



RUMBLINGS

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

2013 – ISSUE 145



BC Forest Safety Council

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Membership with the BC Forest Safety Council

Company Owners - apply to become a member of the BC Forest Safety Council.

The British Columbia Forest Safety Council (the Council) was created by the forestry industry in September 2004 as a not-for-profit society dedicated to promoting forest safety. The harvesting, hauling and silviculture sectors made a choice to fund the Council through a special assessment collected by WorkSafeBC. The industry has made solid progress in reducing serious injuries and fatalities. Our challenge is to build on the success of the last seven years.

In 2011, the Council bylaws were changed so all companies who pay for the Council can apply to become members of the society and to nominate and vote for Directors for the Board of the Council. These changes enable companies and individuals to directly influence Council's activities, and thereby increased accountability of the Council to industry. Prior to the changes, only associations representing companies, unions and some agencies could be members. Council welcomes interested members – participate in your Council.

[Click here for details](#) on how to apply, or email us at: membership@bcforestsafe.org.

The cut-off date for membership applications to be eligible to nominate or vote for Directors at the 2013 Annual General Meeting is May 3, 2013.

WSBC Proposed Policy Amendments Re: Personal Optional Protection

The following [article](#) is taken directly from the [WSBC](#) website.

[Discussion paper](#) (PDF 188kb)

Individuals, who are self-employed, including partners or proprietors with no workers, are not automatically covered by the *Workers Compensation Act*. WorkSafeBC offers optional coverage, called POP, to these individuals. Subject to a minimum and maximum amount, POP registrants can choose how much coverage they want to purchase, based on their earnings.

The Policy and Regulation Division (“PRD”) has prepared a discussion paper and draft *Assessment Manual* policy about whether to raise the minimum amount of POP coverage available for purchase, and whether, going forward, this amount should be adjusted automatically.

The discussion paper also examines a proposal to clarify the portion of policy concerning POP registration requirements.

Stakeholders are invited to review the discussion paper and proposed policy, and to provide feedback by **June 28, 2013**.



St. Patrick's Day is Sunday, March 17th

Did you know?

The traditional color of St. Patrick's Day is sky blue.

Source: Wikipedia



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Seasonal Load Restrictions

Seasonal Load Restrictions are now in place in some areas across the interior, central and northern areas of the province. Check the [Ministry of Transportation and Infrastructure: Seasonal Load Restrictions](#) website for more info, updates or to sign up for email notifications.

The following [article](#) has been edited for length. The full article is available from the [Ministry of Transportation and Infrastructure](#) website:

What is the Seasonal Strength Loss Program?

To protect roadways, the B.C. Ministry of Transportation and Infrastructure's Seasonal Strength Loss Program identifies and imposes load restrictions on roads, or portions of roads that have been weakened by excess water. Once excess water has been removed, and the road is determined structurally sound, load restrictions can be lifted.

Why are load restrictions needed?

Due to excess water under the road bed, in spring heavy vehicles travelling on B.C. Highways can cause serious damage to some roadways.

As thawing progresses; water may not efficiently drain out of the soil because surrounding soil may remain frozen and impermeable. Soil may become temporarily saturated with water, reducing pavement strength. The majority of damage will occur in the asphalt layer if water is present in the base material. If frost extends into the base layers, damage may occur in the entire road structure when travelled by heavy truck traffic.

Where and when are load restrictions applied?

Restrictions are applied only where and when they are needed, not on a blanket basis. If you notice differences between districts, it is because roads experience thawing at different rates based on site characteristics such as temperature, exposure, soil and road construction materials, moisture levels in the roadway, topography, drainage and local weather patterns.

How are B.C. highways monitored for strength loss?

Roads are continuously monitored for changing conditions by the MoTI and contractors. In addition, other tools such as frost probe sites, weather forecasts, control section data beaming and anecdotal history are utilized.

Do load restrictions apply to passenger vehicles on BC highways?

Load restrictions normally do not apply to cars, however buses must comply.

Is there a penalty for violating a posted load restriction?

Operators that violate a posted road restriction can be made subject to a \$345 fine under the Transportation Act, Section 79 (1)(c), and can be made to reduce weights to posted restriction immediately on site or re-routed depending on location and potential for road damage.

IMPORTANT RADIO FREQUENCY INFORMATION PRINCE GEORGE



Please be advised that the frequency on the Seebach FSR has changed. The frequency change is as follows:

**Seebach FSR from 0 Km.
Frequency is PG Wood Channel
(150.815).**

The changes came into effect on Tuesday February 12th, 2013. New signage has been posted reflecting the change.



