



RUMBLINGS

FOR SAFE ROADS, LOADS AND DRIVERS — ACROSS BRITISH COLUMBIA
FORESTRY TRUCKSAFE



BC Forest Safety Council

○ PRINTABLE VERSION

May 1, 2009----ISSUE 100

Safety in Forestry Transportation TruckSafe Rumbings is published biweekly to keep you informed on what is happening in forest hauling safety in BC. Call MaryAnne Arcand to provide input or get the news out on best practices and concerns in the industry.

RUMBLINGS # 100 – the Super B edition!!!

It's the 100th issue of TruckSafe Rumbings, and we couldn't be happier about it. In this issue, along with our normal news and information, we've including a little Rumbings feedback from the field. Hope you enjoy it, and thanks for your support.

Day of Mourning

This past Tuesday, April 28, was recognized by labour, industry and government as the Day of Mourning for workers killed on the job. WorkSafeBC reports that in 2008, 160 workers died of work-related causes, either traumatic injuries (84), or occupational diseases, such as asbestosis (76). After "Transportation and Related Services", which had 26 fatalities last year, Forestry is still the second highest category for fatalities (18), as cited by WorkSafeBC. While this is a lot less than 2005, when we saw 43 deaths in the industry, we still have a long way to go. Each of those numbers represents a person – a person who had family, friends, co-workers and communities affected by their passing. We need to keep pushing, working together to eliminate not only fatalities and injuries, but the incidents and close calls that lead up to them. In 2009, Unsafe is still Unacceptable!

In Memoriam

Came across this poem by trucker Dave Madill in Pro Trucker Magazine, and thought this was a worthy tribute to all the truckers who didn't make it home last year, including the three log truckers that died on the job in 2008.

THE LAST LOAD

by Dave Madill

Alone out in the trailer yard he crumpled to his knees
Tried so hard to get his breath and whispered, "Not here please"
Pain blurred his vision as he opened up the door
On hand reached for the wheel and he gasped, "just three feet more"
He collapsed into the seat and fumbled for the key
The he heard the engine roar and he whispered, "now, let it be"
We found him in the morning, hands clenched upon the wheel
Eyes fixed on the horizon and his skin as gray as steel
He went the way he wanted, with his boots upon his feet
His hands upon the steering wheel, sitting in the driver's seat
We buried him just today, with his logbook by his side
God, when you go to judge him, remember that he loved to drive

We're at 100!

How time flies! The first issue of Rumbings went out in July of 2005, and here we are, almost 4 years later, at Issue # 100! In the past 4 years we've covered or commented on everything from regulation changes (the hours of service and WorkSafeBC Part 26 changes to name a couple), to "truck jail", to health issues (healthy eating, sleep apnea, substance use, fitness to work), to industry trends and trucking technical info, to the issues you have to face out there on the roads every day.

We know from reader responses that Rumbings is being read as far away as Ontario and New Brunswick, that most of you pass it on to someone else, and that it's widely available in scale shacks across the province. We've seen it quoted in municipal government minutes, safety meeting minutes, and even Hansard (the record of the BC legislature).

And we've heard from you, too. Emails come in regularly, commenting, correcting, or raising concerns – and once in a while, giving me heck. You know what? They're all welcome! We'd rather hear from you, alive and kickin', than hear about you because of an incident.

So we'll take this opportunity to blow our own horn a bit. Here's some of the feedback we've had:
This is great and hits the nail right on the head. - Dennis (trucker)

Keep up the good work !! Just read recent Rumbings and about a First Aid Course for Loggers, how can we find out more about this course! - Thank you George (trucker)

*I personally find it useful. Although our company deals with Forest Management we are primarily a consulting firm. I take pertinent sections of the reports and incorporate them into our monthly safety meetings. This month as an example I will use the animal impact segment, and crashes with private vehicles. I will also emphasize hunters and shared road use. Very worthwhile even if it is not 100% applicable to our core business.
Ken (forestry consultant)*

*We currently print Rumbings and leave copies in our scalehouse for pick up by drivers. Our loader operators and scalers read the newsletter as well.
- Brad (Canfor)*

*I print them off and post them on a safety bulletin board. Topics relevant for our staff are taken to our Occupational Health and Safety Meetings
- Gord (MoFR)*

*I enjoy Rumbings for keeping me up on industry safety issues. I've printed and forwarded copies to crew members or just told crew members something from your e-mails. I also like to hear of good trucking company drivers. It's nice to see them recognized. Keep up the good work!
- Martin*

*I read every issue. I was thinking of sending in a thought or two but don't remember how to do it. Keep up the good work.
- Gary*

*Wish we had Rumbings in Alberta! I forward nearly every one of "Rumbings" out to about 300 union members and across to the scale house so they can post it on their notice board for truckers to read. Quite a few of our union members are originally from B.C. and often return to visit so it keeps them in touch with what's happening on the roads.
- Henry, USWA, Weyerhaeuser, Drayton Valley Alberta*

*I am a Well site Supervisor in the patch I receive your letters all of the time. I send these letters to our Safety people, as we use the same roads that the loggers use.
- Carman*

*In response to your query in today's newsletter, if there is information that I think is useful for our staff I draw it to the attention of our safety committee and/or post it on our safety bulletin board. Total staff here that travel on bush roads is about 30.
- FERIC Vancouver*

