

In the Safety Zone™

A newsletter dedicated to truck driver safety awareness.

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Daylight Saving Time Begins
Sunday, November 2, 2014

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Don't Go Down Like That! Avoid Slip and Falls

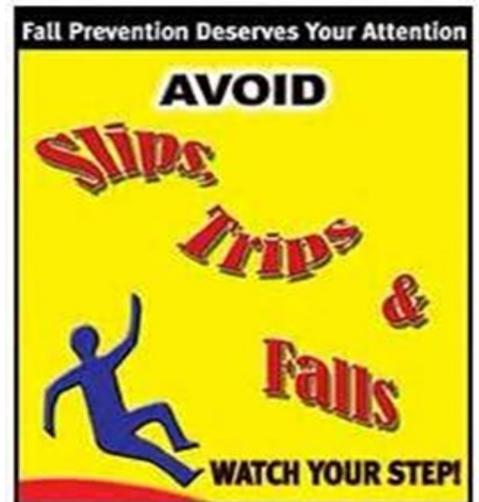
Slips, trips and falls are a major cause of accidents on and off the job. American workers suffer injuries from falls on the job every year—a number of these are related to slipping accidents. In fact, slips and falls are among the top causes of disabling work injuries. Although these types of accidents usually aren't fatal, they can result in serious damage to the body, like broken bones and back injuries. This can also lead to loss of productivity and loss of income.

Prevention is the Key

Most slips, trips and falls can be prevented, or at least made less severe. While various unsafe conditions can lead to these types of accidents, the best source of prevention is paying attention to what you're doing, where you're going and what you encounter along the way. Here are a few things that you can do to avoid slips, trips and falls:

Create slip-free zones inside and out.

Inside always clean up spills, drips and leaks immediately (even a little coffee spill on the floor can cause a slip and fall injury). Watch for signs or barriers to warn you when floors are wet, slippery or otherwise hazardous. In and around your home, put down mats on wet days near entryways to help keep floors dry. Outside, see to it that slippery spots are sanded or salted immediately. Always wear sensible shoes with nonskid or tread channeled soles to improve foot



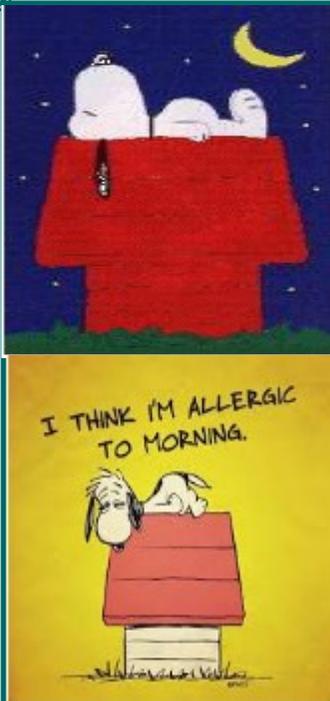
traction on bad weather days. TransForce drivers are expected to wear work boots with a good tread. Wipe your feet when coming in from the outside. Another way to prevent slips is to walk slowly, taking small steps on wet and slippery surfaces. Before entering your truck, always clear the steps of the cab of any debris, snow or ice. Watch your step when exiting your car or truck. As truck drivers, practicing the **3-point rule** should be second nature! It is a tried and true method of reducing slip and fall injuries when entering and exiting your cab.

Report slippery conditions.

Always report a hazardous condition anywhere inside or outside a facility. That way maintenance can get to the scene quickly to remove or correct the hazard.



The Winter Season May Affect Your Sleep



As clocks are set back to adjust for Daylight Savings Time, some people will experience sleep problems or mood changes. Medical professionals think the shorter daylight hours and the colder air has a direct impact on the body's sleep cycle, leaving some people feeling sluggish, sleepy and moody during the colder months. Melatonin is a hormone in the body that is released in darkness and causes sleepiness. During the winter, the human body produces more of this hormone, which makes you feel tired and sluggish.

Sleep is crucial to the body's well-being. When you sleep, your body rests and repairs itself. Most people need between 7.5 and 8.5 hours of sleep each night. Sleep deprivation can cause poor judgment during waking hours and lead to health problems like heart disease, high blood pressure and diabetes. Here are some things you can do to help you sleep better every night:

- ◆ Set a regular bedtime.
- ◆ Wake up at the same time every day.
- ◆ Increase light exposure during the day - let as much sun into your home or workspace as possible, walk outside during the day when you can.
- ◆ Make sure your room is dark when you sleep.
- ◆ Stay away from big meals just before bedtime.
- ◆ Do not drink beverages with caffeine after lunch.
- ◆ Don't watch TV during bedtime, -it stimulates your mind and suppresses melatonin.

Enjoy Holiday Meals The Healthy Way

The savory comfort foods of the holidays are too hard to resist. So instead of testing with your willpower and trying to deprive yourself, enjoy those holiday meals, but eat in moderation. Here are some guidelines to healthier eating this holiday season:

1. Eat breakfast and lunch before holiday dinners. If you starve yourself before dinner you will over-indulge during the meal.
2. Drink lots of water before and during the meal and take a walk after eating to fend off weight gain. Water makes you feel full. Walking after eating increases your metabolism and helps burn the calories consumed.
3. Avoid snacking and nibbling before and after the meal so you don't lose track of how much you have eaten.
4. Make your plate colorful. Fill your plate with leafy greens, carrots and other vegetables. Eat starches and meats in smaller portions.
5. Don't sprinkle extra salt on your meal to avoid bloating.
6. When eating dessert, select a smaller portion than usual. Minimize or avoid adding extra toppings, ice cream or sauces with it.
7. Eat at least three hours before retiring to bed so food has ample time to digest.



