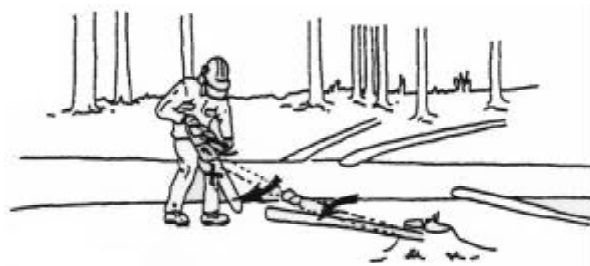


Let's Try and Prevent Trimming Accidents

Almost half the trimming accidents are caused by chainsaw kickback. The most common other causes are from working standing on the tree, cutting loaded branches or the tree or log moving while being worked on. The most common injury are lacerations.

Some ways of helping to reduce trimming accidents are:

- Use the correct bar and chain combination and maintain the chain to the manufacturer's instructions as to tension, sharpening and depth gauge settings.
- Use a saw of the appropriate size. Long bars can cause handling problems.
- Hold the saw firmly in both hands and maintain a comfortable working position with good balance and body position. Do not overreach or reach backward to cut a branch.
- Make sure the chainbrake is operable and tested regularly. Ensure the mitt is fitted and used.
- Before you start trimming, make sure the tree is in a stable position. Continue to watch as branches are cut off as this can change the stability of the tree.
- Spiked boots should be used when trimming.
- Cut only one branch at a time. Be careful when there is light material present as this can easily be caught in the chain and cause kickback.
- Avoid using the bar nose when cutting and be aware of its position at all times. That's where the danger zone of kickback is located.
- Use extreme caution when re-entering a cut.



- Identify the tension in loaded branches. Stand on the side away from the tension and release it using two cuts — first on your side and then the other.
- Trim from the ground if possible. Avoid trimming from the top of the log. Besides being dangerous due to the possibility of slipping, it creates a poor body position which can lead to sore backs.
- Try to keep the bar on the opposite side of the tree to avoid foot or leg contact with the chain when moving forward.