



For Safe Roads, Loads and Drivers Across British Columbia

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Eye-opening lessons about distracted driving at Vancouver Island Safety Conference

Approximately 400 people attended this year's Vancouver Island Safety Conference (VISC) which is held annually in Nanaimo, BC. The conference included many industry related presentations some of which focused on transportation safety.

Grant Aune from Advantage Fleet Services delivered one of these sessions and as he started his presentation, he asked everyone in the audience to stand up. He then asked everyone who had been affected by car crashes to sit down, 15 were left standing. This points to 97% of the audience having been affected by car crashes in some way.

In 2010 approximately 20% of the total deaths in Canada were a direct result of vehicle crashes. Injuries due to crashes cost BC alone, \$3.76 billion a year. It is the largest healthcare cost in British Columbia and the number one killer of persons aged 4-34.

In order to change the number of crashes per year there are at least four things we should do:

1. Stay Focused

When you are driving, stay focused on the task at hand and just drive.

2. Awareness (Inform Yourself)

The number one driving distraction cause is daydreaming. Drive every day as though it is your first time, do not get complacent.

3. Take the word "accident" out of your vocabulary

Accidents are unforeseeable occurrences, a tree falling on your vehicle or a flash flood sweeping your vehicle away. Most crashes are preventable.

4. Slow down- speed kills

Even an additional 5/km hr in speed can drastically reduce deceleration rates and stopping distance. Obey the speed limits and drive to the conditions.

Nearly 56% of Canadians use smart phones. 70% of Canadian drivers admit that they use their smart phone while driving, this doesn't mean simply phoning and texting but, Facebooking, Instagramming, and taking "Selfies" while driving as well. It is also shocking to know that 40% Canadians also admitted that it would take

hurting or killing someone to get them to stop using their phone while driving. Please avoid being part of that crowd.

Fatality Alert

On October 14th, a worker was fatally injured when the service truck he was working under rolled over him. This incident occurred in the Ladysmith area on Vancouver Island.

WorkSafeBC and the Coroners Service are investigating the incident and the results will be released as soon as possible. Our thoughts are with his family and colleagues.

Although the details of this recent incident are still unknown, review the following general safety information:

1. Workers should be qualified to undertake the work. This means that they are knowledgeable about the hazards related to the work and the steps needed to eliminate or control those hazards. Supervisors must assess workers to make sure they are qualified and if not, get the work done by someone who is.
2. When performing maintenance work, follow the appropriate lock out procedures. When performing extensive maintenance, or disassembling machinery, be aware that the regular lockout procedures and tactics may not be effective.
3. Gravity is a hazardous energy source that is often not identified. Think how gravity may cause objects to roll, shift or fall. Blocking of raised equipment and chocking of wheels on mobile equipment are reasonable precautions.
4. After a serious incident, close supervision may be needed as some workers will have difficulty focusing on their work. Before work is started up again, a thorough review of safe work procedures can help keep operations on track and safe.
5. Mental health problems may result if the stress from a critical incident is not managed appropriately. Seek professional counselling help for workers who are having difficulties.

Drop It And Drive Sessions coming soon:

November 6th – Ft. St. John

November 16th – Terrace

Email: transport@bcforestsafesafe.org or call 1-877-741-1060 to register.

YOU are making a difference: Over the past two years 2,400 log truck drivers have attended Anatomy of a Rollover, Standard of Care, and other safety sessions. On public highways, log truck rollovers are down 50%. Keep it up! Keep focused. Well done!

Commercial Driving and Diabetes

Diabetes can affect a driver's ability to drive and reduce reaction time, through vision deterioration (retinopathy), impaired sensory motor function and/or nerve damage (neuropathy). Studies have shown that truck drivers with diabetes may be at an increased risk for highway incidents, nevertheless truck drivers with diabetes can be issued, and maintain a commercial driver's license. However drivers with Diabetes or type 1 Diabetes treated with insulin will have to have a physician fill out a report, which the Superintendent of Motor Vehicles will use to determine whether the driver is able to drive safely.

It is important if you have Diabetes and are currently a commercial driver to manage it effectively to ensure your safety and the safety of those sharing the road with you. To manage your Diabetes effectively see your doctor immediately about any symptoms you are experiencing.

What is diabetes?

Diabetes is a chronic disease, in which the body cannot produce insulin. Insulin is a hormone that controls the amount of glucose (sugar) in the blood, and the body needs sugar as an energy source. Without insulin a person's sugar levels can plummet or spike which can lead to organ failure, damage to blood vessels and/or nerves, and in some extreme cases, death.

Type 1 Diabetes is when the body attacks and kills the cells that secrete insulin so very little insulin is released into the body, whereas in type 2 Diabetes a person has insulin resistance, which means their body cannot efficiently use the insulin. As a result of either type sugar builds up in the blood, instead of being used as an energy source. Type 2 is more prominent, and typically develops in adulthood.

Risk Factors:

- Having a grandparent, parent, brother or sister with diabetes
- Having high blood pressure
- Having high cholesterol or other fats in the blood
- Being overweight, especially if that weight is mostly carried around the stomach
- Having been diagnosed with obstructive sleep apnea

Symptoms:

Signs and symptoms can include the following: unusual thirst, frequent urination, weight change (gain or loss), extreme fatigue or lack of energy, blurred vision, frequent or recurring infections, cuts and bruises that are slow to heal, tingling or numbness in the hands or feet.

Prevention:

Type 1 Diabetes which typically develops in childhood or adolescence cannot be prevented, but type 2 Diabetes can be prevented with a healthy lifestyle. Healthy lifestyles include; maintaining a healthy weight, eating sensibly and exercising regularly. You may want to seek the help of a doctor, and personal trainer or dietitian to help you reach a healthy lifestyle if you are overweight, or have one or more of the above risk factors.

To learn more about diabetes, treatments, or complications caused by the disease visit the Canadian Diabetes Association website at <https://www.diabetes.ca/>

Suggestions for Drivers to Get (and Stay) Healthier

* Don't diet – make healthy choices. If you want to be healthier, don't start by cutting out foods you like. Try adding healthy foods that you do like.

* Start small, choose one unhealthy habit and change it. Don't try to give up all your guilty pleasures at once.

* Why stop at three meals a day?

It is healthier to have five small meals in a day. Eating every 2-3 hours is a better way to feed your metabolism.

* Eat smaller amounts at mealtime.

Losing weight can be as easy as watching your portions. Try eating half or 2/3 of what you normally would.

* Know what you are eating.

Pay more attention to what is in your food. Do you know that low fat foods tend to have more sodium and sugar? Or that low sodium foods tend to have more fat? Be proactive and read the labels.

* Incorporate walking and/or stretches when you can throughout your shift. During pre and post trip inspections and while waiting to get loaded or unloaded. Increase the frequency and/or intensity weekly.

* Think healthy to be healthy.

RUMBLINGS is produced to help keep you informed on what's happening in BC forest-ry 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:

(250)562-3215 or toll free 1-877-741-1060

transport@bcforestsafe.org