

TENNESSEE EASTMAN HIKING AND CANOEING CLUB ROSTER / ACTIVITY RELEASE FORM

EVENT: _____

DATE: _____

LEADER: _____

This form must be read and signed by all participants in any activity directed by Tennessee Eastman Hiking and Canoeing Club.

Participation in the Tennessee Eastman Hiking and Canoeing Club (TEHCC) activities is voluntary. In consideration of permitting me to participate in TEHCC activities, and fully recognizing the dangers to which I will be exposed, by signing below, I hereby release all claims against Eastman Chemical Company, its employees and agents, Eastman Recreation, and the activity leaders, for any personal injury, death, or property damage arising out of or in any way connected with such activities, including without limitation any acts or omission caused in whole or in part by their negligence. I also understand that naturally occurring disease processes (including but not limited to, COVID 19), may exist in the community. I agree that it is my responsibility to take appropriate actions to safeguard myself and to stay home if I have any symptoms of illness. This release applies to activities on or off company property.

For club hikes, if a family participant is under 18 years of age, signature of a parent or guardian is required acknowledging the above activity release.

For trail maintenance events, by signing below you acknowledge that you have accept the safety procedures outlined in the Job Hazard Analysis on the back side of this form, which will be covered during the Tailgate Safety Talk before actual work begins. Event leader must be informed of any allergies or other physical/medical conditions that may be relevant to safety/well-being.

Print Name Legibly	Under 18	Signature/Guardian	Date	M / F
1 _____	<input type="checkbox"/>	_____	_____	<input type="checkbox"/> <input type="checkbox"/>
2 _____	<input type="checkbox"/>	_____	_____	<input type="checkbox"/> <input type="checkbox"/>
3 _____	<input type="checkbox"/>	_____	_____	<input type="checkbox"/> <input type="checkbox"/>
4 _____	<input type="checkbox"/>	_____	_____	<input type="checkbox"/> <input type="checkbox"/>
5 _____	<input type="checkbox"/>	_____	_____	<input type="checkbox"/> <input type="checkbox"/>
6 _____	<input type="checkbox"/>	_____	_____	<input type="checkbox"/> <input type="checkbox"/>
7 _____	<input type="checkbox"/>	_____	_____	<input type="checkbox"/> <input type="checkbox"/>
8 _____	<input type="checkbox"/>	_____	_____	<input type="checkbox"/> <input type="checkbox"/>
9 _____	<input type="checkbox"/>	_____	_____	<input type="checkbox"/> <input type="checkbox"/>
10 _____	<input type="checkbox"/>	_____	_____	<input type="checkbox"/> <input type="checkbox"/>
11 _____	<input type="checkbox"/>	_____	_____	<input type="checkbox"/> <input type="checkbox"/>
12 _____	<input type="checkbox"/>	_____	_____	<input type="checkbox"/> <input type="checkbox"/>
13 _____	<input type="checkbox"/>	_____	_____	<input type="checkbox"/> <input type="checkbox"/>
14 _____	<input type="checkbox"/>	_____	_____	<input type="checkbox"/> <input type="checkbox"/>
15 _____	<input type="checkbox"/>	_____	_____	<input type="checkbox"/> <input type="checkbox"/>
16 _____	<input type="checkbox"/>	_____	_____	<input type="checkbox"/> <input type="checkbox"/>
17 _____	<input type="checkbox"/>	_____	_____	<input type="checkbox"/> <input type="checkbox"/>
18 _____	<input type="checkbox"/>	_____	_____	<input type="checkbox"/> <input type="checkbox"/>
19 _____	<input type="checkbox"/>	_____	_____	<input type="checkbox"/> <input type="checkbox"/>
20 _____	<input type="checkbox"/>	_____	_____	<input type="checkbox"/> <input type="checkbox"/>

