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Project Title: Experiential Safety Training: Virtual Reality for Multilingual Forest Workers

July 2022
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 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?
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?
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:
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.

ACTIVITY SHEET #3

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

FATIGUE IS A HAZARD!

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

**Solutions for Hazard Control**

- **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 Area.**

- **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?**
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.

**ACTIVITY SHEET #2**

**LET’S PREVENT FATIGUE**

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

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

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

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

**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

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

Prepared by University of Washington Environmental and Occupational Health Sciences Continuing Education Programs, University of Idaho, and Washington State University Extension. Funding provided by the State of Washington, Department of Labor & Industries, Safety and Health Investment Projects.
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

IDENTIFY THE INJURIES OR ILLNESSES THIS HAZARD MAY CAUSE

HOW CAN WE MINIMIZE OR ELIMINATE THIS HAZARD?

HAZARD #2

IDENTIFY THE INJURIES OR ILLNESSES THIS HAZARD MAY CAUSE

HOW CAN WE MINIMIZE OR ELIMINATE THIS HAZARD?
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.

<table>
<thead>
<tr>
<th>Question</th>
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<th>False</th>
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</tr>
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What did you like best about the training? What could be improved?