

WEBINAR: July 8

**Situation Not
Normal** – Is Your
Mind on Your Driving?



BC Forest Safety

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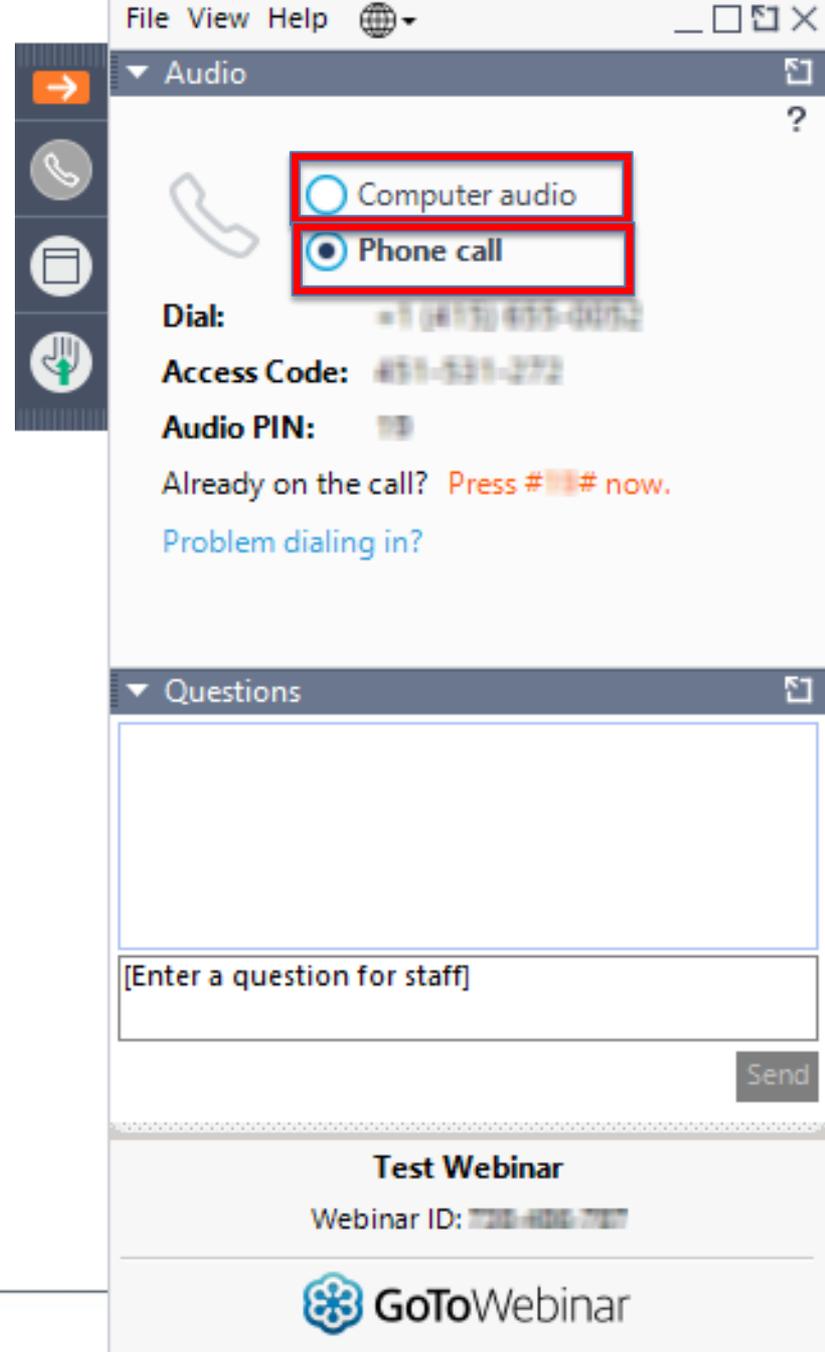


