



HEALTH & SAFETY NEWSLETTER

September

Hello Everyone! Welcome to a brand new month, only a few left of 2017! Once again we give you a jam-packed newsletter full of great stuff! Reminder that it is back to school and school zones in effect these next few days. Enjoy the last few days of summer and bring on the fall!



CAN-AM WEST





**NATIONAL TRUCK DRIVER
★ APPRECIATION WEEK ★**

2017

The Vedder Transportation Group will be celebrating National Trucking Week September 3 – 9th 2017. National Trucking Week is held annually to spotlight the important contributions made by the over 400,000 Canadian Men and Women who keep the country's freight moving.

We will recognize all drivers in all locations during the week of September 3 – 9th 2017 with the following:

1. Donuts and muffins found on the Dispatch Counters from September 5 – 8th 2017.
2. BBQ'S at the Abbotsford Office on the following days:

Wednesday September 6th 2017 from 11:00 Am to 3:00 Pm

Thursday September 7th 2017 from 3:00 Pm to 6:00 Pm

Friday September 8th 2017 from 11:00 Am to 3:00 Pm

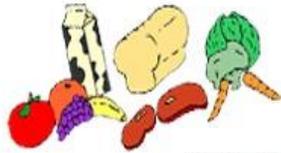
3. Home Depot Draw Prizes of \$350.00 for each division on Friday September 8th, 2017
4. \$10.00 Tim Horton Cards for each Driver
5. Calgary / Edmonton / Enderby / Innisfail / St. Claude offices will also be hosting tailgate BBQ's at their offices during September 5th and 8th 2017.



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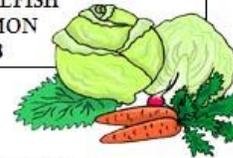
BIG RIG GROUP



Healthy Food

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

- | | | |
|----------|------------|------------|
| MILK | AVOCADO | ARTICHOKES |
| YOGURT | CANTALOUPE | GINGER |
| APPLE | RASPBERRY | SPINACH |
| BANANA | TOMATO | SQUASH |
| BROCOLLI | CRANBERRY | GARLIC |
| CHERRY | LEMON | PEANUTS |
| CHEESE | LIME | SHELLFISH |
| BREAD | FIG | SALMON |
| APRICOTS | ONION | CRAB |



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Tailgate Tips for Staying Safe Around Large Vehicles:

Truck drivers have a difficult job navigating through traffic to make their deliveries on time and this task can be made much more difficult if we don't share the road in a safe and responsible manner.

A fully loaded semi takes a much greater distance to stop and is much less maneuverable than a smaller vehicle so we need to take special care to give them the room that they need to keep everyone safe.

Stay Out of the 'No-Zone'. 'No-Zones' are blind spots where you 'disappear' from the view of the truck driver. Make sure that you can see the truck's mirrors. If you can't see the mirror, the truck driver can't see you. So stay visible!

Leave a Good Gap When Lane Changing in front of a truck. Large trucks need a much longer braking distance than cars. Don't cut into a truck's space; if this happens it reduces a truck's much needed braking distance and restricts evasive action. At least a 4 second gap is best.

Don't Tailgate a Truck. The further you are away from a truck the less likely you will be involved in a collision and the better your vision around the truck will be. Stay well back. This increases your vision and lets you prepare for what's coming up in front of the truck.

Allow Plenty of Room. Large trucks are almost as wide as your lane of travel. Following too closely behind one or driving in the next lane unnecessarily beside one reduces the space needed for you and the truck driver to react to changing traffic conditions and patterns. Keep your options open by maintaining your space cushion!

Buckle Up! In case you are involved in a crash with a truck or any other vehicle, wearing your seatbelt is the single most important thing you can do to save your life in a crash.



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7 Fall Driving Tips

1. Don't brake on leaves. Wet leaves can be as slippery as ice. Drive slowly through them and avoid hard braking. Leaves may obscure lane lines and other road markers, so pay attention and take care to stay in your lane.
2. Avoid sun glare. On and near the autumnal equinox, the first 15 to 45 minutes after sunrise and before sunset can make for more difficult driving due to sun glare. Grab a good pair of sunglasses.
3. Use your rain smarts. During fall, many cities see increased rainfall. When it is raining be sure to maintain a safe distance from the car or truck in front of you. The wet roads may be more slippery than usual and you may be a higher risk of hydroplaning.
4. Be careful on bridges. As the temperatures begin to drop, morning frost can leave icy patches on bridges, overpasses and shaded spots on the road. Slow down.
5. Adjust your eyes. We lose 1 to 2 minutes of daylight daily after the autumnal equinox according to the National Weather Service. After leaving home or the office and before hitting the gas pedal, give your eyes time to adjust to the dark.
6. Watch out for deer. Autumn marks the beginning of deer breeding season and they will be more active in areas near the road. Deer are most active during sunset and sunrise so be extra watchful when driving near the woods and near deer crossing signs.
7. Make sure you pre trip! Check your tire pressure, replace windshield wipers and adjust your headlights.





Interview with Dwayne Johnson – Can Am Kelowna office

HSC: How long have you been with Can Am West for and what is your position?

DJ: I've been with Can Am for just over 5 years now. My position with the company is City Driver / Warehouse.

HSC: How many years have you been driving for?

DJ: I have been a driver for over 10 years

HSC: What is one of your favorite things about being a truck driver and also working the in warehouse?

DJ: I suppose one of the things I like most about being a truck driver is that in sense you are your own boss while on the road. You get to travel and see the countryside. Working in the warehouse at Can Am in Kelowna is great too as I get to interact with all the vendors and I am home every night.

HSC: Any advice for new drivers?

DJ: I would tell any driver to be aware of their surroundings. Things are always changing weather, traffic volume, you always need to be prepared for those changes, and adapt and adjust.

HSC: As a truck driver, you have I'm sure seen many changes on how roads are built and traffic controlled areas. Is there anything specific that is new or has changed that you don't like?

DJ: Roundabouts! They are NOT made for our big truck and trailers. They are great for your personal car or truck but when you are driving a large truck and trailer they are sometimes hard to maneuver. They seem to be being built more and more.

HSC: When you are not at work, what are some of your interests?

DJ: I enjoy golfing watching football (DALLAS COWBOYS). I also enjoy hiking with my one year old German Sheppard and spending time with my two grown kids.



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Pizza Spaghetti Squash - From Sabrina in Kelowna



- 2 whole spaghetti squash
- kosher salt
- Freshly ground black pepper
- Extra-virgin olive oil, for drizzling
- 1 c. chopped pepperoni
- 2 c. marinara
- 2 c. shredded mozzarella
- 1/4 c. chopped parsley

Directions

1. Preheat oven to 400°. Place spaghetti squash on a plate and microwave 5 minutes. Halve each lengthwise and remove any seeds (be careful of hot steam!). Transfer to a parchment-lined baking sheet, season with salt and pepper, and drizzle with olive oil.
2. Bake, cut-side down, for 30 minutes. Remove from oven and heat broiler.
3. Meanwhile, in a small skillet over medium heat, crisp pepperoni, stirring occasionally. Transfer to a plate.
4. Loosen spaghetti strands using a fork. Add 1/2 cup marinara, 1/4 cup mozzarella, and 1/4 cup crispy pepperoni to each baked squash half. Mix filling with a fork and top with 1/4 cup more mozzarella and parsley. Return to baking sheet.
5. Broil until cheese is melted and golden, 4 to 5 minutes. Serve immediately.