

April 2011 – ISSUE 125

RUMBLINGS is produced monthly to help keep you informed on what is happening in forestry transportation safety in BC. If you have best practices you would like to share, concerns you would like to discuss, or topics you and others would like to learn more about, please give us a call at **250-562-3215**.

A Night in the Life of a Log Hauler

Much thanks to Don Doucette of Inwood Trucking for taking me (Kate Iverson) on a ride-along last month. It was great to have a chance to spend a little time seeing the world through a trucker's windshield, seeing the hazards they encounter and discussing the topics that are important to log haulers. Thanks again Don!

Seasonal Load Restrictions

To protect the roadway, the B.C. Ministry of Transportation and Infrastructure has in place a Seasonal Strength Loss Program for heavy vehicles and commercial transport trucks on B.C. Highways. This program identifies and imposes load restrictions on roads, or portions of roads that have been weakened by excess water in the road base. Once the road has been determined to be structurally sound, load restrictions can be rescinded. Check out the link below.

<http://www.th.gov.bc.ca/BCHighways/loadrestrictions/loadrestrictions.htm>

Recent Bulletins from Commercial Vehicle Safety Enforcement



RE Inspection of Air Brake Chambers, Bulletin # 01-11 (March 18, 2011)

CVSE has been advised of inspection problems regarding the application of inspection 'reject' criterion for "mismatched air brake chamber size on same axle group" when inspecting standard, long and extra long stroke chambers. The current Vehicle Inspection Manual (VIM) directs inspectors to visually inspect all brake chambers, measure and record service brake chamber size, and reject in the following conditions: a unit that is damaged, mounted insecurely, leaking or corroded; if the drain hole is not pointing in a downward position or is plugged; if there are mismatched units (e.g. different size / stroke length chambers) on the same axle group, or if there is binding or the piston return spring is broken.

RE Repeal of Vehicle Inspections & Standards Bulletin 05/06 Requiring the Hole-Punching of Approval Decals.

The practice of decal 'punching' proved to be problematic for inspection station and enforcement officers to effectively and efficiently identify valid decals. Certificate of approval decals issued by authorized inspectors as a requirement of passing a vehicle through the provincial inspection process must be cut to clearly identify the correct year and month of decal expiration.

For more information, see the CVSE website <http://www.th.gov.bc.ca/cvse/> or call Brian Kangas, Program Coordinator, Vehicle Safety & Standards, CVSE, MOTI at 250-953-4008.



RUMBLINGS

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



BC Forest Safety Council

PRINTABLE VERSION



Worker Wellness Corner: SALT!

You may have been told that salt is bad and a decrease in diet will provide better over health. But why is salt bad? What kinds of foods contain high levels of salt? The 'salt hypothesis' is that higher levels of salt in the diet lead to higher levels of blood pressure, increasing the risk of cardiovascular disease. You've probably heard that soy sauce, canned soups, dill pickles and fast food usually contain a lot of sodium. However, sodium can be found where you least expect it. Don't be fooled, know the hidden sources of sodium.

Food	Amount	Sodium (mg)
Smoked salmon	70 g	1428
Turkey, luncheon meat	75 g	900
Baked beans	¾ cup	800
Coffee shop raisin bran muffin	1 muffin	790
Spaghetti Sauce	½ cup	635
100% whole wheat bagel	1 bagel	540
Vegetable drink	1 cup	529
Cottage cheese	½ cup	485
Whole wheat English muffin	1 muffin	420
Beef hot dog	1 hot dog	412

Remember: Healthy adults should have no more than **2300 mg sodium per day**.

Instead of...	Try
High sodium cheeses like cheddar and feta	Low sodium ricotta cheese, cottage cheese, cheddar cheese
Instant hot cereals	Quick cooking oats made on the stovetop or slow cooker
Luncheon meats or smoked fish	Fresh/frozen fish, lean meat or poultry
Soy sauce	Fresh/dried herbs and spices, onions, garlic, vinegar, lemon or lime juice, or low sodium soy sauce
Regular vegetable drinks	Low sodium, salt free vegetable juices

Upcoming events

Interior Logging Association 53 rd Conference & AGM	April 28 & 29, 2011	Kamloops
BC Bioenergy Network Conference	May 11 & 12, 2011	Vancouver
Central Interior Logging Association AGM	May 13 & 14, 2011	Prince George
Truck Loggers Association Members Meeting	June 9, 2011	Courtenay
Transpo North	June 16-18, 2011	Prince George
Professional Truck Driving Championships	June 25, 2011	Abbotsford

