



October 10, 2025
Port Alberni, BC

QUARTERLY SAFETY MEETING

Have the courage to care





Agenda

- Quarterly Celebrations
- Team Roles
- Professional conduct on the job
- Roc-Star's Integrity
- Safety Courses
- Bear Dens
- Near Misses and Toolbox Talks
- Over blast vs rock hazards
- Rock truck in Doobah
- Timecards
- SiteDocs
- ERP Drill
- Pick up service checks



Quarterly Celebrations

New Faces

Established long term working relationship with MaMook

Continued working relationship with Tsawak-qin

No loss time incidents

Safe working hands

Pickups safe on the road





Team Roles



Charge Hands - Provide Supervision in the Field

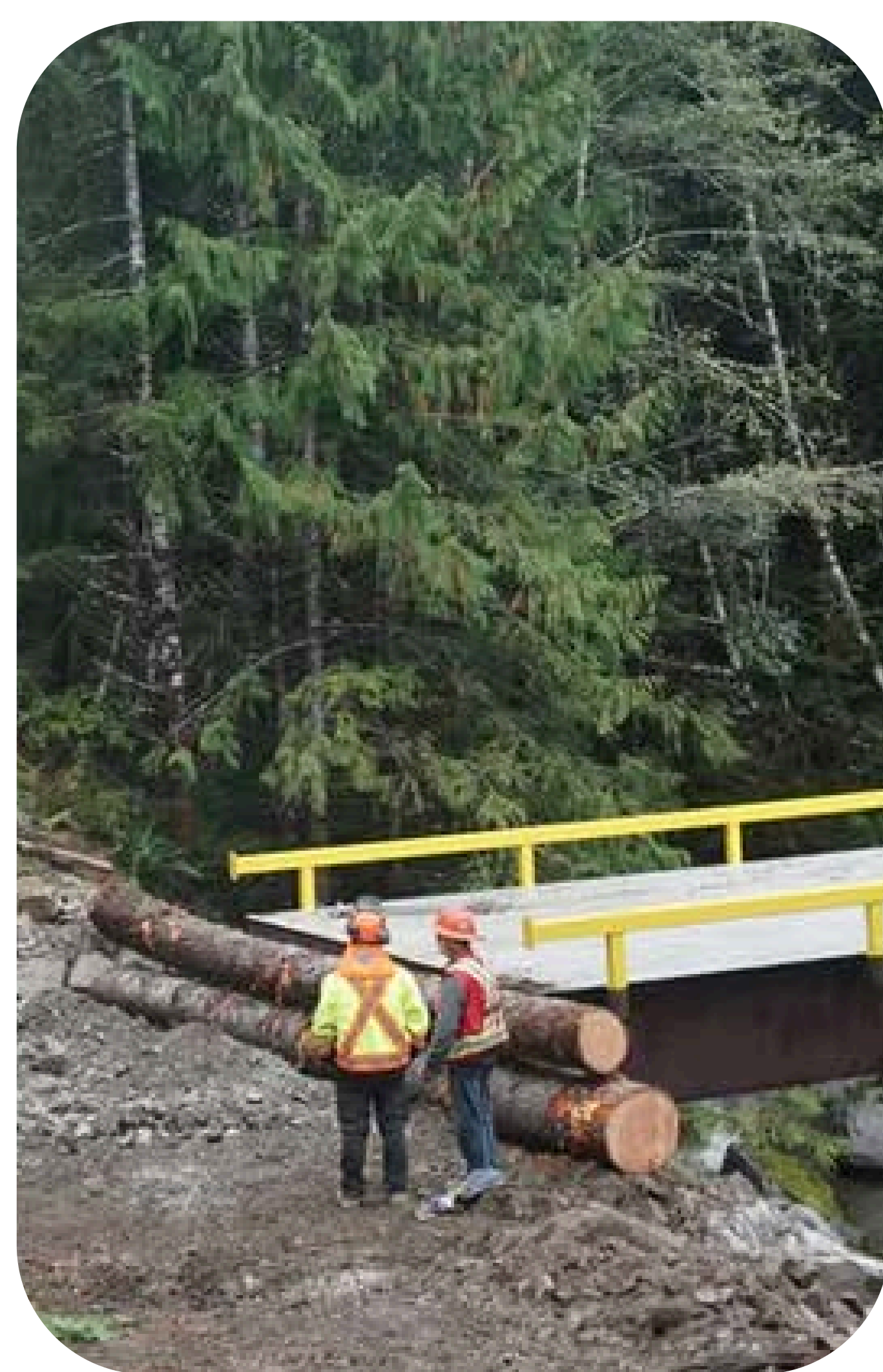
- Lead by example to promote a strong safety culture on every job site.
- Ensure crews understand daily tasks, hazards, and safe work procedures.
- Communicate progress, concerns, and resource needs to management promptly.
- Mentor new workers and support continuous improvement in field operations.
- Responsible for maintaining a safe work environment and ensuring all work follows company policies and safety procedures.
- Conduct daily field tailgate meetings and confirm all workers are fit for duty.
- Communicate job expectations and review daily hazards with the crew.
- Report any issues or concerns with worker behaviour to the Operations Manager.
- Report all near misses immediately and take steps to correct hazards before they become incidents.
- Complete and review Field Level Hazard Assessments (FLHA) at the start of each project or major task.
- Conduct worksite inspections upon completion of subgrade on each major heading to ensure safety and readiness for the next phase of work.

