



UPCOMING EVENTS

- Good Friday April 15
- Easter Sunday April 17
- Victoria Day May 23
- FSANL 13th Anniversary July 10
- National Forestry Week September 18 - 24

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Forestry Safety Association of Newfoundland and Labrador

The 10th Annual Forest Industry Health and Safety Conference

In Person/Virtual Event

Safety Conference / September 20, 2022

Corner Brook Civic Centre / 9:00 am – 4:30 pm

Registration 8:30, Conference begins at 9:00

Register Early, Limited Seating Available!!

To register for this event please send email to raeann.pennell@fsanl.ca or call 388-0374.

Registration fee is \$60.00 for in person \$25.00 for virtual attendance (HST included).

Hot Lunch provided for those in person participants.

This year we have another amazing line up of presenters to share with us.



Don't forget we have moved!!!

Drop by and view our new office location at 4 Herald Avenue. Our newly upgraded training room can meet all your safety training needs.

Our friendly staff are here to assist you whether you are looking for a training course, safety diagnostic of your company or a firewood permit.

Come in and speak with our new Safety Administrator Raeann Pennell or our Safety Advisor Roma Taylor.

Company Spotlight



Trademark Lumber

Trademark Lumber is a new sawmill that has set up shop in Deer Lake on the province's west coast. Owner Troy Rumbolt has been busy over the last year and a half establishing this new enterprise. At peak season the mill employs 12 people who are just as enthusiastic about this mill as he is.

Troy is no stranger to the forest industry and has had a trucking company hauling wood for Corner Brook Pulp and Paper Ltd for many years before starting his mill.

One thing that's important to the crew at Trademark Lumber is safety. That's why they have agreed to let FSANL help them with making sure their mill is up on all current legislation and safety practices. All employees at Trademark Lumber will be undergoing all necessary training required to do their jobs safely. Their safety manual and safe work procedures are in development and they will begin the process for COR certification this year.

It is very exciting to see a company committed to safety and doing what is necessary to keep workers safe. FSANL looks forward to this project and working with the staff at Trademark Lumber.

SAFETY MOMENT



BC Forest Safety

TOTAL PHYSIO
PHYSIOTHERAPY

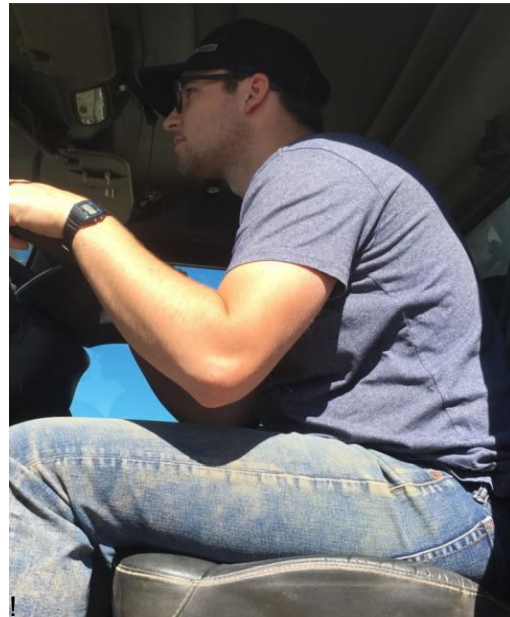
POSTURE WHEN SITTING

DO THIS



- Shoulders back.
- Slight backwards curve in low back.
- Seat with front end at negative slope, seat angle to 110°.
- Use lumbar support in back rest.
- Contract abdominals 30%.
- Do Standing Back Extension exercises before and after driving.
- Do Seated Slouch Over-Correction exercises every 20 minutes.

DON'T DO THIS



- Do not slouch.
- Do not sit with rounded back or shoulders.
- Do not sit with back rest too straight and the seat tilted back.
- Not using abdominals to support the spine.

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We're on the web!
www.nlforestsafety.ca
Follow us on Facebook
and Twitter

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



Now Offering Safety
Training Courses
Province Wide!!!

FSANL would like to thank St. John Ambulance for their continued support and look forward to working with them to provide training and 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
ATV, UTV, & Snowmobile Training

Message from the Executive Director

Old man winter has come and gone. This year instead of Sheila's brush she threw everything in the broom closet at us, but alas, spring has sprung. You can be sure we will still get a wallop or two of snow in early April but this is Newfoundland and Labrador. What else would you expect?

I get excited when I know the clocks are going to "spring forward" in March and the days get longer on the back end all of a sudden. It makes me want to go outside and take a big breath of fresh air. This year there are talks of keeping the hour and not "falling back" in November next year. The outcome will be determined by what happens in the United States. If they stay with the hour then most likely the Atlantic Provinces would do the same. It makes sense from a business perspective.

With the onset of spring it makes our jobs in the woods a little bit more difficult. Having to truck on roads at night because they are harder with the colder temperatures. Muddy roads which are slick and treacherous. From an environmental perspective water is running everywhere and it always seems to look for the nearest ditch or waterbody.

Being vigilant and working together will help us get through these challenging conditions. Stay safe.

Let's make sure everyone gets home safe!!!