
Volunteers in the National Forests



A Guide to Working Safely

NUMBER

2

United States Department of Agriculture
Forest Service



Hi, I am F. Dale Robertson, Chief of the Forest Service. I want to talk with you about Safety in the Forest. This booklet has been prepared as a guide to help you work safely. As a guide, it serves as a reference source from which safe work practices can be developed. Accident prevention is of course, the purpose of the guide. Accident prevention happens only when the people reading the guide put the proven safe work procedures into practice.

Accidents and injuries result in personal suffering and add to the cost of the job being done. We do not want either of those situations to occur during your volunteer service with us. I know I can count on each of you to make your Forest Service experience accident free.

We want this to be a happy, healthy, rewarding time for you.



F. Dale Robertson

F. DALE ROBERTSON
Chief
USDA Forest Service

Contents

Introduction	4
Outdoor Safety Tips	5
Travel Tips.....	5
Keep Your Fire Safe	5
Survival Tips	6
If You Must Smoke.....	7
Storms	8
Hypothermia.....	9
Firearms.....	12
Foot and Animal Travel	13
Foot Travel	13
Animal Travel.....	14
Handling Stock	14
Horse Riding.....	15
Lifting and Carrying	18
Lift It Right.....	18
Carry It Right	18
Hand Tools	20
Chopping Tools.....	20
Cutting Tools.....	23
Bow Saws.....	23
Drawknives.....	23
Files	23
Bars.....	24
Shovels	24
Chain Saws	24
Vehicle Travel	26

Poison Plants, Insects, and Snakes....	28
Ivy, Oak, and Sumac	28
Rocky Mountain Spotted Fever Ticks	29
Pajahuello Ticks	30
Chiggers	30
Black-Widow Spiders and Scorpions	31
Bees, Wasps, and Yellow Jackets	31
Snakes	32
Camping Etiquette	33
Emergency Telephone Numbers.....	35
Field Notes.....	36

*“No job is so important that we can’t
take time to do it safely”*

Chief Peterson
USDA, Forest Service

Introduction

The applicable sections of the Forest Service Safety Code, Occupational Safety and Health Administration Regulations, and other related Federal agency standards must be followed in work activities. New employees will be given safety instructions before going to work. Persons engaged in this type of work must be in good physical condition. They will be trained or tested to assure that they are able to competently use all of the tools on the job. Trail crews normally work in isolated areas where doctors are not readily available, and transportation of an injured person is often difficult and dangerous. Be safety conscious at all times. This applies in camp as well as on the job. One member of the crew may be designated responsibility for safety, but every member of the crew should consider himself the safety inspector for the job by working in a safe manner and pointing out unsafe practices to other crew members.

Forest Supervisor

National

Forest

Ranger

District

Outdoor Safety Tips

No one expects to get lost in the woods, but it can happen—even to an experienced woodsman. Don't let it happen to you. Know your own physical limitations:

Travel Tips

- Be observant. Watch the trail and remember your route. Note landmarks, streams, mountains and the lay of the land.
- Keep track of time and weather.
- Be alert for loose rocks, ledges and other hazards.
- Travel alone only if you have experience in the woods. On the trail, keep your group together; don't let anyone lag behind.
- Make camp before dark. Traveling in darkness or during a storm could lead to tragedy.

Keep Your Fire Safe

- Select a site on level ground sheltered from high wind, and away from heavy brush, logs, tree trunks, overhanging branches and other fuel.
- Keep your fire small.
- Never leave your fire unattended.
- When you break camp, put your fire DEAD OUT. Drown it with water, stir the coals and drown it again.
- Use a lightweight gas stove rather than building a fire.



- If fires are permitted in heavily used areas, use an existing fire circle rather than building a new one.
- Never build fires against large rocks or in meadows. The scars are hard to hide.
- Avoid building new fire circles.
- Burn small sticks gathered from the ground rather than cutting standing dead or green trees.
- In little-used areas, cover the fire scar with twigs and needles or replace sod to “Leave No Trace.”

Survival Tips

Exposure to the elements is more dangerous than hunger and thirst. You may live more than a week without food, for 3 days without water, but for only a few hours in severe weather.

- Get out of the wind. Move from exposed ridges or open flats. Go to the lee (sheltered-from-the-

wind) side of a mountain, behind trees, rocks, or other natural barriers.

