



Interior Logging Association

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# THE ILA INSIDER

JANUARY 2026

## Happy New Year! Exciting things for 2026!

SUBMITTED BY: TODD CHAMBERLAIN, RFT, ILA GENERAL MANAGER

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Let me start off by saying Happy New Year! 2026 has us moving in to our 7th year with the ILA Insider Newsletter, and our 68th AGM and Trade Show—amazing how time flies!

As we move in to this year, we have a lot of new and exciting things coming. Over the last couple of years we have supplied our resident Business Support Consultant to assist you and continually provide information on programs, funding and training opportunities. This included ILA information and news, social media, the newsletter, and general news from the industry that affects you. We are pleased to announce we have obtained a grant through ETSI-BC and partnered with Community Futures North Okanagan to be able to retain Meagan for another year to work on some exciting new initiatives to support you even better! Stay tuned for upcoming announcements on that project in the future.

We were very actively continuing to advocate, attend meetings and events in the last quarter of 2025, and 2026 has already been off to a great start with the announcement of improvements to the WREST program after recommendations by the ILA based on feedback from our Membership. The wheels are turning, though sometimes slowly, and we will continue to advocate for improvement and change in 2026. Together, we are stronger.

Of course, we are already gearing up for the 2026 AGM and Conference held again this year at the Powwow Grounds and Coast Hotel in Kamloops BC. We will again be having our usual events including the Trade Show, Show 'N Shine, Meet & Greet, Breakfast, Luncheon with Guest Speaker TBD—we are hopeful we can release this soon, and of course our always anticipated Silent Auction and Dinner and Dance! Let's all hope for another year with beautiful warm weather!

Regards,

*Todd Chamberlain, RFT*  
General Manager, Interior Logging Association



EMBRACING A SUSTAINABLE BRAND NEW DAY FOR TIMBER HARVESTING

## FORESTRY IS A SOLUTION: VOICE YOUR SUPPORT FOR JOBS AND COMMUNITIES

SUBMITTED BY: BC COUNCIL OF FOREST INDUSTRIES



## FOR IMMEDIATE RELEASE

Forestry Is a Solution:  
Voice Your Support for  
Jobs and Communities

**PRINCE GEORGE, BC – January 20, 2026** – Today, at the BC Natural Resources Forum (NRF), a broad coalition of forestry workers, community leaders, and industry representatives officially launched a new province-wide platform: **“Forestry is a Solution”**.

The coalition is asking British Columbians to voice their support for the workers and families that depend on forestry – a sector that is vital to the province’s heritage and its future.

“British Columbia has the forests, the workers, and the expertise to lead the world, yet the sector currently faces significant headwinds from global competition, challenging operating conditions, and damaging U.S. trade ac-

tions,” the coalition stated.

“This campaign is about homegrown solutions that use our resources to solve our most urgent challenges—from building affordable housing to reducing wildfire risks in our backyard”.

The initiative centers on a new digital hub, [forestryisasolution.com](https://forestryisasolution.com), which allows supporters to engage directly with provincial decision-makers. Through the site, British Columbians can show their support by signing a petition and sending a letter to their MLA, the Minister of Forests, and the Premier, urging immediate action to strengthen the sector.

The campaign outlines four key priorities for action:

- **Speed up access to economic wood** by expediting permits and approvals.
- **Improve competitiveness** by reducing administrative and regulatory burdens.

- **Fix BC Timber Sales** to ensure a reliable and competitive supply of logs for mills and secondary manufacturing.
- **Support First Nations partnerships** with the tools and capacity needed to expedite referrals and increase revenue sharing.

By focusing on these practical steps, the coalition believes BC can protect tens of thousands of family-sustaining jobs and ensure rural, urban and First Nations communities remain economically strong.

“Forestry is a strategic asset for all British Columbians,” the coalition added. “We are calling on the government to provide a clear path forward that allows this industry to reach its full potential as a provider of low-carbon building materials and a backbone of our provincial economy”.

For more information or to voice your support, visit

[forestryisasolution.com](https://forestryisasolution.com).

## Coalition partners:

- BC Council of Forest Industries (COFI)
- Truck Loggers Association (TLA)
- Alliance of Resource Communities (ARC)
- ResourceWorks
- Interior Logging Association (ILA)
- Interior Forest Labour Relations Association (IFLRA)
- BC Pulp and Paper Coalition
- Private Forest Landowners Association (PFLA)
- Woodlots BC
- Council on Northern Interior Forest Employment Relations (Conifer)
- North West Loggers Association

End

Media Contact:  
[Joern@cofi.org](mailto:Joern@cofi.org)

ILA has partnered with  
 **HearingLife**

*Canada's largest hearing  
healthcare provider*

HearingLife's vision is simple: "help more people hear better." Hearing better matters because when people hear better, they live better. Conversations are easier. Relationships are more rewarding. So HearingLife provides cutting edge hearing solutions through personalized hearing care—a lifechanging combination.

**ILA members can take advantage of exclusive benefits at HearingLife and Network Partner locations. PLUS, these benefits can also be shared with immediate family!**

**Simply mention your ILA membership at any of our  
400+ clinics to receive your exclusive benefits below:**



Save an **EXTRA 10%** on the final purchase price of hearing aids and custom ear plugs\*\*



**360-AfterCare:**  
3 years of all the service and support you need including a 3 year warranty



**50 AIR MILES®** Reward Miles for completing a **FREE** hearing test.\* Up to **2,000 AIR MILES®** Reward Miles with the purchase of select hearing aids\*\*\*



**3 years** of complimentary batteries with the purchase of a hearing aid

Have any questions or want to book an appointment? We are "hear" for you.  
Contact us at **1-833-523-3519**

Promo Code [Contact ILA](#)

\*A comprehensive hearing assessment is provided to adults ages 19 and older at no cost. The results of this assessment will be communicated verbally to you. If you request a copy of the Audiological Report, an administrative fee will apply. Child hearing tests are conducted at select locations for a fee, please contact us for more information. Offer not available in Quebec or for industrial hearing tests. This promotion is valid for select hearing aid models and cannot be combined with more than 1 partner promotion or discount unless stated otherwise. \*\*The extra 10% will be applied to the remaining balance on hearing aids and accessories after all other discounts (if applicable). Offer applies to private sales of select hearing aids and discount is applied after any Government funding has been deducted. Some conditions apply, see clinic for details. AIR MILES available only at participating locations. ® \*\* Please allow 45 days for Miles to be posted to your Collector Account. \*\*\*Reward Miles value is non-transferable and depends on select models purchased.

