

## Supplementary file S3

Pairwise comparisons of heart rate reserve (%HRR) averaged for each element between the *conventional* system (chainsaw) and the *new* system ('Spacer') of tending young stands of Douglas fir. Two subcycles are shown – *pruning* (elements: *search*, *cutting* and *marking*) and *removal* (elements: *search*, *saw work*).

Subcycle	work element	estimate	Std. Error	Df	t-ratio	P-value
<i>pruning</i>	<i>search</i>	2.00	1.075	903	1.86	0.063
	<i>cutting</i>	7.54	1.050	903	7.2	<0.001
	<i>marking</i>	-3.99	1.165	903	-3.43	0.001
<i>removal</i>	<i>search</i>	5.64	0.944	619	5.97	<0.001
	<i>saw work</i>	9.34	0.926	619	10.08	<0.001