



# HEALTH & SAFETY NEWSLETTER

Sept 2020

Hello everyone! Please enjoy this edition of your Health and Safety Newsletter. Back to school is a little bit different this year with Covid – 19 but here is hoping everyone is and are staying safe! Have a great month ahead!



## Welcome September!

May this month bring you satisfaction, peace and joy.

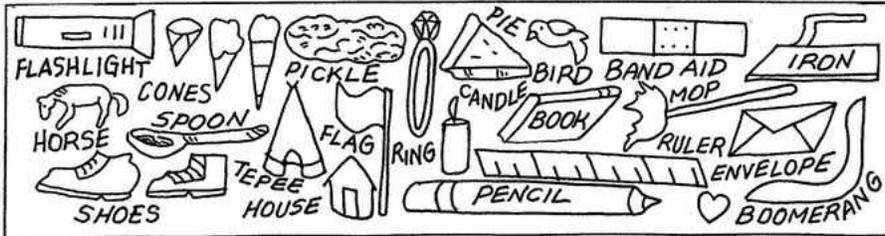
May all the desires of your heart be granted.

May this be the beginning of new things in your life.

Stay strong, be positive and fulfill your dreams

Happy new month friends!





## Abbotsford Milk Drivers – Aug 12, 2020



Big Kudo's to our Abbotsford Milk Driver Rick Ivey for a great job with training our new hire for Abbotsford Milk Arnar (Arnie) Ludviksson.

Rick is making sure Arnie is learning all the aspects of the job and repeating it daily! It was great to see Rick showing Arnie the 3-point contact while going in the truck and up the tank every morning!





**COVID-19 & Back to School**

Students in kindergarten to Grade 12 in B.C, Alberta, Saskatchewan, and Manitoba, will return to in-class learning the beginning of September 2020. However, we know that going back to school is going to look very different for a lot of families. The various provinces have plans set in place that include new health and safety measures, increased funding for protective equipment like masks and new learning groups to help keep everyone safe. Special safety measures have been put into place to help create safe schools and reduce the spread of COVID-19. Here are the Health guidelines that the government has put in place for B.C, Alberta, Saskatchewan, and Manitoba for the return to school 2020:

**Wearing a mask (BC & Alberta Only):** Every student and staff member will be given two masks when they return to school in September. Under the updated health and safety guidelines, masks are required for all staff and all students in middle and secondary school when they are in high traffic areas like school buses and hallways, and anytime they are outside of their classroom or learning group and they cannot safely distance from others. Students will have the choice to wear a mask in the classroom and staff will have the choice to wear a mask when interacting within their learning groups. Exceptions will be made for students and staff who cannot wear masks for medical reasons. Elementary school students **are not** required to wear masks.

**Practice physical distancing:** Reducing the number of close, in-person interactions helps prevent the spread of COVID-19. Keep a safe distance from others. The BCCDC recommends at least two meters. People in a learning group do not need to stay two meters apart but they must limit physical contact. Classrooms will be set up to promote spacing between students where possible. Outside of a learning group, including extracurricular activities, middle and secondary students and all K-12 staff must keep a healthy distance,

**Riding a school bus:** Buses will be cleaned and disinfected in accordance with BCCDC guidelines and will be loaded from back to front and offloaded from front to back. Keep seating consistent and assign seats where possible. If space is available, each student should have their own seat unless sharing with a member of their household. In BC and Alberta only, middle, and secondary school students are required to wear non-medical masks. No student is required to wear a mask if they do not tolerate it. Masks are not recommended for elementary students on buses because they are more likely to touch their face and may need help putting them on and taking them off.





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**Using shared items:** In elementary schools, adapt group activities to limit physical contact and reduce shared items. Clean and disinfect frequently touched surfaces at least twice every 24 hours, doorknobs, light switches, toilet handles, tables, desks, toys & keyboards. Avoid sharing all food and drinks, including homemade foods like birthday treats or bake sale items.

**Practice hand hygiene:** Rigorous hand washing is the most effective way to reduce the spread of illness. Wash hands with plain soap and water for at least 20 seconds. Have regular opportunities for staff and students to practice hand hygiene. Help younger students with hand hygiene as needed. If there isn't a sink (like when students and staff are outdoors), use portable hand-washing sites or alcohol-based hand rub with at least 60% alcohol. If hands are visibly dirty, soap and water are best. If they are not available, use an alcohol-based hand wipe followed by alcohol-based hand rub with at least 60% alcohol.

**Cleaning the school:** Clean and disinfect frequently touched surfaces at least twice every 24 hours (once during the school day). This is in addition to a general school cleaning, which should happen at least once a day.

### **Controlling traffic flow**

Use floor markings and posters to show traffic flow throughout the school. This may include one-way hallways and designated entrance and exit doors. Schools must keep the same number of exits and ensure they adhere to the fire code.

