

RUMBLINGS

For Safe Roads, Loads and Drivers Across British Columbia.

December 2014

Issue 150

WE ARE BACK!

After a year long hiatus Rumbings is back; here to help keep you informed on what's happening in BC forestry transportation safety. If you have best practices you would like to share, concerns you want to discuss, or topics you and others would like to learn more about, please contact us:

250-562-3215 or toll free 1-877-741-1060 Transport@bcforestsafe.org

WHAT'S HAPPENING?

We moved!

Transportation Safety has moved from the main floor at 2666 Queensway in Prince George to the 2nd floor at 2666 Queensway.

Anatomy of a Rollover

This fall Interfor, Weyerhaeuser, Gorman Bros. Lumber Ltd & Island Timberlands with the support of the BC Forest Safety Council (BCFSC) hosted a total of eight Anatomy of a Rollover sessions throughout British Columbia, with over 300 attendees. Grant Aune with Advantage Fleet Services (AFS) presents a thought provoking and informative seminar designed for log haulers.

Topics included:

Five causes of rollover; Techniques to avoid rollovers; How the environment affects rollovers; Importance of professionalism and attitude towards driving; Rollover dynamics – determining the rollover threshold; Load security and the importance of understanding the center of mass.

As a follow up to the previous AOR sessions, on October 31st Canfor with the support from BCFSC along with Grant Aune with AFS, headed to Vanderhoof for a half day seminar called Standard of Care.

We have already had requests for more AOR sessions this spring. If you are interested in more information, or would like to attend or host a session please let us know.

Drop It and Drive: **Distracted Driving Prevention Seminar and Workshop** On November 19th BCFSC with the support from Northern Health held a free distracted driving seminar at Esthers Inn in Prince George. Our passionate presenters Karen Bowman and Tim Baillie educated industry

members on the reality and dangers of distraction and facilitated conversation about focusing workers on safe driving.

UPDATES

CVSE

- [National Safety Code for Carriers](#)
New Training
This course will help you learn your responsibilities for meeting National Safety Code obligations in BC. The training is comprised of five modules, each module should take 1–2 hours; the whole course is not expected to take more than 6–8 hours to complete.
<http://www.cvse.ca/whatsnew.html>
- **Deadline for Planned Trailer Axle Weight Reductions Extended to Dec 31 2015.**
<http://www.cvse.ca/whatsnew.html>
- **Restricted Routes for Wide Bunks Hauling Beetle Killed Wood.** This document shows routes that are NOT currently approved for logging configurations with 2.9 m wide bunks.
<http://www.th.gov.bc.ca/form/getForm.aspx?formId=1254>

TELEMATICS? WHAT IS IT AND HOW CAN IT HELP IMPROVE YOUR BUSINESS.

What is Telematics?

The term 'telematics' covers many different systems; however, it generally refers to remote devices which help road freight operators by combining information technology (IT) and modern telecommunications to control or monitor vehicles, drivers, trailers and other mobile assets. Many of these systems can monitor the location of vehicles and current activity at any given time.

How can the systems be used?

These systems can help monitor and better understand:

Driver behavior - recording instances of speeding, harsh braking, over-revving, aggressive cornering and idling

Driver time - utilization and actual arrival time at customers' premises which can be compared to expected arrival time, e.g. Cycle times

Vehicle performance - fuel efficiency through MPG or oil pressure recording

Legal compliance - monitoring the weight of the vehicle, drivers' hours and speed

Vehicle maintenance - odometer readings, components under warranty, 'service due' alerts and vehicle usage

Bench-marking - monitoring key performance indicators (KPIs) for drivers and vehicles, to encourage good driving practices, timekeeping and safety

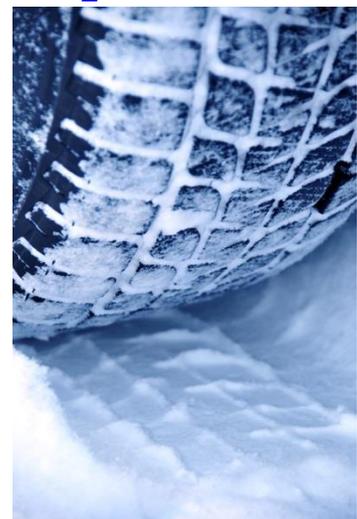
Information can be downloaded using a driver smart card, a mobile phone communication, by satellite or wireless network

