



# RUMBLINGS

FOR SAFE ROADS, LOADS AND DRIVERS — ACROSS BRITISH COLUMBIA  
FORESTRY TRUCKSAFE



BC **Forest Safety** Council

○ PRINTABLE VERSION

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**Safety in Forestry Transportation TruckSafe Rumbings is published biweekly to keep you informed on what is happening in forest hauling safety in BC. Call MaryAnne Arcand to provide input or get the news out on best practices and concerns in the industry.**



### **And we're into breakup! Congratulations on a job well done!**

The 2008-09 winter hauling season has ended with no fatalities and fewer lost time injuries to truckers, so congratulations to all you guys and gals for your efforts this winter. Yes, we know there weren't as many working this year as in years past, but in many ways conditions and stresses this year have been more difficult. And in some areas, such as Prince George and Quesnel, there was intense hauling due to the mountain pine beetle. There's talk that many of you won't be going back to work until late summer or fall- but that could change if the price of lumber goes up, and there are some early indications that improvements may be coming, depending who you talk to. But whatever you do, stay safe! You deserve the rest!

### **Tribute to a road safety champion**

Long time Road Safety Champion Dave Dickson has left ICBC after 24 ½ years of effort to improve safety for all of us. Last night some of Dave's friends and colleagues gathered in Williams Lake to honour him and his work (this was his 4th send off!) and everyone talked about how Dave just never tired of talking to people and working quietly in the background to initiate projects. Dave is a founding member of the RoadHealth coalition, Forestry TruckSafe, and the Trucker Appreciation Days that have been held throughout the region for years. Dave regularly put 80,000 kms a year on his vehicle, travelling the north promoting safety.

Keith Playfair offers these words about Dave:

"Everyone wants to take some credit for all the Truck Safe programs in the province. But as someone who was there from the start, if you looked in the corner of any meeting while everyone else was talking, there was Dave. With a little smile on his face he understood he pushed these folks to the top of the mountain and they were rolling down the other side picking up speed and taking control. All in Dave's plan.

Dave never gave up. He picked his partners and worked hard at supporting them. That included ICBC staff and others.

No one has worked harder in making the public aware of the importance of seat belts, child seats, booster seats, animal awareness, speed and the many other issues to keep us safe.

From a Trucker's point of view I can only say thanks. As the roads got busier with the removal of the Mountain Pine Beetle, Dave was one of the few that really understood that it was going to take a concerted effort of all involved to change the attitude of the trucking profession. While enforcement is a very effective tool when you get

caught, changing the mindset is life long. And if you talk to truckers today most will tell you they have changed the way they drive and that they are more aware of the dangers etc. They don't really know why, but I can tell you, and that is because of the effort and time Dave put in.

I will make a bold statement. There are many families north of 100 mile house that are together because of the dedication and passion of one Mr. Dickson.

We will miss the quiet leadership Dave has brought to our industry. You got the big wheel of change moving and it is up to the industry, communities, public and others to keep it rolling.

On behalf of myself, my family and the many families that have never met you, thank you."

Dave has now taken a position in Community Policing in Williams Lake. The good news is that last night Dave agreed to stay on our RoadHealth coalition, so his expertise, good sense and passion are not completely lost to us. All the best in your new job, Dave! As Keith says, "Our loss is Williams Lake's gain.

### **Proof that planning and communication pays off**

A big "good job, guys!" goes out to the licensees, logging contractors and log haulers working out of the Chief Lake/Ness Lake/Reid Lake areas north of Prince George this winter. More than 20,000 loads were successfully hauled out of there, through the community and into Prince George without major incidents or anyone being hurt, despite some pretty lousy road conditions.

Before the haul started in December, Lakeland Mills, Carrier Lumber, Canfor and BC Timber Sales officials met with community members, RCMP, CVSE, and the road maintenance folks (YRB, City of PG) at a meeting facilitated by Forestry TruckSafe to inform the community and plan the hauling route, which included a one-way loop. Extra enforcement (including a speed reader board at the Ness Lake School and a road marshall hired by the mills) and extra maintenance were put in place as well.

