to get out and enjoy ourselves in the great outdoors. We've been through a lot with the pandemic from postponing events such as weddings and funerals and not seeing our loved ones who are away in other provinces. With restrictions easing and vaccination rates rising I hope we can put this behind us and get back to a more normal way of life.

FSANL has been busy conducting various training courses around the province and we will be getting out to visit various companies during the summer. I always look forward to meeting with you and listening to what you have on your mind. Please feel free to contact us anytime with any questions or concerns you may have.

Don't forget our annual health and safety conference will be held here at the Corner Brook Civic Center on Thursday September 23 from 9:00 am to 4:30 pm. We have a great day planned with presentations from Western Health, WorkplaceNL, the CNIB and more. We will be having a hot lunch for those who join us in person. This is an event you don't want to miss.