



Logger Safety Initiative Quarterly Training

Why am I receiving this LSI Safety Training Packet?

LSI participants are required to annually attend approved LSI Employer Logger Safety program training. There are two parts to the required training: Formal Training and Safety Training (see the attached LSI Training Requirements for more details). This packet satisfies one of the four required Safety Trainings. The LSI employer must ensure that all workers receive four LSI required trainings per year.

How do I provide the training to my employees?

LSI Employers and supervisors, if delegated, and all employees engaged in manual logging operations must participate in at least four (4) LSI trainings on an annual basis. If you have employees that do ground operations, even if only occasionally, review the “In the Clear Rigging” safety training (found on our website) materials in detail and discuss the scenarios with employees.

What documentation is required?

LSI employers will document that the training took place as part of their safety minutes. Be sure staff has signed the safety meeting sign-in sheet. The completion of the training will be assessed at the annual DOSH LSI Consultation.



Quarterly Cutting Safety Training: Cold Weather Cutting

February 16, 2017

Washington winters vary from year to year and it has been awhile since there has been a cold stretch of weather. This year has had some cold temperatures that not all were prepared for. This training is a reminder of precautions and hazards that occur during the winter months when working outdoors as a timber faller. In cold weather, your saws, trees and bodies react differently. By taking some additional precautions, everyone can come home safe.

YOUR BODY:

It makes sense that in cold weather one must dress differently, but layering is a good method. After the cold mornings your body warms up and you may need to shed a layer, but keep it close by. If you stop working to talk with a coworker or forester, you will need the extra clothes to put back on while not working. Having the right gear will make all the difference. Wear gloves with liners to give extra warmth to your hands; pacs or rubber corks don't allow snow to build up on the soles. Start off slowly in the morning or do some exercises to get your body warm and blood flowing. If you get too cold, start a fire (if landowners allow) or go to the truck and warm up.

GEAR:

- No jacket or sweatshirt hoods. Opt for a stocking cap or beanie
- Thicker gloves or liners
- Extra socks
- Long johns or wool
- Extra set of clothes
- Pacs or rubber calks
- Rain gear

TERRAIN:

Snow and ice make it more difficult to get away from the tree as it falls. The ground is slicker and snow is much harder to move around in. If you walk your escape path once, you will have tracks to follow when the tree is committed to falling. If you step on limbs, rocks or small debris, they can become skids causing falls. Brush piles and logging debris can be much deeper than you think once it's become snow covered. Snow and ice make footing much worse, so slow down and be extra cautious and try to walk flat-footed.

Winter snow and ice complicate everything, and you cannot move as fast as normal. Logs slide easier and further on slick ground, so be cautious!

TREES:

Trees accumulate large chunks of snow and ice that fall once it begins to warm or wind comes. Limbs are also more loaded and may break without warning. Your chains will not cut as well in frozen timber and will cut slower. When cutting heavy leaners, bore cuts or side notches, be extra cautious because the wood is more brittle. Snow load adds a lot of weight to the trees. Hardwoods can barber-chair more easily due to being loaded from snow and/or ice. Vine maple and small whips get hung down in snow and will be spring loaded. Debris on the ground may be hidden by snow and once the tree hits the ground, it's possible that an object may fly up.



SAW MAINTENANCE:

Cutting in cold conditions, in snow and in frozen wood can cause rapid wear and possible breakage of a saw chain. Follow the steps below to keep cold-weather wear to a minimum.

1. **Oil** – Use a lighter weight of bar-chain oil, or dilute bar-chain oil 25% with clean kerosene or diesel oil. Use twice as much of this diluted oil during operation, and be certain your chain is receiving oil from the saw.
2. **Tension** – Keep your chain correctly tensioned. Check and adjust often.
3. **Cutters** – Keep cutters sharp. Touch up every hour, more often if needed. Do not force dull chain to cut!
4. **Depth Gauges** – The bite of cutters is regulated by the height of the leading portion of each cutter, commonly known as the depth gauge. Check and adjust your cutter's depth gauges at every sharpening.
5. **Bar** – Keep the bar groove clean and oil holes open. Turn symmetrical bars over to equalize rail wear.

6. **Drive Sprocket** – Replace the sprocket after every two chains, or sooner if wear is evident. Be sure to thoroughly read the operator's manual supplied with your chainsaw.

* "Saw Maintenance" information from Oregon Chain

https://www.oregonproducts.com/pro/service/cold_weather_cutting.htm

DRIVING:

Winter months bring with them challenging driving conditions. Do not push the limits; if it is too bad stay home. Below are some winter driving tips:

- Keep your vehicle in good working condition.
- Make sure vehicle is full of fuel before heading out to the woods.
- Keep extra clothes, food, and water on hand.
- Accelerate and stop slower.
- Maintain more room between you and the vehicle ahead.
- Slow down when approaching bridges, shady areas, intersections, and off-ramps.
- Keep ice scraper, shovel, tow strap, and jumper cables in vehicle.
- Clean the snow and ice from headlights and always drive with them on.
- Drive a speed per road conditions.
- Do not push your abilities.

DEHYDRATION:

Many do not realize that it is easy to dehydrate in the winter because you often do not feel thirsty as you do in the summer months. Still, carry water in the winter and drink often. Even though you may not be sweating, water escapes your body through respiration in cold dry weather. The concentration of salt in sweat in winter months is 40% higher. If you don't want to drink water in cold weather, eat water-rich foods, such as fruits.

SIGNS OF WINTER DEHYDRATION:

- Early fatigue
- Faster breathing and rapid heart rate
- Dizziness
- Headache
- Dark yellow urine (you want it to be almost clear)

So remember, bundle up and drink up!