

Topic: WINTER WEATHER WARNING

Introduction: Right about this time of the year, you are feeling the cooler temperatures of winter. In winter, hypothermia becomes a danger to watch out for. Anyone who works outside, including laborers, loggers, sawmill employees, and construction workers, needs to take precautions and be prepared if they or a co-worker needs emergency care.

Background: Heatstroke is the most prevalent hazard in the summer, but in the winter, any prolonged exposure to freezing or cold temperatures can cause serious conditions such as trench foot and frostbite. In extreme cases, including falling into cold water, exposure can quickly lead to death.

What must an employee know: The first item of importance is knowledge of hypothermia. Hypothermia is a condition that can occur when your body's core temperature falls to a low enough temperature to impede or impair normal brain or muscle functions. Exposure to cold air, cold water, or a combination of the two can cause a body to lose heat rapidly. Heat loss can occur when you come into contact with anything cold or wet (such as snow or wet clothing) or through evaporation, which occurs during normal breathing and perspiration.

Symptoms of hypothermia include uncontrolled shivering, slurred speech, clumsy movements, a feeling of fatigue, and acting confused. If you notice these signs in others or yourself, call for help.

Here are some tips for helping employees prevent hypothermia:

- Recognize the conditions in your workplace that may present a danger.
- Train workers to recognize the symptoms of hypothermia and to understand treatment procedures.
- Dress for the weather. The best clothing for periods of cold or wet environments includes a breathable layer next to the skin, an insulating layer such as wool (wool insulates even when wet), and a waterproof outer layer.
- Hydrate. Dehydration speeds up the onset of hypothermia. Drink warm, sweet beverages but avoid coffee, tea, hot chocolate, or other drinks with caffeine. Always avoid alcohol.
- Eat warm, high-calorie foods such as pasta.
- Do not work alone. Use the buddy system. Working with someone increases the likelihood that one worker will recognize symptomatic danger signs.
- Frequently, take a break. The more extreme the cold, the more frequent warm-up breaks are needed.

Remember, anyone who is in poor physical condition, or suffers from illnesses such as diabetes, hypertension, or cardiovascular disease, or takes certain medications, will be at higher risk of suffering from hypothermia.

SAFETY MEETING AGENDA

COMPANY NAME: _____

DATE: _____

Open Meeting & Present safety topic: Cold Weather Warnings

Employees present:

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MEETING CHAIRED BY: _____

Safety Briefing for February 2026

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 poses hazards. Recent injuries have occurred because truck drivers failed to account for the conditions on the road or the driving habits of others. 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 driveways and hills.
- Watch for soft shoulders, guideposts, 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 re-enter 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 involving tail swing have occurred. 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.

SAFETY PAYS

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Old Business – Status of any previous safety recommendations.

Accidents/Near Misses – Discuss accidents and near misses that have occurred since the 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 the last meeting.

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

MEETING CHAIRED BY: _____

Safety Briefing for March 2026

Topic: Following too Close

Introduction: Several recent accidents have resulted in fatalities. Each accident was avoidable had the driver paid attention to the road conditions and kept proper following distances.

Scenario One: Two loaded log trucks from the same logging company were loaded with pulpwood with overhanging logs. The two drivers were taking their load to the same mill, so they traveled together. The weather was clear and sunny. This was their first load of the day.

The two trucks traveled 20 miles or more from the jobsite and entered a small town. They had to slow down and shift lanes due to road construction. The first driver had downshifted and slowed to the 35 MPH speed limit. He then stopped for a red traffic light. However, the second driver failed to slow down and struck the rear of the first truck at approximately 45 MPH.

Several long logs from the first truck entered the engine compartment of the second tractor. One of the logs deflected toward the driver's side and entered the cab through the firewall. It penetrated the driver and continued out the back window. He died instantly.

Scenario Two: Same situation, another day. Two truck drivers, each driving a pulpwood load with a large amount of overhang. They traveled together to deliver their loads to the same mill.

The weather was overcast, but visibility was good. It appears that the weather did not contribute to this accident.

As they traveled, they kept in contact with each other by CB radio. The first driver would relay traffic information to the driver behind so they could avoid trouble/issues. They had traveled on a four-lane highway, and as they approached the town, the lanes transitioned to a two-lane road. The first driver reported that he slowed down because of a school bus. He reported a sudden jolt in his truck, followed by a loud crash. He exited the cab quickly and went to the rear of the truck.

He saw that the second truck had hit his truck. The driver was dead. He was struck by logs that entered the cab. To make matters even worse, this was his father who drove the second truck. He does not know why his dad failed to slow down.

RECOMMENDATIONS:

- **Avoid following too closely.**
- **Keep safe distances to avoid this type of accident.**
- **Distractions remove precious seconds needed to react.**
- **Reduce speed**
 - **as you enter construction zones or towns**
 - **to adjust to road or weather conditions**

\$AFETY PAYS\$

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