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CVSE Updates

[Bulletin # 01-13: Personal and Business BCeIDs](#)

CVSE is implementing the new online Vehicle Inspection Program (VIP) in April 2013. The system is expected to enhance security by adding more protection for Authorized Inspectors (AI). The new system will protect AIs from misuse of their certification numbers in the submission and verification of reports.

As of April 2013, **all AIs will have to obtain and use a *personal* BCeID**. It is strongly advised that AIs obtain the ID quickly; once the VIP system goes live, you must have one or you will not be able to verify submitted vehicle inspection reports.

Personal BCeID are not associated with a facility but a person. It does not replace the process that facilities use to report or the need for a business BCeID.

AIs will verify reports submitted using their authorization number. Each report will be entered and “assigned” to an AI. Once a report is “assigned” it is in the queue for that AI. Each AI will determine a cap on the number of reports they can have waiting in the queue. Once that cap is reached new reports will not be authorized for entry until queued reports have been verified.

VIP Benefits of using a Personal BCeID include, but are not limited to:

- Provides AIs with a method to ensure and verify inspections submitted by the facility using their specific authorization number are correct and properly submitted;
- Is used only by AIs for the purpose of verifying inspections submitted by him or her;
- Immediate renewal submission online to CVSE;
- Automatically receive your AI certificate upon renewal completion; and
- Can be used by an AI at multiple facilities.

To [register for a personal BCeID click here](#). It takes about 10 minutes to complete five sections within the online portion of registration. Make sure you also have your current contact info and have your ID on hand while registering; you will need **photo ID** and an “**identity**” document one of the following:

- Birth Certificate
- Permanent Resident Card
- Immigration Document IMM 1442
- Citizenship Certificate.

Registrants will have to follow-up in person, presenting identify documents at a [Point of Service location](#). Often this is a ServiceBC or FrontCounterBC.

BC Forest Safety Council Welcomes New Staff Members

Rumblings staff would like to welcome two new employees to the Training and Development Department: Pam Jorgenson is Manager of Training and Teresa Hansen is a Training and Program Development Administrator. Both employees are based out of the Nanaimo office.



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How Much Do You Know About Vehicle Safety Features?

The following [article](#) is edited for length to view the full article visit the [Traffic Injury Research Foundation](#).

[Brain on Board](#) is designed to engage drivers, helping them learn more about modern safety features, what these technologies can and cannot do and how knowledgeable drivers can make the most of them. Through this program, the [Toyota Canada Foundation](#) and [Traffic Injury Research Foundation \(TIRF\)](#) hope to reduce accidents by encouraging smarter driving habits across Canada.

At www.brainonboard.ca Canadians will find a variety of easy to use tools ranging from plain language descriptions of common safety features, details about the human factors that contribute to safe driving and other educational materials.

The foundation for Brain on Board is a national research initiative, [Vehicle Safety Features: Knowledge, Perceptions, and Driving Habits](#), led by TIRF and funded by the Toyota Canada Foundation. The largest study of its kind in Canada, the researchers asked 2,506 Canadians from across the country 120 questions to assess knowledge, attitudes, and perceptions of vehicle safety and safety features, and the impact these have on driving habits.

Commenting on the report's findings, Robyn Robertson, TIRF President and CEO noted, "Canadian drivers believe they are safer drivers than others on the road. This leads to a false belief that the risk of driver safety sits with 'others' and not with 'me'." When asked about their own driving in terms of safety, the majority of Canada drivers rated themselves 8/10 while rating their fellow motorists 5/10.

Following are additional highlights from the study:

- **Safety is a top priority:** When purchasing a vehicle, safety (15.6 per cent) is a top priority for Canadians ranking second behind price (29 per cent) and ahead of fuel consumption (13.2 per cent) and reliability (6.1 per cent).
- **Canadians are not familiar with the majority of safety features:** With the exception of ABS and traction control, less than one-third of Canadian drivers were familiar with various other modern safety features such as adaptive headlights and collision warning systems. Despite this lack of awareness, the majority report they believe safety features would be easy to use.

Knowing about safety features makes for safer drivers: When asked about the different safety features, a majority of Canadians drivers said they would use them if their vehicle had them.

LOL!

Scientists at NASA built a gun specifically to launch standard 4 pound dead chickens at the windshields of airliners, military jets and the space shuttle, all traveling at maximum velocity. The idea is to simulate the frequent incidents of collisions with airborne fowl to test the strength of the windshields.