Tips For Safe Winter Driving



Drive S-L-O-W-L-Y. This is a phrase every truck driver should memorize as the winter approaches. Severe weather is fast approaching. Soon ice, sleet and snow will be common road hazards. Extra care must be taken when driving in extreme road conditions to avoid accidents. The number one safety rule during adverse road conditions is to drive slowly! Below are some tips for safe driving this winter:

1. Drive well within or below the posted speed limits.
2. Brake gently and in a low gear.
3. Steer smoothly into bends and corners.
4. Increase the gap between your vehicle and the one in front of you.
5. Watch out for black ice ! This occurs when temperatures are at their lowest very early in the morning and late at night. Bridge deck surfaces freeze first because of the exposure to the air and can be worst than roads.
6. Keep an eye out for pedestrians walking in the roads when sidewalks become covered in snow.
7. Clear the snow and ice from your windows and lights before driving.
8. Stay back at least 200 feet and don't pass on the right of road maintenance vehicles and plows.



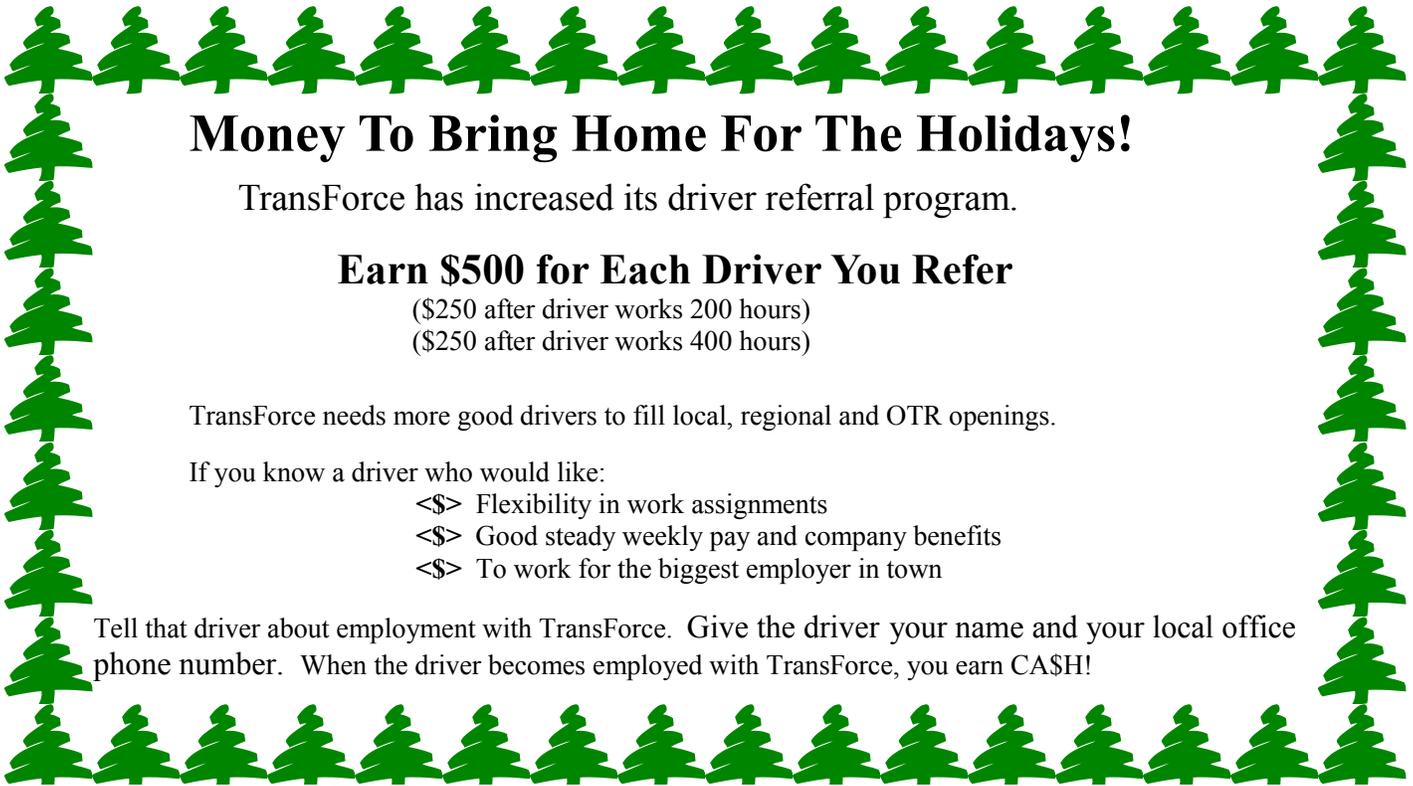
Rear End Collisions

Rear end collisions often occur when vehicles are following too closely or "tailgating". Maintaining a proper space cushion between you and other vehicles minimizes the likelihood of being involved in a rear end collision. Tractor-trailers should try to maintain a space cushion of at least six seconds. Measuring the space cushion is easy. When the vehicle ahead of you in the same lane passes a highway marker, just start counting – one thousand one, one thousand two, one thousand three, etc. If you arrive at the same point before you finish counting to one thousand six, then you do not have enough of a space cushion.

Drive defensively-for yourself and those behind you. Avoid sudden stops! To prevent rear-end collisions you need to be driving slower than the flow of traffic-especially when traffic is heavy.



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Money To Bring Home For The Holidays!

TransForce has increased its 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. When the driver becomes employed with TransForce, you earn CASH!