

TRANSFORCE, INC.

Shoulders and Injury Prevention

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Why It Matters...

- ***In 2008, approximately 7.5 million people went to doctors for shoulder problems.***
- ***More than 4 million of these visits were due to injuries involving the rotator cuff.***

The tasks of loading and unloading can cause stress to the shoulders. Using proper body mechanics can reduce the risk of strain or injury. Knowing more about your shoulders and how to protect them will keep you healthier and more productive.

Did you know... Your shoulders are the most movable joints in your body? They can also tend to be unstable at times because the ball of the upper arm is larger than the shoulder socket that holds it. The shoulder is stabilized by the muscles, tendons and ligaments that surround it.

Shoulder injuries are common because we use our shoulders everyday. In fact, more injuries occur from athletic or leisurely activity than work activity. You can avoid the risk or injury by using proper lifting techniques and resting and stretching for periods when performing repetitive tasks.

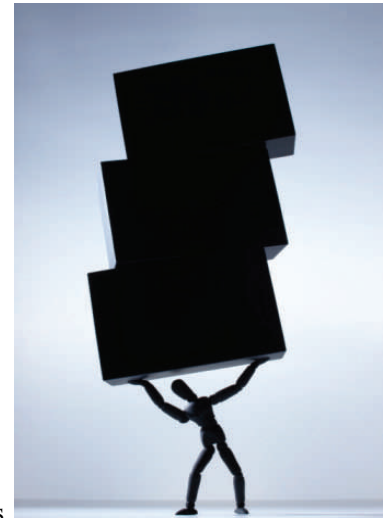
Basic Shoulder Strengthening

There are exercises that can be done to strengthen your shoulders and prevent injuries. Stretching with an elastic band, wall push ups and shoulder press ups are the most common. You should always check with your doctor if you have any questions about starting a regimen.

Practice Safety

While working, be mindful that safe lifting practices and the use of safety equipment are the key to preventing shoulder injuries. Always make it a practice to:

- ***Hold an object close to the body when lifting to reduce the stress on the shoulders;***
- ***Use the arms and shoulders to raise a load when performing an overhead lift;***
- ***Be certain to rest the arms for short periods if you are loading and unloading constantly;***
- ***Break down a heavy load to make it more manageable to carry or handle;***
- ***Use safety equipment whenever possible to pull or push objects; make every attempt to avoid overexertion;***
- ***In the event of a fall, try rolling onto your back to reduce the impact on the shoulders.***



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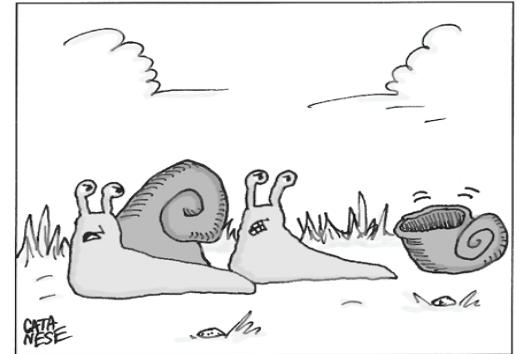
Safety Quiz 3

Loading and Unloading Can be Accident Free

Loading and unloading a truck is like second nature. You perform this task perhaps several times a day. Your focus is getting it done and moving on to the next destination. Because the task is performed repeatedly, it's easy to forget that loading and unloading can be hazardous. Cargo handling involves both manual labor and equipment to make the process easier. To be safe, one must keep certain procedures in mind.

Considerations:

- The vehicle must never be overloaded and loads should be secure and evenly distributed.
- Use all available safety equipment to load and unload the vehicle.
- Be sure that you are fully trained on any safety equipment to be used.
- Before unloading, check to make sure that loads have not shifted during transit and will not fall when restraints are removed.
- Always ensure that the vehicle or trailer has its brakes applied and its wheels chocked.
- The vehicle should be as stable as possible. Tail lifts should be used properly.
- If a load is too heavy, break it down to a manageable size - it's better to make two trips back to the vehicle than to risk injury to yourself or damage to the goods being delivered.
- Use proper lifting and bending techniques to minimize the risk of injury.
- Take your time; work efficiently.



“See what happens when you don’t secure the load properly?”

Loading and unloading areas should be:

- Clear of other traffic and obstacles;
- Level. To maintain stability, trailers should be parked on firm level ground.

Drivers are at the greatest risk of injury when a load is not secure or is too heavy, or a post-trip inspection of the immediate surrounding has not been done to look for obstructions.

Answers from Volume 3, Issue 2 Safety Quiz – What Have You Learned?

1. It is not necessary to keep three points of contact when entering and exiting the truck. *False*
2. An accident at only 35 mph can not cause significant injuries. *False*
3. Lift with your legs, not your back. *True*
4. The most important way to prevent injuries in motor vehicle accidents is to wear seat belts at all times. *True*
5. Safe lifting guidelines are available from your TransForce office. *True*
6. Seatbelts save lives. *True*
7. It's okay to take occasional shortcuts to perform your work safely. *False*
8. Safety is management's responsibility, not yours. *False*
9. Inspecting your vehicle and equipment before operating it is not a good safety habit. *False*
10. Practicing safety daily makes you become a more safety conscious person. *True*

TFI Safe Driver Incentive Program

What Have You Learned?-Take the quiz and win a \$50 gift card!

1. Using safe lifting practices and safety equipment helps to reduce shoulder injuries. T F
2. Shoulders are the least movable parts of the body. T F
3. Most shoulder injuries are caused by athletic or leisure activities. T F
4. There were less than 4 million Dr. visits related to shoulder injuries in 2008. T F
5. If a load is too heavy, it shouldn't be broken down-just carry it. T F
6. It's better to make more than one trip to unload a truck if the load is too heavy. T F
7. Never check to see if a load has shifted before unloading your truck. T F
8. Loading and unloading areas should be clear of obstacles or traffic. T F
9. A post-trip inspection should be done before unloading a truck. T F
10. Parking a vehicle on level ground reduces loading and unloading risks. T F

To qualify for the drawing, complete the quiz and return it via fax, email or mailing. Only TransForce drivers are eligible to participate. You must be a driver in good standing (no accidents, injuries or performance issues) at any time during the year to qualify. Qualified drivers can win up to 3 times per year. The names of 20 TransForce drivers will be randomly selected to win \$50.00 Target gift cards. 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 received or postmarked by June 18, 2010.

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

Winners from Vol. 3 , Issue 2

Congratulations to you all!

<u>Branch</u>	<u>Driver Name</u>	<u>Branch</u>	<u>Driver Name</u>
RIC	Liverymen, Juanita	ALB	Wentz, William
LOU	Adams, Jerry	ATD	Chema, Jesse
IND	England., Richard	IND	Fisher, Michael A
KAN	Greenfield, Ronald	STD	Domondon, Oscar
PIT	Matheson, Shaun	ALX	Stackhouse, Mack J
SAT	McCallister, Sadar	GRP	Lantis, Ralph
MEM	Copeland, Al	GRP	Germain, Robert
RED	Getter, Ronald D.	STD	Arciniega, Hector
GRP	Martinez, Sergio	NAS	Smith, James E
KAN	Neukirch, Alan	DET	Johnson, David H