



# FORESTRY SAFETY ACE TRAINING WORKSHEETS

**SHIP**  
Grant Program

Safety and Health  
Investment Projects  
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Prepared by:



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## BEGIN YOUR ACE TRAINING

Every Forestry Safety ACE starts somewhere! To begin your training, we're going to start with a few questions to see what you already know about safety at work. Circle your best answer for each question. It's okay if you don't know; by the end of the s training you will ACE them all!

1. A HAZARD ON THE JOB IS SOMETHING THAT CAN INJURE YOU, MAKE YOU SICK, OR HARM YOUR MENTAL HEALTH.

TRUE  
FALSE  
I DON'T KNOW

2. CUTTING A LOG WITH THE TIP OF A CHAINSAW IS A SAFE PROCEDURE.

TRUE  
FALSE  
I DON'T KNOW

3. IF YOU FEEL TIRED, YOU NEED TO SHOW YOUR STRENGTH BY HURRYING AND PUSHING THROUGH THE TASKS YOU NEED TO DO.

TRUE  
FALSE  
I DON'T KNOW

4. OF THE FOUR MAIN WAYS TO REDUCE OR ELIMINATE HAZARDS AT WORK, THE BEST WAY YOUR EMPLOYER CAN PROTECT YOU IS TO PROVIDE YOU WITH SAFETY GEAR.

TRUE  
FALSE  
I DON'T KNOW

5. YOU SHOULD CLEAR A PATH FOR TWO ESCAPE ROUTES BEFORE YOU FELL A TREE.

TRUE  
FALSE  
I DON'T KNOW

WHAT DO YOU  
HOPE TO GAIN  
FROM TODAY'S  
TRAINING?

ACTIVITY  
SHEET #1

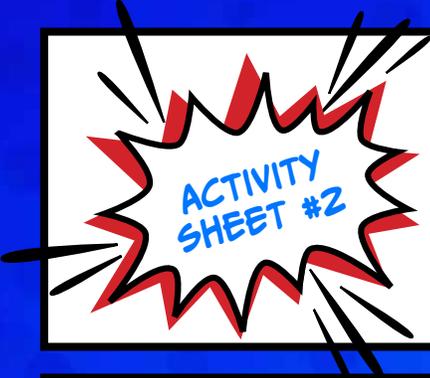
## WHAT IS A JOB HAZARD?

IN THIS BOX, WRITE DOWN THE DEFINITION OF A JOB HAZARD.

WHAT FORESTRY HAZARDS DO YOU REMEMBER FROM THE VIRTUAL REALITY TRAINING?

WHAT IS SOMETHING NEW YOU LEARNED ABOUT HAZARDS FROM THE TRAINING?





ACTIVITY  
SHEET #2

## HAZARD IDENTIFICATION

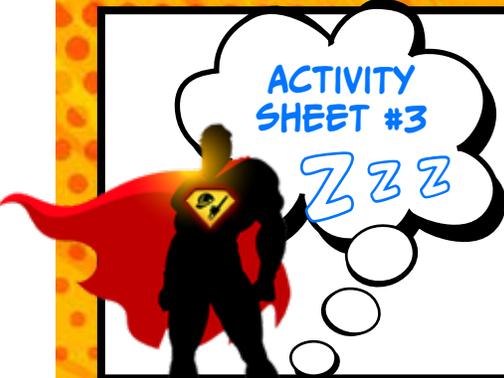
Think back to the “Be a Forestry Safety ACE Virtual Module” and the discussion you just had about hazards. Complete the questions below, and discuss your answers with your small group.