Hi, I print off the Trucksafe Rumbings and copy it to be posted in our logging camps. While our camps are on

the mid-coast and isolated so that we don't have a huge maze of roads and many contractors as up north, some of the stuff in the newsletter is relevant and I know that our guys read these when they are posted in camp. If something is worth mentioning, it gets brought up at our monthly safety meetings as well. Keep up the good work - it is no doubt an uphill battle but it won't get better if nobody works at making it better and you're doing just that.
- Glenda (contractor)

We have 10 trucks in our company and we print and distribute Rumbings with the driver pay cheques. We also have another 15 sub-contractors, so we send Rumbings with their pay cheques as well. We have quarterly trucker meetings and I usually take the most recent copy of Rumbings for the guys. As soon as I mention you, they pick up the photocopy of Rumbings.
- Wendy (log truck owner)

I'm one of your loyal readers. Typically I don't pass rumbings on as everyone in our office gets a copy. I do enjoy each and every issue.
- Terry (WorkSafeBC)

*One of our contractors pointed me to your newsletter and I find it very interesting and lots of things that apply to the log haul industry in Saskatchewan as well. Please add me to your distribution list,
Thanks
- Mel, Weyerhaeuser Hudsons Bay, Saskatchewan*

My boss had expressed an interest in your publication. He was previously in the Media Relations area and knows the value of good communication. Having said that, we were wondering if you would be interested in adding an article from E Division Traffic Services in to Rumbings?
- Cpl Daryl Dalby, RCMP

Thanks for doing this, MaryAnne! I know that you have helped many know more about this problem (sleep apnea). You are doing great work out there, keep it up !!
- Dennis

And my great thanks to all of you, for the support, encouraging, and sometimes challenging emails, and especially for taking safety to heart! MaryAnne

AWAKE AT THE WHEEL –Trucking Now Recognizes Obstructive Sleep Apnea as a Safety Issue

(from today's trucking.com)

Burns Lake trucker Bob Schneider will be very happy to hear that all his campaigning about sleep apnea as a safety issue for truckers has been validated. The US Transportation Research Board has come out with recommendations for testing commercial drivers for sleep apnea.

"We understand drivers may see this as a threat, but the goal here is not to have this sword of Damocles hanging over anyone's head. Our plan is to keep [drivers] driving for one month following the screening in order to get diagnosed. If they are shown to have obstructive sleep apnea, they would have three more months to get effectively treated and onto a therapy program. They'd also need to show that they are using the therapy," [researcher] Dr Allan Pack explains. "The goal is not to drive people off the road and to lose their jobs, the goal is to give them time to get diagnosed and begin a treatment program and to document the efficacy of the treatment".

There's a Canadian component to this as well. While the new regs not even been written yet, it's expected that these new medical requirements would apply to Canadian drivers in much the same way current drug and alcohol testing rules do. We may even have a similar medical standard of our own on the books before too long.

For full article, <http://www.todaystrucking.com/features.cfm?featuretype=homepage&intDocID=21631>

They're baaack! May is Motorcycle Awareness Month

As the weather warms up (finally!), the sleds are getting covered for the winter and the bikes are coming out – motorbikes, dirtbikes, and ATV's are getting revved up and ready. Motorcycles are a particular issue because of the visibility issues. At a meeting of 8 motorbike clubs in Prince George recently, safety talk centred around the most severe dangers – vehicles turning left in front of bikes at intersections, and not being seen because of their narrow profiles. The groups asked us to get the message out to the big rigs that they appreciate truckers letting them pass, but that it's safer to let the bikes pick where they're going to pass. They have to work around the

winds created by the trucks, and the rocks and dust that are kicked up, and would rather make the timing decision for themselves.

If you have a bike, and you're getting ready to head out on the highway – drive like nobody sees you!
And to motorists – LOOK. Motorcyclists should be seen and not hurt.

YOUR VOICE

Interesting article in the latest Pro Trucker magazine. Although I have found that sometimes a little bit of food, or coffee, or a little bit of chit-chat on the VHF radio can actually stimulate the few remaining brain cells we truckers have, especially when the roads are good , and there's no adrenaline rush from black ice or tourists. I have heard a lot of conversations interrupted mid sentence due to wildlife, snow, idiots, rocks etc. Safety first !

What I am curious about is why, in this era of safety, has the Dept. of Highways switched to a line marking paint that is virtually invisible on rainy nights? Is this just a northwest BC thing? Used to be when you met oncoming traffic you could see the lines , but now I have to go back to my logging days and judge the road by the proximity of the trees .I feel sorry for the long haulers who don't know the road And as for those folk who put driving lights into what are supposed to fog lights- Dim Dem Dam Lites!!

Bye for now Ian

UPCOMING EVENTS

- May 28 – 31 Community Forests Annual Conference & AGM, Port Alberni
- July 4 -5 BC Big Rig Weekend, Chilliwack
- July 18-19 Duncan Antique Truck Show, BC Forest Discovery Centre, Duncan
- July 31-Aug 3 Vancouver Island Truck Show, Saanich
- Sept 19-20 Antique Truck Show, McLean's Mill, Port Alberni

If you know someone who would be interested in receiving TruckSafe Rumbings, please forward this email along. Signing up is easy. Just [click here](#) and you will be taken to our new sign up page. If you know someone who'd be interested but doesn't have email, forward their fax number to us at arcand@bctrucksafe.org

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