

Forest Service Safety Guidelines

Task	Hazards	Actions
Personal protective equipment		<ul style="list-style-type: none"> • Work gloves, boots with slip-resistant heels and soles with firm, flexible support • Eye protection • A Long sleeve shirt • Long pants • First aid kit
Hiking on the Trail	Dehydration Contaminated Water	<ul style="list-style-type: none"> • Drink 4+ quarts of water per day when the temperature is above 80 degrees. • Increase fluids on hotter days or during extremely strenuous activity. • Observe your partners for signs of dehydration.
	Falling objects Snags Trail hazards Carrying tools	<ul style="list-style-type: none"> • Be aware of your surroundings and watch where you step. • Look for widow makers and snags. • Be aware of water crossings, marshes, and altitude changes. • When fording streams, use a walking stick and undo hip belt to avoid drowning. • Maintain a safe walking distance between people (10 feet minimum). • Always have sheaths on tools and carry them on the downhill side of the trail.
	Foot Damage	<ul style="list-style-type: none"> • Wear appropriate hiking boots and socks taking into account the terrain, the work, and the weather.
	Sun Exposure	<ul style="list-style-type: none"> • Wear protective clothing including long sleeve shirt, long pants, full brimmed hat/helmet. • Use sun block and lip balm.
	Heavy Brush	<ul style="list-style-type: none"> • Wear protective clothing such as long sleeve shirt, long pants, helmet, work gloves, and protective eye wear. • Watch for others when discarding brush. • Throw brush out of sight from the trail. • In heavy undergrowth, lift knees high to clear obstacles.
	Animals	<ul style="list-style-type: none"> • Be observant of snakes which like to live under logs and shady areas. • Be aware of possibly rabid animals.
	Contact with Ticks, Spiders, Mosquitoes, Bee, and Poison Oak/ Oak/Sumac	<ul style="list-style-type: none"> • Identify crew members who are allergic and keep them out of work locations where • Poisonous plants or bees are present. • Educate crew members on plant ID. • Whenever the skin contacts a poisonous plant or noxious weed, wash the area with cold water within 1 to 3 minutes or as soon as possible. • While working in the poisonous plant environment, do not use soap and/or hot water because they can remove the natural protective oils from your skin. • Upon returning from the field, use rubbing alcohol to cleanse contacted skin. • Wear gloves when pulling weeds.

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Working on the Trail	Stock	<ul style="list-style-type: none"> • Inform everyone when stock approaches. • Work stops until the stock has passed the work site. • Stand off the trail on the downhill side. • Place tools a safe distance away from the trail. • Do not make sudden movements or loud noises. • It may be helpful to take your hard hat off until animals pass. • Listen
	Hikers	<ul style="list-style-type: none"> • Inform the others when you see hikers on the trail. • Work stops until the hikers clear the work area. • If a potential hazard exists, stand watch at safe distances and stop hikers until the hazard is cleared. • Ensure hikers have a clear path. • Place tools off the trail in a centralized location. • Keep shields on sharp edges when tool is not in use. • Communicate a clear path to the hikers.
	Sharp Tools	<ul style="list-style-type: none"> • Carry tools safely. • Carry tools on the downhill side. • Carry sharpened edge of tool downward away from your body. • Be aware of others around you. • Do not carry tools on your shoulder. • Space yourselves when hiking.
	Back Injury	<ul style="list-style-type: none"> • Use proper lifting techniques when picking up items. • Bend knees, not back. • Lift straight. • Stretch periodically. • Request assistance when moving heavy objects. • Favor rolling or dragging over lifting. • Use tools to limit exertion

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Working on the Trail	Tool Use	<ul style="list-style-type: none"> • Properly maintain and care for tools. • Carry tool with scabbard on. • Look around for others and hazards before swinging tools. • Have firm footing and be balanced when swinging. • Never throw a tool. • When not in use, shield any sharp edges. • Limb and peel logs on the opposite side of you. • Keep tools sharp. • Wear gloves and hard hat. • Move large rocks by hand or with a lever or bar versus hitting with a tool. • Maintain tight grip on tool handles.. • Use gentle but deliberate hoeing action. • Be aware of others working around you. • Do not use tools with a loose handle. • Avoid working in the dark.
	Overhead Hazards	<ul style="list-style-type: none"> • Be watchful of loose limbs on trees. • Be careful of dead trees. • Avoid working at an unsafe site. • Communicate to others when hazards are identified.