



For Safe Roads, Loads and Drivers Across British Columbia

January 2016

Issue 157

Northern BC distracted driving seminars promote safety

One in every 3 fatal crashes in BC is caused by distracted driving, where for whatever reason, the driver's attention was not on the road. The Insurance Bureau of Canada has found that nearly 3 out of every 4 Canadian drivers admitted that they have driven distracted at some time. For log truck drivers, distractions may include cell phone use, eating or drinking while driving, changing the radio, etc.

In November the BC Forest Safety Council partnered with Northern Health and Cancer to host Karen Bowman and Tim Baillie of Drop It And Drive to deliver distracted driving presentations and workshops in Fort St. John and Terrace.

The seminar sessions raise awareness using stories and statistics to increase understanding of what constitutes distracted driving and the consequences of incidents. The workshop sessions provide employers, supervisors, and safety professionals with resources to bring the seminar's message to their employees through 10-20 minute workplace safety presentations.

Cell phones, passengers, fatigue, and music were some of the more common responses by attendees when asked what had the potential to be distracting when driving. 76% of respondents indicated that they drive distracted and 70% indicated that their teenagers or family members also drive distracted. 82% said that after attending the seminar they would change their behaviors.



Some additional comments were: "Fantastic course". "I really felt this was an excellent presentation. I found it more informative than I thought I would." "Has impacted my view on distracted driving." "Will keep my phone out of reach when driving."

Reduced daylight and colder weather contribute to fatigue

According to Statistics Canada **30 to 40% of collisions** and **31% of fatal trucking incidents** in North America are related to fatigue. A WorkSafeBC study says the top 5 fatigue causing factors reported by drivers in BC are: 1) Not enough sleep 2) Long shifts 3) Not enough rests or breaks 4) Weather conditions 5) Waiting to load or unload.

Short days, reduced Vitamin D from sunlight, and decreased level of activity in the winter can all contribute to an increase in the risk of fatigue. Cold weather further contributes to fatigue as our bodies work harder in the cold and use more energy.

Fatigue is extreme tiredness as a result of physical or mental exertion from lack of sleep, long hours and/or illness. According to the National Sleep Foundation the average healthy adult needs between 6 and 8 hours of good quality sleep. Fatigue is cumulative, the longer you have been going without the recommended amount of sleep the worse the effects will be. One night of good quality sleep for the recommended duration can begin to help you recover, but it takes getting enough good quality sleep on a regular basis to be really effective and help you perform optimally and safely.

Fatality Alert

On November 17th, a log truck driver was fatally injured when his log truck was caught in a landslide and carried down a steep slope. The incident occurred in an area north of the town of Hope. WorkSafeBC and the Coroners Service are still investigating the incident.

Although details of the incident are still unknown, review the following general safety information:

1. Proper planning is essential for logging and road construction on both moderate and steep slopes. Terrain stability and steep slope harvesting assessments are tools that can be used to manage the risks.
2. Identify the high risk areas and the safe zones at your worksite. Communicate to everyone on site about potential hazards such as unstable terrain, steep slopes, drainage areas and road washouts.
3. Develop and implement shut down procedures for storms and extreme weather. High winds, significant rainfall events or snow and cold temperatures can create hazardous work conditions. Watch out for unstable terrain, flooding, road washouts and blowdown.

See more information on this fatality alert, see: www.bcforestsafecouncil.org/files/BCFSC-FatalityAlert-2015-11-17.pdf

Log truck rollover and seat belt safety video viewed 740 times in three weeks!



Thank you to the Trucking Advisory Group and special thanks to Adrian Sunduk and his family for

sharing his story. See https://www.youtube.com/watch?v=z_kH7mIuUjk

The effects of fatigue:

Fatigue impacts both our ability to perceive negative consequences and, to assess information from the environment such as distance, speed, and time. This can lead to a decrease in reaction time and an increase in the likelihood to act and drive recklessly. Fatigue reduces manual dexterity and self-awareness, and can lead to an inability to recognize and assess one's own level of fatigue. Fatigue can also cause forgetfulness, which may result in drivers forgetting components of maintenance or procedures, contributing to mechanical failure and incidents.

Symptoms:

- Heavy eye Lids, long blinking, blood shot eyes
- Impaired hand eye coordination
- Inability to remember the last few kilometres
- Feeling irritable, impatient, depressed
- Headaches, dizziness, hallucinations
- Falling asleep momentarily while driving
- Slumping or leaning posture
- Frequent yawning
- Head bobbing
- Feeling exhausted and sleepy
- Loss of appetite
- Slow reaction time
- Lack of motivation

Who is at risk?

Drivers who work in the forest industry and drivers who work night shifts or rotating shifts are more likely than other drivers to demonstrate symptoms of fatigue and be in fatigue related incidents. Those drivers who take medications, young males, people with sleep disorders, and those driving under the influence of alcohol are also at greater risk of fatigue related incidents.

Fatigue management:

Gloomy weather, high temperatures, constant and loud noises, being overly comfortable, and driving long repetitive trips increase fatigue so adjust your cab accordingly to help you stay awake and alert.

Be aware of the symptoms of fatigue so you can catch yourself when you shouldn't be driving. Manage fatigue:

- Take breaks whenever possible.
- While being loaded get out of the truck, have a snack or drink some water, and go for a short walk.
- If your breaks aren't helping, take a nap. Set an alarm so your nap is between 15 to 30 minutes and allow for 10 to 15 minutes to wake up before you start driving.

A healthy lifestyle will help you manage fatigue. Eat healthy, exercise regularly, stay hydrated, and get lots of good quality sleep. If you try all the above and are still fatigued, talk to your physician as you may have a sleeping disorder.

Upcoming transportation safety events:

Transportation Safety will be scheduling 2016 transportation safety sessions including: Anatomy of a Rollover, Standard of Care, Your Greatest Risk, and Drop It And Drive.

For more information on these sessions or if your organization is interested in hosting or sponsoring one of these events, please contact us via email at: transport@bcforestsafe.org.

Transportation Safety would like to introduce Trish Kohorst as the new Transportation Safety Manager



Trish is a Registered Forest Technologist, who has over 20 years experience in the forest industry in British Columbia and Alberta. She has worked with the BC Forest Safety Council as an Instructor and SAFE Companies Auditor and we would like to welcome her as a member of the Transportation Safety Team.

2016 Resource User Guides

Thanks to suggestions from stakeholders, the 2016 Transportation Safety Resource Guides are ready for distribution. These transportation guides are available for industrial and recreational users. They explain what to expect, and provide general safety precautions, when using the various transportation methods.

- ORV Guide
- Helicopter Safety Guide
- Marine Safety Guide
- Resource Road User Guide

There are a limited number of printed copies available at the BC Forest Safety Council (BCFSC) offices. The guides are also available on the BCFSC website in the Transportation section.

2016

**Happy New Year
from the
BC Forest Safety Council!**

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 1-877-741-1060
transport@bcforestsafe.org