



UPCOMING EVENTS

NATIONAL SAFETY
MONTH... JUNE 2026

NATIONAL INJURY PRE-
VENTION DAY... JULY 6

SAFE+SOUND WEEK...
AUGUST 10-16

FSANL HEALTH AND
SAFETY CONFERENCE...
OCTOBER 7

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Forestry Safety Association of Newfoundland and Labrador

The 14th Annual Forest Industry Health and Safety Conference

October 7, 2026

Blow Me Down Cross Country Ski Club in Corner Brook

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 \$30.00 (HST included).

Hot lunch provided!

**Come join us for the awarding for the 2025 Safety Champion
Award.**



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Lyme Disease

Lyme disease is a bacterial infection transmitted to humans by a bite from an infected black-legged tick. Ticks attach to skin and feed on the blood of animals as well as humans. The most common time of year for these bites are spring, summer, and fall when ticks are most active. Lyme disease can be treated with antibiotics.

Black-legged ticks are not common in Newfoundland and Labrador, but, precaution should still be taken place.

Signs and Symptoms

Early

- Fever
- Chills
- Headache
- Fatigue
- Muscle and joint pain
- Swollen lymph nodes
- Erythema migrans (EM rash), known as a “bull’s eye” rash

Left untreated

- Fever
- Severe headaches
- Additional EM skin rashes
- Facial paralysis
- Recurring arthritis
- Heart disorders
- Neurological disorders

Ticks can be found in wooded areas, tall grass and shrubs.

How to Prevent Tick Bites

- Wear light coloured long-sleeved shirts and long pants to spot ticks more easily.
- Tuck your shirt into your pants, and pull your socks over your pant legs.
- Use an insect repellent such as DEET or Icaridin (always read and follow product label directions before applying).
- Check yourself, your family and pets after being in an area where ticks may be present.
- Shower or bathe within two hours of returning from outdoor activities to wash away loose ticks.

How to Remove a Tick

- Use clean tweezers, grasp the head as close to the skin as possible and pull slowly straight out.
- Afterwards, wash the bite site with soap and water or disinfect with alcohol hand sanitizer.
- If mouthparts break off, remove them with tweezers or, if you are unable to remove them easily, leave it alone and let the skin heal.



**We Offer Safety
Training Courses
Province Wide!!!**



4 Herald Ave Suite 101
Corner Brook, NL
A2H 4B4

Office: 388-0374
Cell: 640-5007

dion.newman@fsanl.ca
roma.taylor@fsanl.ca
admin@fsanl.ca

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
- Qualitative Fit Testing
- Safety Compliance Program
- COR Audit
- Hearing Conservation Program
- Respiratory Protection Program
- Occupational Health and Safety Manuals
- Return to Work Program (WorkplaceNL)
- PRIME Incentive (WorkplaceNL)

**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
Linkedin!**

Authorized Husqvarna
Dealer



St. John Ambulance

**FSANL is now the local training
provider for St. John Ambulance
first aid training in Western NL.**



References

Husqvarna Logo: Canada, H. (2025). Facebook. Retrieved from <https://www.facebook.com/HusqvarnaCA/>.

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