Professional Conduct

At Roc-Star, professionalism is an essential part of maintaining a safe and respectful work environment. The way we communicate and conduct ourselves reflects not only our individual character but also the reputation of our entire team. Every employee plays a role in setting the tone for a positive, inclusive, and productive workplace.

Key Expectations:

- Treat everyone — coworkers, contractors and clients — with respect and courtesy.
- Use professional and appropriate language at all times; avoid profanity, offensive remarks and yelling.
- Handle disagreements calmly and privately, focusing on solutions rather than conflict.
- Demonstrate leadership through positive behavior and respectful communication.
- Remember that your conduct on and off the job site represents Roc-Star.



Roc-Star's Integrity

Roc-Star is built on a culture of honesty, accountability, and respect.

- We do the right thing — even when no one is watching.
- We are transparent in our actions, decisions, and communication.
- We take ownership of our work and our commitments.
- We hold ourselves and each other accountable to the highest standards.
- Integrity builds trust — within our teams, with our clients, and across every job site.



Safety Courses



We will be hosting an Intermediate First Aid Certification Course from January 14–16. This training is designed to prepare participants to respond confidently and effectively to workplace injuries and medical emergencies.

Participants will learn essential life-saving skills including CPR, AED use, wound care, and injury assessment — all taught in alignment with current safety standards and regulations.

To register talk to your Operations Supervisor

JANUARY 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 New Year's Day	2	3 Full moon
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19 Martin Luther King Day	20	21	22	23	24
25	26	27	28	29	30	31

SunCatcherStudio.com

Active Bear Dens



Link: <https://www.youtube.com/watch?v=25xlgX8HFi8>

Once work is active from Oct 25 - Dec 21 we must stay continuously active making noise so that a bear doesn't come to our worksite to hibernate. If we are not active for 7 days, a bear den check must be performed. If a bear has moved in during that time, the worksite is shutdown until April.

- Bear dens are active throughout the fall and winter months, generally October 25 - December 21.
- Avoid disturbing natural shelter areas such as hollow logs, root systems and dense brush.
- Use caution when working near remote or forested areas — look for tracks, scat, and freshly disturbed ground.
- Never approach or attempt to investigate a suspected den.
- Maintain clean worksites — secure food, garbage, and scented items that can attract bears.
- Stay bear aware year-round — early spring emergence can occur as temperatures rise.

