

Safety Briefing for January 2019

Topic: **Safety working on Storm Damaged Timber**

Introduction: Wood under tension from a natural disaster is a life-threatening risk. Damage from hurricanes, tornados and ice storms presents severe risk from exposure to tension wood and overhead hazards. If possible, let the timber “rest” before salvage operations begin to allow some of the tension to relax. Be alert for all overhead hazards! Lodged trees, broken tops, and snags are proven killers in the logging woods, LOOK-UP!! Be careful of difficult ground conditions, walking through the damaged limbs and debris is particularly hazardous. This is true even more so if you are carrying a chain saw. Use your chain brake! If more than two steps are taken with a running saw, engage the chain brake!

OVER-HEAD HAZARDS

Catastrophic injury and death are the results of Over-Head Hazards! To fight this risk, we must be aware and LOOK UP!!

- Proper head-eye and ear PPE is mandatory. Look Up and Out! Identify possible risk from above.
- Don't place your body under anything that could fall, this includes equipment.
- Maintain at least two tree lengths from any felling operation.
- Be visible!!! Wear high visible clothing.

MAINTAIN PROPER WORKING DISTANCES

Ground personnel and moving logging equipment can create extreme risk.

- Awareness is the key for avoiding a “too close” incident.
- Proper PPE is to be worn at all times and high visibility clothing is essential.
- Maintain at least two tree lengths from any felling operation.
- Toppers should maintain proper distance from skidding activities and use shield trees if possible.
- Machine operators should never enter a “safe zone” provided for ground personnel.
- All employees must be aware of “blind spots” on the logging equipment.
- Be especially cautious in and around the deck area, it's a busy place!

SLIPS/TRIPS/FALLS

Very serious injuries occur frequently in and around a logging operation with storm damaged timber.

- Be alert and aware. Be focused! Keep your mind on the business at hand!
- Always use the 3-point of contact technique while mounting and dismounting equipment.
- Keep platforms, steps and handles free from grease, oil and other foreign material.
- Maintain a firm grip while entering or exiting a machine.
- Proper footwear with good ankle support is mandatory. (No sneakers)
- Avoid climbing or walking on felled trees or limbs.
- Stay on the “good-side” of tension-wood! The “bad-side” is the outside “bow” of tension-wood.
- Stay on the “uphill” side of felled timber and limbs.
- When not cutting, make sure the chain brake is engaged and use proper felling techniques.

Never put ground personnel at risk when the mechanical option is available.

- Fully enclosed equipment and rotational felling heads not only greatly reduce risk levels but also adds to the efficiency of the operation.
- Pull-through and stroke delimiters, as well as other mechanical processing equipment increase safety and productivity on the modern logging job.

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SAFETY MEETING AGENDA

COMPANY NAME: _____

DATE: _____

Open Meeting & Present safety topic: Safety While Working On Storm Damaged Timber

Employees present:

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MEETING PREPARED BY: _____



Safety Briefing for February 2019

Topic: Cold Weather Injuries

Introduction: I BET YOU DIDN'T KNOW that cold stress, or "hypothermia," can occur any time of year? In fact, most cases of cold stress develop in air temperatures between 30 and 50 degrees Fahrenheit.

Background: Winter weather is just around the corner, but did you know employees who are exposed to lower temperatures are at greater risk for injuries ranging from frostbite to serious loss of body heat which could result in brain damage or even death.

What must an employee know: To protect yourself from cold weather injuries:

- ❑ **Dress warm:** Preserving an air space between the body and the outer layer of clothing will help retain body heat. Choose fabrics such as cotton or wool, which insulate but also allow sweat to evaporate. It is especially important to protect the feet, hands, head, and face. These parts of the body are farthest from the heart and are the hardest to keep warm.
- ❑ **Keep dry:** Wetness greatly increases the chance of cold stress. Always have extra clothing available if there's a chance you could get wet. Keep feet dry, they are very susceptible to frostbite.
- ❑ **Take a break:** You may think it's wise to keep on working in cold temperatures. After all, working makes you break a sweat and you feel warmer. But if you become fatigued during physical activity, your body loses its ability to properly retain heat. This causes rapid cooling which can quickly lead to cold stress.
- ❑ **Eat right:** A proper diet provides your body with the nutrients it needs to withstand cold stress. A restrictive diet may deprive your body the ability to work well in cold temperatures.
- ❑ **Don't work alone:** In cold-stress prone environments, a buddy system should be used. Look out for one another and be alert for the symptoms of cold stress.
- ❑ **Learn what to look out for:** The effects of cold stress may not be apparent to its victim. The first symptoms of hypothermia are uncontrollable shivering and the sensation of cold. The heartbeat slows and may become irregular, and the pulse weakens. As the condition worsens, severe shaking or rigid muscles may be evident. The victim may also have slurred speech, memory lapses, and drowsiness. Cool skin, slow, irregular breathing, and exhaustion occur as the body temperature drops even lower. This is a serious condition requiring immediate medical attention.
- ❑ **Frostbite:** can occur without accompanying hypothermia. Frostbite occurs when the fluids around the body's tissues freeze. The most vulnerable parts of the body are the nose, cheeks, ears, fingers, and toes. Symptoms of frostbite include coldness and tingling in the affected part, followed by numbness; changes in skin color to white or grayish-yellow, initial pain, which subsides as the condition worsens, and possibly blisters. Frostbite can cause irreversible tissue damage and requires immediate medical attention.

