

# In the Safety Zone™

A newsletter dedicated to truck driver safety awareness.

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## Watch Your Step!



## Let The Leaves Be The Only Thing That Fall This Season!

**S**lips, trips and falls are the leading cause of accidents and disabling injuries on and off the job. Trips happen when your foot hits an object and causes you to lose balance, which leads to a fall. How do you prevent these types of accidents and injuries? Awareness and behavior are the keys to avoiding them. Stay alert and notice hazards in your surroundings. For instance, poor lighting can mask a pothole. Walking on uneven pavement can cause you to stumble. Stepping on top of debris and spills or stepping over obstructions can cause you to lose your balance. Walk around these types of dangers. Ignoring these types of hazards and walking through them increases your chances of having an accident.

Practice safety around the able to see where you are a load. Do not stack boxes higher than eye level. still able to see the floor follow the three point rule your truck cab. Always have contact with the truck at all vehicle step or any type of run during your deliveries.

- ♦ *Step around obstructions, not over them.*
- ♦ *Make sure you can see where you are going when you are carrying a load.*
- ♦ *Wear slip resistant footwear.*

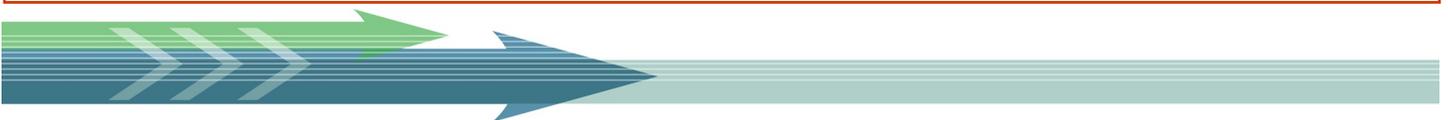
clock. Make sure you are going when you are carrying or product you plan to carry Always make certain you are beneath you. In addition, when entering and exiting three limbs of your body in times. Never jump from your platform. Walk and do not Clean up spills when they

happen. Watch for signs or barriers that warn you when floors are wet or slippery. Slips happen when there is not enough traction between the shoe and the floor. Wear slip resistant footwear to help guard against this.

Falls can happen suddenly. If you cannot avoid it, try to fall safely by doing the following:

1. Bend your elbow and knees so your legs and arms absorb the fall.
2. Use the inside of your forearms and palms of your hand rather than your wrist to try and break the fall.
3. Roll with the fall instead of falling flat face up or flat face down.
4. Tuck your head into your collarbone to keep from hitting your head.

Stay vigilant. Watch your step! Let the leaves be the only thing that fall this season!





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Do you have any safety ideas or  
news items to share?  
Please send them to:

[safetynews@transforce.com](mailto:safetynews@transforce.com)

## Refer Family or Friends and Get Paid!



TransForce has a fantastic driver referral program.

### Earn \$500 for Each Driver You Refer

(\$250 after driver works 200 hours)

(\$250 after driver works 400 hours)

TransForce needs more good drivers to fill local, regional and OTR openings.

If you know a driver who would like:

- <\$> Flexibility in work assignments
- <\$> Good steady weekly pay and company benefits
- <\$> To work for the biggest employer in town

Tell that driver about employment with TransForce. Give the driver your name and your local office phone number.