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RUMBLINGS is produced monthly to help keep you informed on what is happening in forest 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**.



CVSE CARGO SECUREMENT

Recently, CVSE has released some information regarding cargo securement changes and its affect on vehicles weighing <5000kg. Here's a little clarity on the situation...

- The National Safety Code Standard 10 (Cargo Securement) adopted by reference in the MVA Regulations Division 35, a revision that came into effect on January 1, 2011.
- This regulatory change is for light commercial vehicles.
- This regulatory change only deals with Cargo Securement and no other aspect of the National Safety Code.
- Soft enforcement will be applied over the next while until all acceptable Tie Downs are used.
- In response to the weight reduction proposal, nothing has been decided as of now.
- IF this amendment is accepted, vehicles weighing <5000kg will be excluded from the National Safety Code Standard 10 (Cargo Securement) and only that Standard. All other requirements will continue to be enforced i.e. logbook regulations, pre-trip inspections, etc.



Proposed changes to WorkSafeBC OHS Regulations

The Board of Directors of WorkSafeBC approved public hearings to be held in May-June 2011 to consider several proposed regulatory amendments, including a change to Part 16. This proposed change relates to requirements for trailer units *with a dump box to have a **permanently affixed** mechanical device capable of supporting the empty box in the raised position.*

The proposed amendments with explanatory notes and details of the public hearings can be accessed via the WorkSafeBC website or the link below:

- http://www.worksafebc.com/regulation_and_policy/public_hearings/assets/pdf/2011PublicHearing/Part16.pdf
- http://www.worksafebc.com/regulation_and_policy/public_hearings/2011PublicHearing/law_4_0_30.asp



Did you know...

- It is estimated that the average driver makes 120 observations and another 12 decisions per km. That equals 2 observations per second at 100km/hr and a decision every 5 seconds

- On a resource road travelling at 50km/hr, a driver is picking up 1 piece of information for every metre travelled.
- That is comparable to COMPREHENDING 400 words per minute constantly as you drive

Worker Wellness Corner: Pack a Snack!

As with most jobs, you get the good with the bad. Unfortunately, the disadvantages of being a truck driver and being stuck behind the wheel for 10+ hours a day, eating on the run and working on limited sleep can really put a toll on your health. As you all have heard before, Truckers are prone to diabetes, heart disease, sleep apnea, high blood pressure and stroke. And so, after a long shift and with the never ending high fat menu options at every truck stop and fast food restaurant in the country, it can be easy to justify those choices. But with a bit of pre planning, even the smallest changes to your diet will make a big difference.

DO's: eat 5-6 times a day consisting of fruits, vegetables, lean meats, nuts and choose water!

DON'Ts: kick the soda, juice, energy drink, fried food and "junk" food. If you drink 5 cans of regular cola per day, try a reduced calorie soda or each week, eliminate one can per day. At the end of the month, you will be ready to give it up entirely ☺

Eating properly can give you a better quality of life! But don't wait until you are sick to start taking care of your body.

Let me know your thoughts at vanessa@pgfitnessconnection.com

Vanessa Hamilton ~ PG Fitness Connection



Upcoming events

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