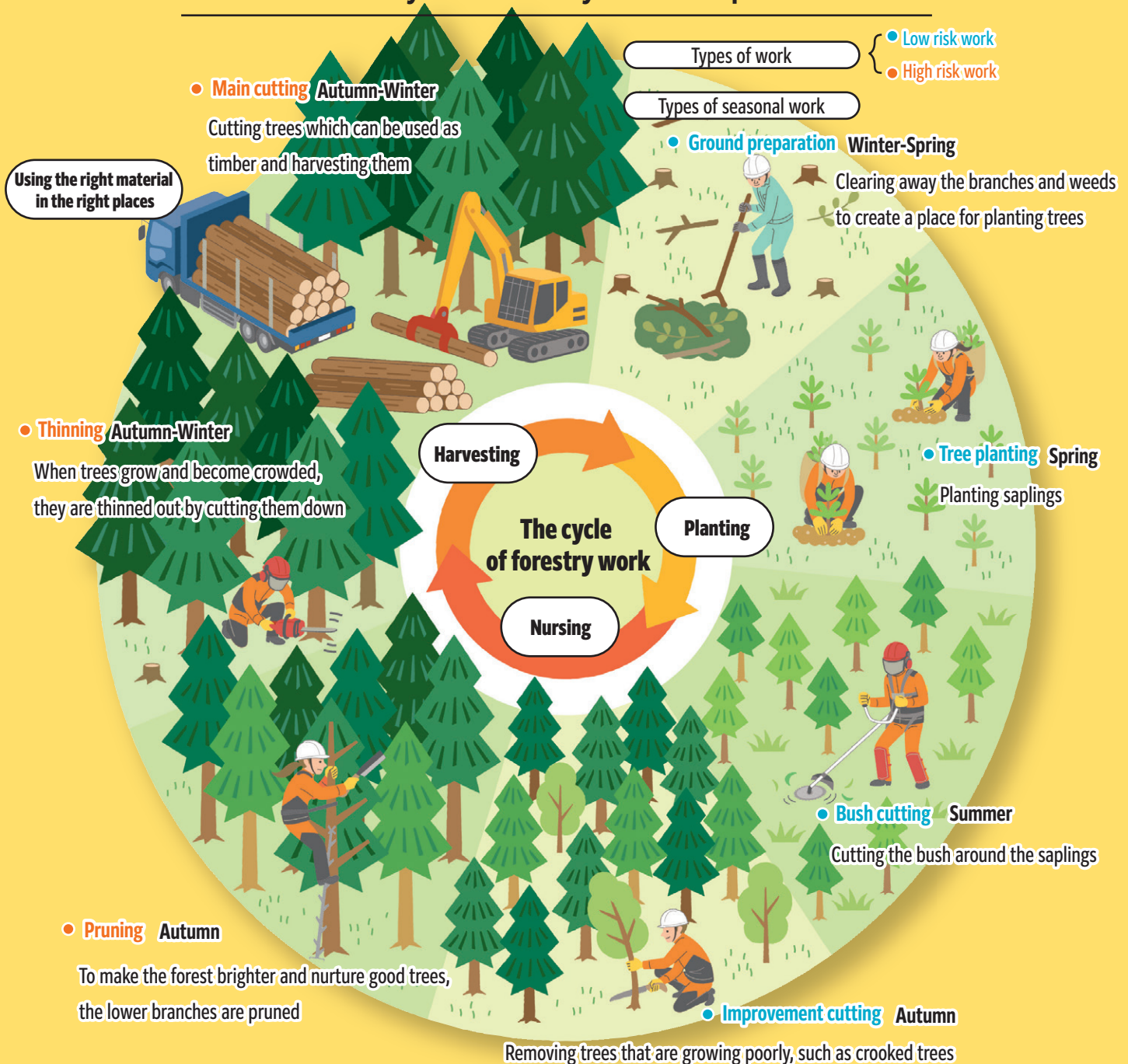




Rules for protect yourself and others

Making forestry work safe

The cycle of forestry work in Japan



In order to carry out forestry work safely, it is very important that everyone understands and practices the correct procedures.
Please make sure you understand and master the forestry work introduced in this pamphlet.

