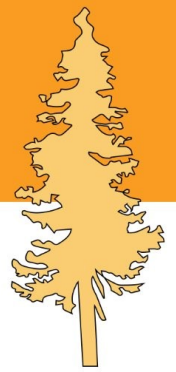




Vancouver Island Safety Conference



2022 CONFERENCE WRAP-UP

Lead the Way – Resiliency, Opportunity, Engagement

October 29, 2022 | Vancouver Island Conference Centre

Snuneymuxw Elder Geraldine Manson Opens VISC Emphasizing the Importance of Resiliency.



Geraldine Manson (C-tasi:a), Snuneymuxw Elder and VIU Elder-in-Residence, opened the day with a moving prayer and appreciation for the conference theme of resiliency.

Geraldine addressed the delegates' and their dedication to health and wellness as well as their commitment to each other and for respecting the land we work on.

Resiliency in a Changing Forestry Landscape.

Over the past two years, forestry companies across the province have seen many challenges.

In his opening remarks, Rob Moonen, CEO of the BC Forest Safety Council (BCFSC), addressed the delegates highlighting their resiliency to overcoming a changing forestry landscape. Rob focussed on the need for industry to continue to be willing to adapt to the changing landscape and maintain their collective commitment to safety every day.

Rob commended employers, unions and contractors on their persistent efforts to improving safety performance. It is this commitment that has helped reduce the number of injuries across the sectors.

Rob noted "Although injury rates are declining, we still had six fatalities since the last time we met in person." He continued "There is still work to be done and injury and fatality prevention is most effective when we, as an industry, collectively focus our efforts to make sure forestry workers return home safely at the end of the day."

..... continued on page 2

Thank You

Thank you to all 294 delegates who attended the 15th annual Vancouver Island Safety Conference. This year's conference centered on *Lead the Way - Resiliency, Opportunity, Engagement* and featured a great line-up of presentations including three diverse keynote speakers who spoke on the impact of mental health challenges, learning how to connect as a safety leader and understanding brain health.

A big thank you to all of the volunteers and sponsors who made this conference and networking event possible through generous financial, product and service contributions.



Resiliency in a Changing Landscape:

continued from page 1



"In the present state of the forestry industry", Rob stated, "as industry faces challenges, our ability to adapt to an evolving work environment will be key to our long term success."

Local Charities Get a Much Needed Bump This Year Thanks to VISC Attendees

This year's conference offered delegates many opportunities to support local charities including KidSport Nanaimo, the Mid-island Branch of the Canadian Mental Health Association and Loaves and Fishes Nanaimo Foodbank.

KidSport received \$1,440 from silent auction contributions and the 50/50 draw raised \$921, 50% of which went to the Mid-island Branch of the Canadian Mental Health Association and 50% to Marty Wilcox from Mosaic. Nanaimo Loaves and Fishes were happy to receive over 209lbs of non-perishable food donations and a cash donation of \$190. Thanks to everyone who bought tickets, bid and donated!

The lucky winner of the Electric Bike generously donated by London Drugs went to Josh Hiebert from Forbidden Timber.

Congratulations Josh!



Remembering Those We Lost

Master of Ceremonies, Mike Milholm led a Moment of Silence in honour of those we lost from 2020 to 2022 to date. May these deaths remind us of the importance of safety to ensure every worker goes home safe. Every day.

