



# Women's Chainsaw Safety and Cutting Techniques 1-Day Course

**Location:** Douglas, MA

**Date:** May 20, 2022

**Course Times:** 8:00am – 5:00pm EST (includes a 30-minute lunch break – meal not provided)

**Cost:** \$299; **course registration closes on 5/13/2022.** Cost includes use of facilities, as well as all course materials, instructor resources, and certificate package. Participants are responsible for their own travel, lodging arrangements, meals, and PPE gear.

**Class Size\*:** This course is limited to 24 participants.

## Course Description

Chainsaws are one of the most common hand-held power tools among all industries. This course is designed to educate workers, of all skill levels, who use a chainsaw about proper risk assessment, PPE use and fit, chainsaw safety features, maintenance, use, and handling. Participants will gain an understanding of chainsaw reactive forces and hazards associated with cutting wood or brush.

Our all-female team of instructors will use safe, hands-on, and practical work planning strategies during this course to cover topics including saw transport, starting, cross cutting/bucking and limbing, and understanding compression and tension. There is a strong focus on risk assessment, safety, and ergonomics.

## Risk Assessment, Hierarchy of Controls, Job Briefing/JSA, PPE, and Emergency Preparedness

- Site specific Risk Assessment and Chainsaw Operation Risk Assessment
- NIOSH Hierarchy of Controls and hazard mitigation - OSHA and ANSI
- Personal Protective Equipment: When to use, fit/function, limitations, inspection, and retirement
- Fire suppression
- Emergency Action Planning, job site risks, and crew competency/configurations

## Chainsaw Safety, Starting, and Operations

- Safety and ergonomic features of the modern chainsaw
- Three-point contact starting, ground start, and leg-lock
- Chainsaw operation including body and hand positioning and chain brake use
- Reactive forces and kick-back
- Ergonomics, Musculoskeletal Disorders (MSD's), and exercises

## Technical Cutting Techniques

- Systematic work planning, as a team or a larger crew
- Height, hazards, and obstacles
- Face notches

## **Limbing and Bucking**

- Bucking wedges and cant hooks
- Compression, tension, and avoiding bar pinch
- Limbing and bucking techniques

## **Chainsaw Maintenance**

- Fuels and lubricants
- Daily, weekly, and monthly maintenance practices
- Cutter tooth sharpening, depth gauge filing, files, and guides
- Air cleaner maintenance and chain tensioning
- Guide bar edging, dressing, cleaning, and leveling
- Drive sprocket and needle bearing maintenance

## **Equipment Requirements**

Participants are required to bring personal protective equipment, including:

- Arborist or forestry helmet
- Hearing protection (muffs or plugs)
- Eye protection (ANSI Z87)
- Face screen
- Work gloves
- Hi-viz vest/jacket/outerwear
- ASTM F1897 (2014) UL approved chainsaw protective pants or chaps (NON-UL labeled chaps or pants will not be allowed)
- Approved work boots (ANSI or CE approved)
- Pen and paper
- Clothing appropriate for outdoor weather conditions (our courses run rain or shine; long pants – not shorts)

## **Deliverables**

Attendees who complete this course will receive a NATS-issued Chainsaw Safety and Cutting Techniques Certificate of Completion (valid for 12 months) for this course.

## **Continuing Educations Units**

ISA Certified Arborists and TCIA CTSPs Continuing Education Units (CEUs) have been applied for.

## **Applicable Standards**

This course meets the ANSI/ASSE Z490.1 Criteria for Accepted Practices in Safety, Health, and Environmental Training as well as ANSI Z133 and OSHA 1910.266.

## **Equivalent Training**

This course meets or exceeds training equivalent to US Forest Service Basic Faller, and Game of Logging Levels 1-4.

## **Age of Majority**

Each participant must be over the age of majority in the state in which the course is being held.

## Who Should Attend

Women who work in arboriculture, forestry, landscaping, emergency response and other related fields, who are interested in learning and improving their skills related to chainsaws and cutting techniques.

## Meet the Instructors



### **Rebecca Seibel, Director of Training, Lead Instructor**

Rebecca is a motivated, passionate, and enthusiastic woman with over 24 years of experience, which in March of 2018 earned her the Leadership Award from the Minnesota Chapter of ISA. She joined NATS in 2018 and was recently promoted to Director of Training. Rebecca's extensive knowledge of chainsaw safety and cutting techniques come from her years of experience working in various roles throughout her career, including ground worker, climbing arborist, crew leader, trainer, and business owner.



### **Marcy Carpenter, Assistant Instructor**

Marcy has been part of the NATS family since 2015, and has over 14 years of experience as an arborist, climber, and chainsaw specialist. Over the years she has competed in several ISA International Tree Climbing Competitions (2008, 2009, 2013, 2014, 2015). What does she love most about training? "I enjoy having the opportunity to work with other individuals that are passionate about caring for trees, working at height and love being outdoors. It's such a gift to be able to teach and also learn from the women that we train."

As with all of our training programs, we gauge the level of experience among program participants in order to customize the training course to meet the needs of the group. This one day is for beginning to intermediate level users.

\*North American Training Solutions, Inc. has the right to cancel this course if the minimum number of attendees is not met. If this should occur, full refunds will be given.