

Safety Briefing for July 2023

Topic: Heat-Related Illness

Introduction: I BET YOU DIDN'T KNOW that the body burns calories and produces heat to keep its temperature at 98.6 degrees Fahrenheit. In a hot environment or during vigorous physical activity, the body will rid itself of excess heat. Two effective ways it does this are sweating and dilation of blood vessels. When sweat evaporates from the skin, you begin to cool off. When blood vessels dilate, blood is brought to the skin's surface to release heat.

Background: Heat-related illness takes several forms. Heat rash occurs when sweat ducts get clogged. Heat cramps are painful muscle spasms caused by loss of electrolytes from heavy sweating. If employees develop these conditions, immediately get them out of the heat so they can rest. The next stage of heat-related illness may not be far away. Heat syncope, heat exhaustion, and heatstroke develop from prolonged exposure to heat. A victim of heat syncope faints when blood flow to the brain is decreased.

What must an employee know: Heat exhaustion sets in when the body loses too much water and salt. Signs include weakness, dizziness, nausea, headache, heavy sweating, clammy skin, and slightly elevated body temperature.

Hot Tips to Cool Conditions

As a supervisor or employee, you should know how to recognize a victim of a heat-related illness. Evaluate the symptoms and follow these first-aid actions:

Heat cramps: Have the employee sip water or a diluted sports drink. Gently stretch the muscle.

Heat syncope: Have the employee lie down in a cool area.

Heat exhaustion: Lay the employee down in a cool area with his or her legs raised. Remove excessive layers of clothing. Give up to 1 liter of water. Do not give anything to drink if the employee vomits. Cool the worker with a cold, wet cloth and a fan.

Heatstroke: Call for medical help immediately. While you wait for help to arrive, move the employee to a cool place, remove clothing down to underwear, and apply ice packs at the neck, armpits and groin. Cover the employee with wet towels or cloths or spray him or her with cool water, and fan the employee to quickly evaporate the dampness on the skin.

Catch It Early

Awareness is vital to prevent heat illness. Supervisors and employees need to watch for warning signs. Employees adapt to the heat, but they usually know their limitations, and supervisors should never push beyond those limits. Employees can take other preventive measures to combat the heat:

- ❑ Eat light. The more calories you take in, the more body heat you produce.
- ❑ Drink plenty of fluids throughout the day. Drink at least 8 ounces per half hour.
- ❑ Choose the proper type and amount of clothing. Cotton allows the skin to breathe and absorbs sweat. Wide-brimmed hats protect from direct sunlight.

\$AFETY PAYS

SAFETY MEETING AGENDA

COMPANY NAME: _____

DATE: _____

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.

Inspection Reports – 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 Meeting For August 2023

Topic: Bucksaw Safety

Introduction: Recent deaths and injuries have involved employees being struck with objects thrown from the saw, and most were a result of a poor set-up. Catastrophic injury or death can result from saw chain failure, and this is a maintenance issue.

What must an employee know: Mechanical log bucking has been a tremendous gift to our industry since it has eliminated ground personnel and has greatly reduced great risk. While the bucksaw can reduce the risk on our jobs, it can also be a very dangerous tool should a malfunction take place. Bucksaw safety can be broken down into two areas: positioning the bucksaw and maintenance.

SAFE SET-UP

- The bucksaw should be set up pointing away from the busy deck or landing area.
- The loader operator must be “out of line” with the bar and chain unit.
- Loader doors and windows must remain shut while the saw is being operated.
- Never engage the saw if machinery or people enter the “No Zone”!
- All lock and tag-out procedures shall be followed during maintenance times.

MAINTENANCE

The bucksaw is basically an “overgrown” chainsaw. Basic bar and chain maintenance should be followed to avoid saw chain failure, which could result in an injury. A broken link of 11 BC chain proves to be a very lethal projectile. If the chain doesn’t break, there is no accident!

- Make sure the saw chain is sharp. A dull chain causes undue wear to other chain components, sprockets, and guide bars. Above all, it is inefficient.
- Frequently inspect all chain components, which include rivets, drive links, and side straps. Check for excessive wear, cracks, or broken rivets. The chain must be put “out of service” until repairs can be made.
- Inspect drive sprockets and roller sprockets. Worn sprockets cause damage to drive links and the chassis of the saw chain.
- Inspect the guide bar for wear. Bar rails must be true. File or grind burrs from the bar. A true bar will allow the saw chain to cut straight.
- Use a good quality bar and chain oil, this will help to reduce friction and add to the life of the bar and chain. Do not use discarded motor oil.
- All repairs are to be made with the machine locked out and tagged out.

Having an increased awareness and stressing maintenance will provide favorable results on Bucksaw safety issues. We must make the right decisions. Being Pro-Active greatly reduces the risk of an accident.

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Safety Briefing for September 2023

Topic: Preventing an Accident

Introduction: I BET YOU DIDN'T KNOW that a "near miss" or "incident" is an unplanned event that has the potential for property loss or injury and prevents a task from being completed. It has been reported that incidents or near misses preceded 75 percent of on-the-job injuries.

Background: How do you handle those minor accidents or near misses in your workplace? What's your attitude to an incident? Do you feel momentarily relieved an incident wasn't any worse and return to your routine? Are you told, or do you tell workers to be more careful next time? Is there a plan for preventing mishaps?

What must an employee know: Developing a preventive, not reactive, safety program should be an ongoing role of everyone. The warning signs of "near misses" cannot be neglected. Understand what happened before you try to reduce or control any hazards. The following questions can help you analyze the cause of an incident:

- Was the worker using unsafe practices?
- Was the worker violating any safety practices?
- Were conditions unsafe?
- Did the worker have proper lighting?
- Was the worker taking shortcuts?
- Is the worker accident-prone?
- Was the near-victim authorized to be in that work area?

Everyone should be especially interested in each incident or near miss occurring in their work area. Reporting the incident or near miss is key in preventing future occurrences and should never be viewed as "telling on someone." The accident that you prevent could be your own. Consider the following to assist in preventing accidents:

- ☐ Determine if proper safety practices were being used when a "near miss" occurred.
- ☐ Did a lack of skills or possibly a training concern help lead to the incident?
- ☐ Has enough time been spent on loss control? Remember that accident prevention controls losses. Conduct safety inspections of working conditions and practices each time you walk through your work area.
- ☐ Share safety responsibilities with employees. Repeat your mishap prevention message to all your workers, not just those involved in a "near miss."
- ☐ Hold safety meetings following incidents so everyone hears about problem areas or about mistakes to avoid in the future. They need to understand those one-time minor injuries or damages could be extremely serious next time.

You don't need to wait for a serious injury or accident in order to analyze what changes need to be made in working conditions or safety practices. Rather, use an incident or near miss as an opportunity to find and eliminate causes of problems that could result in injuries or property-damaging accidents.

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