



# The Top Cut

Safety

Quality

Efficiency

Issue 37, Fall 2018 – P.O. Box 557, Jackman, ME 04945, 668-2851,  
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## Logging Family Score 1st & 2nd in Game of Logging Competition

The competition was fierce for 10 loggers on Saturday August 11<sup>th</sup> in Greenville, Maine for the 24<sup>th</sup> annual Game of Logging (GOL) competition. Jeremy Grignon, 4<sup>th</sup> year student at U Maine and part time logger, bested his dad John Grignon, logger from Dixfield, and came in first to win competition to earn family bragging rights. Third place went to Steve Pinkham, forester and part time logger from Rumford, making it a western Maine sweep. The huge crowd cheered on the loggers, with this year's total prize and equipment package valued at \$4000.00.

The Game of Logging is hosted by Forest Heritage Days and sponsored, MEMIC, the Certified Logging Professional program, University Forests, Appalachian Mountain Club, Weyerhaeuser, Husqvarna, Maine Forest Service, Charleston Correctional, and Tel-Power which all contribute

with either with time, equipment or prizes. Andy Wood, MEMIC logging safety technical representative, head judge and organizer, is meticulous with setup to assure everyone is scored consistently. The competition tests the many skills of the professional logger. Events include Speed Start, Speed Cut, Vertical Bore Cut, Precision Stump, Precision Bucking, to name a few, ending with the final Precision Felling event worth 75 points. Loggers are also subject to point deductions for safety violations.

Over \$1000.00 in raffle tickets were sold, to benefit Log A Load for Kids, program of Children's Miracle Network, with proceeds going to EMMC. Winners of the chainsaw carved bear sculptured and donated by logger Mike Thurlow won by Adam Stetson, and chainsaw donated by FHD, was Ron Cooper of Greenville.



Left to right: Paul Cyr, Charlie Koch, Roddy Erlenbach, Tyler McIntosh, Andrew Marquis - 4<sup>th</sup> place, Tom Fox, Steve Pinkham – 3<sup>rd</sup> place, Chris Roberts, Jeremy Grignon – 1<sup>st</sup> place, John Grignon – 2<sup>nd</sup> place.

## The Top Cut - Fall 2018

### 2018 Fall Recertification Training Session Topics

#### CORE CURRICULUM ALL PROGRAMS

- CLP Update
- Preventing Slips, Trips & Falls
- Ticks & Lyme Disease etc.
- Emerging Technologies

#### SUPERVISOR/CONTRACTOR

- Risks of Taking Shortcuts
- Improving Supervisor Skills

#### CONVENTIONAL LOGGERS (Inside Session)

- Body Mechanics
- Advanced Felling Techniques  
(Outside Session)
- Level II & III

#### MECHANICAL LOGGERS

- Equipment Operation Efficiency
- Hazard Mgt. - non-Routine Tasks

### CLP Fall Class Schedule

Session	Date	Location
4-Day Certification	Dec. 11th - 14th	Augusta or Bangor depending on registrations
<b>1-Day Re-Certification</b>		
Conventional	Thursday, Oct. 4th Friday, Oct. 5th	Augusta Bangor
Mechanical	Friday, Oct. 19th Friday, Oct. 26th Friday, Nov. 2nd	Fort Kent Augusta Bangor
Supervisor	Friday, Dec. 7th	Bangor

### Game of Logging



Top: Volunteer judges and competition workers. Left to Right- Mike Thurlow, Barrett Parks, Steve Tatko, Andy Wood, John Cullens, Phalte McLean, Rocky Rockwell, & Steve Laweryson.

Right: Judges watch competitor with notching technique



#### Upcoming Events

9-13-18 - CLP Board of Directors Meeting

11-30-18 - CLP Meeting, Annual Banquet & Awards  
Brewer, Me

# Safety Corner

## Safety Meetings

### Safety Talks.

#### Toolbox Talks. Safety Startups. Tailgate Meetings.

Whatever you call them, short discussions with workers are a great way to:

- ◆ promote safe working practices
- ◆ fight complacency
- ◆ solidify and sustain lessons from training
- ◆ increase employee engagement
- ◆ provide opportunities for feedback

From: Safestart.com

### Be SMART in Your Message

**Short:** keep it short and simple

**Message:** only a single message

**Avoid new info:** don't teach something new; the talk should be a refresher on something they already know

**Reinforce:** find different ways of conveying the same message, like telling a personal story and also sharing an example specific to your workplace

**Takeaway:** the message should have a specific takeaway or action to Complete, what do you hope to accomplish with the talk?