INTERIOR LOGGING MEMBER SPOTLIGHT

SUBMITTED BY: INTERIOR LOGGING ASSOCIATION

How well do you know our other members? Meet Shelly and the team at Johnstone's Benefits!

We want you to get to know eachother better, so we have created our Member Spotlights. Over time we will introduce you to

the people in your forestry community!

Established in 1983, Johnstone's Benefits began as a small family-owned business built on personal service, strong relationships, and a genuine commitment to supporting employers. What started as a modest operation has grown into a highly

respected provider of employee benefit consulting, brokerage, and third-party administration services.

Please see their ad on the next page for EXCLUSIVE ILA Member offers with Johnstone's Benefits!



Interior Logging Association

ILA MEMBER SPOTLIGHT Johnstone's Benefits

Established in 1983, Johnstone's Benefits began as a small family-owned business built on personal service, strong relationships, and a genuine commitment to supporting employers. What started as a modest operation has grown into a highly respected provider of employee benefit consulting, brokerage, and third-party administration services.

More than 40 years later, the company continues to uphold the same values and vision it was founded on. Today, Johnstone's Benefits supports organizations across British Columbia and Canada with trusted expertise and a client-focused approach.

Based in Burnaby, British Columbia, Johnstone's Benefits are known for our commitment to delivering high-quality, personalized service. One of our most defining values — and something clients consistently appreciate — is our longstanding practice of treating each client as though they are our only client.

What sets us apart is our dedicated team, known for quick responses to emails and the ability to connect directly with a real person when you call — something our clients truly value.

We act as a small business's dedicated benefits department, taking on the time-consuming administration, renewal work, and day-to-day tasks so owners can focus on what they do best: running their business.

We are thrilled to support small businesses, offering solutions that make it possible for even an owner-operator to access quality group benefits.

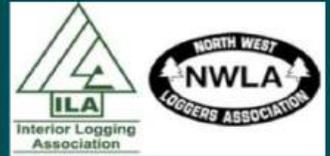
We have been proud members of the ILA community for over a decade, providing group insurance plans to more than 75 ILA and NWLA members. Our connection to this association runs deeper than business — we also have strong family ties to the lumber and forestry industry, making this partnership especially meaningful.

We choose to be part of the ILA family because of the meaningful relationships, shared values, and collaborative spirit within the community. Being part of the ILA allows us to support organizations that value trust, stability, and personalized service — the same principles that guide our work every day.



# ILA Group Benefits Members

Optional coverage is available to ILA and NWLA Association members.



## Optional Critical Illness

Critical Illness insurance provides a lump sum benefit following the diagnosis of a covered condition that can be used any way the insured wishes.



- Conditions covered include Cancer, Heart Attack, Multiple Sclerosis, Parkinson's and more.
- Coverage available to employees, spouses and dependent children under 70.
- You and your spouse may each purchase up to \$100,000 of coverage in units of \$25,000 without medical evidence.
- You can also add \$5,000 or \$10,000 of coverage for your dependent children.

## Health Spending Account (HSA)

A Health Spending Account (HSA) is a flexible and tax-efficient way for incorporated small businesses to provide health and dental benefits to owners and employees. The corporation pays for eligible medical expenses through the HSA, and these reimbursements are 100% tax-deductible to the business and tax-free to the employee. HSA's offer cost control with no monthly premiums, coverage for a wide range of expenses and are easy to administer. For an owner-operated corporation, an HSA is a clear and strategic choice.

PHONE 604-980-6227 | TOLL FREE 1-800-432-9707 | [www.jbenefits.com](http://www.jbenefits.com)

## ARE YOU READY FOR THE SHOW IN APRIL

SUBMITTED BY: INTERIOR LOGGING ASSOCIATION



It's that time of year again! We are already in the final planning stages of the 68th ILA AGM and Conference coming up on April 30th, May 1st and May 2nd, 2026 at the Coast Kamloops Hotel and the Kamloops Powwow Grounds in sunny (let's hope) Kamloops, BC. Here's what you need to know early!

- We have already had several inquiries for sponsorships at our events, as well as vendors reserving space for their displays. The excitement was early this year!
- In the coming weeks, if you are an ILA Member or partner, you should receive a brochure in the mail with all the information you need, and of course

we will be posting on all of our social media outlets (Facebook, Instagram and LinkedIn) as well as emailing information to keep you up to date!

- We have already confirmed the return of the Shawn Lightfoot Band for our Dinner and Dance on the Friday night which is always a great party, and we are in the final stages of being able to announce our Guest Speaker for this year's Luncheon—stay tuned for that announcement soon!
- We will again be offering tickets to our usual events—the Meet & Greet, Breakfast, Luncheon, and Dinner soon!
- There will again be special rates at The Coast Kamloops Hotel as well as the Windgate by Windham Kamloops—we do encourage early booking at these venues and be sure you let them know that you want the ILA Room Rates for the show.
- We have also been contacted by Papa Murphy's

Mobile Food Truck which will be on site this year to feed you fresh delicious food during the show at the Powwow grounds!

