



Walking In the Woods

Pre-Work Brain storm

The following are ideas that came about from planters and supervisors during Coast Range Pre-work. The Pre-work went well and was broken up into 3 stations which meant that fewer planters were at each station and were able to bring forth their own ideas and questions to the table. These are the ideas that came about from the “Walking in the Woods” station. I believe that this was beneficial to both the planters and supervisors as it gave everyone an idea of how to keep their health for the season.

- ❖ WALK don't run
- ❖ Be AWARE that there are lots of things to trip on
- ❖ Keep one foot on the ground
- ❖ Stability – 3 points of contact at all times. This does not include forehead, chin and chest! Use shovel as third point of contact. The more stable you are the less likely you are to fall.
- ❖ Plant up hill
- ❖ Be careful of loose logs
- ❖ Small sticks can be dangerous too!
- ❖ Steeper slopes are more dangerous
 - Site prep – stumping causes holes that sometimes may not be filled. Roots are at eye level
 - Mounds create large craters that one can fall in to.
- ❖ Slashy blocks be sure to be in contact with the real ground and not walking on thick high slash
- ❖ Watch sticky, branchy ground
- ❖ Use your shovel to test the ground
- ❖ LOOK AHEAD - Walking safely is like defensive driving – always be alert and looking ahead to what obstacles could be coming.
- ❖ Walk around cliffs
- ❖ No sliding or jumping down cut slopes
- ❖ Keep stable – take a time out after a fall

- ❖ Have boots tied tight. Use loggers knots to reduce loops that can cause tripping
- ❖ Don't plant above or below anybody
- ❖ Check logs for stability and not rolling around
- ❖ Watch what you grab on steeper slopes
- ❖ Watch where you put your foot down
- ❖ Loose bark – test with shovel
- ❖ Use caution while navigating up and down steep slopes - **NO RUNNING OR JUMPING ON THE BLOCK** – this will not be tolerated
- ❖ make sure your boots fit properly
- ❖ Caulk boots – watch while walking on rocks
 - Check caulks everyday
- ❖ Caulk boots – be careful on rocks
- ❖ Replace caulks as needed and check boots once a shift at least
- ❖ Try to avoid climbing up and down steep cut banks
- ❖ Test footing before putting all weight on a log or slash pile – better yet step around
- ❖ Avoid walking on logs if possible and definitely avoid logs if not wearing caulk boots even on flat ground.
- ❖ Don't become complacent while planting always be thinking ahead and checking your surroundings

- ❖ Keep your self hydrated with water. Add electrolytes to your water to help in keeping hydrated. See Camp Cook for ideas.
- ❖ Drink plenty of hydrating fluids at night too.
- ❖ Wear sunscreen and a hat
- ❖ Feed the machine to keep planting.
- ❖ Eat well everyday and not just junk food. Get lots of salts into the body
- ❖ Slow down and pace yourself
- ❖ Take breaks frequently
- ❖ Distribute weight of bags evenly
- ❖ Adjust the bags to fit your body properly
- ❖ Use smaller bag ups
- ❖ Pants – keep clean and free of rips and tears
- ❖ Wear gloves to help prevent blisters and protect the hand when eating
- ❖ Loosen your grip on the shovel. Don't want to come home with “the Claw”
- ❖ Keep eyes up
- ❖ Pick up legs

- ❖ speed of planting – slow down and break often
- ❖ Repairs clothing and bags
- ❖ Bags – reduce heavy loads
- ❖ even loads to stay balanced
- ❖ get bags comfortable
- ❖ go slow off the start
- ❖ watch for sharp objects
- ❖ SLOW DOWN – this will help you in the long run. Planting faster can cause more injuries and put you out for the season!!
- ❖ Think about each step: what's over that log? Is the log wet or slippery? Will that rock move should I step on it?
- ❖ Stay alert and aware of surroundings – wind levels, animals present and residuals
- ❖ Be aware of surrounding people and buddies
- ❖ Listen to your body – if cramping and fatigue – take longer rests
- ❖ Know your limitations
- ❖ Tape up rips
- ❖ Keep heads up for overhead hazards
- ❖ Hard hats are for your protection
- ❖ Do one thing at a time.
- ❖ Assess the hazard – is it steep? Slushy? Rocky?
- ❖ Weather conditions? How does that affect the ground? Will I slip easily?
- ❖ Adjust speed according to the hazards that are occurring.
- ❖ Exercise and stretch prior to starting to plant. DO this each day. It is good even at the end of the day to stretch out when back at camp or before getting into the van at the end of the day.
- ❖ Have the appropriate shovel length and weight
- ❖ Be able to see where your feet are going – clear away green vegetation
- ❖ Repair pants quickly. Having ripped pants will increase your chances of getting them caught on debris and pulling you down. Repair pants immediately with duct tape or the old fashioned method of sewing them up!

Please feel free to add your own comments to this list as the season progresses. We would like to continually improve everyone's safety while "Walking in the Woods"