

In the Safety Zone™

A newsletter dedicated to truck driver safety awareness.

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Do you have any safety ideas or news items to share with us? Please send to our email at: safetynews@transforce.com

TransForce Beats Industry on Safety Results

At TransForce, we pride ourselves on having some the safest drivers on the road. Earlier this year, we reported our five-year DOT reportable accident rate of only 0.30 accidents per million miles driven. Our accident rates are well below comparable industry measures and reflect the Company’s culture of quality, compliance and safety.

The chart shows an average accident rate for audited carriers for 2008 to 2010 of 0.725 crashes per million miles, two and a half times higher than TransForce’s rate.



We thank all of our drivers who help to make these results possible.

Hours of Service Changes - July 2013

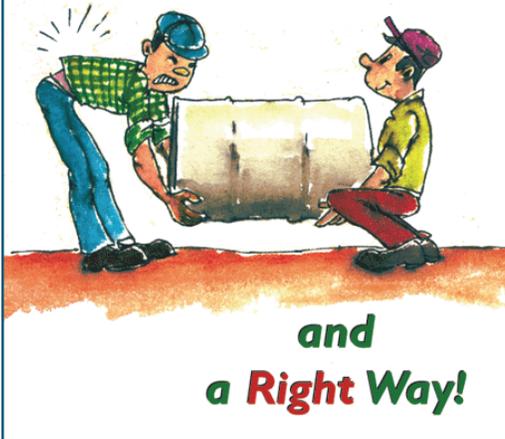
Changes in the hours of service (HOS) rules will go into effect July 1, 2013. The rule changes are outlined below. All TFI drivers should start making preparations to ensure that they will be in full compliance as of this date. We recommend reviewing assignment schedules and communicating any concerns to TFI branch staff as this date approaches to avoid non-compliance issues.

PROVISION	CURRENT RULE	COMPLIANCE DATE JULY 1, 2013
Limitations on minimum “34-hour restarts”	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]



Proper Lifting: Tips to Help Prevent Injury

Lifting & Carrying There's a Wrong Way ...



And remember, don't overdo it. If you have to strain to carry the load, it's too heavy.

Lifting is a daily routine for most truck drivers. It's important to practice safe lifting to reduce the risk of injury to yourself and others.

Before you lift an object think about the following:

- ◆ Determine if you need help – consider the distance and the object's weight.
- ◆ Look over the pick-up and delivery area for (1) tripping hazards, (2) slippery spots, (3) small doors, (4) sharp corners, (5) blind spots, etc.
- ◆ Inspect the object for sharp corners, exposed staples, wet surfaces, etc.
- ◆ Check that the load weight is balanced and packed so it won't move around.

For **safe lifting**, remember to:

- ◆ Stand as close to the load as possible.
- ◆ Place feet correctly – one foot close to the side of the object to provide stability – and one directly behind the object to provide lift or thrust.
- ◆ Bend at your knees, NOT your waist.
- ◆ Get a good hold on the object by using a full grip – not just your fingers.
- ◆ Hug the load close to your body. Don't reach out to lift or carry an object.
- ◆ Keep your body facing the object while you lift it. Twisting while lifting can hurt your back.
- ◆ Raise yourself up with the strong thigh muscles.
- ◆ Try to carry the load in the space between your shoulder and your waist. This puts less strain on your back muscles.

Want to Earn Some Extra Cash?

TransForce has a driver referral program. We're looking for more good drivers to fill both local and regional openings. If you know a driver that is looking for:

- ◆ Flexibility in work assignments
- ◆ Good steady weekly pay & company benefits

All it takes is a few words to another driver and you're in the money! Make a referral and earn up to \$300!

Contact your local branch for more details.



Congratulations to Our First Health & Fitness Idea Winner!

Congratulations to TransForce driver Richard Higgins from our Kansas City branch! Richard is the winner of a \$50 gift card. He responded to our health and fitness idea challenge in the Vol. 6, Issue 1 safety newsletter. We sent out a challenge to submit health and fitness ideas. Richard suggests taking time to do some walking and general exercises



during breaks. Since fast food is 90% of the choices on the road he also encourages drivers to bring their own food including lots of fruits and vegetables.

“On the road I walk when I’m on break. I drink a lot of water, no soda, and Gatorade and orange juice in the summer,” Richard adds.