- The ILA will once again be having a Silent Auction benefitting the Ty Pozzonbon Foundation. If you are not already familiar with this cause the Pozzonbon's have been a part of the Forestry family for generations and tragically lost their son Ty to suicide, the contributing cause, a diagnosis of Chronic traumatic encephalopathy (CTE). The ILA continues to feel passionate about supporting this worthy cause, raising awareness, research and support for concussive brain injury patients to prevent another loss. If you would like to donate to the Silent Auction please let us know so we know how many items to expect. In past years we have had some very large items and a rush of last minute donations that can make area planning challenging, but we can ALWAYS make it work! We

also encourage advertising with all of your donations!!!

- We will be having the Big Truck Show N' Shine again this year! Please spread the word, everyone is welcome!!! Polish up your beauties and bring them out! Old, new and everything in between!
- Call out for information on show specials! If you are planning on offering a show special, please let us know!!! Send your advertisements to Meagan@interiorlogging.org and we will advertise it for you!

If you have questions about a booth, sponsorships, membership, or anything show related, please contact the office and we will be happy to assist you, or visit the show information page on our website <https://interiorlogging.org/conference-trade-show-program-registration/>

We are excited for our 68th year doing the AGM and Convention and look forward to seeing everyone soon!

*Mark your Calendars!!!*

# 68TH ILA AGM AND CONFERENCE

April 30<sup>th</sup> to May 2<sup>nd</sup>, 2026  
Kamloops Powwow Grounds and  
the Coast Kamloops Hotel



**INTERIOR LOGGING  
ASSOCIATION**

NEED MORE INFORMATION?  
[WWW.INTERIORLOGGING.ORG](http://WWW.INTERIORLOGGING.ORG)  
[INFO@INTERIORLOGGING.ORG](mailto:INFO@INTERIORLOGGING.ORG)

## JOINT STATEMENT ISSUED WITH OTHER AGENCIES

SUBMITTED BY: MNP



In September 2024, the Interior Logging Association (ILA), Truck Loggers Association (TLA), and Northwest Loggers Association (NWLA) engaged MNP to develop a tool to help the BC Forestry Industry calculate hourly rates for equipment used in timber harvesting. The goals for the model are to:

- Reflect the revenues required for a reasonably efficient contractor to operate their equipment

- Present rates that are understood by industry participants and defensible in negotiations

- Be easy to understand and use

MNP engaged industry participants from across the province to understand the required calculations, the sources of information, and how the industry would want to have the information presented. MNP surveyed a selection of companies for their cost information and leveraged other sources of infor-

mation such as published gas prices, equipment pricing, and wage information, and released the first version of the Equipment Rate Model in Spring of 2025. The model is available to be used by the industry at [bctimberharvest.ca](https://bctimberharvest.ca).

MNP and the three industry associations have been reaching out to users of the model and compiling the feedback that they have heard. Opportunities for improvement included a desire to categorize the equipment to align with other models. This feedback expressed satisfaction with the interface, the usability of the model, and the information that was presented in the model. However, a need was identified to improve the information that was used the operating costs within the model, including fuel usage, as well as some alterations to the profit and risk calculations.

MNP has addressed some of the functionality improvements and the profit and risk calculations this summer and rolled out the improvements in the fall of 2025. This includes a link to a

recording of the webinar that MNP hosted when the model was first released to the industry.

Accurate information will always be the driving force of the Equipment Rate Model. As more information is collected, the model will continue to be more accurate. Currently, MNP is working with the three associations to update the Equipment Rate Model to address the feedback that has been received from industry participants. A new survey has been started to collect additional information surrounding the equipment being used in the industry, specifically the costs of owning and operating the equipment in real situations across British Columbia.

The survey participants have been randomly selected from operators who are currently registered users of the model. The survey asks what equipment is owned by the operators and what information they have regarding the costs associated with operating their equipment. Follow-up interviews are being scheduled and conducted to collect the operating cost information.

As part of the model update, the

equipment is going to be presented in categories rather than by each individual piece of equipment. This will align more closely with industry standards and will help to streamline the model and improve ease of use.

The tool is driven by input from the Forestry industry and is continuously evolving. Data and information contributions and feedback related to the tool can be sent to:

[feedback@bctimberharvest.ca](mailto:feedback@bctimberharvest.ca).

MNP monitors this inbox and aims to respond back to all emails within 2 business days.

MNP is working closely with representatives from the ILA, TLA, and NWLA to incorporate their experience, expertise, and guidance as the Equipment Rate Model evolves. MNP has regular meetings with their representatives to ensure that the Model aligns with the needs of industry.

The Equipment Rate Model is available for use and is designed to help you make informed, data-driven decisions. A recording of the instructional webinar is available on the website. You can register and utilize the model at [bctimberharvest.ca](https://bctimberharvest.ca).

**INTERIOR LOGGING BOARD OF DIRECTORS SPOTLIGHT**

SUBMITTED BY: INTERIOR LOGGING ASSOCIATION

We know you, but how well do you know us? Meet Trish Balcaen, the Interior Logging Association Board Of Directors First Vice Chairperson.

We want you to get to know all of us better, so we have created our Board of Directors Spotlights. Over time we will introduce you to each of our Board Members and tell you about their connection to the

forestry sector, areas of expertise, and why they choose to sit on the Board for the Interior Logging Association. These will be posted on our social media like Facebook, Instagram and LinkedIn.

We pride ourselves on having a diverse, well rounded and experienced board who are well versed in the Forestry industry and the challenges we all face.

These are the people out there working and advocating for YOU!

Follow us for all of the most up to date announcements and information!



LinkedIn



**Interior Logging Association**

**BOARD OF DIRECTORS  
SPOTLIGHT  
Trish Balcaen**

Meet Trish, our First Vice Chairperson of the Interior Logging Board of Directors from Vernon BC.

