



Rumblings



A Publication of Forestry TruckSafe ~ A BC Forest Safety Council Initiative
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Safety in Forestry Transportation

TruckSafe Rumblings 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.

Continuing to look at trucker's health issues, we found the following article in the Montana Loggers Magazine. Given the hot, dry summer we're having, these tips are very timely.

Safety Saves, by Jason Todhunter Beating the Heat

"Workers who simply must tolerate the heat become susceptible to heat exhaustion, and worse yet, heat stroke. Heat exhaustion is the result of exertion under generally hot conditions that results in heavy perspiration without replenishing fluids.

Signs of heat exhaustion are pale, cool skin, weakness and nausea. Fortunately, heat exhaustion is a common exposure that can be easily remedied – and one of the best ways to deter heat exhaustion is to drink lots of water throughout the day.

If you or one of your employees shows the signs of heat exhaustion, take a break from the tasks being performed, preferably in the shade, and start drinking water to replenish the fluids.

Now if you have one of those "tougher than nails" employees, who for some reason fails to heed the warning signs of heat exhaustion, you have a problem! Heat exhaustion that leads to heat stroke may cause the body to shut down in order to protect the vital organs.

Symptoms of heat stroke are hot, red and dry skin, and the lack of sweating because the body has been depleted of fluids. If this situation is encountered, remove that person from the heat – again, into a shaded area if possible- and make that individual comfortable by lying them down with the feet slightly elevated. Remove unnecessary clothing and cool the entire body by sponging or spraying cool (not cold!) water over them, and fan the person to aid in lowering body temperature.

Place wet towels or whatever you may have in the arm pit, neck and groin areas, as these are areas where large blood vessels like close to the surface of the skin. DO NOT immerse in an ice bath. If the person is awake and alert enough to swallow, give small amounts of water within the first 2 hours for hydration; however, a person with heat stroke may have an altered mental state and may not be able to safely drink fluids without assistance.

So as temperatures begin to heat up out there, take an occasional break during strenuous activities and drink lots of good old fashioned water.... and let's make sure everyone gets home safely every day!!! Safety \$aves."

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So there you go, drink lots of water and other fluids, to stay healthy, alert and cool. Coffee is a diuretic (meaning it removes water from your body) so it's probably best to reduce your coffee intake on really hot days. So's tea –

including iced tea. Most juices have just as much sugar in them as pop, so watch out for the ones that say “cocktail” or “beverage”. If you’re going to drink juice, make sure it’s real juice. Gatorade and other sports drinks are great for replenishing fluids and electrolytes in your system lost from sweating, but they’re also loaded with sugar – and expensive. In the end, plain old water is your safest and cheapest bet!

LOGGERS SELLING OUT AT RITCHIE BROS. SALES – where are all the trucks going?

The BC Forest Safety Council had a booth at the Prince George Ritchie Brothers Auction July 13, and will be at tomorrow’s (July 27) sale in Vancouver as well. Couldn’t help but notice how many logging companies were having complete dispersals – several in Prince George, 2 tomorrow. In the Vancouver sale there are 2 bunchers, 7 loaders, 2 processors, 1 skidder, 6 yarders, 6 log trailers and 8 logging trucks. In PG there were a couple dozen log trucks and trailers and more logging equipment than has ever been sold at a Prince George sale. One wonders what’s happening to the jobs, the workers, the equipment? Are they staying in BC’s forest industry? It would sure be nice to know! And a **big THANKS! to Ritchie Brothers** for supporting safety in the forest industry, and allowing the Council to have a presence.

HAYES ‘OVER THE BAY’ TRUCK SHOW- Honeymoon Bay, Lake Cowichan

The **August long weekend (Aug 4, 5 & 6)** promises to be a great time for loggers, their families, and folks who just love trucks. More than 50 trucks have pre-registered for the Truck Show, including 5 of the off-highway “fat trucks”, and they’re expecting more to just show up, with a final tally somewhere between 80 and 100. If you’ve never seen one up close, here’s your chance! One of these will be the 67 Expo Hayes HDX and the last HDX manufactured .It is H-17 and still has the same driver that has driven it from the day it was delivered in 1975. It still hauls loads with a preload everyday at Hayes, Sarita Div.

The location is at the old **Dryland Sort, Honeymoon Bay, B.C.**(just follow the signs) admission is by donation. Other events include truck pulls on Saturday and Sunday afternoons, a Truck Light Show Saturday night, kids’ fair, a community dance, sand castle contest, pancake breakfast and a fireworks display over Lake Cowichan. Camping is available on a private beach, and there will be a shuttle running from the campground to the site. MaryAnne Arcand, Director of Forestry TruckSafe will be there, meeting folks and sharing what’s going on in terms of safety in our forests. For more information, contact Dennis Ruttan, jakethetrucker@shaw.ca See you there!

Forestry TruckSafe Director coming to Vancouver Island

MaryAnne Arcand, Director of the Forestry TruckSafe program, will be touring Vancouver Island from **August 2 – 11**, and attending the Hayes Truck Show mentioned above. Here’s your opportunity to get an update on Forestry TruckSafe’s activities. If you’d like to meet with MaryAnne during those days, or have a presentation to your company, and of course, truck drivers!, please call 250.612.2267 to arrange a date and time.

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