



5 Day Tool Box Talk For Tree Planters



Day 1: Safe Lifting



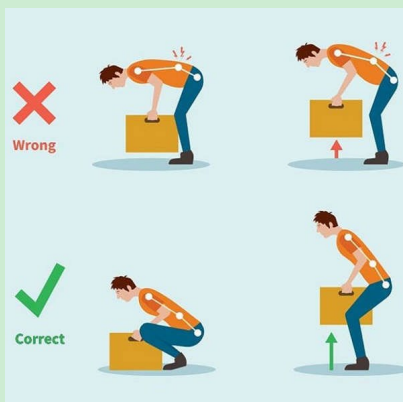
It is important to make sure when lifting objects, you are doing it safely.

Follow these tips to avoid straining your back when you are lifting:

- Lift with your knees, not with your back.
 - Keep your back straight and do not bend and twist at the waist.
- Plan the lift and clear your path.
 - Make sure nothing is in your way that could possibly trip you up.
- Ask for help if the load is heavy or awkward.
 - If you lift a heavy load by yourself, you could possibly pull a muscle or drop it.
- Pivot your feet to avoid twisting.
 - If you twist your back, you can potentially hurt yourself.
- If possible, push the load instead of lifting.
 - It is better to push than lift.

Basic Diagonal Lifting Technique

1. Get as close to the object as possible.
2. Use a wide stance with one foot forward and to the side of the object for good balance.
3. Keep your back straight, push your buttocks out, and use your legs and hips to lower yourself down to the object.
4. Slide the object as close to you as possible.
5. Put the hand (same side of your body as the forward foot) on the side of the object furthest from you.
6. Use this basic lifting technique for small objects when you can straddle the load and use a wide stance.
7. Put the other hand on the side of the object closest to you. Your hands should be on opposite corners.
8. Grasp the object firmly with both hands.
9. Prepare for the lift, tighten your core muscles, look forward and upward, keep a straight and strong back.
10. Lift slowly and follow your head and shoulders. Hold the load close to your body. Lift by extending your legs with your back straight, and breathe out as you lift.





Day 2: Working in the Heat



When working in the heat, it is possible for someone to have heat exhaustion or heat stroke. Heat exhaustion and heat stroke are similar, but different.

Heat Exhaustion vs Heat Stroke

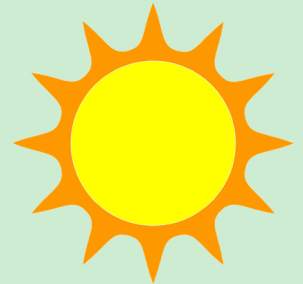
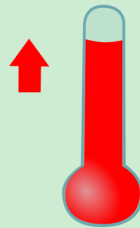
Heat exhaustion occurs when your body loses excess amounts of water and salt, typically from sweating. Heat stroke is more serious. It occurs when your body is unable to control its internal temperature and can potentially lead to death.

Symptoms of Heat Exhaustion

- Dizziness
- Headache
- Fatigue
- Thirsty
- Nausea
- Muscle cramps
- Feeling faint
- Heavy sweating
- High body temperature

Symptoms of Heat Stroke

- Hot, dry skin or profuse sweating
- Confusion
- Loss of consciousness
- Seizures
- Very high body temperature



- * If you are experiencing symptoms of heat exhaustion, try to find a cooler location if possible.
- * Heat stroke is considered a medical emergency. If you think you are experiencing heat stroke, go to the hospital immediately.

Prevention Tips

- Stay hydrated by drinking lots of water. Avoid drinking alcohol and caffeinated beverages. Caffeine can actually make you dehydrated.
- Wear light-colored, loose, lightweight clothing when doing activities outside in the heat.
- Take frequent breaks when working in the heat.
 - Take breaks in the shade.



Day 3: Insect Stings and Bites



One issue we all face in the summer time are insects. Insects can carry diseases/ viruses such as the West Nile virus and Lyme disease. So protecting ourselves against insect bites and stings is very important.

West Nile Virus

West Nile virus is spread to humans by the bite of an infected mosquito. Mosquitoes become infected when they feed on infected birds. Infected mosquitoes can then transmit West Nile virus to humans and animals while biting to take blood.

