



### UPCOMING EVENTS

Western Snow Riders  
Auction January 20

WorkplaceNL Employer  
Statements Due February 28

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# Forestry Safety Association of Newfoundland and Labrador



## Know before you go.



Download the NL 511 app.



The Department of Transportation and Infrastructure will do their best to make the Province's roads safer in winter, but safe winter driving is everyone's responsibility. You must do your part too. It is extremely important that motorists know what conditions are, and make informed travel decisions. Check the conditions before you drive and then if you decide to travel, drive in accordance with weather and road conditions. Snow means slow. You should also keep in mind the department's snow clearing hours of operation. Winter Maintenance Season runs from November to April. This information has been provide by the Newfoundland and Labrador Transportation and Infrastructure and further info can be found on their website at <https://www.gov.nl.ca>

## WINTER SAFETY

As winter is here, it is a season to take extra precaution in our daily routine and outdoor activities. Snowstorms, blizzards, wind chill, extreme cold, and freezing rain are daily hazards in the winter and hypothermia and frostbite are real risks. Hypothermia is when your body loses heat faster than it can generate. And frostbite is when your skin freezes and becomes damaged. So be prepared before you venture out:

Check the weather and special alerts issued by [Environment Canada](#).

- Dress warmly and cover exposed skin such as hands, face, nose, and ears as much as possible.
- Choose your clothes based on the weather forecast.
- Opt for warm, comfortable, and waterproof winter boots. High traction soles and crampons can help you avoid falling on ice and snow.
- Plan your travel and try to stay off the roads in very bad weather.

### Things to keep in your vehicle:

- small shovel with extending handle
- sand or, kitty litter or traction mats
- cloth or roll of paper towels
- warning light, reflective safety triangles or road flares
- extra socks, gloves, footwear, hand and foot warmers
- booster cables
- fire extinguisher
- extra windshield washer fluid, fuel line antifreeze
- extra fuses
- small tool kit with screwdriver, pliers, etc.
- ice scraper, snow brush and deicer
- flashlight
- first aid kit, blanket (special "survival" blankets are best), emergency food pack and bottles of water.



It is imperative for people who take in outdoor activities like skiing, snowmobiling, sledding etc, to know the risks and conditions of the terrain and mountains you will be traveling. Know the weather but most importantly, always be prepared for the unexpected. So therefore, always be equipped with an emergency kit and supplies for unforeseen weather and the possibly of getting lost. For those travelling the mountains it is extremely important to gear up with a transceiver, shovel, and probe, and factor in avalanches into your trip planning. Avalanche forecasts will be available for the Long-Range Mountains starting February 4, 2023. For the safety of yourself and others please check the website below when heading to the mountains and obtain the information within this website to take all precautions necessary to prevent an incident or tragedy from occurring.

Please visit <https://www.avalanche.ca> for daily updates.



# SAFETY MOMENT

## Snow Build up on Vehicle's

Snow build-up on vehicles, another Canadian winter storm, another generous helping of snow – that means a whole lot of time you'll have to spend brushing the snow off your vehicle. It is tempting to just clear the windshield, but it is very important to get all the white-stuff off your ride before you venture out for a drive. Not removing all the snow poses a safety hazard to you, your passengers and other road users.

For example;

- If your headlights and taillights aren't cleaned off, you may not be easily visible to other drivers. That increases your risk of being in a collision.
- Not clearing your back window renders the rear-view mirror useless and creates a massive blind-spot.
- What about that snow on your vehicle's roof that is hard to reach? It can become dangerous too if, as you are driving along, the motion of driving and the heat from the inside of the vehicle causes it to loosen and slide down onto your windshield. Even if you are able to react quickly by turning on your wiper blades, thick and heavy snow does not clear easily or quickly. If the snow is heavy enough, your wiper blades may not be able to move at all, creating a lapse in visibility that can have dangerous and deadly implications. Instead, realize that part of staying safe through a Canadian winter is properly preparing before you leave your parking spot!!!!!! So what's the best (and fastest) way to clean off the snow?
- Start by protecting yourself from the elements, dressing in warm layers and wearing waterproof snow boots and gloves.
- Check that your vehicle's tailpipe isn't blocked by snow. If it is, clear the snow, and then start the engine to warm it up. Turn the defroster and fans on to max.
- Once you're outside the vehicle again, start from the top and work your way down. An SUV or van may require the use of an expandable snowbrush or scraper to pull the snow from the roof. Taking one side at a time, work your way around the vehicle until the roof is clear.
- Then clear snow away from the windshield, back window, side windows, mirrors, lights, doors and around the license plate.
- Be sure to clean around the wiper blades and windshield washer nozzles, and test the wipers before you put your ride in drive.

**For more information on safe driving, visit [www.canadasafetycouncil.org/traffic-safety](http://www.canadasafetycouncil.org/traffic-safety).**

**Drive safe!**



## Message from the Executive Director

Well, another year has come and gone. We had our busiest training year yet with over 600 students taking FSANL courses across the province. This was a great achievement for us, and we hope to train even more people in 2023.

We worked closely with Trademark Lumber out of Deer Lake to help them get their documentation and training requirements fulfilled. The crew at Trademark were interested in making their mill as safe as possible and you can see them putting the information and training into action. The company is also going through the COR certification process. It is great to see an organization so willing to improve safety in their workplace.

I was reading an article written by Shane Mercer dated December 1, 2022, in the Canadian Occupational Safety newsletter discussing the difficulty women have finding proper fitting PPE. This is not something that should be an issue these days. We know that men and women have different body types and logically would require different PPE. This is an issue that must be raised with the suppliers of the PPE to ensure everyone has the appropriate equipment to keep them safe. In the article it stated that out of 3000 women surveyed 40 percent experienced an injury or had an incident perceived to be related to their PPE. This is totally unacceptable. The survey was conducted from women working in construction, emergency services, healthcare, transportation, and natural resources. So, it is not just one occupation.

When selecting PPE, it is supposed to protect from a particular hazard that was recognized from the hazard assessment. Fit the user properly. Be designed from quality material that will stand up. Be comfortable so to not create another hazard and be able to withstand any weight being exposed to it. A fall arrest harness may only be suited to a person up to a certain weight limit which would include tools, clothing, PPE the user has on them. Going above the weight limit could cause the harness to fail in the event of a fall. PPE is our last line of defense in the hierarchy of controls. Don't let it be the weak link in your workplace.

### Programs offered on a continual basis!

Contact us to book your seat in the following courses.

- Chain Saw Safety
- Brush Saw Safety
- Power Line Hazard
- OHS Committee Training
- Emergency First Aid
- Standard First Aid
- Wilderness First Aid
- Fall Protection (1 or 2 Day)
- Confined Space
- Lockout/Tagout
- ATV, UTV and Snowmobile Training

Now Offering Safety  
Training Courses

**We're on the web!**

[www.nlforestsafety.ca](http://www.nlforestsafety.ca)

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### Facts about Forestry! Did you know ?



- Do you know the difference between the “boreal forest” and the “boreal zone”? The boreal zone is the wide area that lies between the treeless tundra of the arctic zone in northern Canada and the temperate zone in southern Canada. The boreal forest is the forested area within the larger boreal zone.
- The boreal zone circles the world: The world's boreal zone is often called “circumpolar” because it circles the Northern Hemisphere, forming a ring around the North Pole, just south of the Arctic Circle. Countries with forests and land in the boreal zone include Canada, United States, Norway, Sweden, Russia, China and a few others. Canada has 28% of the world's boreal zone, that's 552 hectares.

**Remember to always keep our environment and forestry preserved and maintained as much as possible.**