



UPCOMING EVENTS

- Good Friday April 7
- Easter Sunday April 9
- Victoria Day May 22
- FSANL 14th Anniversary July 10
- National Forestry Week September 17 - 23

INSIDE THIS ISSUE:

Company Spotlight	2
Safety Moment	3
Mental Health Resources	4
Course Listings	4

 Find us on
Facebook


twitter

Forestry Safety Association of Newfoundland and Labrador

The 11th Annual Forest Industry Health and Safety Conference

In Person/Virtual Event

Safety Conference / September 27, 2023

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 dion.newman@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.

Message from the Executive Director

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.

A lot of people suffer from Seasonal Affective Disorder (SAD). This causes them to be depressed or moody during the onset of fall and winter and begins to go away when spring or summer begins. Suffering from this condition can cause them to “hibernate” during the cold months and you can see it affect their mental health. Some people are affected worse than others. Having the energy or courage to go get that breath of fresh air seems to be a monumental task.

This is just one issue you or someone you know may be dealing with. Reaching out to loved ones, family and friends or coworkers to let them know we are here to talk is one of the most important things we can do. You don't have to have all or any of the answers, just listen. Actively listen. You will find when they make that connection with you, they are already on the road to recovery.

Company Spotlight



Nobles Resources 2012 Inc.

Nobles Resources 2012 Inc. (NRI) is a family run logging business started by founder Calvin Noble in 1984. Nobles expanded to a conventional 8' cutting operation for Corner Brook Pulp & Paper Ltd (CBPPL) in 1988 on the Baie Verte Peninsula. That was also the same year that they purchased their first new forwarder. During the 1990's NRI moved from a conventional harvesting operation to a mechanized one.

Besides harvesting wood for CBPPL, NRI was instrumental in the right of way clearing from Muskrat Falls to Soldiers Pond on the provinces east coast. NRI worked in excess of 750,000 hours without a lost time incident on the Muskrat Falls project and 761,000 hours without lost time for CBPPL. This is a tremendous accomplishment for the company.

In NRI's opinion, operator safety is the key to their success. Investing in new equipment, modifications and technologies has helped keep their workers safe. At peak operations NRI employed 110 people across both operations.

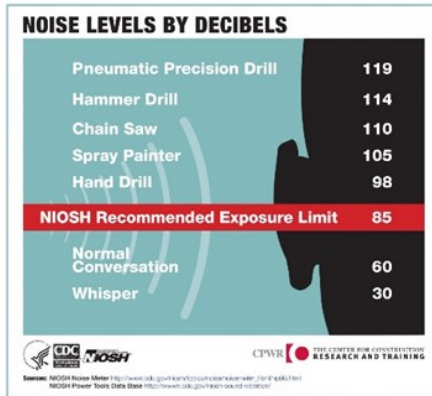
Besides looking after their employees NRI believes in giving back to the community. They are a regular contributor to the Kids Eat Smart Foundation, and participate in Log-A-Load fundraisers for the Children's Wish Foundation. Their overseas work includes sponsoring an orphanage in Nairobi Kenya with clean drinking water, and partnering with local charities who live and travel to Africa, Guatemala, and Thailand.

When Calvin Noble started this company in 1984 he had no idea of the great things his company would accomplish.

SAFETY MOMENT

What is the safe level of noise that I can be exposed to in my workplace?

If an employee is exposed to 85 decibels or more for 8 hours a day, they must wear hearing protection. People don't realize that normal conversation is 60 decibels. That is not very loud, but we expose ourselves to levels that can damage our hearing without even thinking about it.



Some common causes of hearing loss are:

- Noise (prolonged exposure to loud or a sudden loud noise).
- Obstructions in the ear. (objects, growths, tumors, etc.)
- Build up of earwax.
- Natural aging.
- Injuries to the ear.
- Atmospheric pressure changes.
- Drugs that can damage the ear. (some antibiotics, some chemotherapy drugs, drugs for erectile dysfunction, etc.)

FACT

Hearing loss claims make up 50.1% of all occupational

Signs you may have hearing loss

- Difficulty hearing someone during a conversation.
- Asking someone to keep repeating themselves.
- Turning up TV / radio volumes above what is comfortable for everyone else in the room.
- Easily getting confused or frustrated trying to follow verbal instructions.

Ways to avoid hearing loss

- Limit your exposure to loud noises. Both prolonged and sudden noise.
- Wear the appropriate hearing protection to prevent hearing loss.
- If hearing protection is not adequate, isolate the noise hazard.
- Do not use anything other than approved hearing protection devices.
- Avoid trying to block out noise with another noise source.

Consult a doctor if:

- You have sudden ear pain.
- Hearing loss in one or both ears.
- Injury to the ear or ear canal.
- Ringing in the ears.



4 Herald Ave
Suite 300, East Building
Corner Brook, NL A2H 4B4
Canada
Tel: (709) 388-0374
Cell: (709) 640-5007
dion.newman@fsanl.ca
roma.taylor@fsanl.ca
raeann.pennell@fsanl.ca

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



FSANL would like to thank the Newfoundland and Labrador Forest Industry Association (NLFIA) for their continued support and look forward to working with them to reduce injuries in the forest industry.



Now Offering Safety Training Courses Province Wide!!!

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

Mental Health Resources

Mental health is a topic that most people feel uncomfortable talking about. There is no difference asking for help for a severe bleed or a broken bone. We all need help from time to time. The hardest thing about getting help for a mental health issue is asking for that help. Here are some resources for the west coast. These services are available across the province. Don't be afraid to ask.



Reach Out. We're Here to Help.

Port aux Basques	695-6250
Burgeo	886-2185
Stephenville	643-8740
Corner Brook	
Adult	634-4506
Children & Youth	634-4171
Deer Lake	635-7830
Norris Point	458-2381
Port Saunders	861-9125

Drop-In or Call Monday to Friday.
In-Person & Telehealth Options.