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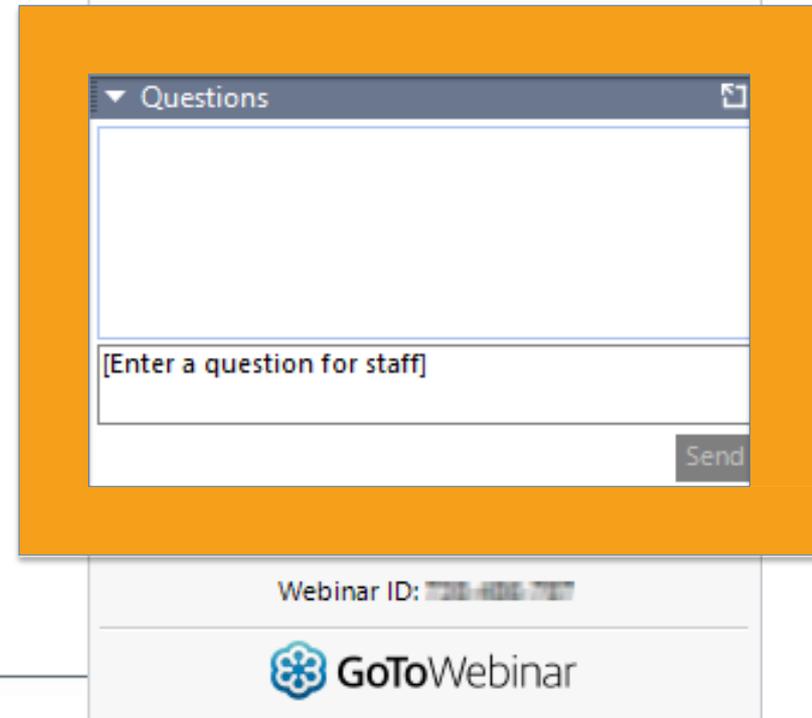
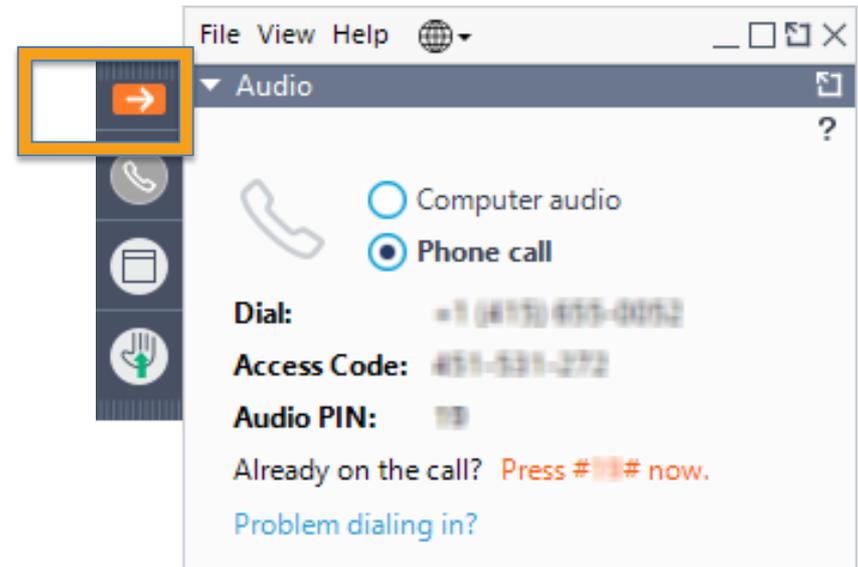


Asking questions

Click on “Questions”
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Questions pane

Then

Type your question
to the moderator



Our webinar partner



Dustin Meierhofer

BC Forest Safety

Director of Transportation Safety



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About BC Forest Safety

Created in September 2004; dedicated to the health and safety of BC forest workers.

Services available to all forestry operations

- Safety program and COR audit assistance
- Supervisor mentoring and skills development
- Serious incident investigation assistance
- Injury prevention and claims management coaching

Road safety support services

- Industry-led safety advisory groups
- Resource road driver training
- Log truck driver training
- Fatigue management



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Introducing today's presenters