Occupation	Age	Cause of Death
Pulp Mill Operator	81	Occupational Disease
Tugboat Captain	58	Traumatic Injury
Mechanic	46	MVI
Millwright	69	Occupational Disease
Chaser	19	Traumatic Injury
Truck Driver	75	Occupational Disease
Industrial Electrician	83	Occupational Disease
Sawmill Worker	76	Occupational Disease
Truck Driver	61	Traumatic Injury
Shake Block Cutter	80	Traumatic Injury
Forklift Operator	77	Traumatic Injury
Sawmill Worker	86	Occupational Disease
Forestry Worker	66	Traumatic Injury
Sawmill Worker	56	Traumatic Injury
Tree Planter	53	Traumatic Injury
Millwright	87	Occupational Disease
Loader Operator	68	Traumatic Injury
Mechanical Engineer	83	Occupational Disease
Log Truck Driver	69	MVI
Faller	41	Traumatic Injury
Faller	53	Traumatic Injury
Boilermaker	63	Occupational Disease
Tree Planter	81	Occupational Disease
Boom Man	38	MVI
Equipment Operator	62	MVI
Supervisor	57	Traumatic Injury
Pipe Fitter	77	Traumatic Injury
Truck Driver	49	Traumatic Injury
Industrial Technician	85	Occupational Disease
Welder	80	Occupational Disease
Machine Operator	78	Occupational Disease
Industrial Electrician	82	Occupational Disease
Log Scaler	71	Traumatic Injury
Logger	76	Traumatic Injury
Sawmill Worker	52	Traumatic Injury
Yarder Operator	77	MVI
Sawmill Worker	86	Occupational Disease
Machine Operator	69	Traumatic Injury
Pulp Mill Worker	87	Occupational Disease
Faller	51	Traumatic Injury
Bucker	46	Traumatic Injury
Cable Yarder	61	Occupational Disease
Sawmill Worker	64	Traumatic Injury
Industrial Electrician	72	Occupational Disease
Planerman	83	Occupational Disease
Excavator Operator	32	MVI
Machine Operator	61	Occupational Disease
Millwright	73	Occupational Disease
Shake Block Cutter	73	Traumatic Injury
Barker Operator	93	Traumatic Injury
Shake Block Cutter	74	Traumatic Injury
Pulp Mill Worker	77	Occupational Disease

Congratulations to this year's Safety Award Winners

This year, the **Cary White Memorial Lifetime Achievement Award for Commitment to Safety Excellence** was awarded to two recipients. Retired BC Coroner, Chico Newell and owner/Safety Manager of Meridien Forest Services, Darin Brown.



Recently retired from the BC Coroner's Service, Chico Newell worked for 34 years as a coroner, the last 10 as the dedicated BC Resource Industry Coroner. In this role, Chico worked tirelessly to prevent fatalities within the forestry and other industries. He spent many long hours investigating incidents so the forest and wood products manufacturing industries could get the information needed to prevent future injuries.

Chico Newell's contribution while in this role was invaluable to industry and this opportunity to recognize him as champion of safe practices to help reduce the risk of injury and incidents is long overdue.

Darin's commitment to safety began in the beginning of his career. While working alone in the bush conducting an in-field assessment, Darin was mauled by a black bear. This experience forced him to focus implement safety procedures to help reduce his risk in the future and the risk to others working in similar field conditions.

Darin continues to keep safety top of mind and has been an advocate of safety for every project he's touched. Darin is constantly improving the safety program at Meridien Forest Services and ensuring workers have the safety training and PPE they need to do their job safely.



The **2022 Most Valuable Player of the Year Award in Manufacturing** went to David Murray, Corporate Safety, HR and Environment Manager for Gorman Group and the co-chairperson of the Manufacturing Advisory Group (MAG).

Well-known for his leadership in safety in Wood Products Manufacturing, David has dedicated his career to transforming industry safety as a principal component in manufacturing operations. David's exemplary reputation as a strategic leader implementing safety systems and championing best practises has been recognized throughout BC and Canada with safety results that are proven to significantly reduce incident risks for workers.

Dazy Weymer was awarded the **2022 Most Valuable Player of the Year Award** in Harvesting. Dazy has spent most his working life in forestry, primarily within the falling sector, with over five decades of experience in BC logging with four of those working as a certified faller. He was a falling supervisor for large falling crews for over 20 years on Northern Vancouver Island where his primary focus was always getting the crew come home safely every night.

Dazy has played a crucial role in the training and development of new loggers, fallers and faller blasters. He has trained over 100 faller blasters through the Danger Tree Blasting Program and has been involved with training over 60 rookie loggers and fallers.



Just One More Day

Corey Hirsch former NHL goaltender, Stanley Cup Champion and Olympic Silver Medalist shared his compelling story on his personal struggles with mental health and how he managed to find the courage to speak up and ask for help.

Corey's presentation was captivating. He candidly walked the audience through his battles with anxiety and depression and how he was plagued with panic attacks and obsessive thoughts throughout much of his NHL career.