Trish has been in and around the forest industry for most of her life. In 1996, Trish became the first Female Chairperson for the Interior Logging Association Board Of Directors, and was also a Director for the BC Forest Safety Council.

Trish led her family's company, Balcaen Consolidated, from 1993 to 2004 before joining the Province. There, she advanced woodlot and community forest pricing reforms, served as South Island District Manager of Forests, and led the development of First Nations consultation and mining revenue-sharing agreements. She later oversaw environmental assessments for LNG, oil and gas, mining, and clean energy projects, becoming Chief Negotiator and ultimately Assistant Deputy Minister for Indigenous negotiations.

Trish returned to the family businesses in 2021 and rejoined the ILA Board. She explains, "We're in a pivotal time of transition in the forest industry. Now is the moment to drive sustainable change in stewardship, partnerships, and wildfire mitigation. We need to see immediate change in policy, permitting and pricing. Government must shift from concept to delivery – it isn't right to say that tariffs are the only problem. And she believes that that loggers are deeply skilled, hardworking, community-driven people who deserve strong advocacy from the ILA – these are the people that will be protecting communities when wildfires threaten."

We thank Trish for her dedication not only to the ILA, but to the forestry sector as a whole.



## CONNECTION TO CARE MENTAL HEALTH SUPPORT PROGRAM LAUNCHES

SUBMITTED BY: BC FOREST SAFETY COUNCIL



## BC Forest Safety

### FOR IMMEDIATE RELEASE

BC Forest Safety Council Launches “Connection to Care” Mental Health Support Program for Forestry Workers

**Nanaimo, BC – January 13, 2026** – The BC Forest Safety Council (BCFSC) is proud to announce the launch of [Connection to Care](#), a free, confidential mental health support service designed to help forestry workers across British Columbia. This initiative officially began on January 5<sup>th</sup>, 2026, and will run until December 31<sup>st</sup>, 2027, offering vital upstream mental health care to thousands of workers in the forest sector.

The forestry industry faces unique challenges, and recent economic uncertainty has amplified mental health concerns among workers. Recognizing this, BCFSC has partnered with the BC Association of Clinical Counsellors (BCACC) and the BC Municipal Safety Association (BCMSA) to deliver a call-in service that connects workers with

qualified mental health professionals, including Registered Clinical Counsellors (RCCs) and graduate-level practicum students. The service is available Monday to Friday, 8:00am to 8:00pm.

“Mental health is a growing concern in BC forestry and we know that stigma and lack of access can often prevent workers from seeking help,” said Rob Moonen, CEO of BCFSC. “Connection to Care can help break down those barriers by providing confidential, accessible support when it’s needed most at no cost to anyone in forestry who needs it.”

### Program Highlights

**Free, Anonymous & Confidential:** Available to **all forestry workers across British Columbia**—no matter your role, experience or sector. Whether you work in silviculture, harvesting, log hauling, sawmills or wood-pellet operations, this

service is here for you.

If you’re part of BC’s forestry workforce **in any capacity**, you’re welcome to call. It’s free, anonymous & confidential.

**Accessible Support:** Call 778-247-2273 (CARE) to speak with a trained mental health professional. The service is available Monday to Friday, 8:00am to 8:00pm.

**Immediate Help:** You do not need to be in crisis to use this service—sometimes a conversation is all it takes.

**Qualified Care:** Support provided by RCCs and practicum students under clinical supervision.

**Goal:** To help prevent mental health challenges from escalating, fostering healthier and safer workplaces.

Mental health and wellbeing matter. [Connection to Care](#) provides compassionate listening, confidential conversations, and guidance to connect callers with resources tailored to their

needs or referrals for longer-term therapy.

### Proudly Supported By:

This program is proudly supported by the Western Forestry Contractors Association, Interior Logging Association, Truck Loggers Association, United Steelworkers, Wood Pellet Association of Canada and Council of Forest Industries.

For more information about the Connection to Care program, visit [connectiontocare.ca](http://connectiontocare.ca) or contact BCFSC at [info@bcforestsafesafe.org](mailto:info@bcforestsafesafe.org).

### Media Contact:

Michele Fry, Communications Director  
BC Forest Safety Council  
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Website: [www.bcforestsafesafe.org](http://www.bcforestsafesafe.org)



CONNECTION  
TO CARE



MONDAY - FRIDAY 8AM - 8PM

778-247-2273 (CARE)



Connection to care is a **FREE** phone service providing anonymous and confidential support to BC Forestry workers.

A PARTNERSHIP BETWEEN:



BC Forest Safety

Your mental health and wellbeing matters.

[ConnectionToCare.ca](http://ConnectionToCare.ca)



Interior Logging  
Association

*Not an Interior Logging Association Member yet?  
Membership has its benefits!*

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TO JOIN TODAY**



EMBRACING A SUSTAINABLE BRAND NEW DAY  
FOR TIMBER HARVESTING

**HAND AND ARM VIBRATION SYNDROME , BY DR. DELIA ROBERTS**  
 SUBMITTED BY: BC FOREST SAFETY COUNCIL



Power tools are a mainstay for many who work in Forestry. They make the work easier, but unfortunately vibrations produced by these tools are transferred into the body where they can damage a number of tissues. Chronic vibration exposure is associated with the development of painful symptoms, known as Hand and Arm Vibration Syndrome (HAVS). In this debilitating disease, damage to the nerves and blood vessels of the hand and arm lead to circulatory and neurological impairments, as well as increasing the risk of developing musculoskeletal injuries. Over time, the damage can become permanent and interfere with the ability to work and perform even the most basic tasks of daily life. Hence, it's very important to be aware of the symptoms so as to be able to identify them as early as possible, self-monitoring is critical to avoid HAVS.

