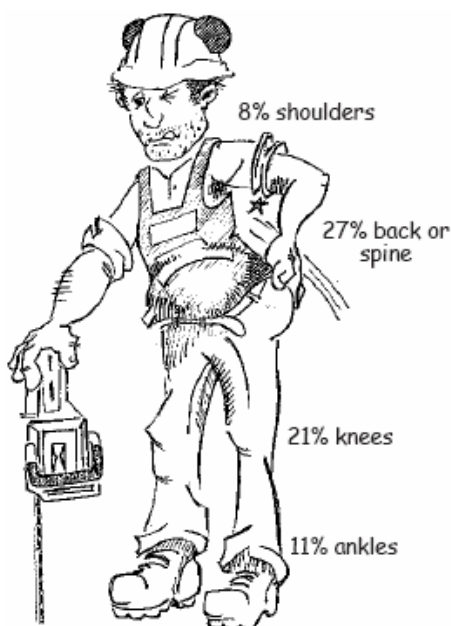


## Strains and Sprains – Serious Harm!

Over 40% of injury claims in forestry and logging are muscle strains and ligament sprains received when using a chainsaw. *Cold winter temperatures* tend to make injuries worse, as does *not treating the early signs of discomfort and pain*. The areas most likely to sustain a serious injury are shown in the graphic below; also below, some very simple guidance on how to take care when using a chainsaw.



Hold the saw (and any other loads) close to your body, do not over-reach. Over-reaching can lead to poor posture straining the shoulders and the back.

Stand with your feet apart. And use smooth movements when cutting – maintain balance by reducing chain speed when finishing a cut.

Wear 3 or 4 (thin) layers of clothing during cold snaps and take a moment to put the chainsaw down and stretch your arms and legs.

Use bearers so stems are high enough to reduce bent and stooped postures – however, be aware of the risk of injury from log roll.

Walk between the stems not on top, so you bend less and reduce the risk of falling.

### FIPS # 1468 – Lost Time Injury

A Skidworker was undertaking log QC. He stepped down from a log onto the ground, which produced pain in his back. Three days later, he visited his GP with a very sore back. He received 5 days off work.

