

**WEBINAR:** July 8

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



**BC Forest Safety**

Safety is **good** business



# Audio instructions

Select “Computer audio” to use your computer’s sound

OR

Select “Phone call” to dial in

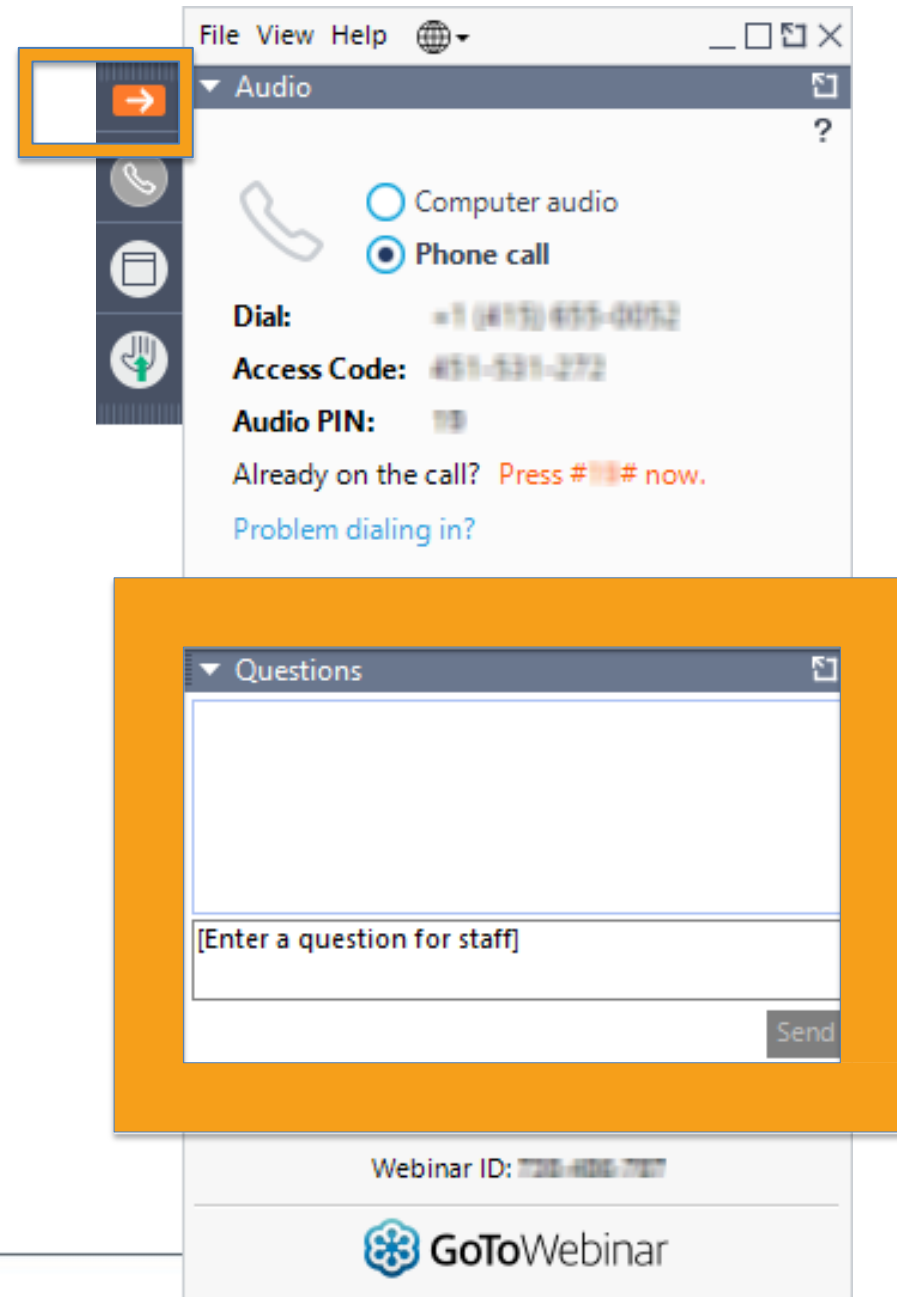
A screenshot of the GoToWebinar interface. The top window is titled "Audio" and contains two radio button options: "Computer audio" and "Phone call". Both options are enclosed in a red rectangular box. Below these options, the "Dial:" field shows a phone number, the "Access Code:" field shows a code, and the "Audio PIN:" field shows a PIN. There is also a link for "Already on the call?" and a "Problem dialing in?" link. The bottom window is titled "Questions" and contains a large text area for entering a question, a smaller text area with the placeholder "[Enter a question for staff]", and a "Send" button. At the bottom of the interface, there is a section for "Test Webinar" with a "Webinar ID:" field and the GoToWebinar logo.

