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

Thorough planning can go a long way toward minimizing risk. Anticipate problems of terrain, timber, conditions and seasonal weather problems. Before work begins, hazards must be identified and discussed (Prework), and emergency procedures must be organized. Every job no matter how small, requires planning and communications.

Take time periodically to compare results with the plans that have been set. If the results don’t match up, find out why.

**BASIC CLOTHING REQUIREMENTS**

* Pants and Long-Sleeved Shirt
* Warm/Dry Clothing –cold/wet weather

**PERSONAL PROTECTIVE EQUIPMENT**

* CSA Approved Footwear –
* Caulked boots or other safe non-slip footwear-
* High-Vis
Hard Hat with Side Impact and contrasting colour
* Hi-Visibility Clothing with contrasting colour and reflective strips
* CSA Approved Hearing Protection (Fitted Plugs)
* Safety gloves appropriate for job.
* CSA Approved Eye Protection or Screen
* Whistle

**EYE PROTECTION PROCEDURES**

All employees working in the field must carry some form of eye protection so it is readily available in situations where it may be appropriate to wear them.

All employees are required to wear eye protection where there is significant risk to eye injury. Some examples where it would be appropriate to wear eye protection is when working in very dense brush (i.e. aspen, willow) or understory (i.e. balsam).

The above guideline considers adequate protection to be regular prescription glasses, eyeglasses with side shields or safety glasses or shields.

**SAFETY EQUIPMENT**

* Epi-Pen
* Personal First Aid Kit

**FIRST AID**

Field operations need to comply with the first aid requirements of Part 3 of the WorkSafeBC Occupational Health and Safety Guidelines (last revised May 1, 2008 and reproduced below) for a workplace that contains a high risk of injury & more than 20 minutes surface travel time from a hospital.

|  |  |  |  |
| --- | --- | --- | --- |
| **Number of workers per shift** | **Supplies, Equipment, and Facility** | **Level of First Aid certificate for attendant** | **Transportation** |
| 1 | Personal first aid kit |  |  |
| 2-5 | Level 1 first aid kit | Level 1 |  |
| 6-10 | Level 1 first aid kitETV equipment | Level 1 with Transportation Endorsement | ETV |
| 11-30 | Level 3 first aid kitDressing stationETV equipment | Level 3 certificate | ETV |

**GENERAL GUIDELINES**
If you are in doubt about the safe or proper way to do a job, get instructions from your supervisor.

1. No person shall do any job if it is considered unsafe. Contact your supervisor immediately.
2. Report unsafe conditions immediately to your supervisor.
3. No person shall enter or remain at a work site while his ability to work is affected by substance abuse (i.e. alcohol, drugs), or outside problems. An assistance program is available (call toll-free 1-800-668-2055).
4. No person shall operate machinery or equipment without proper authorization from their supervisor or foreman.
5. Think before you act – practical jokes or horseplay is prohibited.
6. Do not lift heavier weight than you can handle.
7. Handle hazardous goods in a safe manner and in accordance with current regulations.

**GENERAL GUIDELINES CONT’**

1. All persons shall be cautious when approaching equipment. Never assume an operator is aware of your presence. If you need to approach active equipment and are unable to contact the operator or the on-site safety coordinator/supervisor:
	1. Stay well clear of equipment (at least 2 tree lengths from feller bunchers) until you have contacted the operator, and he/she has given you permission to approach and shut the machine down. Be aware of the potential for flying debris.
	2. Always approach the equipment by walking in the operator’s field of view.
	3. Before entering the equipment’s workspace check for hazards such as damaged trees, unstable slopes, hung-up trees or limbs and other overhead hazards.
2. Climb on and off equipment – See Equipment Procedure on following page.
3. Watch closely and ensure safe footing. Avoid walking on logs or moveable objects if possible. Use extreme caution when it is necessary to walk on log decks.
4. Watch closely for overhead hazards (snags, limbs, twigs, etc.) and danger trees. Find a safe location in the event of windy conditions.
5. When working in active areas, make foreman and/or equipment operators aware of your intentions, and be aware of all activities, i.e. blasting operations, falling operations, etc.
Introduction

**HEAVY EQUIPMENT ENTERING/EXITING**

It seems like a simple concept, but many injuries are the result of not paying attention when entering, exiting, or climbing on equipment.

