Well another month has passed and 2017 is well under way! Welcome to February, love is in the air!! Once again great stuff in this edition of the Health and Safety Newsletter! Congratulations to Wayne and his winning recipe “Mexican Skillet Lasagna”. Mike has a great interview with Vedder’s very own Terry Owen. So enjoy the read and have a super month ahead!!

Heart Disease Prevention Tips

1. Get moving – exercise even moderate is one of the most important things you can do right now.
2. Keep your children active starting at a young age. We are now facing a new generation who have a shorter life span than their parents.
3. Stop eating processed foods.
4. Lower your sodium (salt) intake.
5. Eat more whole foods.
6. Control your daily stresses.
7. Get consistent and good quality sleep.
8. Quit smoking.
9. Limit your alcohol consumption to twice a week or less.
10. Dramatically decrease your consumption of sugar.
Valentine’s WordSearch

Arrow  Cupid  Hugs
Chocolate  Candy  Flowers
Hearts  Cards  Purple
Pink  Valentine  Kiss
Red  Love
Give up smoking If you're a smoker, quit. It's the single best thing you can do for your heart health. Smoking is one of the main causes of coronary heart disease. A year after giving up, your risk of a heart attack falls to about half that of a smoker.

Get active Getting – and staying – active can reduce your risk of developing heart disease. It can also be a great mood booster and stress buster. Do 150 minutes of moderate-intensity aerobic activity every week. One way to achieve this target is by doing 30 minutes of activity on five days a week. Fit it in where you can, such as by cycling to work.

Manage your weight Being overweight can increase your risk of heart disease. Stick to a healthy, balanced diet low in fat and sugar, with plenty of fruit and vegetables, combined with regular physical activity.

Eat more fibre Eat plenty of fibre to help lower your risk of heart disease – aim for at least 30g a day. Eat fibre from a variety of sources, such as wholemeal bread, bran, oats and wholegrain cereals, potatoes with their skins on, and plenty of fruit and veg. Cut down on saturated fat Eating too many foods that are high in saturated fat can raise the level of cholesterol in your blood. This increases your risk of heart disease. Choose leaner cuts of meat and lower-fat dairy products like 1% fat milk over full-fat (or whole) milk.

Cut down on salt To maintain healthy blood pressure, avoid using salt at the table and try adding less to your cooking. Once you get used to the taste of food without added salt, you can cut it out completely. Watch out for high salt levels in ready-made foods. Most of the salt we eat is already in the foods we buy. Check the food labels – a food is high in salt if it has more than 1.5g salt (or 0.6g sodium) per 100g. Adults should eat less than 6g of salt a day in total – that's about one teaspoon.

Read the food label When shopping, it's a good idea to look at the label on food and drink packaging to see how many calories and how much fat, salt and sugar the product contains. Understanding what is in food and how it fits in with the rest of your diet will help you make healthier choices.
This is the time of year when much safety is focused on the hazards of winter driving. Although winter driving safety must be addressed for the next couple months, winter weather ushers in hazards that extend beyond the roadway. Slips and falls happen to represent the most prevalent cause of truck driver injuries. Below is a brief overview of several behavioral, physical, and environmental aspects to preventing slips and falls:

- From a behavioral perspective:
  - Use extra care when performing duties outside and around the truck and trailer
  - Use the three-point contact climbing method. Keep three limbs (one hand and two feet, or two hands and one foot) in contact with the handholds or the steps. If a hand or foot slips, two other limbs will be in contact with the vehicle to catch the driver.
  - Always face the equipment. Drivers may be tempted to exit the cab facing forward, which makes the three-point climbing method awkward. Facing the truck increases the driver’s control.
  - Avoid jumping. Some of the most frequent and serious injuries are the result of jumping from the cab, deck plate or steps.
  - Keep hands free. Drivers should avoid carrying items while entering or exiting the cab so their hands are free to use the grab rails.
  - Get a grip. The hookup area behind the cab is the scene of many slips and falls. Drivers should place their feet solidly on the surface of the catwalk and use a secure handhold, leaving one hand free to do the work.

