



2021

Rules for the Protection of Health and Life on the Farm





Rules for the Protection of Health and Life on the Farm

Warsaw 2021

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PRESIDENT
OF THE AGRICULTURAL SOCIAL
INSURANCE FUND

Aleksandra Hadzik

Warsaw, December 2020

Dear Farmers,

I am pleased to present to you for your perusal and application the updated Rules for the Protection of Health and Life on the Farm, drawn up in consultation with the Council of Social Security of Farmers, the Minister of Agriculture and Rural Development, the Minister of Family and Social Policy and the Minister of Health. This document contains recommendations concerning farm equipment, protection of persons working on a farm and ways of performing activities related to agricultural activity, the application of which reduces the risk of accidents at agricultural work and agricultural occupational diseases.

The need to update the Rules resulted from the analysis conducted by the Fund on the causes and circumstances of accidents at work and agricultural occupational diseases, as well as the significant changes in the agricultural sector that occurred after accession to the EU. The inclusion of Poland in the single European market has led to a number of significant changes in agricultural production technology and the modernisation of agricultural holdings, including the modernisation of infrastructure and machinery. Some of the hazards previously identified on the farms have been eliminated, but new ones have emerged and have been taken into account in the submitted study.

For many years now, Agricultural Social Insurance Fund (KRUS) has been providing rural residents with examples of simple, cost-free ways to minimise accident risks and encouraging farmers to eliminate hazards and apply solutions that improve comfort and safety at work. KRUS' preventive activities aimed at reducing the number of accidents at work and occupational diseases, consisting in dissemination of the principles of health and life protection on the farms and knowledge of accident risks related to agricultural activity, contributed to an 80% decrease in the number of reported accidents, as well as to a decrease in the number of fatal accidents as well as a decrease in the accident rate, i.e. the number of accidents per 1000 persons insured in KRUS, from 24.6 in 1993 to 8.5 in 2019.

The improvement of occupational safety of individual farmers is among other things the result of many years of the influence of KRUS, as well as of other institutions and social organisations, on the awareness of rural residents as well as of constant monitoring of threats in on the farmstead and immediate reaction to them. Poland is an excellent example of the fact that systematic preventive actions bring excellent results. I am confident that using the updated Rules for the Protection of Health and Life on the Farm on a daily basis will make you healthier and safer where you live and work.

President
of the Agricultural Social Insurance Fund
(-) Aleksandra Hadzik

in agreement with:

Minister for Agriculture and Rural Development
(-) Grzegorz Puda

Minister of Family and Social Policy
(-) Marlena Małag

Minister of Health
(-) Adam Niedzielski

Chairwoman of the Farmer's Social Insurance
(-) Elżbieta Miziołek

Organisation of work

Farm habitat

1. Separate the living area of the farm from the production area in such a way that children and outsiders cannot enter the farm without the farmer's knowledge. Set aside a place for children to play and for the family to rest. If possible, a separate entrance to the production area should also be arranged.
2. Secure the farm habitat from unauthorized access and from wild and stray animals.
3. For pets (e.g. dogs, birds), separate and fence off suitable enclosures to prevent them from entering the separated area.
4. The farmstead must be tidy and orderly, all traffic routes must be marked out, uneven areas must be levelled or marked, rainwater must be channelled and lighting must be provided. Sprinkle slippery areas with ash, gravel or sand.
5. Secure the farm with a generator, which will ensure the continuity of technical processes in case of failure and power cuts.
6. Properly level the yard area so that rainwater drains freely outside the yard. If possible, water from the roofs of buildings should be directed through a system of gutters and pipes to reservoirs, and then used for fire protection and irrigation.
7. Secure manholes, tanks, channels and other technological openings with tight covers or protective barriers. Larger tanks, e.g. for liquid or slurry effluent, should be surrounded by a fence with a lockable entrance.
8. Farm buildings, livestock buildings, garages, sheds and other facilities:
 - a. have a working electrical and lightning protection system installed and maintained by a qualified professional;
 - b. doors in livestock buildings and outbuildings must be fitted with safety devices to prevent automatic closing;
 - c. where possible, existing thresholds in buildings should be removed, and if this is not possible, they should be marked, including low lintels, with appropriate warning colours (e.g. diagonal black and yellow stripes); do not use thresholds in newly built livestock housing;
 - d. stairs and ramps shall be provided with handrails or guardrails to prevent falls;
 - e. proper, uniform lighting and ventilation shall be provided in livestock buildings and garages; place light and ventilation switches at each entrance;
 - f. livestock and utility rooms should be equipped with first-aid kits and hand-held fire fighting equipment, and their storage places should be properly marked and easily accessible;

