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# ROCHESTER ARBORIST WORKSHOP

February 22, 2024

Rochester International Event Center  
Rochester, MN

Featuring

Josephine Hedger  
Alison Sheets, MD

# Speakers



## Josephine Hedger

Josephine Hedger has been a climbing arborist for 21 years. She lives and works in the UK where she started her business, Arbor Venture Tree Care, in 2005. Josephine currently climbs in the ISA Tree Climbing Championships. Representing the UK chapter in the European and International Championships, she has traveled to many competitions in Europe, America, Asia, and Australia. She has earned 6 European and 6 International Championship titles. Josephine is an ambassador for Husqvarna and Teufelberger, helping with development of equipment and trade show demonstrations.



## Alison Sheets, MD

Alison Sheets, MD is an emergency physician from Boulder, Colorado, and a Search and Rescue (SAR) specialist. She has volunteered with Rocky Mountain Rescue Group, one of the nation's oldest and busiest SAR teams, since 2006. She is the current president of the Mountain Rescue Association and the Vice President of the International Commission on Alpine Rescue Medical Committee. Before medicine, she was a professional alpine guide and ski patroller.

## Rochester Arborist Workshop Planning Team

### Organizers

Jay Maier, Chair  
Mitch Hoy  
Danielle Tessmer

### Other Contributors

Scott Ferris  
Nick Grebe  
MSA Programs & Education Committee

# Agenda

- 7:45 : Welcome
- 8:00 : **Journey Into Arboriculture and Growing a Tree Care Business** (Hedger)  
This session delves into the history of Josephine's early decisions to become a climbing arborist and how she started and grew her tree care business.
- 9:00 : **First Aid for Arborists** (Sheets)  
What are the worst-case scenarios and what can be done? Bleeding control and some myth busting about head and spinal injuries for the non-medical professional.
- 10:15 : **Experiences at Tree Climbing Competitions** (Hedger)  
Starting with Josephine's very first competition in 2005, she shares what made her continue in her journey to climb trees for fun and what experiences she gained over 18 years to grow as a competitive tree climber.
- 11:00 : **Stress Injury, How To Bend and Not Break** (Sheets)  
A review of what causes stress injury, the risk factors, mitigation, and when to seek help.
- 12:15 : **Lunch and Door Prizes**
- 1:00 : **Working With 2 Climbing Rope Systems** (Hedger)  
Is working with 2 climbing systems safer or is it just frustrating? Josephine implemented the 2-rope system in her business when legislation changed in the UK. Why did this change happen and how does a tree care business make it work?
- 2:00 : **On Rope, Cases From My Vertical World** (Sheets)  
Rope access techniques and cases from the mountain rescue environment.
- 3:15 : **Arboriculture Training in the UK and Asia** (Hedger)  
There has been a very good, structured training and qualification system for arboriculture in the UK since the 80s. And since 2019, Josephine has been involved in introducing the system into Asia. How does the training benefit the industry in both regions, and what growth have we seen in Asia since its introduction?
- 4:00-6:00 : **Social and Climbers Corner** (Grebe & Ferris)

*Breaks with exhibitors will happen between sessions throughout the day.  
ISA CEUs and MN Tree Inspector Recertification available*