- Find natural shelter in rock formations; caves, dense evergreen forest, behind large logs. In winter, be sure that snow from overhead branches will not fall into your fire.
- If you cannot find a natural shelter, build a “lean to” with poles and evergreen thatch. If unable to do this, make a windbreak of evergreen boughs stuck into the ground or snow.
- DO NOT camp in a gulch or ravine bottom—a sudden storm could wash you out.

If You Must Smoke

Smoking raises the level of carbon monoxide in your bloodstream, reducing the blood’s oxygen-carrying capability by up to 40 percent. At high altitudes this can severely limit your stamina due to muscles robbed of needed oxygen. If you can’t manage without smoking:

- Stop and sit down. Don’t smoke while riding or hiking.
- Use a flat rock as your ashtray or dig down to mineral soil with your heel.
- Crush your smoke dead out before you move on.
- Don’t leave unsightly filters behind. **PACK THEM OUT.**

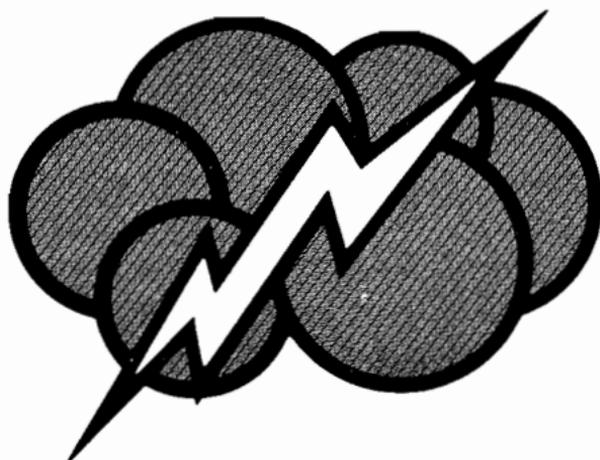
REMEMBER

- Plan your route.
 - Carry essential equipment.
 - Tell someone where you're going.
 - Be observant on the trail.
 - Stay calm if you do get lost.
 - Stop, sit down, think.
-

Storms

Lightning storms can be severe in the high country. Storms can appear without notice, blowing in over the mountain tops. When lightning is imminent, don't take chances.

- Sit or lie down if in open country. Avoid grouping together.
- AVOID LARGE OR LONE TREES.
- GET AWAY FROM HORSES AND STOCK.



- AVOID TOPS OF RIDGES, HILLTOPS, WIDEPEN SPACES, LEDGES, AND OUTCROPS OF ROCKS, AND SHEDS OR SHELTERS IN EXPOSED LOCATIONS.
- Keep away from wire fences, telephone lines, and metal tools. If absolutely necessary to work on telephone line with a lightning storm in the distance, the line shall be grounded in the direction of the storm before repairs are attempted. Stay away from rivers and lakes.
- Check lightning-protection installation at beginning of season and also after direct strikes.
- Provide rope throws for switch handles to reduce chance of shock.

Hypothermia

Hypothermia is the rapid, progressive mental and physical collapse that occurs when a person's body is chilled to the core. It is caused by exposure to cold, aggravated by wet, wind and exhaustion. It occurs most often when the temperature is between 30 and 50 degrees—making it hard for people to accept its danger.

Cold kills in two distinct steps: (1) exposure and exhaustion and (2) hypothermia. Exposure occurs when your body begins to lose heat faster than it produces it. To compensate you either exercise to stay warm or your body makes involuntary adjustments to preserve normal temperature in the vital organs. Either of these responses drains your energy reserves until they are exhausted.

10 ■ Outdoor Safety Tips

SYMPTOMS

When your energy reserves are exhausted, lowered body temperature affects the brain, depriving you of judgment and reasoning power. (You do not realize this is happening.) You may have uncontrollable fits of shivering; vague, slow or slurred speech; memory lapse or incoherence; fumbling hands; frequent stumbling, lurching gait; drowsiness; apparent exhaustion, and inability to get up after a rest.

This is hypothermia. Your internal temperature is sliding downward. Without treatment, this slide leads to stupor, collapse and death.

TREATMENT

Treatment must be immediate and drastic. The victim may deny being in trouble. Believe their symptoms. Get them out of the wind and rain and strip off all wet clothes. If they are only mildly impaired, give warm drinks, keep awake, get them into dry clothes and a warm sleeping bag. If semi-conscious, leave stripped and put in a sleeping bag with another person, who is also stripped. If possible, put victim between two warmth donors.

