

# 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)

## Travel Safely this Holiday Season!

On the eve of the holiday season, many of you will be traveling around the country to visit loved ones. While it's a time of joy and sharing with family and friends, just a brief moment of inattention, or an unsafe act or condition can turn festive activities into one of tragedy or loss. The transportation industry experts increasingly predict that more people will be planning to travel by car during this period. More vehicles on the road, unpredictable weather conditions and reduced daylight hours can be a recipe for hazardous driving conditions.

As drivers of commercial motor vehicles, you already possess a higher degree of driving skills. Don't let your guard down just because you may happen to be enjoying leisure time with the family vs. working! Always be the defensive driver and watch for the safety of others on the roads and highways. Plan and prepare for extended road travel and hazardous weather conditions. It is our wish that you enjoy the holidays, get refreshed and above all, travel safely!

Happy Holidays!

Torquka R. Johnson Haggerty  
Director, Risk Management & Safety



## Prepare for Safe Winter Driving

The winter months will soon be here and drivers must be prepared for hazardous road conditions. Slick, icy roads can make controlling challenging and poor visibility from snow, rain or fog can worsen an already difficult situation. Therefore, it is necessary to learn tips and techniques to keep you, and others on the road, as safe as possible.



1. **Complete your pre-trip inspection!** Clear all snow and ice from your vehicle, lights and windows. Snow in any of these areas increases the chances that your visibility will be affected as you are driving. Inspect tires, wiper blades, fluids and lights. Maintain at least a half tank of gas at all times.
2. **Refrain from using cruise control on icy or wet roads.** Cruise control can be dangerous during winter months when roads are covered with moisture because it takes

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some control from the driver. In addition, the vehicle's wheels may rotate faster than the rest of the vehicle, potentially causing a collision or making the trailer of the vehicle slide.

3. **Reduce your speed during winter conditions.** The U.S. Department of Transportation recommends lowering your speed by half on snowy roads. Also, wet roads can be especially slick at the beginning of the rainy season due to the mixture of water and oil on the road. Therefore, adjust your normal driving speed by about a third on rain-covered surfaces.
4. **Allow for plenty of space in front and behind your vehicle.** You need to have enough room to move out of harm's way in the event of a sudden emergency. Increase the distance between yourself and others and avoid "pack driving." Remember, you need twice the distance to stop on ice vs. normal road conditions. Allow 8-10 additional seconds when driving on icy, slippery surfaces.

5. **Monitor weather reports and avoid driving when conditions are especially poor.** Communicate with other truck drivers via the radio regarding road conditions or driving hazards. Conditions can change quickly, so carry chains in case you encounter unexpected weather.



*The U.S. DOT recommends lowering your speed by half on snowy roads.*

## Avoiding Slips, Trips, and Falls

During the icy and snowy conditions, injuries due to slips and falls usually increase. Below are suggestions that you can follow to reduce the number of slips and falls, or reduce injury if a fall occurs.

### To avoid slips:

- ◆ Wear appropriate footwear. Wear shoes or boots with rough (waffled, ridged or heavily textured) soles.
- ◆ Concentrate on the path ahead. Take your time and proceed slowly.
- ◆ Where possible, avoid slippery surfaces. Take a route around obvious slippery hazards, such as wet leaves, icy areas and snow banks.
- ◆ Use handrails wherever they are provided – a secure handhold can prevent a fall if you should slip.
- ◆ Check to be sure steps to the truck cab and around the parking lot or loading dock are clear of snow and slush. Tracked in snow and slush often cause slips and falls.

- ◆ Beware of changes in walking surfaces. Many falls are caused when someone doesn't realize he/she is leaving a secure area for a slippery one.
- ◆ Clean your shoes when you go inside. Caked snow and ice on shoe soles can be treacherous.

### If you slip:

- ◆ Try to roll with the fall if you begin to fall forward.
- ◆ Sit down if you begin to fall backward. When a falling person relaxes, an injury is less severe than when he/she tenses up. Fighting a fall on ice can cause twisting or bending injuries which may be worse than the bump the fall would have produced.



## Year in Review Safety Quiz – Chance to win \$50!



What safety habits were highlighted in this year's *In the Safety Zone™* newsletter? Take this quiz and win a chance at 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 through 7 of this year's newsletter. Past newsletters can be found on our website at [www.transforce.com/safetyzone.html](http://www.transforce.com/safetyzone.html).

**Circle "T" for true and "F" for false for the following:**

1. Truck drivers must do their pre-trip and post-trip inspections every assignment. T F
2. Holding an object close to the body when lifting will reduce stress on the shoulders. T F
3. On-the-job accidents and injuries must be reported immediately, even if they appear minor. T F
4. The penalty is up to \$2,750 for drivers caught using a hand-held phone or texting while driving. T F
5. It is not 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
6. Dollies, carts, and pallet jacks should be used to move heavier loads. T F
7. 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
8. When operating a pallet jack wearing safety-toed footwear will not prevent foot injuries caused by being run over by the wheels and being hit by materials falling from the jack. T F
9. There is no need to drive slower at night where there are known deer crossings. T F
10. It is TransForce policy, and the law, that CMV drivers are required to wear seatbelts at all times. T F
11. Always handle materials using frayed or worn gloves. T F
12. Keep your body facing the object while you lift it. Twisting while lifting can hurt your back. T F
13. 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
14. Lift gates can save time and work, but they can also be dangerous when not used properly. T F
15. 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. T F

**SUBMIT ENTRIES:**

To qualify for the drawing, correctly answer the quiz 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 who correctly completed the quiz will be randomly selected to win a \$50 Target gift card. 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](mailto:safetynews@transforce.com); **All entries must be received or postmarked by Saturday, December 7, 2013.**

Name: \_\_\_\_\_  
 Branch: \_\_\_\_\_  
 Address: \_\_\_\_\_  
 City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_  
 Phone: \_\_\_\_\_  
 Email: \_\_\_\_\_



### 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.**

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

## How to Ward off Colds and Flu

There are no known cures for colds and flu; prevention should be your goal. A proactive approach to warding off colds and flu is apt to make your whole life healthier. The most effective way for preventing the flu is to get the flu shot. There are other ways to reduce your chances of getting viruses as well. Here are tips you can use to help prevent colds and the flu naturally:

1. **Wash your hands often.** If you can't get to a sink, use a hand sanitizer on your hands.
2. **Don't cover your sneezes and coughs with your hands.** If you don't have a tissue, cough or sneeze into the inside of your elbow.
3. **Don't touch your face.** Cold and flu viruses enter your body through the eyes, nose, or mouth.
4. **Eat foods containing phytochemicals.** "Phyto" means plants, and the natural chemicals in plants give the vitamins in food a supercharged boost, which means eat more dark green, red, and yellow vegetables and fruits.
5. **Don't smoke.** Statistics show that heavy smokers get more severe colds and more frequent ones.



At TransForce, we want our drivers to be in the best possible health. Please do not accept assignments if you are sick with flulike illnesses. It's an irresponsible thing to do. We expect that our customers will enforce their own wellness policies on the matter that may include non-acceptance of drivers that appear to have flu-like symptoms.