



RUMBLINGS

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



BC **Forest Safety** Council

○ PRINTABLE VERSION

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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.

Editor's Note: *until the Forestry TruckSafe position has been filled, MaryAnne Arcand will continue to edit and produce Rumbings. We may have a couple guest editors over the next couple of months, so stay tuned for different perspectives and different 'voices'. thanks*

The Health and Wellness Edition

It's easy to think that trucking safety is all about the rules of the road or mechanical issues. In fact, a driver's health, and their attitude while behind the wheel can have a huge impact on safety for themselves and everyone around them on the road.

As summer starts to wind down, and we all get our minds focused on fall and work/school, it's a good time to take a look at health, attitude and the impacts on us all when safety breaks down. For a sobering look at what happens to drivers, bystanders and families when vehicle accidents happen, take a look at the Road Health Coalition's excellent video called "Impact," which lets people from northern BC tell their stories of how their lives were changed forever by traffic incidents. [Click here to view the video.](#)

Your Health and Your Fitness to Drive

Under the Motor Vehicle Act, the Superintendent of Motor Vehicles has the responsibility for determining the fitness to drive of people who hold or are applying for a British Columbia driver's licence. Drivers who have a medical condition that has the potential to affect their fitness to drive may need their doctor to complete a Driver's Medical Examination report. A Driver's Medical Examination is one tool that provides the Superintendent with the information needed to decide whether someone is fit and able to drive safely. Information on commercial drivers' fitness requirements and other conditions with specific requirements can be found here:

<http://www.pssg.gov.bc.ca/osmv/publications/index.htm>

Diabetes getting more common all the time, particularly among middle aged or older drivers. It can be progressive, and it can affect your fitness to drive. Here's some specific information on requirements for managing it.

The Requirements for Professional Drivers Classes 1 - 4

The type and frequency of assessment and follow up by the Office of the Superintendent of Motor Vehicles (OSMV) varies depending on the class of driver's licence held or applied for, as well as the type and control of diabetes:

a) Diabetes treated with oral medication and/or diet — Under OSMV policy and medical guidelines, you need to have a Driver's Medical Examination Report completed and submitted to OSMV when they are first made aware that you have Type 2 diabetes.

A follow up medical in one year is required so they may obtain information to assess your control of diabetes and to establish a baseline for future medical examinations. They mail these forms to you.

If your doctor indicates you maintain good control of your diabetes and have no other medical conditions affecting your fitness to drive, you will be asked to submit a driver's medical examination report every two years for as long as you hold a professional class driver's licence.

b) Diabetes Treated with Insulin —

Professional drivers who operate heavy vehicles over distances, work long and irregular hours, work in bad weather, carry passengers, or perform unexpected heavy physical labour can have difficulty maintaining the essential balance between insulin dose, food intake and physical exertion due to the nature of their work. They are often unable to stop work if they become ill while on duty, even though illness can make it very difficult for them to keep their diabetes under proper control.

You need to submit a "Diabetic Package" to the Office of the Superintendent of Motor Vehicles (OSMV) yearly. They assess the control you have of diabetes and establish a baseline for future medical examinations. Medical information may be requested more frequently if your doctor indicates your diabetic condition is unstable or if you have other conditions that may affect. For complete information [click here for Class 1 -4](#) and [here for Class 5 – 8](#). These OSMV Fact Sheets will be posted on the BC Forest Safety Council's Forestry TruckSafe web page as well.

You should not drive any time your blood glucose is below 6 mmol/l as you could have a hypoglycemic episode. If you have a crash while your blood sugar is too low, or your diabetes untreated or unstable, it could have serious consequences for your safety, the safety of others on the road, your insurance and your ability to continue to drive professionally.

DRIVER ATTITUDE/DRIVER DISTRACTION - The Cell Phone Consultation

Distracted driving is an important issue for everyone who cares about road safety in this province. Speculation among road safety groups is that we will be looking at legislation similar to Ontario's and Quebec's, prohibiting use of all hand-held devices (cell phones, ipods, PDA's, etc) while driving, but hands-free calls will still be allowed.

On June 30, 2009, the Office of the Superintendent of Motor Vehicles (OSMV) released a discussion paper, "Addressing the Problem of Distracted Driving and its Impacts to Road Safety", as well as a short list of consultation questions for individuals to respond to.

