



# RUMBLINGS

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



BC Forest Safety Council

○ PRINTABLE VERSION



2012 – ISSUE 143



## WorkSafeBC Releases Resource Road Guidelines

On October 15, the Minister Responsible for Labour approved changes to Occupational Health and Safety Regulation 296/97, and effectively declared that resource roads are not work places. Since then, many folks – employers, drivers, road safety committees, woodlands managers – have been wondering how that will effect their operations, and their accountabilities. To help answer those, and other questions, WorkSafeBC quickly set to work to develop a Guideline. It was released this week, and can be found at:

[http://www2.worksafebc.com/publications/OHSRegulation/GuidelinePart1.asp#SectionNumber:G1.1\\_1](http://www2.worksafebc.com/publications/OHSRegulation/GuidelinePart1.asp#SectionNumber:G1.1_1)

It's well worth a few minutes to read and understand, but here are a few excerpts.

- the activities of employers, workers, and others over the entire area of a resource road need not be coordinated by a prime contractor
- requirements that would otherwise relate to resource roads as a “workplace” will not apply (e.g. several sections in Part 26, notably 26.79, 26.81, 26.82, 26.83)
- where resource roads contain discrete construction and maintenance (including repairs, stabilization, deactivation, etc.) workplaces, all relevant obligations in the *Act* and *Regulation* will apply
- though an entire resource road is not a single workplace, employers and workers who are travelling the road (e.g., accessing workplaces, or engaging in hauling goods or equipment, etc.) or engaging in work activities relating to travel on the road (e.g., performing vehicle maintenance, securing loads, etc.) in the course of their work will be subject to the requirements of the *Act* and the *Regulation*
- vehicles or mobile equipment operated or occupied by workers on resource roads will be workplaces.
- Employers have an obligation to generally ensure their workers, among other things, are made aware of known or foreseeable hazards and receive appropriate training
- Employers should monitor and supervise worker activity to ensure that workers continue to use the road safely
- Workers using resource roads must be adequately supervised
- Workers have obligations to use roads safely. They must take reasonable care to ensure their own safety and carry out their work in accordance with safe work procedures. “Safe work procedures” would include instruction provided by the employer and/or supervisor, as well as any traffic control procedures established for the particular road.

HOW ABOUT THAT! The [Transport Canada](#) website estimates that BC “has a total of 201,000 kilometres of road (including freeways, primary highways, provincial highways, arterial roads and local street roads).”

The [Province](#) estimates that BC has 450,000 kilometres of resource roads.



# RUMBLINGS

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



BC **Forest Safety** Council

 PRINTABLE VERSION

---

## Postponement of the Scheduled Trailer Weight Reductions

---

An upcoming circular will announce Commercial Vehicle Safety and Enforcement's (CVSE) intent to defer the enactment of the scheduled trailer weight reductions until **December 31, 2013**. The deferral will apply to commercial vehicles covered under section 7.26 and appendices F, H and I of the Commercial Transport Regulations.

An evaluation was undertaken in fall of 2012 to determine if proposed changes to commercial vehicle weight allowances would have a "direct and measurable" safety benefit to the industry. The study considered potential safety benefits that might be achieved with a reduced trailer weight allowance and the consequent economic costs associated with the reduction. CVSE also consulted industry on the potential effects on the trucking industry.

The Ministry of Transportation and Infrastructure continues to assess information received, and in order to make an informed decision has decided to postpone any proposed weight reductions pending further analysis of the information. CVSE indicates they will continue to keep industry apprised of any proposed changes and subsequent allowances for adjustment of current practices.

---

## Dec 31<sup>st</sup> Deadline for 2012 Audits

---

Just a reminder that companies are required to submit an audit by year end, December 31, 2012 to maintain SAFE Certification. If you aren't sure if you need to submit, you have submitted, or if your audit has been received, give us a call at 1-877-741-1060 or if you have recently submitted your 2012 audit, please check the Council's website to confirm that it has been received.

Council's Nanaimo office is open Monday through Friday 8:00am to 5:00pm, including Christmas Eve December 24 and Boxing Day December 26, 2012. For companies in the Prince George area, Safety Advisors will be available December 12 - 14, 2012 in our new office at 104 - 2666 Queensway to review your audit submission. Please call Marla Guldbransen at 1-877-741-1060 to schedule an appointment.

