

Introduction

Carrying seedlings over difficult terrain is hard work. Having your planting bags properly sized and adjusted bags will make your work easier, more comfortable and you will be less likely to sustain an injury.

Critical Task Inventory

- Adjustment of Straps
- Adjustment of Bucket Position
- Use of Silvicools
- Adjustment of Waist Belt

Adjustment of Straps

Shoulder straps are designed to carry a good portion of the weight of the seedlings. To work properly, they must be adjusted in both the front and the back.

Hazard Assessment

Task Steps and Hazards	F	S	P	R
Adjustment of Straps				
• Strained Muscles (S)	2	3	1	6

Controls

- Adjust the front and the rear attachment points until the padded hip belt lines up with your hips.
- Keep the two sides of the harness level and line up the chest buckle to cross your chest several inches below your arm pits.
- Attach the front chest buckle and keep it just snug enough to line up the shoulder straps comfortably across your shoulders.



Adjustment of Bucket Position

Planting bags have three different possible bucket mounting positions. These adjustments are designed to give you the flexibility to adjust the position of the bags to best suit your reach to avoid strains from overreaching.

Hazard Assessment

Task Steps and Hazards	F	S	P	R
Adjustment of Bucket Position				
• Strained Muscles (S)	2	3	1	6

Controls

- If you have a small waist or hips, your waist belt will be done up quite tightly causing the side two buckets to come toward the front to of your body. In this case, you may want to move them back.
- If your waist or hips are larger, the waist belt will be more open causing the buckets to be toward your back-side. To correct this position, move your buckets forward.

Use of Silvicools

Silvicool sacks used in the draw side (planting hand side) can cause the planter to have to reach higher than normal to reach into the bag, causing strains to your wrists and/or shoulders from overreaching.

Hazard Assessment

Task Steps and Hazards	F	S	P	R
Use of Silvicools				
• Wrist / Shoulder Strains (S)	2	3	1	6

Controls

- To minimize overreaching, roll down the top of your silvicool sack.

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			

Adjustment of Waist Belt

The proper adjustment of the waist belt helps distribute the weight of the planting bags and makes wearing your planting bags more comfortable and reduce strain on your back.

Hazard Assessment

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

Controls

- Most bags have a three piece waist belt. Adjust the padding to line up with your hips.
- If you need additional padding, obtain a padded hip belt doubler.
- Carry 30-70% of the weight on your hips – depending upon your personal preference and comfort.

Proper Equipment Set-Up

Controls (continued)

Planting Bags

Set-Up

- Adjust bags properly. Wear all straps and distribute the weight evenly.
- New planters should work with their foreman to get planting bags fitted and positioned properly. Many new planters adjust their bags improperly.

Carrying the Weight

- Many planters find that carrying trees in the rear pouch distributes the weight in such a way that it is actually harder on your legs than putting the same number of trees in only the side pouches.
- Don't carry so many trees that you knees feel like they are going to buckle. Light bag-ups conserve energy. Top planters bag-up relatively light loads and plant lots of them.
- Steep slopes or extremely uneven ground should result in you bagging-up even more lightly so you can move quickly, and avoid falling.

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