

In the Safety Zone™

A newsletter dedicated to truck driver safety awareness.

Copyright 2013 TransForce, Inc.



INSIDE THIS ISSUE:

Landing Gear – Handle with Care!	2
Want to Earn Some Extra Cash?	2
Deer on the Road: Safety Tips for Drivers	3
Are You Using the “Right” GPS?	3
Report All Accidents or Injuries Immediately	4

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

Time Changes Mean Increased Road Risks



Daylight Saving Time will end on November 3, 2013. Darkness will now occur around the time of rush hour, when traffic is at a peak and most of us are making our way home from work. Drivers aren’t used to the decreased visibility – and neither, for that matter, are pedestrians, who might take chances crossing roads when they shouldn’t.

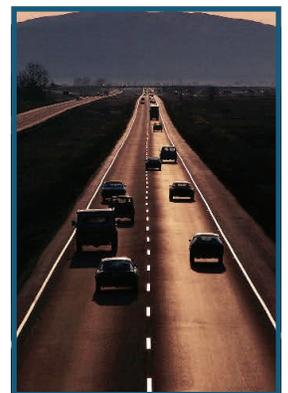
The National Road Safety Foundation (NRSF) has done studies proving that motor vehicle accidents increase after the clocks fall back an hour. Besides the lack of visibility, the NRSF notes that commuting in the dark can also make drivers drowsier than usual.

According to some health studies, changes in waking time coupled with the earlier onset of darkness throws off our internal clocks. This increases driving risks, primarily because in our 24/7 society, we have a fundamental problem of already being sleep deprived. With the switch from daylight saving to standard time comes sleep deprivation for those who have trouble adjusting. It also means there are more drowsy drivers traveling on the road in the dark. Studies show 60 percent of U.S. motorists have driven while fatigued.

When you are tired, your risk of having an accident increases. The NRSF also offers warning signs for drowsy drivers so they can avoid falling asleep at the wheel and causing auto accidents. These include:

- ◆ Difficulty focusing, rubbing eyes, frequent blinking
- ◆ Daydreaming; not remembering driving the last few miles
- ◆ Drifting out of lanes, tailgating or hitting rumble strips
- ◆ Head snaps, yawning

Be extra careful out on the roads; don’t drive if you’re feeling drowsy and pay extra attention to your surroundings.



DID YOU KNOW?



After a tractor-trailer comes to a stop at a railroad crossing, it takes 27 seconds to cross the track at 2 mph. A train traveling at 41 mph covers 660 feet—in 11 seconds, which is as far up the tracks as the truck driver can see. Always proceed with caution!



Landing Gear – Handle with Care!

When it's time to drop that trailer — you've got to put the landing gear down. Sometimes it's no easy task. It could be a lack of lubrication, damage to the assembly, or just not enough space between trailers.



Even if the landing gear is maintained and undamaged, injuries can still occur, especially if the landing gear requires manual cranking. The most common injuries occur to the shoulders, back and wrists. Proper posture and technique can help reduce the potential for injury.

When manually cranking the landing gear, use these tips to make the job safer:

- ◆ Visually inspect before cranking and report any problems to the motor carrier.
- ◆ Maintain good posture – brace yourself against the trailer with non-cranking hand.
- ◆ Avoid twisting your back while applying force as it can increase the likelihood of a back injury.
- ◆ Keep your face out of the handle swing arc.
- ◆ Don't "speed" spin the crank.
- ◆ Check for decal showing direction for raising and lowering and how to engage gears.



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.

Deer on the Road: Safety Tips for Drivers

Deer collisions become more frequent during fall and winter due to deer migration and mating season, which typically occur from October through December.

Here are some safety tips to remember:

- ◆ Always wear your seat belt and observe the speed limits!
- ◆ Always be aware of deer crossings. Deer are most visible at dusk and at dawn. Drive slower at night where there are known deer crossings.
- ◆ Slow down if you see any deer crossing the road. They could change directions suddenly. It is easier to go slow than to slam on your brakes at the last minute. They are usually traveling in groups, so if you see one crossing the road, chances are there are more deer coming behind that one.
- ◆ If you think you are going to have a crash with the deer, brake the vehicle but do not swerve. There is a slogan that says “Don’t veer for deer”. Most fatalities and injuries happen when drivers swerve their vehicle and hit a tree, another vehicle or an object.
- ◆ If you hit a deer, pull off the road onto the shoulder and turn on your emergency flashers. Report the accident to the police and to your motor carrier.



Deer are most visible at dusk and at dawn. Drive slower at night where there are known deer crossings.

Are You Using the “Right” GPS?

GPS units have become more and more popular in the recent years and can be a great tool in aiding drivers on a daily basis, finding destinations they may not be familiar with. However, GPS units can oftentimes lead truck drivers into “tricky” situations that ultimately lead to a large commercial vehicle traveling down a road that is not suitable for a CMV.

Over the past few years, major manufacturers of GPS units have begun producing GPS units that are designed for the trucking industry. These units contain “truck routing” which is essential when sitting



behind the wheel of a big-rig. Many of these units also contain useful tools for drivers such as breakdown assistance, fuel locations, truck stops, and also weather alerts such as areas that experience high winds.

FMCSA has provided guidance on GPS units when driving commercial vehicles. Remember, we are professional drivers and as such we should use such units in a professional manner. Don’t let it become a “distractive driving” habit, and above all else, use common sense to avoid bad situations which were a result of GPS instructions.

For more information, visit FMCSA’s page on GPS units:
<http://www.fmcsa.dot.gov/about/outreach/education/gps-visor-card.aspx>

**SAFETY
FIRST**

**REPORT ALL
ACCIDENTS OR
INJURIES AT ONCE**



**As a TransForce driver
you are required to:**

- ◆ Verbally report all vehicle accidents and injuries (no matter how minor) to your TransForce branch no later than the end of your shift.
- ◆ You must have an immediate medical examination if injured – ***this is not optional***. Your branch contact will direct you to a medical facility or emergency room.
- ◆ Complete a written notice of accident or injury form within 24 hours of the event as you are medically able.