



HEALTH & SAFETY NEWSLETTER

January 2017

Happy New Year Everyone!!!! 2017 is the start of a new day! 365 new days 365 new chapters to start! Your Health and Safety Committee is thrilled to be able to bring you another year of newsletters! In this Newsletter you will have a great interview from Vereena with one of the CAW Div 202 Drivers Ian Payette 127801. Recipe of the month winner is Elaine Runyon and her Cranberry and Hazelnut Wild Rice Salad. My favorite saying from last year with the start of the new year is quoted "Shake the Turkey off and get at er!"

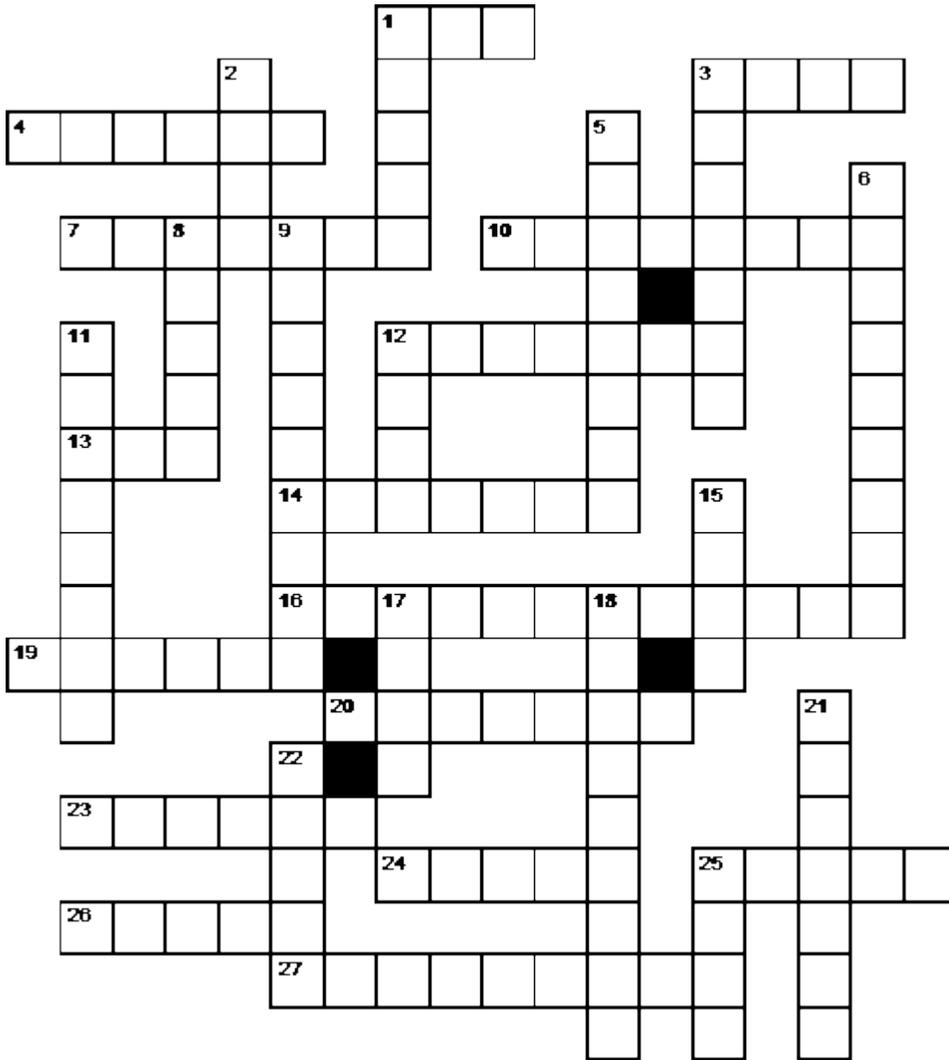


CAN-AM WEST



BIG RIG GROUP





Across

1. A fun thing you can do on snow.
3. Change ice to water.
4. Something you wear to keep your hands warm.
7. Head south for the winter like birds do.
10. A long break from school.
12. A winter person?
13. Frozen water.
14. Happy _____!
16. A drink that warms you up in winter.
19. Change water to ice.
20. The first month of the year.
23. Ice hanging from your roof.
24. This covers windows in winter.
25. Something you wear to keep your neck warm.
26. These keep your feet dry in winter.
27. Sleep through the winter.

