

# PF Olsen Toolbox Safety Alert 79

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| <b>Date:</b> October 2024                    | <b>Focus Group:</b> All Staff and Contractors |
| <b>Topic:</b> Day Light Saving / Sap Running | <b>Issued by:</b> Nic Steens                  |

**Background and Risk Awareness:** With daylight saving beginning on 29<sup>th</sup> of September, we lost an hour of sleep, affecting our routines and alertness. This change coincides with rising temperatures in NZ, marking a period of increased sap flow that makes processed logs particularly slippery. The warmer days also contribute to fatigue, and daylight saving encourages more outdoor activities after hours, impacting focus at work. Historically, incidents involving fatigue and logs slipping from trailers highlight the dangers of these seasonal changes. While these risks persist throughout the season, it’s crucial to adjust to them during the first month of the transition.

**Safe Behaviours and Practices For Log Handling:**

- Carry fewer logs in the grapple or loader beak for better stability.
- Pay attention to log taper and set a level, even bed for each packet.
- Ensure contact between “top-logs” and the securing chains.
- Older logs are drier so load the oldest logs first.
- Double-check loads during transit, drive slowly, and avoid heavy braking.
- Avoid walking on logs, even with spiked boots, and keep clear of machinery.

**Safe Behaviours and Practices for Managing Fatigue:**

- Aim for consistent sleep and adequate rest, especially during the transition.
- Incorporate short breaks throughout the workday to recharge and stay focused.
- Drink plenty of water and eat nutritious meals to maintain energy levels.
- Enjoy outdoor activities, but balance them with sufficient rest and recovery.

**For Site Manager:**

Print and complete the following:

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

**Site Manager:** \_\_\_\_\_ **Date:** / /  
(initials)

