



RUMBLINGS

FOR SAFE ROADS, LOADS AND DRIVERS — ACROSS BRITISH COLUMBIA

FORESTRY TRUCKSAFE



BC **Forest Safety** Council

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2012 – ISSUE 141

Resource Road Radio Pilot Developments

Industry Canada (IC) representatives were in attendance at the June 12th meeting of the Northeast (Peace) Road Safety Committee (NERSC) meeting. The key topic of discussion was the status and future direction of the Resource Road Radio Pilot Projects that have been underway in the Peace and Vancouver Island areas for the last several years.

A recent survey by FP Innovations indicates that while 70% of operators feel that standardized road signage and calling protocols have improved delivery and understanding of 2-way radio communications, about 50% feel that walk-overs and cut-offs have not been reduced. Field investigations in the Peace pilot area revealed that many 2-way communications were decidedly *one-sided* – the driver in Truck A could hear truck B coming, but Truck B was not hearing any of the calls from Truck A, or vice versa.

IC remains certain that the narrow band channels are not the source of those problems. Instead, they traced the problem back to widespread sub-standard radio configurations and/or installation. Specifically, many of the radios were in the “monitor” mode, which effectively disables the required receiving (Rx) tone. IC explained that successful implementation of the tone system requires correct configuration of 100% of radios forming the communication system.

As a result, IC provided the following recommendations:

- *Retain the narrow band channel configurations, but remove the use of tones.*
- *Introduce new frequencies to help offset the resulting “decrease” in channels.*
- *Replace / revise road signage accordingly.*
- *Switch all road channels to 30 Watts; logging or bush channels will remain at 5 Watts*



IC committed to working with NERSC and MFLNRO to implement the recommendations and to phase out tones before winter hauling season, if the Committee decides to proceed with those recommendations

Given the logistical challenges associated with re-programming radios and changing signage, NERSC members did not reach a decision at the meeting. NERSC Chair, Steve Amonson, indicated that it is likely the Resource Road Radio Pilot will be winding down, and expansion of the program (in its current form) to other areas will **not** occur.

There is still desire to achieve a province-wide bank of channels designated for resource road use; it will take further time, effort and financial resources to determine what the standards and processes will be, and then transition to them.

Did You Know? *Driver reaction time is up to a FULL second faster when eating small meals or snacks of complex carbs and protein every 2-3 hours?*



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What's Your Distracted Driving Policy?



Sure, it's the law - a couple of years ago, the BC Motor Vehicle Act was amended adding section 214.1 - 214.6 prohibiting drivers from using hand-held cell phones or other hand-held electronic devices while driving.

And, yes, there are plenty of studies to support that law. For example, University of Utah found that using a cell phone while driving impairs the driver's reaction time much the same as having a blood alcohol level of .08 percent. Virginia Tech found that a driver reaching for a cell phone is 6.7 times more likely to crash, and a texting driver is 23.2 times more likely to crash. Given those odds at the racetrack, I wouldn't be inclined to bet on the horse named "Cell Phone".



But you probably don't need studies or the law to convince yourself of the risks of cell phone use while driving. Here's a self-test you can do (it works as a fatigue indicator, too). Think back to a time when you used a cell phone while driving (with or without hands-free). Think about a 5-minute stretch of road you travelled while chatting on the phone. If that doesn't work for you, one day when you're riding "shotgun", have a 5-minute cell phone conversation. Can you recall the details of that road section with the same clarity and accuracy as you can after driving that stretch of road without a cell phone distraction? You probably recall seeing the deer, but was it a 3-point or a 4-point buck? What was the name of the side road you passed? When you met Tom's truck, was it packing peelers or pulp logs?

If you can't recall it, your brain did not fully record or analyze that piece of information. Perhaps those missed details were inconsequential – you didn't crash. But what else did you miss? Were there events or cues that would have scored higher on your hazard assessment radar if you had not been on the phone? If that 4-point had jumped in front of you, or 3 kids on a quad had come charging out of the side road, were you paying close enough attention that you would have reacted with the necessary split-second precision? Maybe, but maybe not.

There are also sound business reasons for deciding on and communicating your cell phone policy to your drivers. It demonstrates to employees that you and your company place a high value on their personal safety, and the safe operation of your vehicles. Just like seasoning recaps on your trailer, "it's the way we do things around here" because it works for your business. There's a due diligence aspect to this as well – having evidence that your safety management system includes a distracted driving policy that is communicated and implemented, speaks volumes if NSC folks visit or if should things go terribly sideways. It's not yet required here, but probably headed this way – most insurance carriers in the States (including HUB International) are asking their commercial clients to have and implement a distracted driving policy in order to maintain favorable rates or coverage. ICBC has contemplated that idea, but hasn't gone there, ...yet.



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If you haven't got one, here are a few example templates you might consider for building your distracted driving policy.

