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DIRECTOR'S NOTE

Winter has hit most of the province with full force and extra caution is required to prepare for and deal with winter driving conditions. This month's issue of Rumblings provides some valuable tips to help guide you safely through whatever the winter weather brings. If there is one driving tip to keep in the forefront of your mind as you travel the forest roads and highways this winter, it would be to always be aware of the road and visibility conditions in front of you and adjust your driving accordingly.

The BC Forest Safety Council is co-sponsoring a research project, in conjunction with Weyerhaeuser, Selkirk College and Fitsafe Solutions, to study the effects of exercise and diet on the cognitive ability of truck drivers. The study will determine if the decision making ability and the reaction time of truck drivers can be improved through simple changes to activity levels and eating habits. The premise being, by improving the driver's cognitive ability while driving, the risk of human error caused truck crashes can be reduced. If this hypothesis holds true, a "Fit to Drive" program would be developed that specifically targets the health and wellness of log truck drivers. The yearlong study is currently underway with driver testing and trials taking place in BC, Washington State and Oregon.

Finally, on behalf of the Transportation Safety Team here at the BC Forest Safety Council, I wish to extend holiday best wishes to our Rumblings readers and their families and hope everyone has safe and happy New Year.

Chuck Carter

REGULATORY FOCUS

Winter weather places extra demands on you, your driving skills and your vehicle's performance. You can handle changing road and weather conditions by anticipating and preparing for them.

Winter Vehicle Safety Checklist

Be Prepared

Before winter arrives, take your vehicle to a reputable garage for a thorough tune-up and inspection.

Brakes

Ensure your brakes are properly adjusted to prevent pulling to one side in a skid. Check for wear on the linings or pads.

Tires

Check all tires for ample tread and the right pressure. Never mix radials and non-radials. If you live in regions that receive consistent amounts of snow and below freezing temperatures, you will

want to change to snow tires. You should also ensure that all four tires must be snow tires. Studded tires may be used between Oct 1st and Apr 30th.

Engine Oil

Switch to a light weight, multi-grade oil. Heavy oil thickens in cold weather, making it harder for the engine to turn over.

Cooling System

Anti-freeze should be renewed every two years. Check the level and the tolerance of all fluids in your vehicle

Windshield Wipers

Make sure the sweep of your windshield wiper blades clears off rain, sleet and snow without leaving streaks or smears which will reduce your visibility. Add windshield washer anti-freeze to the washer fluid.

Exhaust System

Check the muffler and exhaust system for carbon monoxide leaks to prevent gas poisoning.

Lights

Make sure all vehicle lights are working and that headlights are correctly aimed.

Battery

Battery power decreases in cold weather. Test your battery to ensure it is reliable. Clean and grease the terminals to prevent corrosion.

Hose, Belts and Wiring

Check all hoses for leaks and belts and wiring for signs of wear.

What's in your Winter Emergency Kit?

Take the added precaution of developing your own vehicle winter emergency kit. The basics should include:

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| ✓ Road maps | do not keep clothing and blankets in your trunk. Hypothermia can happen inside your vehicle so keep your extra clothing on you or nearby for easy access. |
| ✓ Scraper and brush | |
| ✓ Shovel | |
| ✓ Booster cables | |
| ✓ Flashlight, matches and a candle | ✓ Traction pads, chains/cable chains or pieces of old carpeting |
| ✓ Extra vehicle supplies like fuses, belts and hoses | ✓ Drinking cup |
| ✓ Basic tools | ✓ Non-perishable, high energy snacks |
| ✓ Road flares or reflectors | ✓ Names and addresses of people to call in an emergency |
| ✓ Extra clothing, footwear and blankets. | ✓ First aid kit |
- These should be kept in a location that is easy to access. It is recommended that you

Before you head on down the frozen, snow covered trail...

- Check the weather forecast and road conditions before you begin your travels. Check out www.drivebc.ca for the local
- Take warm clothes for the weather, not the in-vehicle temperature.
- Notify people at both ends of your route and your estimated times of departure and arrival.
- Clean ice and snow off all windows, exterior lights, vents, hood and roof to maximize visibility.
- Run the heater and defroster and open the window a crack to prevent windshield fogging.
- Ensure your gas tank is at least half full at all times.
- Watch for road maintenance crews. They're working for you to keep roads clear of flooding, snow and/or landslide debris. Give roadside crews a wide berth as you pass them. Keep your distance behind snowploughs and road sanding trucks because sand aggregate thrown up by the vehicles wheels can damage windshields and vehicles if you're following too closely.

If you have questions or comments regarding this or other Rumbings, please email Kate Montague montague@bcforestsafe.org

Words to live by:

It's better to crash into a nap than to nap into a crash

~ Anonymous