

Hazard Review

- **Back injury or other musculoskeletal injury**
- **Bruises, contusions**
- **Cuts, scrapes**
- **Head injury**

Related Safe Work Practices

- **Hand Tools**
- **Lifting and Other Body Mechanics**
- **Power Tools**

Required Personal Protective Equipment

- **Winch truck for plants in boxes 24" and greater**
- **Work gloves (as needed).**

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BEFORE

Using the general rule of thumb that one person should not lift more than 50 pounds at any one time (see below), moving the tree to the site for planting should be accomplished as follows:

- One person can generally plant trees in 1-15 gallon containers safely.
- Trees in 24" boxes or larger should be ferried to the site by a winch truck. If a winch truck cannot access the space, you can use a tree dolly or nail wood slats onto the box so four persons can ferry the tree to the tree planting site. This will distribute the weight of the tree among the four persons. The tree can then be planted by 2 or more persons or using a winch truck for assistance.
- Trees in boxes greater than 24" must use the winch truck for planting.

DURING

1. To remove the tree from the container safely¹:
 - ☒ Pound or strike the outside of the can to loosen the tree from the container.
 - ☒ Depending on the size or shape of the tree, you may either lay the tree down on its side and pull out, or pull it out of the container while it is standing up.
 - ☒ If you can't get the tree out of the container, use can cutters to cut the container off.

¹ RPD Industrial Investigation, EHS Case #2949 (DOI10/20/05)

- ☒ If the tree is greater than 50 pounds, you will need to get help moving the tree into the hole.
- 2. When staking the tree, place the pole pounder on the stake at waist level before placing the stake in the desired location for staking the tree.
- 3. After driving the stakes to the desired length be aware of removing the stake pounder from the stake. If necessary use a small ladder or box to stand on to aid in the removal of the pounder from the stake safely.
- 4. If a person has both hands on the handles of the pounder as it is being removed, they can create a fulcrum. At that point, the pounder's center of gravity can shift and the top of the pole pounder can hit the employee in the head. Caution must be used at all times.
- 5. When cutting crosspieces, keep your hands a safe distance from the saw.
- 6. Use screws and a portable power drill instead of a hammer/nails to attach the crosspieces to the poles.

MANUAL LIFTING: 50 POUNDS PER PERSON?

The NIOSH lifting equation is a tool for assessing the physical stress of two-handed manual lifting tasks. It was designed to assess a lifting task and given the conditions (characteristics of the load and the lifting conditions, such as distance the load will be moved), determine a recommended weight limit for the task. This equation tells us that under the best of conditions, the **maximum weight that should be lifted by one person is 50 pounds**. So if you are lifting more than that, ask yourself why! And find a better way:

- Lift as a team
- Get and use the proper tool or equipment to help you do it
- Put in a job order to Structural Maintenance requesting help
- Other? If you have a good idea, please tell us!