

HEALTH & SAFETY NEWSLETTER

2025-September



September
Mornings,
Like a crisp
Golden apple

INSIDE THIS ISSUE

Maintenance:
Heavy Duty
Alignment



Diabetes, what you
need to know



Barn Burner BBQ &
Car Show



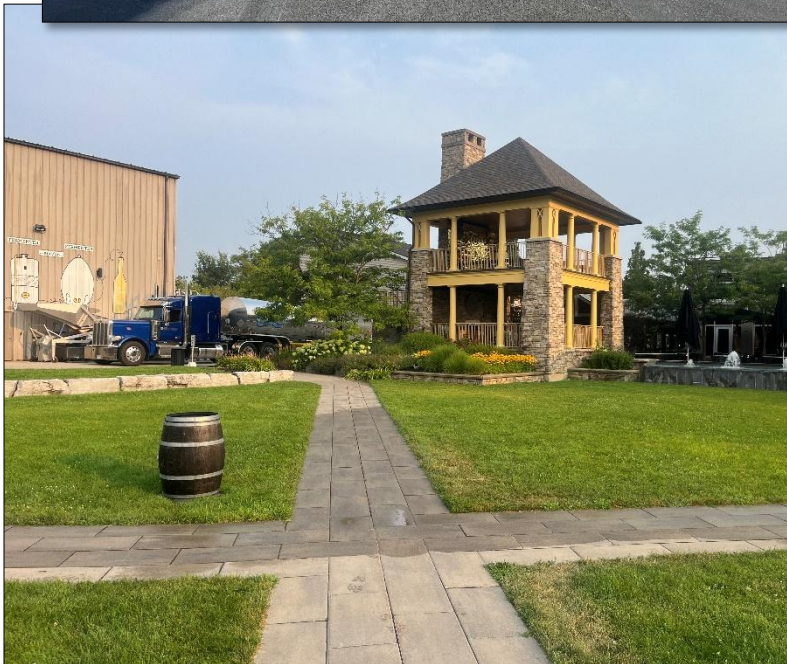
PUZZLE TIME!

SUDOKU



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Out for a luchtime walk! Maryke,
Patti, Laura, Scotty and Brodie!





MONTHLY HEALTH AWARENESS

UNDERSTANDING DIABETES

What is Diabetes?

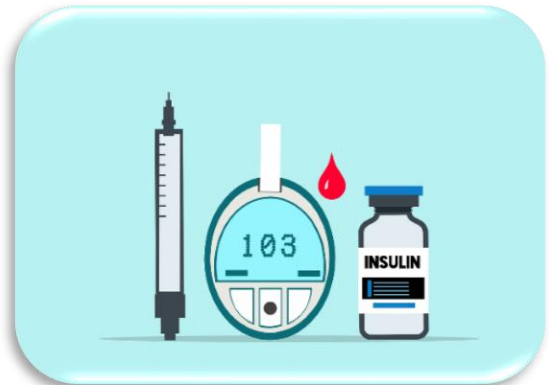
Diabetes is a condition where the body cannot properly regulate blood sugar (glucose) levels. This happens when the body doesn't produce enough insulin or can't use it effectively. Without proper control, diabetes can lead to serious health issues affecting the heart, eyes, kidneys, nerves, and more.

Types of Diabetes

- **Type 1** – An autoimmune condition where the body stops making insulin. Usually diagnosed in children or young adults.
- **Type 2** – The most common type; the body still makes insulin, but it doesn't work properly (insulin resistance). Often linked to lifestyle factors.
- **Gestational Diabetes** – Develops during pregnancy and usually resolves after birth, but increases future risk of type 2 diabetes

Common Symptoms

- Unusual thirst
- Frequent urination
- Extreme tiredness
- Unexplained weight loss or gain
- Blurred vision
- Slow-healing cuts or infections



Why It's a Safety Concern

Low blood sugar (**hypoglycemia**) or high blood sugar (**hyperglycemia**) can cause dizziness, confusion, fainting, or loss of consciousness — which can be dangerous in the workplace, while driving, or when operating equipment.