Your company's auditor may need COR refresher training if they took their initial auditor training (Small Employer OHS course or IOO SAFETY training) prior to December 31, 2009. The COR refresher training must be completed prior to December 31, 2012 if your audit is to be considered for WorkSafeBC's 2012 COR incentive. This training is available online through computer based training. We encourage you to enroll as soon as possible if you require this training to avoid the year-end rush. Visit our website for an enrollment form and additional information.

Note that if your company is not interested in COR and is willing to forgo the COR incentive payment, then refresher training is not a requirement to maintain your SAFE certification.

If you have any questions please call, toll free 1-877-741-1060.

### Did you know?

There are 2,658 SAFE Certified companies.



# RUMBLINGS

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



BC **Forest Safety** Council

○ PRINTABLE VERSION

## Drinking and Driving Counterattack 35<sup>th</sup> Anniversary

Article and statistics courtesy of [ICBC.com](http://ICBC.com)

This December marks the 35th anniversary of the CounterAttack program and ICBC is once again supporting its police partners in the prevention of impaired driving during the holiday season.

In 1976, the year before CounterAttack roadchecks started, more than 300 people were killed in impaired related crashes every year in BC. While attitudes towards drinking and driving have changed considerably since then, an average of 113 lives are still lost each year and impaired driving remains the second leading cause of car crash fatalities in B.C.\*

“The CounterAttack program is a remarkable initiative that has helped save countless lives, but we still have work to do,” said Mary Polak, Minister of Transportation and Infrastructure. “The reality is 31 per cent of fatal crashes that occur every year in B.C. involve impaired driving. These are tragedies we can all help to prevent – when you celebrate this holiday season with your family and friends, make sure you plan ahead for a safe ride home.”

“Recent, promising research shows most B.C. drivers are taking our impaired driving law seriously, and that it has helped to save more than 100 lives in the last two years,” said Shirley Bond, Minister of Justice and Attorney General. “But some drivers remain undeterred – so strategic enforcement efforts, including seasonal CounterAttack campaigns, remain critical to further our goals of reducing fatalities and creating safer roads and communities.”

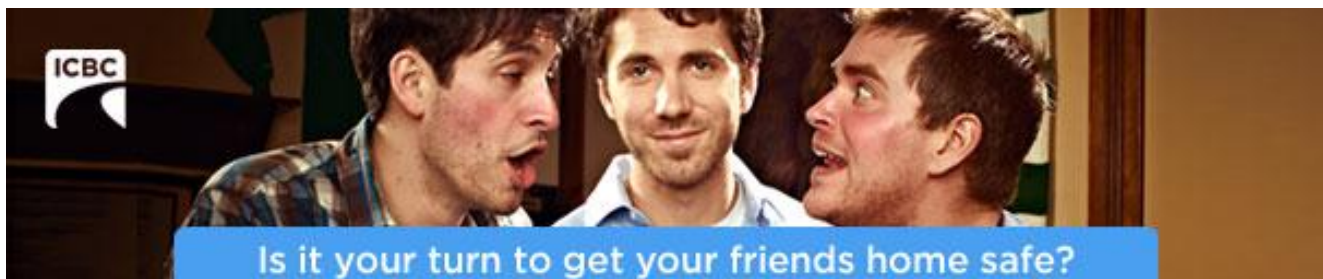
If your festivities involve alcohol, arrange for a designated driver or use other safe options to get home safely — call a taxi, take transit or call a sober friend. Another option is [Operation Red Nose](#), a volunteer service in 13 host communities across B.C. that provides safe rides home for drivers and their passengers.

“We don’t want to see another family suffer the tragic loss of a loved one at the hand of an impaired driver. This is why our dedicated officers will be out in full force during the holidays conducting CounterAttack roadchecks across the province,” said Chief Constable Jamie Graham, Victoria Police and Chair of the B.C. Association of Chiefs of Police Traffic Safety Committee. “If you choose to drive impaired, you will be caught and you will face severe consequences.”

