



# HEALTH & SAFETY NEWSLETTER

April 2019

Hello everyone! Welcome to April 2019! Another great issue for your reading pleasure! We have also added a Coloring Contest because of Easter that the kids can enter. Have a great April, and remember the old saying, "April Showers bring May Flowers!"





**Sudoku Puzzle**

		2						
		3		1				6
	4			2			3	
1					3			9
		5				4		
2			6					8
	9			7			4	
7				8		5		
						3		





SPRING DREAMS

**Tips for Safe Driving this Spring**

1. Replace wiper blades
2. Check lights
3. Check tire pressure
4. Look out for bad road conditions, hidden potholes and other driving dangers.
5. Watch for Critter activity
6. Increase in Motorcyclists
7. Rainy Days and your normal stopping distance
8. Hailstorms
9. Don't drive too close



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## EASTER 2019 KIDS COLORING CONTEST!

With Easter just around the corner, the Health and Safety Committee thought it would be a great idea to have a kids coloring contest. This will be open, to all the children, of our employees, within the Vedder Transportation Group.

1. The Bunny with the eggs is for ages 6-13 years old
2. The Easter eggs is for ages 0-5 years old

Contest will be held from April 1<sup>st</sup> 2019 thru til April 23<sup>rd</sup> 2019

Winners will be selected by your Health and Safety Committee and announced in the May 2019 Newsletter

One winner will be chosen from each category.

\*\*\*\*Please submit your entries to Vereena C/O Vedder Abbotsford at 400 Riverside Abbotsford or they can be emailed to Vereena at [vmfraser@vtlg.com](mailto:vmfraser@vtlg.com). Entries are to be received by 800am Tuesday April 23<sup>rd</sup> 2019 please\*\*\*\*

Each winner will receive a basket of Easter Goodies from the Easter Bunny sent to them! And for every entry received the Easter Bunny may have a treat for each child that enters!!





**Open Contest, Picture 1 - for Kids 6 years to 13 years old**

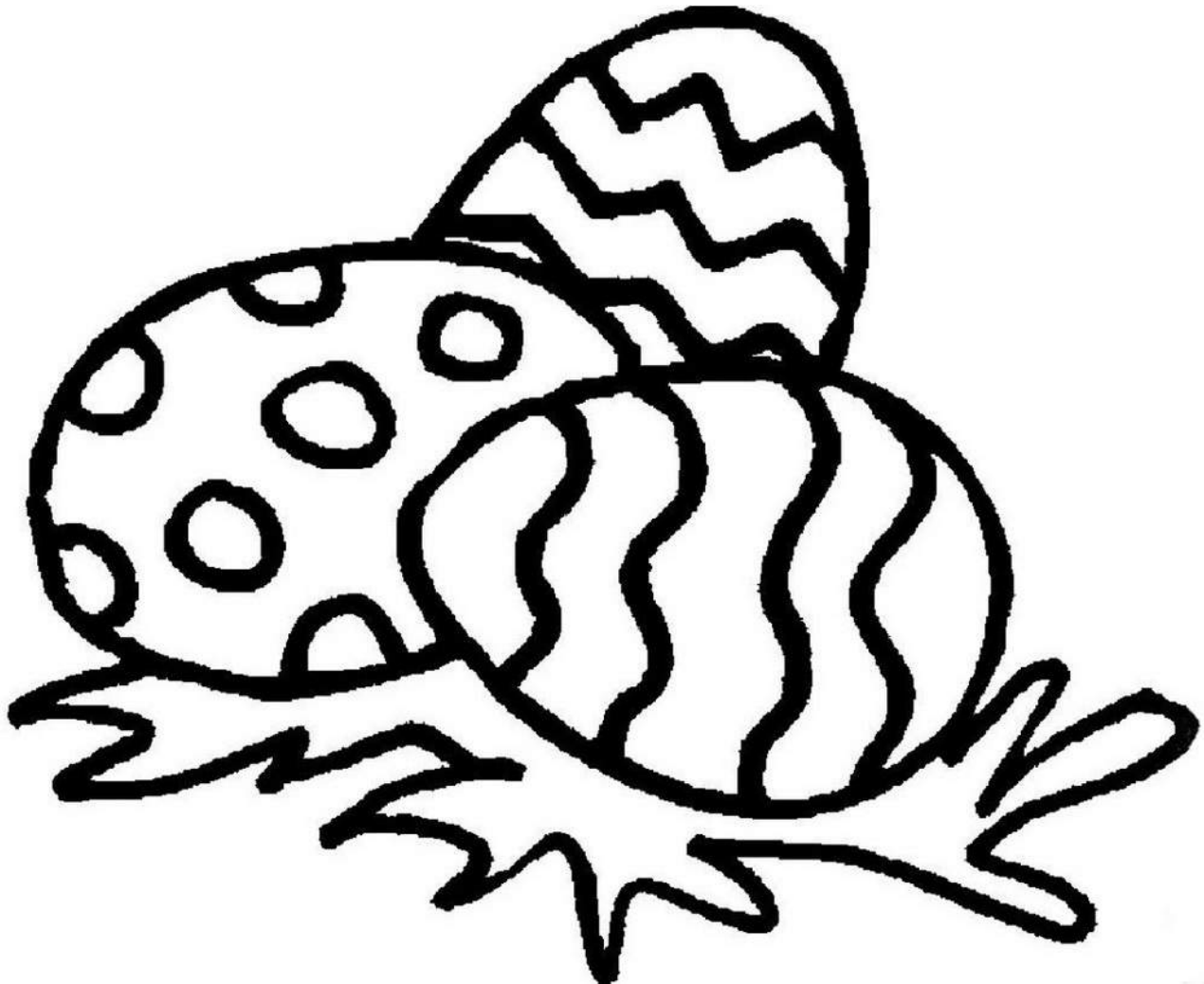
NAME: \_\_\_\_\_ AGE \_\_\_\_\_ COMPANY \_\_\_\_\_