Understand how to do the work and what to be careful about



Listen carefully to the instructions so you don't get hurt



Ask questions to clarify anything you don't understand



Don't turn a blind eye to violations



Don't ignore violations

Check safety together



Warm-up exercises and stretching prevent injuries

Stretch before work



Don't eat, drink, or play video games late into the night



Get plenty of rest and sleep

Taking care of your body on a daily basis



Don't overdo it



Talk to someone when you don't feel well

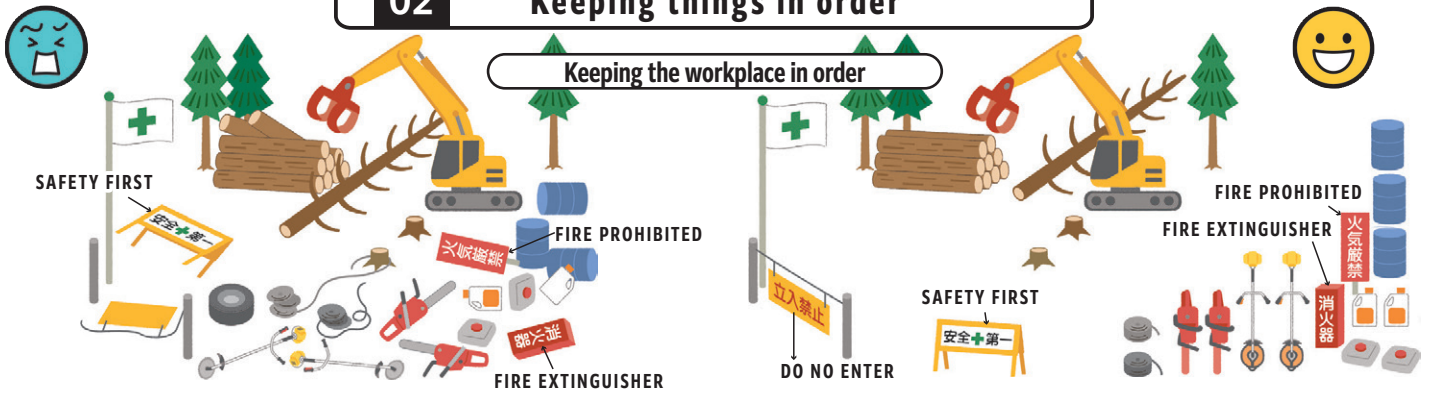


The animals and plants in the forests may have dangerous poison

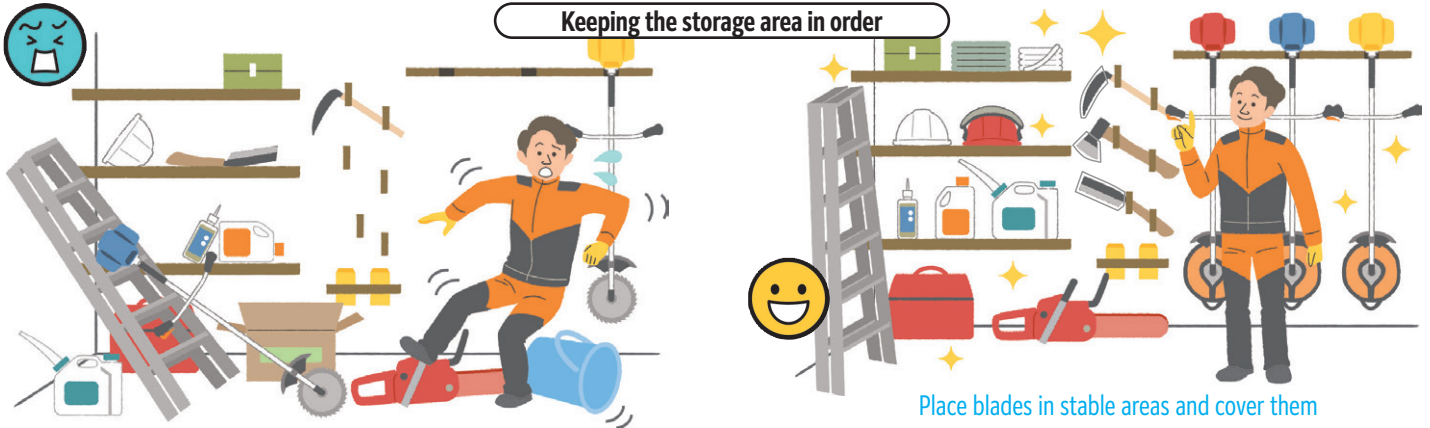


Eating highly poisonous animals and plants can lead to death so do not eat anything without checking first

