



HEALTH & SAFETY NEWSLETTER

December 2016

Hello Welcome to December!! As 2016 comes to a close, we have had such a great year so hold your memories and people close this holiday season! As usual there are tons of great things this last newsletter of 2016. We have a super interview with Jeff in the wash bay and Mike McRae, as well as a wonderful winning recipe from Rachel Abbott the avid hunter and her Moose Stew, so, if you are needing any moose for it, be sure to ask her!!! Thank you everyone on the Health and Safety Committee for your hard work this past year and making this Newsletter such a success! A very Merry Christmas to everyone and the very best in 2017 from your H & S Committee.

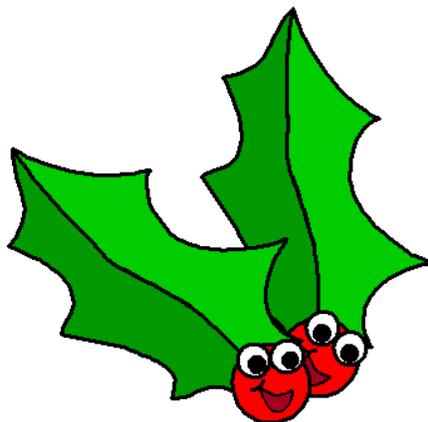


Huge congratulations to our Enderby Office! Brent, Operations Manager, has a one day shift rotation that the ENTIRE bunch, all 4 drivers, gave up smoking and are now smoke free!



Christmas Word Search

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



candycane
chimney
Christmas
cookies
cranberries
elves
family
holly
lights
mistletoe
ornament
presents
reindeer
Rudolph
Santa
sleigh
stockings
stuffing
tinsel
turkey





TOASTY TIPS FOR STAYING WARM IN THE WINTER

Warm yourself first. It's easier to change your body temperature than room temperature, not to mention more eco-friendly. Instead of turning up the heat, put on another layer of clothing. Wear a hat. Your mom may have said that you lose 80 percent of your body heat through your head, but that's not actually true. If you're otherwise clothed, you'll lose heat from any surface that's exposed. So put on your hat, even if you're inside. Turn on the ceiling fan.

Warm air rises to the ceiling. Run your fan on its lowest setting in a clockwise direction to push the warm air back down to where you can feel it. Switch between hot and cold water in the shower. Hot showers immediately warm you up, but cold showers improve blood circulation between your skin and organs. Cold showers are also correlated with a stronger immune system. Block drafts with a pool noodle.

Keep heat in and cold out by cutting a pool noodle in half lengthwise, wrapping it in fabric, and sliding it under your door. It'll stay put all winter, and you can re-use it at the pool come summer. (But we recommend you spring for a new one.) **Two words:** Programmable thermostat. Another two words: Obvious, right? Stay toasty on schedule, so you never go home to a living room that's colder than outside. You can even do it with your smartphone. Dress your windows up in warmer clothes.

If you're not wearing a tank top or going sleeveless, your windows shouldn't, either. Replace thin curtains with heavier wool or fleece drapes in the winter. But be sure to open them on sunny days for free heat. **Go ahead, bake all day.** Using your oven heats up the whole house. You'll feel even cozier if you invite friends—and all their body heat—over to eat four dozen cookies. **Layer your covers with the thinnest, densest ones on top.** It's intuitive, but fluffy blankets should be closer to your skin. Thin, dense blankets should be on top to prevent convective heat loss. Bonus tip: Don't put your bed directly against an exterior wall. You'll be warmer if you leave a little space.



CAN-AM WEST



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Three Point Contact and Fifth Wheel Pulling



A closer look at overexertion claims in BC indicates that a common source of injury in the trucking industry is simply [pulling the pin](#) that connects the trailer unit to the fifth wheel. Due to the force necessary to pull the pin, it has proven to cause a noticeable number of injuries.

Most drivers are aware of the activity and how to carry it out. Drivers need to be aware of possible risks of injury related to an activity is one of the key points in ensuring safety.

Take for example a simple activity such as exiting a truck cab. Most safety conscious drivers will use their [three-point contact](#) and climb out. However, if you sit long enough at a truck yard, you will begin to notice several drivers jump out of their cab. Now; if you are wondering why jumping out of a cab is dangerous, the amount of force applied to the knee joints when jumping out of a cab is huge.

Done enough times, a driver will develop chronic knee pain. Because the injury builds up over time, they will likely not connect their chronic knee pain to jumping out of a cab. Given this example, a driver may choose to climb out of a cab rather than jump out as 1: they have been informed of the risk of chronic knee injury or 2: their knees have already been injured and they are trying to avoid further damage.

Similar to climbing out of a cab, one of the most common causes of back injury in the workplace for truck drivers is improper use of the 5th wheel. More specifically, pulling the release on the fifth wheel.

The most common cause of a fifth wheel being difficult to release is tension against the jaws from the kingpin. To prevent this, when you have the trailer in position to drop, set the trailer brakes, push back slightly against the trailer with the tractor and then set the tractor brakes. This is especially true if you are facing downhill.



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Moose Slow Cooker Stew - Rachel Abbott

2lbs – Moose Stew meat cut into 1 inch cubes

¼ - tsp salt

¾ tsp ground black pepper

¼ tsp red chilli flakes

4 cloves garlic diced

1 bay leave

1 tsp Worcestershire sauce

1 Can (no added salt) diced tomatoes

1 Small Can Tomato paste with Italian seasoning

1 ½ Cups Low Sodium Beef Broth

3 Medium Potatoes diced (I have substituted for sweet potatoes – and is just as good)

3 Carrots sliced

2 stalks celery chopped

1 medium onion diced

Brown moose meat in frying pan with salt and pepper. Once meat is browned add to slow cooker. Add all vegetables, seasoning, tomato paste, and broth to slow cooker. Cook on low for 8-10 hours or on high for 6 hours. Stir every hour.



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**INTERVIEW with Washbay Manager - Jeff Welch
With Mike**

Health and Safety Committee: How long have you worked at the Washbay?

Jeff Welsh: I have been working at the Washbay since March 2000 but it has gone by quickly. I was promoted to Manager in April 2016.

HSC: What do you enjoy the most about your job?

Jeff: I really enjoy taking pride in my work. It requires attention to detail, dealing with different products and having knowledge of the different trailers.

HSC: What challenges do you face?

Jeff: My priorities are to make sure the boiler and computer system are running properly. If they go down we have a problem. It is also important to be well prepared for audits.

HSC: What safety issues do you face?

Jeff: Fortunately not many, our guys are trained on the fall restraint. We are dealing with hot water so as long as the guys slow down & pay attention they will be fine.

HSC: How do winter conditions affect the Washbay?

Jeff: When we face winter conditions things slow down. It takes extra time to thaw out frozen lines and frozen pumps. The trucks also take longer to do their routes when the weather conditions are bad. This means longer days for our guys to get the job done.

HSC: A question I often hear is “does your staff have to go inside the tanks”?

Jeff: Yes and I am the one that goes inside. The primary reasons are to make sure the tanks are being cleaned up to standard and for preventative maintenance. I do think about what it would be like if someone closed the hatch but we have spotters to make sure everything is done safely.

HSC: What are your interests away from work?

Jeff: When I’m not with my wife and 2 kids, I enjoy being a fishing guide which I’ve done since 2009. I take clients fishing for sturgeon in the Fraser Valley and I enjoy having fun with them while they are making memories. (Jeff is in the middle of the picture with a 9’ sturgeon).





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