

In the Safety Zone™

A newsletter dedicated to safety awareness

TRANSFORCE, INC.

REMAINING GROUNDED-Avoiding Slips and Falls (Pt. 1)

Why It Matters.....

Slip and fall are the most among the most common workplace safety issues.

They cause several serious and costly injuries years.

Most all slip and fall accidents can be prevented.

As the fall and winter seasons are fast approaching, we want to get the word out to our drivers about preventing one of the most common types of accidents to occur during these seasons-SLIPS AND FALLS. In the first of a two part series, we'll begin with focusing on behaviors that contribute to such hazards and how to avoid them.

It's a Big Deal

Most everyone has experienced a slip or fall at some time in their lives. Fortunately, many of the accidents may have been minor-but some can be dangerous or even fatal. Slips and falls account for the majority of all workplace injuries and fatalities. In spite of this, everyone should be aware that most falls can be prevented. The key is learning to recognize behaviors and hazards that lead to these kinds of accidents and making a concentrated effort to avoid them. This is our goal for you-the TransForce driver.

Rarely does anything happen as quickly as falling. When slipping or falling, you lose your balance and footing, causing your center of gravity to be displaced. Like a chain reaction, your reflexes come into play to protect you. Quick muscular reactions often cause strains and sprains because our bodies get tense during a fall vs. being in a relaxed state. Since we have little or no control over our reflexes, we need to be aware of conditions, objects and behaviors that cause slips and falls.

Behavior and Awareness

The key to prevention is to always be aware of your surroundings and perform your tasks in a safe and proper manner. As referenced in our very first newsletter, the primary causes for these types of accidents are uneven walking or work surfaces, poor lighting or illumination and individual behaviors. So ask yourself-During the course of your workday, do you:

- Inspect the work area around your vehicles and delivery locations for potential hazards?
- Follow the 3-point rule (having 3 limbs of the body in contact with the truck) when entering and exiting your cab?
- Step or climb down-never jump off your vehicle or platform?
- Wear proper footgear with good traction?
- Never carry anything at a height that obstructs your view?
- Walk, not rush or run to make deliveries?

Practicing the above on a daily basis demonstrates safe and responsible behavior and will greatly reduce the occurrence of slips and falls. Here's to staying on your feet!

Next Issue: Pt. 2-Avoiding Slips and Falls in Inclement Conditions

Correction Notice: The answer to #7 in Issue 3 of the safety quiz was incorrectly printed as "false". The answer is "true".

Inside this issue:

Cold and Flu Season 2

Safety Quiz 3

Take Precautions This Cold and Flu Season !

As many of us are aware already, the World Health Organization has declared the H1N1 virus (also known as the swine flu) a pandemic. The virus has been spreading across the US and has already jump started the cold and flu season that normally starts in late October. Knowing how easily germs can spread, we want to make certain that our drivers are proactive in avoiding and contracting the virus.

Although the H1N1 vaccine is not yet available, you may want check with your doctor about getting a flu shot. Our HR Dept has advised that flu shots will be available at a variety of locations such as a Walgreens, Target, CVS, Wal Mart, etc.

Here are some things you can do to protect yourself and others:

Stay informed. Health officials will provide additional information as it becomes available. Visit the [CDC H1N1 Flu website](http://www.csc.gov/h1n1flu/sick.htm) at www.csc.gov/h1n1flu/sick.htm

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water, especially after you cough or sneeze. [Alcohol-based hand cleaners](#) are also effective.
- Avoid touching your eyes, nose and mouth. Germs spread this way.
- Try to avoid close contact with sick people.
- If you are sick with a flu-like illness, [stay home for at least 24 hours after your fever is gone except to get medical care or for other necessities. \(Your fever should be gone without the use of fever-reducing medicine.\) Keep away from others as much as possible. This is to keep from making others sick.](#)
- If you are sick and sharing a common space in your home, wear a facemask, if available and tolerable, to help prevent spreading the virus to others.
- Follow public health advice regarding school closures, avoiding crowds, and other social distancing measures.

At TransForce, we want our drivers to be in the best possible health. Please do not accept assignments if you are sick with flu-like illnesses. It's an irresponsible thing to do. We expect that our customers will enforce their own wellness policies on the matter that may include non-acceptance of drivers that appear to have flu-like symptoms. Conversely, having healthy drivers will enable us to assist our customers in the event of driver shortages for the same reason.

Shoulder Safety, Loading & Unloading, Summer Heat- Vol. 2, Iss.3 Answers

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

Avoiding Slips and Falls- take the quiz and win a \$50 gift card!

1. Slips and falls are a leading cause of workplace injuries and fatalities. True False
2. Slip and fall hazards are only common at work. True False
3. You can avoid slips and falls if you run or walk quickly. True False
4. Having 3 limbs of the body in contact with your vehicle while entering and exiting is called the 3-point rule. True False
5. Quick muscular reactions increase the chances of injury when slipping or falling. True False
6. A cowboy boot is a great example of proper footgear. True False
7. Your body relaxes as you start to lose your balance or footing. True False
8. Poor lighting can be a contributory cause in slip and fall incidents. True False
9. Most slip and fall accidents can be prevented. True False
10. You should always inspect your work area for potential slip and fall hazards. 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 October 18, 2009.

Name: _____ Branch: _____

Address: _____ Phone: _____

City: _____ State: _____ Zip: _____

Email: _____

Below are the winners from Safety Quiz in Volume 2, Issue 3. Congratulations to all of you !

<u>Branch</u>	<u>Driver Name</u>	<u>Branch</u>	<u>Driver Name</u>
DAL	Gross, Damien	NEW	Spencer, Raymond
RIC	Wilis, Kevin	PIT	Clark, Linda
HAR	Emery, David	BAL	Henry, Mark
OAK	Oden, Chuck	HAR	Cain, Shawn
CHI	Morden, Jeffrey	DET	Russell, Chris
DET	Davis, Demarco	KAN	Numan, Talib
DET	McCullers, Fred	STL	Horiace, Paison
RIC	Hill, Franklin	RAN	Skaggs, William
MEM	White, Julius	GRP	Linnabary, David
CLE	Preble, Daniel	NEW	Juan, Richard