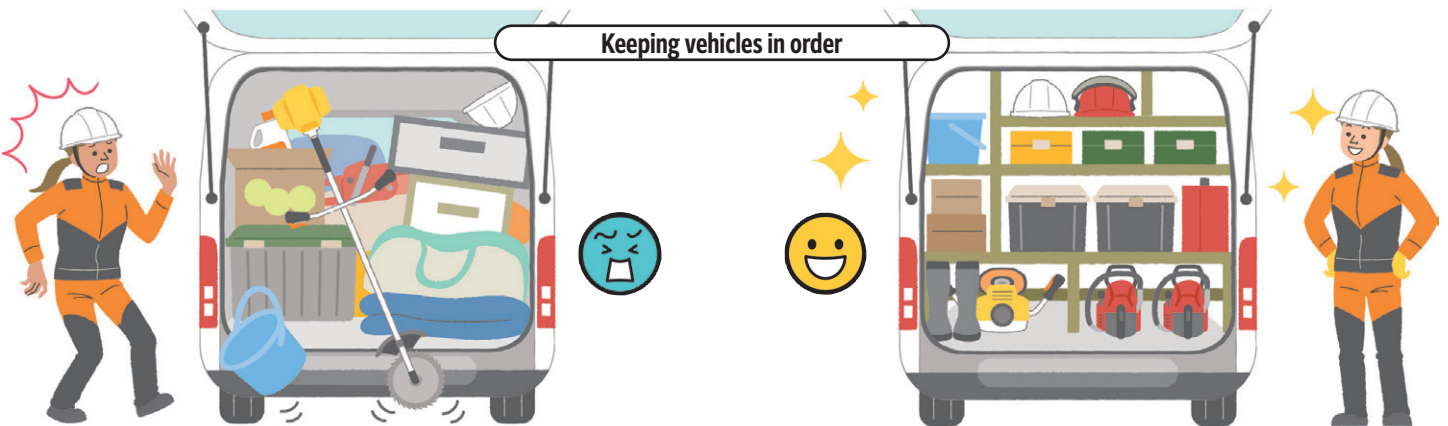
Keeping the workplace in order



Keeping the storage area in order



Keeping vehicles in order



Cautions when walking on mountain roads



Be careful of tripping over stones or tree stumps, slipping and falling, and falling rocks



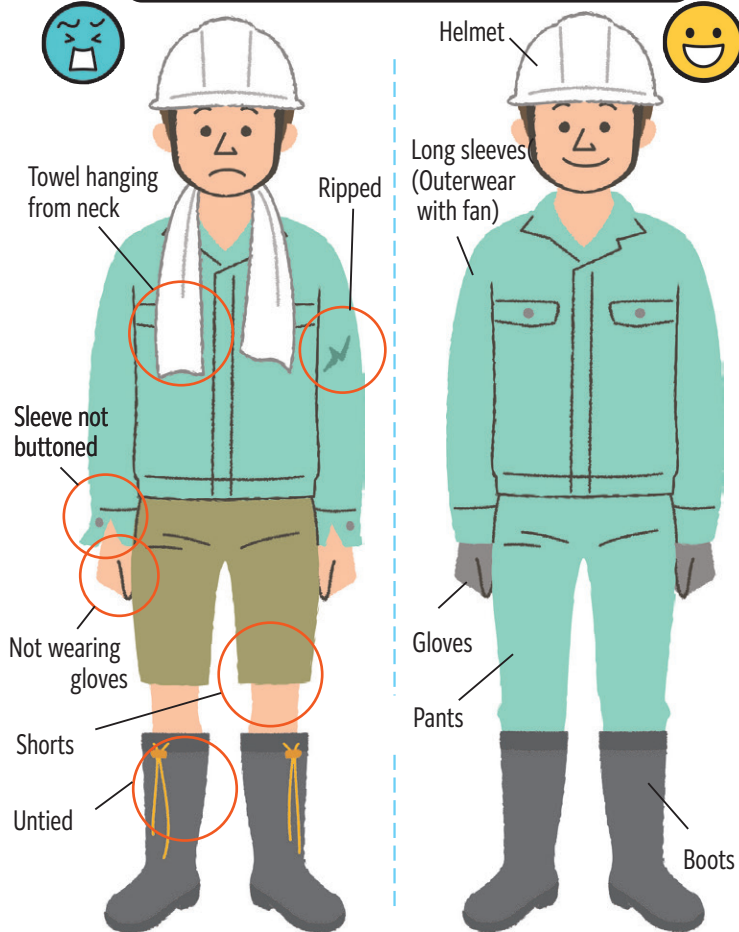
Walk on surfaces with stable footing

Management when not using machines



Put a cover on the blade and place it facing the other side of the walkway

General forestry work (Ground preparation, planting)