Remember, it doesn't have to be freezing for cold stress to occur. Take steps to protect yourself.

\$AFETY PAYS

MEMBER OR EMPLOYEE SIGNATURE:
(SAFETY MEETING AGENDA)

COMPANY NAME: _____

DATE: _____

Open Meeting & Present safety topic: Cold Weather Injuries

Employees present:

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Old Business – Status of any previous safety recommendations.

Accidents/Near Misses – Discuss accidents and near misses that have occurred since last meeting. Brief summary of accident(s). Note any trends. Discuss corrective action taken. Concentrate on accident causes to make everyone more aware.

Inspection Reports – Report on findings and recommendations of any inspection reports made since last meeting.

New Business – Solicit employee suggestions. Discuss new machinery procedures, changes to company safety policy, etc.

MEETING CHAIRED BY: _____



Safety Briefing for March 2019

Topic: Driving Reminders for a Safe Trip

Background: Log and chip trucks travel on many different types of roads. The surface can be concrete, asphalt, crush and run, or dirt and gravel. As far as danger goes, each surface has hazards associated with them. Recent injuries have occurred because truck drivers, failed to account for the conditions that traffic presented or the driving habits of those around you. Employers should make employees aware of the following:

Following other log trucks or chip vans

Several recent accidents highlight the need for drivers of log trucks or chip vans to be aware that following too close to log trucks with overhanging logs is dangerous and has proven fatal in two recent incidents.

- Never follow too close to a truck/trailer combination with overhanging logs.
- Stay back at the recommended following distance (2 to 3 second rule).
- Use flagging and/or flashing strobe lights according to your state's requirements.

Proper procedures to overtake and pass long tractor/trailers

- Make sure you are in a passing zone.
- As you cross the center line be prepared for oncoming traffic at side roads or hidden hills.
- Watch for soft shoulders, guide posts and wildlife as you pass.
- Use enough speed to overtake the vehicle without exceeding the speed limit - changing down a gear may give you enough engine power to get past.
- Maintain a safe speed you do not have to hard brake after you reenter the lane.
- Do not pass a turning vehicle at an intersection unless it is safe to do so.

Tail Swing

An ever-increasing number of accidents have occurred that involve tail swing. Tail swing almost always occurs on the blind side of the rig. For drivers, it is important to remember that anything beyond the rear axle (the fulcrum point) will pivot as you turn. Watch out for oncoming traffic, and traffic to the left or right. A good sense of space/distance awareness is essential. Property damage is normally the major result of tail swing but injuries and fatalities have occurred in vehicles around the log truck.

- Do not take turns with excessive speed as it exaggerates the tail swing.
- Do not rely on mirrors as you develop a blind spot during the turn.
- Remember the extreme rear of the load will move horizontally and will collide with vehicles in adjoining lanes of traffic.
- Make sure logs are secured on the rear bunk to prevent them from falling in case you impact a bus, car, other truck or a wall. Fatalities have occurred when the load is not secured.

\$AFETY PAYS

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Safety Meeting for March 2019

Topic: Overhead Hazards

Introduction: **Did you know** a logger's vision and visibility are key factors to safety in the woods. Visibility in the logging woods is generally good from November to the end of March. The month of April brings a natural phenomena, "**leaf out.**" The deciduous forest blooms to new life with a fresh growth of new leaves. What was once a bright and open environment in the late fall and winter, with good visibility, has been transformed to a lush green environment with filtered light. As the forest rejuvenates itself, risk is formed by reduced visibility caused by the new canopy of leaves.

Background: This new canopy hides overhead hazards, or death from above. Broken limbs, vines, intertwined branches, and other hazards are now difficult to spot. These overhead hazards are the leading cause for catastrophic injury and death in the forest industry. They call hanging limbs widow makers for a reason. They are often missed due to the leaf coverage and as they fall, they can strike employees on the ground.

What must an employee know: Please take the time to brief your crew on overhead hazards and the reduced visibility caused by leaf out.

- Use approved personal protective equipment (PPE) for head protection.
- Look and scan at least 50 feet ahead on your ground path of travel.
- Look and scan at least 100 feet ahead for all overhead hazards.
- Don't place yourself under any object that can fall or move due to gravity.
- Maintain at least two tree lengths from all felling operations.
- Be visible; wear high visibility safety colors.
- Maintain communication with anyone in the work area. Verify their location with frequent eye contact.