“We want everyone to enjoy the holidays with their family and friends, so make sure you plan ahead for a safe ride home,” said John Dickinson, ICBC’s director of road safety. “Share the responsibility of being the designated driver this holiday season. If it’s your turn, be true to your commitment – your friends and family are counting on it.”

ICBC supports CounterAttack through an education campaign and enhanced police enforcement and also provides CounterAttack materials to businesses, sports facilities and community groups to help prevent impaired driving.

For holiday season driving tips and more on the CounterAttack campaign, visit [icbc.com](http://icbc.com).





# RUMBLINGS

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



BC Forest Safety Council




○ PRINTABLE VERSION

## Regional statistics:

- On average, 32 people are killed each year in the **Lower Mainland** in impaired-related crashes.
- On average, 25 people are killed each year in **North Central B.C.** in impaired-related crashes.
- On average, 36 people are killed each year in the **Southern Interior** in impaired-related crashes.
- On average, 21 people are killed each year on **Vancouver Island** in impaired-related crashes.

\*Annual averages from 2007-2011 police-reported data. Impaired-driving related data includes alcohol, illegal drugs and medicine.

Looking for something tasty to serve the designated driver or other non-drinkers at your holiday event? Try one of these Mocktails:

<p><b>Hot Apple Cider w/spicy cinnamon</b></p> <p>1 litre (4 cups) Apple juice - 10 Whole cloves 10 Whole allspice Dash Of Ground nutmeg Pinch of Salt 2 Cinnamon sticks Supplies: Large saucepan, mugs.</p> 	<p><b>Kootenay Koffee - smooth and creamy</b></p> <p>15 ml (1 tbsp) Butter 80 ml (1/3 cup) Brown sugar 200 ml (3/4 cup) Milk Orange or lemon twists Pinch of each Cinnamon, nutmeg, allspice, cloves 1.4 litres (5.5 cups) Strong freshly brewed coffee Supplies: Large saucepan, mugs, electric beaters (optional).</p> 
<p>Pour juice into saucepan. Add spices. Cover and heat on low until almost boiling. Serve in mugs. (Serves 6)</p>	<p>In saucepan, beat butter and sugar until creamy. Blend in spices. Add hot coffee and stir until sugar melts. Stir in milk and heat just to boiling. Pour into heated mugs and garnish with orange or lemon twists. (Serves 6)</p>
<p><b>Tropical Heat w/spicy cinnamon</b></p> <p>1 litre (4 cups) Cranberry juice 1 litre (4 cups) Pineapple juice 250 ml (1 cup) Water Pinch of Salt 2.5 ml (1/2 tsp) Cinnamon 3 ml (3/4 tsp) Ground cloves 1.25 ml (1/4 tsp) Nutmeg 2.5 ml (1/2 tsp) Allspice 10 Cinnamon sticks Supplies: Large saucepan, mugs.</p> 	<p><b>Lemon Fizz - tart and tingling</b></p> <p>1 litre (4 cups) Apple juice 60 ml (1/4 cup) Lemon juice 875 ml (3.5 cups) Soda 8 strips Lemon peel Supplies: Two litre (8 cups) pitcher or bowl.</p> 
<p>Combine spices and water in saucepan. Stir and bring to a boil. Add fruit juices and reheat just to boiling point. Serve hot with a cinnamon stick stirrer in each cup. (Serves 10)</p>	<p>In pitcher, combine apple and lemon juice. If serving drinks at once, add soda. If serving individually, half fill glasses (4 oz.) with soda and top with apple-lemon mixture. Garnish with a lemon strip. (Serves 8)</p>



# RUMBLINGS

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



BC **Forest Safety** Council

 PRINTABLE VERSION



## 10 Winter Driving Tips for BC Log Haulers



### 1. DO YOUR PRE-TRIP – ALL OF IT.

There are enough things that will surprise you during the day without your truck being one of them. Know your gear - intimately. Run quality equipment so you can be confident it will perform as you expect it to – all day long, and especially in those tense moments when you need it most.

### 2. GET THE PRE-WORK INFORMATION YOU NEED.

Going on a new haul tomorrow? Talk to your supervisor to find out where you're headed, who else is hauling there, and what usual and unusual hazards you should expect to encounter. If your supervisor doesn't know, check with your dispatcher. Find another trucker on that haul and get the straight goods. Avoid the stress of guessing what you'll find.