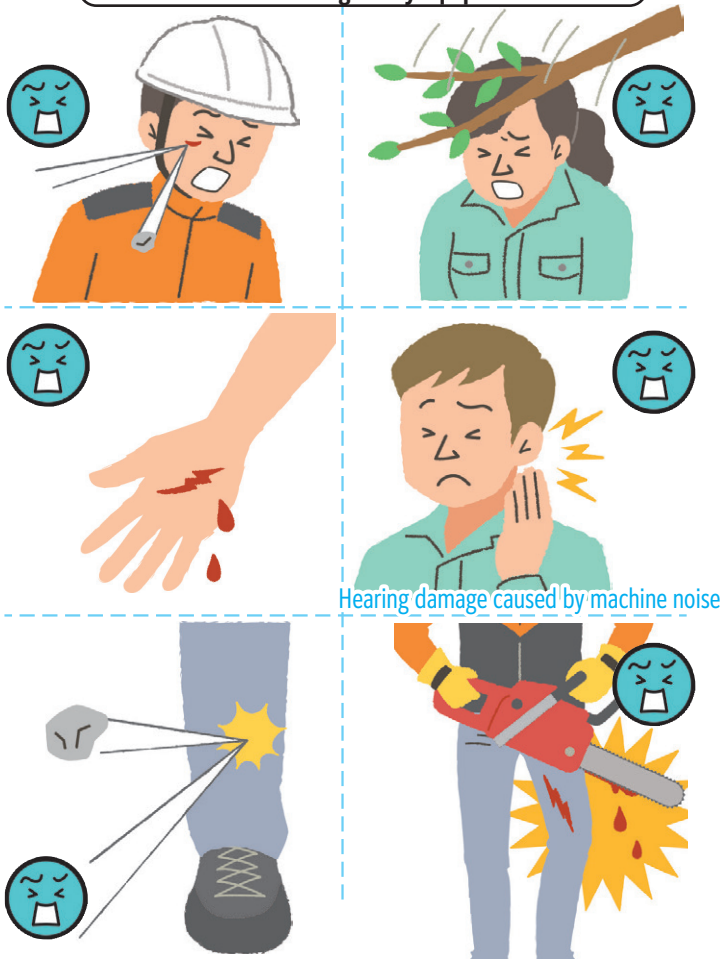


In the hot summer months, wear a jacket with a fan, etc.

Bush cutting



When not using safety equipment



Cutting trees with chainsaws



Do not wear pants with scratches on them

Do not lend safety equipment to others without permission

04 Dangerous animals and plants in the forest

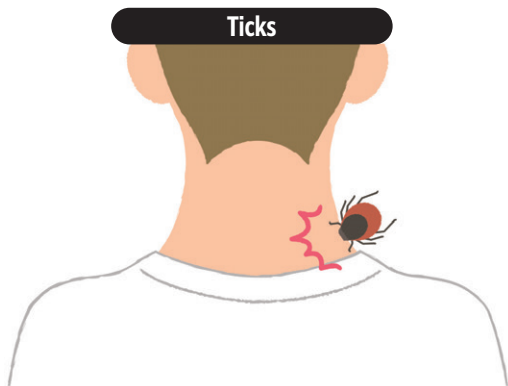
Wasps



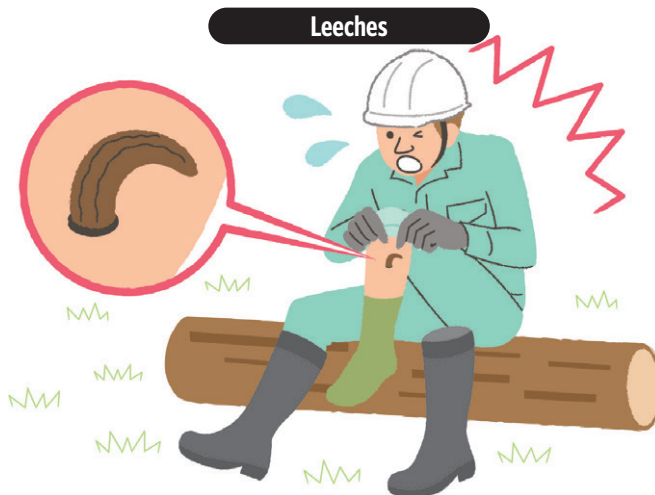
Japanese pit viper



Ticks



Leeches



Plants with thorns

(Japanese rose, tree aralia, and Japanese angelica tree)



