

# The Four Elements of Safety

Preventing Slips, Trips and Falls While Working in the Woods



**Northwest Forest Worker Center**

## The Four Elements of Safety

### Preventing Slips, Trips and Falls While Working in the Woods

Did you know that falling is one of the two most common ways of getting hurt in forestry services? (The other most common way is getting struck by a falling object.) It is important to do everything you can to prevent slipping, tripping and falling because a slip, trip or fall can put you out of work for days, or worse, end your career.



There are many hazards in the woods that can cause slips, trips and falls including uneven ground, rocks, roots and debris on the forest floor, slash you have to climb over, wet, slippery slopes, and other things like that. You can't change the physical environment or weather in the woods, but you can change your behavior.

An easy way to remember the things you can do to prevent slipping, tripping and falling at work is to sum them up as the **Four Elements of Safety: Preparation, Attention, Balance, and Take Care of Yourself and Each Other.**

#### Acknowledgements

This material has been made possible by a grant from the Oregon Occupational Safety and Health Division, Department of Consumer and Business Services.

Illustrations: Mary Ann Zapalac

Photos: Lomakatsi Restoration Project

Photo of Marathon Runners: [http://www.askfitnesscoach.com/wp-content/uploads/2011/05/Marathon\\_Training\\_Mistakes.jpg](http://www.askfitnesscoach.com/wp-content/uploads/2011/05/Marathon_Training_Mistakes.jpg)

# Preparation:

Be well prepared for work at each site.

1. Wear good work boots (caulks). This is one of the most important things you can do to prevent slips, trips and falls.



2. Assess the site before starting work. The law requires your employer to conduct a safety survey of the worksite before starting the job, and to hold a pre-work safety meeting with employees.



3. Warm up and stretch before doing strenuous work

# Attention:

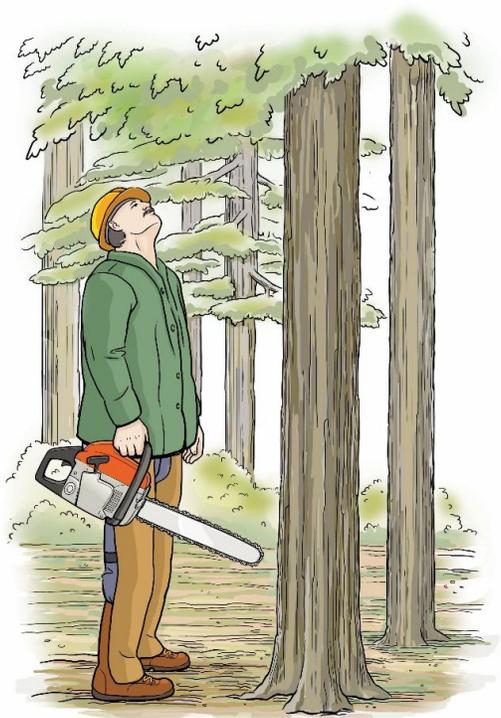
Pay attention to what you are doing. Pay attention to your surroundings.



1. Maintain 3 points of secure contact when stepping over slash or getting on and off the crummy.



2. don't jump off of stumps, logs, the crummy or other high objects



3. Check trees for dead branches.  
**Look up, look down, look all around!**



4. Avoid climbing on logs loaded on trucks

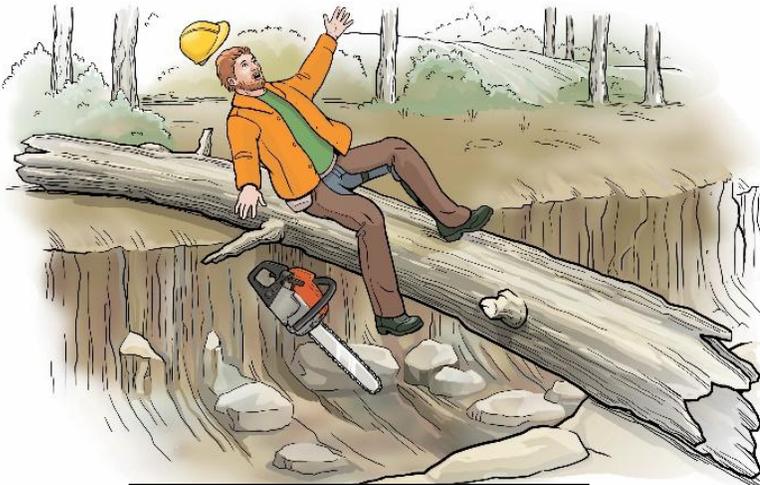
# Balance: Don't work off balance.



