

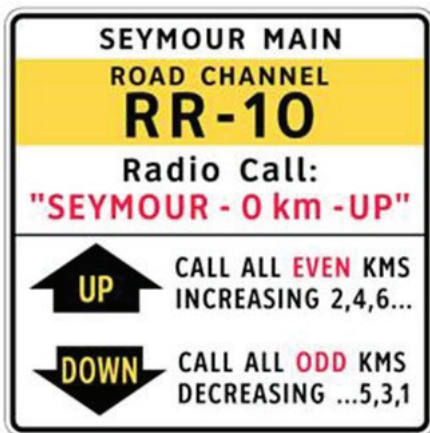


Radio use and resource road calling procedures video scheduled for July 2021

This July, look for our next resource road video focussing on radio use and resource road calling procedures in follow up to the latest resource road safety video. This new video will address best practices related to radio use and road procedures and will highlight the Ministry of Forests, Lands, Natural Resource Operations and Rural Development standards for radio calling, road signage and radio programming. It will also incorporate some of the current practices used by several operations in BC.

This new video will target all industry resource road users and is intended to provide a comprehensive narrative that supports safe operations and highlights the importance of proper onboarding when changing worksite locations.

For more information contact the Transportation Safety Department at 1-877-741-1060. 📞



A focus on load securement

By Dustin Meierhofer, Director, Transportation and Northern Safety

Load securement related to log hauling is a critical step which must be done correctly to ensure the safety of workers and the public. The process of securing a load of logs has historically involved the driver throwing and securing cables around the load prior to transporting. This method has been effective in addressing load securement, but as evidenced by WorkSafeBC injury statistics, can result in driver injuries. These injuries may result from repetition, poor technique, load securement device weight, inadequate risk assessment, limited availability and/or understanding of load securement options and other related human and operational factors. The overall cost of injuries related to wrappers is more than \$3.6M in the last 10 years (WorkSafeBC 2020).

In light of this, in the fall of 2020, the Load Securement Working Group (LSWG) was formed with the objective of developing resources, tools and initiatives to help reduce the risk of injuries to log truck operators during loading and unloading operations in both routine and non-routine operations. The group is collaborating on assessment of risk, safe work procedures, training, existing and new technology, alternative practices and procedures, and potential impacts to industry.

With changes to Part 26 of WorkSafeBC OH&S regulations coming in late 2021, there are opportunities to identify improved load securement options, processes, techniques, tools and resources that could efficiently and effectively be utilized by industry. BCFSC, LSWG and FPInnovations have initiated a load securement project to investigating short-term solutions such as Joe Easy Wrap, JB Cable Slinger, synthetic ropes, platforms and tie downs, loader assist and lightweight wrappers to reduce wrapper related injuries. Longer-term solutions will also be explored which may include automated load securement systems.

The expected benefits of having the appropriate technologies and practices to manage wrapper related injuries will be:

- Prevent workplace related injury in BC's logging industry
- Lower WorkSafeBC claims
- Improve operational efficiencies
- Improved worker retention and recruitment

The project will be conducted over three phases and is expected to be complete in late 2021/early 2022. With funding provided by WorkSafeBC, phase one is currently underway and is estimated to be completed by June 2021. Information related to the study will be available on the BCFSC website as phases are completed.

For more information regarding the project or to access load securement resources please contact BCFSC Transportation Safety Department **transport.admin@bcforestsafe.org** or visit the Transportation section on the [BCFSC website](https://www.bcfsc.org). 📞



Look for our new Safety Zone billboard

By Trish Kohorst, Manager, Transportation and Northern Safety

The next time you're out driving in Prince George, look for the new **Safety Zone** billboard featuring important tips on how to drive safely when travelling around large commercial vehicles.

The new billboard was developed in collaboration with the BC Forest Safety Council and Be Truck Aware alliance partners to remind drivers of the visibility and manoeuvrability limitations of these large vehicles. These trucks require significantly more stopping distance than a passenger vehicle especially on wet road conditions. Also, it is essential that all drivers understand these trucks have



significant blind spots (the spots where the driver cannot see another vehicle) due to their large size and limited rear visibility.

As summer approaches, more and more logging trucks will be out on the highways. Knowing your limitations and the limitations of other vehicles on the road will help us all share the roads

safely. It is important for all drivers to understand that we ALL have a role in keeping the highways safe.