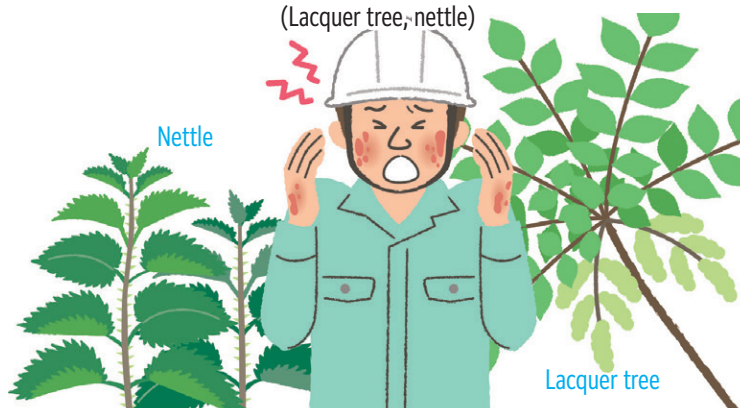
Tree aralia

Japanese angelica tree

Japanese rose

Plants that cause rashes

(Lacquer tree, nettle)

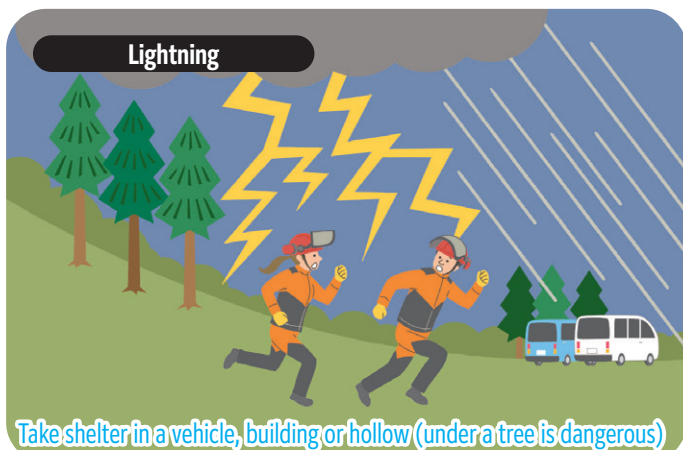


Nettle

Lacquer tree

If the weather is bad, take shelter and stop working

Lightning



Take shelter in a vehicle, building or hollow (under a tree is dangerous)

Strong wind



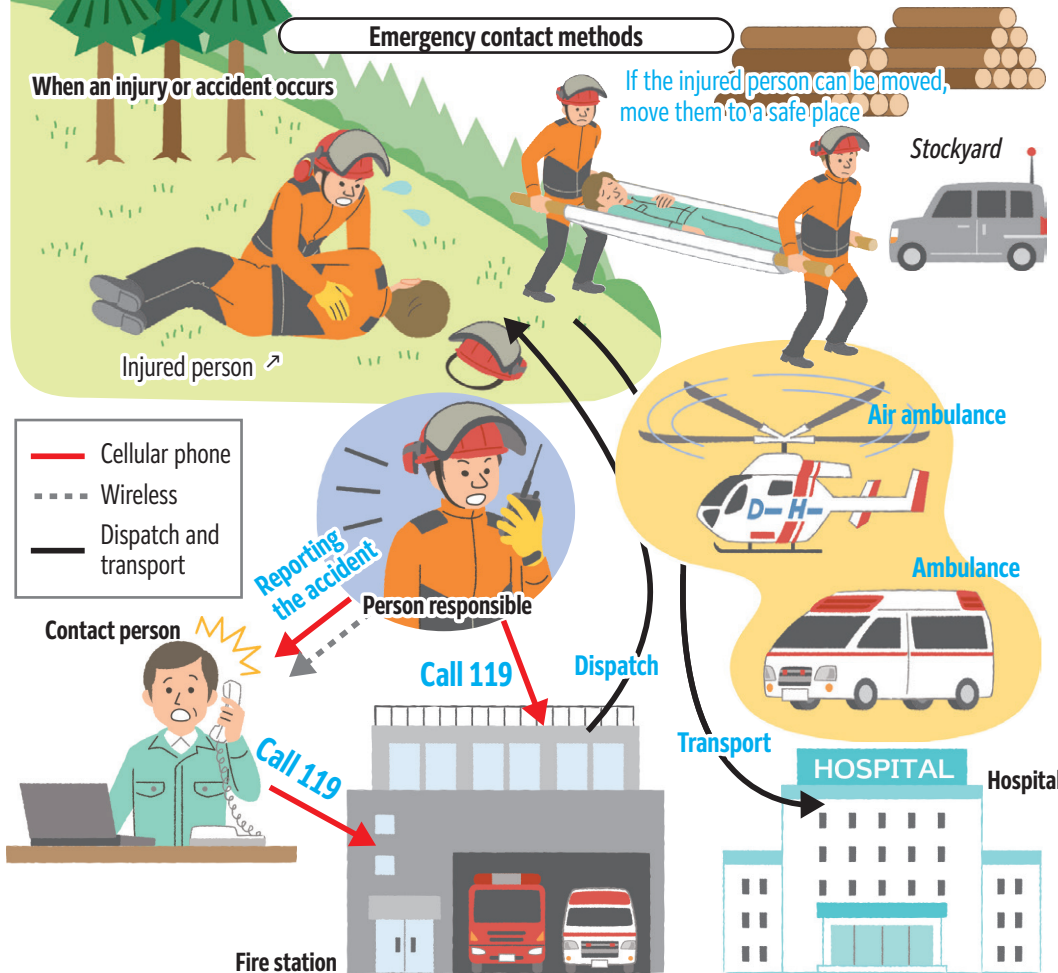
Work will be suspended in the event of bad weather, such as strong winds or heavy rain