<http://safetydriven.ca/sample-workplace-policies>

<http://www.osha.gov/distracted-driving/modelpolicies.html>

http://www2.worksafebc.com/PDFs/RoadSafety/dd_sample_company_policy.pdf

<http://www.bcaaroadsafety.com/drivers/driving-and-the-law/cellphone-laws/sample-safe-driving-policy/>

HOW ABOUT THAT!

Reaction time is 15% better for drivers that eat low sugar, low fat snacks every 2-3 hours!



Tools & Technology



Shedding a Little Light

Standard lighting configurations on harvesters often perform poorly in terms of illuminating the area around the stump cut. Skogforsk recently conducted a study to



examine the effect of placing robust LED lamps on the harvester head to improve lighting in the work area. Various positions were tested and an experienced harvester operator assessed the results.

Placing lamps in the saw box seems to adequately protect the lights while providing much improved visibility, while at the same time minimising the risk of dazzling during normal work operations.



6 Links to the Interesting & Unusual

1. [“Wood” you ride this chopper?](#)
2. [13 Coolest Objects Made of Wood](#)
3. [What’s wrong with this photo?](#)
4. [Transportation Matters – Truck News Videos](#)
5. [Top 20 calorie-loaded meals in B.C. restaurants](#)
6. [Play Sodium Sense](#)



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The Timber Supply Review and You



What does a Million cubic metres look like?

On January 8, 2005, a huge cyclone as strong as a Category 1 hurricane blasted through Sweden and Denmark. Its name was Gudrun and it blew at sustained speeds of 126 km/h with wind gusts of 165 km/h. It killed 22 people and struck down 75 million cubic metres of trees. In efficient European fashion, industry and government acted quickly to salvage much of that timber. The picture below shows one of several resulting stock piles – this one is about **1 million m³**.



BC's current Allowable Annual Cut (AAC) is about 70 million m³ (roughly 20 on the Coast, 50 for the Interior). Because many Interior Timber Supply Areas (TSA) had received significant short-term AAC uplifts to help access and utilize beetle-killed timber, the current Timber Supply Review process is hosting necessary discussions about if and how to step back down to sustainable harvest levels in those TSA's. There are many versions of how dramatic those reductions will be, but COFI estimates over the next several years, the Interior AAC could drop about 10 million m³ – about 10 of those airfields, or some 190,000 loads of logs each year.

For more pictures and a video or 2 of what a million cubic metres looks like, [click here](#).



Healthy Habits – Making a Change.



A **professional driver** knows that they have to maintain their equipment to get the job done right and on time. The same thing can be said about maintaining your body. Physical activity and healthy eating are part of maintaining your machine – you - so it can function properly.

There is a tonne of *stuff* available: information, books and ads promoting healthy lifestyles. Sometimes it can be overwhelming, even down right annoying. BUT that *stuff* is out there because that *stuff* matters. You are important, and taking care of your machine (you) is important. Your health impacts every aspect of your life and your ability to function efficiently; but even small improvements in activity and/or eating habits will make a difference.

Research shows that 30 minutes of moderately vigorous activity (you've achieved this when you are breathing hard enough that it is tough to carry on a conversation) 5 days per week, will earn you big health benefits such as decreased risk of heart disease, increased libido, faster reaction times and lower rates of depression among many other things!



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SUCCESS

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Five Steps to Success:

1. [Be Ready to Change](#)

Making the decision to make lifestyle changes can be easy – but you have *to be ready to change*. Find the right reason, motivation, partner or incentive that makes you ready to undertake change. Clearly, we are not all the same; it's different strokes for different folks. Think about what matters to you, and why positive change is worth investing.

2. [Make a Plan](#)

Set realistic, attainable goals. Write them down. It doesn't have to be a big deal, it can be as simple as scheduling an activity on the calendar or setting a goal to reduce the amount of processed foods you eat each day, week, month – whatever! Try setting short term and long-term goals.

Be creative and try things out – if something is not working, change it!

3. [Have Support / Advice](#)

Find someone that you know that have made diet or exercise changes in their life, and talk with them. You will find that most healthy people love the way they look and feel, and especially enjoy their new-found increased level of energy! Join a group activity (walking club, baseball team) or seek one on one advice from personal trainer or nutritionist.



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If you have a fancy pants smart phone try out an “app”. There are hundreds of them. Don’t be overwhelmed, just pick one, and try it. Here are three that seem interesting and have good reviews.

[Fooducate – Eat a Bit Better™](#) – Scan the barcode of food at home or before you buy it, the program gives it a letter grade for nutritional value and recommends an alternative if there is a better choice. Watch a video that shows how it works!

[Calorie Counter - MyFitnessPal](#) – Allows you to set goals and monitor your calorie intake by entering the food you eat throughout the day. Enter your activity throughout the day to determine how many calories you burned. Monitor your weight to see how you are progressing.