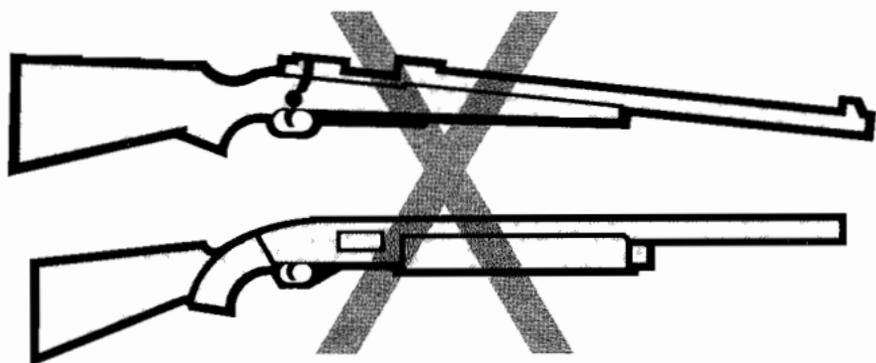
DEFENSE

The best defense against hypothermia is to avoid exposure. Recognize hypothermia weather and dress for it. Stay dry and protected from the wind. If you cannot stay dry and warm under existing weather conditions with the clothes and equipment you



have, get out of the weather. Build a fire and make camp—while you still have a reserve of energy.

The dangerous thing about hypothermia is that the victim doesn't realize what is happening. They may feel fine, but the fact may be that exercising is the only thing preventing going into hypothermia. When they stop, the rate of body heat production instantly drops by 50 per cent or more. Violent shivering may begin and the victim may slip into hypothermia in a matter of minutes.



Firearms

Firearms are of little use to trail crews. Moreover, discharging of firearms is disturbing to wildlife and other people in the area and possibilities for injury are numerous.

- LEAVE GUNS AT HOME.
- If trail work is conducted during hunting seasons, wear high-visibility clothing.
- Killing of wildlife and discharging firearms is discouraged while on duty. Encourage others to refrain from such actions.

*“Safety Won’t Cost You Anything—
Until You Forget It”*

Chief McArdle
USDA, Forest Service
1952-1962

Foot and Animal Travel

Foot Travel

Wearing the proper clothing for the job you are doing or the area in which you are traveling can make the difference between an enjoyable and a miserable experience. The following common-sense suggestions will aid your choice of personal equipment for hiking or working on the trail.

- Work boots are required for trail crews. Tennis shoes may not be worn!
- Select clothing and nonskid, laced boots suited to the country, climate, and the job; calked boots for windfall country, rubber boots for snow, hightopped shoes for snake country. Wear cuffless trousers and leather gloves for all field work. Socks changed daily may prevent infections.
- AVOID TRAVELING OR WORKING ALONE IN ISOLATED AREAS.
- Proper equipment to carry when traveling in back country
 - First-aid kit.
 - Snakebite kit, if in snake country.
 - Compass and map.
 - Matches, always in a waterproof container.
 - Pocketknife.
 - Belt ax.

14 ■ Foot and Animal Travel

- Flashlight, where night travel is contemplated.
- One day's supply of food, preferably concentrated.
- Exercise judgement
 - Choose safe travel routes and stream crossings.
 - Avoid traveling or camping in snag areas in windy weather. Choose campsites in areas free of unsound trees, limbs, and steep ground, where rocks may roll from above.
 - MAKE SURE OF SECURE FOOTING AND SAFE WORKING POSITIONS.
 - Always be on guard against injury from falling trees, snags, limbs, rolling logs, or rocks. Do not run blindly if you hear a rolling rock, log, or tree. Determine the direction of fall, then get out of the path.
 - Be sure other workers know where you are working.
 - Wear sunglasses or safety glasses in brushy country for eye protection.
 - Watch your step. Rocky slopes, especially slide rock and steep country, are treacherous. Have one hand free, preferably on the uphill side, for protection against falls or obstructions.
 - WALK—DO NOT RUN—DOWN SLOPES.