# Asking questions

Click on “Questions”  
to expand the  
Questions pane

Then

Type your question  
to the moderator



# Our webinar partner



**Dustin Meierhofer**

**BC Forest Safety**

Director of Transportation Safety



**BC Forest Safety**

Safety is **good** business

# 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



**BC Forest Safety**

Safety is **good** business

# Introducing today's presenters



**Angelina Robinson**

**Road Safety At Work**

Client Relationship Manager



**Rick Walters**

**Road Safety At Work**

Road Safety Manager

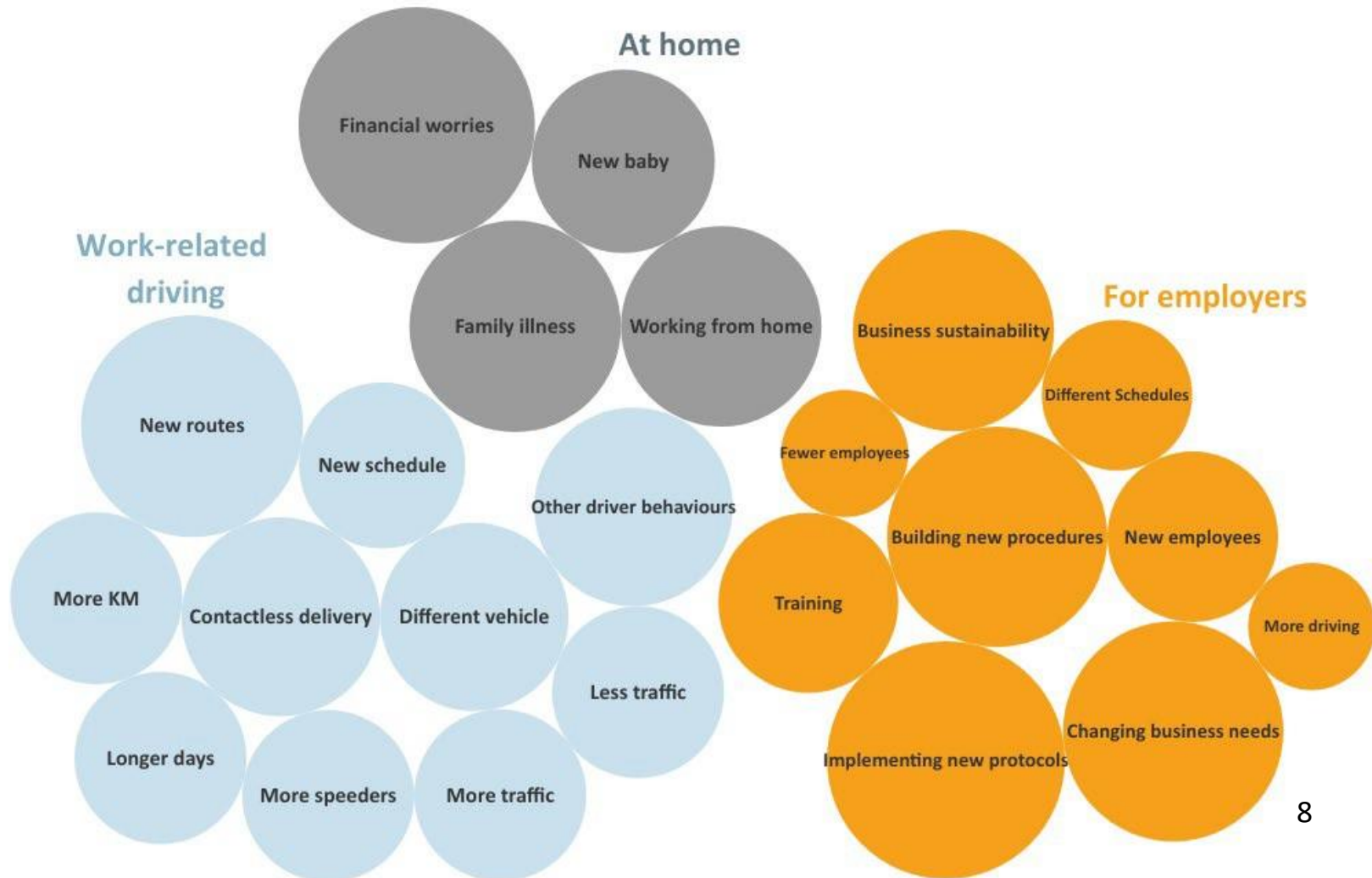
# Overview

- 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](#)



**ROAD SAFETY AT WORK**

Home Login Contact Us Search: eg 'road safety program'

Why Road Safety Matters Build Your Road Safety Program Tool Kits Our Services Online Courses Workshops and Webinars News & Events

**Tool Kits**

- Tool Kits Directory
- MVI Cost Calculator
- Road Safety Snapshot
- Road Safety Planner
- Road Safety Plan Template

**Hazard Identification and Risk Assessment**

The Basics

- Hazard Identification
- Risk Assessment
- Methods
- RiskCheck
- Resources
- Video Tutorial

Controlling Hazards

Building Strong Road Safety Policies

Safe Work Procedures

Driver Qualifications

Distracted Driving

Manage Impairment

Driver Fatigue

Optimize Your Driving Workspace

Tips for Employees Who Drive

Journey Management

Vehicle Inspections

Vehicle Maintenance

Vehicle Safety Technologies

Vehicle Emergency Kit

Investigating Motor Vehicle Incidents

Tailgate Meetings

Promotional Materials