05 Emergency contact and first aid in the event of an injury or accident

Emergency contact methods

When an injury or accident occurs

If the injured person can be moved, move them to a safe place



Report even minor injuries



Report to your employer immediately



It is very important to report without hiding injuries

First aid

Have a first aid kit on hand



Fix with splint (in case of fracture, etc.)

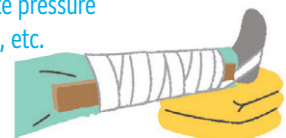
Support the fractured area so it doesn't move



Fixate the fractured area on both sides with a splint



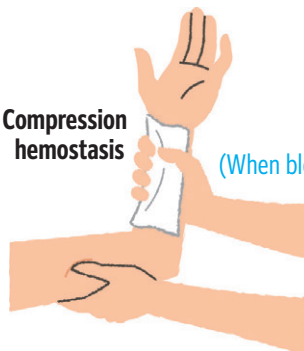
Apply appropriate pressure with a bandage, etc.



Elevate with something such as a towel

Compression hemostasis

(When bleeding)



CPR

(When there is no response and the person is not breathing)



Transporting in areas where vehicles cannot go (do not move the injured person when they have hit their head)

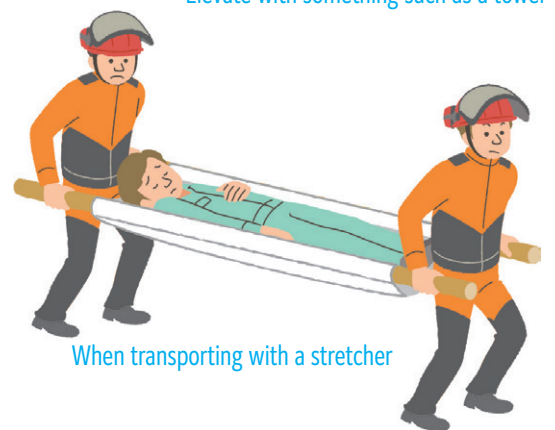


When transporting by yourself



When transporting with 2 people

Do not carry someone on your back if they have been stung by a wasp



When transporting with a stretcher

06

Work using manual tools

Work level ★★☆☆

Using hatchets and injuries



Swinging a hatchet in a wide arc or swinging it down in the direction of your legs is dangerous



Be careful not to have your feet, knees or hands in the way of the blade when swinging the hatchet downwards

Using sickles and injuries



Large sickle bush cutting (do not swing the sickle in an excessive motion)



Large sickle bush cutting (pull the sickle in with small movements)

07

Ground preparation and planting trees

Work level ★★☆☆

Ground preparation and injuries



When clearing the branches, be careful of the branches bouncing back and the end pieces falling off



Do not perform work when people are below you

Large swings of planting hoes and injury



Do not swing the planting hoe in an excessive motion



Move in small motions

Walking with blades and managing them



Do not carry blades outside the workplace where you use them



In vehicles, put them in a case or bag and put them in the trunk



Don't leave them in the vehicle at work or at home

Do not start up while holding

Starting the engine of the bush cutter

Place on the ground when starting up

Do not perform work when there are people below you or close to you

Kickback



15m

The danger area is a 5m radius

Removing grass from the cutting blade

ON

Be sure to turn the engine OFF

OFF

Dangerous because the blade starts spinning the moment it becomes untangled from the grass

