

Introduction




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



These are the hazards

- Working in the Forest
- Traveling on Uneven Ground
- Working Around Standing Timber
- Smoking and Camp Fires
- Communication Equipment
- Check-In Procedure
- Garbage Disposal
- Sleep
- Bee/Wasp Stings
- West Nile Virus Awareness
- Lyme Disease Awareness

Safety Equipment Summary

Image	Description	Standard
	Epi-Pen	Recommended for Personnel Allergic to Stings
	Personal First Aid Kit	Recommended
	2 way Radios or Other Communication Device	Required on Some Worksites

PPE Requirements Summary

The following is the basic PPE required when working in

the bush. More extensive PPE may be required for some tasks and such requirements will be outlined by subsequent and more specific Hazard Assessments and Training Briefings.

Image	Description	Standard
	Sturdy ankle support Footwear Doesn't have to be steel toe	Required
	High-Vis Hard Hat	Required at some Worksites
	Hi-Visibility Clothing	Required at some Worksites
	Warm / Dry Clothing	Required in Cold and/or Wet Weather
	Fox 40 Whistle	Required to be on your planting bag

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	7 to 9 = High Risk 5 to 6 = Medium Risk 3 to 4 = Low Risk
Type Of Hazard: H= Health (acute or chronic) S= Safety (people and equipment) Q= Quality P = Production E= Environment			

Working in the Forest

Hazard Assessment	F	S	P	R
Getting Lost (S)	3	3	1	7
Hypothermia (S)	2	3	1	6
Working Near Mobile Equipment (S)	2	3	1	6
Working Near Hunters (S)	2	3	1	6

Dressing for Work



Dress for current and potential weather conditions and pack whatever else you could need.
You can't stay warm if you are wet
Dress in Layers



Wear high visibility clothing to be seen by other workers and by hunters in the area.

Packing for Work

Pack enough food and water to serve your potential needs for the day. Having extra is always a good idea.

Bring the things you need to help prevent you from getting lost. Depending upon the project, this may include maps, a compass, and GPS.



Traveling on Uneven Ground

Walking in a forest environment involves travel over uneven ground.

Hazard Assessment	F	S	P	R
Slip / Trip / Fall (S)	2	3	1	6
Twisted Ankle (S)	2	3	1	6
Puncture Wounds (S)	2	3	1	6
Cuts & Abrasions - Falling (S)	2	3	2	7

Controls

Watch where you are walking. Slip/trip hazards abound in recently harvested areas.



Sturdy footwear is required Steel toe is not required they need good ankle support. Where appropriate footwear around camp



Caulk boots are recommended in steep or slippery terrain. Mostly coastal planting



You should have easy access to a first aid kit.



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Working Around Standing Timber

Trees that remain after a disturbance such as logging are often at risk of falling – especially during wind storms or heavy snowfall.

Take a look up before you set up your tent.- don't want a tree falling in the wind

Hazard Assessment	F	S	P	R
Struck by Falling Tree or Hung-up Branches (S)	3	2	2	7

Hazardous Trees

Stay at least 1.5 times the height of the trees away from potentially hazardous trees.

Evacuate the area if trees are seen or heard falling from wind or snowfall.



Hardhats are required whenever there is an overhead hazard.

Employees found to be working within the danger radius of standing timber during periods of potentially hazardous winds will be disciplined, and possibly suspended.

Smoking and Camp Fires

Hazard Assessment	F	S	P	R
Personal Injury (S)	3	2	2	7
Equipment Damage (S)	3	2	2	7
Environmental Damage (E)	3	2	2	7
Fire (S & E)	3	2	2	7

General Smoking Rules

- Use lighters, not matches.
- Smoke only in designated areas
- Never smoke while walking around.
- Smoking is not permitted within 10 meters of any fuel storage (including barrels and jerry cans).
- Smoking will only take place on major roads or landings or other locations as approved by client representatives.
- Smoking policies may also change with the weather conditions. During high fire hazard season, it is possible that smoking may not be permitted at all.
- Ensure cigarettes are fully extinguished do not use the ground. Put the butt in your pocket.

Smoking in a cut block is grounds for immediate dismissal.



Put it out. Right out.

Company Vehicles

There will be no smoking in any company vehicle regardless of passenger preferences.

Burn Blocks

Recently burned blocks or burn piles can be especially hazardous because the remaining material can be extremely dry. Use added caution when smoking in or near burns.

Camp Fires

There are no open fires either on the block or in camp unless approved by both the client and the company.

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Communication Equipment

Hazard Assessment	F	S	P	R
Emergency Response Preparedness (S)	2	3	2	7

All employees will be trained on the use of cell phones, satellite phones, mobile and hand held radiophones.



Turn it on flip up antenna. emergency numbers should be in the case



Make sure you on the correct channel

Check-In Procedure

Hazard Assessment	F	S	P	R
Missing Person (S)	3	3	1	7

To ensure all employees are accounted for at the end of each day, all planters must give their tallies to their field supervisor before leaving the worksite. **Use the buddy system**

Garbage Disposal

Any garbage that gets packed in must get packed out. Leaving garbage in the forest will attract wildlife and cause environmental degradation.

Hazard Assessment	F	S	P	R
Wildlife Attractants (S)	2	3	1	6
Environmental Degradation (E)	3	1	3	7

Garbage

No garbage, regardless of its nature, is to be left in the forest. Pack out what you pack in.

Sleep

Hazard Assessment	F	S	P	R
Sleep Deprivation (S & H)	3	3	1	7

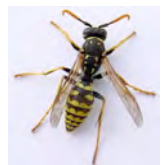
Sleep is the single most important health maintenance, disease preventing, and healing activity that the human body engages in. A typical adult needs nine hours of sleep per night.