Corey explained at just 21 years old he had everything he ever dreamed of. He had just won a silver medal at the Olympics and was a Stanley Cup Champion - hoisting the Cup as a New York Ranger. It was all of his childhood dreams come true! It should have been the time of his life, but it wasn't. Corey's brain was on fire, wracked with deep, dark, intrusive thoughts. Thoughts he could not cope with. They took a severe mental and physical toll on him. He couldn't eat and started wasting away. He avoided celebrations including the ticker tape parade and hid behind his literal mask, pretending he was fine on the outside but fighting himself internally trying desperately to find a way to get away from his dark thoughts. A few weeks later, he would try to take his own life.



He felt as though he was letting everyone down - his teammates, his family and his friends. Due to the stigma, Corey hid his struggles in the NHL for more than 3 years. In the mid 90's, no one cared if you were sick, you just had to get the job done. Mental problems were unacceptable and no one knew the signs of mental illness. In 1995, he was traded to Vancouver. He played in over 100 NHL games all while he continued to fall. At a breaking point, Corey decided he had to speak up and ask for help. He finally reached out to a team trainer who put him in touch with a psychiatrist and he was diagnosed with

OCD. This diagnosis helped Corey finally come to terms and he began to turn his life and career around and get the help he needed.

Today Corey is thriving. He has three children, and is the NHL broadcaster for the Vancouver Canucks on SportsNet Radio. He also uses his life experiences to help raise awareness about mental health issues and ending the stigma around mental health through public speaking engagements and hosting the award-winning podcast *Blindsided*. He is also the author of *The Save of My Life: My Journey Out of the Darkness*. He hopes that by bringing mental health struggles into the light, stigmas will be reduced, and silent sufferers will be given the courage to seek help.

Hazard ID Research and Training for Hand Fallers



Dr. Dominik Roeser

Dr. Dominik Roeser, Associate Professor in Forest Operations at UBC released the findings from a joint research project with SAFER (Safety Advisory Foundation for Education Research) funded by WorkSafeBC's Innovation at Work research grant. The project studied why some hazards aren't identified and how we can view things differently to better identify hazards and help eliminate them before an injury occurs. The research began with studying Hand Fallers as they had the highest risk of severe incidents that could occur.

Dr. Roeser explained that after a workplace incident investigation, we often find out that the hazard that caused the incident was never identified. He then went on to explain the limitations of the human eye and identified how we perceive hazards based on space perception. He described how intuitive physics could allow us to see what "might" occur and that by developing a systematic approach to "seeing safety", we can understand our visual limitations and overcome them by training ourselves to use other visual cues such as angles, colours, shapes and textures to anticipate potential risks instead of just relying on our pre-existing visual markers.

The audience was invited to participate in several visual experiments to see for themselves how our brains are trained to see things in a certain way. Dr. Roeser also revealed new ways of seeing visual cues and explained how they are using the data they have collected from Hand Fallers to design an online course that provides participants with tools and methods for conducting a systematic approach to identify potential hazards in a work environment.

Dr. Roeser ended his presentation by reminding us the "We are responsible for our observations and how we communicate them. Learn to look beyond what you know."

Ways to Reduce Log Load Securement Injuries

FP Innovation's Mithun Shetty, presented the results from his Load Securement study on ways to reduce injuries related to log load securement.

Mithun noted that there were 89 overexertion injury claims between 2013 and 2018 and the majority of those injuries were the result of throwing wrappers causing shoulder injuries and costing more than \$4 million in injury claims.

Mithun went on to show the results of the phased study that evaluated 1) the available industry literature, 2) the tools and techniques to reduce load securement injuries and 3) the automated load securement tools meant to eliminate load securement injuries. Phase 2 of the study is almost complete. This phase captured key data using the Dorsavi Scoring System that measures shoulder and back movement using sensors attached to the study groups. The data measured variable methods of throwing techniques and scored which methods were best to reduce or eliminate shoulder injuries and MSI's.

Four groups in Phase 2 were studied using variable wrapper throwing techniques such as side-arm, underhand and other alternative methods. The study also measured loader assist tools such as throwing wrappers from a platform, Rotatorsaver, Jo's Easy Wrap and a JB Slinger.

