



HEALTH & SAFETY NEWSLETTER

May 2013

Welcome to the second edition of the Vedder Group Health & Safety Newsletter. This month we focus on our driving fleet, specifically driver awareness and exercise, although it certainly applies to all our staff. We hope everyone enjoys a safe and healthy May long weekend!

NEW ITEMS FOR YARD AND OFFICE

The Health and Safety Committee is always looking for ways to improve everyone's work environment. Here's a brief recap of what you will be seeing in the near future:

- Wall mount hand sanitizer stations throughout our buildings. We encourage everyone to use the hand sanitizer in order to help the prevention of those nasty colds and flus.
- New lights above tarping station (installation to take place in October). We have a great tarping station in our Abbotsford yard and increased lighting will make it that much safer and easier to use.
- Suggestion box for Health & Safety related items. We will be placing a few suggestion boxes throughout our facilities so feel free to drop us a line. The more people involved the better.

DRIVER SPRING SAFETY CAMPAIGN

Last week the Driver Resources department kicked off the quarterly driver safety awareness campaign. The entire staff was treated to Jake's famous pancake breakfast and we enjoyed some beautiful spring weather as we ate. This spring's theme is "Are You a High Risk Driver?" The session focuses on driver self-awareness and education

relevant to "At Risk" or "High Risk" driving behaviors. As always, the session is mandatory for all drivers so if you haven't already, please contact Cindy, Karen, Daron, Sheldon or your DSR for details. Once you have completed the program, your "Truck Buck" will turn into a \$25 training allowance check!

IMPORTANCE OF TRUCK DRIVER EXERCISE

After sitting behind the wheel of a big rig for hours on end, it's critical that truck drivers stay active in order to prevent health and circulation problems down the road (pun intended). Today, we're going to share **3 truck driver exercise goals** you should set right now to help you stay fit when you're sitting down the majority of the day.



1. When You Stop the Truck, GET MOVING!

The first thing you should do when you stop the truck is **get moving!** You're in a confined space for a long time, so every time you stop – take the time to get in a brisk walk or do some stretching. Every truck driver exercise routine should include some dynamic stretches. Stretching out is





one of the best things you can do after sitting for a long period of time. Dynamic stretches will increase your blood and oxygen flow, which are bound to slow down when you stay in the same position for too long.

http://www.youtube.com/watch?feature=player_embedded&v=B-1CMw8XU44

In the above video, we demonstrate a few dynamic stretches you can do as soon as you step out of the cab. These stretching exercises for truck drivers can be done just about anywhere, they don't take a lot of time, but they will get the job done after a long bout of driving. Leg swings, arm swings, and trunk rotations will stretch out your whole body and get the blood flowing again. I recommend doing 15 swings on each side to get started. Follow these stretches up with a quick brisk walk to get your heart rate up and get some cardio in.

2. Make Strength Training a Part of Your Exercise

Make it a goal as a truck driver to get strength training exercises in at least **3 times a week**. Doing so will give your metabolism a boost and prevent bone weakening, weight gain, and high cholesterol. And yes, it is possible to get in a strength training workout in the cab of a big rig without take some a huge home gym with you. Invest in good medium-weight barbells (or whatever you can handle) or resistance bands and you'll get the same effect. I'll give you some more ideas in a future video 😊

3. Don't Forget the Cardio

Lastly, your truck driver exercise routine should aim to include some cardio **3-4 times a week**. Cardio workouts can be as easy as doing a 20 minute walk around the truck stop after you stop for the night. If you took my advice in goal #1 by including a 20 minute brisk walk, you'll knock out the cardio when you stop to stretch!

If you set these 3 truck driver exercise goals every week, you'll quickly be on your way to becoming a healthier, stronger truck driver. The most difficult part of working out on the road is getting the motivation to get up and do something after a long day of driving; however, if you make it a routine part of your schedule, eventually it will just become a part of your lifestyle instead of a daily chore.

JOKE OF THE MONTH

Three sisters, ages 92, 94, and 96, live together. One night the 96-year-old draws a bath. She puts one foot in and pauses. "Was I getting in the tub or out?" she yells. The 94-year-old hollers back, "I don't know, I'll come up to see." She starts up the stairs and stops. She shouts, "Was I going up or going down?" The 92-year-old is sitting at the kitchen table having tea, listening to her sisters. She shakes her head and says, "I sure hope I never get that forgetful", and knocks on wood for good measure. Then she yells, "I'll come up and help both of you as soon as I see who's at the door!"



RECIPE OF THE MONTH

A healthy soup is always in season!

Italian Wedding Soup

- **Prep Time:** 5 mins
- **Total Time:** 25 mins
- **Servings:** 4

Ingredients

- 1/2 lb lean ground beef
- 1 egg, slightly beaten
- 2 tablespoons breadcrumbs
- 1 tablespoon parmesan cheese
- 1/2 teaspoon dried basil
- 1/2 teaspoon onion powder
- 5 3/4 cups chicken broth
- 2 cups chopped escarole or 2 cups chopped spinach
- 1/2 cup orzo pasta, uncooked
- 1/3 cup finely chopped carrot
- grated parmesan cheese



Directions

1. In medium bowl combine, meat, egg, bread crumbs, parmesan cheese, basil & onion powder; shape into 3/4" balls.
2. In large sauce pan, heat broth to boiling; stir in spinach, orzo, carrot & meatballs.
3. Return to boil; reduce heat to medium.
4. Cook at slow boil for 10 minutes or until orzo is tender.
5. Stir frequently to avoid sticking.
6. Serve with additional Parmesan cheese sprinkled on top.