



# RUMBLINGS

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



BC **Forest Safety** Council

○ PRINTABLE VERSION

March 28, 2008----ISSUE 74

## 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.**

### SPECTRA ENERGY THANKS LOG HAULERS

**Pipeline notifications are on the rise** and Spectra Energy Transmission (**SET**) **West** would like to take this opportunity, to thank the forest hauling industry in British Columbia.

Thank you for keeping us informed and providing us with critical information about vehicle movement across our pipelines.

In the last five years the number of crossing permits for hauling activities has increased three-fold. This is a very important statistic, because it demonstrates a commitment within the forest industry to safe practices around high pressure natural gas pipelines.

Vehicle and heavy equipment movement can cause stress and damage to buried pipelines, in the absence of additional ground cover to lessen the impact. That's why it's so important to advise us, or any other pipeline company, in advance of crossing a line.

If you need a crossing permit, Spectra Energy has representatives to help with the process, before beginning a job.

**Please call us, toll-free at: 1-866-262-3654**

***Once again, we thank you for your commitment to safety.***

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*Resources Expo show in June.*

### PRO TRUCKER MAGAZINE TO SPONSOR BIG RIG SHOW & SHINE AT FOREST & RESOURCES EXPO

Pro Trucker Magazine is bringing its Big Rig Show & Shine to Forest and Resources Expo in Prince George in June. Pro Trucker publisher John White says he's been wanting to have a show in the north for a long time. John used to live in Prince George and drove throughout the north himself.

*<-----MaryAnne's pickup acts as the platform for all the hardware at last year's Island TruckShow. Forestry TruckSafe is pleased to play an active role at the Big Rig Shows and will be very involved at the Forest &*

Pro Trucker already organizes the BC Big Rig Weekend, which will be held this year in Chilliwack July 4 and 5, and the Alberta Big Rig Weekend, held in Calgary in August. More than 100 trucks show up for each of these events. As well, Dennis Ruttan Associate Editor for Pro Trucker, organizes the Island Truck Show, which is usually held the August long weekend, and has close to 100 entries. Pro Trucker is hoping for a good showing for its first-ever northern BC show.



Categories for the Pro Trucker Big Rig Show at Forest & Resources Expo will include loggers, tractor-trailer units, gravel trucks, specialty trucks (tow trucks, crane trucks, service trucks, etc), classics/antiques and working show trucks. There will be trophies and cash prizes for first, second and third place in each category. On top of that, there will be trophies for the Peoples' Choice and Best in Show trucks.

Entry forms will be available through Pro Trucker Magazine and the Forestry TruckSafe offices in April. The show will be a great opportunity for truckers from the north to show off their rigs, and for the public to get up close and personal with big rigs and the great guys who drive them. Take some pride in your ride, and plan to enter!

### **USW HOSTING INFORMATION DAY FOR FOREST WORKERS**

Terry Tate, Forest Worker Coordinator for USW tells us that they are planning an information day for forest industry workers from both the harvesting and manufacturing sectors on May 10 in Prince George, called Take Control of Your Economic Future (10am-4:30pm). With all of the recent announcements in the forest industry of plant closure and curtailment, there is a deepening sense of crisis and uncertainty among workers. Workers who are currently impacted and those who might be impacted in the future are looking for help now. The May 10 gathering will provide laid-off forest workers with information about options in terms of re-training, education upgrading, career counselling and other services available to help them transition into other jobs or industries. The event is going to be held at the Civic Centre, and is open to all forestry workers, not just union members. For further information, contact Terry at 563-7771.

### **LOOKING AFTER YOURSELF: COPING WITH STRESS**

Stress and depression have been identified as huge issues in the workplace these days. According to a recent article in Macleans magazine, research shows that 1 in 4 workers deal with depression or anxiety, both emotional and financial. In these days of +\$1.25 diesel, driver shortages, and go!go!go!, it's pretty tough to keep your head above water. In Canada an estimated 35 million workdays are lost each year to mental health issues (stress, anxiety, depression being the top ones), and that 40% of short term disability claims and up to 50% of long term disability claims are related to mental or emotional health.

Peter Coleridge, VP of Education and Population Health with the BC Mental health and Addiction Services, says, "We've got a lot of work to do in creating healthy workplaces because it requires a huge culture shift. A lot of organizations don't want to do it because of cost. But the new reality is that, if you don't get on top of this, you are going to have trouble recruiting and retaining the employees you need."

The economic realities and stresses experienced by all truckers these days is enormous, especially in the forest industry, where shut-downs, mill closures and indefinite layoffs are part of today's picture and are expected to continue for the next couple of years. How do you look after yourself through that kind of stress? How do you keep a positive attitude and keep your wits about you on a daily basis?

I've been asking truckers all over the province how they handle stress, and here are some of their responses – not all of them healthy:

"I smoke – way too much probably"

"This is my last hauling season. I'm selling out"

"I go fishing on the weekends"

"I have a few beers"

"I smoke pot"

"I cook"

"I work out"

"I don't. I'm grouchy all the time, and I yell at my kids"

We're not going to be able to change the global economy, we can't change taxes and global warming or any of those monsters in a hurry. But what we can do, each of us, is start looking after ourselves better, and deciding what is worth doing.

