



HEALTH & SAFETY NEWSLETTER

March 2016

Hello everyone, can you believe it is March already! We have a great newsletter as usual! The monthly word search is such a hit every month that Sabrina has another great one for March. Wayne and Josh have given a few awesome articles to read along with Sabrina. Ray Brown has a great interview with a long time Vedder tank driver Todd Larson. The winner of this month's healthy recipe is Nicki Toves, from our Big Rig Group, with a Chicken Avocado Wrap. Enjoy, and Happy Spring!!

COMPLIMENT FROM NORBORD LUMBER IN REGARDS TO OUR DRIVERS

FROM MIKE MCRAE



Can Am West is on the core carrier list with Norbord (Formerly Ainsworth Lumber). This is important, as there are many carriers that are fighting for the same loads in a competitive market. Norbord's statement for making Can Am West a core carrier is "Due to the culture of safety and the professionalism of our drivers." Norbord has a safety mandate which means every safety violation is taken very seriously which in turn causes delays at their facility. Many carriers have been dropped "due to their lack of focus concerning safety"



Tips for Eating Well at Work

For so many of us, the daily grind, doesn't leave time for good eating habits between rushed morning , lunch at your desk , food filled meetings and the occasional co – worker birthday celebration, we all face work day nutrition challenges.

About one-third of all cancers can be prevented by eating well, being active and maintaining a healthy body weight. Eating well begins with eating a variety of foods each day to get the nutrients you need for good health. It's all about balance, moderation and variety.

1. **Start the day with a healthy breakfast** – this will give you the energy for the day and help you stay alert throughout the morning. Some things to choose are low fat yogurts, fresh fruit, whole grain cereals with skim or 1% milk, whole grain toast or mini bagels with a variety of fruit spreads, milk instead of cream in your coffee.
2. **Keep lunches lower in fat and loaded with protein, fruit and veggies.** Whether you are brown bagging it or making selections in a cafeteria or restaurant, choose a variety of foods such as: vegetable- based soups or broths instead of cream-based soups, salads with dressing on the side, whole grain breads and rolls, wraps, rice bowl with vegetable and lean meat, whole wheat couscous with vegetables.
3. **Boost energy levels with healthy snacks.** Take a break from your desk and take a walk, if you can. A healthy snack mid- afternoon will give you the fuel you need to get through the day. For snack breaks, consider vegetable sticks, and whole wheat pita with hummus, tzatziki, black bean dip, fresh fruit and low fat granola, individual bags of plain popcorn, unsalted trail mix, low fat oatmeal raisin cookies or whole grain snack bars.





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This Month we would like you to meet one of our Calgary Drivers Todd Larson to hear his thoughts on the Industry, Health and Safety and life in General.

Health and Safety Committee: Thanks for allowing us to interview you today Todd. How long have you been working at Vedder Transport?

Todd Larson: Well I started out Hauling milk on the lower mainland in April of 1989, then transferred to Calgary back in April of 1998, So I guess I am going on 27 years.

HSC: Well that's a quite a long time what exactly do you do at Vedder Calgary?

TL: For the most part I service the Coca-Cola plant in Calgary doing at least 3 Loads per day of Corn Syrup loading out of CN Cargo Flo here in Calgary. I also pre-load and deliver for other customers as needed and still pull the odd flat deck.

HSC: What are some of the changes you've seen in the company and the industry?

TL: Within the industry we have seen the Trucks become more comfortable and in turn that lessens Fatigue, making them safer. As far as changes at Vedder I feel that we have become much more diversified in the products that we haul and the places that we travel. Also our equipment is utilized much more than ever before keeping everyone busy.

HSC: What do you see that has changed out on the road these days that is a safety concern?

TL: The Sheer volume of traffic and speed on routes that were designed years ago is a huge problem for professional drivers. The route between Calgary and Edmonton for example is dangerous at any time of day with the general traffic traveling way over the speed limit at 130kph with very little law enforcement present.