### 3. HAVE A GAME PLAN.

Thinking your day all the way through – including your safe arrival back home – will help you do exactly that. Before each game, a hockey pro thinks carefully about the game ahead – the opponents, the crowd, and his match-ups. He builds a plan, and visualizes what he and his team will have to do to be successful. As you enjoy breakfast, think about your day. What will be the same? What will be different? Where will I meet the school bus? The holiday traffic might take a little more time and attention. Sure, you'll experience a few "curves" that require you to adjust your plan, but if you think about what those curves might be, you have them at least half-solved.

### 4. PAY ATTENTION TO THE WEATHER.

Check tomorrow's weather forecast the night before. 8 cm of new snow, and warming to +3 by early afternoon? It might be a stressful day, but anticipating what you are likely to encounter puts you in control. Reduce your stress by leaving a few minutes early. Give yourself time to drive at a casual pace, and according to road conditions. Today is not the day to worry about making your cycle time.

### 5. PAY ATTENTION TO YOUR OUTSIDE THERMOMETER.

If you don't have one, get one. Traction is fine at +10 degrees (i.e. the pavement is bare), and starts getting better below -10 degrees. But when temperatures hover a few degrees either side of zero, conditions get tricky. With inversions and unpredictable winter weather patterns, temperatures change dramatically over a few kilometers. That means your traction – as well as that of the goof in the SUV with all-season tires – can change very quickly.

### 6. KEEP AN EYE ON THE GLAZE.

With your headlights on, scan the road ahead of you and watch for that telltale shine in the tracks ahead – it's slippery out there! If you can't quite see it in your lane, briefly glance at the road in the headlights of on-coming traffic. If it's shiny in their lane, it's most likely equally slick in yours.



Visit the [Shift into Winter](#) and [DriveBC](#) Websites for helpful info and road condition updates!





# RUMBLINGS

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



BC **Forest Safety** Council

 PRINTABLE VERSION

## 7. SET YOUR EYES TO ACTIVE SCAN.

As you drive, your environment changes, so you have to constantly refresh your view. Scan as far down the road as you can see. What do the things you see - road signs, traffic, intersections, wildlife, leaning tree, patch of ice, unusual features - tell you? Re-direct your gaze to the zone half way between you and the next corner. What new information do you see that will cause you to adjust your speed, position or plan? Check the mirrors every 7 or 8 seconds (conditions permitting). Glance at the dashboard. Check the ditches. Repeat often, and with a few variations.

## 8. HAVE A BACKUP PLAN.

What's my escape route? That minivan coming over the hill looks a little skittish – what will I do if she gets caught in the slush, and is pulled into my lane? That ditch on the right looks too deep to survive, so I better slack off and be ready for a quick stop, if necessary. Think ahead – what will I do if.....?

## 9. USE THE BUDDY SYSTEM.

Rookie or seasoned veteran, we all appreciate knowing about a hazard before it becomes a surprise. Show your leadership. If you see something that wasn't there yesterday, let your co-workers know. If you know there's a new gal on your haul, tell her about that nasty frost heave at 17 km. If she doesn't know about it, and it results in a screw-up, it could ruin your day too. We're all in this together....

## 10. DITCH THE DISTRACTIONS.

Next time you're "sharing an intimate moment", ask your partner if it's OK for you to text your boss to schedule an oil change for Friday. Let me know how that goes for you. Hauling logs is no different - both hands on the wheel, focus on the task at hand, leave the gadgets alone!

### USE TOOLS TO HELP YOU SEE YOUR WORK ENVIRONMENT

- A clean windshield – inside and out. Side windows and mirrors, too.
- Extra windshield washer fluid.
- A good set of sunglasses. Maybe even 2 sets: one for bright sunny days, and another for those low light, poor visibility conditions. Polarized lenses are a great investment - less eye strain = lower driver fatigue.
- Find a headlight combination that works. 10 million candlepower don't help you in a blinding snowstorm, they simply increase the glare reflected back to your eyes. Some drivers like an amber fog light to soften the glare of driving snow. Maybe point one a little toward the right hand ditch – when it's tough to see the centre-line, if you can use the snow bank or ditch line as a steady reference, you are miles ahead. Plus you can see that moose coming out of the ditch a half-second earlier.
- Patience and courtesy – Other folks out on the trail might not be the skilled professional you are; maybe they don't have winter tires and didn't scrape the windshield. Maybe they're driving too fast for conditions while trying to find the Highway Cam on their Blackberry. Practice your best driving etiquette. Give them some space. Let 'em go ahead. Are they endangering the lives of others on the trail? Let the RCMP know. Don't let them compromise your safe trucking zone.