For more information on the return to school year 2020 in your province visit:

<https://www2.gov.bc.ca/gov/content/education-training/k-12/covid-19-return-to-school#our-plan>

<https://www.alberta.ca/k-to-12-school-re-entry-2020-21-school-year.aspx>

<https://www.saskatchewan.ca/government/news-and-media/2020/august/05/sd-safe-schools-plans>

<https://www.gov.mb.ca/covid19/restoring/rss-guidelines-september.html>



**\*Please note all COVID information has been compiled from government and health sites and the OHSC is presenting it as resource material for employees\***



## Keeping Your Vehicle Clean

Pre-trip Inspections to include disinfecting high touch areas such as:

- Door handles (inside and out)
- Steering Wheel
- Shifter
- Control Levers
- Radio
- Control buttons
- Seat
- Arm Rest
- Sun Visor

Use solutions that are not harmful to you or your equipment. Read labels or alternatively use a soap and water solution.

Air circulation inside your cab is also recommended. Open windows, or vents, when weather permits.



**Dwayne Johnson in the Kelowna Yard doing his Pre-trip cleaning**



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Beautiful picture taken by an Abbotsford Milk Driver at Vulnaho Dairy in Abbotsford on July 22<sup>nd</sup> at 6:50am





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**Vedder Calgary Owner Operator Trevor McCoy W50834 in Canmore Alberta**





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**Can Am Driver Rick Brown 147809 while offloading in Hood River Oregon**





**Top 10 Creatures with Best Eyesight in 2020**

1. Eagles and Falcons
2. Owls
3. Cats
4. Prosimians
5. Dragonflies
6. Goats
7. Chameleons
8. Mantis Shrimp
9. Monarch Butterfly
10. Other Drivers on the road

*The Vedder Transport Group accepts on average 8 Citizen Reports per month. Some receive kudos, and others require thorough investigation. It is important to note that there is steep increase in the number of reports (good or bad) that are now supported with video footage and photos.*

**Please continue to drive safely, and always with # 10 in mind.**

**Bountiful Food Grain Harvest 2020**

On Friday August 21, 2020, Jon and Mark from B. Reimer Trucking Lethbridge participated in a World Food Bank exchange harvest that will assist in feeding underprivileged countries around the globe!





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Article Link:

<https://lethbridgeherald.com/news/lethbridge-news/2020/08/21/bountiful-foodgrains-harvest/>





## HIGH BEAMING THE WASHBAY

With close to 400 employees, the Vedder Transport Group is comprised of over 20 divisions. Each of those areas are equally important in executing the delivery of a high standard of service to our customers. Every division has their own unique objectives, procedures, and challenges, that form their workday. This month employees of Division 401 and 402 were interviewed to shine a high beam, on what a day looks like as part of the Abbotsford Washbay Team.

There are 8 full time employees currently working to ensure that all trailers are rinsed and cleaned, 7 days a week. Not just a quick rinse, but a 6-step process that takes 45 minutes, to clean equipment to a level that meets food grade regulations. A typical day will see 15 Milk trailers, 10 Food Grade trailers, and 9 Sweetener trailers come through the wash bay. On a busy day they will see more! Over 2500 liters of water flow through per wash to make that happen (that is 85000 Liters of water per day!) Staff indicate that part of what they enjoy about their division, is who they work with, and the fast pace of their role - Workdays fly by! They also like that for those extra hot days in the Fraser Valley, it is easy to keep cool when your work area contains so much water.

No matter what job you work at, there are always risks. Through training and experience the Washbay staff feel that their top three hazards of the job are:

**1. Burns from 180-degree water**

A recent incident within the Washbay reminded this hard-working team, to pause and re-think some very important safety procedures. This summer, one of the employees struggled with a heavy hose full of extremely hot water, and as a result the water spilled into his boot and burned his foot. Upon review, the Washbay team worked together to enhance precautions, to decrease the risk of it ever happening again. Two Apron Safety Stations were installed right beside the control panel that activates the hot water portion of each wash cycle. In addition, two brightly colored decals were installed right beside each of the activation buttons reminding staff "Is Your Apron On?" This team recognized that there was room to improve their level of safety and acted quickly to make it happen.

**2. Falling from the top of a trailer**

Each employee in the Washbay must wear a harness, utilize a catwalk system to climb up to trailer level and connect to a fall protection system before going on top of trailers

**3. Tripping hazards**

Each wash requires at least 3 hoses. There is an action plan taking place to ensure that the color of each hose will be altered to become more visible. In the interim Washbay employees make sure they look before they step!





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To extend a level of awareness, the Washbay Team would also like you to know that they always welcome your visits to the Washbay, but to ensure your safety they ask you to adhere to the following:

- If you see steam - Do not enter the Washbay area
- Watch for tripping hazards (hoses and metal grates)
- Hearing protection is required

To wrap up the interview, on a light note, Divisions 401 and 402 were asked, "If you were a sports team, what would your team name be?" Unanimously, they decided on "The Wash and Go's!" - VERY fitting!! They were also asked to nominate the next division to be High Beamed... **Division 702 Sherwood Park...you are next!!**





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July 31, 2020

Thank you Vedder Transport for moving our trailer this morning for Fraser Valley Gleaners! This load of soup boxes (20,000 kgs) with 1.2 million soup servings is being shipped to Burundi Africa with Food for the Hungry Canada.

Much appreciated!

Carl Goosen

Manager *Goosen*

