

In the Safety Zone™

A newsletter dedicated to safety awareness

TRANSFORCE, INC.

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Don't Overlook the Safety Hazard of Summer Heat!

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Why It Matters.....

Summer is a great time to be outdoors; however, being exposed to hot weather for too long can result in serious health problems. Each year, between the months of May to August, it is estimated that approximately 600 deaths occur due to heat-related exposures. Take precautions to prevent heat-related illnesses and monitor children and the elderly during heat waves.

It's that time of the year again-Summer! We look forward to longer days and several months of increasingly hot temperatures. It's often easy to forget that working in the summer heat can be very dangerous. Extreme temperatures can cause a range of ailments.



Here are common health and safety hazards of working in the heat. It's important to recognize the symptoms, know how to avoid them, and also how to cope with them if they do occur.

Heat rash. Although this is uncomfortable rather than dangerous, it is a sign that the temperature is having an effect, and it can be an undesirable distraction. Lightweight, loose-fitting clothing is least likely to cause prickly heat, and a cool shower after the work or play period, followed by a sprinkling of talcum powder or cornstarch, will help relieve the irritation.

Heat stress. This common reaction to high temperatures, especially when accompanied by strenuous activity, can result in thirst, tiredness, dizziness, and even difficulty seeing. Such symptoms suggest it's time to drink some cool water or even Gatorade (this drink helps to replace electrolytes the body loses by sweating). This should reduce the possibility of fainting that extreme heat may cause.

Heat cramps. These painful muscle spasms in arms, legs, or intestines are caused by losing salt while sweating. Cooling down and drinking water or Gatorade is again the remedy. Your summer diet should include foods that will replace lost salt.

Heat exhaustion. A person suffering from this common response to strenuous activity in the heat is likely to feel weak and possibly dizzy and/or nauseous. You may have chills, clammy skin, and profuse sweating. If these symptoms occur, you should get to a cool spot, elevate your feet slightly, drink fluids and rest.

Heat affects the body by reducing blood flow to the brain, muscles and organs. Always pace yourself when driving and working in the heat and keep hydrated. Water should be considered a part of your personal protective equipment (PPE) when it comes to the summer heat!

TransForce does not permit any driver who is ill or fatigued to operate a vehicle or other equipment.

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Summer is the Perfect Time to Re-visit Seat Belt Safety

Summer is the time of year when there are more drivers on the road. With the warmer weather, drivers also tend to feel less “restricted.” It is the perfect time to revisit seat belt safety.

One of the most important reasons to wear your seat belt is to ensure safety and prevent injuries. Failure to wear your seat belt can be fatal. It can also result in multiple injuries, fractures, brain damage and disfigurement. Wearing seat belt is a vital part of driver safety. **TransForce drivers must wear seat belts at all times when operating commercial motor vehicles and at any time when operating equipment that has a seatbelt as a component of its use.**

Reasons to Wear Your Seat Belt

- Wearing a seat belt reduces the chance of injury by more than 70% if you’re in an accident.
- Seat belts prevent you from being jerked to the sides or even ejected from a vehicle if an accident occurs.
- Seat belts can protect a person's vital organs like head (brain) and chest (heart) from getting injured.
- Seat belts prevent multiple passengers in a vehicle from colliding with each other if the vehicle stops abruptly.
- Nearly 10,000 fatalities could be avoided each year if seats belts had been worn.
- It’s the law!
- In many auto accidents involving litigation, more courts are ruling that persons injured as a result of not wearing seat belts are equally responsible for their injuries.

Be a responsible driver and set a good example when it comes to seat belt safety. ALWAYS BUCKLE UP!



Road Rage...Another Summer Highway Hazard

It's hard not to notice that when temperatures rise tolerance in general tends to decrease. Drivers tend to be more aggressive and less patient if they've been on the roads for long periods of time. This can lead to increased instances of road rage.

A recently published survey indicated that more than 50% of drivers who are subjected to aggression on the road respond with aggression. This increases the risk of more serious confrontations. The most common causes of road rage are:

- Not using a signal when turning;
- Not keeping pace with traffic;
- Tailgating;
- Cutting a driver off.

It's important to remember that we share the road with other drivers. We should always drive defensively and err on the side of being courteous to our fellow drivers. The best way to avoid road rage is not to respond to aggressive behavior. It takes two parties to fight, so never allow yourself to be drawn into a confrontation. It's a wiser choice to ignore the aggressor. That way, *everyone* on the road is much safer.



Winners from Vol. 3 , Issue 3

Congratulations to you all!

| Branch | Driver Name | Branch | Driver Name |
|--------|--------------------|--------|--------------------|
| HAR | Sabitini, Rich | ALX | Matthews, Harun |
| DET | McClellan, Michael | KAN | Schmid, Robert |
| RAN | Peterson, Dennis | KAN | Greenfield, Ronald |
| MEM | Donnell, Wayne | GRP | Lafay, Frank |
| LOU | Clark, David | VAB | Spruill, Jay |
| CLE | Andrews, Gary | STD | McLaughlin, James |
| IND | Fisher, Michael | DAK | Taamu, Uso |
| ALX | Feith, Douglas | IND | England, Richard |
| PIT | Iole, Tim | RAN | Skaggs, William |
| KAN | Lewis, Jim | RED | Getter, Ronald |

The Safety Quiz resumes with the August Issue
