



HEALTH & SAFETY NEWSLETTER

August 2017

The month's are flying by my gosh! August already, soon it will be Christmas! We have a great issue once again for all of you, starting with the monthly crossword, then a great interview with Carlos Navarete Sr and Sheldon. Tons of interesting reading material for everyone to enjoy. Killer Kale Salad is the winning recipe for August from Vereena.... We are sure gardens are a plenty with fresh veggies!!! Have a great last month of Summer! Enjoy!



Welcome aboard to our two new companies!

[N & J Bulk Milk Service LTD in St Claude Manitoba](#), and [Wes Leslie Transport in Innisfail!](#)





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G.O.A.L. – our next power point Installment for our Driving Fleet is well underway!

It is on all the computers: Abbotsford 3rd floor / Milk Dispatch Abbotsford / Kelowna / Calgary / Edmonton / Enderby offices

As per usual, Drivers will watch the power point then dispatch / operations will hand out the test once the power point has been watched, test gets done (quick 10 questions) then \$25.00 Cash given to the driver as per usual AND a great T Shirt to be handed out to the drivers, this time around it is **G.O.A.L Get Out and Look!**

This will go from **July 5th thru til Monday Aug 21st** in which you will need to have all your driving fleets completed!



Summer Fun Word Search

- BARBECUE
- BATHINGSUIT
- BEACH BOAT
- CAR TRIP
- CHALK
- FAMILY
- FIREFLIES
- FIREWORKS
- FRIENDS
- FUN
- GAMES
- ICE CREAM
- LEMONADE
- PARTY
- PICNIC
- POOL
- SUNGLASSES
- SUNSHINE
- SWIM
- TOWEL
- VACATION
- VOLLEYBALL
- ZOO



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

Provided By Chicken Scratch NY



From 2005 to 2010, dump trucks, semi-trailers, trucks, forklifts, garbage trucks and pickup trucks were involved in nearly 200 workplace back-over deaths. Recently began collecting specific information on these fatalities and determined that 79 back over deaths occurred on the job 2016. A back over incident occurs when a backing vehicle hits a worker who is standing, walking or kneeling behind the vehicle.

The following are examples, of back-over prevention methods:

Spotters: Using a spotter has been proven to keep workers safe. However, spotters also are in danger of being hit by a backing vehicle. Several steps can be taken to help keep workers safe.

- Before work begins, drivers and spotters should agree on hand signals.
- Ensure spotters always have visual contact with the driver when a vehicle is in motion.
- Ensure drivers know to stop immediately if they lose sight of a spotter.
- Do not give additional duties to spotters.
- Do not allow spotters to use mobile devices or personal headphones when working.
- Provide high-visibility clothing for spotters, especially when working at night.

Cameras: Most vehicles can accommodate a camera to provide drivers with a view to the rear and other blind spots. When equipping vehicles with cameras, it is important to consider the environment operators work in. Some construction sites and mines may require more rugged cameras, and vehicles such as dump trucks may need two or more cameras to monitor blind spots



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This is a picture taken by our Can Am Driver Len Muir 127762 in Div 202 in the back roads of Elkhart Indiana in Amish Country! It just shows us that transportation happens in all shapes sizes and forms! Very cool!



CAN-AM WEST



BIG RIG GROUP

Safety Tip: Driving Safely

Whether you drive on the job or just to and from work, driving safely should always be your top priority and an important part of your workplace safety.

In today's day in age we're busier & more distracted than ever! That's why it's more important than ever to get back to the basics of safe driving. Here are some quick safe driving tips to keep you safe on the road:

- No multi-tasking – Don't use your phone or any other electronic device while driving. Keep 100% of your attention on the road at all times
- Slow down and drive the speed limit - Speeding cuts down your react time and increases the severity of an accident
- Wear your seat belt! Even for short trips, it could save your life
- Drive defensively - Be aware of what other drivers around you are doing, and expect the unexpected
- Give yourself enough time to get to where you're going - Take into consideration delays for road construction & other delays. Slow down when approaching construction zones & be mindful of flaggers and other people in the work zone
- Do not follow the car in front of you too closely - Keep at least a two-second buffer between you and the car in front of you, increasing the space to 4 seconds in poor weather conditions
- Get plenty of rest before a long trip - If you find yourself getting tired pull over and take a nap or take turns driving with another in the car with you





Interview with Carlos Navarete SR - Sheldon

Sheldon: How long have you worked for Vedder?

