

# Safety Sound-off

## VIDC Occupational Health & Safety Committee Newsletter

### Road Safety At Work Week March 2-6, 2015

#### The costs and consequences of distracted driving

In BC, driving distractions kill an average of 79 people a year and have now eclipsed impaired driving as a leading causal factor in motor-vehicle crashes. You may have experienced first-hand the dangers of distractions — after you looked away for just a moment to find a song on your phone or check a text — only to look up to find a pedestrian or car dangerously close.

The risk of injuring yourself, a co-worker or any other human through your inattention should be incentive enough to leave the phone alone. For drivers that might choose to ignore those duties and operate an electronic device while driving, police are ready to enforce laws that include fines up to \$167 plus 3 penalty points, and that can lead to driving prohibition.

#### Identifying driving distractions

Texting and cell phone conversations are the worst offenders, but there are plenty of other distractions. This video identifies many of them, but you can likely think of other things that reduce your attention to driving.

All drivers need to manage the following distractions:

- ◆ Texting
- ◆ Talking on a smartphone
- ◆ Eating and drinking
- ◆ Talking to passengers
- ◆ Grooming / personal hygiene
- ◆ Reading, including using maps
- ◆ Using a navigation system
- ◆ Watching a video
- ◆ Adjusting the radio or searching for music on your smartphone
- ◆ Daydreaming
- ◆ Pets

#### ◆ Scenery

Depending on the work and workplace, some drivers also have to manage:

- ◆ Calls from the dispatcher – two-way radio or cell phone
- ◆ Mobile data terminals
- ◆ On-board recorders
- ◆ Laptops or tablets
- ◆ Dash warning lights
- ◆ Loose items in the cab
- ◆ Smoking
- ◆ Stress – job demands, deadlines or a stressful conversation
- ◆ Searching for house addresses or street names
- ◆ Complex tertiary tasks
- ◆ Putting on sunglasses
- ◆ Checking gauges

#### Managing driving distractions

Here are six things you can do to manage the distractions you may experience when driving for work.

1. Be knowledgeable.
2. Test your distraction knowledge.
3. Challenge yourself – make the pledge.
4. Challenge others in your workplace to make the phone-free pledge too.
5. Talk about distracted driving with your supervisor and co-workers.
6. Take your phone-free driving habits home with you

For a great video, go to U-tube to watch how a driving instructor in Belgium makes the case against driving and texting to his students: (<https://www.youtube.com/watch?v=HbJSWDwJILs&feature=youtu.be>)

For more information go to:  
<http://roadsafetyatwork.ca/road-safety-at-work-week/overview/>

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#### Heath & Safety

##### Dates to remember:

- February 25, 2015: **Stop Bullying Day**
- April 28, 2015: **Day of Mourning**
- June 14-16, 2015: **BC Municipal Safety Conference**, Whistler, BC



# What's Wong with this Picture?

There are some things seriously wrong with this picture!! See if you can spot the issues and send them by May 1, 2015 to: [vpcupe374@gmail.com](mailto:vpcupe374@gmail.com) to have your name entered to win a prize. The lucky winner will be announced at the May 2015 VIDC meeting and list of issues will be published in the next newsletter along with the next photo!



## Last Issue's Winner: Deborah Hopper

- ◆ Blade up on the paper cutter
- ◆ Boxes in the middle of the floor
- ◆ Filing cabinet drawer open
- ◆ Space heater tipping over

The prize this month is sponsored by the VIDC OH&S Committee!





## Stop Bullying Day: February 25, 2015

Harassment and other forms of violence undermine our solidarity as workers. A united union membership that challenges harassment is stronger and able to make gains elsewhere too. CUPE has been successful in advocating for healthy, safe and respectful workplaces. This guide provides information and ideas to help locals continue that progress.

CUPE National has produced a guide for local union stewards, officers and other activists.

It covers:

- ◆ The definition of harassment.
- ◆ The effects of harassment.
- ◆ An overview of workers' rights and employers' responsibilities.
- ◆ How the union can challenge harassment and support members.
- ◆ A checklist for anti-harassment policies and collective agreement language.

