

## For Safe Roads, Loads and Drivers Across British Columbia.

September, 2015

Issue 155

### News

#### New Cab Guard Guideline released by WorkSafeBC on August 12, 2015

The guideline assists parties to determine if a cab guard complies with section 26.65 of the *Occupational Health and Safety Regulation*. It includes the method to determine cab guard height and width and structural requirements. The guideline also discusses WorkSafeBC's approach to cab guards that aren't compliant with certain requirements of section 26.65.

The cab guard must be 15cm (6 Inches) *taller* than the cab area of the log truck under section 26.62 (2)(A), or as tall as the cab area for a self-loading log truck under section 26.65 (3). See images for examples.

In recent decades, a number of developments in the design of log transporters including sloped roofs, sleeper compartments, and air foils, have made the traditional measurement difficult for some vehicles. To recognize these changes, WorkSafeBC accepts other measures of cab height. These measures must ensure that the driver and passenger area in a moving log transporter are protected. In most log transporters, the interior ceiling immediately above the driver may be used to determine cab height.

In addition to extending 15cm above the cab, the guards must also be as wide as the cab. This means the cab guard must be as wide as the driver and passenger area. Items that are located outside the driver and passenger area do not form part of the cab for the purposes of measuring width.

For more information on these guidelines please visit:

<http://www2.worksafebc.com/publications/OHSRegulation/GuidelinePart26.asp>

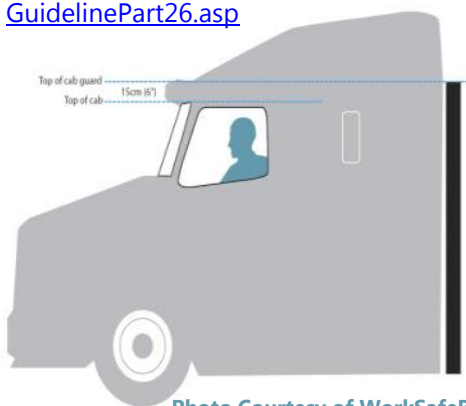


Photo Courtesy of WorkSafeBC

### Fatality Alert

On July 8th a mechanic was fatally injured while working underneath a lowbed truck, when the truck was moved by another person. Our condolences go out to his family, friends, and coworkers. Use lockout to prevent a similar incident.

#### Lockout procedures for log trucks & mobile equipment: "Chock it - Block it - Lock it"

When working on or repairing the machine, use chocking blocks specifically designed to prevent movement; if blocks are not available, use large rocks or wood.

If you are working on a piece of mobile equipment, you must block up anything with the potential to fall on to you. Standard operating procedure is to ensure that any mounted equipment like buckets or blades are down, anchored on the ground, never left in the air, when not in use. Preferably, block it by setting the piece directly on the ground. If that's not possible, then you must use something that will prevent it from falling such as a log deck, a stump or a mound of dirt.

If your equipment has a lockout mechanism, **USE IT**. De-energize the machine, install the lockout restraints and put a lock on the ignition switch when you are performing maintenance or repairs.

For the full lockout procedures for log trucks please see the relevant SAFE Certified Companies ISEBASE and SEBASE audit supporting document for Question 9 of the audit at [http://www.bcforestsafesafe.org/files/sc\\_pdfs/swp\\_lgtrklwbd.pdf](http://www.bcforestsafesafe.org/files/sc_pdfs/swp_lgtrklwbd.pdf) (pages 4 and 5). For any other machines or trucks see the general link: [www.bcforestsafesafe.org/node/2650](http://www.bcforestsafesafe.org/node/2650) and scroll to find the appropriate document.

Immobilizing your equipment must be done **every single time** you step out of the cab. This may add an extra few minutes to your day, but it could save your life.

## Anatomy of a Rollover Spring sessions feedback summary

### Overview

Overall, participants enjoyed the presentation; respondents expressed their appreciation for the presenter's enthusiasm, knowledge and experience. Some respondents commented that they were grateful that industry used Advantage Fleet Services, supported by the BC Forest Safety Council, to improve truck safety. Most participants said that the presentations were excellent and they did not have any suggestions to make the presentations better; however a few respondents suggested that the videos be updated and information on a multitude of topics including fatigue, incident reporting, more on rollovers, etc. be included.

### Take away

A majority of respondents reported that after seeing the presentation they are more likely to slow down, wear seat belts, and be more conscious of the load, its centre of gravity, vehicle speed in corners, and other factors that contribute to rollovers.

### Support

The majority of participants (92%) indicated that they would participate in future events of this type and the majority preferred half day sessions starting in the morning, during spring break-up.

### Safety

The most common answers for the top three hazards encountered at work are:

1. Poor road conditions
2. Traffic on resource roads and
3. Weather.

To keep themselves and their fellow employees' safe, 46% of participants said that they would try to be more aware, diligent and cautious, as well as ensuring that they and their fellow employees do proper checks, wear PPE and follow the rules.

### What participants said they would like to see:

1. More sessions like AoR; collect more statistics, do more research, presentations, and /or videos on load dynamics, distracted driving and impairment.
2. Suggestions for industry included: improved resource road design, quality and maintenance; change or eliminate cycle times; consider moving to hourly pay instead of production pay; as well as improve industry wide communication to decrease incident rates.
3. Desire to see more public education about commercial vehicles handling characteristics and limitations; and resource road driving.
4. Recommended implementing mentoring / apprenticeship programs so experienced staff can train new drivers.

