



# Falling

## Getting back to work, safely

2019 has been a taxing year for all those in the logging industry. From mill closures and curtailments in the Interior to the United Steel Workers strike on Vancouver Island, it seems everyone has been affected in some way or another. Eventually this too will come to an end and when it does, the following are reminders for getting back to work, safely:

### Prepare and ensure proper hydration, nutrition and conditioning

As you return to work, adjust your preparation as needed. Be sure to do extra pre-work; stretching to ensure your muscles are warmed up to avoid strains and to get your bush legs back under you.

The BCFSC has many resources available on our website with regards to proper nutrition, hydration and fitness: [bcforestsafesafe.org/node/3013](http://bcforestsafesafe.org/node/3013)

### FALLER FOOD CHART

Working in the woods is hard and top performances depend on your brain and nerves as much as your muscles. Stabilizing blood sugar and staying hydrated can improve your ability to stay alert and react quickly when needed. Choose foods from the GREEN circle to help reduce fatigue and keep your attention level up to 15% higher.

**HOW TO USE THE CHART**

Choose foods from the GREEN circle MOST of the time. If you love a food that is in the RED ring, move inward to the YELLOW or GREEN to find something different to eat that will help keep you at your most alert while working. Save red items for treats on days off!

To keep your blood sugar as stable as possible combine CARBS with PROTEINS as often as possible. CARBS should make up about 2/3 to 3/4 of each snack or meal, while PROTEINS make up 1/3 to 1/4.

FATS take a long time to digest and will delay the energy from the foods you eat getting to your muscles and brain. While you are working choose items from the PROTEIN, CARB or CARBS + PROTEIN + CARB sections rather than the FATS+PROTEIN or CARBS+FATS sections. And keep added FATS to a minimum. The one exception is coconut based fat. If you find that you are being weight or getting hungry all the time try adding a tablespoon of coconut oil to your meals.

Portion size is also important. When you are hiking on steep ground or over long distances your need for calories will go up, if you are GAINING weight you are eating more food than you need, if you are LOSING weight you are not eating enough. Either way it is important to eat BEYOND you get hungry. Split your meals and snacks in half or thirds and eat a SMALL amount EVERY 2 hours to keep your blood sugar stable and your reaction times at their best.

**HYDRATION** choose WATER unless it is very HOT out or you SWEAT heavily. Only then does a sports beverage become needed. Have about a half to whole cup of water every hour. Sip your water helps it stay in your body.

**KEY POINTS** Choose foods from the GREEN circle most often for best performance and good health.

### Slope stability

2017 and 2018 saw major wildfires throughout our province that caused severe devastation to the land. Ensure you are aware of any potential slope stability issues in your work area and adjust where necessary as rain and snow fall will play a part. [www.bcforestsafesafe.org/node/1938](http://www.bcforestsafesafe.org/node/1938)

### Road conditions

These will vary from region to region however expect slippery road conditions as we head into the winter months with increased rain and snow fall.

[www.bcforestsafesafe.org/node/2629](http://www.bcforestsafesafe.org/node/2629)

### Site assessment

When returning to work, a site assessment will be imperative before starting work as the timber stand will have been affected by the elements. Take your time and do it right. [www.bcforestsafesafe.org/node/2950](http://www.bcforestsafesafe.org/node/2950)

### Test your Emergency Response Plan (ERP)

Ensure the ERP is reviewed and tested to ensure that it is up-to-date as things may have changed since the last time you were on site. [www.bcforestsafesafe.org/safety\\_info/forms\\_templates/fallers.html](http://www.bcforestsafesafe.org/safety_info/forms_templates/fallers.html)

### Production Pressure

The mills will be hungry for wood when the industry turns around. Don't rush. Plan ahead, work the plan and make good decisions. [www.bcforestsafesafe.org/node/2795](http://www.bcforestsafesafe.org/node/2795)

If you would like to talk to a falling safety advisor on any falling related matter or schedule a visit, please call toll-free at **1-877-741-1060** or email [faller@bcforestsafesafe.org](mailto:faller@bcforestsafesafe.org)

### MAINTAINING HYDRATION

**FUELING UP**

- Your engine can't run right if the fuel mix is wrong. Do the same for your body to keep your reactions sharp.
- Even mild dehydration can reduce your physical endurance and your ability to stay focused.

**HOW MUCH WATER YOU NEED TO DRINK**

- Drinking small amounts of plain water frequently is the best way to stay hydrated.
- SIP don't chug your water! A small hydration bag helps to make it easy to drink regularly.
- Aim for 1/2 cup of water every 15 minutes of physical work and increase if you sweat heavily.

**PPE + WATER LOSS**

- Summertime temperatures can cause very high sweat rates.
- Working muscle generates a lot of heat, even in the winter.
- PPE restricts heat loss, which makes you sweat even more.

**SPORTS DRINKS**

- Use a sport drink or add a small amount of salt (1/8 tsp) and sugar (1/4 cup) per liter:
  - If you are a heavy sweater.
  - When temperatures are high.
  - When you can't carry much water with you.
  - You see white streaks on a dark work shirt when it dries.

### KEEPING YOUR HEAD IN THE GAME

**POWER SNACKING**

- Your engine can't run right if the fuel mix is wrong. Do the same for your body to keep your reactions sharp.
- Keeping your blood sugar stable can prevent the loss of focus and slowing of reaction time when you are tired or have been working for more than a couple hours.
- Every 2-3 hours stop for a small snack of carbs with low fat protein to fuel up your brain and reflexes.

**CHOOSE CARBS AND LOW FAT PROTEIN**

- Whole grain bread, bagel or wrap with chicken breast or low fat hummus, lettuce, sprouts and tomato slices.
- Fruit with low fat cottage cheese.
- Get a small thermos for soup or stew and bring leftovers.
- Veggie sticks of all kinds with low fat bean or cream cheese dip.
- Low fat baked goods like muffins or breads made with applesauce to replace half of the oil and only half the recommended sugar. Add a few nuts, extra egg whites or dried milk powder to increase the protein content.

**STAY HYDRATED**

- Remember to have a drink of water every 15 min or so.
- Use a frozen water bottle to keep your lunch from spoiling and provide you with cold water to drink.