The guide can be downloaded from the National website at:

<http://cupe.ca/stop-harassment-guide-cupe-locals>





## Welcome to our VIDC Health and Safety Newsletter.

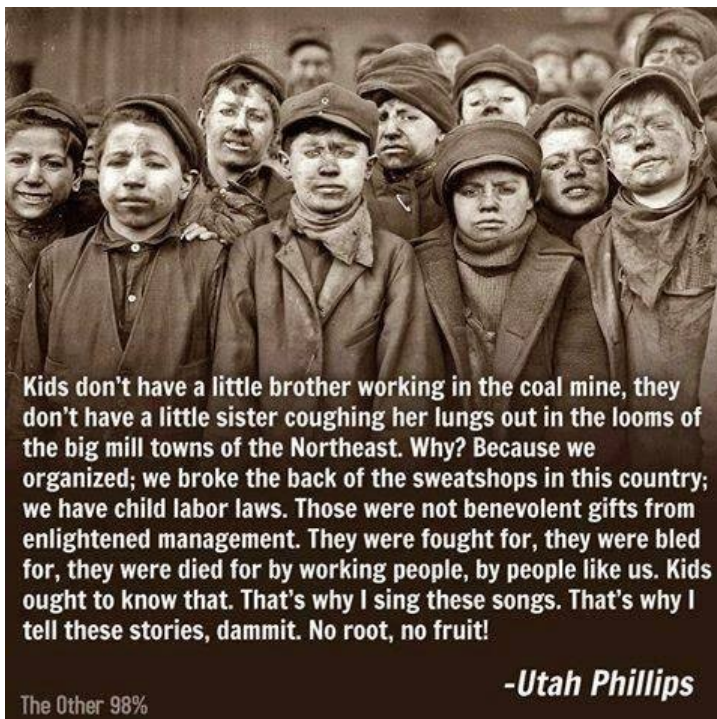
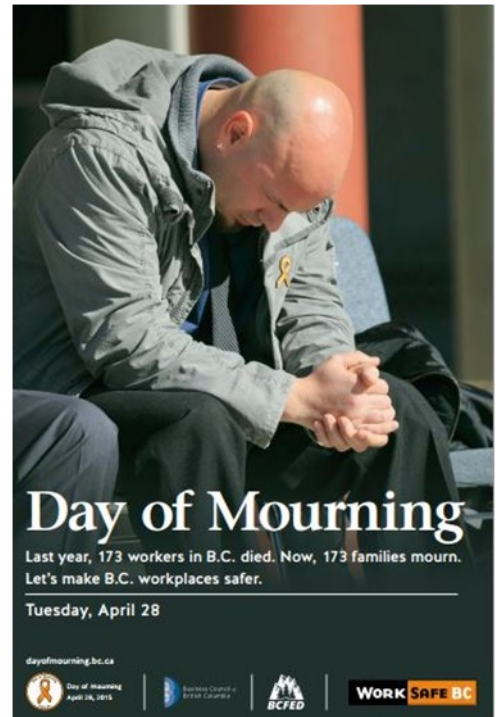
Our Committee members are:  
**Sarah Fairbrass, Chair; Ryan Foster; Martha Higgins; Robert Klassen; Kathy Mercer; Sherene Ross.**

[www.vidc.cupe.ca](http://www.vidc.cupe.ca)

# April 28—National Day of Mourning

Here are the preliminary numbers for 2014 fatalities. More detailed information will be available in March.

Injury Category	2014	2013
MVI, Same Year	15	17
MVI, Prior Year	10	5
Other Injury, Same Year	29	23
Other Injury, Prior Year	21	16
Asbestos Exposure	77	59
Other Disease	21	8
	<b>173</b>	<b>121</b>



For day of mourning events across BC check here –

[http://www.worksafebc.com/news\\_room/campaigns/day\\_of\\_mourning/assets/pdf/DOM2015Ceremonies.pdf](http://www.worksafebc.com/news_room/campaigns/day_of_mourning/assets/pdf/DOM2015Ceremonies.pdf)

You can request complimentary Day of Mourning decals and posters through WorkSafeBC's online order form here ->

<http://worksafebc.pubco.net/mourning.html>

If you would like to leave a note in honour of a fallen family member or co-worker, please visit the Day of mourning commemoration site here ->

<http://www.dayofmourning.bc.ca/>