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## Yield To Emergency Response Vehicles



An emergency responder's job is not an easy one. Life is always in the balance when they are on the roadways. Emergency responders need to get somewhere fast and cannot obey traffic rules like other vehicles. Emergency response vehicles - ambulance, police car or fire truck – ALWAYS has the right-of-way. They can legally exceed the speed limit, go through red lights, stop signs and yields signs.

There are safe ways to cooperate with drivers of emergency vehicles. When loud wailing sirens suddenly appear out of nowhere, avoid the knee jerk reaction to panic and move to the right. There could be another vehicle next to you. Stay calm, observant and do the following to safely yield to emergency response vehicles.



### When a siren approaches from behind you:

Once you spot a clear path on the shoulder, use your right signal and make your way over to the right when it is safe to do so. Put on your hazard lights when you are parked on the shoulder. Wait until the emergency vehicle has passed.



### When a siren approaches in front of you:

If traffic is dense in their lanes, an emergency vehicle may approach you in the incoming lane, you still want to pull to the right side of the road and turn on your hazards. This frees the lane you are in so the rescue vehicle can pass.



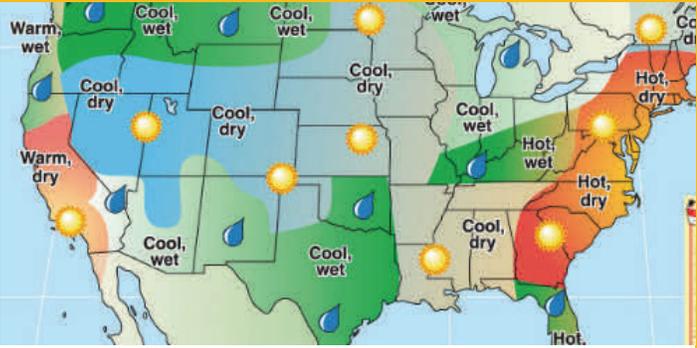
### Approaching a stopped emergency vehicle:

Emergency responders are more at risk while working on the scene of an accident. To safely drive around a stopped emergency vehicle, change lanes to move away from emergency personnel. Slow down to 5 mph while passing.

When you hear a siren or air horn nearby but are not sure where the vehicle is, when it is safe to do so, pull over to the right edge of the road and stop. This maneuver creates a safe space for emergency response vehicles to pass, especially in heavy traffic. Move over to pass stopped emergency vehicles. Reduce speeds to 5 mph to pass the scene.



# Weather Forecast - Know Before You Go!



Bad weather can adversely affect your driving. Road conditions can be so hazardous, you may not be able to continue on your route. Don't let foul weather catch you by surprise. Know the weather forecast before you start your route. Local drivers should check local weather before the start of their shift and throughout their shift. Over-the-road drivers should check the weather forecast ahead of time for all of the states they plan to drive through.

Finding the best weather app to download on your phone can be difficult since there are so many choices. There are four free weather apps that have truck drivers in mind. They are: (1) **The Weather Channel (TWC)**, (2) **Intellicast HD**, (3) **Weather Underground**, (4) **Accuweather**.

**Never check the weather on your phone while driving. Using a mobile device while driving is dangerous and strictly prohibited by TFI's policy.** Check the weather forecast before the beginning of your shift or when you are parked.

## Driving Safely Through Summer Storms



Thunderstorms occur more often during the warm spring and summer months. When the warm air that rises from the earth's surface is warmer than the air that is already in the upper atmosphere, it causes a thunderstorm when the two mix.

Most thunderstorms last about 30 minutes and are typically about 15 miles wide. Though thunderstorms are localized in a small geographical area, they are all dangerous. Severe thunderstorms can produce tornadoes, wind gusts greater than 58 mph and hail upwards of 3/4 inch diameter. These severe weather conditions make roadways extremely hazardous. The professional truck driver should never drive through severe storms.

The important two terms to know when learning about the weather in your area are **severe storm watch** and **severe storm warning**. If a **severe storm watch** is issued, continue driving but be ready to seek shelter if the storm is upgraded to a warning. If a **severe storm warning** is given, immediately find a safe area like a building or store and take cover. **Severe storm warnings** are issued when there is imminent danger to life and property.

# ***S-T-R-E-C-T-H!*** To Relieve Muscle Tension

Aaaaah! A really good stretch can release muscle tension that can build up during the course of the day. Each time you exit your truck cab or before you climb back into it, taking a few minutes to stretch can help relieve the stress of driving.

Back bends help decompress the spine and all of the fluid that can build up in the back after sitting down for long periods of time while driving. Front bends help loosen up the hamstrings and increase leg circulation. Forward bends stretch the long muscles which sit alongside the spine and relieves lower back pain. The neck stretch relieves the tension that builds up in the neck while the cross arm shoulder stretch releases the tension that builds up in the shoulders while driving. The ankle and calf stretch flexes the foot muscles and also help loosen the muscles in the back of the calves that work hard during the course of the day pressing foot peddles.

For maximum benefit, do at least five repetitions of each of the bends and stretches daily. Do one or two at each delivery stop. Also, sit properly while driving to reduce body stress and strain and maintain the benefits of the stretches you are doing. Adjust your seat so the upper and lower back is properly supported. (Add a towel or lumbar roll between your lower back and the seat for support if needed). Place your shoulders back to keep your back straight. Adjust your mirrors so you can see them without slouching or bending forward.

## **Back Bend**

Place your hands on your lower back and push your hips forward while you lean backwards with your head pointing toward the sky. Hold for 10 seconds. Return to standing position. Repeat 5 times.



## **Front Bend**

Place your hands on your hip bones and push your butt backwards as you lean forward towards the ground. The sensation can be felt in your hamstrings. Hold for 10 seconds. Alternate this bend with the **Back Bend**.



## **Forward Bend**

Tuck in your chin and let your body lean forward. Allow your neck, shoulders, arms and hands to hang loosely like a rag doll. Remember to breath while in this position. .



## **Neck Stretch**

Stand with your feet pointed straight ahead. Place your arm out to the side at a 90° angle. Lean your neck slowly to the side opposite of your pointed out arm. Hold for 10 seconds. Do the same on the opposite side.



## **Cross Arm Shoulder Stretch**

Gently pull your right arm across your chest, just below your chin, as far as possible without causing pain. Hold for 30 seconds. Repeat on the other side.



## **Ankle and Calf Stretch**

Place your foot flush against a wall and wedge the heel into the floor to make a triangle with your foot, wall and floor. Straighten your knee and press your hips toward the wall. Change feet and repeat.





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