



HEALTH & SAFETY NEWSLETTER

June 2017

Finally some good weather!!! Bring on sunshine and summer! Attached you will find our June Newsletter for your reading pleasure. Great topics as the summer holidays begin for employees and drivers alike. There is a great interview with Vedder Tank Division Sandy James by Vereena . Winning recipe for June is from Elaine Runyon and her Cauliflower Salad. Enjoy, and above all, be safe this summer season!



If you are a part of our Events Club, for the summer months like last year, we are giving out gift cards for a total of \$75.00 for each family that contributes to the Events Club. It will be for a Movie Pass for your family. For any drivers that are a part of the group, look in your mail box in the next month or so, for your summer family gift card to the movies. Thank you for being involved in the Events Club, have a great summer!

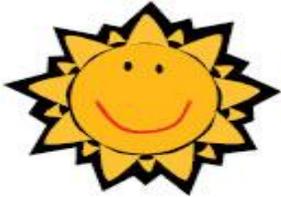


CAN-AM WEST



BIG RIG GROUP





WELCOME SUMMER

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AUGUST
 BEACH
 BIKES
 CAMPING
 CARNIVAL
 COOKOUTS
 FIREFLIES
 FIREWORKS
 FISHING
 FLIPFLOPS

FUN
 HULA HOOPS
 ICE CREAM
 JULY
 JUMPROPE
 JUNE
 MOVIES
 PARADES
 PARTIES
 PICNICS
 POOL

POPSICLES
 ROLLERCOASTER
 SANDALS
 SPLASH
 SPRINKLER
 SNOWCONES
 SUNGLASSES
 SUNSCREEN
 SWIMMING
 THEME PARK
 VACATION



CAN-AM WEST



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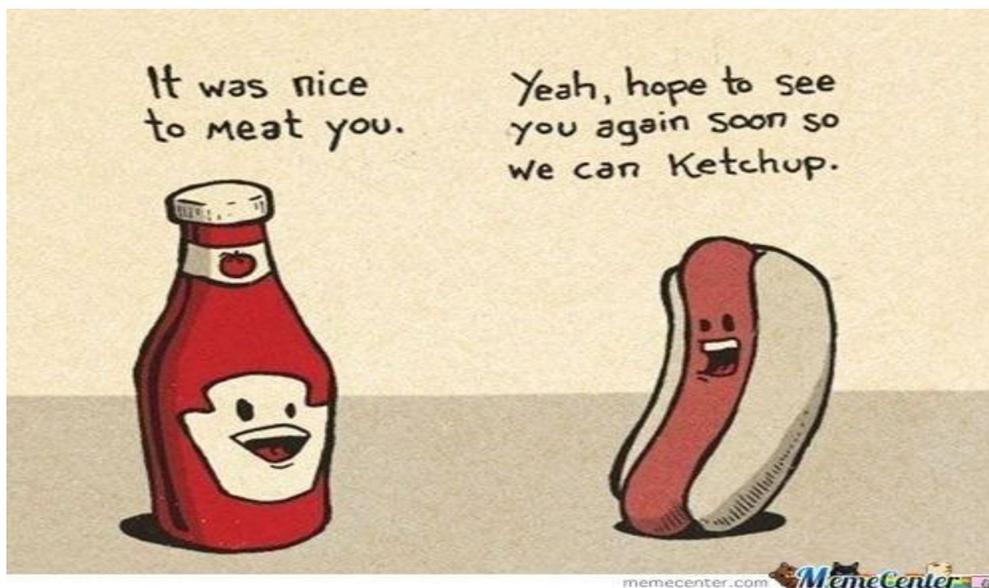


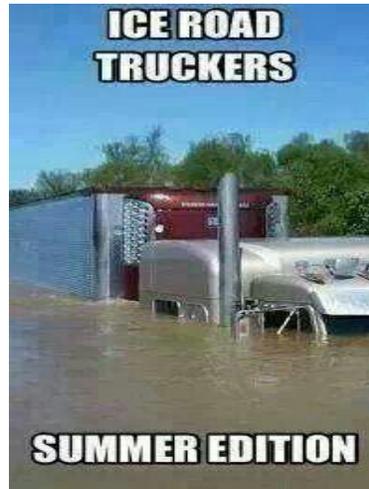
5 Summer Truck Driving Tips

Summer has officially begun, and temperatures around the country are already beginning to soar. A lot of attention is paid to how truck drivers should drive in the winter, but there are also plenty of dangers in summer driving that probably don't get enough attention. The summer months can be a dangerous time for both the driver and the truck, so it's important to take heed of these tips for driving in summer.

