

In the Safety Zone™

A newsletter dedicated to safety awareness



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The Key to Avoiding Slips and Falls -Awareness and Behavior!

Everyone experiences a slip or fall at some time in their lives. Many result in minor injuries -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.

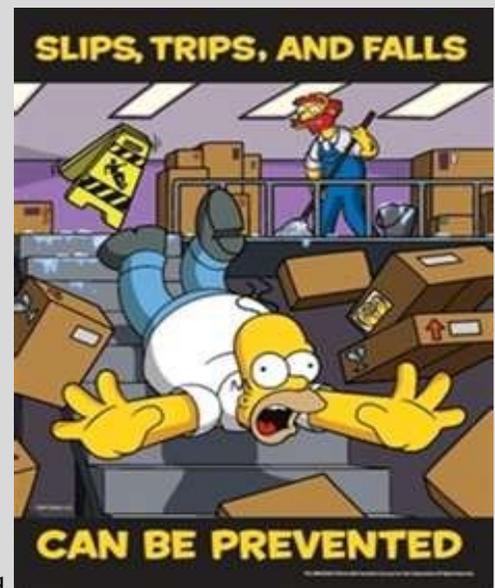
Quick muscular reactions often cause strains and sprains because our bodies get tense during a fall vs. being in a relaxed state. Since we have little or no control over our reflexes, we need to be aware of conditions, objects and behaviors that cause slips and falls.

Awareness and Behavior

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 footwear with good traction?
- ◆ Never carry anything at a height that obstructs your view?
- ◆ Walk, not rush or run to make deliveries?

Slips and falls are preventable. Practicing the above on a daily basis demonstrates safe and responsible behavior and will greatly reduce the occurrence of slips and falls.



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The 3-POINT RULE-It's What Safety Conscious Drivers Practice!

Every driver knows that a fall, whether it's while getting into or out of a truck or falling from an elevated platform is a sure way to get hurt. Falls can produce serious and painful injuries. Injuries that can result from slips and falls can impact your quality of life and income.

The leading cause of falls from trucks is failure to follow the **3-point rule**, a time tested safety technique proven to reduce slips and falls. Three of the four critical points of your body (hands and feet) should be used to support you. Three points should be in contact with the vehicle at all times while entering or exiting.

The **3-point rule** allows you to have maximum stability and support, thereby reducing the likelihood of slipping and falling. Be a winner; use the **3-point rule** *each and every time* you enter or exit your vehicle. You can greatly improve your safety by following the rules below:

DO'S

- ◆ *Wear shoes with good support.*
- ◆ *Enter and exit facing the cab.*
- ◆ *Slow down and use extra caution in bad weather.*
- ◆ *Get a firm grip on rails or handles with your hands.*
- ◆ *Look for obstacles on the ground below before exiting.*

DON'Ts

- ◆ *Don't climb down with something in your free hand. Put it on the vehicle floor and reach up for it when you get down on the ground.*
- ◆ *Don't rush to climb out after a long run. Descend slowly, to avoid straining a muscle.*
- ◆ *Don't ever jump out. You may land off balance or on an uneven surface, and fall.*
- ◆ *Don't use tires or wheel hubs as a step surface.*
- ◆ *Don't use the door frame or door edge as a handhold.*

Falls can produce serious and painful injuries. The safety conscious driver **knows** the do's and don'ts of getting in and out of vehicles and **practices** the **3-point rule** every day!



Did you know..... slips and falls are the leading cause of work-related injuries and fatalities in the US. They are also the leading cause of injuries and fatalities in the home.

More than 300,000 workplace accidents involving slips and falls occur each year. In the Transportation industry, slips and falls are the leading cause of non-vehicular fatalities.

Volume 4, Issue 6 Safety Quiz – Avoiding Slips and Falls

How much do you know about avoiding slips and falls? Take the safety quiz to test your knowledge and win a \$50 Target® gift card!

1. Wiping debris from your feet often reduces the chances of slips and falls. T F
 2. You don't have to worry about slips and falls on level ground or surfaces. T F
 3. Wet or slippery surfaces are increased risk factors for slip and fall injuries. T F
 4. Using the 3-point rule when entering and exiting your truck reduces slip and falls. T F
 5. Taking slow, small steps will reduce the chances of slips and falls on slippery surfaces. T F
 6. People never die from slip and fall accidents. T F
 7. Keeping your mind on what you're doing and where you're going will: a.) help prevent slips, trips and falls b.) cause accidents
 8. You should use your feet as probes to detect slip, trip and fall hazards. T F
 9. One way to prevent slips and falls is to clean up spills and leaks right away. T F
 10. Temperature and precipitation are examples are environmental factors that decrease the risk of slips and falls. T F
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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., 5520 Cherokee Ave., Suite 200, Alexandria, VA 22312 Attn: Safety. Email: safety@transforce.com; fax: 703-838-5585 Attn: Safety. All entries must be received or postmarked by January 28, 2012.

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