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**Open Contest, Picture 2 – for kids 0-5 years old**

NAME: \_\_\_\_\_ AGE: \_\_\_\_\_ COMPANY: \_\_\_\_\_





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B Reimer "Complex Delivery" above pictures



B. Reimer Driver Pete Banman above picture delivering to a Buffalo Farm in Southern Alberta!

### DAYLIGHT SAVINGS TIME





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Daylight saving time was Sunday March 10<sup>th</sup>, meaning it's once again time to move the clocks ahead one hour. The change, which costs millions of Canadians an hour of sleep, effectively moves an hour of daylight from the morning to the evening. Generally, adjusting to the time change in the spring is more difficult than when the clocks go back one hour in the fall. But losing an hour of sleep may do more than just make you feel groggy -- it could have a serious impact on your mood, motor skills, and appetite. Here are some of the ways the "spring forward" time change can affect your health -- and what to do about it.

**Mood and productivity:** Daylight saving time transitions often lead to disrupted sleep cycles. When springing forward, the body needs to adjust to going to sleep earlier, which may leave people restless at night and cause sleepiness the next day. On average, Canadians lose 40 minutes of sleep when we set the clocks ahead in the spring. Such sleep disturbances can lead mood disruptions and increased irritability. Sleep disruptions can also affect memory, performance and concentration levels. A 2012 study published in the Journal of Applied Psychology found that shifts related to daylight saving time led to a dramatic increase in "cyberloafing" -- killing time on the internet instead of working.

**Workplace injuries:** Sleep deprivation can affect motor skills and research shows that it may lead to more workplace injuries, particularly around daylight saving time transitions.

**Car crashes:** Research has also shown a spike in car crashes following daylight saving time changes. In a study being published in American Economic Journal they analyzed vehicle accidents just before and after daylight saving time in the U.S. over a 10-year period. The results showed a 6 percent increase in crashes immediately after people reset their clocks in the spring, which amounted to more than 300 deaths.

**Diet and appetite:** Though not as serious as car crashes or heart trouble, daylight saving time transitions can temporarily wreak havoc on your diet. Any amount of sleep deprivation can affect the hormone levels in the body, which can lead to changes in appetite, an increase in cravings, and potential overeating. Sleep deficiency increases the release of the hormone ghrelin, which makes us hungry, and decreases the release of the hormone leptin, which makes us feel satisfied when we eat. Sleep disturbances also increase insulin resistance and encourage the body to store more calories in fat.

**Tips for adjusting to daylight saving time** You can help avoid the health risks associated with daylight saving time transitions by taking steps to gradually adjust to the time change and getting enough sleep.