Angelina Robinson

Road Safety At Work

Client Relationship Manager



Rick Walters

Road Safety At Work

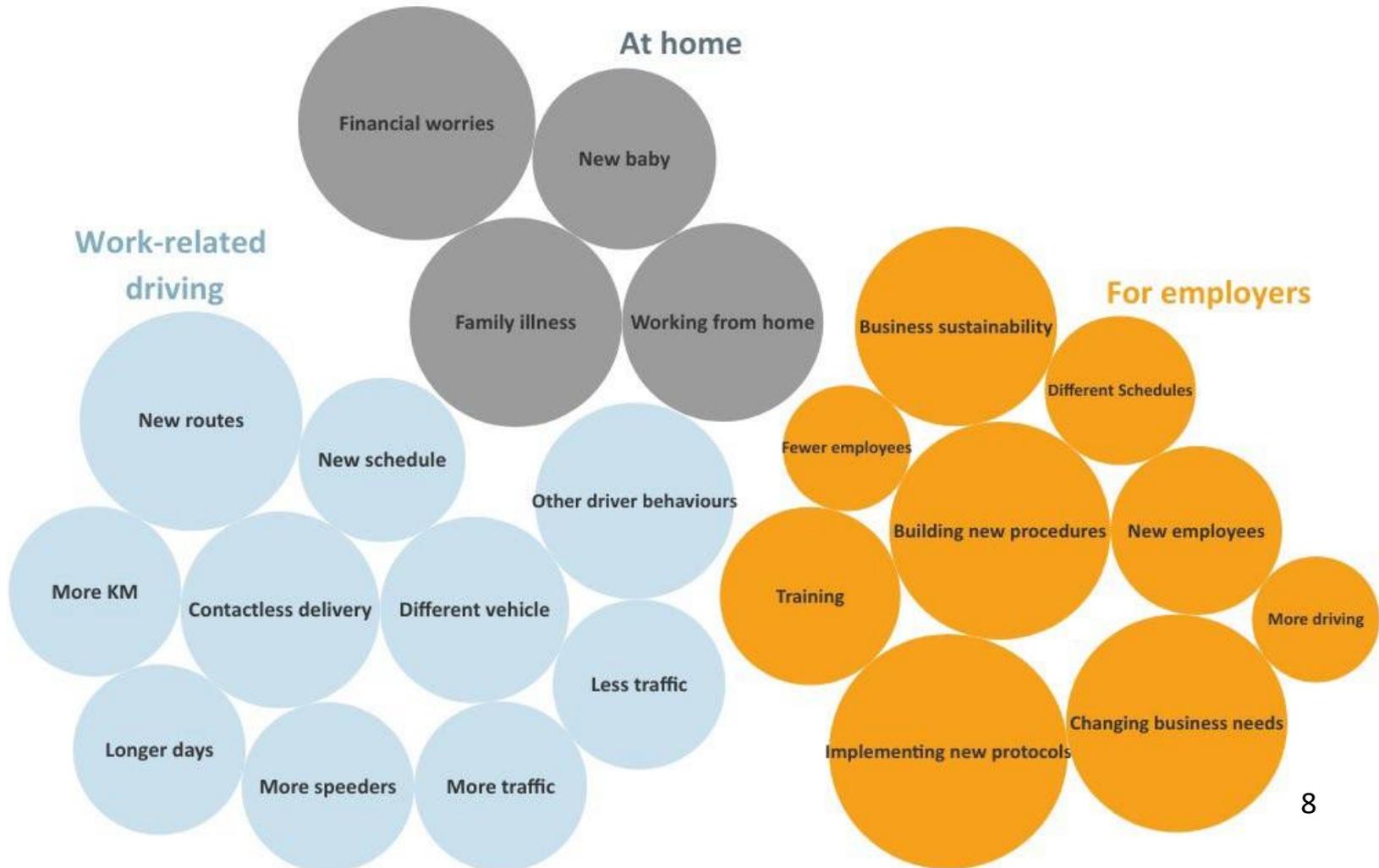
Road Safety Manager

Overview

- How and why ***not normal*** situations can affect your state of mind and contribute to crashes
- Factors that contribute to risky driving behaviours
- Explain how employers and employees can “ACE” risk reduction
- Resources
- Questions

Change is constant

Effectively managing change reduces risks



Not normal = upset conditions



50%

The amount of information **missed** when driving and using a cell phone

- interruptions in regular work processes
- disruptions in normal work activities
- increased risk of incidents and injuries

Upset conditions use cognitive energy



- Stress, unusual situations, life-changing events, and negative emotions incur **high cognitive energy costs**

...leading to risky driving behaviours



- Irritability
- Agitation
- Frustration
- Short temper
- Aggressive driving

.... leading to risky driving behaviours



....and increasing your risks of being involved in a crash

When driving performance drops



Crash risks rise



Summary

- “Not normal” situations such as disruptions or changes to normal processes = upset conditions
- Upset conditions can negatively affect our emotions, reactions and ability to concentrate
- Driving during upset conditions can increase the risk of a crash