[Lose it!](#) – Very similar to My Fitness Pal. Allows you to set goals and monitor your calorie intake by entering the food you eat throughout the day. Enter your activity throughout the day to determine how many calories you burned. Monitor your weight to see how you are progressing.

4. [Keep Track](#)

Don’t let this happen to you.....



If you are not into using apps that help monitor your progress, write down your planned activities ahead of time. For example, plan and achieve a 15-minute walk 3 times a week to start, and mark it on the calendar. When that month of walks is complete, you have the satisfaction of checking those boxes as “done”. Looks good, doesn’t it?

Take it one step at a time. Don’t get discouraged with a few hiccups. Remember every little bit counts, so don’t be too hard on yourself if you grab a burger and fries on the run. Just remind yourself you to make a different decision next time - whether that is bringing something wholesome from home, or trying the grilled chicken wrap.

5. [Reward Yourself](#)

Acknowledge your success. Plan a date night, go golfing, take yourself to a hockey game! Reward yourself not only with health benefits but whatever it is you love to do. Eating healthy meals at home and brown-bagging your lunch will leave you with more money to do the things you love! And, hey, isn’t that why we’re here?

Employers: Did you know?

- **Physical inactivity comes with a hefty price tag: increased health costs associated with physical inactivity in British Columbia are more than \$573 million each year.**
- **Physically inactive employees can cost your business money in sick time, health claim benefits and lost productivity – it’s estimated that inactive employees cost as much as \$488 MORE per year than active employees! Heck, that would cover a one-year pass at the local pool.**

[Source:](#) BC Ministry of Health



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[Video: Weight Control - Have A Game Plan](#)

Suggestions

1. –Make a [healthy choice](#) 2 or 3 times each day.

Take a peach and a piece of turkey pepperoni for a snack instead of the usual. Pick up the low fat mayonnaise when you next run out. Park at the far end of the Home Depot lot and walk the extra 200m (100m there and back). Use extra lean hamburger for your next BBQ instead of a regular grind. Choose frosty, refreshing water rather than a Red Bull.

2. –[Summer is a great time to get outside.](#)

It's warm out! Do a few push-ups while you're down checking your brakes. Take the dog for a walk, take the kids swimming or fishing. You bought a nice quad – get out there and get a few bugs in your teeth. A little *active* activity sure goes a long way. A 250 lb. person will burn 120 calories when hand-washing a car for 20 minutes. You'll do a better job than at the wash rack, and you'll save money doing it!

3. –[Have Fun!](#)

Set up a work place challenge; get a step counter for each staff member (you can get them for \$2-5 each), make teams and see which team is the most active in a day, week or month!

Remember, it's about you! Make a plan and make changes that work for you. If 30 minutes of activity seems unachievable or you aren't interested in a complete diet overhaul, just keep working on making small changes. You may find that "bigger" changes come easier as you go, and you may find a new food or activity that you really like. What have you got to lose?



The Benefits of Physical Activity



[Source: Physical Activity Line \(PAL\)](#)

Physical Activity leads to **Increases** in:

- your ability to recover from illness and injury
- levels of "good" cholesterol (High density Lipoprotein or HDL)
- the strength of your heart and lungs and improves circulation
- insulin sensitivity, your ability to control your blood sugar and improve or prevent diabetes
- how much you can do and how well you perform at work and during recreation and sport activities



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Physical Activity leads to **Reductions** in:

- damage done to your heart during a heart attack
- levels of "bad" cholesterol (low-density lipoprotein or LDL)
- how long it takes you to recover after hard work, so you feel less tired
- your risk of developing chronic diseases and conditions like heart disease, hypertension, obesity, colon cancer, type 2 diabetes, osteoporosis, back injuries

Physical Activity Helps You:

- Stay Sharp!
- avoid illnesses
- look & feel better
- feel more energetic
- improve short term memory
- prevent and reduce sleep problems
- control your blood pressure and weight
- reduce the effects of aging and live longer
- react quickly to what's happening around you
- achieve greater mobility
- maintain balance, coordination and agility
- make friends and engage with supportive social groups

Upcoming Events

[Prince George Exhibition](#)

August 8 to 12

Prince George, BC

[Pro-Trucker Magazine Big Rig Weekend](#)

August 18 to 19

Westner Park, Red Deer AB

Back to School

September 4

all over BC

Log Trucker's Technical Advisory Committee mtg

September 18

Prince George, BC

[Truxpo 2012](#)

September 21 to 22

Tradex, Abbotsford, BC

[Demo International](#)

September 20 to 22

Saint-Raymond, Quebec

Is there an event that should be listed here?

Let us know what we missed! transport@bcforestsafe.org or 1-877-324-1212.

RUMBLINGS is produced to help keep you informed on what's happening in BC forestry transportation safety. If you have best practices you would like to share, concerns you want to discuss, or topics you and others would like to learn more about, please give us a call at:250-562-3215, toll free 1-877-324-1212.