



News

Working to Reduce Rollovers: More than 1,000 attend 18 sessions across the province

Between May 3rd and June 3rd 2015, the BC Forest Safety Council (BCFSC) worked with licensees, industry groups and Grant Aune of Advantage Fleet Services to put on 18 Anatomy of a Rollover sessions.

The sessions took place across the province, and 1,059 workers attended. Grant's presentation focused on the five main causes of a rollover, dynamics of a rollover, importance of load securement, dynamics of a load, and specific examples of rollover case studies.

BCFSC Transportation Safety staff also presented on current log hauling safety initiatives, the Trucking Advisory Group and the present status of safety in the forestry sector. Those attendees who chose to fill out feedback forms indicated that the sessions were "well put together," "informative," and "a refreshing wake up call."

The sessions were three hours long, and full of information, but respondents left feeling like "it was worth it to go." Respondents said that the images, videos, and real case study examples of a rollover were very eye-opening, they also indicated finding the dynamics of a rollover helpful. Dynamics such as the rollover threshold, how speed and load placement affect rollover, and Grant's tools such as "the triangle" to get attendees thinking about their driving, habits, and the science behind what could cause their truck to rollover.

The overall feedback on the presenters, facilitators, and event was very good, and a large percentage of respondents indicated that they would attend future events and also Recommend them to friends, employees, and coworkers.



Fatality Alert

On May 23rd, a lowbed truck driver was fatally injured in the Prince George area while trying to move trees that had fallen across a forest resource road.

The driver was outside of the lowbed directing another truck that was pulling the trees when something broke loose and he was struck by one of trees.

Our condolences go out to the family and co-workers of the deceased worker.

Worksafe BC and the Coroner's Service are still investigating this incident.

Although the details of the incident are still unknown, take time to review the following safety information:

<http://bcforestsafe.org/node/2675>

Pictured left:
Attendees at an Anatomy of a Rollover Session.

How a seatbelt saved a 40 year log hauler's life

Adrian Sunduk, has been hauling logs all his life. In 40 years, he had experienced no incidents, so when he was told to go to a Gorman Brothers/BC Forest Safety Council Anatomy of a Rollover (AoR) session on November 3, 2014, he was not pleased.

"What was a young whipper snapper going to teach him," he thought? Two things caught Adrian's eye at the AoR session: one was that Grant Aune, who runs the sessions, was no whipper-snapper after all. He was seasoned and armed with many years of wisdom gathered from investigating commercial motor vehicle accidents. It was clear to Adrian that Grant knew what he was talking about. The second was that Grant asked the AoR Audience: "How many of you are going to jump out of a truck? Hollywood stuntmen practice jumping out of moving vehicles-have you ever practiced"?

Adrian said that made him think -- he wasn't a kid anymore and he'd never practiced. Then Grant showed videos of dummies being tossed around in a cab without seatbelts on. Adrian thought some more about his seatbelt habits. He always wore a seatbelt on highway and one in his pick-up but, never in his logging truck off of highway. "I don't like what I am doing. I LOVE what I'm doing. I didn't think I was going to have an accident ... and if I was going to have an accident I would have jumped out of the truck," said Adrian. As a result of Grant's presentation my opinion on this changed.

Well, life went on. And then about a month and a half after the AoR session, a very icy day arrived. It was a tough time of year; in between seasons and while the road had been graded it had also become extremely icy. Six kilometres of switchback icy enough for skating was the road Adrian had now committed to. There were a few thoughts going through Adrian's head: "Something was telling me to get this stopped, but I think a little, maybe even a lot, of pride was telling me I am going to get this down." Adrian came to the corner on the slope, and it wouldn't turn.

Getting emotional recounting his experience, Adrian said he went over the embankment. On the third roll down the hill he said: "God I do not want to die" and the truck stopped. He reached for the radio and said "I'm upside down." "I think I'm ok." He said he got out of the truck and headed up the hill, "like a badger out a hole," saying "thank you Lord for giving me Grant, because if I hadn't had my seatbelt on I'd be dead!"



Pictured left:
Adrian Sunduk.

Updates

WorkSafeBC

Changes to Workers Compensation Act

Highlights of the new legislation

Some of the changes to the Act are effective May 14, 2015, while others will follow later in the year or in 2016. Accordingly, four amendments to the Act are now in effect.

They are as follows:

- Expanded stop work order powers
- Changes to employer incident investigations
- Expanded injunction powers
- Changes to penalty due diligence

For more information please visit:

<http://www2.worksafebc.com/publications/OHSRegulation/changes/toolsregulation.asp?ReportID=35313#Feb2015Part4>

2015 Northern BC Safety Conference Wrap-Up

If you'd like to see more highlights from the 2015 Northern BC Safety Conference please go to the following address:

<http://www.bcforestsafe.org/files/NBCSC2015Wrap-up.pdf>

Health and Wellness

Sleep apnea: what to look for & how it's treated

Transportation Safety has been gathering information from log haulers and machine operators through the BC Forest Safety Health and Wellness surveys. According to survey results fatigue in the log hauling community is an area that could use some improvement.

Key survey findings

- 33% indicated they would like to get more sleep
- 34% are highly fatigued
- 70% work over 11 hours a day
- 37% are overweight (body mass index over 30)
- 75% are 40 years old or older
- 96% are male

These statistics are important because they cover many of the risk factors associate with sleep apnea.

Sleep apnea is a sleep disorder that occurs when a person's breathing is interrupted during sleep. People with untreated sleep apnea stop breathing repeatedly during their sleep. This means the brain and the rest of the body aren't getting enough oxygen.

How sleep apnea is diagnosed

A medical professional will make a diagnosis based on family and personal medical history, a physical examination (looking for possible obstructions in the nose, mouth and throat) and after a sleep study.

If you share any of the risk factors identified above and also experience the following, you should talk with a medical professional:

- Loud persistent snoring, that your partner might complain about
- Pauses in breathing accompanied with gasping episodes when sleeping
- Excessive sleepiness during waking hours
- Headaches when you wake
- Irritability or mood changes
- Poor concentration or memory loss
- Lowered sex drive

A definitive diagnosis of sleep apnea can be made only with a sleep study conducted during a visit to a sleep lab, usually overnight, or in some instances a home study performed with special equipment.

Sleep apnea treatment

Lifestyle changes: Losing weight; quitting smoking; avoiding alcohol, sleeping pills and sedatives before bed; avoiding caffeine and heavy meals before bed; maintaining regular sleep hours.

Medical treatments: Treating the underlying medical condition causing the apnea, such as a heart or neuromuscular disorder; using supplemental oxygen while you sleep; using breathing devices that will also manage obstructive sleep apnea.

For more info, see:

<http://www.phac-aspc.gc.ca/cd-mc/sleepapnea-apneesommeil/index-eng.php>

RUMBLINGS is produced 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 give us a call or email:

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toll free 1-877-741-1060

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