<table>
<thead>
<tr>
<th>7. TASKS/PROCEDURES</th>
<th>8. HAZARDS</th>
<th>9. ABATEMENT ACTIONS</th>
</tr>
</thead>
<tbody>
<tr>
<td>DRIVING TO THE JOBSITE</td>
<td>Vehicle accidents</td>
<td>Refer to Driving For Project Work, Fire Suppression, and Prescribed Fire JHA.</td>
</tr>
<tr>
<td>COMMUNICATION</td>
<td>Falling down, twisted ankles and knees, poor footing</td>
<td>Always ensure proper footing. Slow down and use extra caution around logs, rocks, and other slippery terrain. Extremely steep slopes (&gt;50%) can be hazardous under wet or dry conditions; consider an alternate route. Wear sturdy nonskid boots with sufficient ankle support as specified in the health and safety code handbook for your specific activity.</td>
</tr>
<tr>
<td>WALKING AND WORKING IN THE FIELD</td>
<td>Injury from falling objects</td>
<td>Wear your hardhat for protection at all times outdoors. Stay out of the woods during extremely high winds or seek a safe area.</td>
</tr>
<tr>
<td></td>
<td>Damage to eyes</td>
<td>Pay attention to where you walk, especially around trees and brush with limbs sticking out. Wear approved eye protection at all times as needed. Ultraviolet light from the sun can be damaging to the eyes; utilize sunglasses that specify significant protection from UV-A and UV-B radiation.</td>
</tr>
<tr>
<td></td>
<td>Bee and wasp stings</td>
<td>Watch for respiratory problems. Notify dispatcher and get employee to a doctor immediately if there is trouble breathing. Gently scrape stinger off of one is present. Apply analgesic swab and a cold pack if possible, and watch for infection. Flag the location of any known nests and inform other crewmembers. Advise packing an inhaler and Benadryl or Epi-pen if you are prone to severe allergic reaction. Ensure EMT is aware of known allergies of crewmembers.</td>
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<tr>
<td></td>
<td>Ticks and infected mosquitos</td>
<td>Wear long sleeve shirts. Tuck pants into socks/boots. Visually check each other for ticks while in the field. Check yourself carefully at home at day's end. If a tick is imbedded in you: *Gently pull the tick out with tweezers or fingernails using a quick tug. *Wash the infected area and monitor for a red rash.</td>
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<td>Engineering Controls * Substitution * Administrative Controls * PPE</td>
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</table>
Environmental Health Considerations | Heat Stress | Remain constantly aware of the four basic factors that determine the degree of heat stress (air temperature, humidity, air movement, and heat radiation) relative to the surrounding work environmental heat load.

| Severe Environmental Heat Loads | Maintain adequate water intake by drinking water periodically in small amounts throughout the day (flavoring water with citrus flavors or extracts enhances palatability). Some overhydration is strongly recommended.

| Tailor the work schedule to fit the climate, the physical condition of employees, and mission requirements.

| a. A reduction of work load markedly decreases total heat stress.

| b. Lessen work load and/or duration of physical exertion the first days of heat exposure to allow gradual acclimatization.

| c. Alternate work and rest periods. More severe conditions may require longer rest periods and electrolyte fluid replacement.

| Wet Bulb Globe Temperature (WBGT) Index | Curtail or suspend physical work when conditions are extremely severe (see attached Heat Stress Index).

| Compute a Wet Bulb Globe Temperature Index to determine the level of physical activity (take WBGT index measurements in a location that is similar or closely approximates the environment to which employees will be exposed).

| WBGT THRESHOLD VALUES FOR INSTITUTING PREVENTIVE MEASURES |
|---|---|
| 80-90 degrees F | Fatigue possible with prolonged exposure and physical activity. |
| 90-105 degrees F | Heat exhaustion and heat stroke possible with prolonged exposure and physical activity. |
| 105-130 degrees F | Heat exhaustion and heat stroke are likely with... |
### Cold Extremes

- Cover all exposed skin and be aware of frostbite. While cold air will not freeze the tissues of the lungs, slow down and use a mask or scarf to minimize the effect of cold air on air passages.

