

In the Safety Zone™

A newsletter dedicated to safety awareness

TRANSFORCE, INC.

Safety is our Top Priority

By Howard Fowler, CFO



At TransForce, we believe that **the most important employee benefit that we provide is a safe working environment**. Drivers and warehouse staff work in physically demanding jobs. Workplace injuries can result in significant pain and lengthy recoveries. Our aim is to keep these injuries to a minimum by reinforcing safe behaviors with our drivers and warehouse staff.

We work closely with our customers to ensure that they provide safe working environments. Most of our customers are relatively large companies that have in-house safety departments. Our smaller, family-owned customers often take a more practical approach to safety. Regardless of size, though, all our customers recognize the importance of promoting safety in the workplace.

There are **three main types of accidents** that result in injuries to truck drivers. These include 1) strains and sprains from lifting, pushing, or pulling, 2) slips and falls from heights, and 3) motor vehicle accidents (without seat belt use). Each of these types of accidents can be prevented!

Safe lifting guidelines are available from your TransForce office. Lift with your legs, not with your back. Many of us know this, but we forget to practice it when we're trying to get the job done. We frequently repeat these safety messages to be sure that safety is at the forefront of your thoughts.

Slips and falls can occur in many ways: entering and exiting the cab, tarping, or working on a loading dock or lift gate. Unfortunately, the surface underneath these falls is usually very unforgiving – concrete or pavement! It is important to maintain three points of contact with the truck when entering and exiting. Not only does it prevent accidents, but it reduces the strain on your knees. In all cases, it is important to maintain awareness of your surroundings and avoid putting yourself at risk.

With regard to motor vehicle accidents, the single most important way to prevent injuries is the use of seatbelts. We are very proud of our drivers' record of safe driving, but we can not control the actions of other motorists. Even in a relatively slow-speed crash of 25 mph to 35 mph the energy involved is enormous. When a driver or passenger is not belted in, that person continues moving forward at the vehicle's speed until the instrument panel, steering wheel or windshield stops him or her. We can all agree that we do not want to hit a steering wheel at 35 mph. **Seat belts save lives and prevent injuries – wear them!**

Your safety is a shared responsibility between TransForce, our customers and you. We commit to doing everything possible to provide a safe working environment and we ask you to commit to **adopt and practice safe behaviors**. We appreciate your service to TransForce and to our customers and we want you to stay safe while working for us. We welcome your comments and suggestions.

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Practice, Practice! Safety is a Learned Behavior

Torquka R. Johnson Haggerty, Safety & Risk Management

How many times have you heard or even told someone else "...if you want to be good at something, you need to practice?" The same can be said for being safety conscious. As human beings, we are creatures of habit. Repeating any activity the same way over a period time creates a habit. When this is placed in the context of going through the daily routine of doing our jobs, there are certain tasks we tend to perform the same way all the time. Now ask yourself, "am I performing these tasks in the safest way possible?"

Have you ever noticed that you almost trip on the last step **every** time you exit your cab? Is it because you rush out of the cab without maintaining three points of contact with the truck? Does your back feel a little strained **every** time you lean over to pick up or put down an object on the floor? Are you lifting with your legs and bending the knees to take the pressure off your back? How many times have you damaged the landing gear on your equipment? Did you take the time to make certain that the gear is raised and locked in place before moving the equipment again? These are common examples of unsafe behaviors. You must make it a daily practice to perform your job safely. In turn, you become a safer driver.

Always Think "Safety First"

We encourage you to start each day with a commitment to safety. Make a pledge to get through the workday accident free. Think "safety first." Don't take any short cuts when it comes to performing your job safely. Wear the appropriate personal protective equipment (PPE) for the job you're assigned to do. Always complete pre-trip and post-trip inspections of your vehicle and equipment. Document and communicate any problems or hazards. **Never operate unsafe vehicles and equipment.** Always contact your respective TransForce branch to report any issues regarding safety if the customer is not responsive. Check to make certain that your loads are secure. If you are required to unload, make certain it is stacked at a height that doesn't obstruct your view or places undue stress on your limbs. Break down the load to make it manageable if necessary. Always use proper body mechanics while lifting and bending to reduce the risk of injury. Safe lifting handouts are available at your local TransForce branch.