## Tools & Technology

### Online Tool Identifies side effects of medicines

**Roadwise ** *Your tool for understanding how medications may affect you and your driving.*

**Medication Interactions Detected**

RoadwiseRx found one or more warnings about the medication you are taking. Click on a tab below to learn about medication interactions, single medication information, driver warnings, and potential food interactions.

[Edit Medications List](#)

Category	Count
Interactions:	3 Found
Food Interactions:	5 Found
Driver Warnings:	4 Found
Medication Info:	6 Found

Medication Interactions **3**
Food Interactions **5**
Driver Warnings **4**
Learn More About Your Medication **6**

Medications with potentially **Moderate** interactions when taken together:

The AAA Foundation for Traffic Safety developed an online tool called [Roadwise RX](#). This tool allows users to produce reports identifying the side effects of the medicine(s) they are consuming.

#### How does it work?

Users enter the brand (drug) name or the generic name of prescription or over the counter medicines, supplements or herbal remedies. The form is easy to use and prompts users with the correct spelling of either name if entered incorrectly. Users hit the “View Results” button and are provided with a screen that shows four tabs across the top: Medicine Interactions, Food Interactions, Driver Warnings and Learn More About Your Medication.

#### What information does it provide?

The Medicine Interactions tab indicates if any of the medications may have interactions when taken together and identifies the level of interaction (Minor, Moderate, Major). The Food Interactions tabs identifies which consumables may interact with the medicine. Driver Warnings lists the side effect of medicine(s) and how they may impact ability to drive. Learn More about Your Medication advises users to speak with a doctor and / or pharmacist but it provides general information about each medicine listed including what is used for, how it works, precautions, side effects, etc.

#### Why is this important to me?

Driver Impairment is a leading cause of serious injury and fatality of BC roads. Although it doesn’t replace a chat with a medical professional, this is an easy way to check out medication interactions from home - for you or your loved ones.

#### Where can I find it?

Roadwise RX can be accessed at: <http://www.roadwiserx.com/>

In BC there are more than 4,800 pharmacists and 1,100 pharmacies.

[College of Pharmacists of BC](#)



# RUMBLINGS

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



BC **Forest Safety** Council

○ PRINTABLE VERSION

## *BPW researches energy recovery system for trailers*

Based on the ECO Vision GFRP module, University of Bremen and [BPW Bergische Achsen KG](#) researchers have demonstrated a concept showing how a trailer with independent energy properties can be implemented. The study determined that energy recovery is possible whenever the driver requires no power. In addition to braking, this also includes use of the retarder or the period when the vehicle is in coasting mode. This is made possible using generators that are installed in both hubs of a trailer axle.



Recovered energy can be used to power the lighting system, the electronic and the compressed air system for the air suspension and the brake systems. Surplus energy obtained is stored in a battery. Generators can provide as much as 9 kilowatt hours of surplus electrical energy which can be used for electrical components such as cooling units. On average, researchers claim the system is capable of providing a continuous energy recovery of more than 3 kilowatt hours. This power could be used to assist the engine, in order to reduce fuel consumption. The realistic concept from BPW permits fuel savings of about 1 to 2 percent, depending on the driving profile and the energy actually drawn. Considering an annual mileage in the six-digit range, the environmentally-friendly GFRP module could lead to significant cost savings.

The GFRP air suspension module also sets new standards in weight optimisation for trailer running gear systems with a weight reduction of 20 percent – from 400 kg to 320 kg. Although this early version might not be up to the tasks of BC log hauling, the concept earned the Trailer Innovation Prize 2013.