- g. in livestock buildings with usable lofts, openings in ceilings and walls used for dropping fodder and straw must be protected with balustrades consisting of guard rails placed at a height of at least 1.1 m and barrier strips of a height of at least 0.15 m counted from the level of the loft ceiling; the handrail should be fitted midway between the handrail and the barrier rail or the space should be filled with a guardrail to prevent falling;
- h. in stalls with milking shafts, use handrails or railings and anti-slip flooring in passageways that are particularly exposed to water or animal faeces, and at stairs; where changes in surface level occur, include information on the hazard, i.e. 'note elevation' or 'note fault';
- i. livestock buildings should be protected against access of pets and periodically disinfected, disinfected and, if necessary, deratised;
- j. vertical (wall) access hatches to attics should have ladder holders to facilitate safe entry and exit; a swing-down railing must also be fitted to prevent people working in the attic from falling;
- k. a room or a part thereof with access to running water and hand disinfectants should be set aside for hygienic and sanitary purposes;
- l. it is necessary to separate and mark the place for the storage of hazardous materials.

Mental and physical health of the farmer

1. The work on the farm should be carried out by adults, in good health and possessing appropriate qualifications (in the case of some activities documented by relevant certificates).
2. The work performed should be adequate to the abilities and health condition of a person, and its time and pace should be adjusted to individual predispositions. Take rest and recovery breaks while working.
3. Do not do any work after drinking alcohol or any other similar substance.
4. When taking medication, it is essential to follow your doctor's instructions and the directions in the enclosed leaflet. If the preparation affects the psychophysical state or you have problems concentrating, fatigue or sleepiness for other reasons do not operate machinery or equipment or work at height or with animals.
5. If possible, get regular health checks and follow your doctors' instructions.

Organisation of work

1. Work on the farm must be planned in advance to prevent overload and haste, and rest periods and breaks for regular eating and drinking must be taken into account during the working day.
2. Use protective clothing, work shoes and personal protective equipment against harmful factors in the work environment, such as:
 - a. noise - hearing protectors: earmuffs or earplugs;

- b. chemical agents - protective clothing, protective footwear, protective gloves and goggles as well as masks, protective half-masks with replaceable filtering or absorbing inserts;
 - c. heat and glare during welding - welding shields and visors or safety goggles, protective apron, suitable gloves and footwear;
 - d. irritating or allergenic dust - masks, filtering half-masks and protective goggles.
3. During hot weather, shield your body from excess sun and consume plenty of fluids.
 4. When working collectively (with at least two people involved), a clear method of communication should be established.
 5. To prevent monotony and overloading of the musculoskeletal system, the work planned during the working day should be diversified wherever possible.
 6. When lifting and carrying loads, observe the specified standards for men and women, which are as follows:
 - a. for permanent work respectively:
 - 12 kg for women,
 - 30 kg for men,
 - b. for casual work respectively:
 - 20 kg for women,
 - 50 kg for men.
 7. Equip the farm with transport aids (carts, wheelbarrows, hoists, etc.) and efficient tools necessary for the day-to-day running of the machinery and equipment used on the farm.

Fire protection

1. The facilities should be equipped with portable or mobile fire extinguishers meeting the requirements of the Polish Standards equivalent to the European Standards (EN). The type of fire extinguishers should be appropriate for the kinds of fires that may occur in the facility.
2. Rooms in which flammable and extremely flammable substances are stored should be properly marked and equipped with appropriate handy fire extinguishing equipment, i.e. fire extinguishers, sand boxes, fire blankets.
3. Equip threshing, stacking and harvesting areas with fire extinguishers and, where necessary, with equipment for making fire belts to limit the spread of fire.
4. Plant products should be stored in a manner that prevents spontaneous combustion.