Safety Tips for Everyone

- Know the signs of blood sugar highs and lows.
- Keep quick-acting sugar sources handy (e.g., glucose tablets, juice).
- If you suspect someone is having a diabetic emergency, call for help and follow first aid steps:
 - If **low blood sugar** and the person is conscious: give them a sugary drink or snack.
 - If unconscious: call emergency services immediately and place them in the recovery position.
- Encourage healthy eating and regular activity.
- And last but not least, support colleagues or family with diabetes - be aware of their needs.

Laura's Recipe Corner

BAKED ZITI/PENNE

Ingredients

- 300g / 10oz ziti or penne pasta
- 1 tbsp olive oil
- 3 garlic cloves , *minced*
- 1 small onion (*brown, white or yellow*), *finely chopped*
- 500g / 1 lb ground beef or pork OR 50/50 combo
- 700g / 24 oz **tomato passata** (*pureed tomato, Note 1*)
- 1/2 cup water
- 1 tsp EACH dried basil, oregano, sugar
- 1 cup ricotta , *optional*
- 1 cup grated mozzarella cheese (*or other melting cheese*)
- 1 cup parmesan , *freshly grated (optional)*
- Finely chopped parsley or basil (*optional garnish*)

Seasonings

- 2 tsp fennel seeds, optional
- 1 tbsp paprika
- 1/4 tsp cayenne pepper OR 3/4 tsp chilli flakes (*adjust to taste*)
- 2 tsp onion powder

Instructions

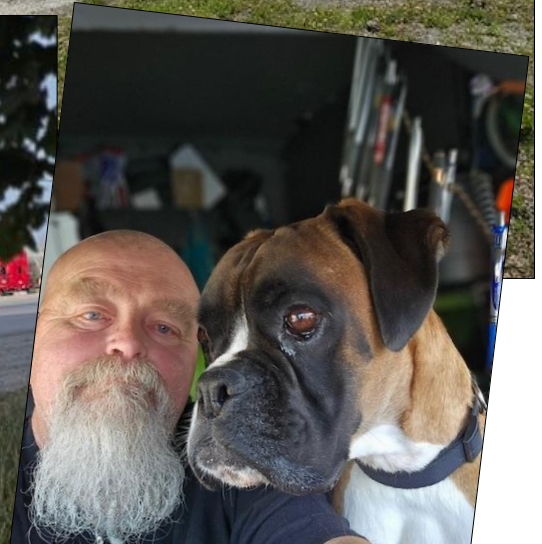
1. **Cook ziti** for the recommended cooking time on the packet MINUS 2 minutes. Drain, then return to pot.
2. **Preheat oven** to 180C/350F.
3. **Make Sauce:** Heat oil in a large skillet over high heat. Add onion and garlic and cook for 2 minutes or until onion is translucent.
4. Add meat and cook, breaking it up as you go. When it is just cooked, add Seasonings and cook for 2 minutes.
5. Add passata, water, basil, oregano and sugar. Bring to simmer, reduce heat to low and cook for 10 minutes. Adjust salt and pepper to taste (remember it gets spread across lots of pasta).
6. **Toss Ziti with Sauce:** Pour about 2 cups of sauce into the pot with the ziti. Toss.
7. **Assemble:** Spread ziti into baking dish (23x33cm / 9x13"). Dollop with ricotta. Pour over remaining sauce. Top with cheese and parmesan.
8. **Bake:** Cover loosely with foil. Bake 20 minutes. Remove foil, bake further 10 to 15 minutes until cheese is golden.
9. **Serve:** Sprinkle with parsley or basil if desired, then serve!

Note 1

Tomato passata is called **Tomato Puree** in Canada. It is just plain, pureed tomato. It is **NOT** tomato paste which is sour, concentrated tomato. It creates a thicker smoother sauce than using crushed canned tomatoes.