Down

- 1. A fun thing you can do on ice.
- 2. A large animal that hibernates.
- 3. These keep your hands warm in winter. Hint: No fingers.
- 5. The last month of the year.
- 6. A piece of snow.
- 8. Large birds that migrate.
- 9. Snow crashing down a mountain.

- 11. A snowstorm.
- 12. White fluffy stuff that covers the ground.
- 15. If you are not careful, you might catch a _____.
- 17. The opposite of freeze.
- 18. Merry _____!
- 21. A warm article of clothing.
- 22. Wet, partly melted, snow.
- 25. Something you sit on as you ride down a hill.





INTERVIEW WITH IAN PAYETTE CAN AM DRIVER 127801 FOR DIV 202:

I have been with Can Am West Carriers since June of 2014 this time I was also here from February of 2006 thru January 2010. Overall I have been trucking since November of 1988! In today's modern world! Drivers have become more conscious of hours of service rules! When I first started trucking it was go till your eyeballs were dragging on the asphalt!

Also I find the drivers have become self absorbed in the younger generation! Back in my early days I was taught that you always make sure your fellow driver was safe and healthy! No matter your time schedule you always took the time to buy a driver a cup of coffee or a meal! Weather they were down on there luck or just homesick from being on the road too long! Today truck stops have slowly progressed into giant fast food chains and everyone is in a hurry! In my eyes that truly needs too change as we are losing touch with our fellow men and women within our industry! The most frequently asked questions too me today! 1) pertain to hours of service weather it be tracking different hour availability by cycles! Or just general stopping and load check requirements! 2) load securement mostly on placement and number of tie downs required! But also placement of freight on the trailer to make weights balance! 3) time and money management! It's a hard balance to find especially for the younger generation! We get paid to make wheels turn! But we also need recharge time! As humans we are all different as far as recharging time and how we live our day to day life! It takes time to find the balance beam! But when they do they become better driver's and leads to happier home lives!

The biggest changes I see in young driver's starting out today! Is they are so technology dependent! They are lost without a GPS or smart phone! It's the way society is today! And I certainly don't mean it as a negative! And that has created the second change as I mentioned earlier everyone sticks to themselves! This is a very team based industry! Yes we work independently! But we need a support circle! Thirdly they come in thinking that it's a 8hr a day job! Well trucking is a all day job! Cause at the end of the day we turn around and take 3 steps to our temporary home!

The things I love most about my job are 1) the independence 2) the challenge of making things fit 3) meeting new people and building relationships with customer's The things I dislike 1) being away from my family 2) being told by the government when I'm tired and need to sleep! 3) frozen tarps!! Lol In my spare time! I love to spend time with my family! Weather at the campsite in the summer months! Or taking them to volunteer our time with Habitat for Humanity helping other families with a hand up in life! Sylvie and I have 2 girls age 10 and 12 so we are going in many directions sometimes! Lol but no matter how busy life gets at the end of the day we come together and do some kind of activity as a family! In closing as a side note! No matter the sacrifice we make to do our job! The true highway heroes are the wife/girlfriend back at home waiting for us.



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Safe Winter Trucking Safety Tips

