

FISTA Video Order Form

Videos	Qty	Unit Price	Total
Chain Saw Safety, Maintenance, and Operation (DVD or VHS)		\$30.00	
Chain Saw Safety in the Sawmill (VHS only)		\$30.00	
Logging Operation Safety (VHS only)		\$30.00	
Accidents in Arboriculture: Working Toward a Zero Accident Rate (DVD only)		\$30.00	
Logging Body Mechanics (VHS only)		\$30.00	
Body Mechanics for Arborists (VHS only)		\$30.00	
Carpal Tunnel Syndrome & Other Upper Extremity Disorders in the Logging Industry (VHS only)		\$30.00	
Carpal Tunnel Syndrome & Other Upper Extremity Disorders for Arborists (VHS only)		\$30.00	
Logging Road Construction: The Right Way (VHS only)		\$30.00	
Permanent Stream Crossings for Forest Management: Culverts (VHS only)		\$20.00	
Temporary Stream Crossings for Forest Management: Bridges (VHS only)		\$20.00	
Subtotal			
Shipping/Handling (flat fee)		\$4.95	\$4.95
Total Due			

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Mail Checks and Order Forms/Payments to:

**FISTA
3243 Golf Course Road
Rhineland, WI 54501**

If paying by VISA or MasterCard, you may fax your order to 715-282-7987.

**If you have any questions, please call our main office at 1-800-551-2656
or email info@fistausa.org. Thank you.**

FISTA Video Descriptions

Chain Saw Safety, Maintenance, and Operation (DVD or VHS): Describes the main features of chain saws, how to perform basic maintenance, and how to ensure that all safety mechanisms on the saw are functioning properly. In addition, the video covers proper personal protective equipment, proper felling techniques, and proper limbing, bucking, and topping. Running time 19 minutes.

Chain Saw Safety in the Sawmill (VHS only): Details the proper ways to inspect and maintain the chain saw. Stresses the importance of wearing proper personal protective equipment when handling a chain saw in the mill environment. Demonstrates proper body mechanics and the best ways for sawmill chain saw operators to use chain saws safely and effectively. Running time 19 minutes.

Logging Operation Safety (VHS only): Describes everyday safety concerns and procedures to be followed on a logging operation. Identifies various hazards commonly found on logging operations and how to deal with or avoid them. The target audience is professional loggers. Running time 28 minutes.

Accidents in Arboriculture (DVD only): Discusses major safety issues facing arborists and how to avoid the most common accidents. Safety precautions are covered for felling a tree, running a chipper, and climbing with and without an aerial lift. Demonstrates how to fell a tree using the hinge cut and wedges. Running time 12 minutes.

Logging Body Mechanics (VHS only): Describes in detail how to prevent back pain and injury while performing a wide array of logging activities. Running time 23 minutes.

Body Mechanics for Arborists (VHS only): Describes in detail how to prevent back pain and injury while performing a wide array of forestry activities in urban, suburban, and rural settings. The target audience is municipalities, tree service companies, power companies, parks departments, etc. Running time 22 minutes.

Carpal Tunnel Syndrome & Other Upper Extremity Disorders for Loggers (VHS only): Describes in detail how to prevent carpal tunnel syndrome while performing typical logging activities. Also describes how to recognize early symptoms so the problem can be addressed and corrected before it becomes severe. Running time 13 minutes.

Carpal Tunnel Syndrome & Other Upper Extremity Disorders for Arborists (VHS only): Increases arborists' awareness of the causes and symptoms of carpal tunnel syndrome and other upper extremity disorders and the techniques arborists can use to help reduce their risk. Running time 12 minutes.

Logging Road Construction: The Right Way (VHS only): Covers steps to building a road using sound environmental choices and sensible techniques to prevent soil erosion and maintain water quality. Includes demonstrations on ditching, broad based dips, back slope, and laying culverts and discussion on cross drain culverts and turnarounds. Running time 17 minutes.

Permanent Stream Crossings for Forest Management: Culverts (VHS only): Educates loggers, foresters, road builders, land managers, and landowners about planning and installing permanent culverts as one method of stream crossing. The video follows an installation from start to finish as it highlights the following: Choosing a Stream Crossing, Culvert Types/Permits, Culvert Installation, Sediment Control techniques, and Safety & Maintenance. Running time 21 minutes.

Temporary Stream Crossings for Forest Management: Bridges (VHS only): Educates loggers, foresters, road builders, land managers, and landowners about planning and installing temporary bridges as one method of stream crossing. The video follows an installation from start to finish as it highlights the following: Choosing a Stream Crossing, Bridge Designs/Permits, Bridge Installation, Sediment Control Techniques, and Safety & Maintenance. Running time 18 minutes.