

In the Safety Zone™

A newsletter dedicated to safety awareness

TRANSFORCE, INC.

REMAINING GROUNDED-Avoiding Slips and Falls (Pt. 2)

Why It Matters.....

Slip and fall accidents are among the most common workplace safety issues.

They cause several serious and costly injuries years.

Most all slip and fall accidents can be prevented.

In the second of our two-part series, our focus shifts to the prevention of slips and falls as we move into the Fall and Winter driving seasons. These hazards increase with the onset of inclement weather. Taking extra precautions during these seasons will keep you grounded!

Environmental Factors

As the weather changes, so should your focus as it relates to avoiding slips and falls due to inclement conditions. Wet or slippery surfaces are increased risk factors for slip and fall injuries. Factors such as temperature, precipitation and even lighting conditions are out of a driver's control, but you can reduce the chances of slip and fall accidents by taking extra precautions.

Entering and Exiting

It is important to follow the basics to avoid slip and fall injuries when entering and exiting your vehicles. Inspect the area around your vehicle before and after you reach your destination. You should always have three limbs in contact with your vehicle when entering and exiting. Step down lightly-never jump onto a step or surface. Remember, moisture can build up or even freeze on your vehicle steps by the time you reach your destination. Even stepping onto wet leaves increases your risks for slips and falls. Don't forget to wipe your feet and keep mud, ice and other debris off the bottom of your shoes to maintain good traction.

Walk Defensively

Much like being a "defensive driver" to avoid accidents, one must also become a "defensive walker" to avoid slips and falls in inclement conditions. Look for wet and slippery surfaces and proceed with caution. Remove and avoid any obstacles that may place you in harms way. And it's worth repeating over and over-always wear the proper footwear with non-slip soles and good traction! When walking on a slippery surface:

- **Point your feet slightly outward, keeping your center of balance under you.**
- **Take slow, small steps.**
- **Use your feet as probes to detect possible slip, trip and fall hazards.**
- **Get your feet underneath your body quickly to maintain your balance after an initial step.**

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Last but not least- ALWAYS LOOK WHERE YOU ARE GOING AND GO WHERE YOU ARE LOOKING !

BUCKLE UP!

You'll here us say it over and over-The use of seatbelts saves lives. According the National Highway Traffic Safety Administration (NHSTA) for 2008, overall seatbelt use is at about 83%. They also report that 58% of those killed in vehicle accidents in 2008 were not wearing seatbelts. As TransForce drivers, seatbelt use while driving is required without exception. Our expectation is 100% compliance.

Time Changes Mean Increased Road Risks

As daylight savings time ends, the risk of traffic accidents increases due to the time change. With the end of daylight savings time comes an increase of darkness around the time of rush hour, when traffic is at a peak and most of us are making our way home from work. Drivers aren't used to the decreased visibility – and neither for that matter are pedestrians, who might take chances crossing roads when they shouldn't.

The National Road Safety Foundation (NRSF) has done studies proving that auto accidents increase after the clocks fall back an hour. Besides the lack of visibility, the NRSF notes that commuting in the dark can also make drivers drowsier than usual.

According to some health studies, changes in waking time coupled with the earlier onset of darkness throws off our internal clocks. This increases driving risks, primarily because in our 24/7 society, we have a fundamental problem of already being sleep deprived. With the switch from daylight saving to standard time comes sleep deprivation for those who have trouble adjusting. It also means there are more drowsy drivers traveling on the road in the dark. Studies show 60 percent of U.S. motorists have driven while fatigued.

When you are tired, your risk of having an accident increases. The NRSF also offers warning signs for drowsy drivers so they can avoid falling asleep at the wheel and causing auto accidents. These include:

- Difficulty focusing, rubbing eyes, frequent blinking
- Daydreaming or not remembering driving the last few miles
- Head snaps, yawning
- Drifting out of your lane, tailgating or hitting rumble strips

Be extra careful out on the roads, don't drive if you're feeling drowsy and pay extra attention to your surroundings.

Avoiding Slips and Falls- Vol. 2, Issue 4 -Answers

1. Slips and falls are a leading cause of workplace injuries and fatalities. **True**
 2. Slip and fall hazards are only common at work. **False**
 3. You can avoid slips and falls if you run or walk quickly. **False**
 4. Having 3 limbs of the body in contact with your vehicle while entering and exiting is called the 3-point rule. **True**
 5. Quick muscular reactions increase the chances of injury when slipping or falling. **False**
 6. A cowboy boot is a great example of proper footgear. **False**
 7. Your body relaxes as you start to lose your balance or footing. **False**
 8. Poor lighting can be a contributory cause in slip and fall incidents. **True**
 9. Most slip and fall accidents can be prevented. **True**
 10. You should always inspect your work area for potential slip and fall hazards. **True**
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TFI Safe Driver Incentive Program

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

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

To qualify for the drawing, complete the quiz and return it via fax, email or mailing. 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. Only TransForce drivers are eligible. The names of 20 TransForce drivers are randomly pulled for each drawing. All entries must be received or postmarked by December 20, 2009.

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

| <u>Branch</u> | <u>Driver Name</u> | <u>Branch</u> | <u>Driver Name</u> |
|---------------|--------------------|---------------|--------------------|
| STO | Collins, Jeffry | VAB | Spruill, Jay C. |
| ALX | Wood, James | GRP | Adams, Brian G. |
| ALB | Bronga, Anthony | GRP | Dykstra, Ulrich |
| VAB | Ross, Galen | STO | Frierson, John |
| BAL | Trossbach, Dave | PIT | Graft, Parrish |
| CLE | Sims, Timothy | CLE | Belsole, Joe |
| RIC | Steverson, Bubba | BAL | Henry, Mark |
| ALX | Matthews, Harun | CLE | Plain, Donna |
| RED | Hunt, LuAnn | ALB | Hornbeck, Jeff |
| ALX | Jarrells, James | GRP | Pierce, Robert |