### Environmental Health Considerations (CONT'D)

- **Cold Extremes (CONT'D)**
  
  Additional measures to avoid cold weather problems are:
  
  a. Dress in layers with wicking garments (those that carry moisture away from the body) and a weatherproof slicker. A wool outer garment is recommended.
  
  b. Take layers off as you heat up; put them on as you cool down.
  
  c. Wear head protection that provides adequate insulation and protects the ears.
  
  d. Maintain your energy level. Avoid exhaustion and over-exertion which causes sweating, dampens clothing, and accelerates loss of body heat and increases the potential for hypothermia.
  
  e. Acclimate to the cold climate to minimize discomfort.
  
  f. Maintain adequate water/fluid intake to avoid dehydration.

### Wind

- Wind chill greatly affects heat loss (see attached Wind Chill Index on last page). Avoid working in old, defective timber, especially hardwoods, during periods of high winds due to widow maker and snag hazards. Seek a sheltered area or take refuge in a vehicle.

### Lightning

- Stay indoors when possible, if caught outdoors seek a shelter in a low area. The safest place to be is inside a vehicle unless it has metal tracks, has a non-metal top, or is open.
  
  Avoid hilltops, ridges, wide open spaces, ledges, out crops of rocks, and sheds or shelters in exposed locations.
  
  Avoid grouping people together and avoid damp ground.
  
  Move away from horses and stock.
  
  Put down all metal tools or equipment.
  
  Do not use electrical equipment of any type especially phones and radios.
  
  Utilize an emergency posture: On knees, bent forward with hand resting on knees or lay down in fetal position making yourself the smallest possible target.
  
  Turn off generators and electrical equipment.
  
  Caulk boots are a particularly good grounding agent and should be removed.
  
  Do not handle flammable materials in open containers.
  
  Get away from ponds, streams, lakes, and other water sources.

### Other Adverse Weather Conditions

- Always carry PPE for changing weather conditions such as rain gear, warm...
headgear, adequate clothing, gloves, and appropriate footwear. Weather conditions can change hourly especially in mountainous areas. Check weather forecasts prior to departing outdoors and plan work accordingly.
**JHA Instructions (References-FSH 6709.11 and .12)**

The JHA shall identify the location of the work project or activity, the name of employee(s) writing the JHA, the date(s) of development, and the name of the appropriate line officer approving it. The supervisor acknowledges that employees have read and understand the contents, have received the required training, and are qualified to perform the work project or activity.

**Blocks 1, 2, 3, 4, 5, and 6:** Self-explanatory.

**Block 7:** Identify all tasks and procedures associated with the work project or activity that have potential to cause injury or illness to personnel and damage to property or material. Include emergency evacuation procedures (EEP).

**Block 8:** Identify all known or suspect hazards associated with each respective task/procedure listed in block 7. For example:
- a. Research past accidents/incidents
- b. Research the Health and Safety Code, FSH 6709.11 or other appropriate literature.
- c. Discuss the work project/activity with participants
- d. Observe the work project/activity
- e. A combination of the above

**Blocks 9, 10, 11, and 12:** Self-explanatory.

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**Emergency Evacuation Instructions (Reference FSH 6709.11)**

Work supervisors and crew members are responsible for developing and discussing field emergency evacuation procedures (EEP) and alternatives in the event a person(s) becomes seriously ill or injured at the worksite.

Be prepared to provide the following information:
- a. Nature of the accident or injury (avoid using victim's name).
- b. Type of assistance needed, if any (ground, air, or water evacuation)
- c. Location of accident or injury, best access route into the worksite (road name/number), identifiable ground/air landmarks.
- d. Radio frequency(s).
- e. Contact person.
- f. Local hazards to ground vehicles or aviation.
- g. Weather conditions (wind speed & direction, visibility, temp).
- h. Topography.
- i. Number of person(s) to be transported
- j. Estimated weight of passengers for air/water evacuation.

The items listed above serve only as guidelines for the development of emergency evacuation procedures.

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**JHA and Emergency Evacuation Procedures Acknowledgment**

We, the undersigned work leader and crew members, acknowledge participation in the development of this JHA (as applicable) and accompanying emergency evacuation procedures. We have thoroughly discussed and understand the provisions of each of these documents:

- a. Engineering Controls (the most desirable method of abatement). For example, ergonomically designed tools, equipment, and furniture.
- b. Substitution. For example, switching to high flash point, non-toxic solvents.
- c. Administrative Controls. For example, limiting exposure by reducing the work schedule: establishing appropriate procedures and practices.
- d. PPE (least desirable method of abatement). For example, using hearing protection when working with or close to portable machines (chain saws, rock drills portable water pumps)
- e. A combination of the above.

**Block 10:** The JHA must be reviewed and approved by a line officer. Attach a copy of the JHA as justification for purchase orders when procuring PPE.