HSC: What have you done to keep your personnel health and safety at the forefront of your work day and home life?

TL: Like a lot of us here at Vedder my day starts very early, I always make sure I am early enough to properly Pre-Trip so I am not rushed in getting to the Rail Yard or the Customer .If you are in a Rush because you did not get to work on time you will eventually have an incident.

At home, I stay busy with never ending Home Renovations and my Hobby of Building Model Trucks .Also my wife Mona and I Billet Players every Baseball Season for the Okotoks Dawgs baseball club. But as you get older I believe the big secret to staying healthy is to just keep Moving

HSC: Thanks for your time Todd any final words? **TL:** You Bet ... **GO DAWGS GO .**





St. Patrick's Day

Find and circle all of the words that are hidden in the grid.

S A S S E N N I U G E V E N T S P
 I Y A D I L O H N T Y Y P A E P O
 C T H I S T O R Y R A R P K G O T
 I L S O D A B R E A D A A I R H A
 S C O K L H T N E E T N E V E S T
 U C I V N V H D E R S O I D E I O
 M E I C E U A C O N A I T L N B E
 E L C H E R A N R I E S E K B F S
 G T H T A L S H R A F S C F E U F
 A I R P R A E E C T M I I E F E D
 T C I G I A L B S E R M B T S G H
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| BEER | DANCING | HOLY DAY | POTATOES |
| BELFAST | DUBLIN | IRELAND | SEVENTEENTH |
| BISHOP | EVENTS | IRISH | SHAMROCK |
| CABBAGE | FEAST DAY | LEPRECHAUN | SNAKES |
| CELEBRATION | FESTIVAL | LIMERICK | SODA BREAD |
| CELTIC CROSS | GREEN | MARCH | TRADITION |
| CHRISTIAN | GUINNESS | MISSIONARY | YEARLY |
| CLOVER | HERITAGE | MUSIC | |
| CORK | HISTORY | PARADE | |
| CORNED BEEF | HOLIDAY | PATRON SAINT | |





Stretches
For the Professional Truck Driver

For best results, hold each stretch for a minimum of 45 seconds:

Lower wrist With finger tips up, palm facing away, press fingers against steering wheel gently bending wrist back.

Upper arm and shoulder Place fist in the middle of your back then gently lean back against chair.

Upper wrist With palm down, hold top of finger tips to steering wheel gently bending wrist down and forward.

Hip Hold onto truck to stabilize body. Put one leg back. With weight on the back leg, lean into hip.

Shoulder and neck Anchor arm by holding chair seat. Lift chin up and away from anchored arm

Back of leg, seat and lower back While seated, hold ankle or lower leg with both hands and gently lean forward.

Back of leg and seat Leaning on truck, put one leg on upper step. With straight back gently lean body forward.

Upper chest and neck Gently push with both hands on upper chest below shoulder then move head up and away from hands.

Back of leg and seat While seated, place one ankle on opposite knee. With a straight back, gently pull knee toward chest.

Shoulder front and upper arm With arm extended and palm forward, grasp truck grab handle. Gently rotate body away from truck.

Thigh Hold on to truck with one hand. On the opposite side bend knee and pull up on ankle or foot with free hand.



CHICKEN AVOCADO WRAP

From: Nicki Towes

Ingredients (For 1):

1 ripe avocado
1 baked chicken breast
1 carrot
1 small head of broccoli
Romaine lettuce
2 pitas

Directions:

1. Smash the flesh of one ripe avocado with freshly squeezed lime juice, salt and pepper
2. Cut up baked chicken breast sprinkled in seasoning salt
3. Combine 1 cup of steamed carrots and 1 ½ cups of steamed broccoli
4. Thinly slice a small heart of romaine lettuce
5. Spread avocado on pita
6. Add chicken breast
7. Add steamed vegetables
8. Top with shredded lettuce
9. Wrap
10. Enjoy!!

