



HEALTH & SAFETY NEWSLETTER

September

goodbye, august hello, september

Wow! Where did the summer go? Time flies when the beautiful weather is around! This year is almost over and lots to talk about. Congratulations to Bryan Arthur and his recipe for the month, Citrus Quinoa. Wayne and Bryan have a lot of good stuff in this month's Newsletter. Sabrina and her monthly word search to enjoy. Great Interview by Brian with Richard from the Ryder Tire bay here in Abbotsford. So bundle up the fall is in the air! Have a great September!



Congratulations to the people that participated in The Walking Club. It ran from June 1st and ended Sept 2nd. 15 people were signed up and 9 people will receive the \$50.00 gift card from Sports Chek for getting their 45 walks in!!! Elaine Runyon, Vereena Fraser, Nicole Nelson, Patti Veitch, Manjit Sidu, Jill Perkins, Mary Hinchcliffe, Sheldon Baron and Brian Hopfner. Vereena will have your gift cards to you shortly! Great job and don't let the ending of this round stop any of you from getting up out of your seats and going for a walk!



CAN-AM WEST



BIG RIG GROUP





Autumn Word Search

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

ACORN	FAMILY	SCARECROW
APPLE CIDER	HAYRIDE	SMORES
AUTUMN	LEAVES	TURKEY
BONFIRE	PUMPKIN	THANKS

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What is a cone zone?

There is that old joke that says we have two seasons here, winter and road construction. I admit seeing those road construction sites a lot more in the good weather than the bad, but the work being done is necessary. Without maintenance, the road won't last long, just like everything else. Of course where there is road maintenance, there is a **Cone Zone**.

Any time traffic needs to be diverted or moved through an active construction area, a set of control devices must be used to safely guide traffic around hazards created by construction, and maintain separation between workers and moving vehicles. Let's face it, when pedestrians and vehicles collide, pedestrians lose whether they are a worker or not. Those plastic cones are really not much of a barrier.

Simply put; the Cone Zone is a control zone designed for worker safety and your safety, and in order to work correctly it needs you as an active part of the system.

That means when you are approaching a Cone Zone you need to be aware of any change to the normal roadway. Usually there is a speed reduction, which is one of the most important things you can do to make this system work. Slow down!

Be aware of any direction given by signs, or more importantly a Traffic Control Person or TCP. If there is a TCP present, it usually means the worksite is too variable for simple signage. It also means you need to be aware of what is going on and follow directions. The system is keeping you away from hazards you may not even see, and it is your job to not become a hazard to the workers present.

Dealing with the Cone Zone is straightforward. **Slow down, be aware and follow directions.**





September Interview with Richard Bredof (Tire Technician) of Ryder Abbotsford

Interview by Brian

H&S Member: How long have you been with Ryder and how long have you been a tire technician?

Richard Bredof: I have been with Ryder for five years and started as a tire technician in 1992 at Kal Tire (Hope). After six years at Kal Tire I went to Symons Tire in Mission for eight years, and then ventured off to Queen Charlotte Island to work for a logging company as a tire tech and refueling all machinery as well. I did this job for four years before coming to Ryder Abbotsford.

H&S Member: What changes stand out to you in the trucking industry and how do these changes affect your daily work schedule?

Richard Bredof: Due to companies trying to utilize their equipment the turnaround time is shorter than it used to be for scheduled repairs. Cheaper and lower quality tires are now being offered and in my opinion are not good options when replacing tires. Ryder uses good quality tires supplied by Kal Tire.

H&S Member: What do you enjoy most about your job?

Richard Bredof: Mostly the interaction with the drivers, they always have great stories and love to share their experiences, good or bad, encounter on the road.

H&S Member: What is the most common cause for wheels coming loose and what procedure do you use to make sure this doesn't happen?

Richard Bredof: Wheels will become loose due to improper installation, usually done by an inexperienced person. Having the wheels retorqued after they have been removed for wheel end or tire repairs is another preventive procedure. This is usually done after about 200 kilometers

When I install wheels and tires on all equipment I make sure:

- wheel studs are in good condition (no thread damage)
- all dirt and scaling has been removed from face of brake drum
- both wheel surfaces are clean
- lug nut washers spin freely and are lubed
- wheels are set on hub before air gunning lug nuts
- torque all lug nuts of wheel position that has been changed



Stretches

FOR THE PROFESSIONAL

Truck Driver



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

1



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

2



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

3



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

4



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

5



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

6



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

7



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

8



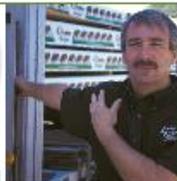
Hip
Hold onto truck to stabilize body. Put one leg back. With weight on the back leg, lean into hip.

9



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

10



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

11



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

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Special thanks to Terry Leavitt - Leavitt's Freight Service
Based on techniques developed by Exercise Therapist, Tom Garger, BA

Citrus Quinoa



Ingredients:

- 2 tablespoons butter
- 1 teaspoon canola oil
 - 4 shallot minced
- 1 1/2 tablespoon grated lemon rind
- 1 1/2 tablespoon grated lime rind
- 1 1/2 tablespoon grated orange rind
 - 2 cups quinoa
 - 4 cups water
- 1/4 cup buckwheat honey
 - 1/4 teaspoon salt
 - 1/4 teaspoon pepper

Method:

In large saucepan, heat 1 tsp (5 mL) of the butter and oil over low heat; cook shallots, stirring occasionally, until caramelized, about 20 minutes.

Add lemon, lime and orange rind; cook for 1 minute. Transfer to bowl.

Add quinoa to saucepan; cook, stirring, until toasted, about 4 minutes. Add water and bring to boil; reduce heat, cover and simmer until liquid is almost absorbed, about 12 minutes.

Uncover and cook, stirring, for 2 minutes. Stir in shallot mixture, honey, salt, pepper and remaining butter.