It's estimated that about 10% of the Canadian workforce use hand-held power tools. The very strong association of chronic vibration exposure with HAVS suggests that there are between 72,000 and 144,000 cases of HAVS in Canada. Based on meta-analysis of the literature, the risk of developing HAVS has been reported as 4-5-fold more likely in workers exposed to hand and

arm vibration. However, the actual number is unknown because identification of HAVS is complicated by a number of issues. Symptoms are generally under-reported because the main treatment for HAVS is to stop the vibration exposure, which can result in a loss of livelihood. Even if symptoms are reported, not all medical practitioners are up to date with how to diagnose HAVS. For example, more recent research has shown that neurosensory symptoms appear with a 3-fold shorter exposure period than the more commonly assessed vascular symptoms. Newly developed tests for biomarkers show promise but are not generally used. It is thought that as many as 50% of workers exposed to vibrations on a regular basis will develop the disease within 2 years, however, there are no available accounts of how many cases of HAVS actually occur in forestry in BC or elsewhere. British Columbia is one of the few provinces that has specific limits for vibration exposure and WorkSafeBC has accepted HAVS cases for compensation, but there is no separate reporting category for this disease.

The factors that contribute to the development of HAVS include the magnitude and

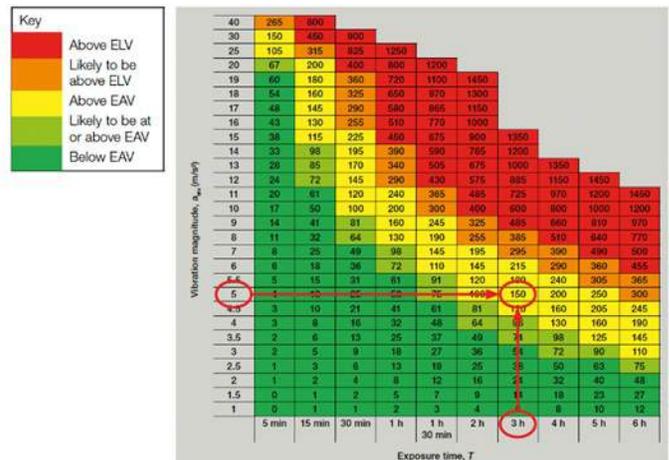
character of the exposure. Frequency, amplitude, direction and duration (both total duration and bursts of exposure without changing grip, body position or a momentary break) are important and charts like this one below are available to help evaluate the risk.

Exposure Points Ready-Reckoner (from Control of Vibration at Work Regulations)

2005, Health and Safety Executive, UK. [Published by TSO Online.](#)

However, even the assessment of vibration is complicated. Manufacturers of tools are required to report the level of vibration produced by the tool, but this is only an indication of what will be experienced during use. There is no gold standard method for vibration measurement and there are problems with the accuracy of all

the available methods. In addition, the vibrations associated with any given tool change based on the conditions of use, like the density of the material being worked with and the age and maintenance status of the tool to name a few. Transfer of the vibrations generated by the tool into the body can be affected by the material interface. Wraps and gloves, damping surfaces and similar strategies have been employed to try and lower exposure. Unfortunately, many of these approaches have not been successful and in some cases can even increase vibration exposure. Anything that changes the gripping surface of the tool can alter how hard the tool must be held. The tighter the grip is, the more vibration is transferred into the body. A tight grip also restricts blood flow and compresses tissues, so the damage resultant from the vibration is



- Using the exposure points ready-reckoner**
- 1 Find the vibration magnitude (level) for the machine or process concerned (or the nearest value) on the grey scale on the left of the table.
  - 2 Find the exposure time (or the nearest value) on the grey scale across the bottom of the table.
  - 3 Find the value in the table that lines up with the magnitude and time. Table 5 shows how it works for a magnitude of 5 m/s<sup>2</sup> and an exposure time of 3 hours: in this case the exposure corresponds to 150 points.
  - 4 Compare the points value with the exposure action and limit values (100 and 400 points respectively). In this example, the score of 150 points lies above the EAV. The colour of the cell containing the exposure points value tells you whether the exposure exceeds, or is likely to exceed, the exposure action or limit value.



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## HAND AND ARM VIBRATION SYNDROME , BY DR. DELIA ROBERTS CONTINUED...

SUBMITTED BY: BC FOREST SAFETY COUNCIL

increased. This is particularly problematic for outdoor workers, where cold and wet conditions further reduce blood flow to the hands. Body posture also contributes to the risk of developing HAVS. When muscles, ligaments and tendons are already under load, exposure to vibration seems to cause more damage. Individual variance is also a factor; some people seem to be more sensitive to vibration exposure.

The symptoms of HAVS can appear within weeks to years of vibration exposure. They usually begin slowly; those working with power tools should be alert for any tingling or prickling or 'pins and needles' sensations in their hands. These are symptoms of nerve damage. Another early sign is a whitening of one or two fingertips, which is what leads to HAVS having been known historically as White-finger Disease. Eventually, this blanching can progress to include all the fingers and reach all the way down to their bases which indicates damage to the small blood vessels. When blood flow returns to the whitened areas the tissues can flush and become very painful. In fact, HAVS is associated with a 7-fold greater increase in the risk of developing Raynaud's Phenomenon, a painful disease where blood flow to the fingers is intermittently reduced. Over time there may be numbness with a loss of sensation to touch and a weakening of grip strength. There is also an increased risk of developing carpal tunnel syndrome, approximately 1/3 of HAVS cases experience this painful wrist condition. Vibration exposure can also cause damage to tissues beyond the upper extremity. Reports have been made of increased risk of circulatory and neurosensory problems in the feet of those

chronically exposed to vibrations. In addition, the combination of noise and vibrations appears to increase the damage caused by either of these two occupational hazards alone.