The cumulative results from the study groups gave a thorough breakdown of each throwing technique and the assist tools and categorized them into Low Risk vs High Risk. The results showed that the best methods were the Platform underhand throw, the RotatorSave and the JB Sling.

Phase 3 of the study will look into the effectiveness of systems used in New Zealand and Australia to see whether these systems could be adopted in BC.



Mithun Shetty

Champions of Change

WorkSafeBC Falling Team representatives Bud Phillips, Manager of Prevention Field Services and Terry Anonson, OSO Prevention Officer released the newest video series from WorkSafeBC to the VISC audience. 4 out of 5 videos were shown and featured falling supervisors sharing their personal stories of the long-term impact falling incidents have had on themselves and on their crews. These videos highlight the importance of supervision in identifying and managing risk — no matter the size of the operation — and how supervisors play a key role in making sure fallers return home safe at the end of the day.

The WorkSafeBC Supervision and Manual Falling video series include:

1. Champions of Change
2. Challenges for Supervisors
3. Developing Effective Supervisors
4. Supervising to the Level of Risk
5. Support for Supervisors



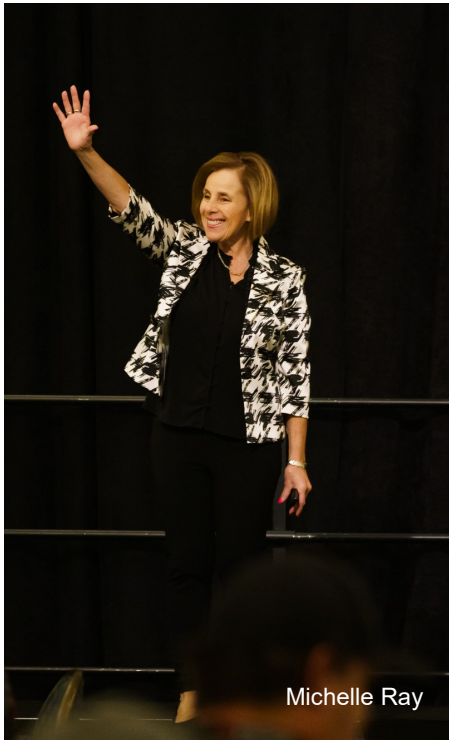
Bud Phillips, Terry Anonson, Patty Bergeron



The first video shown *Champions of Change* was an authentic, heart-felt montage of Falling Supervisor stories that portrayed the emotional impact of losing a crew member. It was followed by the next three videos in the series. *Challenges for Supervisors* provided insight into the types of challenges supervisors face on a regular basis and why supervisors need to know what is required of them and the responsibility they have for maintaining safety

standards in the face of sometimes competing production demands. *Developing Effective Supervisors* showed why training, education, support and relationship-building are critical in ensuring supervisors have the skills they need to do their job. And the final video shown *Developing Effective Supervisors* demonstrated why managing risk is an ongoing process and being able to assess and re-assess conditions in the field is a key skill for supervisors. The fifth video in the series was not shown due to time constraints but the audience was encouraged to visit the WorkSafeBC website to watch *Support for Supervisors* at their convenience. Terry Anonson explained the final video describes that everyone has a role to play in faller safety. He went on to say that when licensees and prime contractors support supervisors, it demonstrates that they respect the authority supervisors have in the field. Support for supervisors is good for business, and employers see a return on investment when they give supervisors the resources they need to do the job.

Safety Leadership: It Starts and Ends with Me



Michelle Ray

Leadership expert, **Michelle Ray**, delivered an insightful, witty and energetic keynote presentation on the power of personal leadership.

Michelle shared her insight on how successful leaders are those with the flexibility to react to a situation and recalibrate their frame of mind to build a trustworthy foundation with those they supervise. Throughout her presentation, Michelle invited VISC delegates to work together to understand how we, as safety leaders, can motivate others and lead on an equal level and focus on what we can control by leading ourselves first. She shared several personal stories about how she was able to reflect on what she could control and what she couldn't when trying to get an audience to positively respond to her. Michelle's examples showed us that we don't really have control over other's mindsets but if we can learn through our own adversity and resilience we can find ways to connect with each other and establish a bond. She went on to explain that stepping outside of your own comfort zone and digging a little deeper to understand someone's mindset will help create a space where someone feels safe and comfortable and allow you to focus on their needs in particular.

