



The Forestry Safety Association of Newfoundland and Labrador

DON'T SLIP - GET A "GRIP"



5 DAY TOOLBOX CAMPAIGN

FSANL would greatly appreciate you sending us a copy of your "Toolbox sign-off record sheets" for our records. Please see our contact information below.

Working together to create a safer work environment for our forest industry.

10 Main Street Suite 202, Corner Brook, NL A2H 1B8...Phone 709-388-0374, Email dion.newman@fsanl.ca or roma.taylor@fsanl.ca

Check out our website at www.nlforestsafety.ca for more information



Day 1— HOW DO SLIPS AND TRIPS HAPPEN



Both slips and trips result from some kind of unintended or unexpected change in the contact between the feet and the ground or walking surface.



SLIPS—happen where there is too little friction or traction between the footwear and the walking surface.

Common causes of slips are:

- Wet or oily surfaces
- Occasional spills
- Weather hazards
- Uneven terrain
- Flooring or other walking surfaces that do not have some degree of traction in all area



Trips—happen when your foot collides (strikes/hits) an object causing you to lose balance and, eventually fall.

Common causes of trips are:

- Obstructed view
- Poor lighting
- Clutter in your way
- Unanchored rocks or stumps
- Uncovered cables and cords
- Debris

When approaching a work area the first thing on your mind should be:



Do a quick Safety Inspection!



There are many things that can affect your working conditions.



Some can cause your workday to come to an unhappy end. An inspection should make you aware of any potential hazards.

- Visual scan of walking surfaces.
- Examine the route you will be taking and pay attention to any areas where you will be working and carrying equipment.
- When you carry a ladder, tools or any equipment, the extra weight alters your center of balance. This causes your body to react in a different way then if you were empty handed.
- If your foot contacts something along the way, you are more likely to fall than if you were empty handed.
- Look for depressions or dips in the walking surfaces, or soft spots that could cause you to lose your balance.
- Be alert for floor openings and liquids on floors – that wet spot could be water, oil, or it could be a small pool of hydraulic fluid that is slick as ice.
- With each step you take when walking, your foot comes off the ground about an 1/2 inch. Any hazard higher than that can arrest your foot movement. This sudden stop is what causes most falls.
- Make sure your visual inspection includes anything that is sticking up in your walking area. And don't ignore anything that could cause your foot to roll.

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Day 2— ARE YOU AWARE OF UNEVEN TERRAIN



Beware of Uneven Terrain

Uneven terrain is often a hazard that is overlooked, because many feel that there are many other dangerous hazards present on the work-site. However, each and every year, there are several injuries to ankles and knees due to uneven terrain.



Due to the nature of our work, it would be impossible to mark out each and every item that we could trip or roll our ankle over on. However, **we can significantly reduce our chances of injury by:**

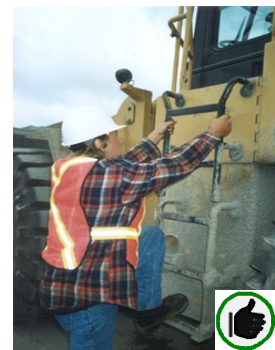
- **Being aware of the hazards** – Foremen, Workers: at the start of each job, take a minute to identify possible tripping, slipping or ankle roll hazards.
- **Wearing ankle supporting work-boots properly** – Workers must wear work-boots that offer ankle support / protection. Now, take a moment to examine your own footwear... Are your laces snugly done up high enough to ensure that if you were to slip off a stump unexpectedly, that your ankle would have enough support to avoid injury.



Ankle, or knee injuries can have a significant impact on your life, so don't risk an injury that could limit you in years to come. Take the time NOW to do up your laces and always remember to keep this as a part of your daily routine.

Mounting and Dismounting Equipment Safely

You are expected to mount and dismount equipment using the 4-point contact system. This means you must have three points of contact (1 hand/2 feet or 2 hands/1 foot) holding onto the equipment at all times and remember the 4th point of contact (Take the time to look at where your stepping).



- Face the equipment while mounting and dismounting.
- Do not twist while dismounting equipment.
- Beware of slippery surfaces.
- Do not carry ANYTHING while mounting or dismounting equipment

If you are not the operator of the piece of equipment and you are approaching another operator:

- Ensure the equipment is completely stopped,
- Make eye contact with the operator,
- Ensure that the operator is not going to start moving while you are on the machine,
- Use the 4-point contact system to mount and dismount equipment.