Test Your Safety Awareness — Submit Health & Fitness Ideas Two Chances to Win a \$50 Gift Card!



CHANCE #1

How safety savvy are you? Take this quiz on the safety topics highlighted so far in this year’s *In the Safety Zone™* newsletter and win a \$50 Target gift card! We’ll be selecting 10 drivers who

correctly answer and submit their quiz. Answers can be found in Issues 1 and 2 of this year’s newsletter. Past newsletters can be found on our website at www.transforce.com/safetyzone.html. Circle “T” for true and “F” for false for the following:

1. On-the-job accidents and injuries must be reported immediately, even if they appear minor. T F
2. Motor vehicle accidents and incidents involving damage to equipment or property do not require immediate reporting. T F
3. Keeping three of your four hands and feet on your truck at all times when entering and exiting reduces pressure on your knees. T F
4. It is important as drivers to be aware of sleep apnea symptoms, since excessive sleepiness can impact a driver’s ability to safely operate the commercial vehicle. T F
5. Effective July 1, restart must include two periods of 1am-5am, and can only be used once every 168 hours (once a week). T F
6. It is TransForce policy, and the law, that CMV drivers are required to wear seatbelts at all times. T F
7. If you are stopped at a DOT inspection, you shouldn’t keep your seatbelt fastened until the officer has approached your cab to insure the inspector knows you are wearing your belt. T F
8. Commercial Motor Vehicle (CMV) drivers are allowed to text while driving. T F

(continued next column)

9. CMV drivers are restricted from reaching for or holding a mobile phone as well as dialing by pressing more than single button while driving. T F
10. The penalty is up to \$2,750 for drivers caught using a hand-held phone or texting while driving. T F



CHANCE #2

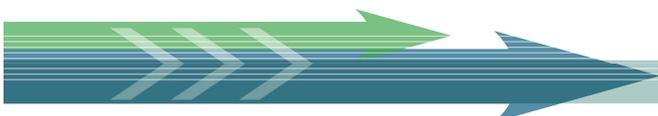
Your health and safety is important to us and it should be to you! We are sending out a second challenge to our drivers. Submit your health and fitness ideas and win a \$50 Target gift card! We’ll be selecting 10 drivers who submit a health and wellness tip that works for them while on the road. Follow the details below to submit your ideas.

SUBMIT ENTRIES:

To qualify for the drawing, correctly answer the quiz and/or submit your health and fitness ideas and return it via fax, email or mail. Only TransForce drivers are eligible to participate. You must be a driver in good standing (no accidents, injuries or performance issues) to qualify. The names of 10 TransForce drivers from the health and fitness best ideas challenge and 10 drivers who correctly completed the quiz will be randomly selected to win a \$50 Target gift card. Drivers eligible to submit one quiz entry and one health/fitness idea entry. All mailings should be addressed to: TransForce, Inc., Attn: Safety, 5520 Cherokee Ave., Suite 200, Alexandria, VA 22312. Or, submit by fax or email. Fax: 703-838-5585, Attn: Safety. Email: safetynews@transforce.com; **All entries must be received or postmarked by Saturday, July 6, 2013.**

Name: _____
 Branch: _____
 Address: _____

 Phone: _____
 City: _____ State: _____ Zip: _____
 Email: _____





5520 Cherokee Avenue, Suite 200
Alexandria, VA 22312

Win a \$50 Gift Card!
Details Inside...

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William Jeffries Honored as TransForce Driver of the Year for 2012



Left to Right: John Creager (VP, Central Region), Sue Jeffries, William Jeffries, and Mike Gibson (General Manager, Indianapolis)

Congratulations to you Bill, and we thank you for your continued dedication and service!

TransForce is pleased to honor our *2012 Driver of the Year, William ("Bill") Jeffries*.

Mr. Jeffries has been a driver for TransForce's Indianapolis branch since July of 2002, nearly as long as our Indianapolis branch has been open. Bill has been placed on numerous assignments throughout the years and he has always exceeded our clients' expectations. He has always gone the extra mile to complete assignments safely, and to the satisfaction of the clients, no matter how long they may take. Over the years, many clients have specifically requested Bill for their accounts.

"We are very proud of Mr. Jeffries dedication to TransForce, and his commitment to safety and quality service," says David Broome, President and CEO of TransForce. Throughout his 11 year tenure at TransForce Mr. Jeffries has proven to be a true role model amongst our thousands of drivers across the nation.