Michelle described the 40-10-50 method developed by Dr. Shelley Parker which identifies 40% of us focus on the past, 10% of us focus on the present and 50% focus on the future. This 40-10-50 method encourages people to focus on the 10 and "Upping the 10" so we can lead people in real-time using existing tools that will help lead in our current state.

Michelle reiterated that everyone is capable of leveraging a "do what it takes" model of leadership that will create greater productivity and positive results by aligning your core values with those in your workplace. If we can tap into a collaborative mindset, then we can ensure everyone is on the same page and working towards the same goal. She goes on to explain that character is the key to good leadership and to influence safety in the workplace, good leaders will collaborate on safety with their teams to give each person the confidence to take responsibility for everyone's safety not just their own. Michelle said "Everything centres on mindset." She offered several leadership tips relating to mindset, By honing in on our reactions and responses to different personality types then we can recalibrate the status quo and find ways to re-energize people and motivate them as individuals and not just as a collective group.



Healthy Brain, Resilient Mind| Steps to a Calmer, Happier, Sharper You

The final presentation of the day was from **Terry Small** (aka The Brain Guy) who gave an in-depth look into how our brains function and what we need to do to keep them healthy and resilient to the current state of the world.

“People are currently struggling with anxiety and brain fog. These issues may contribute to an increased risk of workplace accidents” Terry explained. “Your mindset matters and those of us that focus on healthy brain function are less likely to have or cause a workplace incident.”

Terry gave the VISC delegates myriad tips to help increase brain function and strategies to keep our brains balanced and well-adjusted backed by the latest neuroscience research.

Terry’s tips included:

1> When you say something out loud, your memory increases 400%. So if you have trouble remembering someone’s name that you just met, you could say their name first BEFORE you introduce yourself.

2> Stand-up! When you stand-up you burn 15% more calories and 10% more blood flows through your body. When you sit for longer than 20 minutes, your brain is not functioning well. Prolonged sitting is bad for physical and mental health. Terry claimed that “Sitting is the new smoking!”

3> There are 37 chemical reactions that occur in your brain when you laugh. Humour is neuro-wired into your brain and you have to use it to maintain it.

4> Increase your “attention density” by giving your brain a 20 minute break every day. Put your phone away and out of site during your break because it will decrease your attention density by 25% even if its in your peripheral vision. You must allow for intermittent recovery by reducing distractions.

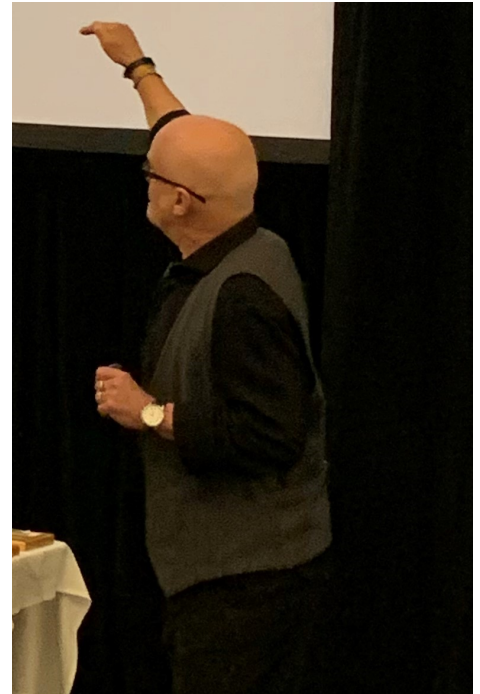
5> Take time to “play”. Schedule it so you are more likely to do it. You need to feed your soul just like you feed your body. Balance is key.

6> Practice gratitude until it becomes effortless. By practicing gratitude regularly, it will become a habit until it is wired into your brain.

7> Ask yourself “are you a net gain or a net loss to the people you work with?” If the latter, take a snapshot of your wellness routines and make adjustments for healthier choices.

8> Read novels. People who read novels make better leaders, have better memory capacity and have better relationship skills.

9> You can reduce the risk of Alzheimer’s by eating walnuts and prunes daily.