According to the research, distraction of all types is associated with approximately 25 per cent of crashes. Driver distraction takes on many forms and the associated risk to public safety ranges from minimal impact to a significant impairment of a person's ability to focus on the driving environment. There is no evidence that listening to the radio or a book on tape degrades driving performance, nor does talking to a passenger in the vehicle.

The consultation is now completed. 3,777 comments and ideas were submitted for consideration.

“FIT TO DRIVE” the October Crossroads Road Safety Conference

The 3rd CrossRoads Road Safety Conference is set for October 20 & 21 in Prince George, sponsored by the RoadHealth Coalition (ICBC, RCMP, Northern Health, BC Forest Safety Council, Ministry of Forests, Ministry of Highways, BC Coroner’s Service, CVSE, and the BC Wildlife-Vehicle Crash Prevention Program, BC Council on Substance Abuse). There is NO COST for attending the event.

This is a “must attend” for any individual, non profit, employer or employee, business owner or government agency. Motor vehicle crashes are among the biggest causes of death in the oil patch, forestry, logistics and service industries.

This year's theme is **“Fit to Drive”**, looking at the various human conditions that contribute to motor vehicle crashes, including:

- Aging & youth
- Chronic diseases and health issues Impairment
- Fatigue
- Stress
- Driver Inattention
- Substance use - prescription and otherwise
- Wellness and lifestyle
- The Things we Do in our Vehicles!
- Attitude and Risk Taking

WorkSafeBC will be presenting a session on Human Factors in terms of injury prevention, and dynamic speaker Dr Brendan Adams will be there to talk turkey about alcohol and drugs. There will also be a session on the legal liabilities of employers whose employees drive for work, which applies to business, industry, school districts, health authorities, social services, local government fleets, and government agencies that provide field services. As well, there will be up-to-date information on road safety initiatives being taken in the trucking industry, on BC's resource roads, and in the business community.

For further information or to register, go to www.roadhealth.org or contact MaryAnne Arcand maryanne@cila.ca

FOREST EXPO BROADENS FOCUS, CHANGES NAME

Forest Expo moving from a strictly forestry focus to a much broader one which will encompass all B.C.’s natural resources. In recognition of its new identity and interests, it has been renamed **Resources Expo**.

MaryAnne Arcand, co-chair of Resources Expo, says this completes the change begun in 2008, when the long-running Forest Expo event was expanded to include other resources. “The Board of Directors felt it was time, given the amount of cross-over and common interests and issues to all the land-based resource industries. Next year’s event, June 3 – 5, 2010 in Prince George, includes displays and speakers from mining, oil and gas, bio-mass, independent power producers (wind, solar and water), forestry, silviculture, human resources and training, construction, research, and professional services,” Arcand said.

Resources Expo will build on the success of the Northern Economic Summit held last January in Prince George, but on a much bigger scale.

“The energy, the networking, the optimism, and the opportunities at the Summit were the final boost for our Board to make the transition,” Arcand said.

Resources Expo’s other co-chair, Roy Nagel, hopes that this will enhance communication and collaboration for

all stakeholders. “So many northern contractors and businesses work in all sectors, and it’s time we started building the relationships necessary to keep our northern economy and communities strong and sustainable, and our skilled workforce here”.

For further information, visit Resources Expo’s new website, www.bcreourcesexpo.com

FORESTRY TRUCKSAFE JOB BEING OFFICIALLY POSTED NEXT WEEK

For those of you with an adventurous spirit and a passion for safety, and for the rest of you that are wondering what’s happening with Forestry TruckSafe, the position is still open and will be officially posted on the Safety Council’s website next week. Check it out at www.bcforestsafe.org

YOUR VOICE

Shame on you log truck drivers!

I am a truck driver that travel up and down Hwy 97 and Hwy 1 . I travel between Vancouver and Prince George every week and it shocks me to see how many logging truck drivers throw cigarette butts out the window which is a very unsafe thing to do. Also I have witnessed on a lot of different times day or nite that a lot of them drivers still like to tailgate and speed and yet they talk about safety. Give me a brake. NE

UPCOMING EVENTS

- Sept 19-20 Antique Truck Show, McLean’s Mill, Port Alberni
- Sept 23 -24 SHARP Conference, Prince George
- Oct 20– 21 CrossRoads Road Safety Conference, Prince George
- June 3-5/10 Resources Expo, Prince George

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