

# *In the Safety Zone*™

*A newsletter dedicated to safety awareness*

TRANSFORCE, INC.

Copyright 2011, TransForce, Inc.

## Safety Driven for 20 Years!

By David W. Broome



David W. Broome, President & CEO

**Congratulations to Detroit Driver John Kinney who was recently honored as our 2010 Driver of the Year! He has been with TransForce's Detroit branch since March of 2008.**

**John was selected out of over 1,000 TransForce drivers across the nation. You can read more about him on our company website at:**

**[www.transforce.com](http://www.transforce.com).**

**Inside This Issue:**

Your Knees-An Underrated Support System	2
Loading Dock Safety and You	3

**I**t's almost our birthday. It is hard to believe that TransForce will reach the 20 year mark this summer. It has been a very exciting and fast 20 years. We started with a single office in Grand Rapids, Michigan and expanded to our national footprint of 33 offices servicing 45 markets in the United States. It has been a wonderful journey and we are still in the early stages!

**O**ur core mission has not changed over the last 20 years. From day one, our mission was to be the leading supplier of high quality and DOT-compliant commercial truck drivers in America. We have been very successful in achieving our goal as well as setting the standards for our emerging industry. As the industry changes and new regulations are passed, we will continue to set the standards and provide valued expertise to our customers so they can focus on their core business.

**O**ver the years, the Company has invested heavily in building our national footprint and customizing our back office software for the transportation industry. Our systems monitor all of our drivers for compliance to ensure that we are protecting our customers, our drivers and ourselves. We monitor performance throughout our drivers' employment so they remain in compliance with all DOT regulations.

**W**e believe that our drivers appreciate that being a TransForce driver is a mark of distinction. Our safe driving record is unmatched in the industry and it reflects well on all of our drivers. ***In the Safety Zone*** is an important element of our safety program. We think it is critical that we communicate with our drivers about issues of their safety and the safety of the motoring public.

**A**s we reflect on the last 20 years we are even more excited about the next 20 years. We will stick with our core mission in providing the highest quality and DOT-compliant commercial truck drivers in America. We will continue to invest in building our national footprint as well as technology to provide the best service. Also over the next several years we will continue to invest in providing additional value to our customers through the compliance division ***TransForce Services Group***. In addition to investing in infrastructure, our driver benefit programs will be enhanced to better attract the best of the best. In the coming months, we will introduce a wellness program that will help drivers to improve their health and the health of their families. We also plan to enhance the Driver Bonus Pay program to provide even more flexibility and even greater value.

**I**n closing, I feel it is very important that we thank some special people in making TransForce a success over the last 20 years. To our investors, The Argentum Group and First Analysis, to our finance partners, Wells Fargo and Merion Investment Partners, to our Board of Directors, to all of our dedicated staff across America, and to the friends of the firm. Most importantly, to our customers and to our drivers - ***THANK YOU!*** Now for the next 20 years!!!

## Your Knees- An Underrated Support System

Knee problems are common and can occur in people of all ages. You may not even realize how often you use your knees getting in and out of your trucks. Your knees are just as important as your back in supporting the body. Flexibility, strength, and stability are needed for standing and for motions like walking, running or climbing. Knees take a lot of pressure. To reduce injuries and increase flexibility, they need to be strengthened, exercised and supported.

### Injury

Knee function is controlled by more muscles, tendons, ligaments and cartilage than any other joint in your body. This is one reason why it's often one of the first joints to give out or cause pain. Most knee problems are the result of a lifetime of normal wear and tear. Much like the treads on a tire, the joint simply wears out over time. Knee injuries can also occur as the result of direct blows or sudden movements that strain them beyond their normal range of motion. Problems with the hips or feet, for example, can cause you to walk awkwardly, throwing off the alignment of the knees. This can gradually lead to knee damage.

### Prevention of Injuries

Here are some things you can do to prevent injury and improve the overall health of your knees:

- **Practice the 3-Point Rule!** Keeping three of your four hands and feet on your truck at all times when entering and exiting reduces the pressure on your knees.
- **Do strengthening exercises for the legs to help keep or increase muscle strength.** Keeping muscles strong with exercises, such as walking up stairs, doing leg lifts or dips, or riding a stationary bicycle, helps to support and protect the knee.
- **Wear shoes that fit properly and are in good condition.** This will help maintain balance and leg alignment when walking or running. Flat feet or over-pronated feet (feet that roll inward) can cause knee problems. You can often reduce some of these problems by wearing special shoe inserts (orthotics).
- **Maintain a healthy weight to reduce stress on the knee.** Obesity increases the risk of osteoarthritis (a breakdown of cartilage in the joint that leads to pain, stiffness and swelling) of the knee.



*Did you know? The knee joint is the junction of three bones: the femur (thigh bone or upper leg bone), the tibia (shin bone or larger bone of the lower leg), and the patella (kneecap). The patella protects the knee and gives leverage to muscles. Like any joint, the knee is composed of bones, cartilage, ligaments, tendons, and muscles.*

## Loading Dock Safety and You!



Loading docks are high risk areas. There are distractions everywhere-as there are usually multiple deliveries to be coordinated and many workers in the area. The fast pace and limited work space can be hazardous. This type of environment increases the chance of accident or injury. Drivers need to be extremely alert and take extra safety precautions on loading docks. Preventing accidents and injuries can be achieved by:

- Being alert
- Using the proper equipment,
- Wearing the appropriate personal protective equipment (PPE), and
- Operating the vehicle and equipment in a safe manner.

### Basic Guidelines for Dock Safety

- **Move the tandems all the way back before backing into a dock.** It helps to stabilize the trailer and it ensures that the trailer doesn't slip forward from the tandem when the wheels are chocked.
- **Chock your wheels to prevent movement of the trailer.**
- **Complete an inspection of the delivery area before loading or unloading the equipment.** The area need to be cleared before proceeding.
- **Make certain you route the safest path to load or unload the trailer.**
- **Always wear the appropriate PPE,** including steel-toed shoes, back belts and gloves.
- **Open trailer doors slowly;** freight may have shifted.
- **Break down loads to a manageable height and weight before moving them.**
- **Never attempt to right a load that has already begun to tip over.** Doing so increases the chances for injury. Don't take chances with your safety.
- **Use proper lifting techniques-**Lift with your legs, not with your back
- **Beware of your footing and never jump on or off your truck, docks or lift gates.** Landing hard can injure your knees.
- **Make certain that your trailer doors are secure and locked before driving away from the dock area.**



*In the Next Issue of In the Safety Zone™ .....*

1. *Backing Trailers Safely*
2. *Spring Road Hazards*
3. *The Safety Quiz*