

WORKPLACE HEALTH AND SAFETY SNAPSHOT FOR ONTARIO TREE PLANTERS IN 2015



394

Full-time employees



EVENTS RESULTING IN LOST-TIME INJURY OR ILLNESS

Injury or illness severe enough to require one or more days lost from work



44%

Exposure to harmful substances or environments
(Exposure to caustic, noxious, or allergenic substances.)



38%

Bodily reaction and exertion
(Excessive physical effort, free bodily motion that results in stress or strain on the body, assuming an unnatural position, and repetitive motion.)



19%

All others
(Rubbed or abraded by friction or pressure, fall to lower level, and non-highway incident.)

MOST COMMON LOST-TIME INJURIES

- 7** **Exposure to harmful substances or environments**, for example: contact with skin or other exposed tissue, injections, stings, venomous bites, bee, wasp or hornet sting.
- 6** **Bodily reaction and exertion**, includes injuries and illnesses resulting from repetitive motion, bending, climbing, crawling, reaching, twisting, slipping, tripping, overexertion in lifting, pulling, pushing, carrying or turning objects.
- 3** **All others**, for example: rubbed or abraded by friction or pressure, fall from piled or stacked material, or sudden start or stop in non-highway incident.

OCCUPATIONAL DISEASE



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Noise-induced hearing loss
Workplace Safety and Insurance Board healthcare claims.

Source: Workplace Safety and Insurance Board (WSIB) Enterprise Information Warehouse as of March 31, 2016. RG 033A Reforestation Classification Units 0511001, 0511002. WSN June 2016.

SAFEPLANTING.COM: OFFICIAL ONLINE HEALTH AND SAFETY TRAINING FOR ONTARIO TREE PLANTERS

E-learning helps both new and experienced tree planters understand the challenges

SafePlanting.com is mobile-friendly. Participants can log in to the course from anywhere with an Internet connection, and managers can access administrative features from their preferred device. Upon successful completion of the quizzes in all modules, a certificate is issued to confirm successful completion of the training.

safeplanting.com

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WHMIS 1988-WHMIS 2015

Ontario workers must be trained on both WHMIS 1988 and 2015 until Dec. 1, 2018, and this new WHMIS1988-WHMIS2015 course, jointly designed by Ontario's four designated health and safety associations, includes information on both old and new WHMIS versions to ensure all Ontario workplace health and safety programs meet legal training standards. The half-day course reviews specific requirements for hazard identification and product classification for any workplace that uses, handles, stores or disposes of hazardous materials.

SAFE TRAVEL ON LOGGING ROADS

(Disponible en français)

This half-day classroom training course reviews the hazards of driving company, personal or recreational vehicles on logging roads. It covers the unique physical nature of these roads, how to travel safely on them, and how to prepare a vehicle and driver for travelling on them. Divided into five modules, the course covers the following topics: characteristics and types of logging roads, duties and rights of workers, types of vehicles travelling on logging roads and legislation, safe, defensive, and seasonal driving practices, components of a circle check, and radio communication systems.

MEMBERSHIP BENEFITS

A strong safety culture is a sign of a healthy, productive workplace. As a member of Workplace Safety North (WSN), you're entitled to expert advice and information, including access to classroom and online training programs, on-site meetings, health and safety audits, industrial hygiene testing, ergonomic assessments, specific problem-solving and more.

Safe Workplace Ontario is a voluntary certification program that provides participating firms with all the essentials for setting up and implementing an effective health and safety program.

workplacesafetynorth.ca/consulting/safe-workplace-ontario

YOUR PREVENTION PARTNER

An independent, not-for-profit health and safety organization, WSN and its legacy organizations have been helping make Ontario workplaces safer for 100 years. As one of the four designated provincial health and safety associations, WSN specializes in forestry, mining, and paper, printing, and converting sectors, and is funded by a portion of the dues members pay to the Workplace Safety and Insurance Board. A leading provider of health and safety training and consulting, businesses call upon WSN for expert advice and information.



HAZARD ALERT

ATV OPERATOR SUFFERS FATAL HEAD INJURY AFTER BEING THROWN FROM VEHICLE

WHAT HAPPENED?

A 21-year-old silviculture worker was using a four-wheel all-terrain vehicle (ATV) and trailer to pick up left-over planting materials in a completed block. He was an experienced, qualified ATV operator. He was working alone but had radio and cell phone communications with his supervisor, whom he had spoken to before starting the clean-up job. As he was travelling with the empty trailer along one of the block roads, he encountered an oncoming pick-up truck on a blind left-hand curve. He had to swerve to the right to avoid a collision. He missed the truck but wasn't able to keep the ATV and trailer on the road. As the ATV went off the road, it travelled over a small berm made by the grader and into a slight depression on the other side. The bump apparently caused the operator to fall off the ATV and strike his head on the trailer. He died of his injuries.

WHY DID IT HAPPEN?

The ATV operator was not wearing a helmet. An Alberta study of 64 ATV-related deaths in that province between 2002 and 2006 found that 66 per cent of those killed were not wearing a helmet. Of the ATV operators who died as a result of a head injury, 83 per cent were not wearing a helmet.