Near Misses + Toolbox Talks

Roc-Star continued promise to promote a safety learning culture.

- Anonymous, no names, no equipment, no specific location
- Include Month and year
- Provide clear details of what happened and how it was prevented.
- Every report is a learning opportunity to strengthen our safety culture.
- Reported near misses can be developed into Toolbox Talks for team learning and prevention.



Overblast vs Rock Hazards

Blasting is an essential part of road construction in steep and rocky terrain. It comes with significant hazards when not properly controlled. Understanding the difference between overblast hazards and rock hazards helps crews recognize risks, plan safer blasts and reduce exposure in active work zones.

Overblast Hazards

- Occurs when explosives exceed design limits.
- Can result in flyrock, excessive airblast, or vibration damage to nearby equipment and personnel.
- Often caused by poor blast design or failure to adjust for geological conditions.
- Indicators of Overblast:
 - Standing timber broken in half.
 - Majority of blast material displaced off the road prism.
 - Standing timber heavily scarred.
 - Multiple rocks embedded in standing timber.
- Controls:
 - Maintain accurate blast patterns.
 - Verify burden and spacing.
 - Use proper stemming materials and techniques.
 - Establish and enforce exclusion zones.

Rock Hazards (Post-Blast)

- Include loose rock, unstable highwalls, or fractured faces created during or after a blast.
- Hazards remain after detonation — workers must never approach the face until scaling and inspection are complete.
- Embedded in standing timber
- Rock on forest floor, decked right of way and up against base standing timber
- **Controls:** Conduct visual inspections, use scaling bars or mechanical scaling and maintain safe approach distances.
- Treat all newly blasted faces as “live zones” until confirmed stable by the blaster or supervisor.

Key Reminder

- Always follow the Blaster-in-Charge’s instructions, respect blast area signage, and never re-enter the exclusion zone until the all-clear is given

Rock Truck Submersion



- Worker was hauling stems to a creek mouth restoration site using a rock truck positioned approximately 6m from the lake on a 45° angle. While preparing to reverse, the ground beneath the truck gave way, causing the truck to slide into the lake as a slab of ground broke free.
- The truck entered the water, submerging with the cab completely underwater. The operator initially attempted to exit via the driver's door but, due to the downward lean, escaped safely through the passenger-side window and swam to shore.
- Divers on-site assisted in assessing the submerged vehicle, located approximately 6m underwater, still upright on its tires with the load of stems intact. During recovery efforts, containment booms were deployed, and the spill was successfully cleaned up.

SiteDocs

Field level assessments - To be completed at the beginning of project

Near Miss - Anonymous form

Field Report - Progress update



SiteDocs

Safety compliance *made easy.*



Emergency Response Drill Scenario

During active road-building operations, your crew was clearing the right-of-way when a faller dropped a tree adjacent to the construction zone. Due to root instability, a nearby tree unexpectedly shifted direction as it fell.

A worker clearing debris attempted to move out of the way but was struck by a large branch. The worker fell forward, hitting their head on compacted soil and landing on uneven terrain.

The worker was able to call out for help but reports neck, shoulder, and back pain, with numbness in both legs.



Required Equipment:

- Level 3 First Aid Kit
- Spine board with straps
- Cervical collar
- Blankets or tarp for patient warmth
- Radios or satellite phone
- PPE: Hard hats, gloves, high-vis, safety boots

Scenario Steps:

1. Scene Safety & Initial Response
2. Primary Assessment
3. Secondary Assessment
4. Patient Roll
5. 8 Person Lift
6. Patient Handover
7. Debrief & Evaluation

Pick Up Service Checks



Text Operations Manager your kilometres

Determine when next service is due

Ensure your pickup includes:

- Intermediate First Aid Kits
- Fire Extinguisher
- Spill kits

Wheels:

- Best tires on the front
- Worst tires on the back

Is the pickup clean and garbage free?



THANK YOU

FOR YOUR ATTENTION