Hotline numbers were made available by Canfor and Forestry TruckSafe, to provide contact points for identifying problems. After a few calls at the beginning of the haul, things settled into a routine and the haul went very well overall.

The mills and contractors want to thank to all the residents of the Ness Lake/Reid Lake area and Prince George for safely sharing the road with trucks this winter. Just goes to show what can happen when we all work together!

### **Sleep apnea and truckers – a new study**

The Journal of Occupational and Environmental Medicine released a new study this past week that found a strong link between sleep apnea and truckers.

Some trucking quotes the author, Stefanos Kales:

"Truck drivers with sleep apnea are much more likely to fall asleep at the wheel, and the condition is increasingly common as Americans become more obese," said the study's senior author, Stefanos N. Kales, MD, MPH, medical director of Employee and Industrial Medicine at [Cambridge Health Alliance](#). "Additionally, we found that drivers who suffer from obstructive sleep apnea frequently underreport symptoms and diagnoses and often do not follow through with sleep study referrals and sleep apnea treatment."

Obstructive sleep apnea, as we've mentioned in Rumbings before, is a syndrome characterized by sleep-disordered breathing, resulting in excessive daytime sleepiness, sleep attacks, psychomotor deficits, and disrupted nighttime sleep. Common among truck drivers, it could increase the risk of a crash two- to seven-fold.

The study further says that they expect anywhere from 2 ½ to almost 4 million truckers in the US have sleep apnea. Over 15 months they examined 456 drivers from more than 50 employers, and found 17% with sleep apnea. The US government is considering making sleep apnea testing mandatory based on BMI (body mass index, calculated on weight and height). If it goes through, Canadian truckers going across the border will be affected.

Other studies we've read indicate that likely 30% of truckers have it, especially if they're older, heavy and have high blood pressure. If your wife complains you snore a lot, or if you find yourself waking up with a snort, do yourself a favour, and go get checked out.

**BCTA asks government to put a hold on July carbon tax increase for diesel**

The BC Trucking Association CEO Paul Landry has asked Premier Campbell to ease the burden on the trucking industry and put the upcoming July carbon tax increase on hold for diesel.

The BCTA insists with extremely low margins because of rising fuel costs, the trucking industry, especially those carriers who operate only one or two trucks -- 90 percent of the industry in B.C. -- would benefit significantly from a freeze in the carbon tax.

As of July 2009, the carbon tax will increase from 2.69 cents per liter to 4.04 cents per liter, an increase of over \$20 million for the industry as a whole, says the BCTA.

Landry suggested to the premier that dollars that would have been paid out in carbon taxes would be more usefully applied to helping small trucking businesses reduce emissions and fuel usage, allowing them to stay in business in these tough times.

A recent online poll of truckers asked, "Is it possible that high fuel costs will jeopardize your operation's very survival?" An overwhelming 84% said yes.

**Summer truck show season coming!**

We're all getting tired of this long winter, and looking forward to summer. While you dream of hot summer weekends, why not make plans to attend one of the many truck shows going over the summer. The BC Big Rig features more than 100 trucks of all types, including working highway trucks. The Butch Taylor Memorial Vancouver Island Truck Show also features all categories. The two Antique Truck Shows on the Island are a real blast from the past, especially for old time truckers and loggers (there's equipment there too). Take the time to 'ooh' and 'aah', and meet lots of great folks!

**UPCOMING EVENTS**

- April 16-18 Interior Logging Association Annual Convention, Vernon
- May 28 – 31 Community Forests Annual Conference & AGM, Port Alberni
- July 4 -5 BC Big Rig Weekend, Chilliwack
- July 18-19 Duncan Antique Truck Show, BC Forest Discovery Centre, Duncan
- July 31-Aug 3 Vancouver Island Truck Show, Saanich
- Sept 19-20 Antique Truck Show, McLean's Mill, Port Alberni

If you have a trucking related event you'd like us to post for you, email [arcand@bcforestsafe.org](mailto:arcand@bcforestsafe.org) with the details.

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