



HEALTH & SAFETY NEWSLETTER

May 2016

WOW, where has the time gone! May already! Soon it will be summer.....but wait....for some of us we have skipped spring and gone right to summer weather, it's been amazing! As usual we have a great newsletter for your reading pleasure. A very nice comment that Mike received in regards to our drivers. The monthly word search from Sabrina with a hockey theme because of playoffs, some information from Brian and Josh presents an interview with JR from Big Rig. We also threw in a few light jokes to bring a giggle. Plus this month's winning recipe was from Lisa Baron and her Breakfast Biscuits. Have a great month!!



Compliment Mike received from a Driver:

A gentleman called into our office, he had driven professionally for 55 years. He lives in Loon Lake and drives the Fraser Canyon frequently.

He wanted to pass on his compliments to our drivers in the Solid Waste Division. He said they are the best drivers on the road and he appreciates how courteous they are as far as letting vehicles pass and their attention to safety.



CAN-AM WEST



BIG RIG GROUP





Ice Hockey

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

- | | | |
|------------|---------|---------|
| ARENA | HELMET | REFEREE |
| ASSIST | ICING | RINK |
| CROWD | OFFSIDE | SCORE |
| DEFENSEMEN | PASS | SKATES |
| FACE-OFF | PENALTY | STICK |
| FORWARDS | PUCK | TEAMS |
| GOALIE | | |





Healthy Eating Tips Truck Drivers

Maintaining a healthy lifestyle can be hard for truck drivers with long hours, lack of exercise and eating meals away from home. However, you can eat a healthy diet and be more active. It takes planning. Making healthy choices may mean better quality of life. Here are a few tips:

Consider Buying a Power Inverter. This would allow you to use a small microwave, a mini refrigerator, or an electric cooler. You could make some of your own meals and healthier snacks. With the money saved from eating out 2 - 3 times per day, it would pay for itself quickly.

Plan Ahead. Packing meals and snacks will help your waistline and budget. Keep in mind balance, variety, and moderation.

Fruits	Fresh and canned fruit (packed in its own natural juice or with no added sugar)
Breads/Grains	Whole grain breads and cereals, whole grain crackers, English muffin, and mini bagels
Vegetables	Fresh vegetables already washed and cut up in small plastic bags or containers
Milk/Dairy	Low fat cheeses such as mozzarella, string cheese, farmer's cheese, low fat cottage cheese; low fat yogurt, and small containers of skim or 1% milk
Meat/Protein	Salmon and tuna packed in water or low fat meats like roasted chicken, turkey, ham, and lean roast beef

Snack Smart. Eating out of bags or boxes can lead to overeating. Pre-filling small plastic bags with snacks is helpful. Instead of potato chips or candy choose:

- > raw veggies or low sodium vegetable juice
- > fresh fruit, dried fruit, or fruit canned in its own juice or with no added sugar
- > 100 calorie[®] snack packs
- > low fat granola bar, or high fiber bar
- > low fat or light yogurt (add a high fiber cereal for a creamy but crunchy snack)
- > whole grain pretzels
- > whole grain crackers with a thin layer of peanut butter or reduced fat cheese
- > nuts (be mindful of portion size). A serving of nuts is a small handful (¼ cup or ~250 calories). Some of the healthier nuts are almonds, pistachios, walnuts, and pecans.
- > Hummus with pita crisps

Shop Around. If you don't have much room in your truck, you may only be able to bring 2- 3 days worth of food. Take the time to go to a store to restock your cab. It takes time but you are worth it!





Josh's Interview with JR Villeneuve/Manager parts with Big Rig

Josh: How long have you worked at Big Rig for, and what do you do here?

JR: I have worked here for 15 ½ years. I am currently the Stainless Department and Parts Department manager. As Stainless manager I make up for all the estimates for trailer and tanker repairs. I am also the manager of the forklift repair department, look after all the coveralls for workers, all welding gases, am a certified forklift trainer, and a member of the Big Rig safety committee.

Josh: How did you get into this industry?

JR: At 17 years old in Ottawa, ON I got into cars working as a parts tech, then switched to heavy duty parts department, and eventually started working in a heavy duty spring shop.

Josh: How long did you get your start at Big Rig?

JR: 15 Years ago I started working in the parts department as a parts clerk. I eventually moved into sales with Lucas Oil and Seattle Tools. Shortly after, I went into the body shop as a parts tech, approximately 4 years later got into managing the Stainless and Parts Departments.

Josh: How does safety impact work in your department?

JR: It plays a very big part! We have recently been working on getting our confined space entry program into effect for the workers who do work inside of tankers. I need to constantly be making sure the machines; such as the brake press and the shear etc. are being maintained and being used safely. I make sure all forklifts through all departments are kept in a safe working condition, and I keep up with the forklift safety training for everybody at Big Rig.

Josh: What is your favorite part of your job?

JR: It's a great feeling seeing the final result of a job after putting in 100 plus hours into re-skinning a tanker. Also, seeing a customer going away happy, and makes us their first choice when they need to come back.





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**BIG RIG
GROUP**



Breakfast Biscuits

Submitted from: Lisa Baron

Perfect for breakfast on the go!

Ingredients

- 4 oz sausage, ham or bacon
- ½ cup onion, chopped
- ½ cup bell peppers and/or mushrooms, chopped
- ½ teaspoon salt
- ½ teaspoon pepper
- ¾ cups flour, can use almond flour instead
- 1 teaspoon baking powder
- 3 eggs
- 1 cup cheddar cheese, shredded

Instructions

1. Preheat oven to 375.
2. Saute meat, onions and peppers until the meat is cooked and the vegetables are soft. Take off heat and let cool.
3. In the meantime add flour, salt, pepper and baking powder to a bowl and mix.
4. In a separate bowl beat eggs, then add ½ cup of the cheese. Add to the flour mixture and mix well.
5. Add cooled meat/veggie mixture and mix to combine.
6. Place a piece of parchment paper or a silicone mat on a large cookie sheet.
7. Place a big spoonful of mixture as you would to make cookies. Dough is sticky so try to use the spoon as well you can.
8. Press down gently on each cookie to flatten a little. Sprinkle with cheese and bake for 8-10 minutes.
9. Store in the refrigerator or freezer.

