



## HEALTH & SAFETY NEWSLETTER

November

Welcome to November!! Just think 2016 is almost a memory!! Bring on 2017. Lots of great stuff for your reading pleasure!

The winning recipe was from Brian Hopfner and his Runaway Train Wrap. A Remembrance Day Word Search, and some great stuff from Wayne and Mike for our driving fleet. Our Monthly Interview is from Graysann with Shane Morgan. Enjoy!



Our Events Club held a Bowling Afternoon on Oct 15<sup>th</sup> and it was a great turnout with 22 or so family members. Just a reminder if you are wanting to be a part of the Events Club, see Rachel in Payroll and she will arrange \$8.00 to be taken off our check once a month, or see a H & S Committee member or email me at [vmfraser@vtlg.com](mailto:vmfraser@vtlg.com)



CAN-AM WEST



BIG RIG GROUP



## Remembrance Day Word Search



### Words to Search

- |        |          |           |
|--------|----------|-----------|
| Battle | November | Sacrifice |
| Brave  | Peace    | Soldiers  |
| Canada | Poppy    | Uniform   |
| Heroes | Remember | Veterans  |
| Honour | Respect  |           |

For more activity pages visit [www.onafterschool.ca](http://www.onafterschool.ca)  
 ON After School is a project of the Leisure Information network





**November Newsletter Interview:**

**Graysann with Shane Morgan**

**Graysann:** How long have you been working for the Vedder Transportation Group?

**Shane:** 14 years this Nov

**Graysann:** How did you get into the trucking industry?

**Shane:** Was a swamper hauling hay with my uncle while I was in high school – then worked for other hay & lumber haulers in the early 80's – I owned 2 trucks & drove trucks with twin sticks & 220 /250 HP – mostly cab overs

**Graysann:** What are some of the significant changes that you have seen in the trucking industry?

**Shane:** I think for me the equipment and how far it has come, the fit & finish of these trucks today is truly a home away from home.

**Graysann:** What is one safety tip that you would give to our driving fleet?

**Shane:** Two (2) things - Travel for the road conditions and “travel” in the curb lane – stay out of the hammer lane as much as possible.







## Winter: The long haul. Know how to drive safely in winter conditions.

Whether you are a new or seasoned driver, winter roads can be dangerous. Here are a few tips to help you prepare and stay safe at work:

- 1. Watch for black ice.** Black ice is a thin layer of transparent ice that forms when the temperature is close to freezing. Look for ice build up on your windshield; this is a clue that conditions are favourable for black ice to develop. Slow down when approaching shaded areas, bridges and overpasses as these sections of road freeze sooner than others in cold weather.
- 2. Carry a cell phone and make sure it is charged.** Cell phone batteries can freeze in extremely cold weather, so don't leave your phone in the vehicle for extended periods of time.
- 3. Drop your speed to match road conditions.** No matter how much experience you have, the way your truck will move on snow or ice is unpredictable.
- 4. Talk to people.** Listen for road condition and weather updates on your radio and when parked, talk to the drivers around you. We're all a little nervous out there and it helps to know what you're dealing with. Try to find a seasoned driver with a healthy respect for physics to help talk you through it.
- 5. Don't follow too close.** Traffic tends to bunch up on bad roads – the natural inclination is to follow other drivers. Keep a safe distance from the vehicle in front of you.
- 6. Watch for warning signs.** If vehicles are spun out in the median or shoulder, the roads are bad. If you start seeing big trucks spun out, it's time to get off the roadway.
- 7. There is no load worth your life.** If you experience extreme driving conditions, try to find a safe spot to wait it out. Let your logbook gain some hours. If you can't find a spot in a truck stop, park on a ramp or anywhere that is safe and out of the way. Try not to park on an incline, as you may get stuck.
- 8. Make sure you have the supplies you need.** In the unfortunate event that you end up stuck, spun out, wrecked or just sitting in a back up, be sure you have the necessities with you. Keep extra warm clothing, blankets, canned food and water. Be sure to keep your diesel tanks full so you won't run out.
- 9. Treat your diesel.** Diesel gels when it gets really cold. If your diesel gels, your truck won't run. If you are facing winter weather conditions you need to put an anti-gel additive to your tanks (put it in BEFORE you fuel so that it mixes). It is a good idea to stock up ahead of time.
- 10. Commercial vehicles in B.C. must carry chains from October 1 to March 31.** Make sure your chains fit your tires and practice installing them before you need to use them. Otherwise, you may have a cold and frustrating experience on the side of the road. Stop at a weigh station or rest area for the install so you are safely off the road and have some room to drive your rig forward and back.
- 11. Wear sturdy shoes or boots that have good traction.** Snow, ice and cold weather can make even the simplest task treacherous. Maintaining 3 points of contact when entering or exiting the cab will keep you on your feet, especially in winter when steps and the ground below may be icy.

Know before you go.