Animal Travel

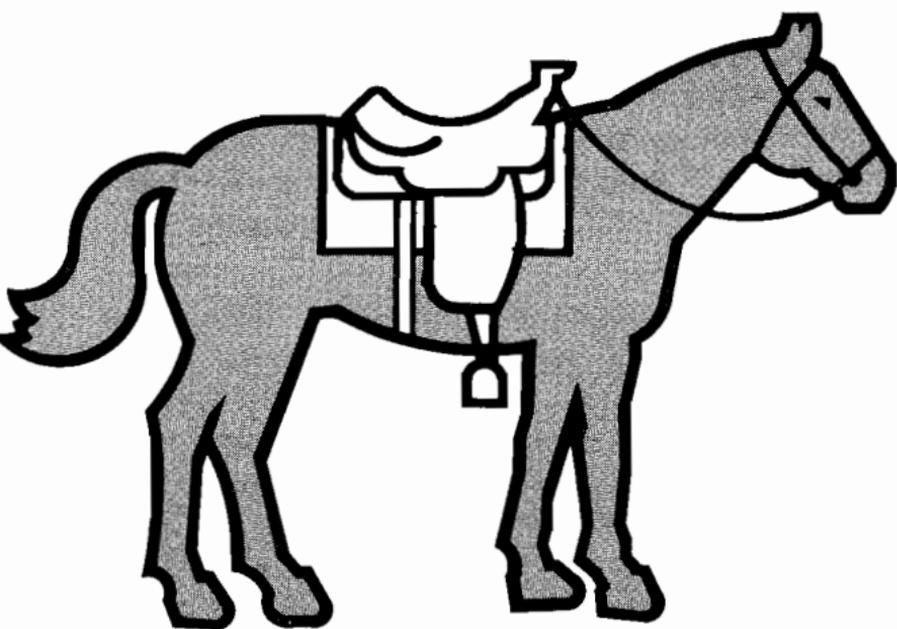
Handling Stock

- Animals shall be spoken to when approached; avoid approaching from the rear.

- Always lead an animal around after being saddled, and before being mounted or packed.
- Keep a firm hold on reins or lead rope; never wrap them around the hand.
- Avoid carrying equipment on a saddle horse; do not carry tools and equipment in your hands while riding horseback.
- Avoid excess lead rope that may become entangled with hands or feet. The rope should be approximately 10 feet in length and should be smoothly braided at the free end with no knots or loops.
- When tying a horse
 - Stay away from a position directly in front of a solidly tied animal.
 - Whenever possible, tie an animal to an object he cannot walk completely around.
- Keep stock away from all types of loose wire.

Horse Riding

- Before mounting
 - Lead horse a short distance after cinching.
 - Check cinch again.
 - Head horse parallel to hill so horse's left side is to the right of the direction the rider intends to take.
 - Take up slack in reins.
 - Check stirrups for correct positions. Stand opposite and close to left shoulder, facing animal's rear; take mane or saddle horn in left hand, gripping reins firmly, near rein tight, off



rein slack, so that twist of wrist can pull horse to you if it becomes unruly; turn back side of near stirrup toward rider; place left foot in stirrup; grasp saddle horn with right hand and swing into saddle quickly but lightly. Avoid scratching horse with spurs or heels when mounting.

—Insert only toe of boot into stirrup when mounting. Do not shove feet clear into stirrups. If wearing field shoes, ride on balls of feet, not on the insteps.

● When riding

—Be alert to animal's movements and guide it firmly but gently. Test its reining habits. Do not hold a tight rein unless necessary to restrain its forward movements.

- Never wrap or tie reins around the saddle horn.
- NEVER RIDE HORSE WHEN LIGHTNING STORM IS NEARBY.
- Always keep lead ropes free when leading stock from a saddle horse. Never tie the lead rope around the lead horse's saddle horn or wrap rope around hand.
- Watch the slack in the lead rope to avoid animal's straddling or stepping over it, and to keep it from getting under the lead horse's tail.
- When dismounting, move left foot back so ball of foot is in stirrup before swinging off to prevent a hung foot.
- Get off and lead a horse across excessively rocky or very steep terrain and corduroy, or pole, bridges if the horse's footing may be impaired.

“It is the duty of each of us to prevent accidents—and to protect himself and others from injury”

Chief Watts
USDA, Forest Service
1943-1952

Lifting and Carrying

Lift It Right

- Put one foot alongside the object, and one foot behind.
- Keep your back straight. That doesn't mean vertical—just straight.
- Get a good, firm grip with the palms of your hands. A finger grip is weaker and can slip.
- Draw the object close to you, and be sure your body weight is centered over your feet.
- Lift straight up by straightening your legs. This will put the strain on the stronger leg muscles, not your back.
- Avoid twisting as you turn with a load. Shift your feet instead. If you intend to lift and turn with a load, point the forward foot in the direction of movement before you lift.
- Don't try to lift something above waist level in one motion. Set the load down on a table or bench, then change your grip for lifting higher.
- Putting the object down is easy, and it can be just as safe. Simply follow the lifting procedure—but in reverse.