## *Links to the Interesting & Unusual*

1. [Norad Tracks Santa!](#)
2. [Northpole.com](#)
3. [Send a Christmas Message from Santa](#)
4. [Central City Big Rigs for Kids – Christmas Parade](#)
5. [Green Gift Ideas](#)
6. [Dumb Ways to Die Video](#)
7. [For the Chef in your Family - The New Cookie Exchange](#)







# RUMBLINGS

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



BC **Forest Safety** Council

 PRINTABLE VERSION



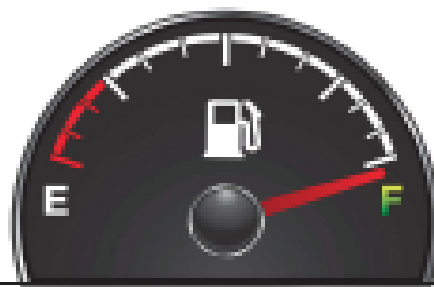
## A Quick Way to Re-Energize



It's a gloomy wet day and you are tired, what can you do to keep those eyelids from drooping?

1. **Have a long cool drink of water** – every process that takes place in your body needs water, when you don't drink enough everything slows down. It's like running your engine without oil.
2. **Get some fresh air!** Wind down your window even if it's cold and rainy and take 10 really deep breaths. Suck the air in right down past the bottom of your lungs, hold it for a count of 4 and then slowly blow it all the way out. The change in temperature will brighten things up, and making sure you have lots of oxygen in your blood will also help your brain work better.
3. Pull over in a safe place, get out of that cab and walk briskly around your vehicle or up the road for 1 minute. Then walk quickly back. You'll get some of that fresh air I just talked about, but you will also get your blood circulating to freshen up your whole body! If you have time for 10 minutes of vigorous walking all the better, but even just a minute will help wake you up.
4. Do core activation exercises from the Fit to Drive program. Sit up tall, make sure your spine has two nice curves, that your chin is down and back, shoulders down and chest is lifted. Take that weight off your ribs and let the air get into your lungs, and then tighten your lower belly and pelvic floor to hold it all together.

Try one of these pick-me-ups to re-energize, you will feel better and will have taken a step toward good health at the same time! But remember the only true cure for fatigue is sleep, these tips could help you for a short period of time. If you still have a long way to go find a safe place to pull over to have a nap.



## POWER Driving

[Contact us](#) for more information regarding the Fit to Drive Program!



# RUMBLINGS

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



BC Forest Safety Council

 PRINTABLE VERSION



## PG Office Welcomes New Safety Advisor



The Prince George office is happy to welcome Richard Wheeler to the BC Forest Safety Council. Based out of the Prince George office Richard will be providing Safety Advisor services to companies across the north. Richard will support all aspects of the Certificate of Recognition (COR) and SAFE Companies Program with the goal of reducing injuries and fatalities in the workplace.

As a Professional Forester with experience in silviculture, timber development, permitting, appraisals, and seven years of operational supervision (harvesting and road operations), Richard has developed an excellent knowledge of applicable forest, environmental, and safety legislation as well as experience in several aspects of auditing (environmental and safety).

### Upcoming Events

[Ritchie Bros. Auction](#)

Christmas Day

New Years Day

[10<sup>th</sup> Annual BC Natural Resources Forum and Tradeshow](#)

[70<sup>th</sup> Annual Truck Loggers Convention](#)

[65<sup>th</sup> Annual ABCFP Forestry Conference and AGM](#)

[Ritchie Bros. Auction \(mostly Farm Equipment\)](#)

December 19<sup>th</sup> - 8 AM

December 25<sup>th</sup>

January 1<sup>st</sup>

January 9 – 10

January 16 – 18

February 20 – 22

May 3<sup>rd</sup> - 10 AM

Prince George, BC

Everywhere

Everywhere

Prince George, BC

Victoria, BC

Prince George, BC

Chetwynd, BC

*Is there an event that should be listed here?*

*Let us know what we missed! [transport@bcforestsafe.org](mailto:transport@bcforestsafe.org) or 1-877-324-1212.*



*From  
Rick, Rachel, & Nadine*



*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:*

*250-562-3215*

*toll free 1-877-324-1212*