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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**.



Winter's Around the Corner – Are You Ready?

Got questions about tires? Think you'll be ok with different tires on the front and back of your vehicle? The Rubber Association of Canada says "Vehicle handling will be improved when tires of the same type, size, speed rating and load index are installed on all four wheels". RAC has put together some demonstration video's showcasing the benefits of using four winter tires of the same type, size, speed rating and load index: <http://www.betiresmart.ca/video/apa.html>

Snow Tires



Tires marked with the pictograph of a peaked mountain with a snowflake meet specific snow traction performance requirements, and have been designed specifically for use in severe snow conditions.

If you intend driving in severe winter conditions, install four winter tires that meet the "snow tire" designation on your vehicle. These snow tires will assist you to control your vehicle safely in slippery conditions. Tires marked "M + S" – or "mud and snow" tires, also known as "all-season" tires— continue to provide safe all-weather performance, but may not always be suitable for severe snow conditions. Wide, high performance tires, other than those that are specifically designed as snow tires, are not suitable for use on snow covered roads.


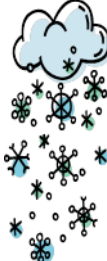
Remember:

- Install four winter tires - To help maintain control and stability of your vehicle in icy conditions, Transport Canada and the Rubber Association of Canada recommend that you install winter tires in sets of four.
- Mixing tires with different tread patterns, internal construction, and size degrades the stability of the vehicle and should be avoided.
- As a tire wears, snow traction is reduced. Tires that are worn close to the tread-wear indicators have reduced traction and should not be used on snow-covered roads or in severe snow conditions.
- Proper air pressure extends tread life, improves safety, and reduces fuel consumption — all vital factors in saving energy and protecting the environment. Tire pressure decreases as temperatures drop, so be sure to check the pressures at least once a month when the tires are cold, preferably after the car has been out all night. (For more information on proper tire inflation, please see our publication "Riding on Air" at

<http://www.tc.gc.ca/eng/roadsafety/tp-tp2823-menu-200.htm>

What's in your Emergency Road Kit?

If your trek involves a short jaunt to work and a days' worth of travel, winter driving does require some preparation and planning to ensure safe travel. Carrying an emergency road kit is a vital piece in your winter vehicle preparation. This kit should be stored in the trunk or cargo space of your vehicle and should include items like:

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| <ul style="list-style-type: none"> • ice scraper • snow brush • shovel • sand, salt or kitty litter • booster cables • flashlight |  | <ul style="list-style-type: none"> • blanket • warm gloves • extra clothing and footwear • emergency food supplies • axe or hatchet |  | <ul style="list-style-type: none"> • matches • candle in a deep tin • fire extinguisher • paper towels or rags • First-aid kit • compass • road map |
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Winter driving is always at the mercy of the elements. Make sure you check the weather before your travels begin and plan your route accordingly. Keep your radio tuned to local stations for weather bulletins or warnings. Don't take the chance if the weather is bad or road conditions are hazardous. Wait until it's safe to make the trip. If roads or visibility are poor, remind yourself of a few safety tips:

- Leave earlier to get to your destination.
- Take a few minutes to warm the vehicle in colder temperatures.
- Make sure you always have at least half a tank of gas.
- Keep your headlights on all the times.
- The posted speed limit is set for ideal road conditions - slow down when conditions aren't ideal.
- Extend your following distance under adverse weather or road conditions.
- Know your braking system and how it reacts on ice.

<http://www.drivebc.ca/>

WorkSafe BC would also like to encourage drivers to know before you go. Check out their website for tools and information:



http://www2.worksafebc.com/Topics/RoadSafety/Winter_Driving.asp?utm_source=BCAA&utm_medium=radioTVprint&utm_campaign=shiftintowinter

They'd also like you know that (as of November 4th) there are 179 days until the end of the winter driving season (April 30).



Cancellation of NSC Safety Certificate Holders

CVSE has posted a notice to advise all National Safety Code (NSC) Safety Certificate holders in BC of the Commercial Vehicle Safety and Enforcement Branch's intent to cancel NSC Safety Certificates that have been **inactive for 5 or more years**. NSC Safety Certificates that have not had a commercial vehicle licensed and/or operating under its NSC number since September 2006 will be cancelled. If you have any questions or concerns regarding this notification, please contact the National Safety Code program office at 250-952-0576, or by e-mail at NSC@gov.bc.ca.

http://www.cvse.ca/national_safety_code/pdf/NSC_01-11_NSC_Certification_Holders_Inactive_Carrier.pdf



"Men's Health Matters Because Men Matter"

On May/June of this year Northern Health held a community consultation on the topic of Men's Health. The goals of the 2011 men's health consultation were as follows:

- To understand where the stakeholders are at in regard to men's health issues and actions in place
- To explore how communities and stakeholders can better support men to be healthy
- To support/facilitate the establishment of a Men's Health Coalition in Northern BC with ongoing leadership to be provided by Northern Health's Population Health portfolio
- To understand the experience that men have with the health care system today to determine what can be improved

This consultation was part of a larger conversation on men's health that was sparked by the Northern Health report entitled Where are the Men? Chief Medical Health Officer's Report on the Health & Wellbeing of Men and Boys in Northern BC (November 2010). As noted in the report, men in Northern BC do not live as long as those in the lower mainland of BC. As well, throughout BC, and indeed in most of the developed world, men die earlier than women of virtually all causes. If you haven't read the report yet, you can do so by clicking the link below:

<http://northernhealth.ca/YourHealth/MensHealth.aspx>

Have you heard?



- Peace Road Safety Committee Meeting - November 15 - Dawson Creek
- Northern Safety Conference - November 29 - Prince George
- Deadline for commenting on Natural Resource Road Act - December 15
<http://www.for.gov.bc.ca/mof/nrra/>
- 62nd Annual Northwest Fish Culture Conference 2011 - December 6 – 8, Victoria, BC, Canada