## Complacency

**Complacency** can lead to injuries and death when it comes to safety.

Remind workers to:

- ◆ Always focus on the task at hand
- ◆ Never assume something will be an easy fix
- ◆ Consider anything that could go wrong
- ◆ Take precautions, like wearing PPE, even if it seems silly
- ◆ Ask for help, even if they aren't sure they need help

From: Safety Bulletin, Sept. 4, 2018

## Musculoskeletal disorder (MSD) prevention

Not every injury is the result of a one-time incident. Even if an employee follows directions every time and does the job the way he or she is told, they can still suffer painful injuries if job isn't set up safely enough.

The result: They're in pain and unable to work, leading to costs for your company and headaches for you as a Supervisor.

Ergonomic fixes make a big difference in your employees' overall health. And they may be easier to find than you think.

From: Safety Bulletin, May 25, 2018

## Recommendations for Reducing Ergonomic Risk

- ◆ Early reporting of signs and symptoms can help to avoid the development of MSDs
- ◆ Pain, discomfort, numbness, or tingling can all be early signs that could be an issue in workstation layout, work positions, or duration of activities
- ◆ Inspect, maintain, and repair seating and operator controls
- ◆ Maintain good postures and neutral hand, leg, and foot positions with simple adjustments in seating supports and controls
- ◆ Stretching can relieve muscle stress, simply changing position or introducing other productive tasks into the shift may serve the same purpose
- ◆ Encouragement of physical activity and weight loss
- ◆ Encourage breaks from long durations of the same activity

From: Timber Harvesting & Transportation Safety

### The Top Cut is published by the Certified Logging Professional Program

- ◆ Please send questions & comments to:  
CLP, P.O. Box 557, Jackman, ME 04945
- ◆ Check us out on the web at [www.clploggers.com](http://www.clploggers.com)

*The Certified Logging  
Professional Program is  
sponsored by the Maine  
TREE Foundation*



# Cast Your Vote For Logger Of The Year

**Yes! I want to nominate one or all of the following CLPs as Logger of the Year.**

My Name: \_\_\_\_\_ My Phone #: \_\_\_\_\_  
My Address: (Street/PO Box) \_\_\_\_\_ City: \_\_\_\_\_

**CONVENTIONAL LOGGER**

**MECHANICAL LOGGER**

**CONTRACTOR/SUPERVISOR**

Name: \_\_\_\_\_

Name: \_\_\_\_\_

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Address: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

City: \_\_\_\_\_

City: \_\_\_\_\_

Zip Code: \_\_\_\_\_

Zip Code: \_\_\_\_\_

Zip Code: \_\_\_\_\_

Phone #: \_\_\_\_\_

Phone #: \_\_\_\_\_

Phone #: \_\_\_\_\_

Award recipients must be active CLPs and must be nominated with the form above. Two references, one of which must be a landowner, must be provided.

To submit a nomination or nominations, you must do the following:

- ◆ Form must be received by November 3, 2018.
- ◆ Attach on a separate sheet, the names, addresses and phone numbers of two references per nominee. **Include one landowner per nominee.**
- ◆ For each nominee, attach a description of their qualification, with attention to their safety, business practices, resource protection, and community activity.

To submit your nomination (s) for CLP Logger of the Year, fill out this form and return it with the names, phone numbers, and addresses of two references, including one landowner per nominee, plus a description of their qualifications by November 3, 2018 to: CLP·P.O. Box 557·Jackman, ME 04945

## Help Mike Make Wishes Come True



Mike Thurlow of Lee, a lifelong Maine logger, will run half of the Millinocket Marathon on Dec. 8, 2018, in full logging gear!

Last year's run raised over \$3,500 to help grant the wishes of children in Maine. From Mike St. Peter of CLP: "Our friend did it! 13.1 miles in 4 hours, 20 minutes, and 56 seconds carrying an 18-lb chainsaw, quite an accomplishment. We should all sign up to accompany him next year! I asked him at one point how it felt lugging the saw. He stated, "like carrying a bulldozer."

This year, Thurlow has set an ambitious overall goal, hoping to raise \$14,000 to grant the wishes of two children with critical illnesses. If donations exceed \$7,000 (the average cost of a wish), Mike will carry a chainsaw as he runs, adding 25 lbs with chainsaw and associated safety gear. If we can raise \$14,000, he will add a second chainsaw!

Please help by contributing to this fundraiser. Every dollar matters.

Thank you for your support!

[site.wish.org/goto/mikerun](http://site.wish.org/goto/mikerun)



Mike Thurlow, 2017 Marathon