There is always the need to take special precautions in certain situations. On loading docks, for instance, you should always be mindful of where you are and always look where you are going. If you tend to work evenings, the reduced or improper lighting creates an increased risk. Inclement weather creates increased driving and walking hazards. Extra caution is needed when working in these situations. **SAFE BEHAVIORS WILL BECOME SECOND NATURE WITH PRACTICE.**

David Wiest Honored As TransForce Driver Of The Year In 2009

Congratulations to David Wiest of our Harrisburg (PA) branch who was selected as the 2009 TransForce Driver of the Year.

Wiest joined TransForce in November 2005. He is the safety chairman for TransForce and the account he is assigned to, Penske Logistics in Harrisburg. Along with that responsibility, he also assists with logs, hours of service questions and trains new drivers according to customer requirements.

To read more about our 2009 honoree, visit our website at www.transforce.com.

Answers from Volume 2, Issue 5 Safety Quiz – Avoiding Slips and Falls

1. Wiping debris from your feet often reduces the chances of slips and falls. **True**
2. You don't have to worry about slips and falls on level ground or surfaces. **False**
3. Wet or slippery surfaces are increased risk factors for slip and fall injuries. **True**
4. Overall seatbelt use was reported to be at 90% in 2008. **False**
5. Taking slow, small steps will reduce the chances of slips and falls on slippery surfaces. **True**
6. Fatigue increases the risk of traffic accidents while driving in the dark. **True**
7. Traffic accidents decrease when daylight savings time ends. **False**
8. You should use your feet as probes to detect slip, trip and fall hazards. **True**
9. Getting your feet underneath the body quickly to maintain balance after an initial step is an example of walking defensively. **True**
10. Temperature and precipitation are examples of environmental factors that decrease the risk of slips and falls. **False**

TFI Safe Driver Incentive Program

What Have you Learned?- take the quiz and win a \$50 gift card!

1. It is not necessary to keep three points of contact when entering and exiting the truck. T F
2. An accident at only 35 mph can not cause significant injuries. T F
3. Lift with your legs, not your back. T F
4. The most important way to prevent injuries in motor vehicle accidents is to wear seat belts at all times. T F
5. Safe lifting guidelines are available from your TransForce office. T F
6. Seatbelts save lives. T F
7. It's okay to take occasional shortcuts to perform your work safely. T F
8. Safety is management's responsibility, not yours. T F
9. Inspecting your vehicle and equipment before operating it is not a good safety habit. T F
10. Practicing safety daily makes you become a more safety conscious person. T F

To qualify for the drawing, complete the quiz and return it via fax, email or mailing. Only TransForce drivers are eligible to participate. You must be a driver in good standing (no accidents, injuries or performance issues) at any time during the year to qualify. Qualified drivers can win up to 3 times per year. The names of 20 TransForce drivers will be randomly selected to win \$50.00 Target gift cards. All mailings should be addressed to: TransForce, Inc, 6551 Loisdale Ct, Ste., 801 Springfield, VA 22150 Attn: Safety. Email: safety@transforce.com; fax: 703-838-5585 Attn: safety. All entries must be received or postmarked by April 16, 2010.

Name: _____ Branch: _____
 Address: _____ Phone: _____
 City: _____ State: _____ Zip: _____ Email: _____

Winners from Vol. 2 , Issue 5

Congratulations to you all!

<u>Branch</u>	<u>Driver Name</u>	<u>Branch</u>	<u>Driver Name</u>
ALX	Davis, John	GRP	Izaguire, Julio
CLE	Player, Larwence	STO	Carbajal, Javier
ALX	Williams, Terrill	RED	Stewart, John
STO	Sequeira, Oscar	STO	Frierson, John
STO	Mc, Laughlin, James	MEM	Donnell, Wayne
NAS	Smith, Jerry	CNJ	Hammond, Tony
DET	Pierce, Robert	DET	Dewesse, Jason
CHI	Jordan, Tellies	IND	Anderson, Clifford
COL	Gibson, Darrell	ATL	McWhorter, Tony
ATL	Feltham, Bill	ALB	Witcherd, Calvin