Carry It Right

- Be sure you have firm footing. Watch out for tripping or slipping hazards in your path.
- Be sure you can see where you're going no matter where you are—especially on stairs.

Don't let a light load make you careless. A sudden move or twist can still cause you to pull a muscle—and that's painful no matter how you do it.

Carry pipe, rail, lumber or any other long object on your shoulder. Keep the front end high, so you don't whack someone who's not watching where they're going.

When you hand an object to another person, be sure they have a good grip on it before you let go.

If two or more carry a load, decide ahead of time how to handle it. Check your route for obstructions and slipping and tripping hazards.

-
- Wear proper protection.
 - Size up the job.
 - Lift with your legs, not your back.
 - Watch for slipping and tripping hazards.
 - Get help with oversize and heavy loads.
-

Hand Tools

Use the right tool for the job. Substitutes can damage work—and they can be dangerous.

Keep tools in good condition. And for safety's sake, check them over before you use them. If the heads on striking tools are mushroomed or burred, have them dressed. Replace splintered, broken or loose handles before you use the tool.

Store your tools properly, and put them back when you're finished. That way, you won't have to worry about them falling on you or tripping you—or somebody else. You'll know where to find them when you need them, and there's less chance of damage.

Carrying tools in your pocket—especially sharp or pointed ones—is dangerous. What if you trip or slip? Use a kit or tool belt.

Chopping Tools

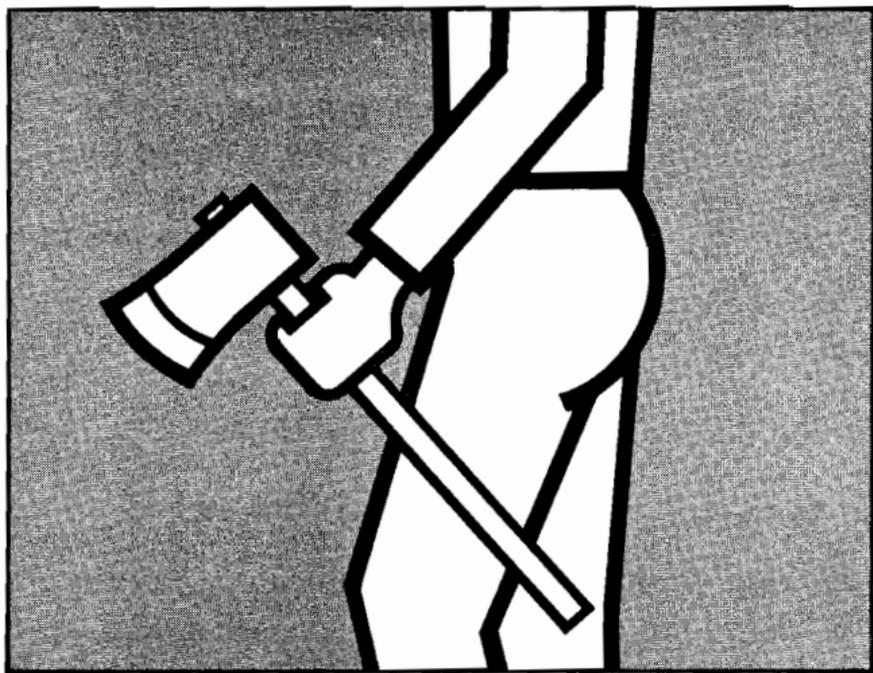
Chopping tools include axes, adzes, brush hooks, hatchets, machetes and Pulaskis. These few pointers for using chopping tools will help you complete your job efficiently and safely.

- Select the right tool for the right job. See that it is in good condition (good handle and sharp).