Environmental protection

1. Avoid the risk of water pollution by fertilizers, plant protection agents, fuels and other substances used in agricultural production, i.e. store them in leak-proof containers and keep the required distance from water intakes and water courses.
2. Create a buffer zone by establishing strips of trees and plantings around residential buildings and the farm habitat.
3. It is absolutely forbidden to burn vegetation on meadows, pastures, stubble fields, agricultural wasteland, ditches, reed beds and rushes.
4. Municipal waste should be collected in suitable containers, maintained in an appropriate technical and sanitary condition. Regular waste and liquid waste must be handed over to the appropriate services in a manner consistent with applicable regulations.
5. The household should be connected to the existing sewerage system or equipped with a non-returnable sealed tank for liquid waste or with a domestic sewage treatment plant.

Use of tractors, machinery and other agricultural equipment and implements

1. The agricultural equipment used should have the CE mark, the declaration of conformity with applicable regulations and the instruction manual in Polish.
2. Only persons who are acquainted with the operation of agricultural machinery, as described in the operating manual, warning and information signs, and who have been informed of the current rules of health and safety at work may carry out direct handling of the machinery.
3. When operating farm machinery, wear work clothing, footwear and personal protective equipment appropriate to the hazards involved. Clothing should fit close to the body and allow freedom of movement; it shall have no hanging or protruding parts.
4. Movable parts of agricultural machinery and equipment used for their drive, i. e. pulleys, belts, gears, drive chains, articulated and telescopic shafts, hubs, forage blades and chopper knives and other similar equipment situated up to 2.5 m from floor level must be shielded in such a way as to ensure safe operation. PTO shafts should be shielded over their entire length and have chains to stabilise the shield.
5. Guards and other safety devices must not be removed or replaced and while the machine or its drive unit is in operation they must not be attached, tilted or removed.
6. Switch off the power take-off when the machine is stationary.
7. If horses are used as the machine's tractive force, do not carry out repairs or any other similar operations until they have been unhitched.
8. Before starting up the machine, it is necessary to check the correct functioning of the machine, i.e. the operation of the individual units and devices and the condition of the connections and safety guards. Lubricate machines at the points indicated in the operating instructions.
9. Always switch off the drive and wait for moving parts to stop before carrying out any maintenance, repair, overhaul or cleaning work on the machine.
10. The driver should carry out the coupling and uncoupling of machines from the tractor.
11. When uncoupling machines used for transport (e.g. trailers, barrel wagons), secure them against rolling away by placing wheel chocks, especially when uncoupling on hills or uneven ground.

12. Before carrying out repair work on mounted implements, lower them to the ground or to a suitable support stand, then immobilise the tractor engine, remove the ignition key and apply the parking brake.
13. It is forbidden to join the propeller belts with rivets, wires, bolts or other connections not intended for this purpose.
14. Secure the connecting pin of the implement to the drawbar of the tractor against unintentional release by using a suitable pin or locking device.
15. Before starting up the machine, check whether there are no people or tools, like spanners, hammers, etc. within the operational range of the drive or operating device.
16. When the machine is in operation it is forbidden to climb down or stand on the machine frame or drawbar.
17. It is forbidden to stand between the tractor (tractive force) and the combination while the unit is running or when stationary, the engine has not stopped.
18. Every time the tractor and implements come to a halt the driver should switch off the PTO shaft drive, stop the engine and apply the handbrake before getting down from the seat.
19. Do not use engines and tractors to power agricultural machinery that are not designed for this purpose.
20. Take precautions when pulling the cutter in and out of the cutting device. Store the cutter in its protective cover after removing it from the cutting device.
21. Before carrying out repairs under a raised trailer load bed, it must be secured to prevent it from dropping.
22. If the wheel needs to be inflated, in order to avoid being hit by a possible tyre blowout, position yourself next to it and make sure there is no other person in front of the inflated wheel. In addition, the tyre pressure level must be checked and not exceeded.
23. Wheeled tractors operating on inclines should be equipped with safety cabs or protective frames.
24. When operating equipment with moving working parts (cutting, crushing, shredding), avoid handling with hands in their vicinity and the material to be shredded must only be moved using wooden pushers and paddles suitable for the purpose.

