

## May 2011 – ISSUE 127

**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**.

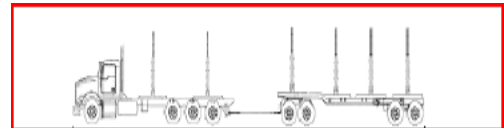


### Update from CVSE

CVSE is now accepting applications for 3m hitch offset variance for tridem drive quad axle trailers only - logging trucks. A “Letter of Authorization” from the Director of CVSE will be issued upon authorization. If you are looking to obtain a LOA, you must send an email or fax request to commercial transport [\(250\) 952 0578](tel:2509520578) or email: [commercial.transport@gov.bc.ca](mailto:commercial.transport@gov.bc.ca)) indicating **make, truck, VIN, and year** for both **truck and trailer**. The LOA will address the variance on extended hitch offset. All authorized LOAs will expire March 31, 2013.

### **Qualifying Logging Truck Configuration:**

- Tridem drive truck quad trailer hauling short log bundles.



### **Hitch offset**

- Maximum 4.5 m for rear overhang on the tridem drive truck to reduce the stress on the truck’s tail frame and provide better vehicle handling.
- Minimum drawbar length of 5m with a maximum of 6m.
- Overall length for vehicle configuration will remain the same - Max 25m
- The max hitch offset of 3m applies to tridem drive trucks and quad axle trailers with a “Letter of Authorization” (LOA) for 2.9m wide bunks and 27.5m overall load length on approved wide bunk routes (as per the T-60 Form )for hauling beetle killed wood from Mountain Pine Beetle stands.

### **Bunk Height:**

- 4.3 m max when hauling empty trailer (piggyback) with variance according to public safety and the route selection while cognizant of the need to protect infrastructure ( overpasses, lamp standards etc).
- 4.15 m legal height when loaded with logs.



### Did you know...

According to federal government research (2006), road mishaps:

1. kill one Canadian every three hours,
2. disable one Canadian every seven minutes and
3. cost the country about \$27 billion a year

## **Worker Wellness Corner: One month – what have YOU got to lose?**

June Challenge ~ No Processed or Junk Food...PERIOD

The next time that you (or the person in your household that does the grocery shopping) are in the grocery store, take a close look at the ingredients listed on almost any packaged food. How many have you heard of? How many are you able to pronounce? You may be shocked at the number of listed ingredients that look like they belong in paint thinner rather than in something you're about to eat. These chemicals are used by food companies to color, stabilize, emulsify, bleach, texturize, preserve, sweeten and add or mask odor and flavor. Apart from being linked to a range of auto-immune diseases, from cancer to multiple sclerosis to diabetes, these chemical food substitutes are loaded with sodium, trans fats, processed grains and refined sugars, all of which are going to hold you back on your way to your optimum health and body!

So I am challenging you, yes YOU, to cut the crap! The purpose of this challenge is to eat as clean and as healthy as possible. To make it easy, I'll tell you that the following foods are loaded with trans fats, sodium, processed grains and refined sugars and are to be avoided at all costs: fast foods, sodas, juice, pastries, candy, chips, processed meats, high-sodium canned or frozen foods, processed dairy and anything white (white bread, white pasta, white rice, etc.).

In addition to avoiding these foods, follow these guidelines for the next 4 weeks and hopefully the rest of your life!

- ✓ **If it's a non food, don't eat it**
- ✓ **The longer it lasts on the shelf, the worse it is for you**
- ✓ **Never eat anything with the words hydrogenated or partially hydrogenated oils/fats in the list of ingredients**
- ✓ **Avoid refined sugars and high fructose corn syrup (sometimes labeled HFCS) at all costs**
- ✓ **Do not eat foods that have been "enriched" i.e. enriched flour**

Let me know your thoughts, challenges, questions at [vanessa@pgfitnessconnection.com](mailto:vanessa@pgfitnessconnection.com)



**Upcoming events**

Truck Loggers Association Members Meeting	June 9, 2011	Courtenay
Men's Health in the Work Place	June 17, 2011	Prince George
Professional Truck Driving Championships	June 25, 2011	Abbotsford
Transpo North – <b>date change</b>	October 6-7, 2011	Prince George