

In the Safety Zone TM

A newsletter dedicated to safety awareness

TRANSFORCE, INC.

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Happy New Year...Happy and Safe New You!

To all TransForce drivers and staff, here's to a very happy and safe start to 2009! Winter is in full force around the country and what better way to kick off the year fully focused on keeping ourselves safe by avoiding slips and falls during this treacherous season! There are several actions that we can take to improve our safety and avoid slips and falls both on and off the road.

Why It Matters.....

- Falls are among the most common type of injury both on and off the job.
- Several hundred thousand American workers suffer injuries from falls on the job every year--a number of these related to slipping accidents.
- Although slips and falls usually aren't fatal, they can cause serious damage, like broken bones and back injuries.

Beware of Winter's Slippery Surfaces

Slipping and sliding means accidents and injuries. Unless you're ice skating or skiing, you don't want to fall victim to slipping and sliding. Weather-related slips and falls become a serious hazard as winter conditions often make for icy and wet surfaces outdoors. Even wet leaves or mud can create treacherous walking conditions. You want to do everything you can to prevent accidents and injuries--outside and in. Perhaps the best way to go about it is with a little increased awareness of your surroundings in the fall and winter months.

Create a slip-free zone inside and out. Inside always clean up spills, drips and leaks immediately (even a little coffee spill on the floor can cause a slip, fall and 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 . 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. And when exiting your car or truck...Always watch your step! Make the assumption that **every** road or surface could be hazardous and step or proceed with caution!

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.

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Did You Know.....

Slips, trips, and falls are a major cause of accidents on and off the job. In fact, falls are among the top causes of disabling work injuries.

Fortunately, most falls—and their “cousins,” trips and slips—can be prevented, or at least made less severe. While various unsafe conditions can lead to trips, slips, and falls, the best source of prevention is paying attention to what you're doing, where you're going, and what you encounter along the way.

Don't Be a "Fall Guy"

Falls hurt—and worse: They can disable or kill. Falling injuries occur in every industry, but they can be prevented or reduced in severity by the worker who is alert. Remember, falls not only cost companies, but you and your family. They can cost you pain, time spent at the doctor, enjoyment that you might have had on your time off, lost income when you are out of work, loss of mobility, and the ability to do the tasks you usually do around the house. And, perhaps worst of all, people don't always recover 100 percent from falls. Permanent pain spots and re-injury points can be created.

Slippery surfaces, poor lighting, obstacles, having your vision obscured when carrying packages and other factors can all cause falls. Be aware when hazards exist, report those which can be corrected, and take steps to reduce your own likelihood of falling down on the job. Some of these are:

- **Staying flexible.** Those who are not limber usually have a higher center of gravity and are toppled more easily than the supple individual. Daily stretching helps.
- **Staying straight.** The use of drugs, alcohol, even some prescribed or over-the-counter medications can alter your perception and throw off your sense of balance. Make it a point to find out any side effects of medicine you are taking.
- **Wearing the right shoes.** Be sure that your shoes give you proper support, are the right size, don't have heels that will catch on the stair treads, and don't have slippery soles.

Not only can you prevent falls, but you should be prepared to reduce the impact of falls that *do* occur. Decide now to walk around in an alert, balanced state, watching where you are going and ready to catch yourself quickly should you begin to slip. Here are some "safe falling" techniques to consider:

- **Your head is a heavy body part.** Don't tilt your head back as you walk up stairs, throwing off your balance. Look up with your eyes only. If you work at a height and find yourself falling, don't look down with your head either, because that will propel you forward.
- **Gripping a nearby railing may help.** Use your thumb, along with the little finger and the ring finger to grip. The little and ring fingers actually have more gripping strength than the index and middle fingers.
- **When falling, defend the vital areas.** It's better to have soft tissue damage than severe breaks. The head is vulnerable to serious injury and must be protected first of all. Protect it by tucking it to either collarbone. Next comes the spine and back, then the joints such as knees, wrists, shoulders, elbows, and ankles.



Our Backs and Lifting-Quiz Answers from Volume 1, Issue 4

1. Let your legs, not your back, do the work of lifting. **True**
2. How many people experience back pain at some in their lives **c. 8 in 10**
3. The back bears most of the body's weight **True**
4. Extra weight puts added stress on the back. **True**
5. If you slouch, your muscles must work harder. **True**
6. Carrying loads close to your body puts less strain on your back. **True**
7. Poor physical condition, poor posture, stress and overdoing all contribute to back injuries. **True**
8. Lifting, both at work and home, can contribute to back injuries. **True**
9. Frequent bending and lifting make you less likely to suffer a back injury. **False**
10. Which type of exercise can help strengthen lifting muscles and help prevent a back injury?.

b. Crunches

TFI Safe Driver Incentive Program

Slips and Falls.....Take the quiz and qualify to win a \$50 gift card!

1. People never die from accidental falls. T F
2. Many people fall because they don't pay attention to where they are going. T F
3. Which one of these would not cause tripping and falling on stairs? a.) slippery steps b.) loose railings c.) good lighting
4. You shouldn't use a ladder if any parts are missing, broken, or loose. T F
5. You don't have to worry about slips and trips if you're on level ground. T F
6. You're less likely to slip if you wear shoes with nonskid soles and flat heels. T F
7. One way to prevent slips and falls is to clean up spills and leaks right away. T F
8. To get where you're going without slipping or tripping, you should: a.) walk b.) run as fast as you can
9. If you start to fall, you may avoid injury if you roll with the fall. T F
10. Keeping your mind on what you're doing and where you're going will: a.) help prevent slips, trips and falls b.) cause accidents

To qualify for the drawing, complete the quiz and return it via fax, email or mailing. Refer to details regarding driver qualifications in the March newsletter or contact the Corporate office at 703-838-5580. All mailings should be addressed to : TransForce, Inc, 6551 Loisdale Ct, Ste., 801 Springfield, VA 22150 Attn: Safety. Email: safety@transforce.com; fax: 703-838-5585 Attn: safety. All entries must be postmarked or received by February 21, 2009.

Name: _____ Branch: _____
 Address: _____ Phone: _____
 City: _____ State: _____ Zip: _____
 Email: _____

Below are the winners from Safety Quiz in Issue 4! Congratulations to all of you !

<u>Branch</u>	<u>Driver Name</u>	<u>Branch</u>	<u>Driver Name</u>
ALX	Conyers, Michael	GRP	Adams, Brian
DET	Peacock, Alan	CHI	Scotfield, Jeffrey
HAR	Bowser, Patrick	ALX	Carter, Darnell
HAR	Fryman, Gertrude	SAT	Fisher, Richard
COL	Boerger, Darren	HAR	File, Sr., Richard
HAR	Steele, Bob	DEN	Holman, William
DET	Russell, Chris	SAT	Martinez, Roberto
MEM	Lumley, Douglas	CLE	Reusel, Daniel
RAN	Reed, Louis	DET	Doute, Paul
HAR	Long, Terry	HAR	Myers, Cloyd
