



For Safe Roads, Loads and Drivers Across British Columbia

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Managing fatigue during night duty

In many areas of the province, workers are either in the process of transitioning or are already on night duties.

Industry is working with Human Fatigue Specialist, Clinton Marquardt, to develop best practices for industry and drivers while transitioning and working on night duties.

While operational best practices are being developed, the following are key considerations for workers in managing fatigue:



- Prioritize sleep and adjust sleep periods so that you obtain between 6 and 9 (preferably 8) hours of sleep directly preceding each night duty.
- Keep a consistent routine and commit to maintaining your sleep schedule on days off.
- Prepare your sleep environment. Make your room dark and quiet. Remind loved ones not to disturb you while you are sleeping and turn off your cell phone.
- Use caffeine strategically during night duties: Cola products (25-50mg), tea (26mg), hot chocolate(5mg), energy drinks (75-100mg) can be used strategically at 100mg before a night duty and another 100mg about 4 hours into the night duty.
- Take a nap. Increase break frequency to one 20 minute break every 2-3 hours.
- Create exposure to bright light immediately before and during the first ½ hour of night duty.
- Periods of risk where fatigue levels may be high should be managed with use of countermeasures (caffeine, physical activity, increased frequency of breaks, bright light, and controlled rest.)
- Avoid alcohol. Due to the affects that alcohol has on obtaining quality sleep, avoid alcohol consumption while on night duty schedule.
- Bio-mathematical modeling tools such as Readibands can be used to predict periods of risk where fatigue levels may be high.

We are coming to a place near you! **SAFE Companies** will be hosting a series of Town Halls across the province from April 18th to May 31st this year. We invite you to come have a coffee/tea and provide your feedback on everything to do with SAFE Companies and safety in forestry in BC. For the schedule and more information, please go to <http://www.bcforestsafe.org/node/2926>

Two fatal logging truck incidents within the period of one week

Our condolences go out to the families, friends and co-workers of the deceased and our sympathies to the injured driver and to all of those who have been affected by these incidents.

On February 9th, one log truck driver was fatally injured and another was seriously injured in an incident involving three logging trucks and a passenger vehicle near Fort St. James.

The Coroners Service, RCMP, CVSE and WorkSafeBC are investigating. A preliminary description of the incident indicates a south bound car was stopped on Highway 27 waiting to turn left. A south bound logging truck stopped behind this car. A second south bound logging truck was not able to stop in time to avoid a collision with the stopped logging truck. As a result of this collision, the third logging truck entered the north bound lane and collided with an empty north bound logging truck. A fire occurred after the collision. Those who arrived first on the scene were able to extract the drivers from the log trucks prior to the fire engulfing the trucks. The weather conditions at the time of the incident have been described as extremely poor, low visibility and snowing heavily.

On February 16th, a log truck driver was fatally injured north of Fort St John when his loaded log truck failed to negotiate a curve and rolled over.

Road and weather conditions were poor at the time of the incident.

1. Watch weather forecasts and assess road conditions on an ongoing basis.
 2. When road conditions are poor: drive to the conditions; slow down, use chains and/or delay work until condition improve.
 3. Wear your seatbelt. In the event of a rollover a seatbelt will keep the driver in the cab where there is greater protection.
 4. Maintain mental alertness by taking breaks when necessary.
 5. Improve your loads visibility by marking loads with appropriate lights and flags.
 6. Report hazards and hazardous conditions to your supervisor so that other can be alerted.
- See the fatality alerts:
<http://www.bcforestsafe.org/node/2928> and
<http://www.bcforestsafe.org/node/2932>

Interfor talks about its safety-focused drug and alcohol program

Workers must constantly assess their changing environment and the associated risks, which requires the ability to make quick decisions to stay safe. We know part of being safe means being fit and capable for work. This includes not being under the influence of drugs or alcohol while at work.

Interfor has taken a leading role in establishing a cohesive Drug and Alcohol program applicable to all their operations including staff and contractors.

For Interfor's post incident testing conducted since 2011, 12 per cent were positive for drugs or alcohol. Of these, 76 per cent were positive for marijuana, 11 per cent for cocaine, 10 per cent for alcohol, and three per cent for other (test refusals).

For the majority of the positive cases, workers received an evaluation by a substance abuse professional and returned to the job after abiding by a monitoring program as part of a return to work agreement. "The goal of our drug and alcohol program is to improve the safety of all employees and work with people through our process. When somebody refuses to actively participate in our program, there is the potential for adverse effects to their employment. Ensuring everybody adheres to our drug and alcohol program improves the safety of all other workers." says Lana Kurz, Interfor's drug and alcohol program administrator.

The majority of tests occur as a result of post incident investigations. The purpose of this test is to determine if drugs or alcohol may have been a contributing factor to the incident itself. Supervisors investigating safety incidents follow a standard approach to deciding if testing is required.

In practice, when an incident is reported, the supervisor ensures the workers are safe and receive medical attention as needed; then the supervisor evaluates the incident, works through the post incident investigative form and if a test is required, will either call upon a certified collector or will conduct field screening tests internally.

According to Larry Price, Interfor's general manager, BC Interior operations, "Our goal is to create a fundamental shift in the culture of safety within our woodlands operations and contracting workforce. It's all about the health and safety of our employees and contractors' employees. We have found that workers are generally willing to participate in testing simply to clear their name as part of the investigation process. We have also experienced an improvement in compliance of safety rules because workers don't want to bring attention to themselves or be involved in an incident that triggers a test. This is creating a culture where people are making the right decisions."

Removing the influence of drugs and alcohol from worksites helps create a safe workplace for all workers, all while achieving our responsibility to the public "to have proper regard in all work for the safety of others." says Price.

For further details and to view the original article, please go to [BC Forest Professionals Sept/Oct 2016 issue on Policy and Legislation](#). The excerpt above is reprinted with the kind permission of the Association of BC Forest Professionals.

2017 Spring training and safety seminars

The Transportation Safety Department is working with Grant Aune, Advantage Fleet Services, and Clinton Marquardt, Human Fatigue Specialist, to deliver safety seminars throughout the Province.

Grant Aune sessions include:

- Anatomy of a Rollover (AOR)
- Standard of Care (SOC)
- Your Greatest Risk (YGR)

Clinton Marquardt sessions include:

- Fatigue Awareness Training

Session dates are being booked and dates are filling fast with tentative sessions as follows:

April 27—Fatigue Kamloops (Interfor)

April 28—Fatigue Kamloops (Interfor)

April 30—AOR Quesnel (Road User Group)

May 1—Fatigue Nakusp (Interfor)

May 2—Fatigue Grand Forks (Interfor)

May 3—Fatigue Cranbrook (Canfor)

May 4—Fatigue Princeton (Weyerhaeuser)

May 5—Fatigue Vernon (Gorman Bros.)

May 5—YGR Vernon (Gorman Bros.)

May 11—Fatigue 100 Mile House (West Fraser)

May 12—YGR Williams Lake Cariboo Chilcotin Trucker's Compliance Committee

May 13—AOR Campbell River TLA

May 27—Fatigue Key note presentation – Interior Safety Conference Prince George

May 27 -AOR Chilliwack TLA

If you would like additional information or to book a session please contact the Transportation Department by telephone: 250-562-3215 or email: transport@bcforestsafe.org.

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 at 250-562-3215 or toll-free 1-877-741-1060 or email: transport@bcforestsafe.org