There are ways that you can reduce your risk of developing HAVS. First and foremost, be aware of the signs and symptoms and speak to your health care provider immediately if they develop. Remember that if HAVS proceeds the damage to the nerves and blood vessels of your hand and arm will result in permanent disability. However, if adjustments are made immediately upon the appearance of symptoms, you may be able to continue working without problems.

- Adjusting your grip and posture frequently can help, even short breaks to allow blood to circulate and to unload the nerves and tissues to relax are a good idea.
- Wiggle your fingers and shake out your hands and arms to help increase blood flow whenever possible.
- Keep your power tool in good working order, cleaning, sharpening, lubricating and inspecting for damage frequently. The more efficiently it functions the less force will be required to complete the job, and the less pressure will be required by your hands and arms.
- For similar reasons, use good postures and the best possible ergonomics. HAVS

increases the risk of developing musculoskeletal injuries so there are several reasons to take the time to position your body as best as possible. Again, good body positioning will decrease the strength that you have to exert with your hands and arms, helping to maintain blood flow and reduce the stress on your joints and connective tissues.

- When purchasing a new tool, look for those with lower vibration characteristics and good ergonomic design.
- For older devices, there are a number of different ISO 10819 standard anti-vibration gloves and wraps on the market and they may be worth trying. Make sure that the fit is very good and that they do not end up increasing the amount of force required to grip and handle your device. It's also important that the glove or wrap has been tested with your specific device because research has shown that the materials used for damping vibrations can resonate at some vibration frequencies and directions of vibration and actually result in increased exposure to lower frequency vibrations. It is these lower frequency vibrations which are the ones that are the most damaging. WorkSafe BC has done some testing in this area and may be able to provide assistance in determining whether any of these products are helpful to you.
- Maintain good body temperature and consider battery powered warming gloves during colder seasons, but again, they must allow a

good enough level of dexterity that you can manage your tool without increasing how hard you have to grip.

- One very promising development is the use of vibration-damping carbon-fibre composites in aftermarket handles. A project is currently underway in BC to test this approach for several commonly used chainsaws.
- Another thing that you can do to reduce your risk of developing HAVS is to stop smoking, vaping or chewing tobacco. All of these habits increase the risk of damage to the small blood vessels throughout the body.

If you work with power tools it is essential that you self-monitor for any whitening of your fingers or tingling and numbness in your hands. Ignoring these early indicators of HAVS can lead to permanent damage and significant loss of function. Get into the habit of taking micro-breaks to shift position, relax your grip and let your tissues recover. It might take a few minutes longer to complete your task but it can keep you working in the long term.

For more information and to access free HAVS Awareness Posters:

- [Centre for Research Expertise in Occupational Disease](#)
- [Government of BC Ministry of Energy, Mines and Low Carbon Innovation](#)
- [Canadian Centre for Occupational Health and Safety](#)



**Community Futures North Okanagan offers programs and services to help businesses thrive. We provide support so you can focus on what truly matters.**



### **Finding Staff**

Struggling with hiring? Our Employer Support Services specialists help you navigate the labor market, overcome hiring barriers, and attract and retain the right talent. We'll work with you one-on-one to build a strong team, allowing you to focus on growing your business.



### **Business Loans**

As a community-minded lender, we offer flexible business loans for start-up capital, seasonal needs, or expansion. Whether you're just starting or looking to seize new opportunities, we provide the capital and business advising to help your dreams become reality. Your success benefits the entire community.



### **Selling Your Business**

Ready for a change? We help you create a succession plan to ensure a smooth, rewarding sale of your business. Attract the right buyer quickly, get a strong offer, and transition confidently to your next adventure.

**Book an appointment: [Click Here!](#)**

**WREST PROGRAM UPDATE**

SUBMITTED BY: INTERIOR LOGGING ASSOCIATION



We were very excited to be able to share with our membership on June 25th, 2024 that the Wildfire Reduction Equipment Support Trust (WREST) grant was finally made available!

We were even happier to hear the Trust is now reimbursing the lesser of the 25% of the total cost of Specified Equipment as opposed to the former 10%.

In a post made by Ravi Parmar, Minister of Forests on January 19th, 2026 on LinkedIn, he had the following to say:

*“Over the past two years, the Wildfire Reduction Equipment Support Trust (WREST) has helped contractors doing critical wildfire risk reduction work by covering 10% of the cost of new and used logging equipment, as well as equipment modifications.*

*Speaking to the Truck Loggers Association, I was pleased to announce an important expansion: the Trust will now cover 25% of the purchase cost.*

*This matters. The equipment needed to do this work can cost up to \$1 million, representing a massive upfront investment for contractors. As of Q3 alone, the program has already supported the purchase of 45 pieces of equipment. Expanding the coverage means real savings in the pockets of the people doing the hard work of protecting communities and landscapes from wildfire.*

*A big thank you to the Interior Logging Association and Todd Chamberlain for leading the advocacy on this change. This is a practical step that strengthens our wildfire efforts while backing the*

*contractors who make this work possible. “*

We want to encourage members to apply as they acquire new equipment and upgrade existing.

**Purpose of the Trust:**

The Wildfire Reduction Equipment Support Trust (WREST) was created on May 21, 2024 by the Trustee of the Coastal Logging Equipment Support Trust (CLEST) after the purpose of the CLEST was completed. The WREST was seeded with a contribution of the approximately \$5.25 Million in the CLEST at that time, and the CLEST was subsequently wound up.

The purpose of the WREST is to help Eligible Contractors purchase Specified Equipment that will be used in BC forestry operations to accomplish all of the following functions:

- Remove combustible materials (including small trees and brush) from the forest floor and other parts of the forest understory- Transport such removed material to a roadside location from which the material can be accessed for:

sale, or

transport to purchasers or other

users, whether for processing as wood fiber or for chipping or burning

- While performing the foregoing functions, maneuver between existing trees without damaging larger trees that are intended to remain standing, without creating significant ground disturbance, and keeping tracks or grooves in the soil to a minimum.