West Nile Virus Symptoms

Some symptoms of the West Nile virus include headache, fever, and body aches. Some people may also develop a rash or swollen lymph glands.

How to Prevent West Nile Virus

Preventing the West Nile virus can be done by implementing appropriate mosquito control measures and wearing insect repellent.

Lyme Disease

Lyme disease is caused by bacteria called *Borrelia burgdorferi*. This bacterium is carried by certain ticks, and spreads to the host when the tick bites. The bacterium is normally found in small animals such as mice, squirrels, chipmunks, shrews, etc.

Lyme Disease Symptoms

Some symptoms of Lyme Disease include fatigue, fever or chills, headache, muscle and joint pain, swollen lymph nodes and skin rash.

****One sign of infection can be an expanding rash, sometimes referred to as a "bull's eye" rash because it may have rings spreading from the bite site.****

How to Prevent Lyme Disease

Use insect repellents containing DEET to repel ticks. Apply to both clothes and skin.





Day 4: Work-related Musculoskeletal Disorders (WMSDs)



When performing repetitive tasks at work, you can possibly develop WMSDs.

What are Work-related Musculoskeletal Disorders (WMSDs)

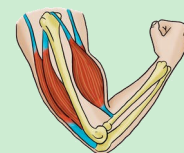
WMSDs are a group of painful disorders of muscles, tendons, and nerves. Some examples of WMSDs include carpal tunnel syndrome, tendonitis, thoracic outlet syndrome, and tension neck syndrome.

WMSDs include three types of injuries:

- **Muscle injury**
 - Sometimes called a pulled muscle.
 - When muscles contract, they use chemical energy from sugars and produce by-products such as lactic acid which are removed by the blood.
- **Tendon injury**
 - Tendons consist of numerous bundles of fibres that attach muscles to bones.
 - Occur in two major categories – tendons with sheaths found mainly in the hand and wrist; and tendons without sheaths, generally found around the shoulder, elbow, and forearm.
- **Nerve injury**
 - Nerves are surrounded by muscles, tendons, and ligaments.
 - With repetitive motions and awkward postures, the tissues surrounding nerves become swollen, and squeeze or compress nerves.

How to Prevent WMSDs

- Stretch
- Take frequent breaks
- Rotate jobs
 - Instead of sticking to one job for a long period of time, move on to another.
- Work as a team
- Good work practices
 - A well-designed job, supported by a well-designed workplace and proper tools, allows the worker to avoid unnecessary motion of the neck, shoulders and upper limbs.



Information found: [https://www.ccohs.ca/oshanswers/diseases/rmirsi.html#:~:text=Work%2Drelated%20musculoskeletal%20disorders%20\(WMSDs\)%20are%20a%20group%20of,tension%20neck%20syndrome%20are%20examples.](https://www.ccohs.ca/oshanswers/diseases/rmirsi.html#:~:text=Work%2Drelated%20musculoskeletal%20disorders%20(WMSDs)%20are%20a%20group%20of,tension%20neck%20syndrome%20are%20examples.)



Day 5: Hazards



When working, it is important to identify the hazards and to make sure you are wearing the proper personal protective equipment (PPE). By wearing your PPE, you can protect yourself from workplace injuries. For example, wearing the right boots can prevent ankle/ foot injuries (tripping up in uneven terrain).

Common Hazards

- **Uneven terrain**
 - Rocky terrain is hard to walk on, especially when you are not paying attention.
- **Slash**
 - Having debris left behind after logging is a hazard.
 - Slash is uneven and slippery, it's difficult to walk over, and broken branches can cut or impale you.
- **Pesticides**
 - Inhaling chemicals can be very dangerous, so make sure you have the proper PPE when using chemicals.
- **Forest Fires**
 - Forest fires can happen at any time. Take precautions and make sure if you are using chemicals that are flammable, they are used properly and you have the appropriate training to use them safely.

Common PPE for Tree Planters

- Safety boots (chainsaw boots if using a chainsaw)
- Gloves
- Hard hat with side impact protection
- Safety glasses (forestry screen over glasses if using a chainsaw)
- Respirator
- Reflective vest
- Chainsaw pants (if operating a chainsaw)
- Ear muffs/ plugs (if someone is using a chainsaw)