HOW CAN IT BE PREVENTED?

When an ATV operator doesn't take basic safety precautions such as wearing a helmet, a seemingly minor mishap can have devastating consequences. The typical hazards associated with ATV use become considerably more severe when an ATV is being driven on a resource road where conditions and traffic are often unpredictable. ATVs weigh several hundred pounds, can travel very fast and are tippy, so they must be driven with caution and good judgement at all times. ATVs pulling trailers are heavier and even trickier to control.

An ATV training program for all drivers is a necessary first step. There are several good training providers available, but the training should meet the Canada Safety Council (CSC) ATV training requirements. ATV operators should also be oriented in the company safe operating procedures for ATVs.

Driving at appropriate speeds at all times is an essential element of ATV safety. Ensuring proper personal protective equipment is also critical. A proper-fitting CSA-approved helmet, eye protection, long pants, proper boots, gloves, and high-visibility clothing go a long way to limit any potential injury.

The most important part of ensuring employees operate ATVs safely is to evaluate their ability to use safe procedures consistently. Supervisors should also monitor workers' operation of ATVs on a regular basis and deal promptly with safety lapses such as not wearing a helmet before they lead to a tragedy such as this incident.

SAFETY TALKS: PREVENTING INJURIES, AND SAFE TRAVEL ON LOGGING ROADS

Communication is key to a healthy and safe workplace

Tree planting is physically challenging work over rough terrain and in extreme weather. Top hazards include physical pains and strains, as well being struck by equipment and objects, such as tree branches and limbs. Travelling in these remote areas on logging roads also presents a challenge. Review the infographic on the front cover keeping in mind statistics do not reflect close calls and near-misses – sometimes the only difference between a warning and traumatic injury can be a matter of inches.

Regular safety talks help raise awareness and prevent injury and illness on the job. Safety talks are an informal presentation on a specific subject by a person chosen to lead the session, followed by a group discussion of the topic, how it applies in your workplace, and what it means to the people who work there. Communication is key – workers are encouraged to raise questions and concerns.

SAFETY DISCUSSION POINTS

Injury Prevention

- The most common activities in which injuries occur involve contact with objects or equipment, including being struck by or against objects such as branches, limbs, or equipment.
- Injured planters give off many signs and signals that they're hurting. Watch carefully for these injury signals in yourself and your fellow workers:
 - Weakness, numbness, tingling, swelling, redness and pain in the wrist, shoulders, back or knees
 - Favouring a shoulder, wrist, arm or leg
 - Trouble straightening up or placing a hand in the small of the back when trying to straighten up
 - A grunt or gasp when making a particular motion
 - Shaking an arm or leg to loosen tight muscles or encourage circulation
 - Padding or modifying tools and personal equipment such as gloves or boots
 - Looking stiff or awkward when working
 - Stumbling frequently when walking
 - Taking frequent or longer breaks
 - More tired than usual
 - A change in attitude – from happy to depressed
- If you have an injury...
 - Report your symptoms to your supervisor
 - Take a day or two away from planting and do light camp chores
 - Get first aid, if appropriate
 - See a doctor, if necessary
- In general, you can prevent injuries if you:
 - Listen to your body and learn the differences between good pain (sore muscles) and bad pain (I am hurting)
 - Recognize and treat symptoms of the injury immediately and properly to reduce further harm (use stretches and ice)
 - Identify poor work practices associated with the onset of pain (bad technique, poor body mechanics, etc.)

Travelling Safely on Logging Roads

- Driving heavy trucks, tracked vehicles and All-Terrain Vehicles (ATVs) requires specialized training, licensing and personal protective equipment (PPE). Do not operate such equipment unless you have received training that's specific to them and you possess the required safety gear.
- Review company safety policy as to who may use these vehicles, training required, and PPE equipment required for riders and drivers, as well as safe operating procedures.
- Logging roads are constructed to move people, machinery and logs but they are not permanent and are not built and maintained to the same standards as roads designed primarily for passenger vehicles. Visibility is often severely limited because of sharp corners and high growth ditches.
- Before driving a company vehicle on a logging road
 - Before using a vehicle, the operator may be required to perform a 'circle check' (walk-around inspection) of the vehicle.
 - Company vehicle policies may also cover such details as the designated driver's qualifications, required communications procedures (usually two-way radio) and rules for passengers such as mandatory seatbelt use and a limit on the number of passengers in the vehicle.
 - Fuel and other onboard items must be safely stowed. Fuel and mechanical assistance, as well as police and emergency medical services, may be many kilometres away.
 - The condition of tires – including the spare tire – should be checked regularly.
 - Emergency supplies – such as tools, first-aid supplies, firefighting equipment and other emergency gear – should be stored onboard. (It's a good idea to keep these emergency supplies in your own vehicle as well.)
 - As an operator or passenger you must be aware of the safe procedures for loading trucks and trailers.
 - You'll also need to know the designated speed limit and other special rules of the road, safety procedures during encounters with log trucks and other working vehicles, as well as the penalties for driving under the influence of alcohol or drugs.