For more information or to order a billboard, contact the BC Forest Safety Council Transportation Department at 1-877-741-1060

Learn more about the [Be Truck Aware](#) program. 🚚

Message from the Canadian Council of Motor Transport Administrators about June 2022 ELD enforcement mandate

On May 5th, the Canadian Council of Motor Transport Administrators (CCMTA) issued an announcement regarding the enforcement plan for electronic logging devices (ELDs). The enforcement plan outlines a 12-month progressive educational enforcement strategy that ends in June 2022. It reflects the Canadian Trucking Alliance's main position on the issue established earlier this year. The latest enforcement plan issued by the CCMTA is based on the realities of the current requirements needed to institute the mandate including the availability of third-party certified ELDs. The current lack of availability of certified ELDs is an issue of concern for the enforcement community. This concern is reflected in the announcement, however, the CCMTA statement confirms that jurisdictions will continue to monitor progress for certification of these devices entering the market.

"The Canadian Trucking Alliance (CTA) wanted to see full enforcement of the ELD mandate beginning in June 2021, but as we have been aware for some time, that would have been difficult to achieve for several reasons, not the least of which is the worldwide pandemic which

caught the industry, governments and suppliers by surprise in 2020," said CTA president Stephen Laskowski. *"However, CTA is pleased that the period of progressive enforcement will end in 12 months and full enforcement will commence in June 2022, which is in fact the industry's position."*

He continues, *"In the meantime, CTA expects several of these ELD devices to become certified shortly. As that continues to occur, CTA expects the conversation between government and industry to develop regarding the 12-month progressive enforcement strategy. The CCMTA announcement reflects a moment in time and is reflective of the current market landscape during these challenging times. Once these devices are certified, the issue of stronger enforcement leading up to June 2022 will be a subject matter of discussion between CTA and CCMTA. CTA expects those conversations to be active throughout the next 12 months as the landscape regarding third party ELDs evolves."*

Review the [full CCMTA announcement](#). 📄

Industrial Workers at the highest risk of fatigue

– published with the permission of Fatigue Science

Sleep affects every aspect of our lives. For an industrial worker, the stakes are even higher. Sleep interruptions cause fatigue, which impacts both safety and performance on the job. Moreover, the nature of 24/7 operations and night shifts means that industrial workers are more affected than most by natural circadian forces that create fatigue.

What is a circadian rhythm?

The body's circadian rhythm is the natural 24-hour clock regulating the body's sleep-wake cycle. As one of two major biological factors behind sleepiness and fatigue, circadian rhythm dictates that we should be asleep at night and awake during the day.

In an ideal world, everyone would maintain a consistent sleep schedule. Unfortunately, the reality is that many people work in environments that challenge their body's natural sleep and wake cycle. It isn't always easy, but there are steps you can take to help get the best sleep possible:

How can you sleep better?

Tell family and housemates

Post a calendar in your home with your work and sleep schedules. This will help everyone know when you're away, and more importantly when you'll be sleeping.

Create a sleep zone

Blocking outside noise and light is ideal if you're trying to sleep during the day. Put blackout curtains on windows and use earplugs or white noise to mask outside sounds. Make sure the room is at a comfortable temperature to help encourage your body's circadian rhythm. The optimal range is 15.5°-19.5°C (60° – 67°F).

Get ready for sleep

Spend some time winding down to send your body signals that it's time to sleep. Do relaxing activities like reading, stretching, or taking a warm shower. Limit your exposure to sunlight and avoid TV and digital devices as these can increase the time needed to fall asleep.

Be consistent with your sleep

If you always work the same shift, be consistent with your sleep schedule. Go to bed and wake up at the same time, including on days off.

Watch what you eat and drink

Don't eat or drink too much within three hours of your bedtime. Avoid coffee and other caffeinated drinks within 12 hours of bedtime, and limit alcohol well before bed. If you're working nights and need a snack, stay away from heavy, fatty foods, and don't eat after 3 a.m.

Plan ahead

If you work rotating shifts, gradually move your sleep and wake times over a few days. If you're beginning a series of night shifts, try to take an afternoon nap before your first shift. 🍴

CIRCADIAN RHYTHMS

