

In the Safety Zone™

A newsletter dedicated to safety awareness

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Spring into a Healthier Lifestyle

Spring is always a great time to get your health in order, even with a career that necessitates mostly sitting down. As a driver, maintaining your health and making healthy eating decisions are essential to warding off disease and possibly extending lifespans in the process. Here are some steps to get you on your way.



Schedule an Annual Check Up

A lot can change within the two years between DOT physicals. Get in the habit of scheduling a check-up at least once a year. Doing so will minimize the chances of having an undetected medical condition go untreated. Go ahead – make that appointment!

Make Smart Food Choices

While fast food chains may be the only option when driving on the road, you can still make healthier choices. Consider turkey and lean cuts of meat over salami and meatballs at sandwich chains. Beef or chicken? Opt for grilled chicken. Skip the mayo and use mustard or ketchup instead. Avoid French fries and ask for sides of fruit or vegetables if available. Get junior meals instead of the largest meal, and choose unsweetened beverages like iced tea, water, or half-lemonade half-water.

Exercise on the Road

Exercising on the road is challenging, but not impossible. Carry resistance bands or use water bottles or cans as weights for conditioning activities. During rest periods, check out smart phone and tablet applications which offer numerous exercise resources ranging from workout podcasts, to videos, to images of exercise instructions. Many of these resources are free. You might also consider walking laps around your tractor-trailer. Did you know that 32 times around an 18-wheeler is a mile in length?

You're the person who's most responsible for yourself on the road – enable a healthier lifestyle. You deserve the best health possible.

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How do YOU stay healthy and fit on the road? Share your health habits for a chance to win a \$50 gift card!



We want to hear from you. As a truck driver, how do you stay fit and healthy on the road? We are offering a \$50 gift card to ten drivers who provide the best and safest routines to stay healthy and fit on the road. Email your bright ideas to safetynews@transforce.com. Or, fax or mail. Fax: 703-838-5585. Mail: TransForce, Inc., Attn: Safety, 5520 Cherokee Ave., Suite 200, Alexandria, VA 22312. **All entries must be received by or post marked by Saturday, April 27, 2013.** The winners and their ideas will be published in the June issue of *In the Safety Zone™*.

How to Prevent Knee Injuries

You may not even realize how often you use your knees getting in and out of your trucks. Your knees are just as important as your back in supporting the body. Flexibility, strength, and stability are needed for standing and for motions like walking, running or climbing. Knees take a lot of pressure. Your knees are an underrated support system.



Knee function is controlled by more muscles, tendons, ligaments and cartilage than any other joint in your body. This is one reason why it's often one of the first joints to give out or cause pain. Most knee problems are the result of a lifetime of normal wear and tear. Much like the treads on a tire, the joint simply wears out over time. Knee injuries can also occur as the result of direct blows or sudden movements that strain them beyond their normal range of motion. Problems with the hips or feet, for example, can cause you to walk awkwardly, throwing off the alignment of the knees. This can gradually lead to knee damage.

To reduce injuries and increase flexibility, they need to be strengthened, exercised and supported. Here are some things you can do to prevent injury and improve the overall health of your knees:

- ◆ **Maintain a healthy weight to reduce stress on the knee.** Obesity increases the risk of osteoarthritis (a breakdown of cartilage in the joint that leads to pain, stiffness and swelling) of the knee.
- ◆ **Do strengthening exercises for the legs to increase muscle strength.** Keeping muscles strong with exercises, such as walking up stairs, doing leg lifts or dips, or riding a stationary bicycle, helps to support and protect the knee.
- ◆ **Wear shoes that fit properly and are in good condition.** This will help maintain balance and leg alignment when walking or running. Flat feet or over-pronated feet (feet that roll inward) can cause knee problems. You can often reduce some of these problems by wearing special shoe inserts (orthotics).
- ◆ **Practice the 3-Point Rule!** Keeping three of your four hands and feet on your truck at all times when entering and exiting reduces the pressure on your knees.