[ShiftIntoWinter.ca](http://ShiftIntoWinter.ca) | [DriveBC.ca](http://DriveBC.ca)



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## Safe Winter Trucking Safety Tips

- **Slow down** – At fault accidents are mostly due to excessive speed. Driving at the speed limit may be legal, but is often too fast for snow covered or icy road conditions. Take as much time as necessary. **DO NOT HURRY. Speed kills. This rule should ALWAYS be at the top of any winter trucking safety tips list.**
- **Keep a safe following distance** – Leave plenty of room between your vehicle and the vehicle in front of your truck, and beside your truck, when possible (approx. 1/4 mile).
- **Don't travel as part of a pack** – Traffic seems to move in 'packs' on the highway. Find a safe way to get away from the pack and travel alone, with the goal being to maximize the distance around your vehicle.
- **Don't follow the tail lights of the vehicle ahead** – When the snow is so heavy, visibility is low, seeing the tail lights of the vehicle ahead...means following too closely.
- **Keep a safe driving distance** back at all times, especially in bad weather. If the leader makes an error, you will too. Trucks can leave the road, and yours could follow the lead truck off the road.
  
- **Use good, solid judgment** — If the weather is so severe that you need to get off the road..... do it. Find a place to get off the road safely and wait until conditions are safe.
- **Don't stop on the shoulder of the road** — Especially in low visibility situations, when driving in winter, especially 'blinding snow', other vehicles can mistake your position for being on the road and as a result, may slam into the back of your rig.
- **Don't try to be a hero** — When the road conditions are severe, you need to recognize that it's very dangerous to be out there. Hours of service rules, dispatchers etc., are extra pressures when it a difficult, dangerous position. Don't feel that you're letting anyone down by not meeting a scheduled appointment.
  
- **Braking** – Some drivers like to use the [jake brake](#) in less than perfect weather conditions. Some don't. **DO NOT ENGAGE THE JAKE BRAKE ON ICY ROADS.** Try to avoid overusing your foot brake, unless the entire unit is absolutely 'straight' on the road. Don't over brake when the entire unit isn't straight... the trailer can slide and spin you out of your position.....the truck slows down, and the trailer does not. This is especially true, when the trailer is empty.
- **Ensure 'all systems' are a go** — Be absolutely certain during your [circle check](#) before you leave, that the defroster and heater are working properly. Wipers, wiper motor, lights, esp. brake and tail lights, washer fluid is topped up, drain moisture from the air tanks, all brakes are set up and windows and mirrors are completely clean before departure.
- **Keep fuel tanks topped up**, for extra weight over the drive [tires](#), to aid with traction. **Good quality lug tires**, with the proper tire pressure, are essential for good traction for the best safe winter driving.
  
- **Keep tractor and trailer lights clean** — When you're able to stop in a safe place, clear the lights off of snow and ice, which builds up in foul weather....they are vital, more than ever when visibility is poor. LED lights especially accumulate snow and crud. **Keep everything clean, so you can BE SEEN.**

[Pack winter driving essentials](#) — Besides the mandatory roadside emergency kit for trucking safety.

- A smart trucker is **always prepared for bad weather conditions**....the truck is equipped with necessary supplies and outfitted for all driving conditions.
- **A smart trucker always uses common sense and their best judgment**.....one of the most critical of winter trucking safety tips.







**RUNAWAY TRAIN WRAP**

3 BONELESS CHICKEN BREASTS, COOKED AND SLICED

6 TOMATO TORTILLAS

2 ONIONS, CARAMELIZED

¾ CUP BBQ SAUCE

1 CUP ROASTED CORN SALSA\*\*

1 CUP LETTUCE, SHREDDED

**METHOD:**

IN A SKILLET, SAUTE CHICKEN (PREVIOUSLY COOKED) UNTIL JUST HEATED

REMOVE FROM PAN AND SET ASIDE, IN SAME PAN, PLACE TORTILLA TO QUICKLY

HEAT UP.

TO ASSEMBLE THE WRAP, PLACE TORTILLA ON WORK SPACE AND SPREAD CHICKEN, CARAMELIZED ONIONS, BBQ SAUCE, SALSA & LETTUCE.

ROLL UP, SLICE IN HALF & SERVE

**\*\* ROASTED CORN SALSA:**

2 CUPS FROZEN CORN

1 CUP ROASTED RED PEPPER, DICED ½ RED ONION, DICED 1/3 CUP CILANTRO, CHOPPED JUICE & ZEST OF 2 LIMES

2 TBSP OLIVE OIL

1 TBSP BROWN SUGAR

1 TSP CUMMIN

1 TSP CHILI POWDER

**METHOD:**

IN A BAKING DISH, TOSS CORN IN OLIVE OIL & BROWN SUGAR, ROAST IN OVEN @ 350 F UNTIL CARAMELIZED, ABOUT 20 MINUTES. REMOVE FROM OVEN AND ADD THE REMAINING INGREDIENTS. MIX WELL, COVER & REFRIGERATE.