In nearly every accident, it is the ground personnel who are most at risk from hazards from above. As a team, work together and stay focused. Take the time to look for overhead hazards, identify the hazard, tell everyone about it, and remove it or flag it to keep personnel away. Your proper decisions will result in a happy holiday season for all.

LOOK UP AND STAY ALIVE!

\$AFETY PAYS\$

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Safety Meeting for April 2019

Topic: “Three-Points of Contact” reduces risk of injury

Introduction: Did you know that getting on and off equipment and vehicles accounts for 1 out of every 4 injuries to those that operate equipment or drive trucks. Many knee, ankle and back injuries result from employees not using proper mount/dismount techniques from equipment. Some of these injuries can be quite severe.

Background: To avoid these types of injuries, it is important to understand the “Three Points of Contact.” Stated quite simply, always keep three points of contact with the ground or the equipment until you are stable on the equipment or on the ground.

What must an employee know: The biggest cause of falls from a vehicle, equipment or ladder is human error - failure to use “Three Points of Contact.” It requires three of four points of contact to be maintained with the vehicle or ladder at all times – two hands and one foot, or two feet and one hand. This technique allows maximum stability and support and reduces the likelihood of slip and falls.

There are important steps that can be taken to prevent mounting/dismounting injuries. **An employer should do the following to ensure the safety of their employees:**

- Conduct safety meeting with employees to require the use of “Three Points of Contact.”
- Inspect trucks, logging equipment, and ladders for serviceability and safety.
- Provide additional steps, non-slip surfaces and hand holds where necessary.
- Maintain steps, contact surfaces and handholds in useable condition. Inspect frequently.
- Install warning decals or signs in the cab or on the door of trucks and heavy equipment reminding workers to use 3-points of contact.

Employees should do the following to reduce the risk of injury:

- Keep truck and equipment steps, ladders and surfaces free of debris.
- Don't use the doorframe or door edge as a handhold.
- Wear footwear with good support and slip resistance.
- Don't try to exit a vehicle with something in your hand.
- Descend slowly to avoid straining a muscle.
- Always mount or climb down while facing the truck or the equipment.
- Get a firm grip on rails or handles.
- Never Jump off from a step or ladder before you reach the bottom or surface



Remember these simple rules and you will have substantially reduced your chance of injury when getting on (or in) as well as off (or out) of a vehicle, equipment, and ladders.

\$AFETY PAYS\$

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DATE: _____

Open Meeting & Present safety topic: “Three-Points of Contact ” reduces risk of injury

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Safety Meeting For May 2019

Topic: Distracted Driving

Introduction: I Bet You Didn't Know that according to the latest report from the National Highway Transportation Safety Administration distracted driving crashes killed more than 5,400 people and an additional 448,000 were injured in motor vehicle crashes reported to have involved distracted driving.

Background: Actions that remove your focus from the task at hand – DRIVING – can change your life forever. One split second and you can receive minor injuries, or you can be paralyzed, or worse, you can die as a result of any action that takes away your focus on driving. Here are some facts from the National Highway Safety Administration:

- Of those people killed in distracted-driving-related crashes, 995 involved reports of a cell phone as a distraction (18% of fatalities in distraction-related crashes).
- Of those injured in distracted-driving-related crashes, 24,000 involved reports of a cell phone as a distraction (5% of injured people in distraction-related crashes).
- Sixteen percent of fatal crashes involved reports of distracted driving.
- The age group with the greatest proportion of distracted drivers was the under-20 age group – 16 percent of all drivers younger than 20 involved in fatal crashes were reported to have been distracted while driving.
- Of those drivers involved in fatal crashes who were reportedly distracted, the 30- to 39-year-olds had the highest proportion of cell phone involvement.

What employees must know:

- Follow your employer's policies and procedures that prohibit texting while driving.
- Reaction time is delayed for a driver that talks on a cell phone as much as it is for a driver who is legally drunk.
- Drivers who text take their eyes off the road 400% more than when they are not texting.
- More texting leads to more crashes. With each additional 1 million text messages, fatalities from distracted driving rose more than 75%.
- Reaching for the radio, eating food, drinking are all equivalent actions that remove your focus from driving.
- Pull over to a shoulder if you must talk or text.

OSHA encourages employers to declare their vehicles "text-free zones" and to emphasize that commitment to their workers, customers, and communities. Employers should :

- Establish work procedures and rules that do not make it necessary for workers to text while driving in order to carry out their duties.
- Set up clear procedures, times, and places for drivers' safe use of texting and other technologies for communicating with managers, customers, and others.
- Incorporate safe communications practices into worker orientation and training.
- Eliminate financial and other incentive systems that encourage workers to text.

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Topic: Distracted Driving

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