



UPCOMING EVENTS

EASTER... MARCH 31

FALL PREVENTION AWARE-
NESS WEEK... APRIL 1-6

NATIONAL DAY OF MOURN-
ING... APRIL 28

FIRE SEASON... MAY 1

FSANL HEALTH AND SAFETY
CONFERENCE... OCTOBER 9

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Forestry Safety Association of Newfoundland and Labrador

The 12th Annual Forest Industry Health and Safety Conference

In Person Event

Wednesday October 9, 2024

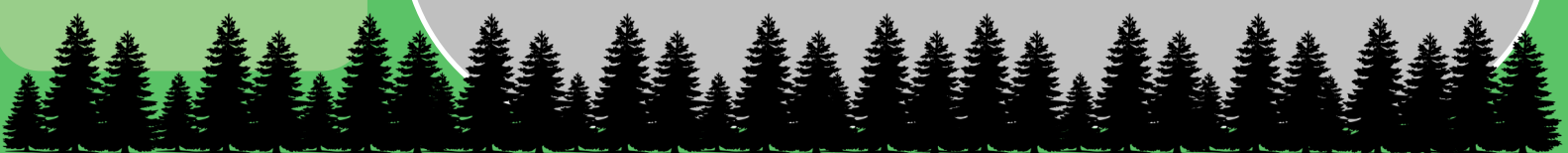
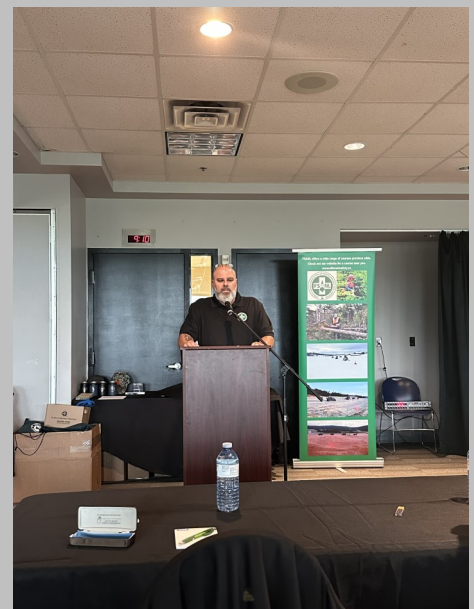
*Blow Me Down Cross Country Ski Club 9:00am - 4:30
pm*

Registration 8:30am, conference begins at 9:00am

Register Early! Limited Seating Available!
To register for this event, please email admin@fsanl.ca
or call
709-388-0374.

**Registration fee is \$60.00 (HST included).
Hot lunch provided!**

**Come join us for the awarding for the 2023 Safety
Champion Award.**



Spring Ice Safety

During spring ice on ponds and lakes begin to melt and become soft and more dangerous.

If You Happen to Fall Through the Ice

- Call for help.
- Resist urge to climb back out of where you fell in (Ice is weak in this area).
- Get into a floating position on your stomach.
- Reach forward onto broken ice without pushing down & kick legs to push torso on the ice.
- When on the ice, crawl on your stomach or roll away from open area with your arms and legs spread as far as possible to evenly distribute your body weight.
- Do not stand up! Look for shore – Go in the right direction!

When You Are With Others on Ice

- Call for help - get help from trained professionals (police, fire fighters or ambulance) or bystanders.
- Can you reach the person using a long pole or branch? – if so, lie down and extend the pole to the person.
- If you go onto ice, wear a PFD and carry a long pole or branch to test ice in front of you.
- Bring something to reach or throw to the person.
- When near the break, lie down to distribute your weight and slowly crawl toward the hole.
- Remaining low, extend or throw your emergency rescue device to the person.



Now Offering Safety Training Courses Province Wide!!!



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FSANL Course Offerings and Additional Services!

- Chainsaw Safety Awareness
- Brush Saw Safety Awareness
- Industrial Chainsaw Safety Awareness
- Power Line Hazard
- OHS Committee Training
- Emergency First Aid (1 Day)
- Standard First Aid (2 Day)
- Wilderness First Aid (3 Day)
- Fall Protection (2 Day)
- Fall Protection Recertification
- Confined Space Awareness
- Lock out/Tag-out
- ATV Safety
- UTV Safety
- Snowmobile Safety
- Baseline Hearing Test
- Fit Testing

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



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

Follow us on Facebook and X!



References

(2023, July). Retrieved from The Verge: <https://www.theverge.com/2023/7/23/23804629/twitters-rebrand-to-x-may-actually-be-happening-soon>

