

In the Safety Zone™

A newsletter dedicated to safety awareness

TRANSFORCE, INC.

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Click It or Ticket!

May 18 to 31 is the National Highway Safety Administration's Click it or Ticket program. Check out these NHTSA seat belt safety Statistics:

42,642 people were killed on the nation's highway in a recent year. For people ages 2 to 34, motor vehicle crashes are the leading cause of death, far outpacing crime and disease-related causes.

In the same year, approximately **17,000** homicides were reported in the US, while nearly **16,000** passenger vehicle occupants killed in crashes were not buckled up.

Nighttime drivers, young males and teens are least likely to wear seatbelts, which greatly increases the risk of death for these groups.

Worn correctly, seat belts reduce the risk of fatal injury by 45% of front-seat passenger car occupants and 60% for pickup truck, SUV and minivan occupants.

An estimated **15,383** lives were saved by seat belt use in a recent year. During the preceding five year period seat belts were estimated to have saved **76,000** lives.

High visibility enforcement of seatbelt laws, such as Click It or Ticket mobilization, has been highly effective at raising seatbelt usage.

Almost one-fifth of motor vehicle occupants still don't buckle up. **Don't be one of them!**

Safety Potpourri

With the arrival of Spring, we often think about making things fresh and new in our lives and within our surroundings. It's also an opportune time to think about how to perform our daily tasks in a safe and efficient manner. Here are some things to consider for either work or leisure:

- **While at work, make certain that you are completing your pre and post-trip inspections.** It's required and it provides you with the best opportunity to make certain that the vehicle is in safe operating condition. Spring is also a great time to have your personal vehicle serviced to ensure that it is in good working condition. Have your tires checked for proper inflation, check for proper fluid levels and excessive wear on the belts and hoses. Get a safety head start for the upcoming driving season.
- **Always wear your seatbelts while driving!** Most states have laws governing seatbelt use. All TransForce drivers must wear seatbelts at all times while operating commercial motor vehicles. Wearing seatbelts saves lives!
- **Cell phones:** Laws governing cell phone use while driving are always changing and vary by both city and state. Most hazards can be avoided altogether by not using a cell phone while driving. TransForce drivers are not permitted to use cell phones while operating commercial motor vehicles.
- **Keep the inside of truck cabins and cars clean and clear of obstructions that can quickly become safety hazards.** Bottles, cans and food containers can easily become propelled objects when traveling, especially in the event of sudden braking. Such items should always be properly stored while driving. The area around your feet should be kept clear at all times.
- **Be mindful of weather conditions.** The arrival of Spring also means the arrival of tornado season in some regions and strong storms in others. Bad weather can make for more hazardous driving conditions. Keep abreast of the weather and adjust stopping distance and speed accordingly.

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Spring is a great time to get your health in order!

Let's keep it real-most drivers will make certain that they keep their medical cards current, but most do not make having an annual physical a routine practice. Now is a great time to schedule one and to make it an annual event. It puts you on the path to healthier thinking and lifestyle choices. You can also minimize the chances of having an undetected medical condition go untreated. Go ahead –make that appointment!

The TransForce Driver and the Economy

Most of us have been directly or indirectly affected by the current economic downturn. Almost every sector of business has been impacted, including the transportation industry. It is in these challenging times that businesses reflect on what can be done to stand out from the competition. TransForce is no exception. Everyone in the TransForce family has a role to play. As the TransForce brand is built on our culture of safety and compliance, the ability of our drivers to deliver client goods and services timely and in a safe and efficient manner is actually where the rubber meets the road.

As a driver, have you ever asked yourself-what can I do to ensure customers want to stay with us vs. our competitors? What is the impact of my ability to complete my assignments without accidents, damage to property or injury? Here are some basic things to do:

- Maintain a neat and clean appearance at all times.
- Follow client instructions. Ask questions if something is not clear.
- Avoid senseless accidents- **most accidents are preventable!**
- Treat vehicles and equipment with care and respect as if they were your own.
- Use proper body mechanics and equipment to avoid injury.
- Report any and all driver accidents and injuries, no matter how minor, to TransForce immediately.

Everyone wins when our clients choose TransForce for their service needs.

Slips and Falls—Quiz Answers from Volume 2, Issue 1

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

Safety Potpourri.. Take the quiz and qualify to win a \$50 gift card!

1. Car accidents are the second most common cause of workplace fatalities. True False
2. Using a hands-free cellular phone while driving is not a distraction because you have both hands on the wheel. True False
3. One way to avoid road rage is to leave work in plenty of time so there is no way that you can be late. True False
4. If you are tired when your shift is done, it is wise to take a short nap before getting behind the wheel and driving home. True False
5. If your car breaks down on the side of the road, it is always safe to get out and flag someone down to help you. True False
6. Good housekeeping can risk the risk of accidents or injury at work or at home. True False
7. A great safety practice is to develop is recognizing hazards and taking steps to eliminate the hazard. True False
8. Environmental factors such as weather, lighting and housekeeping can play a role in workplace accidents. True False
9. There is nothing you can do to prevent most accidents or injuries. True False
10. Employees play a crucial role in preventing work place accidents and injuries. True False.

To qualify for the drawing, complete the quiz and return it via fax, email or mailing. 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 June 27, 2009.

Name: _____ Branch: _____

Address: _____ Phone: _____

City: _____ State: _____ Zip: _____

Email: _____

Below are the winners from Safety Quiz in Volume 2, Issue 1. Congratulations to all of you !

<u>Branch</u>	<u>Driver Name</u>	<u>Branch</u>	<u>Driver Name</u>
COL	Davis, James A	NEW	Spencer, Raymond
GRP	Linnabary, David	ALB	Washburn, John
KAN	Numan, Talib	BAL	Nyarko, Kojo
DET	Grzyb, Steve	ALX	Madden, Marcus
RAN	Skaggs, William	HAR	Dinges, Larry
ALX	Wilson, Thomas	HOU	Coleman, Floyd
DET	Hall, Bernadette	ALX	McCurdy, Reginald S
COL	Archer, Mark	CLE	Player, Lawrence
ATL	Marshall, Earl	HOU	Herrington, Eric
HOU	Holliday, Frederick	ATL	Moody, Daniel