**We would like to thank all of our participants and sponsors for their part in the success of these sessions and hope to see you all in 2016!**

## Tips for driving in smoky conditions

- Slow down – before you enter smoke. Smoke creates the visual illusion of slow motion when you may actually be speeding. Speed is a major factor in smoke related crashes.
- If conditions create obstructed vision, which makes driving unsafe, put four way flashers on and pull over to a safe area e.g. road shoulder, pullout, or rest stop.
- Reduce your distractions. Turn the stereo and cell phone off.
- Watch for slow moving and parked vehicles. Listen for traffic that you can't see.
- Roll your windows up and put your air conditioner on recirculation mode to avoid using outside air.
- Do not stop on a highway or highly travelled road. You could become the first link in a chain reaction collision.
- Be patient and avoid passing or changing lanes.

### Wildfires 2015

It goes without saying that the wildfire situation this year hasn't been good. So far, 283,000 hectares have been burned by forest fires. Approximately 75% of the area burnt has been in the Prince George Fire Center with 212,059 hectares going up in flames.

Last year the numbers were slightly higher: 369,169 hectares burnt across BC at a cost of \$297.9 million, which is approximately what the province will spend over the next three years to improve the condition of provincial side roads, to put the cost into perspective.

Last year the percentage of fires caused by humans was 44.8% while lightning started 55.2% of the fires. Up from previous years when 30-40% were human caused with the exception of 2005 and 2011 when humans caused more than 60% of wild fires.

**September 12-26 is National Forest Week. This year's theme: Wildland Fire — You can make a difference!**

# Health and Wellness

## Top 3 cancers seen in men in BC

According to the BC Cancer Agency the top three most common cancers for men are: prostate cancer with 1 man in every 1,000 having been diagnosed, colorectal cancer with 1 man in every 1,400 and lung cancer with 1 man in every 1,550.

**Symptoms of prostate cancer:** (<http://www.prostatecancer.ca/>)

- Burning, frequent, or urgent urination
- Difficulty urinating, or starting and stopping urine flow
- Painful ejaculation and / or blood in the urine or semen.

**Symptoms of colorectal cancer:** (<http://www.colorectal-cancer.ca/>)

- Constipation (bowel movements less than three times a week), narrow stools, or diarrhea (on going for a couple weeks)
- Abdominal cramps, loss of appetite and/or unexplained weight loss and/or feeling fatigued (regularly).

**Symptoms of lung cancer:** (<http://www.lungcancercanada.ca/default.aspx>)

- A cough that worsens and will not go away
- Chest pain, Blood in coughed up mucus
- Shortness of breath, wheezing or hoarseness
- Frequent chest infections
- Feeling fatigued
- Loss of appetite and, or unexplained weight loss, and/or severe shoulder pain.

Risk Factors:	Prostate Cancer	Colorectal Cancer	Lung Cancer
Being over 50 years of age	X	X	
Having a family history of the cancer	X	X	X
Being overweight	X	X	
Not having a healthy diet	X	X	
Being inactive		X	
Smoking especially long term		X	X
Using alcohol heavily		X	
Having a personal medical history with issues or syndromes related to the cancer		X	
Working shift work		X	
Having a weakened immune system			X
Occupational exposure to chemical carcinogens			X
Second hand smoke, or air pollution exposure			X
Exposure to radiation, radon, asbestos, arsenic and or, indoor coal burning			X

**Recommendations for the above risk factors:** Prostate Cancer Canada recommends men get PSA blood testing done between the ages of 40 and 70. Talk to your primary care provider about further testing if you are high risk. Being healthy and active also lowers the risk of Cancer. The Canadian Cancer Society recommends that men and women over 50 years of age, at high risk for colorectal cancer submit stool samples and/or have blood tests done every 2 years, talk to their primary care provider about further testing. ([www.cancer.ca/](http://www.cancer.ca/))

## Coming Soon

**SHARP Safety Conference SHARPen your skills: "The ones you know, should know, or be willing to learn"**

September 24 & 25, 2015

Email: [admin@conifer.ca](mailto:admin@conifer.ca)

Phone: 250-564-5166

<http://www.conifer.ca/index.php/sharp/safety-conference-2015/>

**VISC Conference 2015 10th Annual Vancouver Island Safety Conference: "Driving Forward — 10 years of Safety Evolution"**

Saturday, October 3rd 2015

For more information please visit:

[www.bcforestsafesafe.org/VISC\\_2015](http://www.bcforestsafesafe.org/VISC_2015)

**Distracted Driving Prevention seminars and workshops**

Sessions to be held late October or early November in the Peace area and Terrace. Watch: [www.bcforestsafesafe.org](http://www.bcforestsafesafe.org) for updates or email [transport@bcforestsafesafe.org](mailto:transport@bcforestsafesafe.org) for more info.

## Slow down in School Zones!

Remember that it will soon be back to school and all drivers are reminded to obey the school zone speed restrictions, slow down and be extra aware. Look for kids crossing the highways to catch buses, watch cross-walks, and just be aware that there will be more traffic on the roads during school hour start and finish times.

**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 would like to learn more about, please give us a call: 250-562-3215 or toll free 1-877-741-1060 or email:**

[transport@bcforestsafesafe.org](mailto:transport@bcforestsafesafe.org)