British engineers heard about the gun and were eager to test it on the windshields of their new high speed trains. Arrangements were made, and a gun was sent to the British Engineers.

When the gun was fired, the engineers stood shocked as the chicken hurled out of the barrel, crashed into the shatterproof shield, smashed it to smithereens, blasted through the control Console, snapped the - engineer's back rest in two, and embedded itself in the back wall of the cabin, like an arrow shot from a bow. The horrified Brits sent NASA the disastrous results of the experiment, along with the designs of the windshield and begged the U.S. scientists for suggestions.

NASA responded with a one-line memo --"Defrost the chicken."

Source: Unknown





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Tools & Technology

Mudflaps can save \$\$\$?!

Turns out these handy devices might be costing you money; more than just the \$\$\$ and time it takes to fix or replace broken ones. Some mudflaps, one might even venture to say, most mudflaps, are not aerodynamically designed. And herein lies the opportunity to save some bucks. Reduce the drag created by mudflaps, this is an easy fix, and use less fuel, thereby saving a few extra bucks for your next vacation. There are a number of different products out there and most websites show a variety of scientific data and numbers but here is the really important info:



- 0.5-3.5% fuel savings. On \$30 000 a year in fuel that is \$300 – 1050 in savings!
- Most are inexpensive; they might even cost less than your current set.
- They increase safety to you and those around you due to superior splash protection.

Here are links to some of the manufacturer websites that we found:

[Eco-Flap](#)

[Spraydown](#)

[Vortex Splash Guards](#)

WorkSafeBC Releases Safety Videos App Version 1.0

[WSBC](#) released a [mobile app](#) allows you to search and browse over 150 WorkSafeBC safety videos. The app is available for Android and Apple devices only. A great feature for those out in the bush is that it loads directly onto a phone or tablet and users can access the information **even if there is no cell phone or Internet service available**. Videos can be [streamed](#) when online or [downloaded](#) for offline use in training, safety meetings or crew talks.

Download the app from [iTunes App Store](#) or [Google Play Store \(for Android\)](#).



Tallest (Timber) Apartment Building in the World

Melbourne – Australia: February 2013, Lend Lease is celebrating the grand opening of the tallest apartment building constructed from wood in the world. The \$11 million dollar building is constructed with cross laminated timber (CLT) and is 10-stories tall, located in Victoria Harbour. [Click here](#) to read the full story from the Herald Sun.

To learn more about CLT watch the FP Innovations video [“Introducing Cross-laminated Timber to North America”](#) or check out the [brochure](#) on CLT, also from FP Innovations.

[Click here](#) to view a time lapse video of the build.



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Links to the Interesting & Unusual

Check out these websites for heart healthy recipes.

1. [Heart and Stroke Foundation](#)
2. [Mayo Clinic](#)
3. [Becel](#)
4. [American Heart Association](#)
5. [Food Network](#)

March is...a very busy “Awareness” month!

Liver Health Awareness
Kidney Health Awareness
Colorectal Cancer Awareness

Did you know?

- 1 in 10 Canadians has Liver Disease
- 1 in 10 Canadians has Kidney Disease.
- Colorectal Cancer is the third most common cancer (13% Men and Women combined)



10 Scoops of Snow Shoveling Safety

The following [article](#) is written by [Canadian Centre for Occupational Health and Safety](#) and retrieved from the [Canadian Occupational Safety magazine](#) website.

As Canadians weathering cold, snowy winters, most of us are all too familiar with the arduous, strenuous job of shoveling snow. It can be hard work and whether you shovel at work or at home, there are some tips you should consider to protect yourself from the hazards that can go along with the task: cold exposure; fatigue; muscular strains; back injury and more serious injury such as a heart attack.

1. Fit for the job? If you are unaccustomed to shoveling, or if you're not in good physical shape, shoveling snow can be a strain on your heart and back. If you are older, overweight or have a history of back or heart problems, you should avoid the task altogether and delegate it to someone else, or use a snow-blower to clear the snow.

2. Warm up. As with any exercise, consult with your doctor to ensure you are fit enough for this physically demanding activity. Before you begin shoveling, do warm-up stretches and flexing exercises to loosen up the muscles and prepare them for the job ahead.