Potential Benefits

- Costs are relatively low and the return on investment (ROI) is exceptionally good – make sure you select the most appropriate system for your operational requirements. The ROI between a low cost system and a more expensive system can be a little more than a few months
- Helps to optimize vehicle/trailer asset control
- Increased fleet utilization and reduced standing time
- Lower insurance premiums
- Better fuel consumption
- Reduced maintenance costs
- Improved safety performance

WORKSAFE BC

- *G8.24-1 Alternative standard for high visibility apparel.* Guidelines now provide information on an alternative standard of high visibility apparel. The key point in the new guideline is CSA Class 1 high visibility safety apparel is an acceptable alternative to a Type 3 garment worn by the worker when exposed to the hazards of mobile equipment. <http://www2.worksafebc.com/Publications/OHSRegulation/GuidelinePart8.asp#SectionNumber:G8.24-1>
- *G8.15 (1) Prescription safety eyewear - Alternative standards.* Guidelines for prescription safety eyewear now provide two alternative standards. The main differences between the standards are in regards to side shields and if they are to be permanently attached or can be removable. http://www2.worksafebc.com/Publications/OHSRegulation/GuidelinePart8.asp#SectionNumber:G8.15_1



Courtesy of WorkSafeBC

DRIVING & NUTRITION... WHAT CAN YOU DO TO STAY HEALTHY

WHILE BEHIND THE WHEEL?

The facts:

Our recent findings from surveys completed by over 100 log truck drivers show that:

52% - Are overweight

29% - Are obese

What can I do about it?

Driving limits physical movement and as a result requires you to take in fewer calories. Eating small amounts of food every few hours (2 hours ideally) gives your body enough time to breakdown and use the food you took in without storing any fat before you eat again.

Start your day off right with a healthy breakfast and prepare your lunch.

Have a protein packed breakfast like a veggie omelet with low fat mozzarella or cottage cheese, or yogurt and berries, or poached eggs on top of wholegrain toast or over sliced tomatoes or a quick and easy fruit and veggie smoothie. Early morning shifts often leave people rushing out the door without eating. Instead, try making breakfast sandwiches or wraps ahead of time, freeze them, and then just pop in the microwave for a quick breakfast. Or, if you are feeling creative, make a batch of protein bars that will make for a quick and easy breakfast for a few days. These types of foods will sustain you through the morning.

Sandwiches are always a quick and easy option for lunch so try to beef up their nutritional value by adding some more veggies like sprouts, avocado, cucumbers or roasted red peppers; maybe ditch the processed meat and substitute some roasted chicken from last night's dinner? Salads are a great option and can be topped with lots of healthy goodies like nuts and seeds, hard-boiled eggs, meats or cheeses. Soup in a thermos will stay warm on the road; if you are buying canned or pre-made make sure it's low in sodium.

What are good things to eat on the road?

Snacking while driving can be a dangerous habit if you're eating unhealthy snacks or those that distract you from focusing on the road ahead. Instead of chips or sweets here are some healthier alternatives:

- vegetables like pea pods, carrots, celery
- fruits like apples, bananas, pears, berries
- trail mix, consisting of nuts, seeds and dried fruit (unsalted, dry roasted or raw)
- cheese
- hard-boiled eggs

When it comes down to it nutrition it is simple: **Eat Better, Feel Better, Perform Better.**



UPCOMING EVENTS

PREMIER'S BC NATURAL RESOURCE FORUM

When:

January 20th - January 22nd 2015

Where:

Prince George Civic Centre

72ND TLA CONVENTION & TRADE SHOW

When:

January 21st - January 23rd

Where:

Victoria Convention Centre & Fairmont Empress Hotel



WISHING YOU
&
your family

* A VERY HAPPY HOLIDAY *

Drive Safe this holiday season! Contact **Operation Red Nose** in your community for a safe ride home.

<https://operationnezrouge.com/en/outils/geo>