



Break-up is coming — be prepared

When not at work, rest and recover: Many things affect your sleep. Some, like irregular work schedules, aren't within your control, but others are. Altering your sleep / wake pattern even for a weekend affects your fatigue level. **Suggestion:** Maintain your sleep and wake schedule especially if you are on night shift.

Maintain safe conditions: Freeze and thaw that occurs through March can have severe impacts on road conditions. **Suggestion:** Conduct regular road inspections to ensure safe operating conditions. If conditions deteriorate and become unsafe, stop hauling operations.

Debris check: Decreased snow pack means more rock and debris and an increased risk of debris and rocks in duals and in loads. **Suggestion:** Check loads and duals for debris and rocks when completing load securement **and** prior to entering public road systems.

Equipment maintenance: Expect increased wear and tear on equipment and vehicles as road conditions decline.

Suggestion: Complete thorough pre-trip and ongoing inspections to prevent an unsafe condition from occurring.

Increased traffic: With fairer weather and spring approaching, expect to see increased traffic levels on resource roads. **Suggestion:** Adjust speeds especially approaching corners and hills where line of sight may be limited.

Plan work activities: Last minute changes create upset conditions. **Suggestion:** Ensure adequate communication between licensees, contractors and haulers to avoid changing plans last minute.

REMEMBER – NO LOAD IS WORTH A LIFE.

Reducing fatigue — your bedtime routine starts earlier than you think

Many things affect your sleep. Some, like irregular work schedules, aren't within your control, but others are. To help you gradually reduce your fatigue and improve your well-being, tips for getting better sleep can be divided into two categories: bedtime routine, and sleep environment. This bulletin focuses on your bedtime routine.

5 hours before bed: no more caffeine

Caffeine can make it hard to fall asleep and to stay asleep. This includes coffee, most teas (black, 'breakfast tea', and green), energy drinks, some soft drinks, and chocolate.

3 hours before bed: limit strenuous activities

Regular exercise is key to your well-being and will help you sleep; however, doing it close to bedtime can make it harder to fall asleep. If possible, the best time for strenuous exercise is within a few hours of waking.

3 hours before bed: finish eating

Your digestion is influenced by your body clock and eating too close to bedtime may keep you up.

2 hours before bed: limit fluid intake

Stay well hydrated through the day/night, so you can limit fluids before turning in and strive to go to sleep with an empty bladder.

1 hour before bed: turn off electronic devices and dim your lights

The light from TVs, tablets and smartphones slow your body's melatonin release, a key promoter of sleepiness.

30 minutes before bed: relax

We recommend a warm shower followed by Relaxing activities such as reading or listening to music.

Now what?

Make some adjustments to your routine based on the above tips. Stick with it for a few weeks and note any improvements to your sleep.

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Western Funds New Log Truck Driver Training—

Submitted by Western Forest Products

Eleven individuals will be gaining top log truck driving safety and operational skills thanks to the launch of new training funded by Western Forest Products.

The seven-week training program, which was designed and developed by Western and Vancouver Island University’s (VIU) Faculty of Trades and Applied Technology, began February 5 with its first class of six trainees. VIU and their instructors are delivering the program and Western is funding tuition for all participants.

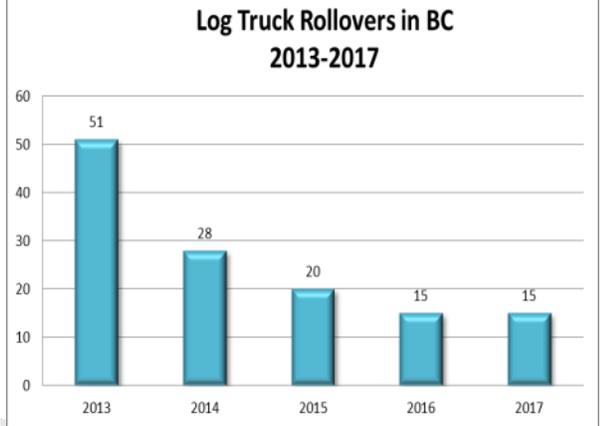
Program participants were selected by Western from its Englewood operation and following completion of the program the company will employ the graduates.

Training participants are prepared to successfully enter their new careers through a combination of classroom learning and actual driving with experienced log truck drivers followed by a final evaluation by a third-party assessor. The training is based on safety and technical competency requirements that were developed by the Log Truck Technical Advisory Committee, whose members include Western along with other industry representatives, the BC Forest Safety Council and the RCMP, ICBC and WorkSafeBC.

At Western, safety is a top priority in all aspects of its business, including road safety, and this initiative is another example of the company’s commitment to maintaining high safety standards while fulfilling a need for safe, skilled professional truck drivers.



Professional Log Truck Drivers from Vancouver Island participate in mentor training for new log truck driver training.



* The above data represents 2013 to December 31st 2017. Please note that these statistics are for high profile rollovers tracked by the BCFSC’s Transportation Safety Department. Information was found through BCFSC alerts, CVSE, WSBC and media reports.

Upcoming Events

ILA Conference & Tradeshow

May 3rd – 5th 2018

Kamloops, BC



Stay tuned for more information on the [Interior Logging Association Website](#)

The 4th Annual Interior Safety Conference

“Safe Behaviours = Smart Business”

May 3, 2018

Kamloops – Colombo Lodge

Plans are well underway for the 2018 Interior Safety Conference. This event is being held in partnership with the Interior Logging Association’s Conference which is being held on May 3, 4 and 5th in Kamloops. For more information go to: <https://www.bcforestsafe.org/node/3073>

2018 Spring Safety Seminars

Stay tuned to the April edition of Forest Safety News for a list of dates and locations.

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 at: 250-562-3215 or toll-free 1-877-741-1060 or by email: transport@bcforestsafe.org

Seatbelts save lives ...

BUCKLE UP

every time!