The immediate goal of the WREST is to provide reimbursement for the lesser of 25% of the total cost of this Specified Equipment or \$100,000. The intent is that this reimbursement will encourage contractors to invest in this equipment and put it to use to reduce the risk of wildfire in British Columbia.

For more information and to apply for the grant please go to <https://wrestrust.ca/>

To apply click here:

<https://wrestrust.ca/eligible-equipment-reimbursement-application-form/>

If you require assistance, please contact Meagan Preston, our Forest Impact Recovery Business Advisor at [meagan@interiorlogging.org](mailto:meagan@interiorlogging.org)

FIND US ON:



**MARK YOUR CALENDARS!!!**

**INTERIOR LOGGING ASSOCIATION'S**

**68TH AGM AND CONFERENCE**

**APRIL 30<sup>TH</sup> TO MAY 2ND 2026, KAMLOOPS B.C.**

Thank you to everyone who came out to make our 67<sup>th</sup> AGM and Conference in May a success!

We look forward to seeing everyone next year!



EMBRACING A SUSTAINABLE BRAND NEW DAY FOR TIMBER HARVESTING

# Welcome to **Specsavers Corporate Eyecare**



We've been providing eyecare and eyewear in locations around the world for about 40 years now. So, while we're pretty new to Canada, we've always been about making affordable eyecare and eyewear accessible to everyone.

## **Why your eye health matters**

An eye exam is similar to having a check-up with your physician, although a lot of people don't see it that way. Because getting an eye exam is not just about checking how well you can see, it's also an important eye health check. In fact, an eye exam can detect serious health issues, including high blood pressure, diabetes or glaucoma. We use an advanced 3D eye scan, called an OCT (optical coherence tomography), for every patient, to make sure that there's a record of your eye health and that your optometrist can detect the earliest signs of eye conditions before they become a more serious problem.

## **What we offer**

- 30% off lens upgrades exclusive to all members.
- Comprehensive eye exams with an independent optometrist, including diagnostic testing and OCT scanning as standard, from \$99.
- A range of glasses styles, starting from just \$69, as well as designer brands from \$99, contact lenses and lens upgrades to choose from.
- Make your vision insurance benefits go further with our two pairs of glasses from \$149 offer.
- Great offers and promotions for your company throughout the year.
- With over 33 locations (and counting) in British Columbia, you're sure to find a location with a friendly team of optometrists and opticians near you.
- Most of our locations are open seven days a week, so it's easy to drop by at a time to suit you.

## **Ready to start?**

You're already signed up, which means that you're ready to take advantage of some great eyecare and eyewear perks.

All you need to do is drop by your nearest Specsavers to get started. Just bring along the code for 30% off lens upgrades and something to confirm you're a member and we'll sort out all the rest for you.

Call the ILA Office for Promo Code

**Book an eye exam today at [specsavers.ca](https://www.specsavers.ca)**

### **Terms and conditions**

Discount only available for ILA members on presentation of proof of employment and voucher in store. Offer can be used in conjunction with our two pairs from \$149 offer. Offer cannot be used in conjunction with any other vouchers or offers including when you purchase a single pair of glasses from our \$149 range and above, as a lens upgrade is already included in this bundle. Excludes safety eyewear. Discount is applied before taxes. No cash surrender value. Cannot be applied to past transactions. Offer details are subject to change. \$99 eye exam. Applies to comprehensive eye exam. Eye exams are provided by independent optometrists. Prices may vary by location. Contact store for details. Additional charges may apply for other optometric services dependent on the patient's health requirements. Such additional charges may be covered by provincial health care plan for eligible patients. Glasses from \$69: includes single-vision lenses. Two pairs with vision insurance: includes standard single-vision lenses.

**Specsavers**

**BCFSC ANATOMY OF A TIP-OVER WORKSHOP**

BY DORIAN DERESHKEVICH, BCFSC MANAGER, TRANSPORTATION SAFETY PROGRAMS



Timber harvesting operations across British Columbia continue to shift towards more challenging terrain and steeper slopes, making it increasingly difficult to safely and efficiently access fibre. The introduction of winch-assist harvest systems and advancements in specialized steep slope conventional ground-based equipment has helped reduce hazards and improve overall safety. However, operators and equipment are being pushed to their safe operating limits and there has been an increase in the number of tip-over incidents as a result.

**Licensee-Initiated Training**

Mosaic Forest Management (Mosaic) has emerged as an industry leader in addressing this issue and has developed an internal “Anatomy of a Tip-Over (AoT) Workshop” to raise awareness among frontline workers. The workshop focuses on the causes that

contribute to tip-overs and strategies to prevent these types of incidents. The target audience includes equipment operators and contractor supervisors, accompanied by licensee operations staff and senior layout engineers.

The workshops are designed to be interactive with participants encouraged to share their experiences and strategies for safely operating on steep slopes. To date, fifteen workshops have been delivered, and Mosaic has experienced a notable reduction in the number of tip-over incidents in their five-year accident data trend.