- Sleep deprivation is cumulative; most silviculture workers are sleep deprived. Steps that can help to avoid sleep deprivation include:
- Avoiding caffeine in the afternoon and evening as caffeine remains in the body for 5-8 hours and affects your ability to sleep.
- Alcohol helps induce sleep however, alcohol disturbs sleep cycles.



Bee/Wasp Stings

Bee and wasp stings happens frequently in summer cutblocks. For most workers, it's just a pain or swelling (a plantain leaf or baking soda paste on the sting may help). An allergic reaction can be life threatening.



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Hazard Assessment	F	S	P	R
Bee Sting – No Reaction	3	1	1	5
Bee Sting – Anaphylaxis	3	3	1	7
Bee Sting – Anaphylactic Shock	3	3	1	7

Anaphylaxis is potentially life-threatening medical emergency and it often occurs within minutes.

Symptoms of anaphylaxis:

- hives
- generalized itching
- tingling/numbness (in mouth and face)
- weakness
- vomiting/diarrhea



Caution

Report any of these signs to your Supervisor and First Aid Attendant.

Anaphylactic shock is the most severe form of anaphylaxis.

Symptoms of anaphylactic shock:

- constriction of airways (difficulty breathing)
- fainting/collapse



Emergency

Get immediate medical attention.

If You Are Stung

Watch for the Signs Report any symptoms to your Supervisor or First Aid attendant.

Antihistamines Taking an antihistamine such as Benadryl immediately, may help lessen symptoms like pain and swelling



Notify your co-worker, Supervisor, or First Aid Attendants so they can help keep an eye on you.

Bee/Wasp Stings (Continued)

Epi-Pens If you are allergic carry an Epi-pen. If you need to use, Start emergency



West Nile Awareness

What is it?

West Nile Virus (WNV) is a mosquito borne virus.

West Nile Virus is transmitted to humans through bites by infected mosquitoes who have become carriers of WNV after biting infected birds.



Symptoms

- Most people bitten by infected mosquitoes will not experience any symptoms.
- Approximately 1 in 5 people bitten by an infected mosquito will develop mild flu-like symptoms 3 to 14 days after initial transmission. Symptoms can last up to 7 days.
- Less than 1 % of people will develop more serious symptoms. Those most at risk are those individuals with chronic diseases, compromised immune systems and the elderly.

Exposure Prevention

- Preventing exposure is the best way to protect health by reducing the chances of getting mosquito bites.
- Wear light coloured clothing. Mosquitoes are more attracted to dark colours.
- A mesh bug hat and mesh bug jacket may be useful if high levels of mosquitoes are present.
- Use an insect repellent according to the manufacturer's directions.
- Avoid wearing scented products.
- Treat all dead birds with caution. Rubber gloves should always be used when handling dead birds.

Concerns Contact

24 hour BC Nurse Line

Toll free in BC 1-866-215-4700

24 hour Alberta Health Link 1-866-408-5465.

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Lyme Disease Awareness

What is it?

- Lyme Disease is a bacterial infection transmitted to humans by ticks. Ticks become carriers of Lyme Disease after feeding on small rodents that harbour the bacteria in their tissue and blood.
- Lyme Disease is not transmitted from person to person, or animal to human
- Ticks are small (up to 2mm in length), have 8 legs, and are either reddish-brown or dark-brown in colour.



Exposure Prevention

- Walk on cleared trails whenever possible.
- Wear light-coloured clothing, hat, tuck shirt into pants and tuck pants into socks and boots.
- Put insect repellent containing 5% permethrin onto clothing, and a repellent containing no more than 30% DEET onto exposed skin.
- Check clothing/scalp after visiting tick infested areas.

Symptoms

- Tick bites may go unnoticed or one may experience a red rash around the bite usually occurring within 3 days to a month after initial contact.
- General symptoms of Lyme Disease are similar to that of the flu.
- A painless skin rash may also appear resembling a bull's eye. The rash is usually 4-20 inches long and feels warm to the touch. The rash may or may not occur near the initial bite.



Lyme Disease Awareness

Symptoms (Continued)

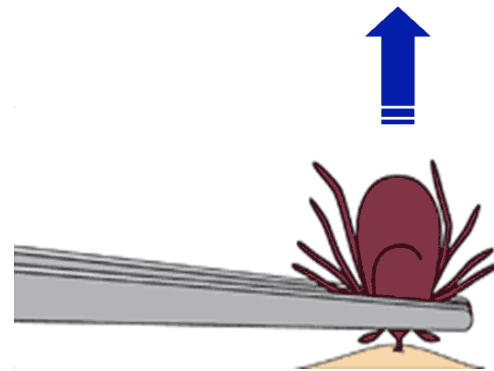
- Some cases of Lyme Disease may cause paralysis which can develop within a few hours to a few days after transmission.
- Without medical attention, Lyme Disease may cause arthritis, abnormalities of the nervous system, meningitis, and irregular heart rhythms.

Things Not To Do

- Do not try to remove by covering tick with grease, gasoline, etc.
- Do not try to remove by holding hot objects against tick (i.e. match, or cigarette).
- Do not squeeze the body of the tick when removing it as chance of infection will increase.

Tick Removal

- The most important thing to do is to remove all ticks, including mouth parts underneath the surface of the skin.
- If possible have tick removed by doctor or nurse.
- Use tweezers/forceps to gently hold tick as close to skin as possible. Don't touch tick with hands – use latex gloves if possible.
- Without squeezing the tick, steadily lift straight off the skin. Make sure ALL of the tick is removed.
- Clean bite with soap and water. Disinfect with an antiseptic.
- If you remove it yourself, follow-up with a visit to a doctor or nurse.



More info

<https://myhealth.alberta.ca/health/pages/conditions.aspx?hwld=hw77226>

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