Operation of electrical equipment and installations

1. The installation and the electrical equipment must be used in accordance with its intended use, the manufacturer's instructions and the operating manual.
2. It is not permissible to make any alterations or temporary connections yourself.
3. Have the electrical system repaired by qualified personnel.
4. Electrical cables should only be connected by means of sockets and plugs. Cable insulation must not be damaged (cracked, cut).
5. After the lead-acid starter batteries have been charged, they should be installed in vehicles (tractors, cars and mobile machines) after the time of complete de-gassing specified in the operating instructions has elapsed.
6. Use an electrical installation with residual current and overcurrent protection.
7. Portable sources of electric lighting must be supplied with a safe voltage, i.e. not higher than 24 V.
8. When operating machines and equipment with electric motors in damp rooms, use airtight cables, plugs and sockets which can be connected to neutral or earth.
9. If the electric motors are not in operation for a long period of time, check the neutral conductor connections in the sockets and plugs before starting them up again.
10. Protect electric motors, switches and circuit breakers, fuse sockets, light points, switchboards and other electrical connections from dust, moisture, diesel oils, gases and other factors that can cause electric shock.
11. Protect electrical cables laid on the surface of yards and passageways from mechanical damage and cutting.

Agricultural transport

1. Persons driving tractors, self-propelled agricultural machinery, and tractors with attached, semi-mounted or trailed agricultural machinery and implements, as well as other vehicles, must be properly licensed and must comply with the road traffic regulations.
2. The carriage of passengers may only take place in a vehicle designed or adapted for this purpose. The number of persons carried shall not exceed the number of seats specified in the registration certificate.
3. It is forbidden to transport both people and heavy or sharp objects on top of the transported crops or other loads.
4. Getting on and off the trailers or carts not permanently fitted with ladders or steps shall be done by means of a ladder carried on the trailer or cart.
5. The tractor and trailer should always have working and visible light signals and a distinguishing triangle for a slow-moving vehicle, as well as up-to-date technical inspections and civil liability insurance.
6. The load must not exceed the permissible total weight or the permissible payload of the vehicle. The load on the vehicle shall be placed in such a way that it does not:
 - a. exceed the permissible axle loads of the vehicle on the road;
 - b. affect the stability of the vehicle;
 - c. impede the driving of the vehicle;
 - d. obstruct the visibility of the road or obscure the lights, signalling devices, registration plates or other plates or signs with which the vehicle is equipped.
7. Bulky materials such as straw or hay should be stacked on the trailer in such a way that they do not impede the steering of the vehicle during transport (maximum height 4m from the ground and width 2.55 m).
8. Loose cargo should only be placed in a tight loading box, which is additionally protected with appropriate curtains preventing it from spilling onto the road.
9. The transport of animals should take place in specially adapted vehicles (trailers, semi-trailers) that ensure the welfare of the transported animals.
10. When transporting long items, the rear side of the trailer must be removed or wetted so that it does not obstruct the rear lights, and the end of the load must be marked.
11. It is forbidden to place protruding pointed or sharp parts or objects inside or outside the vehicle, which may cause injury to persons riding in the vehicle or other road users.

Use of hazardous and toxic chemical substances

Plant protection products

1. Work which involves contact with plant protection agents must not be carried out by: children and young people under 18 years of age, pregnant women, people suffering from diseases of the nervous system, epilepsy or tuberculosis, diseases of the digestive system, liver or kidneys, mental illnesses, alcoholics.
2. You must not work with crop protection agents while fasting or after drinking alcohol the day before and/or on the day of work.
3. Persons applying plant protection agents and performing treatments must have appropriate training, confirmed by a current certificate or other document confirming the right to use pesticides.
4. Plant protection products must be used in accordance with the manufacturer's label and in such a way as not to pose a risk to human or animal health or to the environment, including the prevention of the spreading of these substances on to non-target areas and objects. Also, plan to apply them at times when people will not be in the treatment area.
5. It is prohibited to transport people, animals, food, crops and fodder together with plant protection products.
6. Unloading of transported plant protection products should be carried out in places with a hardened surface in order to collect any spillages or dispersions with absorbent materials.
7. Warehouse for plant protection products:
 - a. should be located away from dwellings and livestock buildings, barns, granaries and other storage facilities, from wells and drinking water intakes, and be inaccessible to children and bystanders/third parties;
 - b. it shall have an impermeable, easily washable floor surface which allows thorough and prompt removal in the event of spillage or leakage and shall have its own mechanical ventilation and external lighting;
 - c. where possible, it should be equipped with a non-return valve sewage system with a sewage neutralisation device;
 - d. it should have an efficient electrical installation, preferably gas proof and dust proof;
 - e. plant protection products should be stored in their original packaging, bearing the manufacturer's label, at the temperature indicated on the label and in a manner that prevents contact with food and feed products;