**ENTERING / EXITING**

* Ensure the equipment is at a full stop before entering or exiting.
* Never jump onto or off the equipment. Operators should always use the three-point contact rule when climbing onto or off heavy equipment. The three-point rule means having both feet and one hand, or one foot and both hands in contact with the ladder access at all times, facing the machine.
* Do not use any of the machine’s controls as handles while entering or exiting the equipment.
* Clean steps and soles of footwear prior to entering the equipment.
* Clean, muddy or greasy grab rails.
* Be extra cautious under wet, icy or oily conditions.

**FALL PREVENTION**

One of the most frequent injuries is falls from equipment.

* Do not climb onto the equipment with anything in your hands (i.e., the fuel nozzle, oil, engine parts, etc.). Place these objects in a place where you can reach them once you are in position.
* On some pieces of equipment, your options for footing are limited. You may have to park a service truck close enough to your machine and the fueling station to place one foot on deck for balance.
* In winter, be aware that ice builds up on the stairs to equipment, and your footwear. Scrape ice away before beginning to refuel.
* Use a fall-restraint device when working on elevate equipment.

**ENTERING & LEAVING A WORKSITE**

Do not enter any worksite until assessing whether it is safe to do so.

**INSTRUCTIONS FOR GROUND PERSONNEL**

* Anyone entering a worksite must check with the safety coordinator/supervisor on the radio prior to entering the worksite to ensure awareness of the location of equipment and the hazards presented by this equipment.
* On leaving the site, contact the onsite safety coordinator/supervisor and inform him/her that you are safely back in your vehicle and check to see if it is safe to drive out.

**SAFETY AROUND THE LOCKING OF HABITAT GATES**

The following procedure must be followed when working in an area restricted by a habitat gate:

1. When an area is active the gate will be locked in an open position.
2. Workers should not pass through an open gate without having a working key (which should be tested at the time of entry);
3. When leaving the area leave the gate locked in the position found (if open upon entry and still open when leaving, leave the gate open, if you have to unlock the gate to get back out then lock the gate behind you).
4. Ensure a valid permit is in your truck and display the permit on your dash when you are parked.

**WORKING IN THE FOREST**

**DRESSING FOR WORK**

* Dress for current and potential weather conditions and pack whatever else you could need.
* 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, aerial photos and GPS.

**TRAVELING ON UNEVEN GROUND**

Walking in a forest environment involves travel over uneven ground. Watch where you are walking. Slip/trip hazards abound in recently harvested areas.

* CSA approved footwear is required on Mill Site or Near Heavy Equipment
* Caulk boots are recommended in steep; walking on wood materials or slippery terrain.
* You should have easy access to a first aid kit.

**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.

**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.

**GARBAGE DISPOSAL**

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

**GARBAGE**

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

**BEE/WASP STINGS**

Bee and wasp stings can be an unpleasant and annoying part of working outdoors. For most workers, it’s just that, an annoyance, but for a few people, bee stings can produce a potentially life-threatening allergic reaction called anaphylaxis.

**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. |
| **Epi-Pens** | If you have an Epi-pen and you feel you need to use it, do so, but immediately notify your Supervisor or First Aid Attendant. Get somebody to go find them if necessary.Epi-pens are typically self-administered because First Aid Attendants are generally not permitted to administer injection drugs. |

**WEST NILE AWARENESS**

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***

**LYME DISEASE AWARENESS**

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 like 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.

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. Do not touch tick with hands – use latex gloves if possible.

Without squeezing the tick, steadily lift straight off the skin. Make sure ALL 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.