



Zero Fatalities
 Zero Lost Time
 Zero Road/Speed Incidents
 Zero Environmental Incidents
 Zero Tolerance of Unsafe Behaviours & Practices



PF Olsen Toolbox Safety Alert 66

Date: October 2023	Focus Group: All Staff & Contractors
Topic: Wet Roads, Spring Sap, Seasonal Change	Issued by: Nic Steens

Current Conditions: 2023 has been exceptionally wet and the persistent rain has left our roads in a state of deterioration. With the advent of spring, treacherous conditions extend beyond just our roadways. As we know, spring brings an increased release of sap from trees, making logs exceptionally slippery, particularly when bark has been removed during mechanised operations.

Given these circumstances, it's no surprise that incidents have already occurred this spring. Here are some gentle reminders, on management controls to enhance safety, especially when driving on rain-soaked and damaged roads, during loading and chaining, and log cartage:

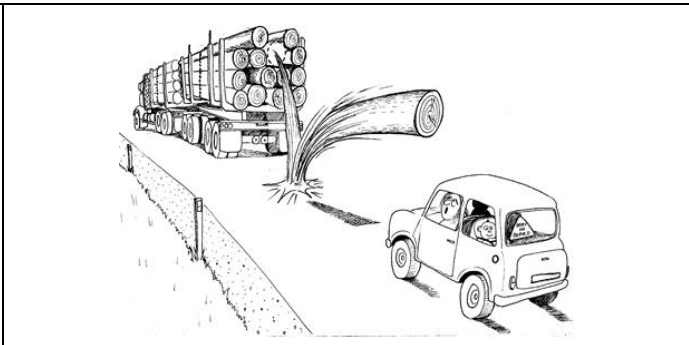
- Carry fewer logs in the grapple or loader beak.
- Pay attention to log taper to ensure a level and even bed for each packet of logs.
- Ensure an even crown to secure top logs properly.
- Use a belly chain or strop.
- Load out older logs first.
- Double-check load security – losing a log in the forest is bad enough, doing so on a public road simply cannot happen!
- Be cautious on wet and damaged roads – drive slowly and avoid heavy braking.
- Groundworkers – avoid walking on logs.
- Stay well clear of loading and fleeting machinery.

For Site Manager:

Print and complete the following:

- Discuss with employees/operators:
- Place on-site notice board or in file:

Site Manager: _____ **Date:** / /
 (initials)





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Change of Season and Daylight Saving Time:

The primary reason we switch to Daylight Saving Time (DST) is to make more efficient use of available daylight. Each spring, we set our clocks ahead for DST.

Surveys from the American Academy of Sleep Medicine (AASM) have revealed that approximately [63%](#) of Americans would prefer to eliminate DST, and [55%](#) experience fatigue after the switch. Whether we endorse or oppose DST, it's an established reality that comes with advantages, risks and drawbacks.

Despite various opinions on DST, it's essential to recognise its associated risks. Let's explore some of these risks, which tend to become more apparent around this time, making safe practices essential:

Risks and Safe Behaviours:

- **Driving risks:** After a few months of light increasing some drivers may be back to driving in darkness, demanding higher concentration. Allocate extra time for the journey, share the drive with a licenced companion, and reduce your speed.
- **Sleep risks:** Disrupted sleep patterns can lead to reduced sleep duration. To mitigate this, adhere to a consistent bedtime and wakeup schedule; avoid screens, late-night snacking, and caffeine and sugary drinks.
- **Fatigue and Alertness –** Fatigue can diminish alertness, increasing the likelihood of errors and incidents. Ensure adequate rest and recovery time, aiming for at least 7 hours of sleep; individuals under 25 years old should aim for 9 hours.
- **Hydration and Nutrition risks:** Maintain a balanced diet with foods that provide sustained energy, such as whole grains. Stay hydrated by drinking water if your urine is dark. Don't wait until you feel thirsty, as this indicates dehydration.

Do the Maths:

Add up the following to make 24:

- Hours spent at work; in work travel:
- Hours spent in after-work activity:
- Hours asleep (# between 7 and 9):
- What I plan to do, to maintain 24 **24**

- My Fatigue Management Plan