3. Lighten the load with the right shovel. A snow shovel should be lightweight, about 1.5 kg or a little over 3 lbs., and the blade shouldn't be too large. Otherwise your load will be too heavy, putting too much stress on your heart and back. The handle should be long enough so that you don't have to stoop to shovel and the grip should be made of plastic or wood — metal gets too cold. As a general guideline, the shovel (blade plus handle) should be elbow height when standing upright.

4. Bundle up. Wear several layers of warm lightweight clothing that is easy and comfortable to move in. The inner layer should be fishnet or thermal underwear that allows perspiration to escape from the skin surface. Make sure your head (especially your ears), feet and hands are well covered. Your winter boots should be warm, water-resistant and high-cut, and provide good traction. Gloves should be light and flexible and give you a good grip. If it is really cold, wear something over your mouth. And do not shovel at all if the temperature drops below -40°C or below -25° to -30°C when it is windy.



5. Pace - don't race. Shoveling snow in heavy-duty clothing can be as strenuous as weightlifting. You may want to get the job over with as fast as you can, but it is better to keep moving and work at a steady pace. A recommended rate for continuous shoveling is usually around 15 scoops per minute. Shoveling is going to make you sweat and, if you stop, you could get a chill. The trick is to shovel efficiently without becoming fatigued.



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- 6. Push - don't lift.** Push the snow rather than lift it. If you must throw it, take only as much snow as you can easily lift. And remember, the wetter the snow, the heavier it is.
- 7. Face - don't twist.** Turn your feet to the direction you're throwing — don't twist at the waist. Do not throw the snow over your shoulder or to the side.
- 8. Get the scoop.** Consider using a snow scoop to push the snow instead of lifting. The scoop helps you to move snow with less effort by riding up over the snow to allow you to move it without ever having to lift it.
- 9. Rest and recover.** Take frequent breaks and drink some warm non-alcoholic fluids. In extreme conditions, such as very cold and windy weather, 15 minutes of shoveling should be followed by 15 minutes of rest.
- 10. Find out more about safe shoveling.** The Canadian Centre for Occupational Health and Safety's OSH Answers has more information about shoveling snow in general, the ergonomics of shoveling snow and working in the cold.

Workplace Bullying

This [article](#) has been edited for length; please visit the [Canadian Centre for Occupational Health and Safety](#) website for the full length article.

What is workplace bullying?

Bullying is usually seen as acts or verbal comments that could 'mentally' hurt or isolate a person in the workplace. Sometimes, bullying can involve negative physical contact as well. Bullying usually involves repeated incidents or a pattern of behaviour that is intended to intimidate, offend, degrade or humiliate a particular person or group of people. It has also been described as the assertion of power through aggression.

Is bullying a workplace issue?

Employers have a general duty to protect employees from risks at work. This duty can mean both physical harm and mental health. In general, there will be differences in opinion and sometimes conflicts at work. However, behaviour that is unreasonable and offends or harms any person should not be tolerated.

What are examples of bullying?

- intimidation
- belittling opinions
- exclusion or social isolation
- unwarranted punishment
- yelling or using profanity
- playing favorites
- constant or persistent criticizing
- establishing impossible deadlines
- constantly changing work guidelines
- physically abusing or threatening abuse
- underwork - creating a feeling of uselessness
- responsibility removal without cause
- spreading rumours, gossip, or innuendo
- tampering with belongings or work equipment
- making jokes that are 'obviously offensive'
- blocking applications for training, leave or promotion
- undermining or deliberately impeding a person's work
- intruding on a person's privacy by pestering, spying or stalking
- withholding necessary information or purposefully giving the wrong information
- assigning unreasonable duties or workload



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How can bullying affect an individual?

- shock
- anger
- loss of confidence
- inability to concentrate
- family tension and stress
- low morale and productivity
- increased sense of vulnerability
- feelings of frustration and/or helplessness
- panic or anxiety, especially about going to work
- physical symptoms such as inability to sleep or loss of appetite
- psychosomatic symptoms such as stomach pains
- headaches

How can bullying affect the workplace?

- increased stress
- decreased morale
- increased turnover
- increased absenteeism
- poorer customer service
- increased risk for accidents / incidents
- decreased productivity and motivation
- reduced corporate image and customer confidence
- increased costs for employee assistance programs (EAPs), recruitment, etc.

What can you do if you think you are being bullied?