Here’s what science says happens when you start & maintain a gratitude log:

- 1) Your long-term well-being increases 10%. That’s the same impact as doubling your income! (Positive Psychology Process)
- 2) 16% fewer physical symptoms (Emons, University of Cal.)
- 3) 19% more time exercising (ibid.)
- 4) 10% less physical pain
- 5) 8% more sleep (ibid.) ... who couldn’t use that?
- 6) 25% increased sleep quality. (ibid.)
- 7) 30% less depressive symptoms (PPP)
- 8) Increased vitality and energy. (numerous studies)
- 9) Significant decrease in systolic blood pressure. (R.W. Shipon, Temple Univ. 2007)
- 10) Gratitude lets you live longer. (Nun Study)

And one more, gratitude makes you look good to others.

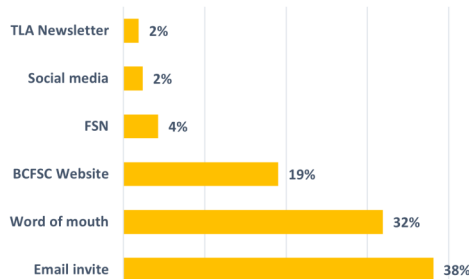


Survey Results

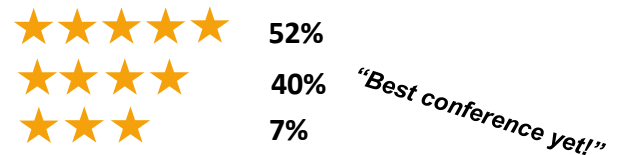
2 24 delegates participated in the Pigeonhole Live Survey providing their feedback on the 2022 VISC Conference. A breakdown of the participants showed that most came from the harvesting sector (46%). The manufacturing sector made up 24% of the audience and over 28% indicated as "Other". There was an almost even split between management (40%) and supervisor roles (39%). Owners made up 9% with the remainder of the audience (12%) made up of students. Over 66% of attendees were a Worker Safety Rep or member of a JOHSC Committee.

The following is a breakdown of the survey results:

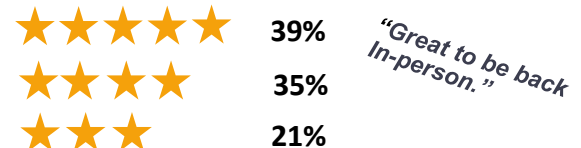
CONFERENCE AWARENESS



OVERALL CONFERENCE RATING



NETWORKING OPPORTUNITIES



KEYNOTE RATINGS

COREY HIRSCH

"Just One More Day"



"Very powerful speech and inspirational."

MICHELLE RAY

Safety Leadership: It Starts and Ends With Me



"Fantastic speaker. Really engaging."

TERRY SMALL

Healthy Brain: Resilient Mind



"Excellent presentation. Very engaging."

PRESENTER RATINGS

ROB MOONEN

Opening & Closing Remarks and Safety Awards



"Informative as always."

DR. DOMINIK ROESER

Hand Faller Hazard ID Research & Training



"Great insight on awareness"

MITHUN SHETTY

Log Load Securement Injury Reduction



"Content was thorough."

WORKSAFEBBC

Champions of Change



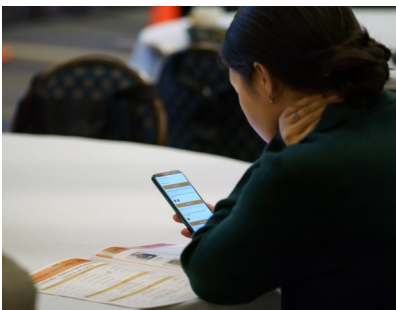
"Hard-hitting and impactful."



2022

Vancouver Island Safety Conference

Conference Moments - courtesy of Carri Wingreen, VISC 2022 Photographer

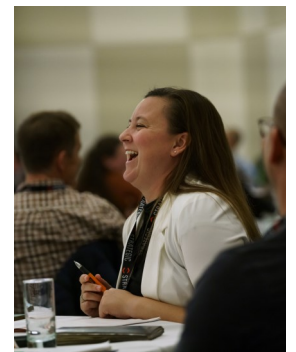




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Conference Moments - courtesy of Carri Wingreen, VISC 2022 Photographer



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