**Hazard Identification and Risk Assessment**

In order for an organization to take targeted actions that prevent motor vehicle crashes and safeguard employees, it must first understand the factors that contribute to those crashes. Identifying the hazards employees encounter and evaluating the associated risks are two essential steps in an effective road safety program.

**Overview**

This Tool Kit explains hazard identification and risk assessment from a road safety perspective. It provides tools that will help you identify and categorize the driving-related hazards your employees encounter, systematically evaluate the risks and set your priorities to control those risks. There are five parts.

**The Basics**

Look here for definitions of terms and explanations of key concepts.  
[Read More](#)

**Hazard Identification**

Steps to systematically identify hazards, linked to a customizable hazard inventory.  
[Read More](#)

**Risk Assessment**

A straight-forward risk assessment procedure with explanations and examples.  
[Read More](#)

**RiskCheck**

An all-in-one tool you can use to identify driving-related hazards, evaluate associated risks, set your action plan and access the resources to accomplish that.  
[Read More](#)

**Resources**

Links to relevant tools, resources, forms and examples.  
[Read More](#)

**Tool Kits**

Find useful road safety tools and resources here.  
[Read More](#)

**Workshops**

Plan to attend the next road safety workshop.  
[Read More](#)

**Advisory Services**

We can help you with your road safety program.  
[Read More](#)

**Trending Now**

Back in the Saddle - Driving after a Break  
[Read More](#) | [View All](#)

**Newsletter**

[Current Issues](#) | [Subscribe](#)

**Events Calendar**

View upcoming road safety events.  
[Read More](#)