From a physical perspective,

- Keep equipment in good condition. Pre- and post-trip inspections should include steps, deck plates and grab rails.
- Select proper footwear. Wear sturdy footwear with slip-resistant soles.
- Clean the deck plate/catwalk area.

Finally, environmental aspects can influence trucker safety:

- Adverse conditions. Snow, ice, rain, mud, grease and even morning dew can increase slip-and-fall potential. Clean handholds, steps and truck platforms before entering the cab. When exiting, you should use extra caution.
Oh, the weather outside is frightful, and our joints are not delightful, since it’s got so dang cold, We Feel Old, We Feel Old, We Feel Old!!!

BOSSES BE LIKE

"YOU STILL COMING TO WORK RIGHT?"

It’s so damn cold outside. I just farted snowflakes.
Interview with Terry Owen
By Mike McRae Health & Safety Committee

Health and Safety Committee: How long have you been working for Vedder Transport and what are some of your responsibilities?
Terry Owen: I’ve worked as a dispatcher for 8 years and my responsibilities include dispatching, dealing with customers, building orders and planning.

HSC: What safety related changes have you seen in the last 8 years?
Terry: Safety strategies are more structured. For example, the Health & Safety Committee and signage have created more awareness.

HSC: You have a lot of incoming phone calls and email, what is your secret for keeping organized?
Terry: I take lots of notes on post-it-notes. I go through the notes prioritize, handle and throw away. By the end of the day the post-it-notes are gone. I do not count on remembering anything. If for some reason I don’t make it in the next day, I want to have everything organized.

HSC: What is your primary safety concern for your drivers?
Terry: Speed...I am not looking to get anything done fast. Sticking to methods and routines increases safety and reduces mistakes. When drivers rush, that’s when problems happen. I would rather be a little late than have a major incident.

HSC: What message is important for drivers to remember on a daily basis?
Terry: Check everything twice!

HSC: Terry, you are often called the Bookie. How did that come about?
Terry: I worked at CN for a number of years and used to run sports pools there. I think it brings people together. Editors note: some of Terry’s pools include NHL, NFL, and World Cup Soccer.

HSC: What are your interests away from work?
Terry: My family including being with our two Grandsons. My wife Diane and like to ride our Harley’s, especially since she got her own bike. We go on some long trips including one that was 14 days.

(Pictures of Terry and his wife below on their bikes)
Mexican Skillet Lasagna

Serves 4 to 6

8 ounces fresh Mexican chorizo or soyrizo, casings removed
2 (12-ounce) containers salsa (3 cups)
1 1/2 cups low-sodium chicken or vegetable broth
1 (15-ounce) can black beans, drained and rinsed
8 ounces (about 10) dry lasagna noodles
1 1/2 cups shredded Monterey Jack or Mexican blend cheese
Coarsely chopped cilantro, for garnishing (optional)

Heat a large regular or cast iron skillet (at least 12 inches wide) over medium heat. Add in the chorizo and cook, breaking the meat up into small pieces with a wooden spoon, until cooked through, about 4 minutes.

Add the salsa, broth, and beans; stir to combine; and bring to a simmer. Using your hands, break the lasagna noodles into 1 1/2- to 2-inch pieces and add to the skillet. Stir to combine and spread into an even layer, making sure as many of the noodles are submerged in liquid as possible. Simmer, stirring occasionally, until the noodles are just tender and the sauce has thickened slightly, 20 to 25 minutes (add water as needed if the noodles have absorbed all the liquid before they’re cooked). Taste and season with salt as needed.

Remove the pan from the heat and sprinkle with the cheese. Cover and let sit until the cheese is melted, about 4 minutes. Sprinkle with the cilantro and serve.

Recipe Notes

- **Salsa choice:** Salsa is important here since it’s the foundation of the sauce. Choose a blended salsa and stay away from very dry pico de gallos so that there’s plenty of liquid to cook the lasagna noodles. Choose mild or hot salsa depending on your desired spice level.
- **Vegetarian option:** This lasagna can be made vegetarian. Skip the chorizo and use vegetable broth instead of chicken broth.
- **Go easy on the salt:** Since there are a lot of pre-seasoned ingredients in this recipe (chorizo, salsa, broth, and canned beans), I taste and season with salt at the very end.