

# In the Safety Zone™

A newsletter dedicated to truck driver safety awareness.

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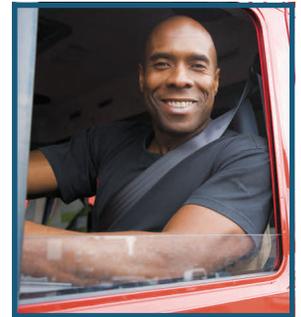
Do you have any safety ideas or news items to share with us? Please send to our email at: [safetynews@transforce.com](mailto:safetynews@transforce.com)

## National Truck Driver Appreciation Week Sept. 16-22

Along with the American Trucking Associations and the entire trucking industry, TransForce honors and acknowledges the millions of professional truck drivers that deliver America's freight safely and securely every day.

According to the American Trucking Associations (ATA), there are over 3.1 million professional truck drivers nationwide – delivering life's essentials. These professional men and

women behind the wheel log close to 398 billion miles each year and in 2011 delivered 67 percent of the U.S. freight tonnage – or over 9.2 billion tons of freight. 80 percent of U.S. communities depend solely on the trucking industry. Professional truck drivers keep this country moving.



“We are extremely proud of the 2,000 drivers that we have working for us. Our drivers are dedicated to DOT compliance and safe driving,” says Dan Horvath, Director of Compliance.

During the week Sept. 16-22, TransForce drivers will receive driver appreciation packages and have the opportunity to participate in cookouts, giveaways, and other events to show our appreciation.

We take this week to recognize the significant contributions of our professional truck drivers. The efficiency and safety that these drivers guarantee allow businesses and American citizens to confidently ship goods across state lines and throughout America.

*TransForce, Inc. wishes to thank our drivers for their dedication to TransForce and their commitment to safety and quality service each and every day.*

Good stuff.  
**2013 TRUCKS BRING IT**  
**NATIONAL TRUCK DRIVER APPRECIATION WEEK**



## Use 3-Points of Contact When Entering/Exiting Truck Cab

Getting in and out of a truck cab is a common action loaded with potential hazards. It is a leading cause of injury to those driving commercial motor vehicles. Injuries include major shoulder, back and ankle pain and they can take a long time to heal. These injuries can be avoided by following the 3-points of contact rule.

Simply stated, the 3-points of contact rule means **three of your four limbs are in contact with the vehicle at all times** – two hands and one foot, or two feet and one hand. In other words, before you lift one of your legs to climb up on the vehicle, you must have both hands firmly grasping the vehicle to help pull yourself up; before you let go of one of the hand holds when dismounting, you need to make sure that both feet are firmly planted on the ground.

Remember these simple rules and you will have substantially reduced any chance of injury when getting on (or in) as well as off (or out) of a vehicle or equipment. Slow down, think about what you are doing, and watch your step.



## Shoulders and Injury Prevention

Did you know... Your shoulders are the most movable joints in your body? They 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. Knowing more about your shoulders and how to protect them will keep you healthier and more productive.

### Basic Shoulder Strengthening

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

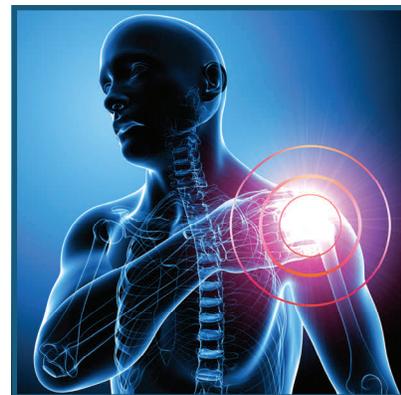
Shoulder injuries are common because we use our shoulders every day. The tasks of loading, unloading and lifting can cause stress to the shoulders. You can greatly minimize the risk or injury by using proper mechanics, lifting techniques and resting and stretching for periods when performing repetitive tasks.

***Knowing more about your shoulders and how to protect them will keep you healthier and more productive.***

### Practice Safety

While working, be mindful that safe lifting practices and the use of safety equipment is 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.



## Safety Begins With... Pre- and Post-Trip Inspections

Truck drivers must do their pre-trip and post-trip inspections every assignment. Never let anything keep you from doing a thorough inspection. It only takes one minor malfunction to turn into a major mishap. Be smart by preparing for your destinations from start to finish. You are much better off getting to your destination safely than not getting there at all!

### During Pre-Trip Inspection

Before a driver starts to drive off, he/she must attest on the pre-trip checklist that the vehicle is roadworthy and safe to drive. Although the pre-trip is not required by regulation to be documented, it is always a



good idea to document every inspection. Review the previous day's Driver Vehicle Inspection Report (DVIR) to ensure any defects that were noted during the previous trip were fixed or deemed not to be required for the safe operation of the vehicle.

Be thorough! Look under the hood and under the engine. Be alert for any leaks that may indicate trouble. Carefully check out all of your instruments to ensure they are functioning properly. Check out tires for proper inflation. Leaks and tire issues are the number one cause of downtime for any trucker. Also, don't forget that load securement in pre-trip is your responsibility – even if you didn't load the trailer. Take measures to be sure the load is secure. And, if you are not driving the same truck every day, get familiar with the truck's instruments and gauges before you leave. Document and communicate any problems or hazards.



Remember, a safe driver will continue to check his vehicle while en route so that he knows the condition of his tire pressure, electrical system, his brakes, his operating temperatures, do a quick walk-a-round at each stop or delivery, etc. No pilot in his right mind would try to fly a plane without continuous reference to his gauges and instruments – and no commercial motor vehicle driver should attempt to drive without doing the same!

***TIP: Always perform a pre-trip inspection in the same order every time so you don't miss any steps.***

### During Post-Trip Inspection

DOT regulations do require that the post-trip be documented. Every driver must report, and prepare a report in writing at the completion of each day's work on each vehicle operated. The report covers parts and accessories such as service brakes including trailer brake connections, parking (hand) brake, steering mechanism, lighting devices and reflectors, tires, horn, windshield wipers, rear vision mirrors, coupling devices, wheels and rims, and emergency equipment.

The report should identify the vehicle and list any defect or deficiency in the vehicle that would affect the safe operation of the vehicle or cause a mechanical breakdown. If there are no defects or deficiencies the driver shall so indicate on the DVIR. In all instances the driver is required to sign the DVIR upon completion.

If there are defects or deficiencies noted by the driver, the motor carrier is required to correct or cause to have corrected the defects or deficiencies of the CMV prior to allowing or permitting the operation of the vehicle. Remember, the DVIR is for safety-related items – a broken CD player would not be considered a safety-related item.

While post-trip inspections may be tempting avoid, especially if you're tired after a long haul, the consequences can be huge if they aren't completed. Learn how to do it quickly but thoroughly. View it as the completion of your trip.



## 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.