- 1. Protect Yourself From the Sun** – The sun coming in through the driver's side window of a truck can feel great when out on the open road. Truck drivers are probably very familiar with "Trucker's Arm" that comes from the awkward tan that occurs from a driver only getting sun to the left arm. It may be funny to look at, but as with all sun exposure, there are serious risks associated with it. Using a sun sleeve, sunscreen, window covers or just wearing long sleeves (yes, even when it's 100°) can help to protect from dangerous rays from the sun.
- 2. Watch Out for Extra Drivers** – In the summer months, families go on vacations, people take days off work and there are more people on the road than any other season. For a truck driver, that makes the roads that much less safe. While the advice is always to stay alert on the road, that goes double in the summer when there are more drivers. Not every accident can be prevented, but staying alert and knowing what's happening lessens the chances of an accident.
- 3. Keep Hydrated** – It seems obvious to say, but when the temperatures heat up, it's very easy to forget to be drinking water while on the road. Make sure to have a bottle of water to stay hydrated while driving and an extra bottle of water available in case something happens on the road. The last thing needed when dealing with a vehicle issue is adding heat stroke or worse to that issue. A good rule of thumb is to drink half your body weight in ounces every day, so if you weigh 200 lbs., try to drink 100 oz. of water. We know that stopping for restroom breaks as often as that may require isn't ideal, but it's better than the alternative.
- 4. Check the Brakes** – Hot temperatures can lead to brake fading or the loss of friction when brake components can't absorb any additional heat. Be diligent about checking the brakes and even make a check stop before getting out on the road to make sure the brakes are working properly.
- 5. Be Aware of the Weather** – While driving in winter weather is no treat, summer can bring some of the most severe storms imaginable, and the weather can change on a dime. Be aware of what kind of weather is up ahead and what could be coming to the area, so you're not caught off guard by a thunderstorm or worse. If possible, change routes to avoid weather like that.







5 Truck Driving Tips From Experienced Truckers

- 1. Look back at your truck after parking** – Always turn around and look at your truck when leaving it. Blinkers could be left on or lights etc.
- 2. Be aware of your trailer 24 / 7** – If it leaves the road or goes outside of the line, you aren't driving safely. The trailer is a weapon that could get you and others injured. "Drive that trailer or you are subject to failure"
- 3. Do a good pre-trip inspection** – make sure lights, tires, the pin, fifth wheel, lights and even the valve stem covers are looked at.
- 4. When you see the spot you want, pay attention to the tire path** – Many times the truck that just pulled out will have a perfect path to back into. Aim your tires for that path. You will be surprised at how close you can get and how much you will improve your accuracy by paying attention to the path your wheels are taking. But don't forget to **G.O.A.L (Get out and look)**
- 5. Pay attention** – When you take the exit to the truck stop, look at the exit and the signs and make sure you know how to get back to the highway. There are many kinds of exits and many ways to exit, but only certain ones will lead you in the right direction.



Some Free things to do this Summer

1. Watch the sun rise or set together as a family at least once this summer. Ideally on a dock, balcony or backyard.
2. Start a summer blog with your kids, get them to write about summer adventures
3. Make your own healthy popsicles, slushies and slurpees with real fruit juice
4. Pull out the sidewalk chalk (or splurge on 3-D chalk) and go to town creating artful masterpieces
5. Pitch a backyard tent, make s'mores, sing songs and tell ghost stories
6. Make a bird feeder by spreading pinecones with peanut butter and then coat with sunflower seeds. Hang them in the yard and enjoy the free entertainment.
7. Set out on a family scavenger hunt. Make a list of activities to do or things to find in your own neighbourhood.
8. Get wet. Many parks have free splash pads and municipal pools are often free of charge.
9. Organize an end of summer garage sale. The kids will like the cash and you'll like getting rid of some dust collectors.
10. Hope in the car and see what the open road takes you or check out some off the beaten track day excursions .



Interview with Sandy James Vedder Transport

V & H / S - Tell me a bit about yourself Sandy, how long you have been with Vedder and trucking in general?

Sandy - I got my license at the age of 24 and started with Cousins Transport out of the Lower Mainland. I had always used the Vedder scale when scaling my loads and Brad Wiebe tried to pursue me all the time to come on board with Vedder. It wasn't until 1998 when I was 26 years old that I started with Vedder and made the change.

V & H / S - Sandy what are your responsibilities with the Vedder Abby Tank Division?

Sandy – When I first started with Vedder it was a medium haul from BC to Alberta / Washington and Oregon, mostly sugar and juice product. I did the asphalt haul for Vedder for 6 – 8 years and now I haul flour Seattle and local for the past 6- 7 years and love it. I see myself in 10 years still here and enjoying my job.

V & H / S – What do you see as a safety concern now a days for drivers out on the roads.

Sandy – Always watching out for other drivers. Fatigue is a big thing. Drivers that don't eat properly and not in shape.

V & H / S – What's an important message, Sandy, for all drivers to remember on a daily basis?

Sandy – Look after yourself and your equipment, take pride in your appearance and your vehicles appearance. You are responsible for your actions at all times.

V & H / S – Sandy what interests do you have outside of work? (not counting your watchful eye over the rebuilding of Lou's grill)

Sandy – I have been a volunteer fire fighter for the past 13 years in Mission and continue to do so today. I drive for them as well as driver training and evaluations. I am also a specialized rescue crew member. Other than that I like to hike / biking and yard work with my wife. Our two kids are grown and on their own, so our spare time is spent relaxing.



Cauliflower Salad – Elaine Runyon



- 1 head cauliflower, cut into florets
- ¼ cup low-fat plain yogurt (Greek works)
- ¼ cup fat free mayo
- 2 tsp yellow mustard
- 2 tsp salt
- ¼ tsp black pepper
- 1 cup frozen peas (thawed)
- 1 cup thin sliced celery
- ¼ cup chopped onion (green works)
- ¼ cup cheddar cheese
- 2 tablespoons bacon bits

In a large pot of boiling water, cook cauliflower 8 – 10 minutes, or until fork tender. Drain. In a large bowl, whisk yogurt, mayo, mustard, salt and pepper. Add the remaining ingredients to the dressing and mix well. Cover and refrigerate until ready.