Working on inclines

Dangerous due to slipping and your body being in an unstable position

Work while ensuring your posture is stable

Carrying machines

Level

Engine turned OFF

Cover on

2m

Attach the cover to the blade, hold the blade in front of you, and keep a safe distance from other people

09 Improvement cutting and pruning

Work level ★★☆☆

Pruning (using the saw)

Hand over the blade

Hand under the blade

Pruning (do not perform when there are people beneath you)

Confirm no one is beneath you before performing work

10 Chainsaw operation

Work level ★★☆☆

Start up the chainsaw engine

Do not start up while holding

Place on the ground when starting up

How to hold the chainsaw

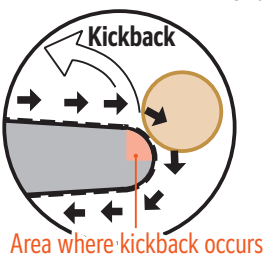
Wrap your thumb around the handle to grip

Handling the chainsaw (chain brake)

Chain brake →

Be sure to apply the chain brake at all times except when cutting

Kickback

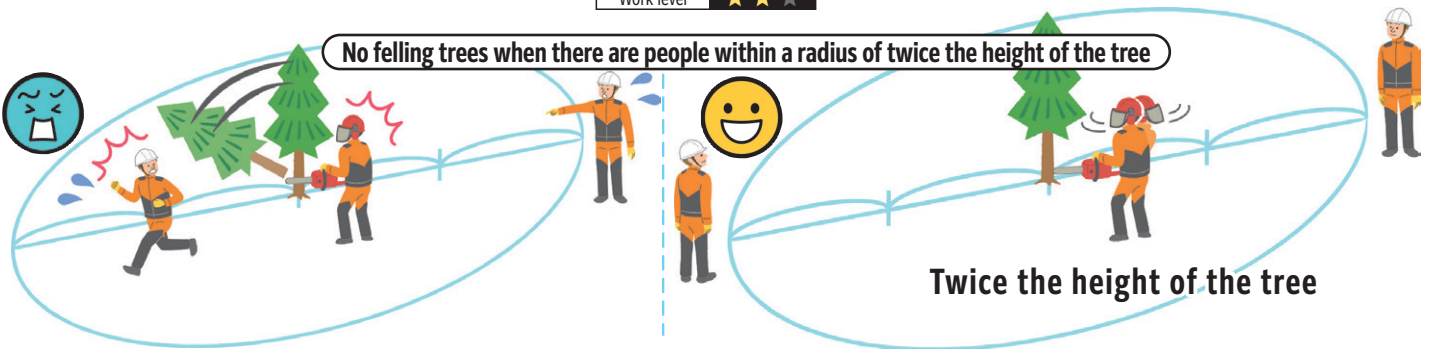


Stand in a position in which you will not be injured even if kickback occurs

Improvement cutting (kickback)

Make an incision before cutting

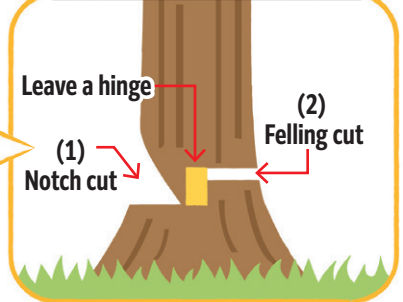
No felling trees when there are people within a radius of twice the height of the tree



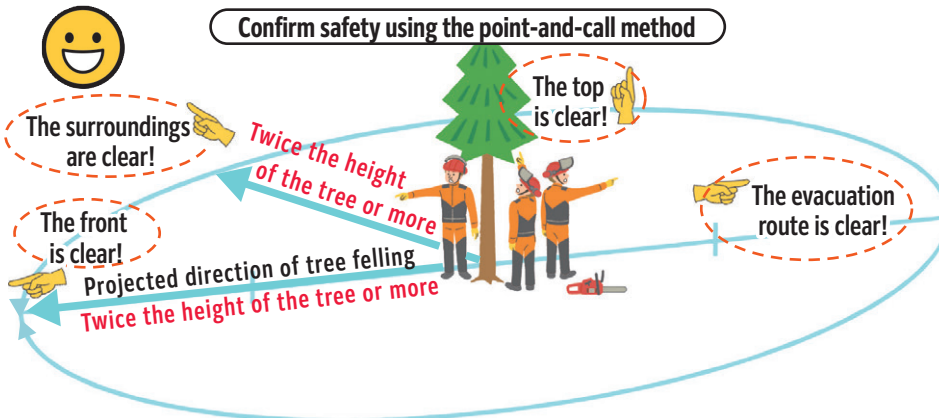
How to fell trees (do not cut diagonally)



