

RUMBLINGS



For Safe Roads, Loads and Drivers Across British Columbia.

March 2015

Issue 152

News

Road Safety at Work Week March 2nd - 6th

This March marks a new annual event in BC to both improve awareness and encourage safe occupational driving practices. It is called **Road Safety at Work Week**.

This year the main focus of Road Safety at Work Week is Distracted Driving. During 2014 in BC there were 269 people killed in motor vehicles incidents and 77 of those incidents were caused by distracted driving.

While phone use is a major distraction, there are other distractions such as eating while driving, looking at a map, getting distracted by something far off the road, etc.

How can you get involved? During Road Safety at Work Week pledge to drive **phone-free**. You can make the pledge here at:

<http://roadsafetyatwork.ca/road-safety-at-work-week/overview/>

2014 logging truck incidents down from 2013

Transportation staff record log truck incidents throughout the year in part to compare trends year to year. 2014 experienced a 20% reduction in the number of serious log truck incidents reported through the media, BCFSC Safety Alerts, WorkSafeBC, and CVSE. When compared to 2013 a total of 81 log truck incidents were recorded in 2014 down from 101 in 2013.

In both years the leading incident type was log truck rollovers. The second incident type was collisions.

In 2014, 65% of incidents involved a single log truck and 23% of incidents involved a log truck and another type of vehicle i.e. a pick-up, car, service vehicle, etc.

In 2013 there was a spike of incidents in both October and December but in 2014 the numbers remained fairly even through the active hauling months. This could be due to a variety of factors e.g. weather, volume of wood hauled, etc.

In 2014, 51% of incidents occurred on highways and 23% occurred on resource roads; only slightly different from 2013 when 45% of incidents were on highway and 32% occurred on resource roads.

The good news is our findings have shown an improvement in the number of incidents but we still have a lot of work to do to get the incident rate to 0!

BC Forest Safety Alert

On February 11th BC had its first direct harvesting fatality of 2015 on the Alaska HWY at Mile 64.

RCMP say a 24 year-old man died in the crash involving two logging trucks, in what are believed to be swirling/white-out conditions. One logging truck was slowing down as two tankers were making a turn ahead of it. The second logging truck rear-ended the first logging truck. The driver of the second truck succumbed to his injuries on scene.

Police believe that visibility and poor road conditions played a role in this incident.



"Image from Shift Into Winter: Plan ahead and drive for the conditions. Know before you go."

Resource Road Channel Implementation

Resource road channel changes are continuing to be implemented following several years of study and feedback to help improve safety.

Upcoming Changes: The new Resource Road Radio Communication Protocols and channels will roll out in the following areas:

- **Monday, May 4th, 2015:** Southern Interior Areas: Quesnel, Thompson Rivers, Cascades, Okanagan Shuswap and Chilliwack Forest Districts
- **Monday, June 1st, 2015:** Northern Interior Areas: Prince George, Robson Valley, Mackenzie, Stuart Nechako (Vanderhoof & Fort St James), Nadina (Burns Lake & Houston) & Skeena Stikine Forest Districts

Road Channels				Loading Channels	
Frequency MHz	Labels	Frequency MHz	Labels	Frequency MHz	Labels
150.0800	RR-1	150.7700	RR-19	151.7000	LD-1
150.1100	RR-2	150.8300	RR-20	151.7450	LD-2
150.1400	RR-3	151.0100	RR-21	151.7900	LD-3
150.1850	RR-4	151.1300	RR-22	151.8050	LD-3
150.2000	RR-5	151.1900	RR-23	151.8500	LD-5
150.2450	RR-6	151.2200	RR-24		
150.2600	RR-7	151.3100	RR-25		
150.3200	RR-8	151.3400	RR-26		
150.3650	RR-9	151.3700	RR-27		
150.4100	RR-10	151.4300	RR-28		
150.4400	RR-11	151.4600	RR-29		
150.5000	RR-12	151.4900	RR-30		
150.5300	RR-13	151.5200	RR-31		
150.5450	RR-14	151.5800	RR-32		
150.5600	RR-15	151.6100	RR-33		
150.5900	RR-16	151.6400	RR-34		
150.6800	RR-17	151.6700	RR-35		
150.7100	RR-18				

For More information and maps please visit:

http://www.for.gov.bc.ca/hth/engineering/Road_Radio_Project.htm.