Carlos SR: 6 years

Sheldon: What have you done in those 6 years?

Carlos SR: I was hired day 1 when we started fueling LNG trucks. I have operated the scale and fueled trucks ever since.

Sheldon: Have you seen changes in your 6 years here, in the industry in general?

Carlos SR: I have seen more drivers become more about them, and not about camaraderie. I feel like a bartender, hahaha, as guys come in to scale or fuel and like to talk and unload their troubles. Technology here at the station has been a huge help and improvement for me in my job. I take great pride in what I do and try to do my best everyday here. I like being part of the LNG "Pioneers" that Vedder has become.

Sheldon: You seem to enjoy your job, what is your favorite part?

Carlos SR: Dealing with people. I enjoy listening to people. I like that the company lets me do my job as I feel I do a good job. But when I do make a mistake I like that time is taken to help me correct this.

Sheldon: I have known you for around 30 years, but tell me everyone a little about yourself.

Carlos SR: I came to Canada 37 years ago from Chile for work and better opportunities for my 3 children, Claudia, Carlos JR, Gustavo. I also have 4 grandchildren or I like to say Great Grandchildren because they are so great. So far I feel the move to Canada has been very successful and I am very grateful for the opportunities my family has been given. I try to get back Chile.

Sheldon: You must have some hobbies that you enjoy away from work. What are they?

Carlos SR: I love to play golf, watch sports (soccer is my favorite) and, of course, spending time with my "Great Grandchildren" I used to be the referee in chief for Abbotsford Soccer Association and also coached soccer. I have often thought to get back coaching but I don't want to give up the time from the grandkids.



Summer Super Foods!

With only a few short weeks before we say goodbye to Summers Superstars, don't miss the benefits of these 8 great summer foods!

- 1. Cherries** – Provide potent antioxidants that fight cancer and heart disease
- 2. Watermelon** – 92 % water, people with elevated blood pressure may want to reach for a slice
- 3. Tomatoes** – Some evidence suggests that the antioxidant alpha-lipoic-acid in tomatoes help reduce blood sugar levels as well as protect brain and nerve tissue
- 4. Strawberries** – One cup of strawberries has more vitamin C than an orange and more fiber than an orange & more fiber than a slice of bread
- 5. Stone Fruits (Nectarines / Peaches / and Plums)** – have compounds that may fight metabolic syndrome a cluster of risk factors that increase the risk of diabetes heart attack and more
- 6. Zucchini** – 95 % water. Shredded zucchini is a perfect low calorie way to sneak moisture and nutrition into baked goods such as muffins and meatballs
- 7. Blueberries** – small but powerful blueberries and strawberries have a chemical compound that research suggest reduces blood pressure and keeps blood vessels flexible
- 8. Sweet Corn** – protects your eyes from damaging UV rays with corn on the cob. The yellow kernels contain lutein zaxanthin compounds that act like internal sunglasses.





DAVE GRANLUND © www.davegranlund.com

Killer Kale Salad - by Vereena



4 slices thin sliced bacon cut into bits

1 tablespoon butter

1 whole red onion halved and sliced

8 ounces white mushrooms sliced

½ cup white wine

Salt and pepper to taste

4 ounces goat cheese crumbled

¾ cups olive oil

½ cup balsamic vinegar

½ teaspoon dried thyme leaves

1 bunch kale

Fry the bacon bits until slightly crisp. Drain on a paper towel. Pour out most of the grease and add the butter to the skillet add the onion and cook them over medium low heat for 10-15 minutes, until soft. Remove them to a plate add the mushrooms, stir, then add the wine, and salt and pepper. Cook the mushrooms, put to the side. Add the olive oil vinegar thyme salt and pepper to a mason jar and shake to combine. Cut up the kale place the kale in a bowl add have the dressing and toss then add the mushrooms onions and bacon and toss again. Finally add the goat cheese and more dressing.