

## Cedar Salvage Safety Training

Employee's Name: \_\_\_\_\_

Trainer's Name: \_\_\_\_\_

*I have received and understand the information listed below:*

Employee's signature: \_\_\_\_\_ Date: \_\_\_\_\_

**Cedar Salvage Employee Responsibility**

- Employees must be aware of and follow all safe practices that apply to their work.
- Employees must conduct themselves in a workmanlike manner while on the worksite.
- Employees must make prompt report to their immediate supervisor of each industrial injury or occupational illness, regardless of the degree of severity.
- Use proper lifting techniques when attempting to lift a load.
- Always wear required PPE when applicable. When working on a landing or flying cedar blocks wear two pieces of high-viz hardhat and vest.
- Use appropriate means of access/egress when getting on and off equipment or vehicles.

**Required personal protective equipment**

- High visibility hardhat and highly visible vests when applicable ie: when working on active landings see WAC 296-54-581. Hardhats with chinstraps are required when working with helicopters.
- Must wear foot protection that covers and supports the ankle, such as heavy-duty boots. Boots must be cut resistant foot protection that will protect the employee against contact with a running chain saw.
- Caulk boots are required when employee's job duties require them to walk on logs or boomsticks they must wear sharp-calked boots, or the equivalent.
- Gloves
- Hearing protection when required by WAC Chapter 296-817
- Leg protection per WAC 296-54-51160
- Eye protection per WAC 296-54-51120 and WAC 296-800-160

## Back Injury Prevention

- When lifting you want to keep the load as close to the body as possible. The further the load is from the center of your spine in the low back, the greater the compressive force on the spine (vertebrae and discs). For example, a twenty-pound chainsaw held twenty inches away from the body produces about 400 pounds of compressive force on the disc at the pivot point in the low back.
- Make sure you have good footing so you don't slip while lifting.
- Bend at the knees and not just from the back, while keeping the feet in a wide base of support. Keep the object as close to the body as possible, keep the back in its normal curve and lift with the legs. Remember to lower objects in the same way. Avoid twisting at the waist when lifting and lowering.
- Lift smoothly and slowly and never jerk the load. Avoid twisting while lifting and bending forward because it places additional compressive forces on the spine and can cause back ligaments to be overstretched. When carrying a load or repositioning a load, be careful not to twist your body. Turn your body by changing the position of your feet.
- Injuries can be caused from slips and falls. Watch your footing. Your corks must be sharp.
- Don't jump from machines, vehicles, logs, etc. Maintain three points of contact.
- Avoid reaching, especially when pulling. Keep hands close to the body.



## Inspection and repair of equipment and vehicles

- Defective equipment in need of repair must be reported to management as soon as possible and such equipment must not be used until repairs are completed if there is a possible hazard to safety of the operator or other employees.
- Each vehicle used to perform any logging operation must be inspected before initial use during each work shift. Defects or damage must be repaired or the unserviceable vehicle must be replaced before work is commenced.
- Each vehicle, machine and piece of equipment used to perform any logging operation must be maintained in serviceable condition.

## Forklifts: AKA Powered Industrial Trucks (PIT's)

*See WAC, Chapter 296-863 for full detail on requirements when using PIT's*

## Hand tools and portable powered tools

- Each hand and portable powered tool, including any tool provided by an employee, must be maintained in serviceable condition.
- Each tool, including any tool provided by an employee, must be inspected before initial use during each work shift. The inspection must include at least the following:
- Handles and guards, to ensure that they are sound and tight-fitting, (properly shaped, free of splinters and sharp edges, and in place);
  - Controls, to ensure proper function;

- Chain saw chains, to ensure proper adjustment;
  - Chain saw mufflers, to ensure that they are operational and in place;
  - Chain brakes and/or nose shielding devices, to ensure that they are in place and function properly;
  - Heads of shock, impact-driven and driving tools, to ensure that there is no mushrooming.
- Each tool must be used and maintained according to the following requirements:
    - Each tool is used only for purposes for which it was designed.
    - Any shock, impact-driven or driving tool is repaired or removed from service when the head begins to chip.
    - The cutting edge of each tool is sharpened according to manufacturer's specifications whenever it becomes dull during the workshift.
    - Each tool is stored in the provided location when not being used at a worksite.

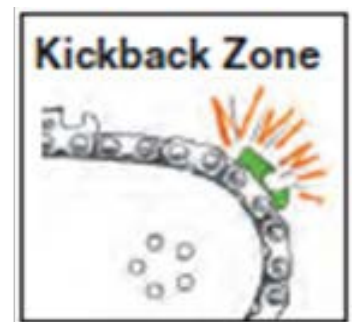
*Note: For all other power tools not covered in WAC 296-54-535, see WAC [296-807](#), Portable power tools, for rules on the use and maintenance of tools and other equipment not covered in WAC 295.54.535.*

### Safe Chain Saw Use

- Cuts are the most common type of injury caused by chain saws. They can range from minor hand injuries, while filing the chain, to major amputations or death. Cuts can occur if you slip or fall and accidentally touch the chain. The most serious cuts are caused by kickbacks. A saw can "kickback" with surprising force in less than 1/5 of a second. There is no time to react and, if you're poorly positioned, the resulting injuries can be severe.