**Website Tutorial**

Tip for getting the most out of this site

**JUSTICE INSTITUTE**  
OF BRITISH COLUMBIA

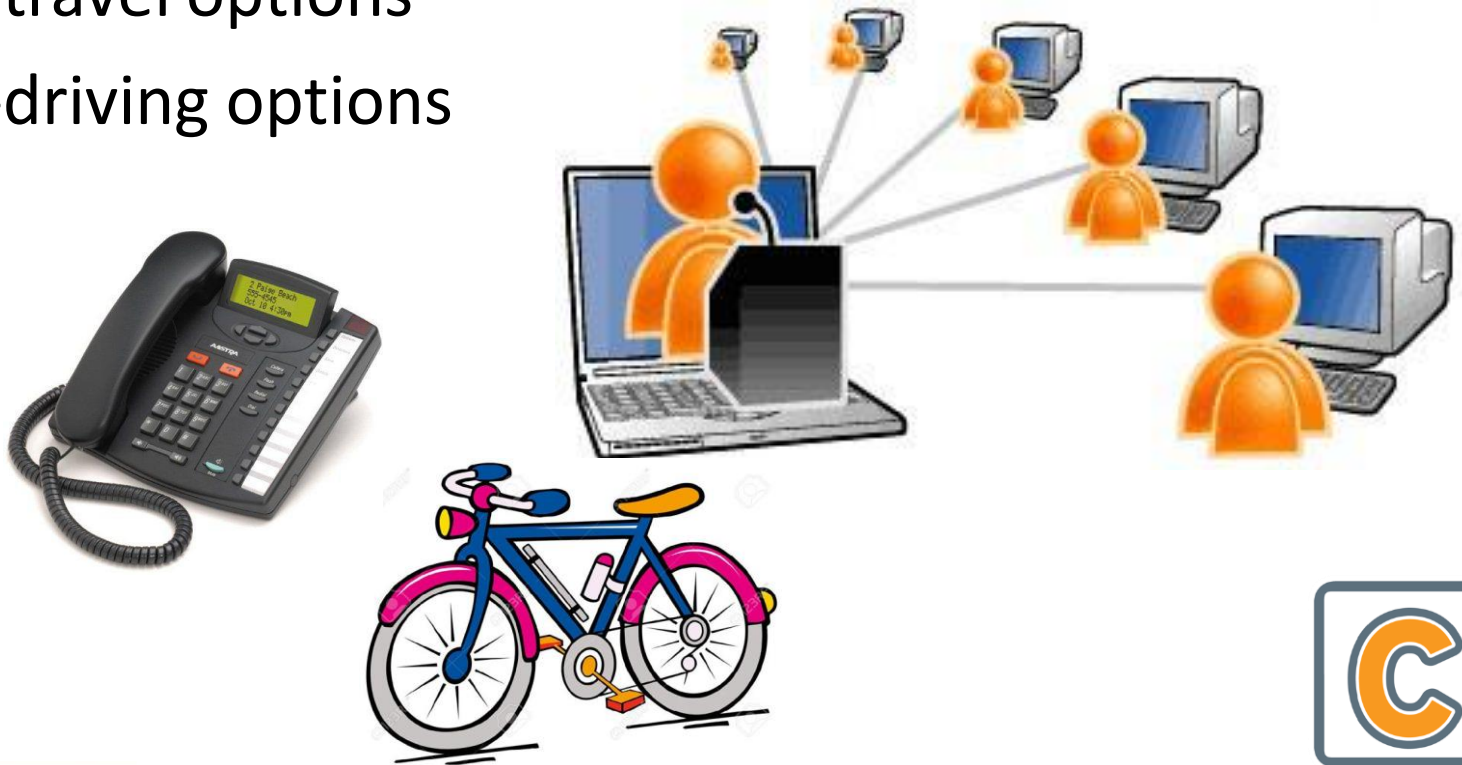
**WORK SAFE BC**

© 2020 - Road Safety at Work | Home | Login | Contact | Site Map | Privacy Policy | Terms & Conditions



# 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

**A**ssess the situation

**C**onstruct a plan

**E**xecute 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

**A**ssess the situation

**C**onstruct a plan

**E**xecute the plan



# Questions



# Contact us with your questions



[arobinson@roadsafetyatwork.ca](mailto:arobinson@roadsafetyatwork.ca)

[rwalters@roadsafetyatwork.ca](mailto:rwalters@roadsafetyatwork.ca)



**BC Forest Safety**

Safety is **good** business

[dmeierhofer@bcforestsafe.org](mailto:dmeierhofer@bcforestsafe.org)



# Visit our websites for more tools and resources



<https://roadsafetyatwork.ca>



**BC Forest Safety**

Safety is **good** business

[bcforestsafe.org](http://bcforestsafe.org)

**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**

## Follow Us On



# Links to various resources mentioned in this webinar

## **BC Forest Safety Council**

[Resource Road Light Truck Driver](#)

[Road Safety](#)

## **Road Safety at Work**

[RiskCheck](#)

[TripCheck](#)

## **WorkSafeBC**

[Reducing the risks when driving clients](#)

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