

In the Safety Zone™

A monthly newsletter dedicated to safety awareness

TRANSFORCE, INC.

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Why Do Accidents Happen?

Here are some of the most common reasons:

Special points of interest:

- There are common reasons for most accidents that occur.
- Not paying attention can be hazardous.
- Horseplay puts safety in jeopardy

Complacency. No matter how many times you've done a job, if you take your safety for granted, you can get hurt.

Inadequate information. If you don't know what to do or how to do it, there's a good chance you'll do it wrong. So listen to the job instructions. Read equipment manuals, container labels, etc. And-if you're not sure about something, ask!

Poorly maintained tools or equipment. Don't use unsafe tools or equipment. Inspect all equipment. Report them and get a replacement.

Not looking where you're going or not paying attention to what you're doing. To always be safe on the job, you have to be constantly alert. You need to keep looking for hazards and anticipating anything that could go wrong.

Not taking hazards seriously enough. All work hazards can hurt you in some way. Even a minor injury can interfere with your work and your life-and cause you a lot of pain.

Fooling around. Protecting your safety is serious. There is no room for horseplay.

Carelessness. Just like not keeping your mind on the task at hand can lead to work accidents, not keeping your eyes and mind focused on the on the road can lead to traffic accidents. Always avoid distractions.

Fatigue. If you come to work tired, you could leave work or end up in an ambulance. Get enough sleep before each workday.

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Our TFI Safe Driver Incentive Program Starts with this Issue!

We will be drawing the names of 20 drivers who qualify and complete the safety quiz. The answers to the quiz will be announced in the newsletter of the following month along with the names of the 20 drivers that were randomly selected! The program details have been repeated again in this issue. See page 3 for the details.

Good luck and keep on trucking (safely, of course!)

Asleep at the Wheel

Drowsy driving is as bad as drunk driving

If you're planning to take a road trip this month (or any time this year), give careful thought to the advice of National Safety Road Foundation spokesperson Adele Kristiansson, who says "Drowsiness is a condition that most drivers fail to recognize, and it can be as dangerous as driving drunk"

Kristiansson says drowsiness is a factor in a substantial number of crashes, and points to 60 percent of motorists have driven while feeling fatigued and more than one-third admit to having fallen asleep at the wheel during the past year. Here are some signs that you need to stop and rest:



- Difficulty focusing, with frequent blinking
- Daydreaming or not remembering the last few minutes driven
- Head nodding
- Repeated yawning or rubbing of your eyes
- Drifting out of a lane, tailgating or hitting shoulder rumble strips

If you recognize any of these signs while driving at any time, pull over at the next exit and take at least a 20-minute nap. It is also recommended that you avoid alcohol and medications, as they increase drowsiness. Drink water, coffee or other non-alcoholic beverages when you're going to be driving.

Take the Safety Quiz! 20 Drivers will win \$50 gift cards monthly!!

SAFETY IS NO ACCIDENT

Test your knowledge about preventing workplace accidents by choosing T (true) or F (false) for these statements:

- | | | |
|---|---|---|
| 1. Most accidents are caused by unsafe conditions. | T | F |
| 2. If you see a hazard you can't fix, report it when you have a break or at the end of your shift. | T | F |
| 3. If you're not sure how to do something, try to figure it out yourself before asking. | T | F |
| 4. It's okay to take occasional shortcuts if you've been doing a job for a long time. | T | F |
| 5. It's best not to think about what could go wrong as you work; have the that if you're careful, nothing will go wrong. | T | F |
| 6. If you've been on the job for a long time, you shouldn't have to ask a lot of safety questions. | T | F |
| 7. It's management's responsibility to prevent workplace accidents, not yours. | T | F |
| 8. You can prevent most workplace accidents by keeping alert to hazards and paying careful attention to your work. | T | F |
| 9. Being involved in a accident at work is really a matter of chance-being in the wrong place at the wrong time. | T | F |
| 10. It's a good idea to inspect your work area, materials and equipment each day before you begin working to make sure that they are safe and working properly. | T | F |

TFI Safe Driver Incentive Program

Take the challenge! Our goal is to have the safest drivers on the road!

How Do Drivers Qualify?

Drivers must be active with TFI for the entire quarter or must have worked a minimum of 300 hours for the entire quarter.

Drivers have no vehicle accidents or work related injuries or illness for the entire quarter.

Is a driver in good standing (no issues related to customer dissatisfaction, HR or driver work rules).

How Does the Program Work?

Qualified drivers who correctly answer the safety quiz each month in the safety newsletter is entered into the drawing. Look for the quiz starting with our March newsletter. A random drawing of twenty (20) drivers will be selected each month to receive a \$50 Target gift card.

Drivers who participate are also eligible for a Grand Prize drawing each quarter. The prize is a \$1000 American Express gift certificate.

Any driver who submits an idea or recommendation to improve safety or customer relations will gain an additional entry up to three times during a quarter.

Registration

E-mail your quiz responses along with the registration form to safety@transforce.com; complete the quiz and registration on our company website www.transforce.com; or fax, mail or drop off your quiz and registration form at our corporate office location:

TransForce, Inc. 6551 Loisdale Ct., Suite 801 Springfield, VA 22150 Attn: Safety

Ph: 703-838-5580 Fax: 703-838-5585

Please make certain that your contact information is current and always include your email address if you have one.

Schedule for the Prize Drawing

Second Quarter (Q2) April 1-June 30, 2008	Third Quarter (Q3) July 1-September 30, 2008	Fourth Quarter (Q4) October 1-December 31, 2008	First Quarter (Q1) January 1-March 31, 2009
Register for Q2 by May 1, 2008	Register for Q3 by August 1, 2008.	Register for Q4 by November 1, 2008	Register for Q1 by February 1, 2009
Prizes awarded for Q1	Prizes awarded for Q2	Prizes awarded for Q3	Prizes awarded for Q4