



HEALTH & SAFETY NEWSLETTER

January 2016

Happy New Year!!! We, as your Health and Safety Committee, are thrilled the New Year has begun! We hope everyone had a safe and enjoyable holiday, now it's time to **shake the turkey off** and get moving! We have a ton of great stuff in this edition for your reading pleasure from Wayne, Brian and Sabrina. We also have added another driver interview from Carlos with Len Muir from our Can Am Drivers of Div 204. Our monthly winner for our Healthy Recipe contest for a \$25.00 Save on Gift Card goes to Trish Grant in Calgary for her Turkey and Rice stuffed peppers. Have a great January!!



CAN-AM WEST



BIG RIG
GROUP





A few tips from Brian on Driving



Take Care of Yourself

It is critical for drivers to take care of themselves to avoid fatigue, a factor that can play a major role in accidents. Taking proper care of yourself enables you to deal more effectively with situations that may arise while on the road.

Importance of Sleep

It is critical to get plenty of sleep. The key to fighting fatigue is a well-rested driver. During cold and flu season, be mindful of over-the-counter medications you take, as many of them cause drowsiness.

Right Lane Driving

Truck drivers have numerous blind spots to contend with that the general motoring public are not aware of. One of the main blind spots is the right or passenger side of the truck. Because of this, related accidents and sideswipes are very common. If conditions allow, driving in the right lane is a way to reduce right/passenger side sideswipe accidents.

Proper Signaling

Drivers should provide enough notification so all vehicles around them are aware of their signals when changing lanes. When passing and changing lanes it is imperative to make sure that the lane change or vehicle pass can be safely executed. Misjudging speed and distance of other vehicles is a common cause of accidents.

Maintain Your Vehicle

Drivers are responsible for making sure their truck is properly maintained. Tires, lights, and brakes are common CVSA maintenance violations. Regular maintenance and quarterly safety inspections can help to identify potential problems before they become an issue down the road. Constant communication with your service advisor on required service intervals can help prevent over the road break downs. Many drivers find carrying a flashlight, small tool kit and replacement fuses and lights to be very helpful.



FOUR MINUTE EXERCISE PLAN

Do this workout just before you start driving in order to turn your metabolism up to its highest level so that you are burning fat at an accelerated rate while you drive. Remember, do this workout with as much intensity as you can for maximum benefit. If you are out of breath and can't finish a sentence, you did it right.

High Knees
45 seconds

Start standing with feet hip-width apart. Lift up one knee so that your leg is parallel to the floor. Lightly jog with high knees. For more intensity, do lunges in between high knees.

Squats
30 seconds

Start standing with feet hip-width apart. Lift up one knee so that your leg is parallel to the floor. Lightly jog with high knees.

Squat Jumps
15 seconds

Start standing with your feet hip-width apart. Bend your knees to touch the floor while keeping your back straight. Jump up explosively, straightening your legs and lifting your torso up. Land softly.

Shadow Boxing
30 seconds

Stand in a boxer's stance and start boxing. Pretend like you're dodging and punching the person in front of you. Have fun with it and picture you're fighting whoever you wish!

Rapid Punches
20 seconds

Stand with your left foot back, and both fists in front of your face, one fist above the other. Circle both fists around each other in a rapid motion.

Wacky Jacks
20 seconds

Stand with hands behind head. Drive elbow to the hip or knee, alternating sides. Add a jump in your jack!

Seal Jacks
20 seconds

Stand tall with your feet together and arms extended in front of your chest. Jump out spreading your legs and snap your arms to the sides. Jump back to start and repeat.

Lunges
20 seconds

Stand with your feet together and hands at your waist. Take a big step forward and bend your legs to form 90 degree angles. Return to standing by pressing back up with your lead foot. Keep your body upright while alternating legs.

Jumping Lunges
20 seconds

Lower down into a lunge, then jump and switch legs rapidly in mid-flight to land with the opposite leg forward. Lower down into another lunge and repeat.

Lateral Hops to Stabilization
20 seconds

Stand with your feet together and knees and hips slightly bent. Hop sideways keeping your body forward. Land softly!