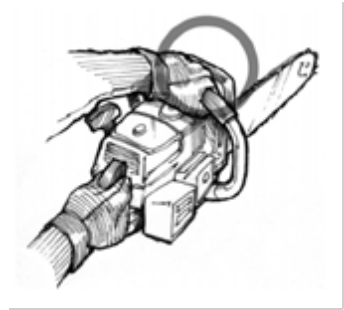
#### Cuts can be reduced by following these safety guidelines:

- Power saws must be inspected daily when in use and kept in good repair.
- Keep the saw chain sharp and properly tensioned. A dull and or improperly tensioned chain is more likely to grab and cause a kickback.
- Adjust your saw so that, when idling, the chain is stopped.
- The chain brake must be in good working order. Perform regular maintenance and test it frequently.
- Engage the chain brake before starting the saw or start the saw on the ground, log or where firmly supported.
- Drop starting the saw is prohibited.
- Wear personal protective equipment.
- When carrying the saw, keep the chain bar to the rear. If you stumble, you won't fall on the chain. Also, the dogs and chain won't hang up in brush.
- The chain saw must be shut down or the chain brake engaged whenever a saw is carried further than 50 feet or whenever terrain, brush and slippery surfaces create a hazard.
- Don't work off-balance or with poor footing. Learn to use the saw equally well, right-



or left-handed, to avoid working in awkward positions.

- A chainsaw must be held with the thumbs and fingers of both hands encircling the handles during operation unless you demonstrate that a greater hazard is posed by keeping both hands on the chain saw in a specific situation.
  - Don't jerk the saw. Jerking the saw can cause loss of control, uncertain footing and possible back, arm or shoulder strain.
  - Remember, the tip of the bar causes most kickbacks. Know where the tip of the bar is at all times, especially when bucking and limbing.
  - Avoid standing directly behind the saw or straddle the saw. Work to one side to minimize injury from kickbacks and give yourself more time to react.
- Cutting directly overhead is prohibited.
- With the exception of chain brakes and throttle lockouts, chain saws contain few mechanical safeguards. For safe operation, you must develop good saw handling skills.



## **Cedar Block Flying**

### **Best Practice feedback from the industry**

#### Common Dangers

- Loose logs, chunks of wood, rocks, and similar debris on the side hills are common dangers to the ground crew.
- Any trees or snags that are a hazard to workers must be removed. The hazards are increased by rotor wash, which can dislodge loose limbs, tops, snags, and widowmakers.
- Pilots must know the exact location of ground crew to avoid flying suspended loads over them.

### **Making up loads**

- Plan ahead to avoid working below any pile that could fall over.
- Select a spot, which will allow a level, stable pile to be built.
- Do not make up loads within reach of danger trees.
- Make sure the load of blocks does not exceed the safe working load of the sling and is within the lifting capacity of the helicopter.
- Set the choker so that it will tighten as the load is lifted.
- Make up loads that permit unrestricted removal. The hooker's escape route must be clear of the flight path.

### **Receiving the Hook**

- When possible, stand on the uphill side of the load to receive the hook. Watch the hook constantly and be prepared to move to safety if necessary.
- As helicopter approaches maintain communication.
- Allow hook to contact ground to dissipate static charge.

### **Hooking the Sling**

- Be prepared to let go if the hook moves up or away.
- Make sure the load is stable and the sling is centered on the load.
- Hold the sling by the splice to avoid catching the hand between the eye and the hook.

- Keep hands clear of the sling after hooking.

*Note: See chapter 296-54-Logging Standards if slings are made of wire cable rope. See chapter 24, Part D, WAC, 296-24-29415-296-24-29431 if slings are made of synthetic rope. For a complete list of detailed criteria on sling inspection and use.*

### **Block Flying**

- Move to a predetermined safe position, before signaling the pilot to lift. Per WAC 296-54-581(2) Employees and equipment must remain in the clear and employees must never be under a suspended load.
- Stay in the clear on the high side watching the load until the helicopter has left.

### **Block Landing Area**

- The flight paths should not pass over traveled roads. If this is not possible, traffic control such as flagger(s) must be implemented.
- The landing area must be free of danger trees.
- Make sure landing person gets in the clear well in advance of the incoming load.
- Maintain the landing work area clear of tripping hazards.