How to fell trees correctly



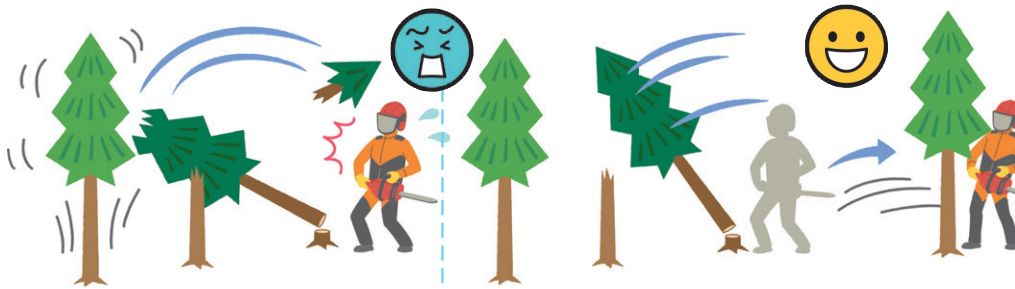
Confirm safety using the point-and-call method



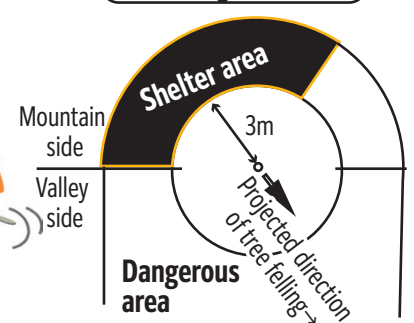
Signal



Branch flying and falling during tree felling

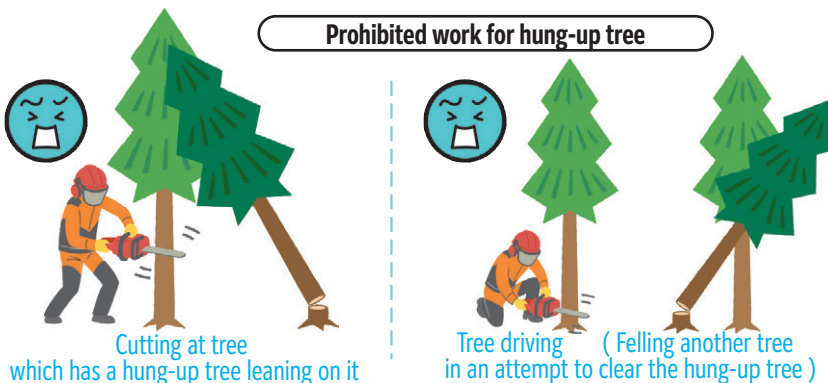


Taking shelter

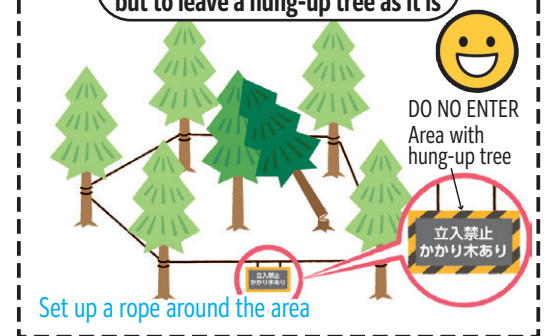


Confirm a safe place to take shelter before felling trees

Prohibited work for hung-up tree



When you have no choice but to leave a hung-up tree as it is



12 Joint work with forestry machinery

Work level ★★

Special training is necessary for operation

Special Training Certification
from Occupational Health and Safety Act

XX Training Facility

労働安全衛生法による
特別教育修了証

〇〇教習所

Prohibition of joint work within the range of 2 times the tree height or 2 times the machine arm length

2 times the tree height and arm length

Prohibition of joint work within a range of twice the tree height for mechanical felling

Prohibition of joint work within a range of twice the length of the arm for mechanical logging and processing

No riding in the transport vehicle

No entry into the perimeter of the wire

No entry within the danger zone of falling loads suspended from wires



We hope you stay healthy and safe!
