1. Always wear a hat. Things are constantly falling from trees as you work on them. It may only be a small branch but if it's coming from 50ft up, it can put you in hospital.
2. Protect your eyes and ears at all times. Small branches will poke your eyes, and blowing sawdust and woodchips are a constant irritation. It may only be a small branch but if it's coming from 50ft up, it can put you in hospital.

3. Wear chainsaw-resistant trousers, gloves, jackets and boots. They can reduce the chances of serious cuts. Always wear a hat. Things are tying in to the tree, put the line around the main trunk or stem. If you get something in your eye just before you finish a major cut, you will fall all the way to the ground. When climbing a tree, spread your body weight over at least three points, eg. avoid having both feet or hands on the same branch. Lines should be half-inch diameter with a breaking strength greater than 5,400 pounds. The metal links should be steel, not aluminium, with a breaking strength of 5,000 pounds.

4. Don't work too closely with a colleague. You should be at least 10ft apart when working with saws. And make sure no one is in the fall area when cutting branches and trees. Make sure no one is in the fall area when cutting branches and trees.

5. Use the proper stance, grip and position when using a chainsaw, ie. right hand on the trigger, left hand on the upper handle, left thumb below the handle, chain to the right of your arm, feet solidly on the ground.

6. Examine the tree carefully from the root up before climbing it. Check your equipment. Make sure the saws are sharp (sharp saws won't support a climber).

7. Check all your equipment. Make sure the saws are sharp (sharp saws are more dependable and less tiring), check ropes for wear, check ladders, etc.

8. Follow basic climbing rules. When tying in to the tree, put the line around the main trunk or stem. This way, if that limb breaks, you will fall only the distance to the next limb, not all the way to the ground. When climbing a tree, spread your body weight over at least three points, eg. avoid having both feet or hands on the same branch. Lines should be half-inch diameter with a breaking strength greater than 5,400 pounds. The metal links should be steel, not aluminium, with a breaking strength of 5,000 pounds.

9. Use ladders wisely. Extension and A-frame ladders are useful for getting into trees, but you shouldn't work from them. They are not stable enough to withstand rapid movement or being hit with falling limbs. You can use A-frame ladders for pruning hedges or small trees that won't support a climber.

10. Don't stand beneath the limbs you are cutting with pole runners or pole saws — stand to the side but remember, limbs fall tip first then flip back at you when they hit the ground.

Call in or Mail Order from A&F and look after yourself.

Unit 13, Hurstfold Farm
Fernhurst, West Sussex GU27 3JG
TEL: 01428 661767

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**Tips for Safe Tree Work**

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**Greenkeeper's Crossword**

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**Win a BIGGA Blazer or £50 in Cash!**

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**Solve the crossword puzzle and you could win either a BIGGA blazer (worth £87.95) or £50 in cash! Send entries to: Crossword Competition, Greenkeeper International, Aldwark Manor, Aldwark, Ains, York Y06 2NF.**

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Name: 
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