



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.

Work Drug Free BC 2008 Conference October 22-24 in Prince George

The BC Council on Substance Abuse is a non-profit organization dedicated to promoting education, awareness, and the benefits of a healthy, drug free workplace throughout British Columbia. The Council will hold its 8th biennial conference October 22-24, 2008 at the Prince George Civic Centre.

This conference provides an opportunity to learn more about the challenges of substance abuse in the workplace. Owners, managers, supervisors, labour leaders, occupational health and safety managers etc. will benefit from attending this conference. Key components to this year's conference include:

1. Liability issues for employers and employees
2. Myths and realities around addiction support groups
3. Young workers; drug trends; and the culture of silence
4. What a drug free workplace looks like
5. Drug testing issues and concerns

An added feature to this conference is the optional 8 hour Supervisors Workshop to be held on October 22nd. This 8-hour session highlights legal responsibility, recognizing signs and symptoms of substance abuse and assists all individuals to develop proactive strategies that will deal with the issue and the people involved.

Whether your organization is large or small, **Work Drug Free 2008** will appeal to anyone interested in promoting a healthier, safer, drug free workplace, community and family. For further information visit our website www.workdrugfreebc.com, email Teresa@workdrugfreebc.com or phone 250-649-4000 or [download your registration form here \(pdf\)](#).

The BC Forest Safety Council is proud to be a sponsor of this event. Forest Safety Ombudsman Roger Harris will be speaking on "The Culture of Silence", and MaryAnne Arcand will be discussing "Waking the Sleeping Giant". Dr. Brendan Adams will be one of the keynote speakers on substance use in the workplace – he's a great presenter, and will really make you wake up and smell the coffee!

BC Trucking Safety Council Launched

On September 18 more than a hundred people attended the launch of the BC Trucking Safety Council, a body which will do for general trucking what the Forest Safety Council is doing for logging in the province. According to WorkSafeBC, "To strengthen industry safety performance and reduce the injury and fatality numbers, the BC Trucking Association and WorkSafeBC have worked together to create the BC Trucking Safety Council (The

Council) with a Board of Directors made up of industry, regulatory agencies, and police members.

Logging trucks and chip haulers make up about 10% of the trucks on BC's roads, and recognition of that Forestry TruckSafe's MaryAnne Arcand was appointed to the Board of Directors. The BC Trucking Safety Council will also be developing a COR program similar to forestry's SAFE Companies.

North American Fatigue Management Program being piloted in Alberta (excerpt from Today's Trucking <http://www.todaystrucking.com/news.cfm?intDocID=19589>)

A new fatigue management program launched in Western Canada could change how hours-of-service rules are governed in North America. The program is still in the testing phases, but it is nearing deployment and could revolutionize the way truckers are dispatched. It's designed to determine when truckers should be driving or whether they need to pull over, based on personal differences. Recognizing some people have sleep disorders that are treatable, the program puts an emphasis on individuals by analyzing the solo trucker's own circadian rhythm, his scheduling, and lifestyle differences.

The continental program was hatched in Alberta as a partnership between Alberta Infrastructure and Transportation and the province's trucking association. It was inspired by a joint study on driver fatigue by Transport Canada and the Federal Motor Carrier Safety Administration (FMCSA) in 1999.

"We had a concept and there are all kinds of research out there regarding napping, circadian rhythm and sleep apnea. We put all the known aspects of fatigue together and built a comprehensive fatigue management program," says Roger Clarke of Alberta Infrastructure & Transportation. "It includes dispatch guidelines, screening for sleep disorders, medical intervention [so a driver won't lose their job due to treatment], and training."

Enform has developed something similar for the oil patch. Clarke predicts that if the pilots demonstrate that fatigue management programs are effective they may replace Hours of Service regulations in the future.

Which Side Are You On?

There has been a spate of fatal head on crashes in northern and central BC lately. Two weeks ago a 28 yr old van driver was killed in a head on crash with a loaded logging truck near Clearwater. The van crossed the centre line, and though the logger tried to avoid him, the end result was a fatality. Last week a Prince George woman was killed in a head on with a pickup near Bednesti on Hwy 16 when she crossed the centreline. A mother, grandmother and little girl were killed near Valemount in August after their vehicle crossed the centreline and collided with a semi. Three young people from Burns Lake died west of Prince George in July in the same situation. Several other recent fatalities have been the result of head on crashes, where one vehicle crossed the centre line. To our knowledge none of them were the result of unsafe passing.

When the front ends of two vehicles hit each other, these crashes result in the highest number of fatalities and permanently disabling injuries, because the combined forces are so high. If two vehicles collide head-on, with each traveling at 50 mph the combined speed would equal 100mph. The reason for this is a law of physics called the Momentum conservation: In a collision occurring between vehicle 1 and vehicle 2, the total momentum of the two vehicles before the collision is equal to the total momentum of the two vehicles after the collision. If vehicle one happens to be a loaded logging truck, its much larger momentum is transferred to the smaller vehicle, with catastrophic results.

Studies from around the world show that head-on crashes largely occur in rural areas, and represent a disproportionate amount of fatalities and permanently disabling injuries. Driver inattention is a known contributing factor, as is drowsy driving. We know we have issues on our resource roads because many of them are not wide enough for two vehicles to pass safely even when all drivers are doing it right. So please, pay attention, stay alert, and stay on your own side of the road. Your life depends on it!

Fernie Truckers Have Their Say

Roger Harris and MaryAnne Arcand made the trek this week to the far southeastern corner of the province to hear the concerns and issues of log haulers in the Fernie area. These drivers steadily haul on some of the steepest ground in the province. Without going into specifics, we can say they generally raised the same issues

that we hear from log haulers everywhere: roads designed decades ago for 5 axle pole trailers now being used for 7 and 8 axle configurations; road maintenance (brushing, signage), driver training, shortage of drivers, cycle times, and of course, rates. And like loggers everywhere in the province, they are concerned for the future of the industry. We have pledge to keep in closer contact with their corner of the world and to bring their concerns forward. We're also making sure to include a driver from the area in truck driver and truck safety development work in the future. Thanks for having us in your beautiful piece of BC!

These guys just love their trucks!



We had a great weekend at the Antique Truck Show in Port Alberni Sept 13 & 14, where 50 antique trucks and machines were on display, in running order. There was everything from the old ones just recently discovered in the bush somewhere, rusted and dilapidated, to the fully restored "pride-and-joys". All of them are in running order, and hearing those vintage fat trucks snorting up the



hill as they came around in the parade was really something! There were live demos too, of the steam mill at work, a log dump, and custom cutting, and a great ride on the steam train. Thanks to Dave Hooper, Bob East, Steve Drybrough and the other guys for having us there. The event was sponsored by the Industrial Heritage Society at the McLean Steam Mill site – a great venue and an excellent tribute to the glory days of logging on the Island.

UPCOMING EVENTS

- Oct 23, 24 Work Drug Free Conference, Prince George (BC Council on Substance Abuse)
- Nov 1 Vancouver Island Safety Conference, Qualicum Beach

BC Safety Council Health and Safety Summits (go to www.safetycouncil.bc.ca for details)

- Kelowna: September 29 - October 2, 2008
- Prince George: October 21 - 24, 2008
- Victoria: November 18 - 21, 2008
- Langley: December 2 - 5, 2008

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

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