Substitute: Use 800g (28oz) can crushed tomato + 2 tbsp tomato paste. Or use a blender to puree canned tomatoes, or you use store bought plain pasta sauce (Marinara) instead or what's called Tomato Sauce in Canada (which is passata with a small amount of seasonings)







HEAVY DUTY ALIGNMENT

Wheel alignment is critical for preserving a truck's functionality and general health. Proper wheel alignment is essential for trucks because of the unique problems they encounter due to their weight and size of loads.

Wheel alignment plays a vital role in the longevity and dependability of these heavy-duty vehicles, providing stability and control on a variety of terrains as well as minimizing wear and tear on tires.

Overview of Wheel Alignment Importance for Trucks

Wheel alignment is a crucial aspect of truck maintenance that is often overlooked. It involves adjusting the wheel angles to the vehicle manufacturer's specifications. Proper wheel alignment ensures trucks' safety, efficiency, and longevity.

- **Safety: A misaligned wheel can affect handling and stability because** trucks are usually larger and heavier than passenger cars. An appropriately aligned automobile will travel straight and true, lowering the chance of accidents caused by poor handling.
- **Efficiency:** Improper alignment can result in uneven tire wear, lowering fuel efficiency and shortening tire life. Proper wheel alignment reduces the force required for the truck to advance, increasing fuel efficiency.
- **Longevity: Routine wheel alignment can extend the life of a truck's tires.** Misaligned tires wear unevenly and require more frequent replacements, which can add up to a high cost throughout the truck's life.

Pros of Wheel Alignment During Tire Installation

- Enhanced Safety and Stability on the Road
- Improved Fuel Efficiency
- Extended Tire Life and Performance
- Better Handling and Drive Comfort

Signs of a Misalignment



Cupping

A possible result of moderate to severe assembly out of balance condition, cupping appears as localized patches that look scalloped.



Feathering

When tread ribs are worn so that one side is higher, this is called feathering. There could be multiple causes including front and/or rear defective suspension or steering components.



One-sided wear

Also known as shouldering, one-sided wear extends across the entire shoulder rib to a major tread groove. This condition is often caused from a rear axle misalignment.



Barn Burner BBQ & Car Show

Vedder, B. Reimer Division was honored to Sponsor the Barn Burner BBQ in July! The BBQ is a family-friendly community event with classic cars, BBQ vendors, an amazing kids zone, and live music. Best of all, it's a fundraiser for RAN Mission. This event is put on by a local company in Yarrow – Fraser Valley Specialty Poultry that B. Reimer Chilliwack delivers feed to.



Maintain three-point contact with mobile equipment

Falls from mobile equipment are one of the major causes of injury in the B.C. road-building industry.

Many of these falls occur when workers are mounting or dismounting mobile equipment.

Many knee, ankle, and back injuries result from jumping from equipment onto uneven ground or objects.

By following the safe work practices listed below, you can help reduce the risk of injury when mounting or dismounting mobile equipment.

- When entering or exiting mobile equipment, always maintain three points of contact. This means keeping two hands and one foot—or two feet and one hand—on the equipment at all times.
- Equipment must be stationary before mounting or dismounting.
- Never jump from mobile equipment.
- Face the equipment while mounting or dismounting.
- Use the manufacturer's handhold and foothold design to mount or dismount the equipment. Use the steps, running boards, traction strips, footholds, and handgrips.
- Don't use wheel hubs, machine tracks, or door handles for mounting or dismounting the equipment.
- Keep handholds and footholds clear of mud, snow, grease, and other materials that can increase the risk of slips, trips, and falls.