DO

- Firmly tell the person that his or her behaviour is not acceptable and ask them to stop. You can ask a supervisor or union member to be with you when you approach the person.
- Report the harassment to the person identified in your workplace policy, your supervisor, or a delegated manager. If your concerns are minimized, proceed to the next level of management.
- Keep a factual journal or diary of daily events. Record: The date, time and what happened in as much detail as possible including the names of witnesses and the outcome of the event. Remember, it is not just the character of the incidents, but the number, frequency, and especially the pattern that can reveal the bullying or harassment.
- Keep copies of any letters, memos, e-mails, faxes, etc., received from the person.

DO NOT

DO NOT RETALIATE. You may end up looking like the perpetrator and will most certainly cause confusion for those responsible for evaluating and responding to the situation.

What can an employer do?

The most important component of any workplace prevention program is management commitment. Management commitment is best communicated in a written policy. Since bullying is a form of violence in the workplace, employers may wish to write a comprehensive policy that covers a range of incidents (from bullying and harassment to physical violence).

Heart Health: ARE YOU READY FOR A CARDIAC EMERGENCY?

The Heart and Stroke Foundation encourages all Canadians to recognize the warning signs of heart attack, cardiac arrest and stroke so that emergency treatment can start as soon as possible to save a life. Here's what you need to know:

What is a heart attack?

Your heart is a muscle that acts as a powerful pump that pushes blood around your body. In order for your heart to work properly, coronary arteries that supply oxygen to your heart need to be in good working order. If one of these arteries becomes blocked, your heart will become deprived of oxygen and may become permanently damaged. Atherosclerosis,



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the narrowing of coronary arteries due to plaque buildup from cholesterol and other substances, causes more than 90% of heart attacks.

Heart attack warning signs and actions:

- Shortness of breath - difficulty breathing
- Sweating - cool, clammy skin
- Nausea – indigestion, vomiting
- Fear – anxiety, denial
- sudden discomfort or pain that does not go away with rest
- pain that may be in the chest, neck, jaw, shoulder, arms or back
- pain that may feel like burning, squeezing, heaviness, tightness or pressure
- in women, pain may be more vague
- chest pain or discomfort that is brought on with exertion and goes away with rest

If you are experiencing any of these heart attack warning signs, you should:

- CALL 9-1-1 or your local emergency number immediately, or have someone call for you.
- Stop all activity and sit or lie down in whatever position is most comfortable.
- If you have been prescribed nitroglycerin, take your normal dosage.
- If you are experiencing chest pain, chew and swallow one adult 325 mg ASA tablet (acetylsalicylic acid, commonly referred to as Aspirin®) or two 80 mg tablets. Pain medicines such as acetaminophen (such as Tylenol) or ibuprofen (such as Advil®) do not work the same way as ASA and therefore will not help in the emergency situation described above.
- Rest comfortably and wait for emergency medical services (such as ambulance) to arrive

Upcoming BC Forest Safety Council Training

Check out the [Training Calendar](#) to confirm dates and to register for these and other courses! Note courses are canceled two weeks in advance if there is insufficient registration, please sign up early!

IOO / IOO Refresher Teleconference	March 23	on the Phone
SEBASE / SEBASE Refresher	April 3 -4 / April 5	Cranbrook & Nanaimo
IOO / IOO Refresher	April 6	Cranbrook & Nanaimo
Basic Incident Investigation	April 8	Langley
SEBASE / SEBASE Refresher	April 10 – 11 / April 12	Prince George
IOO / IOO Refresher	April 13	Prince George
5 Day Falling Supervisor	April 15 – 19	Nelson
SEBASE	April 17 - 18	Kamloops
BASE Internal Auditor	April 17 -19	Nanaimo
Basic Supervisor	April 25 -26	Vernon



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Upcoming Events

St. Patrick's Day	March 17	Everywhere
Ritchie Brothers Auction	March 27	Chilliwack, BC
Easter	March 29 – April 1	Everywhere
COFI AGM	April 4 – 5	Prince George, BC
Western Wildfire Conference	April 10 – 13	Kelowna, BC
BC Council of Substance Abuse Conference	April 11 – 12	Prince George, BC
Western Conference on Safety	April 22 -23	Vancouver, BC
Interior Logging Association 55th Annual Conference and AGM	April 25 – 27	Vernon, BC
Olympic Logging Conference and 67th AGM	May 1 -3	Victoria, BC
Global Softwood Log and Lumber Conference	May 8	Vancouver, BC
Ritchie Brothers Auction	May 16	Prince George, BC
Canada North Resources Expo	May 31 & June 1	Prince George, BC

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:

250-562-3215

toll free 1-877-324-1212