- When walking, stay at least 6 feet away from your companion.
- Protect the edge of the tool with a sheath when in transport to prevent accidental cuts.
- Carry the tool in hand on the downhill side when walking in steep terrain.
- NEVER CUT TOWARD ANY PART OF YOUR BODY OR TOWARD ANOTHER WORKER.
- Keep ample distance between individual workers—not less than 10 feet.
- Do not take chances, such as chopping from an unsafe body position.
- Do not apply excessive power to your chopping tool. Small brush can be cut through with one stroke. Bigger material (1" diameter and above) takes at least two strokes; first stroke to test the material and second to cut through it. Remember the tool must be stopped after it has gone through the material.
- When you MUST (AND YOU DO IT ONLY WHEN YOU ABSOLUTELY MUST) cut between your feet, spread them wide apart. Again the tool may be deflected in unpredictable directions while going through the material or may catch a hanging vine or twig. Preferably move your body to enable you to cut to the side and away from any part of your body.
- When cutting brush, start with the small material, which could deflect the tool when you swing for the larger items.

22 ■ Hand Tools

- When striking at dried out wood, be especially careful. It could be as hard as stone and may cause your tool to glance into your feet.
- When trimming limbs from a fallen tree trunk, stand on the side opposite to the limb.
- Do not strike your tool in the ground or in wood covered with dirt. The sharp cutting edge of your tool, which you spent so much time developing, will become dull immediately.



- Carry an axe by gripping the handle just behind the head and turning the sharp edge outward. Never carry an axe over your shoulder.
- Do not use an axe as a maul or as a wedge. Axe heads are not made for such use and will split or shatter at the eye if abused in this way.

- **BE ALERT AT ALL TIMES.** Try not to let your thoughts wander away from what you are doing. Instead, try always to anticipate dangerous situations. This will train your subconscious mind to warn you of danger in case your thoughts do drift to other subjects.

Cutting Tools

Bow Saws

- When inserting a blade in a bow-saw frame, keep hands and fingers in the clear when the tension lever snaps into or against the saw frame.
- When removing a bow-saw blade from the frame, stay clear of the blade.
- Carry bow-saw over the shoulder with blade to the rear and guarded.

Drawknives

- Cutting edge shall be sharp, and free of nicks, with handles in place.
- Material being worked shall be at working height, firmly anchored and held steady. Draw-knife shall not be used on material being braced by worker's knees.

Files

- Equip file with handles and knuckle guards before using on cutting edges.
- Wear a leather glove when using a file to sharpen cutting tools.

24 ■ Hand Tools

- Discard a dull file or one with bent tang.
- Keep file free of oil or grease. Discard files with hard spots.

Bars

- Secure fulcrums and toeholds to avoid mashed fingers and toes.
- When prying, grasp bar to place it, then push with palms. Keep foot or other part of body out of line with bar.
- Lay bar flat and in the clear when not in use on the job, such as beside materials or at foot of a wall.
- Discard bent or twisted bars.
- When applying leverage, keep body out of danger in case the pry blocks, or load should slip.

Shovels

- Shovel should be kept sharp.
- Should not be used as a pry bar.
- Legs should be used as a fulcrum.
- Before using, check handles for splits, cracks, and splinters. Discard it if defective.

Chain Saws

A number of practices should be followed regardless of the type of cutting you do.

- Wearing of appropriate safety apparel is mandatory!

- Clear away brush, rocks or anything else in the working area which might hinder your movements.
 - Check to make sure there is no one in the vicinity who might be endangered by a falling tree or a log rolling after it is cut.
 - Stop the engine between cuts, when changing your position or footing, or when carrying the saw from one place to another.
 - When taking a saw from one place to another, grasp it firmly in one hand and carry it at your side with the cutting bar facing backward.
 - Be especially alert when the chain saw engine is running. The noise can drown out warning voices or sounds.
 - Look for metal in logs such as nails or wire.
 - Keep cutting speed under careful control. Modern chain saws cut rapidly. It is very easy to cut too deeply or at a wrong angle.
 - Be especially cautious when operating a saw in wet, slippery weather or where footing is unsure.
 - Have a second person within calling distance whenever working with a chain saw.
 - Handle cutting chain carefully at all times.
-

“SAFETY IS NO ACCIDENT”

Edward P. Cliff
1962-1972

Vehicle Travel

Motor vehicles are one of the greatest killers. All drivers shall adopt a policy of defensive driving. This means driving so as to avoid accident situations created by the mistakes of others or by weather and road conditions, yielding the right-of-way even when, by all rules of the road, it is actually yours, and making an unbroken series of concessions to other drivers who are thoughtless, unskilled, or ignorant of the hazards they create.