Brought to you by





Help Prevent the Flu this Season

Flu Season is right around the corner and no one likes to be sick or have the flu. These six steps will help you fight off that nasty cold/Flu!

- 1. Avoid close contact.** Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too.
- 2. Stay home when you are sick.** If possible, stay home from work, school, and errands when you are sick. This will help prevent spreading your illness to others.
- 3. Cover your mouth and nose.** Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick.
- 4. Clean your hands.** Washing your hands often will help protect you from germs. If soap and water are not available, use an alcohol-based hand rub.
- 5. Avoid touching your eyes, nose or mouth.** Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth.
- 6. Practice other good health habits.** Clean and disinfect frequently touched surfaces at home, work or school, especially when someone is ill. Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.





DRIVER INTERVIEW With Len Muir 147731 and Carlos

This month we feature Len Muir, driver for the BC/AB deck fleet of Can-Am West. Although as you will see, his experience and willingness to try new things knows no bounds.....

Health and Safety Committee: How long have you been driving trucks and for how long at CAW?

Len Muir: I've been driving for over 25 years, the last 8 with Can Am West, although with a few sabbaticals in between to go drive logging trucks in the bush. I really like that this company has so many things that I can be involved in. I love learning new things and gaining new experience, such as pulling milk tankers and delivering liquid sugar. (Quick sidenote: Len is one of our most versatile drivers, always willing and eager to try new things such as driving into the US or pulling tridem and super train tankers for the Vedder fleet).

HSC: Specifically from a health and safety perspective, what is different about the Vedder Group than the other companies you have worked for?

LM: The first thing is easy. Right from the start I've always had the necessary tools to perform my job safely. That wasn't always the case elsewhere. We've always had very good equipment that is maintained well, not to mention all of the necessary equipment such as chains and boomers, hard hats, winter tires, etc. The second thing is the company's overall emphasis on safety, which has increased greatly over the last few years. Major things like the Carrier's Edge program and Defensive Driving Seminar, to little things like the quick safety sentence at the top of the daily road report and the electronic signage at the entrance to our yard, everything really helps to keep safety at the forefront of everyone's mind.

HSC: What do you think is a major safety concern out on the roads today?

LM: Distracted driving is a huge problem, and I don't mean just for truck drivers and cell phone usage while driving. People's lives in general are too busy and we have too much going on. Inevitably that leads us to be unfocused on the immediate task at hand, whether it's driving a commercial or personal vehicle, working at our desk, or operating a forklift in the yard. For us drivers we not only have to put our phones down and ignore the satellite messages until our next stop, but we have to stop worrying about things that we cannot control. We have to trust that our co-workers (maintenance staff, dispatchers, salespeople, fellow drivers) are doing the best they can and have our best interests in mind. Worrying about our next load, which trailer we are pulling, or "why so and so is doing that load" keeps us from focusing on positive things and making sure we are driving as safely as possible.



Turkey & Rice Stuffed Peppers

By: Trish Grant



Ingredients:

- 1 large raw sweet pepper
- ½ cup cooked brown basmati rice
- 1 tbsp dried cranberries
- 1 ½ tbsp pecans
- 1 tsp extra virgin olive oil
- 2 tbsp onions any type
- 1 clove garlic
- ¼ tsp ground nutmeg
- 3 oz ground turkey
- 1 tsp fresh basil

Instructions:

Cook brown rice per directions. While rice is cooking, wash and core pepper. Preheat oven to 350 F. Lightly spray Pam or similar cooking spray on baking dish. In a pan over medium heat add olive oil and lightly sauté chopped onion and garlic until soft. Remove from pan and add ground turkey, cooking until no pink remains. In a bowl, mix cooked rice, turkey, onions and garlic, cranberries, pecans, nutmeg salt and pepper. Stuff mixture in to the pepper and top with tin foil, cook in the oven for 30-40 minutes, until the outside of the pepper is soft. Garnish with basil.

Protein 29.7 Carbs 36 Fat 33.5