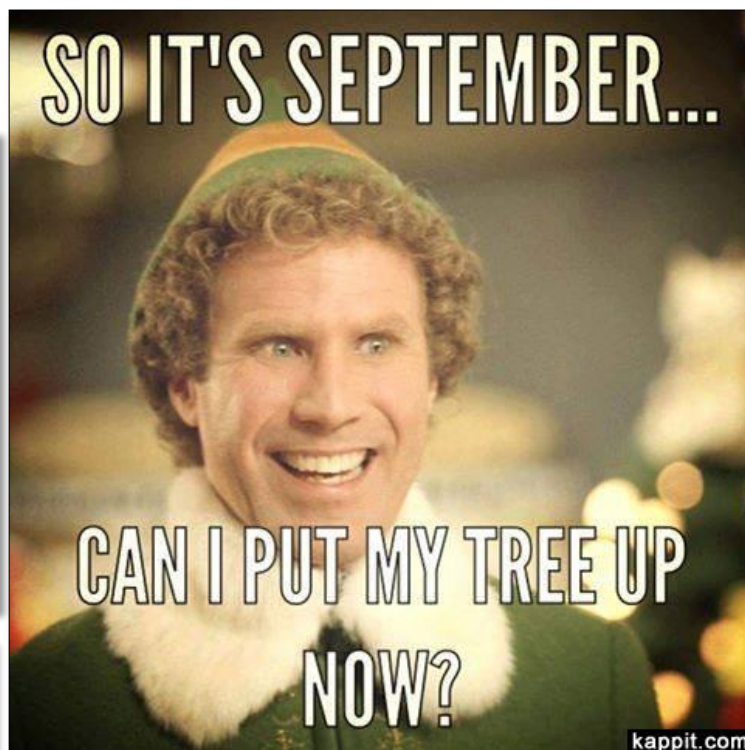
WARNING

Entering & Exiting Vehicle

PERSONNEL MUST
KEEP HANDS FREE
TO MAINTAIN THREE POINTS
OF CONTACT, AT ALL TIMES.
- EXIT FACING VEHICLE -



Monthly Laughs & Facts



Me on August 31 vs Me on September 1

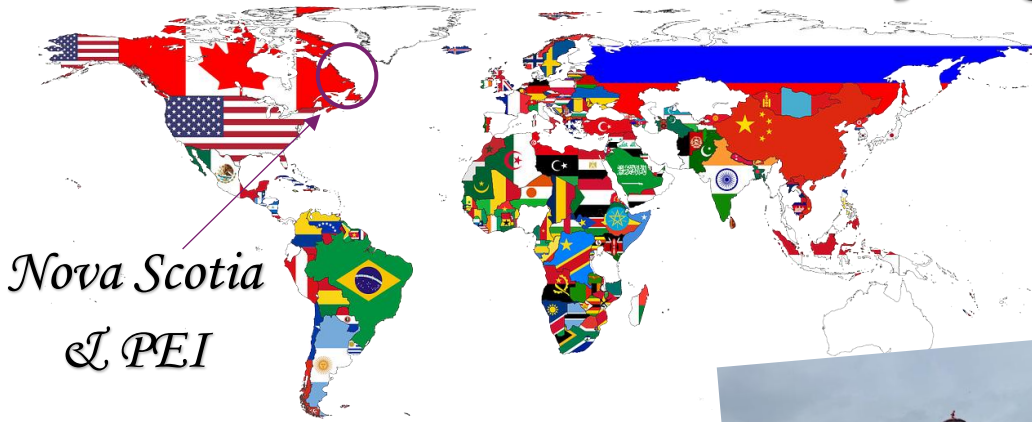


September

September is the only month with the same number of letters in its name as the number of the month: it is the ninth month and has nine letters.



HEY! Where is the world did you go?



*Nova Scotia
& PEI*

Jennifer Goritsas



HEY! Where in the WORLD did you go?

Country: Canada City: N.S. & PEI

What drew you to this location: Lighthouse trail & visit with family

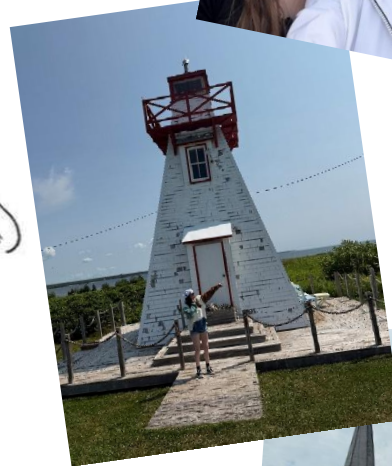
Memorable Trip Moment: Spending time with my daughter exploring the provinces.