Hours of Service Changes-July 2013

The FMCSA has finalized changes in the hours of service regulations which will go into effect July 1 of this year. The rule changes are outlined in the table.

Start making preparations now to insure that you are in full compliance starting July 1.

PROVISION	CURRENT RULE	COMPLIANCE DATE JULY 1, 2013
Limitations on minimum "34-hour re-starts"	None.	(1) Must include two periods between 1:00 a.m. – 5:00 a.m. home terminal time. (2) May only be used once per week.
Rest breaks	None except as limited by other rule provisions.	May drive only if 8 hours or less have passed since end of driver's last off-duty period of at least 30 minutes. [HM 397.5 mandatory "in attendance" time may be included in break if no other duties performed]

Report All Accidents and Injuries Promptly

At TransForce, we are committed to doing everything possible to provide our drivers with a safe work environment. As a TransForce driver, you are expected to perform your job in the safest manner possible. Sometimes, despite everyone's best efforts, accidents do happen. When they do, it's important to know your responsibilities for reporting on-the-job accidents and injuries.

Accident and Injury Reporting

On-the-job accidents and injuries are to be reported immediately, even if they appear to be minor. Immediate reporting affords us the earliest opportunity to have medical treatment provided to you. Providing you with immediate care is our highest priority since it decreases the risk of further injury and starts the healing process. For example, if you twist your ankle while exiting a truck, you are more likely to suffer from swelling if the ankle goes untreated. Increased swelling can cause unnecessary pain and it restricts movement. If you suffer any injury other than a minor cut, bruise or bump, you are **required** to have a medical evaluation at a designated immediate care facility.

Motor vehicle accidents and incidents involving damage to equipment or property also **require** immediate reporting. If you're involved in a motor vehicle accident, make certain that you take down all relevant information, assess the damage and take pictures if there is a camera available to do so. Never admit fault or leave the scene of an accident. You must contact both TransForce and the Customer immediately when vehicle accidents and incidents occur. In addition to practicing safe behaviors, know what your responsibilities are to remain a driver in good standing.

Driver Responsibilities

To ensure your safety, you must:

- ◆ Avoid unsafe acts
- ◆ Wear your seat belt!
- ◆ Display a high degree of safety awareness by using safe work methods
- ◆ Take time to evaluate any package before attempting to lift or maneuver it
- ◆ Ask for help when lifting heavy/bulky packages
- ◆ Use proper lifting techniques
- ◆ Comply with all other safety policies/regulations
- ◆ *Immediately* report all driver accidents, incidents and work-related injuries and illnesses, regardless of severity, no later than the end of your shift.



Be safe and practice safety every day!

StayFit at Truck Stops



TA and Petro truck stops offer *StayFit*, a combination of nutritious food options, exercise and information to keep you on the road to better health. Look for the *StayFit* symbol on select convenience store and menu items in their restaurants. Plus, you'll find fitness rooms, walking/running trails and basketball hoops at select locations.

For a complete list of locations, visit
<http://www.petrotruckstops.com/stayfit.sstg>.

Buckle Up! Save Your Life—Avoid a Ticket

We hear excuses all the time as to why people don't wear seat belts. As a TransForce driver, there are no excuses! TransForce drivers are required to wear seatbelts at all times when their vehicles are in operation and IT'S THE LAW! Here are reasons that seatbelt use is a great idea:

- ◆ FMCSA reports that 78 percent of commercial vehicle drivers buckled up in 2010. A 20% increase since 2007.
- ◆ In an emergency, safety belts hold you in place so that you can control your vehicle.
- ◆ In a crash, they can prevent you from being ejected from the vehicle or even being thrown forward, significantly reducing the risk of injury.
- ◆ Buckling your seatbelt is a reminder that accidents can happen to even the most careful driver.
- ◆ The emotional and financial costs of these fatalities to families, employers, and society are devastating.

Remember, if you are stopped at a DOT inspection, keep your seatbelt fastened until the officer has approached your cab to insure the inspector knows you are wearing your belt!

