

## Introduction

Working in a forest environment presents some unique hazards that all female workers must be aware of and prepared for.

## Critical Task Inventory

- Be Prepared
- Avoid Wildlife Attractants
- Use Good Hygiene
- Protect Your Back

## Be Prepared

### Hazard Assessment

Task Steps and Hazards	F	S	P	R
• Toxic Shock (S)	3	3	1	7

### Controls

- Be prepared for menstruation while on the job. Bring a supply of tampons/pads to the block.
- Store and transport tampons/pads in a sealed plastic bag (Zip-Loc).
- Decrease the risk of toxic shock syndrome by washing hands before inserting tampons, changing tampons regularly (every 4-6 hours) and alternating using pads and tampons.

## Avoid Wildlife Attractants

### Hazard Assessment

Task Steps and Hazards	F	S	P	R
• Personal Injury (S)	2	3	1	6

### Controls

- Bring a supply of Zip-Loc baggies in your daypack.
- Used tampons and pads smell of blood that attracts bears. Dispose of used tampons/pads in sealed Zip-loc bags. Discard them in camp in a proper garbage container. Sealing them into Zip-Loc bags can minimize bears' attraction.
- Don't bury them or throw them in the cache garbage box. Remember that bears have an incredible sense of smell and they will come check you out if you invite them.

## Use Good Hygiene

### Hazard Assessment

Task Steps and Hazards	F	S	P	R
• Yeast Infection (S)	2	3	1	6

### Controls

- If you use tampons, use the ones that have applicators. Dirty hands present a significant risk and may lead to toxic shock. Pesticides that may be present can cause irritation. We recommend using medical gloves or plastic sandwich bags over your hands to insert tampons if you cannot adequately clean your hands.
- Sweat, heat and dirty working conditions present an increased risk of yeast infections. Prevent yeast infections by washing regularly and/or using baby wipes to keep clean.
- Baby powder with cornstarch absorbs excess moisture.
- Bring "Monistat" or other yeast infection medication to camp.

## Protect Your Back

### Hazard Assessment

Task Steps and Hazards	F	S	P	R
• Back Strain (S)	2	3	1	6

### Controls

Frequency of Exposure (F)	Severity of Loss (S)	Probability of Loss (P)	F + S + P = Risk Rating (R)
1 = Up to Weekly 2 = Up to Daily 3 = 1+ Times / Day	1=Class C – Minor, non-disabling, non-disruptive 2=Class B – Serious injury or disruptive loss 3=Class A – Major injury, permanent disability or loss	1=Limited chance adverse event will occur 2=Adverse event likely to occur 3=Adverse event likely to occur soon	<b>7 to 9 = High Risk</b> <b>5 to 6 = Medium Risk</b> <b>3 to 4 = Low Risk</b>
<b>Type Of Hazard:</b> H= Health (acute or chronic) S= Safety (people and equipment) Q= Quality P = Production E= Environment			

# Advice for Female Silviculture Workers

## Hazard Assessment and Training Briefing

- Resist the urge to carry as much weight as bigger male planters. Women planters tend to have smaller and less muscular bodies than men. Most women will benefit from doing multiple small and light bag-ups, instead of a few heavy ones.
- It's easier and healthier (for your shoulders and lower back) to carry weight on your hips, so use your belt as much as you can.
- A solid sports bra is recommended.



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