- f. plant protection products should not be stored in substitute packaging and should be protected from accidental access and ingestion by humans or animals.
8. Precautions before, during and after treatment
- a. prepare the spray liquid in a location where the risk of contamination of soil, groundwater and surface water is minimized
 - b. sensitive objects must be identified in the treatment area and protection zones must be established
 - c. it is necessary to prevent drift to untreated areas
 - d. appropriate protective clothing and personal protective equipment should be worn during all treatment activities in accordance with the information and requirements specified on the label on the packaging of the plant protection product
 - e. it is not allowed to eat, drink or smoke during the treatment;
 - f. the sprayer with unused spray liquid must not be left unwashed – any residue remaining after treatment should be sprayed over the field as specified in the label instructions;
 - g. the cleaning and rinsing of the tank and the liquid system of the field sprayer must be carried out in a safe distance - not less than 30 m - from wells, tanks and watercourses, sewage sumps and areas susceptible to contamination;
 - h. after thorough rinsing, the emptied packaging should be returned to the dealer from whom the product was purchased or, if specified on the label, it may be treated as municipal waste;
 - i. after finishing work, remove clothes and underwear, wash thoroughly hands and face with soap and warm water, then the whole body; protective clothing cannot be washed with household clothes;
 - j. observe the withdrawal period after treatment.

Fuels, diesel, gasoline, lubricants, solvents

1. The fuels used on the farm must be stored in suitable tanks made of flame retardant materials, that dissipate the static electricity charge, have a tight seal and are protected against breakage, damage and destruction.
2. It is permissible to store diesel oil for the user's own needs in ground double-walled tanks with a capacity of up to 5000 litres, meeting the requirements of fire regulations.
3. Store solvents in their original containers in a garage or workshop with restricted access for children and unauthorised persons.
4. Flammable and extremely flammable substances should be protected against naked flames, sunlight and electrostatic discharges.

Artificial fertilisers

1. Artificial fertilisers should be stored in a closed, safe place, ensuring protection of the product from the effects of weather conditions (sun, rain, etc.) and access of unauthorised persons.

2. Do not store bulk products that can react with each other, such as urea, near nitrate fertilisers. Lime should be stored separate from fertilisers.
3. Liquid fertilisers should be stored according to the manufacturer's recommendations. You should also limit the height of the stacks of stored products.

Livestock handling

1. The handling of animals should be carried out by adults who are healthy and have knowledge of animal behaviour and safe animal handling.
2. Work clothing and personal protective equipment must be worn to protect against hazards from handling animals.
3. When handling animals kept in the open air and when grazing them in conditions where there is a risk of tick bites, it is necessary to provide covered footwear, light-coloured tight protective clothing covering legs and hands, headgear, tick repellent and, to protect against tick-borne encephalitis, to undergo an appropriate vaccination.
4. Grooming, husbandry, and veterinary procedures on large animals should be performed after the livestock crush has been used.
5. When handling animals it is not allowed to:
 - a. consume alcohol, use narcotic or psychotropic drugs or smoke tobacco;
 - b. approach animals without signalling your presence to them;
 - c. make sudden movements that might startle the animals;
 - d. beat, starve and harass animals.
6. In animal housing, you must:
 - a. maintain order, neatness and cleanliness;
 - b. provide for adequate temperature, humidity and air circulation;
 - c. prevent mold in walls and ceilings;
 - d. provide lighting and ventilation to permit safe working conditions when handling animals;
 - e. designate safe storage areas for machinery, equipment, tools and protective clothing.
7. Chains, ropes, and cordage should be used to move animals so that if the animal jerks, it will not cause hand mutilation or other injury; do not, under any circumstances, wrap these items around your hand.
8. When it is necessary to move dangerous animals out of the area where they are housed, they shall be walked individually and a strong tether shall be used as appropriate for:

- a. stallions - bridle or spike;
 - b. mares - halter or bridle;
 - c. boars and sows - a special cage on wheels;
 - d. bulls less than 12 months of age - tether and assistance of another person;
 - e. older bulls - a metal rod approximately 1.5 m long attached to the nose ring.
9. The electric fence of the pasture must be marked with warning signs in a way that is also visible to persons not working with animals.
 10. Animals must be transported in designated vehicles. The escorts are obliged to stay at a place separated from the animals to ensure their safety.
 11. Loading of animals should be carried out using appropriate ramps, platforms or ramps.

Prevention of zoonoses

1. In the event of a bite or bruising by animals, or after being injured by objects contaminated with animal faeces, excreta, secretions, body fluids or soil, the wound should be disinfected immediately and protected with an appropriate dressing, and medical assistance should be provided.
2. Protective clothing, personal protective equipment and other precautions should be used when dealing with sick animals, as appropriate.
3. Strict observance of rules of personal hygiene, frequent washing and disinfection of hands is necessary.
4. Use disinfectants to perform emergency decontamination.
5. A place to store disinfectants and a place to ensure proper conditions for storing veterinary medicinal products, protected from access of unauthorised persons.
6. Conduct regular fumigation, disinfection and deratization activities.
7. People who work with animals should be vaccinated.
8. An isolation room for aggressive or sick animals must be provided on the farm.
9. Secure all entrances/exits, and drives from and to the farm with disinfectant mats in case of epizootic risk.
10. Avoid contact between bystanders and animals. Place signs at the entrances to buildings where animals are kept stating "NO ADMISSION FOR UNAUTHORISED PERSONS".

Working at heights or in cavities

1. Work at height may be performed only by persons who do not have any health contraindications.
2. It is necessary to use proper footwear with contoured anti-slip soles.
3. On surfaces more than 1 m above the floor, ground or passageways where persons may pass due to work, railings consisting of guard rails at a height of at least 1.1 m and barrier rails at a height of at least 0.15 m must be installed. If, due to the type and conditions of work at height, it is not possible to install guard rails, other effective means of protecting people from falling must be used, appropriate to the type and conditions of work, i. e. a safety harness with a safety line attached to fixed elements of the structure or a safety harness with a lap belt and a helmet.
4. When working on trees, use safe ladders (extension or cantilever ladders) and secure them firmly to the tree; avoid standing on branches and twigs.
5. A ladder used in a farmyard should be safe, i.e.
 - a. made of strong stringers of which the distance between one stringer and another is at least 0.3 m;
 - b. with strong rungs, attached to the stringers fixed at intervals of no more than 0.3 m;
 - c. fitted with anti-tilt, anti-reverse and anti-slip devices: on the top – hooks, at the bottom – rubber or sharp ends, adapted to the ground;
 - d. additionally equipped with handholds for use when ascending and descending;
 - e. the lean-to ladder should be set at an angle of 65-75° to the ground so that it extends at least 0.75 m above the surface to be climbed.
6. Stairs should be properly constructed, made of a non-slip material and fitted with comfortable handrails on both sides, if possible covered.
7. Do not use unnecessary objects on stairs, near manholes, openings and ladder exits.
8. Work in tanks should take place under the constant supervision of others, after checking whether the organisational and technical arrangements ensure the safety of the worker/farmer when carrying out the work.
9. Secure tanks located within the habitat area, i.e. septic tanks, liquid manure tanks and silos with covers and fences to prevent accidental falling into them.
10. Before entering tanks, i.e. septic tanks, slurry tanks and silos, ventilate them to remove harmful gases.
11. A person entering a tank should be equipped with appropriate personal protective equipment, in particular: a safety harness with a rope attached to an adequately

strong element of the external structure, a protective helmet, protective clothing and protective respiratory equipment. The person doing the belaying must wear the same personal protective equipment as the person entering the tank.

12. In excavations, especially deep and narrow ones, it is necessary to provide protection against landslides and to place barriers and warning tapes above the surface. Excavations should be marked.
13. When carrying out renovation and construction work, use scaffolding or platforms with railings of a strong and stable construction.