Contact Industry Canada at:

British Columbia/Yukon- 1-800-667-3780

North Central Alberta- 1-800-461-2646

Southern Alberta- 1-800-267-9401

Updates

WorkSafeBC

Cab Guards (formerly bullboards) Amended regulations effective Feb 1, 2015

The most significant change to the regulations is:

d) *the cab guard is*

- Constructed with a main supporting structure made of steel, or
- Certified by a professional engineer as having a main supporting structure designed and constructed so that vibration and distortion generated by use of the log transporter cannot damage the cab guard;


These changes have been made in response to aluminum cab guards failing due to stress fatigue.

For more information please visit the link below:

http://www.worksafebc.com/regulation_and_policy/public_hearings/assets/pdf/2014OHSAmendmentsFeedback/Amendments/Part26.pdf

YOU ARE INVITED TO A FREE PRESENTATION:

ANATOMY OF A ROLLOVER



DO YOU KNOW FIVE CAUSES OF ROLLOVER?


Grant Aune, of Advantage Fleet Services delivers this dynamic presentation designed for log truck drivers, loader operators, supervisors and fleet managers and focuses on the dynamics involved in heavy commercial vehicle rollovers.

TOPICS INCLUDE

- Rollover dynamics
- Five causes of rollovers
- Load security
- Importance of centre of mass
- How to avoid rollovers

TO SAVE YOUR SEAT, PLEASE RSVP

Give us a call at 1-877-324-1212 or email training@bcforestsafe.org. Registrations available at the door - space permitting.


www.bcfestsafe.org/rollover

For more info visit:
<http://www.bcfestsafe.org/rollover>

Health and Wellness Zone

Hydration

In the winter months it can be hard to remember to drink enough water, especially when you are cold, but water actually helps regulate body temperature. Hydration is important throughout the year.

Four Reasons to Drink Up

- **Water boosts your energy and keeps you alert.** Dehydration leads to fatigue because it impacts the flow of oxygen to the brain and causes your heart to work harder to pump oxygen to all your bodily organs, making you more tired and less alert. By staying hydrated you stay energized.
- **Water reduces stress.** Studies have shown that dehydration leads to higher cortisol levels — the stress hormone — making it harder to deal with everyday issues. By staying hydrated you will be better equipped to deal everyday problems.
- **Water is a natural appetite suppressant.** Research shows that drinking a glass of water before meals curbs appetite, helping you eat less and become more satisfied.
- **Water speeds up metabolism.** Research has shown that an increase in water consumption leads to an increase in the rate in which people burn calories as opposed to storing them as fat.



Did you know that World Water Day is on March 22nd?

Simple ways to participate in World Water Day:

- Don't drink bottled water
- Turn the tap off while brushing your teeth
- Take shorter showers
- Use dishwashers and clothes washers for **only** full loads

Upcoming

Events

Council of Forest Industries

When:

April 8th - 9th

Where:

Civic Centre

Prince George BC

Interior Logging Association Conference

When:

May 8th - 9th

Where:

Best Western Lodge

Vernon BC

Canada North Resources Expo 2015

When:

May 29th & 30th

Where:

CN Centre

Prince George BC

Northern BC Safety Conference

When:

May 30th

Where:

CN Centre – Kin 1

Prince George BC

RUMBLINGS is produced to help keep you informed on what's happening in BC forestry transportation safety.

If you have best practices you would like to share, concerns you want to discuss, or topics you and others would like to learn more about, please give us a call or email:

250-562-3215 or

toll free 1-877-741-106

Transportation@bcforestsafe.org