Trail Maintenance and Construction Tasks, Hazards, and Recommended Safety Gear

Routine Trail Maintenance Activities			
TRAIL TASKS	LIKELY JOB HAZARDS	SAFETY GEAR	ADDITIONAL COMMENTS
		Boots, work gloves, long pants and hardhats are recommended or required for all tasks	
All trail tasks	Poison ivy, bee stings, snakebites, ticks		Have soap and wash water or poison ivy cleanser available, know who is allergic to bee stings and poison ivy
Cutting Brush and woody growth with Hand Tools	Sharp tools, spring poles, flying brush	Hardhat, Eye protection*	
Cutting Blowdowns with Hand Tools	Sharp tools, spring poles, loose footing	Hardhat, Eye protection*	
Crosscut Saw Operations	Severe, ragged cuts from the saw, back or muscle strains, rolling logs, falling trees or limbs	Required safety gear: Gloves, boots, hardhat, eye protection* (and/or face shield), first-aid kit. Other: wedges, ropes or winches,	Sawyer certification required , two person crew minimum (one as a spotter)
Chainsaw Operations	Severe, ragged cuts from the chainsaw, kickback, fire, back or muscle strains, falling trees or limbs, rolling logs, loud noise	Required safety gear: Gloves, leather or cut-proof boots, chainsaw chaps to overlap boot rim by 2-inches, saw wedges, hardhat, eye protection* (and/or face shield), long pants, long sleeves, first-aid kit. Other: scrench, extra chain, ropes or winches.	Sawyer certification required , two person crew minimum (one as a spotter), cool saw before fueling, keep saw tuned and chain sharp and tight.
Power Mowing, Power Weed Whacking	Loud noise, thrown debris, poison ivy	Eye protection*, hearing protection**, long pants	Do not operate near other people; cool engine before refueling. Have soap and wash water or poison ivy cleanser available.
Cleaning Waterbars	Back or muscle strain, carpal tunnel syndrome, sharp tools, slippery or unstable footing, steep slopes, working too close to or walking by other workers	Hardhat and eye protection* recommended	
Trail Construction and Special Maintenance Activities			
Crosscut Saw Operations	Severe, ragged cuts from the saw, back or muscle strains, rolling logs, falling trees or limbs	Required safety gear: Gloves, boots, hardhat, eye protection* (and/or face shield), first-aid kit. Other: wedges, ropes or winches,	Sawyer certification required , two person crew minimum (one as a spotter)
Chainsaw Operations	Severe, ragged cuts from the chainsaw, kickback, fire, back or muscle strains, falling trees or limbs, rolling logs, loud noise	Required safety gear: Gloves, leather or cut-proof boots, chainsaw chaps to overlap boot rim by 2-inches, saw wedges, hardhat, eye protection* (and/or face shield), long pants, long sleeves, first-aid kit. Other: scrench, extra chain, ropes or winches.	Sawyer certification required , two person crew minimum (one as a spotter), cool saw before fueling, keep saw tuned and chain sharp and tight.
Log Work (peeling, rolling, setting)	Sharp tools, slippery logs, rolling logs, back or muscle strains	Shinguards recommended	Keep back straight, lift with legs or mechanical advantage; work in unison; keep tools sharp.
Sidehill Trail Construction, Waterbars, other Digging	Back or muscle strain, carpal tunnel syndrome, sharp tools, slippery or unstable footing, steep slopes, working too close to or walking by other workers	Eye protection* recommended, hardhat	Keep wrists rigid when swinging tools, place one foot in front of the other, and keep back straight when swinging or pulling digging tools; keep proper spacing between workers
Rock Work	Rock shrapnel or dust, crushed extremities, slippery or unstable footing, back or muscle strain, rattlesnakes	Steel-toed boots recommended, eye protection*, hardhat	Keep back straight, lift with legs or mechanical advantage; work in unison
Rigging (winch work)	Frayed cable, improper attachment of load or anchors, standing in the "bight," use of inadequate climbing hardware, overhead loads, hard-to-see cable, overloading system & parts	Gloves, boots, hardhat	Station lookouts, inspect equipment frequently, protect trees from damage, avoid improper use of winch (do not be seduced by the power of the winch)
Crush and Fill (site-made gravel)	Rock shrapnel, splinters or broken tool handles, carpal tunnel syndrome, working too close to others	Eye protection*, shinguards, hardhat, long pants and sleeves	Keep wrists rigid when swinging sledgehammer; keep proper spacing between workers
Sharpening	Cuts from tools, flying metal filings	Gloves, eye protection*, file handle and knuckle guard	
	*safety glasses or safety goggles		
	** ear plugs or ear muffs rated to 85 decibels		