**THINK ABOUT YOUR WORKPLACE; WHAT HAZARDS CAN YOU IDENTIFY?**



DO YOU HAVE  
A PERSONAL  
EXPERIENCE WITH ANY  
OF THESE HAZARDS?  
WRITE ABOUT  
IT HERE:





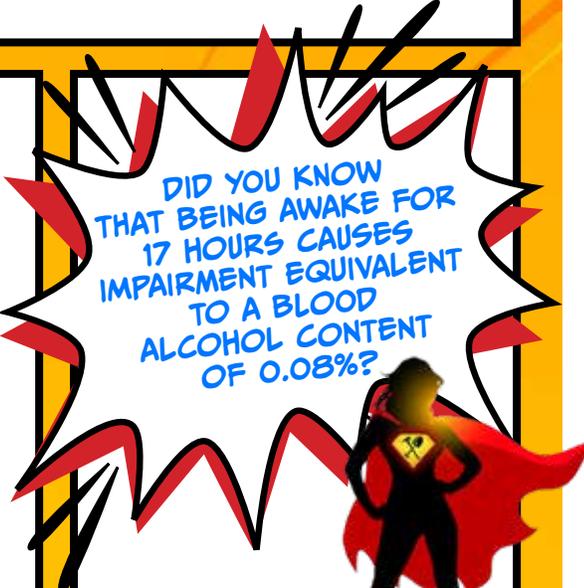
**ACTIVITY  
SHEET #3**

ZZZ

## **FATIGUE IS A HAZARD!**

Even the strongest of ACEs get tired! Fatigue is the state of feeling very tired or drowsy. It is a common form of impairment in the workplace. It is an employer's responsibility to manage the risk of harm at work when workers are fatigued.

**THINK BACK TO THE VR MODULE;  
LIST ALL OF THE CAUSES OF  
FATIGUE THAT YOU REMEMBER.**



**DID YOU KNOW  
THAT BEING AWAKE FOR  
17 HOURS CAUSES  
IMPAIRMENT EQUIVALENT  
TO A BLOOD  
ALCOHOL CONTENT  
OF 0.08%?**

**FATIGUE REDUCES A PERSON'S  
ABILITY TO WORK SAFELY AND  
EFFECTIVELY AND INCREASES  
THE RISK OF INJURY.**

**FATIGUE REDUCES YOUR:**

- ▶ **ALERTNESS AND VIGILANCE**
- ▶ **REACTION TIME AND THE  
ABILITY TO REACT  
APPROPRIATELY**
- ▶ **MEMORY AND RECALL**
- ▶ **ABILITY TO MAKE  
EFFECTIVE AND/OR  
QUICK DECISIONS**
- ▶ **INFORMATION  
PROCESSING**
- ▶ **EFFECTIVE  
COMMUNICATION SKILLS**

**KNOWING HOW FATIGUE CAN IMPACT  
YOU AT WORK, WHAT INJURIES OR  
ILLNESSES COULD HAPPEN WHEN  
YOU OR YOUR COWORKERS ARE  
EXPERIENCING FATIGUE?**

**ACTIVITY  
SHEET #4**

# SOLUTIONS FOR HAZARD CONTROL

There are hazards in every workplace. There is a hierarchy of solutions for hazard control that employers should use to prevent injuries and illnesses.

**LET'S REVIEW THE SOLUTIONS FOR HAZARD CONTROL.**

**DRAW A LINE FROM SOLUTIONS FOR HAZARD CONTROL (ON THE LEFT) WITH THE WORK ACTIVITIES (ON THE RIGHT)**

**1**

## REMOVE THE HAZARD

The most effective strategy is always to remove or eliminate the hazard.

**WEAR GLOVES, BOOTS, AND CHAPS.**

**2**

## REDUCE THE HAZARD

Reduce worker exposure to the hazard.

**RESTRICT ACCESS TO A WORK AREAS.**

**3**

## IMPROVE POLICIES & PROCEDURES

Change the way we do work.

**PRUNE TREES WITH AN EXTENSION POLE SAW, KEEPING BOTH FEET ON GROUND INSTEAD SCALING A LADDER OR CLIMBING A TREE.**

**4**

## WEAR PPE

Wearing Personal Protective Equipment (PPE) is the strategy to use if options 1, 2, and 3 are not possible.