**Expanding the Program**

Mosaic has authorized the BC Forest Safety Council (BCFSC) to use their AoT workshop materials to develop an industry-wide training and awareness initiative. The BCFSC AoT workshop materials are currently being developed with sessions planned for delivery in spring 2026. Building upon the success of the original Mosaic workshop program, the BCFSC training materials are being developed with a focus on:

- Identifying contributing factors that lead to

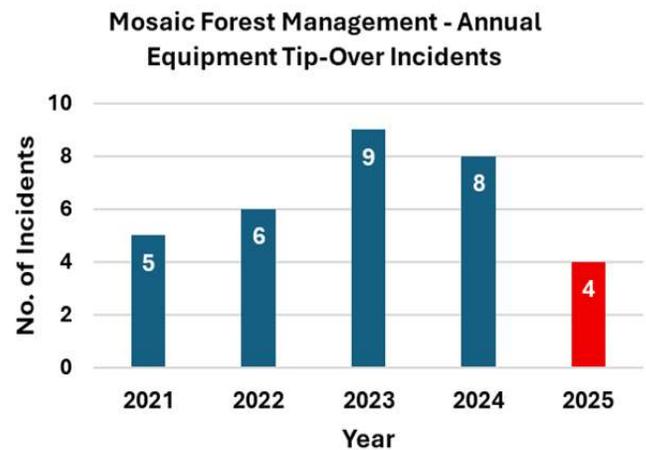


equipment tip-over incidents

- Hazard and risk assessment procedures
- Planning and layout standards
- Equipment and human limitations
- Best practices to prevent tip-over events

Workshops will be facilitated by an experienced operator who can relate to the challenges attendees face while performing their job duties. To encourage active engagement, workshop size will be capped at a maximum of 20 participants. Sessions are anticipated to run 3–4 hours, depending on the level of participant engagement.

If you are interested in hosting an AoT workshop session, please contact BCFSC Transportation Safety at: [transport.admin@bcforestsaf.e.org](mailto:transport.admin@bcforestsaf.e.org) or call 250-562-3215.



Truck Logger BC is published quarterly by the Truck Loggers Association in partnership with the Interior Logging Association and North West Loggers Association. This magazine is distributed to over 10,000 readers who rely on the forest industry across British Columbia for their livelihoods. It is the pre-eminent source for timber harvesting and forestry perspectives, information and updates. Get Truck Logger BC Magazine delivered to your door for FREE! Click on the link to be re-directed and sign up!



# Savings Program



- ✓ Reserve ahead and save
- ✓ Lowest rates available on the app or online
- ✓ Optional detailing and oil change services
- ✓ Complimentary EV charging at select locations

## Interior Logging Association Members Reserve and Save on Airport Parking

With a network that spans coast to coast, Park'N Fly is focused on providing our customers with cost-effective parking options while enjoying a park happy experience with every stay. To access your member discount and save you have three options:

- 1. Reserve via Park'N Fly App:** Easily reserve your next parking stay using the Park'N Fly app and get the lowest rate! Plus, save your payment information to your reservation and you'll be able to check in and out from the convenience of the app. Download today or click to learn more at [www.parknfly.ca/app](http://www.parknfly.ca/app).
- 2. Reserve as a Rewards Member:** Existing Park'N Fly Rewards members, sign into your rewards account, and access the lowest parking rates by saving your corporate discount code to your profile. Sign into your account via the Park'N Fly Canada app or online at [www.parknfly.ca/rewards](http://www.parknfly.ca/rewards).
- 3. Reserve Online:** Click *RESERVE ONLINE* (to the right), select your preferred location, and enter your travel dates and times to reserve your next parking stay.

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Association rates are discounted off regular rates. Various conditions apply. Rates are subject to change. Park'N Fly Rewards Program not applicable in Halifax. Enrollment in Park'N Fly Rewards is temporarily suspended. The existing Park'N Fly Rewards program will be discontinued effective December 31, 2023. Updates regarding the new Park'N Fly Rewards program will be posted at [www.parknfly.ca/rewards](http://www.parknfly.ca/rewards). Please visit [parknfly.ca](http://parknfly.ca) and enter your corporate discount code to validate rates. \*Taxes, surcharges, and car care services are excluded from corporate pricing. Aeroplan not available at Montréal location. \*Aeroplan is a registered trademark of Aeroplan Inc., used under license. \*The Air Canada maple leaf logo is a registered trademark of Air Canada, used under license. Park'N Fly is a registered trademark of 1884901 Alberta Ltd. Updated August 2023.



[www.parknfly.ca](http://www.parknfly.ca)



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## Spread the News!

### ILA Scholarships will be offered again in 2026!

#### Available Scholarships

The ILA awards four scholarships annually to students preparing for a bright, beautiful future in BC's forest industry. We offer the following:

- **\$2,000 FORESTRY SCHOLARSHIP**
- **\$1,000 MEMBER SCHOLARSHIP**
- **\$1,000 MEMBER TRADES SCHOOL SCHOLARSHIP**
- **\$1,000 ASSOCIATES SCHOLARSHIP**
- 

**Applications will close July 31, 2026** Applications postmarked later than July 31 will not be considered.

The Fine Print Scholarships are awarded as soon as possible after the closing date of July 31. Payment will be made upon confirmation of registration in a full-time program of studies. In the event that no candidate has reached an acceptable standard in any or all scholarship categories, the scholarship committee may elect not to make an award. They may also, at their discretion, make lesser awards to more than one candidate in a category.

Download your [ILA SCHOLARSHIP APPLICATION FORM](#) by clicking on the link.

Looking for funding? Opportunities arise all the time through the Province of BC



Click on the picture link above and check back often for new funding avenues!



## We now have advertising opportunities available in the ILA Newsletter!

To secure your quarter, half or full page advertising space contact us today!

Email: [todd@interiorlogging.org](mailto:todd@interiorlogging.org)

Call: (250) 503-2199

## CONTACT US

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**Todd Chamberlain, RFT, General Manager**

E-mail: [todd@interiorlogging.org](mailto:todd@interiorlogging.org)

*Forestry is British Columbia's founding industry and logging is its lifeblood.*

*The Interior Logging Association knows the importance of timber harvesting to BC's economy and has been a strong and unifying voice for its members since 1958.*

*The strength of the Interior Logging Association lies in the commitment of our members to work together to secure a thriving industry that supports our local communities and economy—one that embraces a sustainable brand new day for timber harvesting.*

**CHECK OUT OUR WEBSITE!**

**[WWW.INTERIORLOGGING.ORG](http://WWW.INTERIORLOGGING.ORG)**

