

In the Safety Zone™

A newsletter dedicated to truck driver safety awareness.

Copyright 2013 TransForce, Inc.



INSIDE THIS ISSUE:

Do You Protect Your Hands from Injuries at Work?	2
Lift Gates – Safety Practices to Prevent Injury	3
Accident and Injury Reporting	3
Hours of Service Changes – July 1, 2013	4

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

Avoid Summer Heat-Related Hazards

High temperatures are the most obvious difference between summer and the other seasons. The difference is minimal in some parts of the country, but it can be quite dramatic elsewhere. Some of the summer driving concerns that may arise are:

- ◆ The increased heat can cause a truck’s engine to overheat, leaving you stranded along the highway and in need of repair.
- ◆ The heat can compromise the grip of a tire on the roadway as both the rubber and the tar of a newly laid road surface can soften, making handling and braking less predictable.
- ◆ If you are transporting perishable goods, a malfunctioning refrigeration system can lead to spoiling.
- ◆ The need to run a truck’s air conditioning can impact fuel efficiency and may increase gasoline expenses.
- ◆ Severe weather events such as tornados, thunder storms, hurricanes, and flooding are more likely to occur in the summer.



Extreme temperatures also can cause a range of ailments. Heat affects the body by reducing blood flow to the brain, muscles and organs. Here are common health and safety hazards of working in the heat. It’s important to recognize the symptoms, know how to

(Continued on page 2)



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.



(Continued from page 1)

avoid them, and also how to cope with them if they do occur.

Heat rash. Although this is uncomfortable rather than dangerous, it is a sign that the temperature is having an effect, and it can be an undesirable distraction. Lightweight, loose-fitting clothing is least likely to cause prickly heat, and a cool shower after the work or play period, followed by a sprinkling of talcum powder or cornstarch, will help relieve the irritation.

Heat stress. This common reaction to high temperatures, especially when accompanied by strenuous activity, can result in thirst, tiredness, dizziness, and even difficulty seeing. Such symptoms suggest it's time to drink some cool water or even Gatorade (this drink helps to replace electrolytes the body loses by sweating). This should reduce the possibility of fainting that extreme heat may cause.

Heat cramps. These painful muscle spasms in arms, legs, or intestines are caused by losing salt while sweating. Cooling down and drinking water or Gatorade is again the remedy. Your summer diet should include foods that will replace lost salt.

TransForce does not permit any driver who is ill or fatigued to operate a vehicle or other equipment.

Heat exhaustion. A person suffering from this common response to strenuous activity in the heat is likely to feel weak and possibly dizzy and/or nauseous. You may have chills, clammy skin, and profuse sweating. If these symptoms occur, you should get to a cool spot, elevate your feet slightly, and drink fluids and rest.

Always pace yourself when driving and working in the heat and keep hydrated. Water should be considered a part of your personal protective equipment (PPE) when it comes to the summer heat!

Drinking water is the best way to prevent heat-related ailments.



Do You Protect Your Hands from Injuries at Work?

Just how important is it to protect your hands? Think about it ... most of the work you do is with your hands. Without your hands it would be extremely difficult to perform simple tasks. Try to open a door, eat or even tie your shoes without them. What about the challenges you would face if you couldn't drive a truck because of a hand injury? Although hand injuries on the job are quite common, most can be avoided. Some common causes of workplace hand injuries are:

- ◆ Carelessness
- ◆ Disregard for safety procedures
- ◆ Failure to use personal protective equipment (PPE)

While cuts and bruises account for most common hand injuries, more serious injuries such as sprain, fractures or even amputations can

occur. These injuries often result in lost work days and loss of productivity. To avoid hand injuries:



- ◆ **Wear gloves.** Cotton or leather gloves are usually best for material handling. Never work using frayed or worn gloves.
- ◆ **Take your time.** Never rush while handling materials or equipment.
- ◆ **Never place your hands between a load and fixed object.** Your fingers or hands can get pinched.
- ◆ **In the event of a fall, never extend your hands.** Drop and roll onto your side instead.
- ◆ **Don't try to catch a load or object once it's started to fall.** This usually results in more serious injury to the hands or wrists.

Lift Gates – Safety Practices to Prevent Injury



Some truck drivers use lift gates to assist in the loading and unloading of their trucks. Truck drivers who operate these lift gates need to be aware of potential pinch points since many of the operating mechanisms have exposed moving parts.

It is also important for workers to be aware of the movement of the platform relative to the ground and the bed of the truck. Safe work practices can help prevent injuries.

The Department of Energy, Office of Health, Safety and Security, offers the following safe work practices involving lift gates:

What to Do:

- ◆ Ensure proper training before operating the lift gate.
- ◆ Ensure the vehicle brakes are set before using the lift gate and, wherever possible, operate the lift gate on a level surface.
- ◆ Ensure the area in which the lift gate platform opens and closes is clear and that the platform area, including the area in which loads may fall from the platform, is clear before and during lift gate operation.
- ◆ Ensure the surface of the platform is not slippery (e.g., oil, rain, ice or snow).
- ◆ Keep hands and feet clear of all pinch points.
- ◆ Operate the lift gate with the control switches only.
- ◆ Read and follow all warning decals, operation decals, and the owner's manual.

- ◆ Keep all decals in place and legible and retain the owner's manual in the vehicle.
- ◆ Visually inspect the lift gate daily as part of the vehicle's trip inspection and report any defects or deficiencies to maintenance.

What Not to Do:

- ◆ Never allow the lift gate to be used by persons not familiar with the operation of the lift gate.
- ◆ Do not use the lift gate if there are signs of abuse or it fails to operate freely.
- ◆ Never permit the motor to run after the lift gate is raised to the bed level of the truck.
- ◆ Do not overload the lift gate. Follow manufacturer's capacity chart or load limitations.
- ◆ Never use the lift gate for any purpose other than to lift or lower cargo from the truck (i.e., never use as a personnel lift).

Additionally, don't be in a hurry. If you are in a hurry to get a lift-gate load off your truck, cease work and do not resume until you have figured out why you are distracted. If you are on or around a lift gate load, keep your mind in the lift gate zone. Lift gates can save time and work, but they can also be dangerous when not used properly.



Accident and Injury Reporting

On-the-job accidents and injuries are to be reported **immediately** to TransForce and the Customer, even if they appear to be minor.





5520 Cherokee Avenue, Suite 200
Alexandria, VA 22312

Hours of Service Changes – Effective July 1, 2013

Changes in the hours of service (HOS) rules went into effect July 1, 2013. The rule changes are outlined in the table. All TransForce drivers need to ensure that they are in full compliance as of this date.

We recommend reviewing assignment schedules and communicating any concerns to TransForce branch staff 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]