**SAFETY GUARDS ON TOOLS AND OTHER EQUIPMENT.**

**WE OFTEN REACH FOR PPE FIRST. WHY IS PPE ACTUALLY NOT THE MOST EFFECTIVE SOLUTION?**





# LET'S PREVENT FATIGUE

Now that we have discussed the hazard of fatigue, let's discuss some ACE-worthy solutions to prevent injuries or illnesses from working while fatigued.

THINK BACK TO THE VR MODULE AND CLASS DISCUSSION ON FATIGUE. WHAT SHOULD EMPLOYERS DO TO PREVENT THE HAZARD OF FATIGUE?

IT IS AN EMPLOYER'S RESPONSIBILITY TO MANAGE THE RISK OF FATIGUED WORKERS!

THINK BACK TO THE VR MODULE AND CLASS DISCUSSION ON FATIGUE. WHAT SHOULD YOU DO TO REDUCE YOUR RISK OF FATIGUE?

THINK BACK TO YOUR EXPERIENCE WITH FATIGUE. WHICH SOLUTIONS COULD HAVE HELPED IN THAT SITUATION?

FATIGUE AFFECTS EVERYONE, REGARDLESS OF THEIR LEVELS OF SKILL, FITNESS, KNOWLEDGE, AND TRAINING.

WHEN SHOULD YOU TAKE FREQUENT BREAKS AT WORK?



WHICH FOOD OPTION IS THE BEST FOR OVERALL GOOD HEALTH DURING WORK AND WHY?

- A) GRANOLA BAR AND AN ENERGY DRINK
- B) TURKEY SANDWICH, A BANANA, AND A WATER BOTTLE
- C) CHIPS AND A JUICE



**ACTIVITY  
SHEET #6**

# LET'S PRACTICE!

With your group, practice using the safety strategies. Select two hazards from Activity #1, identify the injuries or illnesses that could be caused by the hazards, then brainstorm solutions.

## HAZARD #1

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### IDENTIFY THE INJURIES OR ILLNESSES THIS HAZARD MAY CAUSE



**HOW CAN WE  
MINIMIZE OR  
ELIMINATE  
THIS HAZARD?**

## HAZARD #2

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### IDENTIFY THE INJURIES OR ILLNESSES THIS HAZARD MAY CAUSE

**HOW CAN WE  
MINIMIZE OR  
ELIMINATE  
THIS HAZARD?**



**ACTIVITY  
SHEET #7**

## **YOU ACED THIS TRAINING!**

Congratulations! You have earned your Forestry Safety ACE Badge! Before you put your new knowledge to work, let's review the valuable lessons you learned today.

**THINK BACK TO THE PERSONAL HAZARD EXPERIENCE YOU WROTE ABOUT IN THE SECOND ACTIVITY; WHAT SOLUTIONS COULD HAVE BEEN HELPFUL?**

**WHAT WERE THE MOST VALUABLE THINGS YOU LEARNED TODAY? HOW WILL YOU APPLY YOUR ACE TRAINING AT WORK?**





# POST-TRAINING ASSESSMENT

We're on a mission to build a league of ACEs! We need your help as the newest member of our hazard fighting squad to assess the effectiveness of this training program. Please complete the following assessment and provide your feedback. Return the completed form to your trainer.

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TRUE

FALSE

I DON'T KNOW

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3. IF YOU FEEL TIRED YOU NEED TO SHOW YOUR STRENGTH BY HURRYING AND PUSHING THROUGH THE TASKS YOU NEED TO DO.

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TRUE

FALSE

I DON'T KNOW

5. YOU SHOULD CLEAR A PATH FOR TWO ESCAPE ROUTES BEFORE YOU FELL A TREE.

TRUE

FALSE

I DON'T KNOW

WHAT DID YOU LIKE BEST ABOUT THE TRAINING?  
WHAT COULD BE IMPROVED?