Slow down – At fault accidents are mostly due to excessive speed. Driving at the speed limit may be legal, but is often too fast for snow covered or icy road conditions. Take as much time as necessary..DO NOT HURRY. Speed kills. This rule should ALWAYS be at the top of any winter trucking safety tips list. Keep a safe following distance – Leave plenty of room between your vehicle and the vehicle in front of your truck, and beside your truck, when possible (approx. 1/4 mile). Don't travel as part of a pack – Traffic seems to move in 'packs' on the highway. Find a safe way to get away from the pack and travel alone, with the goal being to maximize the distance around your vehicle. Don't follow the tail lights of the vehicle ahead – When the snow is so heavy, visibility is low, seeing the tail lights of the vehicle ahead...means following too closely. Keep a safe driving distance back at all times, especially in bad weather. If the leader makes an error, you will too. Trucks can leave the road, and yours could follow the lead truck off the road. Use good, solid judgment — If the weather is so severe that you need to get off the road..... do it. Find a place to get off the road safely and wait until conditions are safe. Don't stop on the shoulder of the road — Especially in low visibility situations, when driving in winter, especially 'blinding snow', other vehicles can mistake your position for being on the road and as a result, may slam into the back of your rig.

Don't try to be a hero — When the road conditions are severe, you need to recognize that it's very dangerous to be out there. Hours of service rules, dispatchers etc., are extra pressures when it a difficult, dangerous position. Don't feel that you're letting anyone down by not meeting a scheduled appointment. Braking – Some drivers like to use the [jake brake](#) in less than perfect weather conditions. Some don't. DO NOT ENGAGE THE JAKE BRAKE ON ICY ROADS. Try to avoid overusing your foot brake, unless the entire unit is absolutely 'straight' on the road. Don't over brake when the entire unit isn't straight... the trailer can slide and spin you out of your position.....the truck slows down, and the trailer does not. This is especially true, when the trailer is empty. Ensure 'all systems' are a go — Be absolutely certain during your [circle check](#) before you leave, that the defroster and heater are working properly. Wipers, wiper motor, lights, esp. brake and tail lights, washer fluid is topped up, drain moisture from the air tanks, all brakes are set up and windows and mirrors are completely clean before departure. Keep fuel tanks topped up, for extra weight over the drive [tires](#), to aid with traction. Good quality lug tires, with the proper tire pressure, are essential for good traction for the best safe winter driving. Keep tractor and trailer lights clean — When you're able to stop in a safe place, clear the lights off of snow and ice, which builds up in foul weather....they are vital, more than ever when visibility is poor. LED lights especially accumulate snow and crud. Keep everything clean, so you can BE SEEN. [Pack winter driving essentials](#) — Besides the mandatory roadside emergency kit for trucking safety. A smart trucker is always prepared for bad weather conditions....the truck is equipped with necessary supplies and outfitted for all driving conditions. A smart trucker always uses common sense and their best judgment.....one of the most critical of winter trucking safety tips.



CRANBERRY AND HAZELNUT WILD RICE SALAD

INGREDIENTS

- 1 pkg (340 g) [BLACK LABEL CALIFORNIA WILD RICE](#)
- 3 tbsp (45 mL) cider vinegar
- 1-½ tbsp (22 mL) Dijon mustard
- 1 tsp (5 mL) Salt
- ½ tsp (2 mL) freshly ground black pepper
- ¼ cup (50 mL) canola oil
- 2 cups (500 mL) finely diced, seeded ripe tomatoes (about 3 medium tomatoes)
- 1 cup (250 mL) finely diced red onion
- ¾ cup (175 mL) Sweetened Dried Cranberries
- 1/3 cup (75 mL) toasted hazelnuts, chopped or (walnuts)
- 2 cups (500 mL) finely chopped fresh parsley, loosely packed
- ½ cup (125 mL) thinly sliced fresh mint, loosely packed
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INSTRUCTIONS

1. Place rice in fine-mesh sieve and rinse well under cold water. Transfer to large saucepan; cover with 4-½ cups (1.125 L) of cold water.
2. Bring to a boil; reduce heat to simmer and cover. Cook for about 45 minutes or until rice is tender and slightly split open. Drain, rinsing well under cold water. Let cool uncovered for 10 minutes.
3. Meanwhile, in small bowl, whisk together cider vinegar and mustard. Season with salt and pepper then slowly drizzle in canola oil. Whisk until slightly thickened; set aside. In bowl, combine cooked wild rice, tomatoes, onion, cranberries, hazelnuts, parsley and mint. Pour dressing over top and toss to combine. Transfer to serving bowl