- Be confident that you can drive without ever having a preventable accident.
- Be aware of traffic situations developing as far ahead of the vehicle as possible.
- Expect reckless, illegal, and clumsy behavior on the part of the other driver and be prepared to avoid accidents.
- Be especially courteous to pedestrians. Honor their right-of-way privileges. Watch particularly for erratic behavior by children, and those who have been drinking.
- Wear restraining belts and harness whenever provided.
- Adjust the headrest to prevent whiplash if struck from the rear.

Vehicles, owned or leased by the Forest Service, shall be driven only by physically fit persons who have qualified for State Driver's License and are

thoroughly familiar with the Forest Service Driver—Operator Guide.

- In an emergency, others who hold a valid State Operator's Permit and have no apparent physical defects may be permitted to drive a vehicle owned or leased by the Forest Service.
- Nonemployees in cooperating public agencies whose duties may include driving Government owned or leased vehicles may be issued a regular permit when qualified by an operator examiner.
- Daily, before driving any assigned vehicle, the driver should check for adequate brakes, steering, windshield wipers, tires, lights, horn, and tight exhaust system. Keep vehicle windows clear of dirt, grease, steam, or snow. Any vehicle found unsafe to operate must not be moved except for repair.
- Drive at a speed that permits full control of the car, allowing for all factors, such as posted speed limits, stop signs, weather, visibility, traffic and road conditions, and safe stopping distance.
- On narrow roads, either surfaced or unsurfaced, and blind curves keep well to the right and be able to stop the vehicle within less than half of the visible distance.

“Seatbelts Are A Way Of Life”

unknown

Poison Plants, Insects, and Snakes

Ivy, Oak, and Sumac

Instruct all employees in plant identification who are subject to exposure to these hazards. Highly sensitive persons should not be exposed. When working in affected areas, employees should:

- Fasten trouser legs closely over boot tops.
- Wear gloves, and keep them away from face or exposed parts of the body.
- After work, wash exposed parts thoroughly with thick soapsuds. Yellow laundry soap is best in hottest possible water.
- Clean tools with cleaning solvent before putting them away.
- Wash exposed clothing in thick, hot suds separately from other clothes.

Destroy poisonous plants around improvements where practicable.

- Apply approved chemicals to kill plants.
- Burn only in isolated areas.
- Avoid contact with smoke; particularly avoid getting it in the eyes or inhaling it.

Immunization or application of body ointments or salves is recommended.

Rocky Mountain Spotted Fever Ticks

Ticks are carriers of agents that cause Rocky Mountain spotted fever, Colorado tick fever, tick paralysis, Lyme Disease, and tularemia.

When working in an area likely to have infected ticks:

- Wear clothing that fits tightly at wrists, ankles, and waist. Each outer garment should overlap the one above it—cover trouser legs with high socks or boots and tuck shirttails inside trousers.
- Search the body repeatedly (rest periods, lunch, etc.), especially hairy regions and inside clothing, as ticks seldom attach themselves within the first few hours.
- Remove any ticks that may have become attached. Do this with your fingers or tweezers. Grasp the tick as close as possible to the point of attachment and pull gently and repeatedly. Do not jerk it loose, as the mouth parts will often break off and remain embedded in the skin. This could cause infection. Treat the bite wound with an antiseptic and wash your hands thoroughly with soap and water. NOTE: Do not try to burn the tick or cover it with heavy oils.
- Once the tick is removed, do not kill or throw away. Place it in an empty pill bottle or other container. Record dates of tick exposure and removal. Should you experience general malaise

with fever, headache, chills, and muscle ache within 2 weeks of removal, seek prompt medical help, giving the physician the tick and record of exposure date.

Pajahuello Ticks

Persons exposed to Pajahuello ticks or other tick bites should follow the same precautions as in items provided for under Rocky Mountain spotted fever ticks. Treatment for Pajahuello tick bites consists of the following:

- Remove as much of tick's saliva as possible using suction cups or mouth for 20 minutes. Avoid making incisions. Pajahuello tick-bite symptoms include a dark purple ring or eruption around the wound.
- Apply antiseptic and sterile dressing.
- Persons with pronounced allergic response may experience a systemic reaction requiring treatment for shock.
- Obtain medical treatment if irritation persists.

Chiggers

Persons exposed to chiggers should:

- Avoid sitting on ground or on logs and avoid low vegetation when practicable.
- Apply powdered sulfur to legs and hands.
- Bathe in hot, soapy water.
- Use insect repellents such as dimethyl pthalate, indalone.

