

In the Safety Zone™

A newsletter dedicated to safety awareness

Special Lifting Techniques to Minimize Shoulder Injuries:

Follow the special lifting guidelines listed below to reduce the risk of accident or injury when performing overhead lifts.

From high places:

Stand on a sturdy platform. Don't stretch

Push up on the load to judge weight and stability.

Divide the load into smaller segments, if possible.

Slide the load close to your body.

Grip firmly and get solid footing.

Slide load down, letting arms and legs, not your back, do the work.

Get help if necessary.

To high places:

Minimize the size of what you lift as much as possible.

Lift object to your waist; rest it on your hip or a low shelf.

Bend knees, lift object, then straighten up.

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Raising the Bar (on shoulder injury prevention)

When it comes to the subject of proper lifting techniques to avoid accidents or injury, the focus of training and safety is on the low back area. Of equal importance is the use of proper body mechanics to avoid injury to the upper body, primarily the shoulders. Sprains, strains and injuries to the upper extremities have accounted for 40% of all TransForce driver injuries over the past three years.

A good indicator as to whether or not you are performing an overhead lift properly is to observe the shoulder movement. If the shoulders are constantly moving closer to the ears rather than staying level with the collar bone, you are increasing the risk of shoulder injury. You can usually feel the strain in this area with repetitive motion over time. When lifting overhead, the shoulders must stay down and when pushing loads, keep the shoulders level and push forward with legs bent to help distribute the force to complete the move.

Another significant factor when performing a lift is to consider the size and weight of the object or load you are handling. Break down a load if necessary to reduce the strain on the shoulders and back. Ask for assistance if necessary.

Be aware that good posture and warming up the shoulder muscles by performing stretches and rowing-type exercises will reduce the risk of injury. The shoulder is one of the most flexible muscles in our body. A well balanced exercise program that promotes flexibility, upper back strengthening and proper body mechanics is the key to shoulder injury prevention.

Practical Applications to Loading and Unloading

Deliveries and equipment that are improperly loaded or secured can slip and lead to very dangerous or even deadly situations. Whether you're picking up or delivering goods and equipment, you're expected to do so safely, adhering to all customer safety policies. Let's focus on some practical applications when loading and unloading from a trailer.

First and foremost is to conduct a daily inspection of your vehicle, document any fault or unsafe conditions and make certain that they are corrected or have the vehicle replaced with one that is in proper working order. You should also make certain that all personal protective equipment needed to deliver the load safely is being worn and used appropriately.

Whether loading or unloading, inspect the area for obstructions, holes, clearances or anything that puts you at risk for losing the load, accident or injury. The truck should be properly parked, turned off and the wheels chocked.

When loading, goods and equipment should be stacked to a manageable height and all four corners of the load should be secured to the truck or trailer. Follow the company's guidelines for loading, but don't be afraid to make suggestions or ask questions if there appears to be a safer way to secure the load.

When unloading a delivery, it is extremely important to make certain that the weight of the load is evenly distributed and that your view is not obstructed. Use all safety equipment provided to deliver the load safely. Breakdown a load to make it manageable if necessary. Ask for assistance if needed.

Always be mindful that performing these functions safely is the highest priority.

Summer Safety-Play it Cool!

Now that summer is upon us, be mindful of the risks associated with working in the heat. With rising temperatures comes the risk of heat-related illness and if you're not careful, it can also cause accidents on the job. Heat affects the body by reducing blood flow to the brain, muscles and organs. It causes the body to fatigue, decreasing strength and the ability to focus. Not being able to focus increases the risks of accident or injury.

Wearing a hat to provide shade for the head and face and wearing light clothing reduces the impact of radiant heat and helps to keep the body cooler. Keep a dry towel or handkerchief with you to wipe the hands and reduce the risk of objects slipping due to sweat.

It is extremely important to stay hydrated by drinking plenty of water all day. If you are prone to sweat a lot, considering drinking Gatorade to replace the electrolytes in the body a few times throughout the day. Caffeine drinks should be avoided.

Don't forget that people often get more irritable when it's hot-be pleasant and patient! Take your time and perform your work safely.

Report Unsafe Working Conditions

At TransForce your safety is our highest priority. While our goal is to provide our customers with the highest level of transportation workforce solutions, we will only do so with customers that recognize the importance workplace safety. Should you ever encounter an assignment or task that places you at risk for accident or injury, we want to know about it. Please contact your General Manager or Torquka Johnson Haggerty, Corporate Safety & Risk Management at 703-838-5580 ext. 440. You can also send an email to safety@transforce.com.

Safety Potpourri.. Answers from Volume 2, Issue 2

1. Car accidents are the second most common cause of workplace fatalities. False-they are the leading cause.
 2. Using a hands-free cellular phone while driving is not a distraction because you have both hands on the wheel. 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
 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
 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. False
 6. Good housekeeping can risk the risk of accidents or injury at work or at home. True
 7. A great safety practice is to develop is recognizing hazards and taking steps to eliminate the hazard. False
 8. Environmental factors such as weather, lighting and housekeeping can play a role in workplace accidents. True
 9. There is nothing you can do to prevent most accidents or injuries. False
 10. Employees play a crucial role in preventing work place accidents and injuries. True
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TFI Safe Driver Incentive Program

Shoulder Safety, Loading & Unloading, Summer Heat- take the quiz and win a \$50 gift card!

1. Your shoulders should always be aligned with your collarbone when performing overhead lifts. True False
2. Your back should be doing the work when performing overhead lifting. True False
3. Always maximize the weight of the load when lifting to high places. True False
4. The weight of your load should be even distributed to minimize the risk of accident or injury whether loading or unloading. True False
5. You never need to use personal protective equipment in the summer heat. True False
6. The area around your vehicle should always be inspected before loading or unloading. True False
7. You should only drink fluids once a day when working the hot weather. True False
8. Performing low back exercises will reduce the risk of shoulder injuries. True False
9. All four corners of the goods or equipment should be secured when loading a trailer. True False
10. Heat increases the blood flow to the brain, muscles and organs. 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 August 21, 2009.

Name: _____ Branch: _____

Address: _____ Phone: _____

City: _____ State: _____ Zip: _____

Email: _____

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

<u>Branch</u>	<u>Driver Name</u>	<u>Branch</u>	<u>Driver Name</u>
ALX	Jones, Phillip	DET	Crawford, Keith
SAT	Valadez, Jesse	RED	Phillips, Dale
DET	Doute, Paul	SAT	Martinez, Roberto
DEN	Holman, William	CNJ	Perchalski, Gary
DET	Hall, Bernadette	HAR	Shade, Dennis A.
HOU	Lavalais, Donald, R	NAS	Perkins, Tony L.
OAK	Green, Raphael	DET	Moore, Jackie
GRP	Stevenson, Lynn	GRP	Kimberlin, Frank
ALX	Harris, Ronnie	DET	Katke, John
NAS	Breeden, Danny	ALX	Carter, Darnell