This year, the BC Forest Safety Council is starting a wellness program, looking at fatigue, stress, lifestyle and substance issues. We've started by raising personal awareness and providing the opportunity for a little bit of education, by having the Healthy Hearts @ Work folks at the Truck Loggers Convention in January, doing blood pressure and cholesterol testing. We'll be having them at the Interior Loggers Convention in Kamloops in May, and the Forest & Resources Expo in Prince George in June.

There won't be any overnight cures or miracle tonics coming out of our efforts, but hopefully we can raise issues, get some help for drivers, and educate ourselves about what is actually going on and what we can do about it.

So, here's a start. There are all kinds of so-called "stress busters" out there that are promoted in magazines and on the Internet, but here are a few tips while you're driving:

1. Get some oxygen to your brain – when you're feeling stressed or anxious, breathe in through your nose, and blow out through your mouth. Do it about 10 times in a row.
2. Hydrate yourself – cut down on the coffee or tea (which are diuretics) and drink water.
3. Get your blood flowing- walk briskly around your truck a couple of times (did you know that running around your loaded truck 32 times equals a mile?)
4. Stretch – when you go check your load, do your pre-trip, at brake checks – have a good stretch
5. Eat healthier – start with a little more fruit and a little less carbs or starches (even muffins are not all that healthy)

### **SAFE COMPANIES CERTIFICATION FOR INDIVIDUAL OWNER-OPS TRAINING**

More than 30 courses are now scheduled for SAFE Companies training for Individual Owner Operators (IOO) around the province. Go to [www.bcforestsafesafe.org](http://www.bcforestsafesafe.org) and click on training calendar to find the one nearest you. You can also register on the website, or call our Nanaimo office at 1 877 741 1060 and they'll take care of you. Why not take advantage of breakup to get your SAFE Companies Certification started? It'll save you time and money in the end!

### **YOUR VOICE...**

MaryAnne,

Here I go again! While what was suggested gets the job done much of the time, it is better for a low bed (all truck traffic) to call loaded or empty. Here are three reasons:

1. When loaded, the low bed may also be **wide** ( if so say "wide" not "loaded" – sometime they overhang on just one side. Knowing what the oncoming traffic is helps careful drivers to select an appropriate passing site. This suggestion also helps the empty truck. An empty truck is not a pickup! I agree about the length and the need for a shorter meeting spot, but there are many other things to consider – such as: ability for loaded truck to make a sudden stop, loaded truck trying to get a run at an adverse, road lean, potholes, dust, ability to start, to name but a few. On the other hand, perhaps my viewpoint is not typical because our roads tend towards the hilly, windy, narrow side, and I know every one else drives on only straight, level, smooth, and wide roads!
2. Sometimes the low bed or loaded truck may be climbing an adverse or descending a hill (or slippery section), and once again some passing spots are better than others. Knowing the nature of both pieces of traffic makes the courteous and careful drivers pick the most appropriate available passing point, even if it means one of them might need to wait a little longer, or perhaps even allow the other guy to have the right of way - around this part of the woods, low beds **do not** always get the right of way. However, it is better to wait than to chain up, even if it is the other guy who needs to put on chains! Also why try to stop/start on a steep section when you can stop/start on a relatively level spot? But then again what is a little extra brake wear – its only money and we have nothing but money to spend these days.
3. On more than rare occasions the low bed driver may not be familiar with the latest road conditions as compared to the log truck driver who makes multiple trips per day over the same road, and talks to other traffic about road condition changes in the last hour. Therefore he can help the low bed driver select the best available meeting spot, given whether the bed is wide, loaded, or empty.

What seems to be the reluctance to provide a full informative and concise radio message about location, direction and type of traffic? Just 4 words to get the job done! For some reason about 50% of the truckers around here are reluctant to say the four words even when there are signs posted telling them this is the way it's done on the road! Is this a form of protest? If so, my suggestion is - refocus your energy on something more useful such as road design and maintenance. We will all be safer for it!

AG

## UPCOMING EVENTS

**April 17 & 18** – COFI Convention, Kelowna [www.cofi.ca](http://www.cofi.ca)

**April 25** – Trucker Appreciation Day, Williams Lake

**May 8-10**- Interior Loggers Association Convention, Kamloops [www.interiorlogging.org](http://www.interiorlogging.org)

**May 10** – Take Control of Your Economic Future, Civic Centre, Prince George 10am-4:30pm

**June 3-5** – Bio Energy Conference, Prince George [www.bioenergyconference.org](http://www.bioenergyconference.org)

**June 5-7**- Forest & Resources Expo, Prince George [www.forestandresources.org](http://www.forestandresources.org)

**June 6 & 7**- Pro Trucker Big Rig Show 'n Shine, Prince George

**July 3-5** - BC Big Rig Weekend, Chilliwack

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.

*If you know someone who would be interested in receiving TruckSafe Rumblings, please forward this email along. Signing up is easy. Just click here and you will be taken to our new sign up page. If you know someone who'd be interested but doesn't have email, forward their fax number to us at [arcand@bctrucksafe.org](mailto:arcand@bctrucksafe.org)*