Questions



Things employers can do



Assess the situation

Construct a plan

Execute the plan

Assess the situation

- Acknowledge that things are not normal
- Identify what's new or different about
 - ✓ the workplace or work
 - ✓ the driving employees do
 - ✓ employee state of mind, fitness to drive





Assess the situation



[Click to go to the website](#)



The screenshot shows the website's navigation menu with categories like 'Why Road Safety Matters', 'Build Your Road Safety Program', 'Tool Kits', 'Our Services', 'Online Courses', 'Workshops and Webinars', and 'News & Events'. The 'Tool Kits' section is active, displaying a sidebar with various resources such as 'Tool Kits Directory', 'MVI Cost Calculator', and 'Risk Assessment'. The main content area features a header image of two workers in safety vests, followed by the title 'Hazard Identification and Risk Assessment'. Below this, there is an overview section, a 'RISK LEVEL' graph, and several sub-sections: 'Hazard Identification', 'Risk Assessment', 'RiskCheck', and 'Resources'. The footer includes logos for 'JUSTICE INSTITUTE OF BRITISH COLUMBIA' and 'WORK SAFE BC', along with a copyright notice for 2020.



Construct a plan

- Look for ways to reduce the driving employees do
- No-travel options
- No-driving options





Construct a plan

- Free, mobile-friendly trip planning tool
- 15 questions help prepare the driver and vehicle for the journey ahead
- 2 trip plan forms
- Print or email to share with supervisor and check-in contact



[Click to go to the website](#)



What's your training plan?

- Does new normal include different driving assignments?
- Do employees need to build additional skills?
- What skills are required?
- Training options available: behind-the-wheel, classroom, online, driving simulator, mentoring, etc.
- Which methods work best?





Execute the plan

- Build safety elements right into processes
- Standard procedures include trip planning, vehicle inspections ... and ACE
- Monitor and be ready to make adjustments
- Communicate



Things employees can do

Assess the situation

Construct a plan

Execute the plan

Assess the situation

Is this situation not normal?

Is there anything unusual or different about:

- my environment
- my work assignment
- me?





Assess the situation

Cues to help you recognize not normal situations

If you find yourself thinking:

This feels dangerous

I just don't know if I am up to this today

I'm not sure

This isn't working

I could use some help

This feels different

I don't want to bother anyone

I *think* this will work

Assess the situation

Figure out what's not normal.

- **What's** dangerous or different?
- **What's** worrying me?
- **What's** not normal?

Get help from supervisor or co-worker.



Assess the situation

Check in with yourself:

- Am I fit to drive?
- Am I mentally and physically ready to meet the demands of the driving tasks in front of me?
- Self-check at the start of the day, during the day, and along the way.





Construct a plan

Let assessment answers guide decisions and actions.

Two components:

- Determine the options
- Choose the best one





Construct a plan

Determine your options



- Identify realistic possibilities.
- Brain-storm, be creative to find better solutions.
- Draw on knowledge and experience of others, especially supervisor.



Construct a plan

Determine the best option

- Choose the option that poses lowest risks
- When there is no good solution because risks are too high....
- Get support and direction from supervisor





Execute the plan

Have the discipline to follow your plan

Conditions can change
– be adaptable

Keep **ACE** handy and use it

Learn, share and support

- Work together to find solutions
- Tell others about what you've found successful
- Ask questions; find out what's working for others
- Support co-workers with your knowledge and experience



Summary

- Upset conditions / not normal situations - big changes or smaller disruptions
- Expose drivers to new hazards and different risks they aren't prepared to deal with
- Involve pressure, uncertainty and changes that cause feelings of frustration, inattentiveness, or worry
- State of mind may tempt risky driving behaviours



Take-Aways

Assess the situation

Construct a plan

Execute the plan



Questions



Contact us with your questions



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Visit our websites for more
tools and resources



<https://roadsafetyatwork.ca>



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Our Next Webinar

At the Crossroads:

How to Travel Through Intersections Safely

September 23, 2020

In partnership with ICBC



Thank You!

See next slide for a list of links to resources mentioned in this webinar

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Links to various resources mentioned in this webinar

BC Forest Safety Council

[Resource Road Light Truck Driver](#)

[Road Safety](#)

Road Safety at Work

[RiskCheck](#)

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[Reducing the risks when driving clients](#)

Note: Links have not been updated since this webinar was presented