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Day 2— ARE YOU AWARE OF UNEVEN TERRAIN



Toolbox sign-off

Company Name:
Company Location:
Date:

Print Name	Signature

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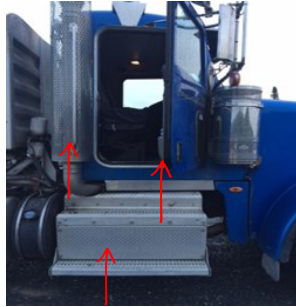
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Day 3— SAFE ACCESS/EGRESS OF EQUIPMENT!

Each year workers are hurt while getting on and off of trucks, excavators, backhoes, harvesters, and other forestry equipment. When getting on or off a piece of equipment, take a few seconds to learn the placement of the hand holds, steps, rails and overhead hazards.

Always maintain 3-points of contact and look where you're stepping



Check for overhead hazards and clearance before mounting/dismounting



Before entering

- Ensure footwear is clear of dirt, oil and grease.
- Remove any mud, snow, ice, grease, or any other substance from equipment ladders.
- Steps and handrails should be secure.
- Avoid loose or torn clothing.

Getting on the machine

- Make sure the machine is shut down and all boom attachments are lowered to the ground.
- Face the machine when climbing up, watch where you're stepping and maintain 3-point contact.
- Don't climb up with anything in your hand.
- Take your time entering the machine and check overhead clearance.
- Ensure you have a solid grip on the handles before stepping up.



Exiting the machine

- Position the machine on even ground when possible.
- Make sure the machine is shut down and all boom attachments are lowered to the ground.
- Face the machine when climbing down, watch where you're stepping and maintain 3-point contact.
- Don't climb down with anything in your hand.
- Take your time exiting the machine.



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Day 3— SAFE ACCESS/EGRESS OF EQUIPMENT!

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Company Location:
Date:

Print Name	Signature



Day 4— PAY ATTENTION TO YOUR MOVEMENTS AND YOUR SURROUNDINGS

Slips, trips and falls are the 3rd most common cause of workplace injury in Newfoundland and Labrador.

Slips, trips and falls can happen anywhere! They can happen from heights, on stairs, and on level ground. They can happen at work and at home.

**Focus on where you're going, what you're doing,
and what lies ahead.**

Expect the unexpected.



Below are some things to keep in mind to help you prevent slips, trips and falls!.

- Take responsibility for fixing, removing, or avoiding hazards in your path.
- Wear proper safety boots.
- Avoid baggy or loose pants; you could trip over.
- Walk, don't run.
- Wipe your feet when you come in from rain or snow.
- Report or replace any burned out lights or inadequate lighting.
- Watch out for uneven terrain and floors that are uneven, have holes, etc.
- Keep your hands at your sides, not in your pockets, for balance.
- Don't carry loads you can't see over.
- Walk slowly on slippery surfaces. —Slide your feet and avoid sharp turns.
- Sit in chairs with all four chair legs on the floor.
- Make sure all wheels or casters are on the floor.
- Be constantly alert and remove or go around obstructions in your path.



**Don't Let Them
Get You Down!**

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Day 5— FOUR POINT CONTACT!

The Forestry Industry includes sectors such as wood harvesting, pulp and paper mills, sawmills and silviculture.

Between 2014 and 2018, there were fluctuations in the annual average employment* in the industry. However, in 2018 employment returned to the 2014 level of 1,400.



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→ 32.1% →

Of lost-time claims are related to sprains and strains in 2018



Fall from heights

14.3%

In 2018 compared to Provincial Rate of 7.0

Falling while getting into or out of truck cabs or heavy equipment or when mounting or dismounting truck bodies or trailers can cause serious injuries. Many knee, ankle and back injuries result from jumping from equipment onto uneven ground or objects.

The biggest cause of falls from a vehicle is human error and failure to follow the “Four Point Rule”. The Three Point Rule requires three of four points of contact to be maintained with the vehicle at all times—two hands and one foot, or both feet and one hand. Don’t forget the fourth point of contact (take the time to look where you’re stepping). This system allows maximum stability and support, reducing the likelihood of slipping and falling.

There are important steps that can be taken to prevent mounting/dismounting injuries with the use of the Four Point Rule being the most important.

- Keep steps, ladders and standing surfaces free of snow, mud and debris.
- Report damage immediately.
- Don’t use tires or wheel hubs as a step surface.
- Don’t use the doorframe or door edge as a handhold.
- Wear footwear with good support and slip resistance.
- Don’t climb down with something in your hand. Leave it on the vehicle floor and retrieve it after getting safety on the ground.
- Don’t rush to climb out after a long shift.
- Descend slowly to avoid straining a muscle.
- Be extra careful when working in inclement weather.
- Exit and enter facing the cab.
- Get a firm grip on rails or handles.
- Never Jump! You may land on an uneven surface, off balance or on something. Look before exiting.



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