

# SAFETY ALERT

## Knee Injuries

2017

### Potential Hazards

- Required to “side-hill” on steep slopes for extended periods of time, thereby increasing the strain placed on knee joints.
- Additional exposure to tripping hazards when navigating through areas with high brush and blowdown content.
- Increased leg strain or fatigue associated with the weight of heavier footwear (i.e., steel toe boots), which can make walking and lifting legs over obstacles more difficult.
- Extra slipping hazards associated with different times of the year (snow/ice in winter) & weather conditions (wet due to rainfall).

### Preventative Actions

- Implement the *MoveSafe* warmup routine not only before activity but **AFTERWARDS** as well to help reduce the likelihood of strains, sprains, and MSI's.
- Be more mindful where stepping when walking through the woods by slowing down – slow & steady wins the race!
- Avoid hazards and obstacles in the woods by never walking up & along blowdown and always climb over obstacles by maintaining three points of contact – never jump off anything you can't easily jump onto from a standing position.
- Apply reimbursement program offered by Canfor for athletic supports/braces & physiotherapy treatments at the earliest signs of discomfort.

### Incident Summary

- There had been an increased number of recordable knee injuries (FA, MA, MT, LT) reported this past field season compared to previous years.
- In the Prince George operating area alone there were eight recordable (i.e., MT or more severe) knee injuries reported between in-house field staff & consultants combined.
- Some of the reported knee injuries were quite serious and many of which could have been prevented through greater hazard awareness and safer decisions at the time.



**SAFETY COMES FIRST**

...and it starts with the person you see in the mirror.