Logging and processing

1. Logging work such as felling, cutting, skidding and loading must be carried out by at least two people and communication must be established beforehand.
2. There must always be a first aid kit at the felling site. Be sure to carry a cell phone and whistle with you at all times.
3. Tractors and self-propelled machines used in forest areas shall be equipped with safety cabins or protective frames in case of overturning and possible crushing of the driver, and machines used for skidding shall be equipped with rope winches with a grille protecting the operator's position on the side of the winch.
4. Persons carrying out logging work must read and follow the operating instructions for the machinery or equipment being used. Use chainsaw training whenever possible.
5. Saws and other machinery or equipment which is not in good working order must be taken out of service until they have been repaired, and must be safeguarded against.
6. It is not permissible to carry out work in the forest:
 - a. during heavy rain, thunderstorms, snowstorms, hail;
 - b. in dense fog and wind which may change the direction of fall, cause premature fall, break trees and branches or pose other special hazards to persons working;
 - c. when the air temperature is below -20°C and -5°C for work on standing trees;
 - d. after nightfall.
7. The danger zone is defined as the space around the equipment or workstation where all occupants are at risk of injury, loss of health or life, i.e. within a distance of 2 times the height of the fallen tree.
8. When operating circular saw:
 - a. check the condition of all guards and protective devices before starting work;
 - b. lay the timber in such a way that there is no risk of accidents;
 - c. use circular saws adapted to the type of wood you are cutting;

- d. keep the workplace tidy - remove waste, shavings and sawdust after the saw has stopped.
9. Unacceptable:
 - a. use a circular saw with the safety guards removed;
 - b. use of a circular saw with a worn or damaged circular saw blade;
 - c. braking a circular saw using your hand;
 - d. using a saw without riving knife for ripping cuts.
 10. To avoid injury from kickback or kickback, be aware of the following
 - a. work with a technically efficient device and use special personal protective equipment (working clothes and shoes, anti-vibration gloves, helmet, visor with mesh, anti-noise ear muffs);
 - b. hold the saw with both hands during operation;
 - c. do not cut above shoulder height with a chainsaw;
 - d. do not climb scaffolding or trees with a chainsaw engaged to make cuts;
 - e. do not operate a chainsaw while standing on a ladder;
 - f. Do not cut with the bar nose and avoid contact of the upper quadrant of the bar nose with hard objects;
 - g. to reduce the risk of kickback due to the backward thrust of the chain toward the operator, avoid cutting with the top edge of the bar;
 - h. never leave a chainsaw unattended or with the brake on;
 - i. when storing a chainsaw for an extended period of time, stop the engine and apply the brake, by sliding the front cover forward; in the case of an electric chainsaw, it is necessary to remove the plug from the socket;
 - j. carry the saw with the engine stopped, the brake on, and the guide bar cover on;
 - k. if the power cord of a chainsaw is damaged or cut, unplug it from the socket immediately,
 - l. switch off the saw when performing any adjustment or maintenance work (if it is an electric saw, be sure to unplug it);
 - m. chainsaw timber shall be placed in a stable location.
 11. Store firewood in a ventilated and sunny place that is protected from precipitation and moisture. Store away from traffic routes and secure against uncontrolled sliding.

Procedure in the event of an accident at farm work

1. In the event of an accident at agricultural work, you should first of all control your emotions and act rationally:
 - a. secure the scene and ensure the safety of the casualty and responders;
 - b. depending on the type of event, remove the source of danger, immobilise the machine or equipment, disconnect the drive or power source, secure the site against access by third parties, and, after dark, adequately illuminate and mark the accident site;
 - c. immediately provide assistance to the injured person and call for help on the following toll-free emergency phones: 112, 999, 998, 997 informing about the type of event, place of the accident, number and condition of the injured persons, and then inform of the accident the emergency services arriving on the scene and then reporting about the circumstances.
2. The accident at agricultural work of a person insured with KRUS must be reported without undue delay to the nearest unit of Agricultural Social Insurance Fund (Kasa Rolniczego Ubezpieczenia Społecznych), and the place and objects associated with the accident must be secured as far as possible until an examination is carried out by a KRUS employee.



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