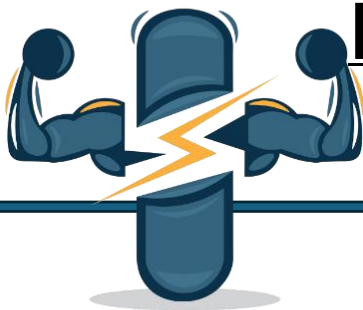
Challenging Trip Moment: no internet for googlemaps. Had to navigate old school.

Memorable Dish/Dessert: Seafood!
lobster rolls & scallops

Unique Cultural Learning: The Scottish Colonisation of Nova Scotia (New Scotland)

Souvenir / keepsake from this trip?: Art work from an eclectic town in PEI





FITNESS FUN: RUNNING



Humans began running around 2 million years ago to give our ancestors the ability to hunt and to avoid being hunted. Admittedly, this was before the advent of grocery stores and Skip the Dishes. The first recorded instance of competitive running was in Ireland almost 3,200 years ago. In the modern era, a lot of us don't run unless we are chasing an ice cream truck or we see the In-laws coming.



Running is natural and good for us so here are a few reasons to strap on your running shoes:

- Builds confidence
- Mood elevation
- Improved cardiovascular health
- Affordability and accessibility
- Connect with nature
- Manage Stress
- Sense of community
- Positive Impact on mental health



Running tips for beginners:

- Start small and set mini-goals
- Get comfortable running shoes
- Try the run-walk method
- Take days off between runs
- Stay hydrated
- Don't worry about distance or your pace
- Warm up and cool down properly
- Make running a social activity
- Find a running buddy or join a running club
- Sign up for a 5km fun run



Beginner's Running Plan			
Week 1			
Monday Run 1 min Walk 2 min Repeat 10x	Wednesday Run 1 min Walk 2 min Repeat 10x	Friday Run 1 min Walk 2 min Repeat 10x	Saturday Run 1 min Walk 2 min Repeat 10x
Week 2			
Monday Run 2 min Walk 1 min Repeat 10x	Wednesday Run 3 min Walk 1 min Repeat 7x	Friday Run 4 min Walk 1 min Repeat 6x	Saturday Run 4 min Walk 1 min Repeat 6x
Week 3			
Monday Run 5 min Walk 1 min Repeat 5x	Wednesday Run 5 min Walk 1 min Repeat 5x	Friday Run 6 min Walk 1 min Repeat 4x	Saturday Run 6 min Walk 1 min Repeat 4x
Week 4			
Monday Run 8 min Walk 1 min Repeat 3x	Wednesday Run 9 min Walk 1 min Repeat 3x	Friday Run 10 min Walk 1 min Repeat 2x Run 8 min	Saturday Run 11 min Walk 1 min Repeat 2x Run 6 min
Week 5			
Monday Run 11 min Walk 1 min Repeat 2x Run 4 min	Wednesday Run 13 min Walk 1 min Repeat 2x Run 2 min	Friday Run 14 min Walk 1 min Repeat 2x	Saturday Run 15 min Walk 1 min Run 14 min
Week 6			
Monday Run 16 min Walk 1 min Run 13 min	Wednesday Run 17 min Walk 1 min Run 12 min	Friday Run 18 min Walk 1 min Run 11 min	Saturday Run 19 min Walk 1 min Run 10 min
Week 7			
Monday Run 20 min Walk 1 min Run 9 min	Wednesday Run 22 min Walk 1 min Run 7 min	Friday Run 24 min Walk 1 min Run 5 min	Saturday Run 26 min Walk 1 min Run 3 min
Week 8			
Monday Run 27 min Walk 1 min Run 2 min	Wednesday Run 28 min Walk 1 min Run 1 min	Friday Run 29 min Walk 1 min	Saturday Run 30 min <i>Celebrate!</i>



Kids Fun Page!

