



HEALTH & SAFETY NEWSLETTER

August 2016

Summer is just flying by!! Here it is August already! Hopefully you are out and about and enjoying your summer with family and friends. As usual our newsletter is jammed pack with some good stuff! Our winning recipe for the month is Randy MacMurphy's Terrific Tuna and Tomato Salad. Vereena has put together an interview with Vedder Milk Driver Mike Ferris and as usual Sabrina has the monthly crossword! Enjoy the rest of your summer....remember September is just around the corner!



We have had the Events Club (part of the Health and Safety Committee) running for a couple of years now. If you are a part of it, as you know, \$8.00 gets taken off of your monthly check and goes into a "slush" fund. This is good for a family of 4 to enjoy an event that the club puts on. Different events have taken place such as Bowling, Sports Days, Tubing, Corn Mazes, and the like. Everyone seems to have a great time with family members and friends at these events. If you haven't signed up and want to, please see Rachel in Payroll for the \$8.00 deduction monthly, or get in touch with me, Vereena, vmfraser@vtlg.com for information. **In the meantime, we have a few things planned. For the month of August we are going to purchase Family 4 packs of events for various venues around town for families, we are going to put all the people that are part of the Events Club into a hat and draw names for these packages. Come September we are planning on having a golf night, Sheldon and Vereena will be organizing it for the beginning of Sept for a couple to enjoy a night of golf. So once again if you are involved in the Events Club thank you!**



CAN-AM WEST



BIG RIG GROUP



Warning Signs:

Heat Exhaustion vs. **HEAT STROKE**

Heat-related illness is **Preventable!**
 Stay somewhere cool
 Drink plenty of water
 Avoid sugar, alcohol & caffeine
 Wear light clothing

Paleness
 Tiredness
 Weakness
 Dizziness
 Headache
 Fainting
 Muscle cramps
 Heavy sweating
 Nausea or vomiting

Extremely high body temperature (103°F+)
 Red, hot, dry skin (with no sweating)
 Rapid, strong pulse
 Throbbing headache
 Dizziness
 Nausea
 Confusion
 Unconsciousness

STOP
 If you recognize symptoms of heat stroke, it is **LIFE THREATENING.**
 Get the person somewhere cool and seek medical attention **IMMEDIATELY.**

Watch out!
 If left untreated, heat exhaustion can progress to

Michelle L. Holshue, 2012

Data on heat-related illness via CDC:

<http://emergency.cdc.gov/disasters/extremeheat/>



SUMMER

WORD SEARCH

U Q E Z J Y L A V E X S T F L
 N O I T A C A V L G A C Y Q O
 Q X D C C T G T T G A K V P L
 Z T F U P F S U N F L O W E R
 H O Q Q T A C A O X A D Q H X
 H E A T C I I Q L T Q U C N Y
 B V B D Q C N A E O H A V W F
 F A N P D E C S M P E V L U S
 G A S K B C I F R B O P A W K
 S N V E A R P C E C G O I N O
 F S I S B E L J T D F M L D G
 U I O T W A K J A X M Q E B F
 A I Y S A M L F W I V N A F G
 I T A C E O H L N G D B Y V F
 T F Z C G K B G O V W N P Y C

BEACH
BASEBALL
ICE CREAM
SWIMMING

PICNIC
VACATION
SUNFLOWER
WATERMELON

SANDCASTLE
HEAT
BOATING
POOL



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6 Tips For Exercising Safely In Hot Weather



1. **Drink up:** Exercising in hot weather increases our body temperature. To keep cool, make sure first of all that you are drinking plenty of water. Since our bodies are about 50 to 60% water it is vital to maintain this amount. After exercise drink more – at minimum 8 more ounces.
2. **Ease up:** If you're used to working out in cooler climates, take it easy at first. Just accept the fact that you can't do what you normally do. If you normally run, jog or walk. If you're a brisk walker, slow it down. As your body adapts to the heat, gradually increase the pace and length of your workout.
3. **Avoid the hottest part of the day.** Rise early to catch the cool of the morning, or go out at sunset or later. In the heat of midday, take cover under shade. Jump in a pool.
4. **Wear light colored clothing, lightweight clothing.** Dark colors absorb the heat, which can make you feel as if you're wrapped in a warm blanket. Keep your clothing loose. Keep it light. More air will be able to circulate over your skin, keeping you cool.
5. **Eat snacks to maintain energy.** BUT pick juicy snacks like fruit. The last thing you need in scorching heat are dry snacks like crackers, popcorn or energy bars that require your body to add water. Plus, dry snacks are often dense with calories, which means they can easily foil weight loss goals, summer or winter.
6. **Know when to say "I'm going inside".** Ok ok it kills you not to finish your 4 mile workout. May we be so blunt as to suggest that it may kill you if you try. Paid heed to the heat. Listen to your body. If you're feeling weak, light headedness, dizziness, paling of the skin, headache or muscle cramps, find air conditioned comfort fast.

Remember that even a 20 minute workout has positive health effects. It's the number of days you exercise that matters most. Frequency of days far outweighs the amount of time of any given exercise sessions. Finally, if it's just too hot, stay indoors and do your resistance training!



August Interview with Mike Ferris of Vedder Abbotsford Milk Division

Interviewed by Vereena

H&S Member: How long have you been with Vedder and driving truck?

Mike Ferris: I started driving with my class 1 Eleven years ago and have been with Vedder ever since, I am the shop steward as well. Before that I worked at CP Rail for 7 years.

H & S Member: In recent weeks we were told that you had lost weight. How does being in the truck day in and day out affect what you are doing to be healthier?

Mike Ferris: Back in December I had broken my arm and when I was at the Doctor's office they did a test for sleep apnea. The Doctor had told me that I was a prime candidate for sleep apnea because of the circumference of my neck is so large. With that being said they did testing and I didn't have sleep apnea, but the doctor said if I don't make some changes within my lifestyle I would one day have it. It has been 45 days since we made our lifestyle change, my wife and I. We downloaded My Fitness Pal onto our phones and walk 4-9 miles every day. I have lost 40 pounds so far and my wife has lost 13 lbs. There isn't a lot you have to do, just get up and walk it's pretty easy! Don't call it a diet cause it a lifestyle change!

H & S Member: What changes over the years have you seen in the company and the industry in whole?

Mike Ferris: My thoughts are that anyone can be a truck driver, but to be a Vedder Milk Driver you need to take pride in your job. You are not only driving the truck you are a representative of the company you work for.

H & S Member: What is your favorite part of the job?

Mike Ferris: Interaction with others. I enjoy all aspects of the job

H & S Member: Where do you see yourself 10 years from now?

Mike Ferris: Working for Vedder of course then maybe retire 15 years from now or so and move to the Okanagan.



Terrific Tuna and Tomato Salad

From: Randy MacMurchy



Ingredients:

- 1 L (2 pints) grape tomatoes, halved lengthwise
- 2 stalks celery, thinly sliced
- 2 cans (each 120 g drained weight) light flaked tuna in water, drained
- 250 ml (1 cup) chopped cucumber
- 45 ml (3 tbsp) red wine vinegar
- 10 ml (2 tsp) extra virgin olive oil
- 1 clove garlic, minced
- Pinch hot pepper flakes
- 75 ml (1/3 cup) chopped fresh basil
- 30 ml (2 tbsp) chopped fresh oregano

Instructions:

1. In a large bowl, combine tomatoes, celery, tuna and cucumber
2. In a small bowl, whisk together vinegar, oil, garlic and hot pepper flakes. Pour over tomato mixture along with basil and oregano and toss to coat well