

In the Safety Zone™

A newsletter dedicated to safety awareness

TRANSFORCE, INC.

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Safe Lifting is as Easy as One, Two, Three

Why It Matters.....

- **Improper lifting is a major cause of back injury both on and off the job.**
- **Back injuries affect millions of people each year and costs billions in medical bills, lost wages and insurance claims.**
- **8 out of 10 people experience back problems at some point in their lives.**

Lifting is a daily routine for most truck drivers. It's important to practice lifting safely to reduce the risk of injury to yourself and others. As matter of practice, safe lifting is as easy as one, two, three:

1. **Assume the safe lifting position.** Stand close to the object and keep a wide stance. Keep feet turned out and heels down. Then squat by bending at the hips and knees. Ears, shoulders, and hips should form a nearly straight, vertical line.
2. **Prepare to lift.** Pull the load close to the body (this reduces pressure on the back) and grasp the object firmly. Tighten stomach muscles.
3. **Let your legs do the lifting.** Maintain the natural curves of the spine and rise up from the squatting position using the legs to power the lift. Don't bend over at the neck, shoulders, or waist while lifting.



When it's time to unload, face the chosen spot and lower the load slowly—again by using the legs, not the back. Simply bend the knees and lower the body with the load, keeping the back comfortably straight.

All lifts are not created equal. Use these techniques for special lifting situations:

1. **Reaching overhead**—Use a step stool or ladder. Slide the load close to the body. Then let the legs and arms do all the work.
2. **Oversized or heavy loads**—Use a two-person lift. Work as a team. Designate one person to direct the team lift. Lift at the same time. Keep the load level when carrying and move smoothly together. Unload at the same time.
3. **Long objects**—Carry lumber, pipe, and other long objects over the shoulder, being careful the ends don't hit anyone or anything.
4. **Bags and sacks**—Assume the safe lifting position. Grasp the load at opposite top and bottom corners. Power the body up with the legs and use the arms to raise the load to rest on the hip. Fully stand, and move the load to rest on the shoulder.

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National Truck Driver Appreciation Week



The week of September 19-25, 2010 is National Truck Driver Appreciation Week. TransForce is based on a culture of safety and compliance. The ability of our drivers to deliver client goods in a safe and efficient manner is actually where the rubber meets the road. We thank you-the TransForce Driver, for all that you do in making us a recognized leader in the driver staffing industry.

Help TransForce Promote Safety! (And Win \$100 gift card!)

It's no secret that an integral part of our culture is safety- with safe driving, safe practices and safe behaviors. With this in mind, we want to hear from you! Help us by sharing and providing ideas for improving safety. We are offering a \$100 gift card to each of the five drivers who provide the best ideas to help us promote safety!

To share your safety ideas, please email: safety@transforce.com . You can also fax your ideas to: 703-838-5585 or mail them to:

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

All entries must be received by or post marked by Saturday, October 16, 2010. The winners and their safety ideas will be published in the November issue of *In the Safety Zone*™.

Warm up to Reduce Strains and Sprains to Your Back

Did you know that many back injuries occur because we start moving or lifting without first stretching? That's right. By taking a few minutes to stretch and warm up our backs, we can reduce the risk of strains and sprains. Below are a couple of exercises to help you warm up your back.

Leg and back warm up

1. While standing, prop one foot on a chair or a stool for support
2. Take a deep breath
3. Ease forward slowly – keep your back slightly curved
4. Blow slowly outward as you ease forward to a seven count
5. Repeat seven times
6. Switch and do the same with the other foot

Backbend

1. Stand with your feet about 12 inches apart
2. Support the small of your back with your hands
3. Hold your stomach in firmly and take a deep breath
4. Arch backward – bend your head and neck as you go, blowing air slowly out for seven counts
5. Repeat seven times



Winners from Vol. 3 , Issue 5

Congratulations to you all!

<u>Branch</u>	<u>Driver Name</u>	<u>Branch</u>	<u>Driver Name</u>
ALX	Brown, Omar	MEM	West, Loranzo
IND	Dameron,Matthew	GRP	Van Dyke, Marc
STO	Riley, John	DAL	Page, Cornell
LOU	Hill, Robert	ALX	Legesse, Sebsibe
COL	Davis, Nicholas	ALX	Foye, Marshall
ALX	Mitchell, Alton	SAT	Saldana, Jose A
DAL	Cupp, Dexter	DET	Brim, Bennie
NEW	Goodbou, Romeo	LOU	Hart, Charles
ATL	Mayes, Gary	IND	Riggen, Kenneth E
CLE	Aldrich, George	KAN	Crabtree, Ralph