- Give yourself a jump start in adjusting to the time change. In the days leading up to the time change, try going to bed and waking up a bit earlier than usual to prepare your body for the hour you will lose. Remember that other family members, particularly children, may need some help in adjusting their schedule as well.
- Expose yourself to light -- ideally, sunlight -- as soon as you wake up. Seeing light first thing after waking up can help reset your body's clock, so try eating breakfast in front of a window or making a walk part of your morning routine.
- Avoid caffeine after lunch and other stimulants that can affect wakefulness, especially a few days before and after the time change.
- Try not to nap during this time as well, since napping can decrease your ability to sleep at night.
- Avoid driving if you are sleep deprived. If possible, take public transportation to work for a few days after the time change. If you must drive, make sure to get a full night's sleep each night and remain vigilant when on the road.







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Posted on our Facebook page Feb 13<sup>th</sup> 2019



**Dirk Rochon** ▸ **The Vedder Transportation Group**

33 mins · ⚙️

I want to give a big shout out and thank you to your driver Duane(don't know if I spelled that right) in the western star truck #W50403 we are stuck here at the TA in Redding. Power is out and road has been closed for nearly 24 hours. I was about out of water and haven eaten all day cause the only food I have is microwave food. I called on the CB to see if anyone had a lil water and a way to heat up some food and he promptly responded, told me where he was at and heated up some food and gave me a couple bottles of water. So I just wanted to say thank you. You got one good driver there for sure who was more than happy to help me out. I appreciate it more than y'all know. Thank you.

1 Comment

Like   Comment   Share   Message  

Oldest ▾



**The Vedder Transportation Group** Thank you Dirk for giving a shout out. We appreciate all our drivers and it's great to hear he helped out a fellow driver in need.

Like · Reply · Commented on by Patricia Turnbull [?] · 7m



Write a comment...



No more posts to show right now





**Easter is the only  
time of the year  
when it is safe to  
put all your eggs  
in one basket**



Holy crap! Pete, is that you?!

If you see a rabbit laying  
little brown eggs,  
Don't eat them,  
It's not chocolate!

Happy Easter  
Every Bunny!



**Health and Safety Committee Interview: Cornelius Banman**





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**Rachel** – How long have you worked for B. Reimer Trucking?

**Corny** – I started as a truck driver on January 15, 2017. In January of this year I became the mechanic for the Lethbridge Division.

**Rachel** – What is your favorite thing about working at B. Reimer?

**Corny** – The atmosphere! The managers and drivers are all great. It all makes it a great place to come to work at every day.

**Rachel** – What does your current position entail?

**Corny** – I am the mechanic so I service the equipment and perform minor and maintenance repairs. If the equipment requires more in depth repairs, I help coordinate those.

**Rachel** – What is your least favorite part of the job?

**Corny** – Winter conditions in southern Alberta!

**Rachel** – What do you have to do to ensure safety while you are at work?

**Corny** – I make sure I am wearing proper safety gear and I make sure I take my time and follow proper repair procedures.

**Rachel** – What do you do when you are not at work?

**Corny** – I live on a farm with my brothers. One of my brothers used to work for B. Reimer also. I love projects..... I am usually working on muscle cars!





Picture of Corny Banman with B Reimer Lethbridge



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**Vedder Calgary driver Lee Hart W50813 at Labatts Brewery**





## Quinoa Salad with Spring Vegetables

### Ingredients:

1 Tbsp unsalted butter

1 cup red quinoa, rinsed and drained, 1 ½ cups water , 1 ½ cups white wine

2 tarragon sprigs, 2 thyme sprigs

1 cup frozen lima beans

1 cup frozen peas

3 tbsp fresh lemon juice

3 tbsp extra virgin olive oil

2 tsp Dijon Mustard

2 tsp honey

Kosher salt, freshly ground pepper

5 radishes, thinly sliced (2 cups)

In a medium saucepan, melt the butter over moderate heat. Add quinoa and cook, stirring until roasted, about 2 mins. Add the water wine, tarragon and thyme and bring to a boil. Cover and simmer over low heat for 20 mins, until the quinoa is tender, drain any extra liquid if necessary, discard the tarragon, and thyme sprigs. Spread the quinoa on a large rimmed baking sheet and cool at room temp. Meanwhile, fill a large bowl with ice water. In a small saucepan of salted boiling water cook the lima beans for 2 mins. Add the peas and cook for 1 min longer. Drain and immediately transfer to the ice water. When cool, drain again. In a large bowl, whisk the lemon juice with the olive oil, mustard and honey and season with salt and pepper. Stir in the quinoa, lima beans, peas, and radishes season with salt and pepper and serve. This can be refrigerated overnight as well.