1. Avoid awkward positions. Reposition your body to maintain stability and control of the saw.



2. Turn sideways when walking on steep slopes.



3. Don't cross ravines on logs.

4. Don't hurry.

5. Don't compete with your co-workers.

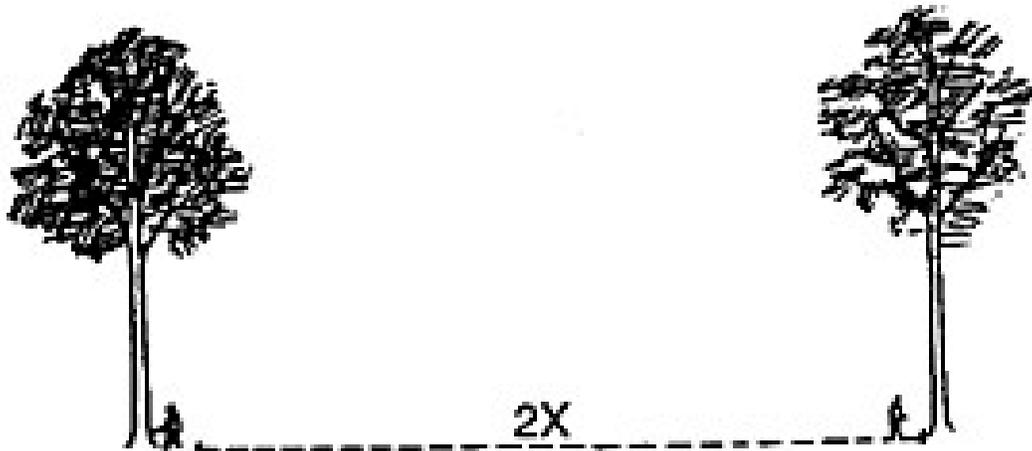
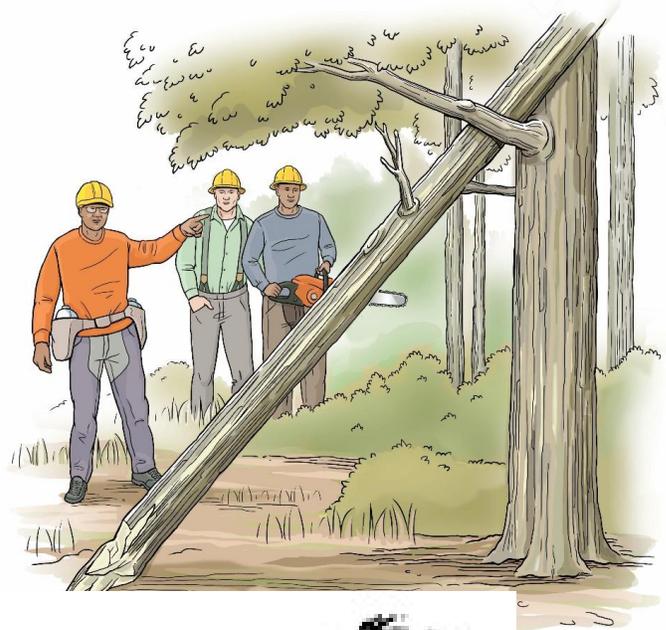


# Take Care of Yourself and Each Other:



1. Take rest breaks – we make more mistakes when we're tired

2. Everyone on the crew should identify hazards when they are spotted. This kind of teamwork will help keep everyone free from injury.  
**Communicate, communicate, communicate!**



3. Work at least two tree lengths apart when felling trees. The law requires this.