Black-Widow Spiders and Scorpions

In black-widow spider and scorpion areas, you should:

- Wear work gloves.
- Turn them inside out after placing them on ground temporarily.
- Inspect material before handling.
- Be careful in outdoor toilets.
- If any bite shows rapid inflammation and pain, see doctor.

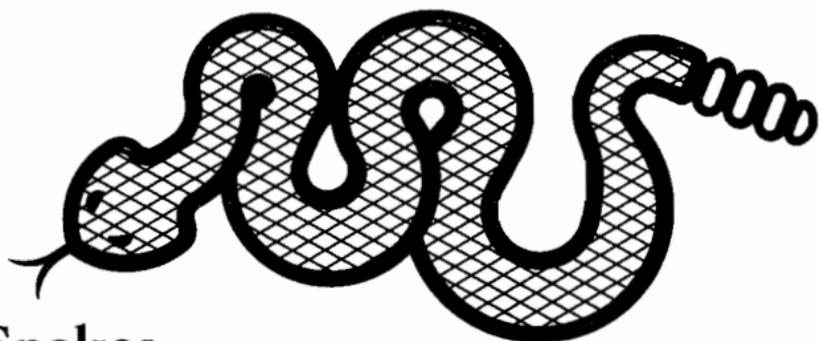
Bees, Wasps, and Yellow Jackets

PREVENTION

- Persons who are known to be allergic to insect stings shall obtain vaccine and/or allergy medication before going into the field.
- Wear long-sleeved shirts with close-fitting collar and sleeves with the trousers tucked in boots.

FIRST AID

- Remove stinger if possible.
- Apply paste of baking soda and cold cream.
- Cold applications will relieve pain and calamine lotion will relieve itching.
- Take antiallergy medication if reaction is severe.
- If unusual reaction, apply constricting band above bite, apply cold packs, and rush to doctor.



Snakes

PREVENTION

- Wear high boots in poison snake country.
- Be observant around places obscured by foliage or otherwise when walking in rocky country or climbing ledges.
- Use a bar for moving materials and timbers that have been stacked or piled in snake areas. Do not put hands under any stored material where snakes might be present.
- Take care not to step over any logs. Step on them and look down before stepping off.

FIRST AID

- If bitten, remain quite and, if possible, avoid movement under your own power. If necessary to walk, move slowly with frequent rests.
- Carry a snakebite kit in poisonous-snake-infested areas. It should be used only if unable to get to a doctor or hospital within an hour.
- In isolated areas 2 hours or more from medical attention, employees should be trained to use anti-venom.

Camping Etiquette

Trail construction should leave as little impact on the environment as possible. When broken, trail camps should show little evidence of one-time occupation. Good habits during camp occupation will make cleanup easier and aid in rapid recovery of the environment to a natural state.

- Burn leftover foods and fish viscera in a hot fire.
- Wash dishes away from streams and lakes.
- Package your food in burnable plastic.
- Cans, glass and tinfoil add extra weight in and must be packed out. It is best to avoid their use.
- Camp away from fragile ecosystems such as meadows and lakes.
- Build fires in previously-used fire rings where possible.
- Build fires far enough from trees so root systems and branches will not be damaged.
- Fires provide warmth and an atmosphere conducive to good companionship at the end of a work day. Make sure they have burned down completely before you retire for the evening.
- Personal latrines should be located on hills, away from rivers and lakes so no waste will filter through the soil.
- Dig personal latrines in soil six to eight inches deep to take advantage of nature's biologic disposers.

LEAVE NO TRACE

Take time to develop your own personal ethic for back country use. Leave the forests as you would want to see them when you return. Encourage others to meet the challenge of environmentally-sound hiking, camping and work habits.

The public lands are among the few available to all people for many uses. Your common-sense approach to the perpetuation of their vast resources will insure their availability for this and generations to come.

“SAFETY AND HEALTH is the highest priority on any job—regular or emergency”

Chief McGuire
USDA, Forest Service
1972-1979

Emergency Telephone Numbers

(Don't Wait For An Emergency—
Fill In Numbers Now)

Rescue Squad _____

Emergency Medical Team _____

Hospital _____

Hospital _____

Sheriff _____

(County) _____

Sheriff _____

(County) _____

State Police _____

State Forester (Fire) _____

Game Warden _____

District Ranger's Office _____

Field Notes

